

£1.10

18 FEBRUARY 2020 • ISSUE 7 • £1.10
Spain €2.85, Canary Islands €2.95

nutra check

**LOSE A
STONE FAST**
Free membership
WORTH £15

Belia

'SECRET ROYAL LOVE CHILD'



**Did Charles &
Camilla have a son
before he wed Diana?**

Sons beg stepdad

**'Tell us where
you buried
our mum'**



EXCLUSIVE

**Lisa
Riley's
happy
weight
'I feel AMAZING!'**

**DIVORCE
DIARIES**

**FERN'S
4 YEARS OF
HELL**

**Phil kept
walking out,
couple stopped talking**

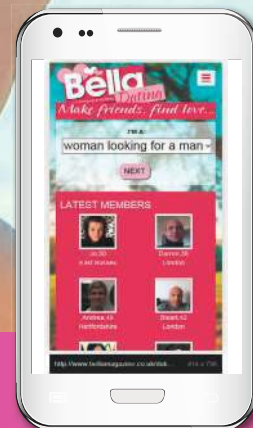
**Pamela's 12-DAY
MARRIAGE!**
Fifth wedding
ends in tears



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



Daddy Dermot!

Presenter and wife Dee expecting first child

Presenter Dermot O'Leary and his wife Dee Koppang are having a baby, 18 years after they first got together. Dermot, 46, posted the announcement on Instagram with a photo of a film-style sign saying, "Koppang O'Leary productions presents 'New Arrival'. Coming Soon." Many of the couple's celeb friends responded. Ruth Langford wrote, "How wonderful! Congrats, both,"

Ant and Dec commented, "Huge congrats and huge love," and Holly Willoughby added, "This is such wonderful news... love you both."

TV producer and director Dee, 41, revealed it hasn't been easy for them. She wrote, "It's been a rocky road to get here, so I wanted to send lots of love to any of you who are on that journey. Hang on in there." Dermot had previously said, "I definitely want kids,

but I've got a very busy wife with a very busy life."

The couple met in 2002 when they worked at the same TV production company, and he proposed on a trip to New York in 2011. They tied the knot a year later at St Mary's Church in Chiddingstone, Kent. It was an intimate ceremony with close A-list friends attending, including James Corden and Fearne Cotton.

Celeb news & gossip

- 6 COVER STORY** Lisa Riley's happy weight, Pamela's 12-day marriage, plus lots more celeb gossip
- 8 COVER STORY** Fern and Phil: divorce diaries
- 10 COVER STORY** Charles and Camilla's secret love child?
- 12** Stacey Solomon the tidy queen!
- 54** Bosh!'s Henry and Ian: 'We won't let fame go to our heads'
- 58** Celebrity bump watch

Real life reads

- 18 COVER STORY** 'Why won't he tell us where he's hidden Mum's body?'
- 20** 'I hated having my photo taken - now I'm a size 10!'
- 46** 'My boyfriend proposed on my last day of chemo'

Look & feel good

- 4** What the actresses wore to the Baftas 2020
- 14** Star style: Laura Whitmore
- 23** Khaki outfits
- 27** Faux fur bags
- 28** Everyone's wearing... skiwear
- 30** Valentine's wish list
- 32** Calming cica
- 34 COVER STORY** Lose a stone fast with Nutracek
- 40** Can smart tech save our sanity?

Lifestyle

- 37** Valentine's Day buys
- 38** Relaxed breakfasts warm from the pan
- 42** Home trends: Art Deco glamour
- 50** Travel: half-term hangouts

Don't miss

- 17** Bella debate: are we sick of smug date night pics?
- 26** Reader offer: 2020 breaks
- 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

Win!
A Virgin Experience Day - Triple Supercar Blast, worth £149.99
Enter online at bellamagazine.co.uk
Free to enter, no need to register and more prizes online. Rules apply.



P37



P32

FIND US ON...
facebook.com/bellamagazineUK
twitter.com/bellamagazineUK
instagram.com/bellamagazineUK

The Bafta



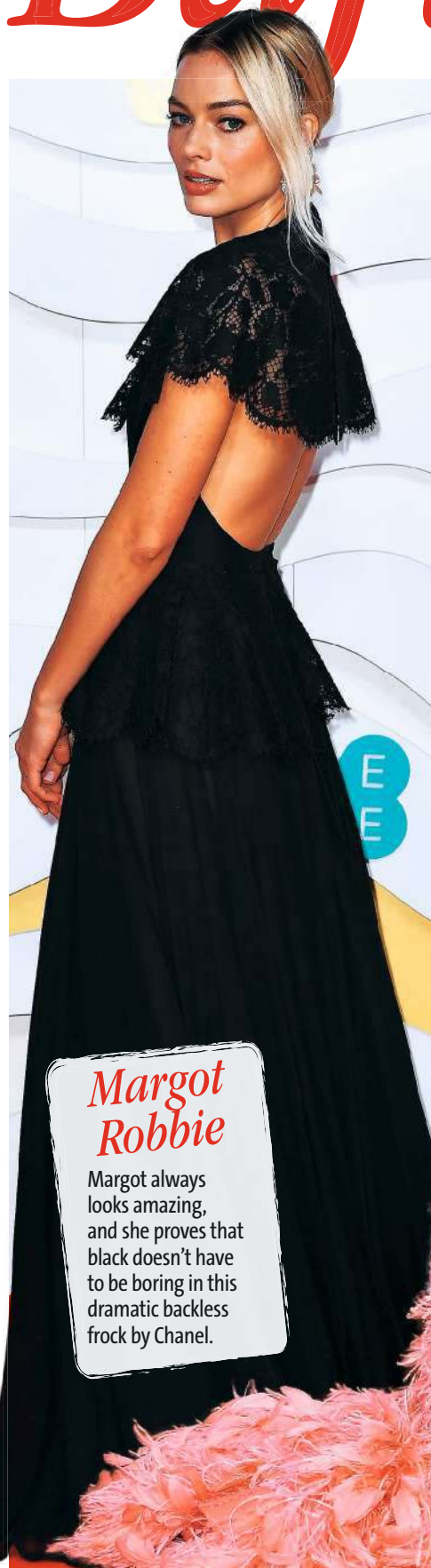
Charlize Theron

Charlize opts for a plunging purple Dior gown – the slim belt helps to emphasise her waist.



Renée Zellweger

We love everything about this Prada number – the colour, the shape, the fit. Renée, who took home the Best Actress award for *Judy*, won on all fronts.



Margot Robbie

Margot always looks amazing, and she proves that black doesn't have to be boring in this dramatic backless frock by Chanel.



s 2020

These talented actresses wowed on the red carpet



Scarlett Johansson

Scarlett showcases her signature sex appeal in a glitzy Versace outfit with fun feather detailing.



Emilia Clarke

Keeping things simple in a Schiaparelli maxi, Emilia looks gorgeous as always. We love her smoky make-up, too.



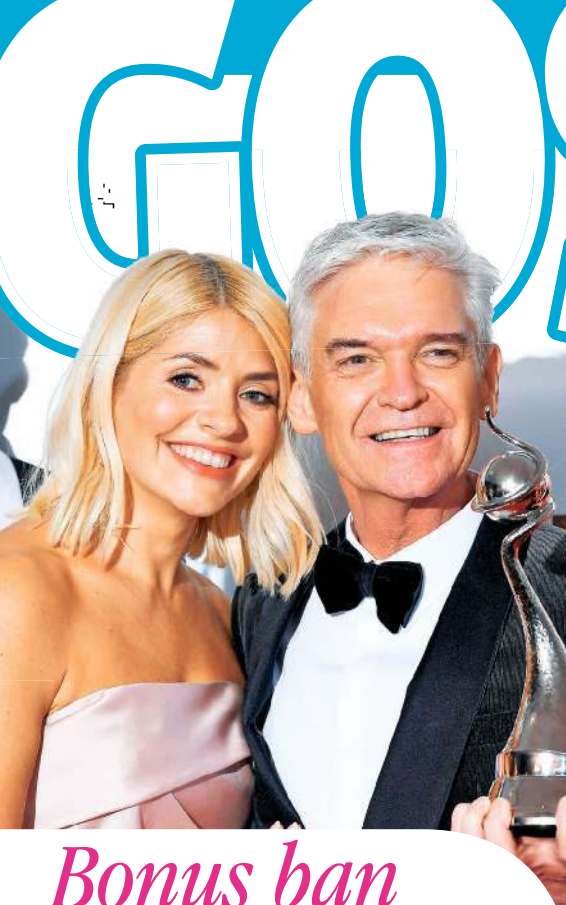
Florence Pugh

Little Women star Florence wows in a dramatic Dries Van Noten dress that clashes hot pink and black.



Laura Dern

Laura took home the award for Best Supporting Actress for *Marriage Story* while looking stunning in this Valentino gown.



Bonus ban

Holly Willoughby and Phillip Schofield have sparked a £130k row at *This Morning* after being the only ones to get a pay rise, it's been claimed. Staff working on the show have seen their hours extended by 30 minutes a day since the programme's earlier airtime began last month, apparently without any bonuses. "The rumour is that the amount Holly and Phil have been given for their extra work totals more than the editor's annual salary, believed to be around £130k," an insider said. Holly, 38, received a £200k pay rise in 2017 to match her 57-year-old co-host.



ROVERS RETURN

Coronation Street's feisty landlady Bet Lynch could be returning after 17 years. The soap's producer Iain MacLeod is trying to persuade actress Julie Goodyear to reprise her role for the show's 60th anniversary. "Bet is an icon," he said. "The idea of bringing her back is talked about occasionally. She is up there in the pantheon of *Corrie* greats, so it's always tempting to bring her back." Bet made her debut on the cobbles in 1966, and left in 1995, but returned in 1999 and 2002 for specials.



EXCLUSIVE

Lisa: 'I feel AMAZING!'

The star opens up to *Bella*

In 2016, Lisa Riley became an inspiration for many as she lost an incredible 12st, going from a size 30 to a size 12. Her weight loss was kick-started by a new lifestyle of healthy eating and no alcohol, and she had surgery to remove her excess skin. Although she may not quite be at her slimmest any more, Lisa, 43, exclusively told *Bella* that she is happier than ever with her weight. "I feel a million dollars," she told us. "I see photos like this [of myself] and I cry with pride. I can't believe it's me. Loving life and happy."

Last year, Lisa opened up about deciding to put a bit of weight back on as she "didn't look right". "My face felt a bit gaunt. I'm not

built to be stick-thin," she said. "Now, I feel that my body is the right size and shape for me. I am toned everywhere. I know I'll never go back to the old me." She added that she's now a size 12-14.

Lisa shot to fame in the '90s in *Emmerdale*, and left in 2001. Now she's returned to the Dales, she told us how she keeps up her fitness routine along with hectic days of filming, saying, "I've got my trainer up in Leeds now, as well as in London. There are two gyms there and a pool [I use]. So, sometimes I'll go there and do that in between takes. I feel amazing." Sounds like Lisa's found the perfect balance!



Before her weight loss in 2013

Words: Amy Lo, Shereen Low. Photos: PA, Shutterstock, Instagram (cherylofficial, caitlynjenner), Sports Relief



PAMMY'S 12-DAY MARRIAGE OVER



Pamela Anderson and film producer Jon Peters have split just 12 days after they tied the knot in a private ceremony. This was Pammy's fifth wedding, and in a statement, she said, "We would be very grateful for your support as we take some time apart to re-evaluate what we want from life and one another. We mutually decided to put off the formalisation of our marriage certificate." The 52-year-old *Baywatch* icon met Jon, 74, 30 years ago at the Playboy Mansion and they briefly dated. Insiders have suggested that trust issues and finances came between them this time. Jon is worth £150m, and Pammy £3.5m.

Another bra crisis

Judy Finnigan has revealed how she went braless at the National Television Awards last month – despite suffering a wardrobe malfunction there 20 years ago. The 71-year-old presenter, who bared her bra at the 2000 ceremony, said, "I had yet another underwear crisis before the show. I'd bought a 'nude' bra, but the strap was too obvious. So, I didn't wear one. Fortunately, my dress was too firmly buttoned to budge this time, but boy, was I nervous." Luckily, all went well.



Judy's famous boob in 2000



Child dancer

Cheryl has revealed that her son Bear is a budding performer. The two-year-old boy, whose dad is singer Liam Payne, is already showing his moves. "Bear is an amazing little dancer – it's mesmerising to watch him," she said. "He's a proper little performer. He loves a round of applause." *The Greatest Dancer* captain, 36, is keen to enrol him in some classes. "I haven't taken him to dance lessons yet, as I think they've got to be aged three, but I will," she added.



WEEK IN PICS

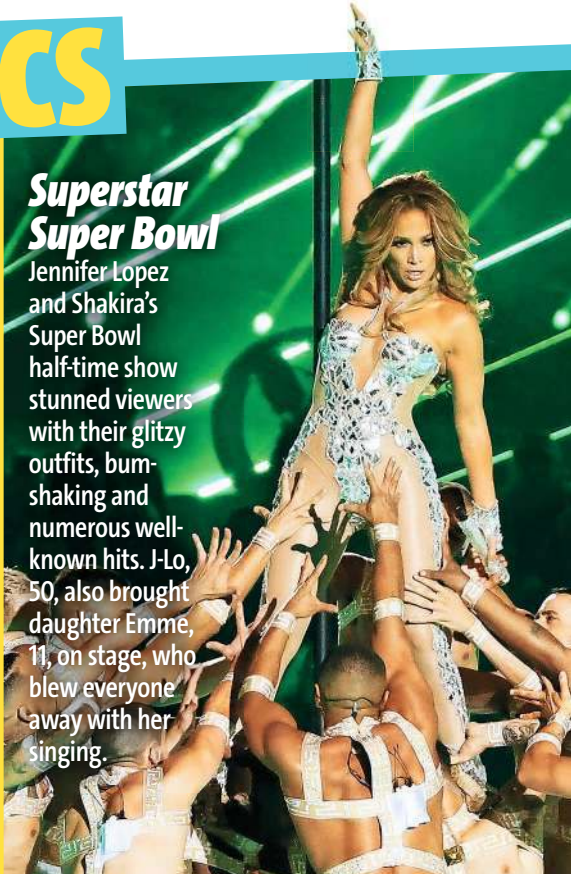


Mrs Brown's guest

Caitlyn Jenner has filmed a cameo in Irish comedy series *Mrs Brown's Boys*. Caitlyn, 70, posted a photo with Brendan O'Carroll, who plays loud-mouthed matriarch Agnes Brown, saying she "had so much fun".

Superstar Super Bowl

Jennifer Lopez and Shakira's Super Bowl half-time show stunned viewers with their glitzy outfits, bum-shaking and numerous well-known hits. J-Lo, 50, also brought daughter Emme, 11, on stage, who blew everyone away with her singing.



Icy adventures

Louise Minchin, 51, and Frankie Bridge, 31, are two of the eight celebs taking part in *Sport Relief: On Thin Ice*. They will cycle, trek and skate a total of 4,000 miles in Mongolia over four days, with 100 miles over Lake Khovsgol, while raising money for the charity.

Fern & Phil: DIVORCE DIARIES

Inside the shock breakdown of their 20-year marriage

TV couple Fern Britton and Phil Vickery's marriage split made waves in the showbiz world after they both announced their decision on Twitter. But while the news was a shock for some, others are not surprised that Fern, 62, and Phil, 58, are heading for divorce, with life-changing events, huge rows, long periods

of time apart and empty-nest syndrome being blamed.

Four very difficult years

The last four years have been extremely tough for Fern, who has faced serious health battles and lost both her parents during this time. In 2016, she nearly died after contracting sepsis following a routine hysterectomy. It resulted in a collapsed lung and pneumonia, taking her over a year to recover.

Then, in April 2018, her mother Ruth passed away. Fern was devastated and revealed, "The grief hit me the day her ashes were scattered. As soon as it was over, I thought, 'I just want to sit and drink gin and go to bed,' and that is what I did. I did some bonkers things in the immediate aftermath. I booked a cruise on the Queen Mary 2 on my own." Her

father, actor Tony Britton, then passed away at the end of last year, just before Fern announced her marriage was over.

Empty nest

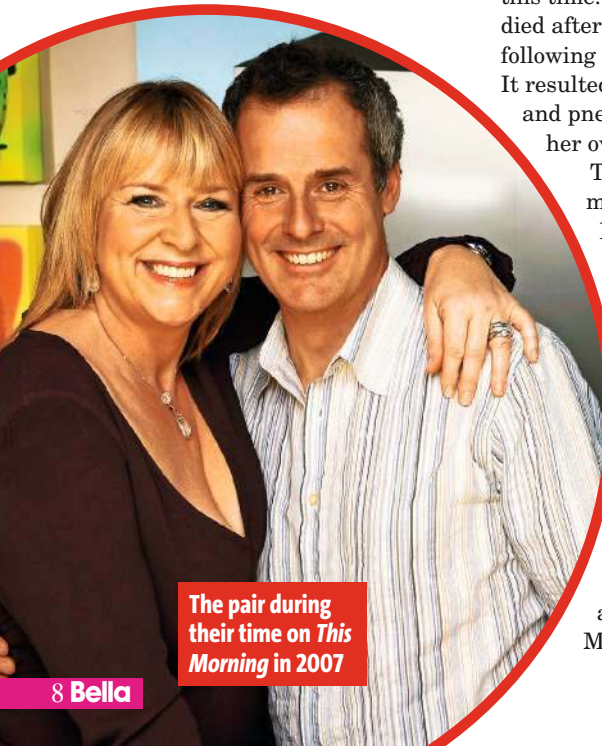
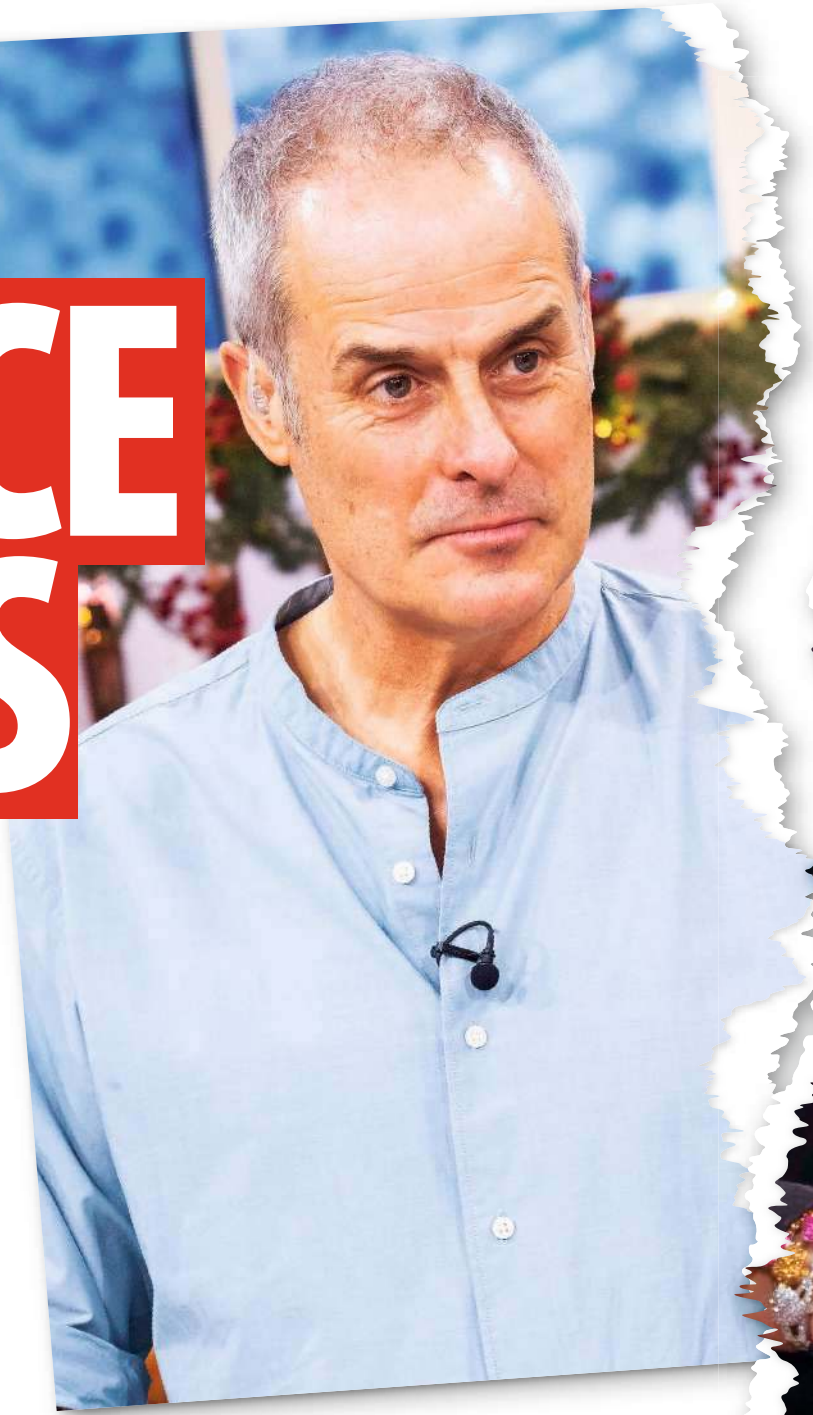
Family life has changed dramatically in recent times now that Fern's four children are all adults. She has twins Jack and Harry, 26, and daughter Grace, 23, from her previous marriage to Clive Jones, and daughter Winnie – who turned 18 last August – with Phil. Some are speculating that the couple

may have waited until Winnie had her landmark birthday to call time on their marriage.

While having a newly empty nest can be a hard adjustment, Fern also seemed to feel an impending sense of freedom and excitement. She said, "The

children are getting on, and we can stop being quite so responsible as adults. Age has given me confidence. I feel more carefree, I suppose. Also, I'm well and incredibly

fit because exercise, cycling and weight training are all part of my life and have been for the last



The pair during their time on *This Morning* in 2007



ten years. I talk to a lot of my friends who are in their fifties and early sixties, and we're all feeling the same."

Drifting apart

But while Fern felt she was really coming into her own, there were signs that she and Phil may have been drifting apart. She said in interviews that they often did their own thing and were not spending much time together. While Phil still works as a chef on *This Morning*, Fern – who quit as host in 2009 – spent a large chunk of last year travelling the

country with *Calendar Girls The Musical*. Last August, she said, "We haven't seen much of each other in the past year, as I have been on tour with *Calendar Girls* and he has been filming, but our solid base is absolutely there."

Fern has previously revealed that Phil would walk out of the family home and disappear for days on end. She said, "We have let each other have our freedom. He's a man who has always got to meet a man about a dog. He says, 'I'll be half an hour.' That might be a couple of days. We don't crowd each other, and we are happy with that."

Empowering friendships

Over the last few years, Fern has taken part in gruelling charity cycle rides lasting days, or sometimes weeks, with a group of female cyclists, which she has branded "life-changing for all of us". After one journey, she said, "One girl went home and divorced her husband!"

Rows – and silence

A source claimed to a newspaper last week, "Fern and Phil went through a period when they weren't even speaking to one another. There were some really rough patches and it looked like deep cracks had developed. Things were fraught. Those around them worried the damage might be irreparable."

Fern has previously described their arguments as "humdingers". She added, "But then, we're normal. That's good for the children to see – this is a real relationship. You hear people say, 'Thirty years and not a cross word.' Sorry, I simply don't believe that. But if it is true, how boring."

However, it sounds like Phil had a different view on their rows, as he has revealed, "I said at the beginning of our relationship that I didn't want to argue – I can't be bothered with that. We both had an agreement at the start that we wouldn't row, that we would always discuss our concerns, and I've kept my part of the bargain."

And another insider has spoken of a changing dynamic between the pair. They claimed in *The Mirror*, "I have seen Fern and Phil together and have never seen that fun chemistry they used to have on screen. Fern has completely changed. She's become very assertive, and it has been obvious from being around Phil that he is very pained and

strained under it all." They also alleged, "After leaving [*This Morning*], she became another personality, and everyone noticed. Also, it was weird that Phil stayed on *This Morning* when her leaving had been so acrimonious. Nobody ever understood that."

Gastric band and a new Fern

One of the most dramatic changes within their marriage was Fern's drastic weight loss after having a gastric band fitted in 2006. She has revealed that Phil was "very sceptical" about her operation. "[He] said I was fine and he loved me as I was and all those things." But it was

transformative for Fern, who dropped down to a size 12 and enjoyed a new lease of life.

She took part in *Strictly* in 2012, but Phil was so sensitive to the smell of spray tans that she stayed in the spare room. "We didn't speak for days," she said. He was also unimpressed when she got a tattoo on her hand two years ago after a "spiritual awakening", but she just shrugged it off, saying, "He'll get over it."



Embarking on a charity bike ride in 2015

'We didn't speak for days'

Prince Charles and Camilla in 1975



Charles & Camilla's SECRET LOVE CHILD?

Man fights to prove he's royal couple's son

Prince Charles and Camilla have been rocked with shocking claims that they have a secret child following a brief romance when they were teenagers. Simon Dorante-Day, who calls himself Prince Simon Charles on his

Facebook page, alleges that the future king and his wife, the Duke and Duchess of Cornwall, are his birth parents.

The 53-year-old engineer has taken his case against Prince Charles' Duchy estate to the High Court of Australia in an

attempt to prove that he is related to the royals, and wants the couple to take a DNA test. He is requesting a mediation session and a statement of paternity.

"It's definitely the most significant step I've taken so far. I've had to force a deadline and hold them to a date, because we need answers," Simon said. If it were

true, it would make him the half-brother of Princes William and

Harry, whose mother Diana married Charles in 1981. Simon's claims, which first emerged in 2016, have been thrown out of court three times already.

He was born in Gosport, Hampshire, in April 1966, which meant that Charles would have been 17 years old and

**'Things
aren't as
they seem'**

Camilla 18 when she allegedly got pregnant. Simon, who now lives in Australia, claims his adoptive grandparents, Winifred and Ernest Bowlden, were employed by the Queen and Prince Philip as a cook and a gardener respectively. "My grandmother told me outright that I was Camilla and Charles' son so many times," he alleged to Australia's *New Idea* magazine. "She didn't just hint at it, she told me outright."

According to news reports, the prince met Camilla Shand for the first time in 1970 at a polo match in Windsor, and while they started dating soon after, they split a year later when Charles joined the Royal Navy. However, Simon claims that Charles and Camilla first became close in 1965, before the prince went to Australia the following year, and Simon was put up for adoption 18 months after his birth. He

claims that he has compelling evidence proving his

parentage, but "as things are all part of the court case at the moment, I can't discuss much further".

He said, "I had some memories of some strange goings-on from childhood, some situations I can't explain, and it slowly came out when my grandmother said what she did in 1998."

For some time, she has hinted that things aren't as they seem as to who my parents were. My granddad also dropped hints."

Whatever happens, Simon is determined not to give up his 40-year search for the truth about his birth parents. He said, "This is not a joke. I am not crazy or bonkers. I know it sounds unbelievable, but anything I say is checkable. I'm simply a man looking for my biological parents, and every road has led me back to Camilla and Charles."

Clarence House have said they do not have any comment to make on the story.



Meghan: Back to Hollywood?

Meghan Markle could be returning to TV and film screens, according to reports. The Duchess of Sussex, 38, quit her acting career when she got engaged to Prince Harry in November 2017, but since stepping back from her role as a senior royal last month, there are rumours that she's longing to work again. "Meghan is actively looking for representation," a source told a US magazine. "She's reaching out to people to find someone to represent her for future professional projects."

It had been claimed that the former actress, who's living in Canada with Harry and their nine-month-old son Archie, could work with her best friend, stylist Jessica Mulroney, on Netflix reality wedding series *I Do, Redo*, although this has been denied. There are also rumours the couple are considering a move to her hometown of LA, where they will spend the summer with her mum Doria Ragland.

The latest stories come after she talked about "pitching" for work at *The Lion King* premiere in London, where Harry touted his wife's

voiceover skills to Disney boss Bob Iger. Meghan later signed a voiceover deal with the company in return for a donation to the charity Elephants Without Borders. Meg, who rose to fame as paralegal Rachel Zane in *Suits*, has made cameos in *Horrible Bosses* and *Get Him To The Greek*. She previously said of her decision, "I don't see it as giving anything up. I just see it as a change. It's a new chapter. Now it's time to work as a team with [Harry]." The couple have also reportedly been offered endorsement deals totalling £40m.

Meanwhile, the Sussexes' 15-strong team of highly trained royal protection officers have reportedly complained they feel like "skivvies" in Canada. An insider said, "There's a sense they are carrying out menial tasks, like picking up takeaways and groceries."



Diana: The Musical

More than two decades after her death, Diana, Princess of Wales, is being celebrated in a new Broadway musical, which focuses on her unhappy marriage to Prince Charles and his relationship with his now-wife Camilla. Described as an "electrifying new musical about a woman who chose to be fearless, and as a result, became timeless", *Diana: A True Musical Story* opens next month. Bon Jovi keyboardist David Bryan, who co-wrote the show with songwriter Joe DiPietro, said, "It's a love triangle. It's human. They're going through this insane situation,



and they happen to be royals." Joe added, "I think we deal with all of her issues in a very real and honest way, but I also think she was up against some really strong forces."

The musical, which stars Jeanna de Waal as the late princess, and



Roe Hartrampf as Charles, covers Diana's life from her introduction to the prince until their separation – but does not include her sons, Princes William and Harry – as well as her death in August 1997. Songs include *Welcome To The Windsors*, *Perfect Princess* and *Secrets And Lies*.

Despite the writers' credentials and vow to celebrate her memory,

some fans aren't impressed. One said, "Why can't they leave Diana to rest in peace? It's just a way to make money. It sounds dreadful." Another commented, "Way to profit off the dead woman in an unconventional way," with a third remarking, "Tacky to say the least."



Holding son Rex



Her flannels and sponges underneath the sink

Each room is clean and tidy



Done ✓



Stacey tidy queen

She's one of television's most-loved celebrities, and now it seems Stacey Solomon is vying to be Britain's answer to Marie Kondo. The 30-year-old star has been taking tips from her friend, Instagram cleaning sensation Mrs Hinch, aka Sophie Hinchliffe, as well as her party-planner sister Jemma and wardrobe detoxers Style Sisters to completely transform her home.

Stacey – who lives in Essex with her boyfriend Joe Swash, 38, their eight-month-old son Rex, and her boys Zachary, 11, and Leighton, seven – shares her tidy hacks with her 2.7m Instagram followers.

She even has her signature “Tap to Tidy” posts, where she shows the messy before pics and then spotless after photos.

Some of her tips are ingenious, some bizarre. She hangs her crisps in colour order with shower curtain hooks on a rail, and stores flannels and sponges in a similar way, while chocolates and snack bars are stacked carefully in a basket. “I just sit here cracking up at myself for how happy this has made me. Why do I love it so much?” she said. Also sparking joy are her organised crafts drawers and her cables and adaptors area – all nicely tied up and aligned.

the teen!

She said, "First tidy of 2020 is the wire drawer. In hindsight, I should have started with an easier one. So glad it's done, though."

She also has a special batteries case, which not only has holes for the different sizes, but separates the used ones from the new, a jewellery box with various compartments, and a dry goods cupboard filled with labelled jars and containers, thanks to her sister Jenna, aka The Label Lady. The bedrooms have also undergone a tidy-up, with the clothes carefully folded in the KonMarie method before being packed away. "I hate doing it,

but I love the feeling afterwards, so it's so worth it," she said.

Stacey got into tidying up to help combat her anxiety, admitting, "I know it's sad, but I love it." While tidying up after their kids would make most parents tear their hair out, she gets a thrill out of it. "I secretly love tidying up their messy toys knowing they have had fun playing with them," she said. And she's not stopping any time soon. After tackling the kitchen counter and the sink area during Rex's morning naptime, she revealed, "The pan drawer has been exciting me for ages."

Stacey while organising her snack cupboard

Sorting out the snack cupboard feeling like a majorette 🤩 I'm so excited to do this I hope it works 🤩

She has labelled containers in her kitchen cupboard

The Loose Women star loves organising her home



Honestly I just say here cracking up at myself for how happy this has made me 🤩 why do I love it so much? 🤩

Done ✅



The neatly arranged crafts drawer



Her clothes are folded in the KonMarie method



Her jewellery box has various compartments



Cables and adaptors are tied up and easy to grab

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>

StarStyle *Laura W*



Coat, **£46.50**, 8-24, Very
Blouse, **£59**, 8-18, Phase Eight
Jeans, **£17.99**, 6-18, H&M
Bag, **£49.95**, Moda In Pelle
Boots, **£35**, Very



Dress, **£39**, 4-18, Topshop
Earrings, **£5**, Dorothy Perkins
Bag, **£35**, Accessorize
Boots, **£35**, Nasty Gal

Whitmore



The *Love Island* host always looks super-stylish



Blouse, **£35**, 6-18, River Island
Skirt, **£40**, 4-16, Monki
Bag, **£34**, Glamorous
Heels, **£40**, Oasis



Words: Eleanor Stennett. Photos: Getty Images, Shutterstock

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.

Social media is always awash with photos of couples in love. *So, we ask...*



Denise Welch and Lincoln Townley

Stacey Solomon and Joe Swash

Marvin and Rochelle Humes

Are we sick of smug date night pics?

No

Charlotte Mynard, 28, journalist

Last Valentine's Day, my husband Eddie and I went to our favourite Indian restaurant, and before we had even finished our meal, I'd posted loved-up snaps of us on Instagram. Some people might call it "cringe", but when you're enjoying yourself, I don't think there is anything wrong with sharing it with your friends and family – after all, don't they want to see us happy?

It doesn't matter if we're enjoying a cocktail at a local pub or a Nando's, I'll always take a photo to upload. When you've been in a relationship for eight years, it's extra special when you actually go out on dates rather than having a cosy night in. But, to be honest, I even take photos of us when we're at home doing nothing. I like sharing the little moments,

too, like when Eddie throws on a face mask before bed!

I don't think that posting a photo of my husband and me is any different to sharing a holiday snap of me with my girls. Eddie is a huge part of my life – am I supposed to pretend he doesn't exist?

This year, we will be spending Valentine's Day at a fancy restaurant, and I'll start snapping before we even arrive. If my followers find my photos annoying, they can always hit the unfollow button. It doesn't bother me.

So, to anyone thinking about sharing their Valentine's Day dates this year, I say carry on and go for it. There is no harm in living – and sharing – your best life.



'There's no harm in it'

Yes

'It puts pressure on the rest of us'

Laura Jane Williams, 33, author

It's fair play that couples want to share their happiness, but why does that have to be on social media? It can make singletons feel lonely, and it puts pressure on couples to be equally as loved up. I hate that Valentine's Day becomes a competition to be the most adored. One person posts that they got half a dozen roses, the next one poses with a bouquet, and then Kim Kardashian has her whole name spelled out in six-foot-high flowers. It's crazy – and expensive!

I understand that some of it is lies. I know couples who have posted smiling photos of a night out, but went home in separate taxis. And I've seen gushing posts for boyfriends who have cheated or don't want sex any more. I try to remember it isn't all it seems.

I have a theory that there's

a correlation between couples who post about each other all the time and how

unhappy they really are. Love is special to those experiencing it, and when you're truly happy, you don't need a bunch of "likes" to validate it. If somebody is farming out their sense of worth to an app, it probably isn't being fulfilled by the person that they're sat next to in the photo.

● *One Stop* by Laura Jane Williams, published by Avon, is out now



SHARE YOUR VIEW

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

'Why won't he tell he's hidden MUM'



Lacomba was jailed for life on 8 November

Since 46-year-old beautician Sarah Wellgreen went missing 14 months ago, her sons' lives have been in turmoil. Lewis and Jack Burdett know that she was murdered and they know who did it. But they don't know where, how, or the location of her body.

"Until we can lay her to rest properly and say goodbye to our mum, there will be no end to this for us," says Lewis, 23, the eldest of Sarah Wellgreen's five children. "Only one person knows the truth, and he's not telling." That person is taxi driver Ben Lacomba, 39, Sarah's estranged partner and father to her three youngest children. Jailed for life on 8 November, with a minimum term of 27 years, Lacomba was found guilty of Sarah's "callous" murder.

But the case is far from over for Lewis and Jack, and it won't be until they have their mother back. They have even made the painful decision to request a prison meeting with Lacomba in the hope he'll break his silence. "I want to look him in the eyes

and say, 'Just tell us where she is, for your kids' sake and for ours,'" says Jack, 22. Lewis says, "People keep telling us, 'He won't see you,' but I want to try. He's the only person who knows what happened to Mum and the only person who can give her back to us."

Lacomba is one of just 18 "no body" murderers jailed in Britain since 1954, when the "no body, no murder" rule was effectively overturned. If a new law is passed, he will never be released unless he reveals the location of Sarah's remains.

The Prisoners (Disclosure of Information About Victims) Bill, was included in the new Conservative government's agenda, and is expected to progress through parliament within weeks. The bill is known as "Helen's Law", named after Helen McCourt, who was murdered by Ian Simms in 1988 as she walked home from work in the village of Billinge, Merseyside. Jailed for life in 1989, with a 16-year minimum term, Simms, 63, has never revealed the location of Helen's body. Helen's mother Marie has tirelessly campaigned for him to be denied parole unless he does. Lewis says, "If that law is passed, then telling the truth is the only way Ben Lacomba would ever get out."

Lewis and Jack can never forgive Lacomba for the lies he told during his four-week trial

Jack and Lewis Burdett are desperate for answers

at Woolwich Crown Court in October. Lacomba insisted he was asleep when Sarah went missing from the home they shared in New Ash Green, Kent, on 9 October 2018, leaving behind her car, handbag, purse, bank cards, phones and jewellery.

The couple split in 2014, but Sarah had moved back into the family home in May 2018 to co-parent their three young children. They had agreed to lead separate

children without him.

Faced with losing his home and kids, Lacomba planned to "erase her from his life forever". Switching off the CCTV that covered their property, he killed Sarah and moved her body in his taxi to an unknown location while their children were asleep. Despite extensive police searches of more than 1,250 areas, Sarah has never been found.

Reporting her missing to police two days later, on 11 October 2018, Lacomba claimed that he had no idea where she'd gone. The jury took three-and-a-half hours to find Lacomba guilty. The court heard a red Vauxhall Zafira with taxi markings was picked up by CCTV at eight different locations between 2.13am and 4.27am at the time Lacomba claimed to be asleep. Lacomba's taxi was seen with mud under the arches the following morning, only for it to be "sparkly and clean like a brand-new car"

'He had the upper hand'

lives, sleeping in different bedrooms, but the arrangement was fractious. With relations at breaking point, Sarah had secured a mortgage to raise the £50,000 needed to buy

Lacomba out of the property. The day before she went missing, Sarah told him that she had landed a well-paid job as a business development manager, enabling her to support their



Jack and Lewis have requested a meeting with Lacomba in the hope he will break his silence

us where S BODY?'



hours later. He'd also thrown his mobile in the Thames.

The brothers were toddlers when Sarah split from their father, and aged nine and ten when their mother met Lacomba on an internet dating site in December 2004. Jack says, "Mum really loved Ben and, to begin with, they were really happy together. He was the only father we'd really known as children, and he wanted us to call him 'Dad'. But after his first child was born, Ben lost all interest in us. Mum ran the house, looked after the financial side and organised family life. She paid for the loft conversion, conservatory and kitchen, and all the bills, while he did nothing. They started bickering constantly. Ben was very controlling and enjoyed being a pain, just for the sake of it."

The relationship was already more or less over when Sarah met someone new while on holiday in Spain in 2014, and told Lacomba. Lacomba responded by kicking

her out of the house and changing the locks. A couple of days later, he then booted out 17-year-old Jack, followed by Lewis, leaving all three of them homeless.

Jack says, "For weeks, we went from one B&B to another. It was terrible hearing Mum crying down the phone to social services saying she'd lost her three young kids and couldn't provide for me. Ben always played dumb, but he was very tactical. He knew that if he was in the house with the kids and she couldn't get in, then he would be the sole carer. He always had the upper hand."

Locked in an acrimonious custody battle, Sarah fought to see her children. She gave up her bank job and retrained as a beautician, so she would have more time to spend with them. With her savings dwindling, she moved back to her Portsmouth home, spending hours driving

back and forth to collect or drop off the children, who were shuttled between their warring parents.

Hostilities reached new heights when Sarah met new partner Neil James, 46, a divorced father of two, on a dating website. Lacomba was furious when Sarah moved into his flat with the children in Farnham, Surrey, in December 2016. Jack says, "Neil was a good bloke and wanted to marry Mum, but Ben seemed to have social services on speed dial. Mum was terrified he would take the

children away from her again if she stayed with Neil."

Lewis was horrified when his mother told him that she'd found a solution to the problem. He says, "She phoned me up and said, 'I'm moving back in with Ben.' I told her she was an idiot after all he'd put her through, but she thought it was the only way to keep the kids."

Neil phoned the brothers the morning after she was last seen alive on 9 October 2018 to ask if they'd heard from their mother, who wasn't answering calls. Neil had stayed in contact with Sarah and was one of the last people

she spoke to by phone. She told him she'd gone to bed early because she couldn't stand to be in the same room as Lacomba."

Lewis says, "After Neil's call, I phoned Ben that night and said, 'Is Mum there?' He said he hadn't seen her since yesterday. I said, 'I'll call the police,' and he said, 'I'll do it because she lives here.' I didn't suspect him for a second. The next morning, I called him again and said, 'Have you heard from her?' When he said 'No,' I said, 'Call the police,' but it took him a couple of hours to get around to it." Now they know why.

Jack says, "Losing my mum is the most traumatic thing I have ever known. That is hard enough, but with no body, we have nowhere to say goodbye. Our younger siblings know that Mummy is never coming back, but are too young to understand."

"I don't think that he will ever admit it, because as soon as he does, the whole world will know what he did and his kids will realise what he is. But until he tells us where Mum is, he's not going anywhere."

● To donate to the Sarah Wellgreen trust, go to Gofundme.com/sarah-wellgreen-trust

**'He's not
going
anywhere'**

'I hated having my body taken – now I'm a

When Rachel McCallan, 23, started university, her unhealthy



She was awarded Miss Slinky 2019 at her group

My weight first became an issue in 2015, when I started university in Belfast. I was training in language and linguistics, and was a size 14, but nights out drinking vodka and Red Bull followed by chips and pizza at the end of the evening meant that within a few months, my jeans were too tight and I was having to wear a size 16. It didn't help that near to my student flat was a Chinese and pizza takeaway, which I often went to instead of making dinner. My part-time bar job was another factor, as I'd nibble on crisps and peanuts whenever I was peckish.

During my second year, I met Ally and we started dating. We both loved food, and a lot of our dates involved going out for

coffee and cake, nice lunches and dinners, and trips to the cinema, where we'd both buy popcorn, chocolate and fizzy drinks.

By 2017, I wasn't feeling good about the way I looked. I was always bloated and had to wear a size 18. I felt so paranoid about my appearance that I started making excuses to avoid nights out with friends. "I've got plans to see Ally," I'd lie. I felt more comfortable going out during the day, when I could hide my body under big coats and scarves. And whenever I could grab a cushion, I'd hold it over my lap to shield my stomach.

My weight constantly lurked at the back of my mind, and it even began affecting my moods. Each morning, I'd wake up and feel a sense of dread creeping over me, because I hated scrabbling around to find clothes. And when an unflattering photo caught my eye, I always felt like I was about to burst into tears. "You're gorgeous, Rachel," Ally said. But while it was sweet of him, I felt anything but.

In January 2018, I was at home when I decided to weigh myself. I hadn't

stepped on the scales for ages, and I felt nervous. When 15st 5lbs showed up, I felt sick. "What's wrong?" my dad asked when I came downstairs and he saw my face. "I weigh over 15st," I told him. "God, Rachel," he said. "That's not healthy." He was right, I couldn't go on like this.

Ally and I had booked a holiday in Cyprus that July, and I wanted to look and feel good. At 5ft 6in, I was technically obese, so it was time for me to finally do something about it.

It took a few weeks, but in March 2018, I plucked up the courage to go to my first Slimming World meeting in Sion Mills, Northern Ireland. As I wandered into the room, I felt embarrassed, but the consultant Sinead welcomed me in and put me at ease. As she explained how to follow the plan, I felt filled with optimism that I could actually do it. I could even eat pasta, which I'd thought was impossible on a diet.

Back at home, I sat down and planned my meals for the days ahead, then set up an Instagram profile dedicated to my Slimming World journey. I knew that if I committed to taking photos of my food every day, it would motivate me to stick to my plan. That week, I ditched my usual breakfast of Nutella on toast for yoghurt with bananas and fruit. For lunch, I started preparing homemade salads, and for dinner, I'd whip up pasta with chilli, or a low-

'I'd feel a sense of dread'



Rachel posted photos on Instagram for motivation

my photo size 10!'

lifestyle quickly took its toll

fat curry. I was even allowed the odd packet of crisps or a chocolate bar, which I used my syns for. I couldn't help wondering how the diet could possibly work when I felt so full!

When I stepped on the scales after my first week, I was amazed to see that I'd lost 5½lbs. Another 4½lbs followed the fortnight after that, and I soon began to feel energised. My face looked slimmer, and my clothes no longer stretched across my stomach and thighs. "I'm so proud of you," Ally said. By July, just five months after starting Slimming World, I'd lost almost 3st, taking me down to 12st 7lbs. In celebration, I bought three different bikinis for our trip to Cyprus. And while we were away, I walked confidently around the pool. After our holiday, I was straight back on plan, and I lost another 10lbs, taking my weight down to 11st 12lbs.

I have maintained my diet ever since. My double chin has disappeared, my tummy is flat and my legs are toned. I was even awarded my group's Miss Slinky title, which I was thrilled about! I've changed on the inside, too. I'm healthier and happier, and when I open my eyes in the morning, I'm no longer filled with dread. My weight used to feel like a black cloud over me, but now I feel positive and in control of my life.

● Follow Rachel's journey on Instagram @Rachelmcc_SW

BEFORE
15st 5lbs
Size 16-18



DIET BEFORE

BREAKFAST Toast with Nutella
LUNCH A panini, crisps
DINNER Chinese takeaway, pizza or a burrito
SNACK Crisps

DIET NOW

BREAKFAST Yoghurt with banana, grapes and apple
LUNCH Chicken salad
DINNER Pasta with low-fat pesto, chicken and leek pasta bake or stir-fry
SNACK Banana

AFTER
11st 12lbs
Size 10-12



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!

Trending: Khaki

The army-green shade works in a variety of outfits

Blouse, £28; Trousers, £32, both 6-22; Boots, £50, all Next



Jumper, £29.99, XS-XL, Zara. Skirt, £25.99, 6-26, New Look. Earrings, £8, Warehouse. Bag, £17.99, Mango. Boots, £170, Dune

Dress, £59.99, XS-L, Mango. Jacket, £35, 8-18, Very. Hat, £25.99, Zara. Necklace, £17.99; Trainers, £49.99, both Mango



A utility-style jacket is the perfect spring cover-up – it's versatile enough to wear with jeans or a floral maxi dress



Shirt, £10; Dress, £18; Jacket, £25, all 8-18; Belt, £6; Sandals, £16, all Matalan



Matalan have upped their game this season, with an on-trend collection that reflects their designer counterparts



Shirt, £16; Trousers, £16, both 8-18; Belt, £6, all Matalan

The trapeze shape of this maxi dress is ideal for the days when your body confidence isn't at its best



Dress, £59, 8-18, M&S. **Earrings, £15.99**, Mango. **Bag, £29**, Warehouse. **Boots, £27.99**, New Look



Jumper, £28; **Trousers, £28**, both 8-18, M&Co



Dress, £38, 6-22; **Bangle, £12**; **Sandals, £45**, all Next



T-Shirt, £19.99, XS-L, Mango. **Trousers, £39**, 6-18, Topshop. **Bag, £35.99**, Mango. **Necklace, £25**, Warehouse. **Sandals, £85**, & Other Stories

Still-life styling: Kate Martin

2020 BREAKS for Bella readers

Enjoy some proper grown-up time away by sneaking off to a gorgeous historic castle or a coastal village. There's always more at Warner. With new acts to see, great things to do, interesting places to go, delicious dishes to taste and fabulous cocktails to try, you'll always feel right at home.

Every Warner break includes

- Fabulous breakfasts and three-course dinners
- Excellent facilities, including indoor swimming pools
- Beautiful grounds and gardens
- Relaxation lounges offering live music, dancing, comedy and cinema

THREE WAYS TO ENJOY WARNER!

Warner – Re-Mixed

- Quizzes, fitness classes and hotel and ground tours
- Ballroom and disco dancing
- Vocalist bands and comedy acts



Warner Late & Live

- Late breakfast and evening dining
- Acoustic sets, live artists and bands
- Late-night DJ or lounge singers

Warner Festival

- All about the music, original acts and top tributes
- At least five bands or artists
- Perfect for enjoying the music genre you love with like-minded fans

BODELWYDDAN CASTLE – A Victorian castle between Snowdonia and the sea

Book any of these breaks and receive a free upgrade to a garden lodge room, plus a free lunch during your stay

Arrival date	Number of nights	Description	Prices per person
3 Apr	3	RE-MIXED With a tribute to Take That from Re-Take That, plus comedy from Denny Waters	£229
17 Apr	3	LATE & LIVE Featuring a tribute to Adele from J'Adele and her band, plus comedy from Bill Woolland	£229
24 Apr	3	RE-MIXED An audience with Claire Sweeney, plus Paul Hazel and The Soultown Band	£229
1 May	3	RE-MIXED Starring The Fourmost and Steve Taylor – Let's Get Back to the '60s	£219
12 Jun	3	RE-MIXED Featuring Beyond Bubl� and his live band capturing the sheer brilliance of Bubl�, plus sensational vocalist Brad Pepper	£249

GUNTON HALL COASTAL VILLAGE – Woodland village not far from the seashore

Book any of these breaks and receive a free room upgrade and £20 per person on-site spend

Arrival date	Number of nights	Description	Prices per person
24 Apr	3	RE-MIXED Starring Rat Pack – Swingin At The Sands, plus comedy from Micky Zany	£179
1 May	3	LATE & LIVE Featuring the ultimate live '80s party band The Wild Boys, plus comedy from Ian Larkin	£199
22 May	3	FESTIVAL Starring The Ultimate Blondie Band featuring Kate Bell, Beyond Faith tribute to George Michael, party band Splash, Red Mick, Alex Holt, and DJs	£239
29 May	3	RE-MIXED Featuring The FlyRights with their live band performing a fusion of soul, Motown and swing, plus comedy from Ian Larkin	£199
5 Jun	3	LATE & LIVE Starring I'm Still Standing: The Elton John Experience with live band	£209

Terms & conditions Prices are from per person, based on two people sharing standard accommodation including Simply Dine. All applicable discounts are included in prices shown. Discounts apply to the published standard room price only and dining choices are not discounted. Free room upgrade based on availability. Prices quoted include your promotional saving where applicable. Supplements apply for other upgrades, views, balconies, patios, dining, spa treatment packages, etc. Discounts and offers are only on the specific breaks listed and not transferable. Offer applies to new bookings only and are subject to promotional availability. Only applicable on bookings up to 19 people. All persons in your booking must be over 21 years of age. Savings cannot be used on bookings with group benefits or bookings made through coach operators. Prices are correct at time of printing. If there isn't availability at this rate, you will be offered the next best rate. Balances are due ten weeks before arrival date. Warner Leisure Hotels reserves the right to change or withdraw any offers without prior notice. Full terms and conditions apply as stated on the website. Calls to 03 numbers from any line type cost no more than calls to geographic (01 or 02) numbers. Bourne Holidays Limited (trading as Warner Leisure Hotels) is a company registered in England and Wales with company number 01854900 whose registered office is 1 Park Lane, Hemel Hempstead, Hertfordshire HP2 4YL. 79333W



£25 Topshop



£129 Kurt Geiger



£18 Boohoo

£19.99 Mango



Faux Fur Bags

Cuddle up with these trendy accessories

£28 Oasis



£65 Guess



£34 Next



£22 Topshop



Dianna Agron

Compiled by Lucy Addicott. Photo: Getty

shop the trend

Alessandra
Ambrosio



Everyone's w Skiv

Style it

Don't forget to pack a hat to ensure you stay warm at après-ski



£7.99,
New Look

Style it

Always opt for sunglasses with 100 per cent UV protection, as sunlight reflects off the snow



£12.99, Decathlon



£17.99, S-L, Aldi



£190,
Moon Boot



£110, 4-18,
ASOS

Wearing... wear

Look chic on the slopes with these snow-proof buys



£39.99,
Roxy



£60 for set, S-XL, Dare 2b



£149.99, S-XXL, Protest
at Snow And Rock



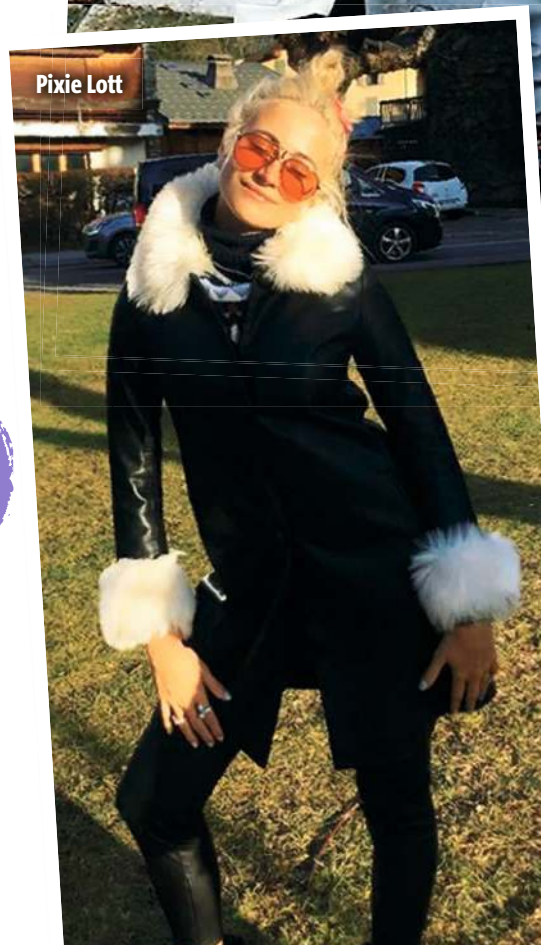
£59.99, Superdry

Style it

Under-layers are crucial for maintaining body heat – make sure you've got thermal leggings



Kylie
Jenner



Pixie Lott

beauty secrets



We can't resist this beautiful brush. The heart-shaped head helps buff foundation into skin, providing a flawless finish in just a few sweeps. Genius! **IT Cosmetics Love Is The Foundation Brush, £30**



This flattering pink blusher includes a handy brush, making it ideal for topping-up your make-up on the go, or for light packing during mini breaks. **Clarins Limited Edition Joli Blush in Cheeky Pinky, £27**

Sit back and enjoy a long soak with this cheeky bath bomb. The fizzing colours and uplifting scent will instantly put you in a good mood. It'd make the ideal little gift for your sister or best friend.

Lush Peachy Bath Bomb, £4.95



Valentine's

Drop some hints or treat yourself to

A new lippie is a great pick-me-up, and this glossy punchy pink will suit all skin tones. Wear with bronze eyes for an understated but gorgeous everyday look. **Bobbi Brown Luxe Liquid Lip in Pink Crystal, £28**



The celebrity-favourite moisturiser really does live up to its name. Using a mix of seriously nourishing ingredients, it will transform dehydrated, dull skin. A little goes a long way, too, so this fancy limited-edition tub will last you ages. **Charlotte Tilbury Charlotte's Magic Cream Lunar New Year Limited Edition, £75**



We love everything about this ultimate treat-yourself lipstick – the shade, the packaging, the shine. It's (almost) too pretty to use. **YSL Beauté Rouge Volupté Rock N Shine in Orange Speaker, £30**



Elizabeth Arden's iconic ceramide capsules have incredible anti-ageing results. They help restore the skin's barrier and boost hydration, leaving your complexion healthy and radiant. This set is a great way to give them a go. **Elizabeth Arden Red Limited Edition Ceramide Capsules, £67**

Cheat a glowing complexion with these little pearls. The clever blend of colours will correct any dullness and leave your skin looking luminous. Use a large brush to apply all over the face.

Guerlain Cherry Blossom Collection Météorites, £45



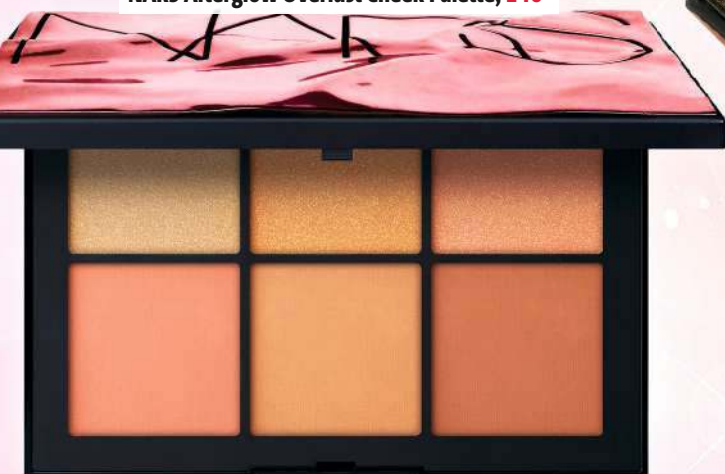
Flutter your lashes with the latest version of L'Oréal's best-selling mascara. We're long-time fans of this buy, which provides impressive volume. The revamped packaging is a bonus! **L'Oréal Paris Paradise Extatic Volumising Mascara, £11.99**

Wish List

o these limited-edition buys

There's a reason NARS are famous for their blushers, and this is the perfect palette to discover it for yourself. It includes three shades, plus three glow-cheating highlighter options to help you perfect your complexion.

NARS Afterglow Overlust Cheek Palette, £46



If you're looking to upgrade your straighteners, opt for this showstopping red pair. The professional-level set will make trying different styles easy and will last for years to come. Plus, you can even get them personalised. **ghd Platinum+ Styler in Limited Edition Deep Scarlet, £189**



This is no ordinary hair oil – it has a transformative effect on even the driest of strands while also boasting heat protection of up to 230°C. It's a true holy grail buy for us, and is worth the investment, especially in this swish shade. **Kérastase Elixir Ultime Rouge Edition, £44.50**

beauty secrets

Elemis Cica Calm Hydrating Juice, £40. This prebiotic gel hydrates and cools parched winter skin.



e.l.f SuperMask, £12. Do you have stressed out, sensitive skin? This mask might just be your saviour. Use twice a week to notice a real difference.



Liz Earle Cica Restore Skin Paste, £29. Wake up to a brighter, healthier complexion, thanks to this overnight mask. It works effectively without being too harsh.



Revolution Skincare Cica Cream, £10. A mix of cica, camomile and grape seed oil, this moisturiser locks in a hit of hydration without irritating skin.



Calming Cica

Soothe skin with the help of this Asian 'wonder' herb

Dr Jart+ Cicapair Tiger Grass Calming Mask, £5. After just ten minutes' use, this mask will leave your complexion smooth and fresh. Apply once a week for optimum restoration.

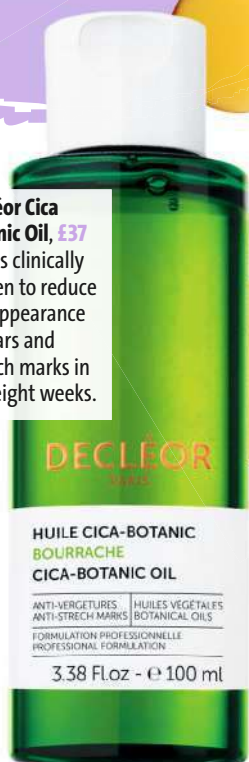


No7 Cica Skin Paste, £18. Ideal for those who suffer from rosacea or redness. Use overnight to wake up to a calmer-looking complexion.

Elemis Superfood Calm Cleansing Foam, £25. Packed with cica and green tea oils, this gentle foaming cleanser is super-kind to sensitive skin.



Decl or Cica Botanic Oil, £37 This is clinically proven to reduce the appearance of scars and stretch marks in just eight weeks.



It's Skin Tiger Cica Calming Water, £22.99. This comforting toner helps restore pH levels, giving a boost after cleansing.



Kiehl's Centella Sensitive Facial Cleanser, £28. For those with sensitive skin, this cleanser gives a deep clean while still being gentle. Your face will also stay moisturised for up to eight hours after use.



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".

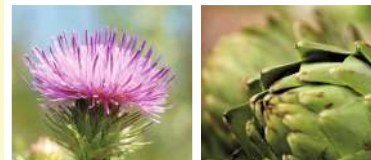


THE LIVER AND YOUR WAISTLINE

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



better body

Lose a stone fast

Food tracking with
Nutracheck shows you how

We've teamed up with Nutracheck, the award-winning calorie and nutrient tracking app, to give you an exclusive plan. It's based on the ultimate weight-loss secret – tracking! Simply keep a record of what you're eating to help you lose weight at a healthy rate of 1-2lbs a week. No gimmicks, no tricks – and no

banned foods. You decide what to eat as long as you stay within your calorie limit of 1,400 a day (it's easy to check you're getting a healthy nutrient balance, too). Download the Nutracheck app, or track online at Nutracheck.co.uk. The app scans food barcodes, so you can add what you eat to your diary in just a couple of taps. See our special reader offer on page 36.

Three ways tracking will work for you

Nutracheck nutritionist Emma Brown explains why food tracking works so well for weight loss.

- **It's an easy way to manage your calorie intake.** Just log what you're eating to help you lose weight at a healthy rate of 1-2lbs a week. Nutracheck holds data for over 250,000 UK foods, so all your mealtimes are covered.

- **You don't have to cut any foods out.** I recommend a two-step approach. Think quantity of calories, then quality of calories. First, focus on managing your total calories – don't set unrealistic goals and limitations. Move more, adjust your portion sizes and track what you eat. Then, once you have a handle on how many calories you're eating, start thinking about your food choices.

- **Calories aren't all equal in terms of nutrition.** Some food types, like protein and wholegrain carbs, help you feel fuller for longer. The app has a simple chart to show how you are tracking towards healthy targets for protein, fat, carbs and fibre, as well as helping you keep an eye on sugar, sat fat and salt.



**Free
membership
worth
£15.98!**



Your exclusive plan from Nutracheck

Choose a breakfast, lunch and dinner each day, along with one snack and one treat, and stay within your allowance of 1,400 calories per day. Keep an eye on your fat intake – have between

25-54g fat a day. Your protein and carb intake is more flexible. Go to Nutracheck.co.uk for details of all the nutrients that you can track.

Also drink plenty of fluids – aim for eight 250ml glasses daily. And

don't forget that drink calories count, too. Fruit juices, coffee shop treats and alcohol all count towards your daily calorie allowance, so be sure to track these. All meals below serve one, unless otherwise specified.



Breakfast choices

250-350 calories each

Mushroom, pepper and cheese omelette

350 calories, 25g fat, 10g sat fat, 7.8g carbs, 6.5g sugar, 23.3g protein, 1.1g salt Heat 1tsp of olive oil in a

small frying pan over a medium heat. Add half a medium onion, diced; quarter of a red pepper, diced, and 80g mushrooms, sliced. Reduce the heat to low and cook for 5 mins. Meanwhile, pop the grill on low and whisk 2 medium eggs with a dash of semi-skimmed milk. Pour the eggs over the veg and leave to slowly cook through for 5 mins. Sprinkle 30g

grated cheddar cheese, 1tsp fresh parsley chopped and a pinch of black pepper over the top, and pop the pan under the grill for 2-3 mins to finish cooking the top.

Fresh fruit and yoghurt with granola

310 calories, 6.2g fat, 1.3g sat fat, 50.4g carbs, 33g sugar, 12.3g protein, 0.2g salt 250g fresh or frozen fruit (like berries, apple, kiwi), chopped, topped with 150g fat-free natural yoghurt and 30g low-sugar granola, crushed.

Toasted crumpets and jam

314 calories, 5g fat, 1.3g sat fat, 58.8g carbs, 20.7g sugar, 6.9g protein, 1.9g salt 2 crumpets, toasted, topped with 10g low-fat spread and 2tbsp reduced-sugar jam.

Bacon and scrambled eggs on toast

303 calories, 15.9g fat, 4g sat fat, 15.5g carbs, 1.2g sugar, 25.2g protein, 2g salt 1 medium slice of wholemeal toast, topped with 5g low-fat spread, 2 medium eggs, scrambled, and 40g grilled bacon medallions.

Lunch choices

400-450 calories each

Tuna and potato salad

418 calories, 10.2g fat, 1.5g sat fat, 50.3g carbs, 17g sugar, 34.5g protein, 2.1g salt Mix together 80g shredded lettuce; 5 cherry tomatoes, halved; 50g cucumber, cut into chunks; 80g sweetcorn; half a red pepper, cut into chunks; a quarter of a red onion, sliced, and 15g pitted green olives, halved. Top with 175g steamed new potatoes (skins on) and a 130g tin of tuna in spring water, drained and mixed with 20g light mayonnaise.

Pot of vegetable soup (any brand) and cheese croutons

400 calories, 15g fat, 6.5g sat fat, 36.7g carbs, 5.9g sugar, 28.1g protein, 2.7g salt 600g pot of fresh vegetable soup, with 1 slice of wholemeal toast, topped

with 30g melted reduced-fat Cheddar, chopped into croutons.

Ham salad wrap and Snack A Jacks

400 calories, 11.5g fat, 3g sat fat, 51.7g carbs, 6.1g sugar, 20g protein, 2.4g salt

1 wholemeal tortilla wrap, topped with 15g light mayonnaise, a handful of lettuce, 4 slices cucumber, 4 slices tomato and 2 slices of lean ham, with 23g packet of Snack A Jacks.

High-fibre beans on toast

420 calories, 10.1g fat, 4.2g sat fat, 57.5g carbs, 12g sugar, 22.8g protein, 2.4g salt 2 slices of wholemeal toast, topped with 10g low-fat spread, half a tin of high-fibre baked beans (like Heinz Five Beans), and 20g grated reduced-fat Cheddar cheese.

Greek-style pitta meze

440 calories, 18.3g fat, 4.1g sat fat, 45.5g carbs, 9.2g sugar, 18.6g

protein, 3.5g salt 1 medium wholemeal pitta bread, toasted and cut into strips, with 160g carrot and cucumber sticks, 75g reduced-fat houmous, 30g reduced-fat feta cheese and 30g pitted green olives.



Snacks & treats

150-200 calories

Pick one per day



25g mixed unsalted nuts and 160g veg crudité
178 calories, 12.8g fat, 2g sat fat, 9.9g carbs, 8g sugar, 6.8g protein, 0.2g salt

1 apple, 70g grapes and 125g low-fat yoghurt
200 calories, 4.7g fat, 3g sat fat, 36.7g carbs, 36.2g sugar, 5.1g protein, 0.2g salt

3 lightly salted rice cakes with 60g low-fat cream cheese, topped with cucumber slices
176 calories, 7.5g fat, 4.6g sat fat, 20.4g carbs, 3.8g sugar, 6.2g protein, 0.5g salt

1 mini wholemeal pitta, cut into strips, with 50g reduced-fat houmous
173 calories, 7.2g fat, 0.8g sat fat, 18.8g carbs, 1.5g sugar, 6.9g protein, 0.7g salt

25g packet of lighter crisps with 20g Mini Babybel Light
173 calories, 10.4g fat, 2.3g sat fat, 12.9g carbs, 0.1g sugar, 6.4g protein, 0.7g salt

125ml glass of white, red or rosé wine and a fun-size chocolate bar
175 calories, 2.8g fat, 1.4g sat fat, 13.5g carbs, 11.9g sugar, 0.8g protein, 0.1g salt



Dinner choices

474-535 calories each

Mediterranean veg pasta

474 calories, 15.1g fat, 4.6g sat fat, 64.1g carbs, 10.5g sugar, 18g protein, 0.9g salt

1 Roast a pre-prepared 400g pack of Mediterranean veg medley, as per the pack instructions.
2 Meanwhile, heat a pan of boiling water and cook 150g wholewheat penne, according to the pack instructions. Drain the pasta and add it back into the pan, reserving a little of the pasta water.
3 Mix in the roasted veg and 2 heaped tbsp of pesto, along with the reserved water, and stir well. Heat through for 2 mins and serve topped with 30g grated Parmesan.

Turkey meatballs with courgetti

Serves 2 – per serving: 476 calories, 16.9g fat, 6.3g sat fat, 24.8g carbs, 19.1g sugar, 53.4g protein, 2.3g salt

2tsp olive oil
1 small onion, diced
1 garlic clove, crushed
1 chilli, finely chopped
5 ready-made lean turkey meatballs
400g tin of chopped tomatoes
250g tomato passata

1tsp mixed dried herbs
150g cherry tomatoes, halved
200g courgette, sliced into ribbons or courgetti
40g Parmesan, finely grated

1 Place a medium frying pan over a medium-low heat and heat the olive oil. Add the onion, garlic and chilli and cook for 5 mins.
2 Add the meatballs to the pan and cook for a further 5 mins, turning frequently.
3 Add the chopped tomatoes, passata, herbs and tomatoes to the pan and mix well. Turn the heat to low, cover and simmer for 10 mins.
4 Meanwhile, soften the courgetti in a pan of boiling water for 2 mins.
5 Drain and serve the courgetti topped with the meatball sauce and grated Parmesan.

Cod with chorizo, new potatoes and greens

Serves 2 – per serving: 500 calories, 18.8g fat, 5.1g sat fat, 41.5g carbs, 9.6g sugar, 43.4g protein, 1.3g salt

1 Pre-heat the oven to 200°C/fan 180°C/gas 6. Place 2 x 125g skinless cod fillets on a baking tray lined with foil, season with black pepper, paprika and lemon juice, and drizzle 1tsp olive oil over each. Cook in the oven, uncovered, for 15-20 mins.

2 Meanwhile, place a small frying pan over a medium heat and spray with Frylight. Cook 50g finely chopped chorizo sausage for 3-4 mins, until starting to crisp. Drain off excess fat. Add half a tin of chopped tomatoes to the pan, season with black pepper and a small handful of fresh chopped parsley, and mix well. Heat through for 1 min. When the cod is done, top with the tomato and chorizo sauce and serve with 200g steamed new potatoes (in skins) and 160g steamed greens per person.

Sausage and mash

535 calories, 17.6g fat, 6.2g sat fat, 67.9g carbs, 13.3g sugar, 28g protein, 2g salt

2 grilled low-fat pork sausages, 200g peeled potatoes, cooked then mashed with 30ml of semi-skimmed milk and 5g low-fat spread. Serve with 160g steamed peas and sweetcorn and 75ml reduced-salt gravy.

Pizza and salad night

516 calories, 21.6g fat, 9.1g sat fat, 53.7g carbs, 11.1g sugar, 23.6g protein, 2.6g salt

Half a thin crust pizza (max 470 calories) and a large undressed side salad.

Easy chicken traybake

Serves 2 – per serving: 518 calories, 17.2g fat, 3.8g sat fat, 40.7g carbs, 11.8g sugar, 52.2g protein, 0.76g salt

4 skinless chicken drumsticks
350g new potatoes (skins on), halved
1tbsp olive oil
Salt and black pepper
Bulb of garlic, chopped into 3 chunks
1 aubergine, sliced
3 tomatoes, cut into wedges
1 lemon, sliced
Few sprigs of rosemary
1 Preheat the oven to 200°C/fan 180°C/gas 6.

2 Place the chicken on a baking tray, scatter over the potatoes, drizzle with olive oil and season with salt and pepper. Mix well to ensure the potatoes and chicken are coated in oil. Ensure the potatoes and chicken are spread over the tray evenly, add the garlic and bake for 30 mins.
3 Remove from the oven, add the aubergine, tomatoes and lemon slices to the tray and mix together. Place a rosemary sprig on top and return to the oven for 15 mins.
4 Ensure the chicken is cooked through and potatoes have softened. Remove the garlic, serve and enjoy!



Special reader offer worth £15.98

Nutracheck is offering every *Bella* reader two months free membership of its calorie counter app and website, worth £15.98.

To claim:

- Go to Nutracheck.co.uk/bella to sign up
- Enter the code BELLA20SS in the promotional code box on the Membership Options page and press "confirm".

Terms and conditions:

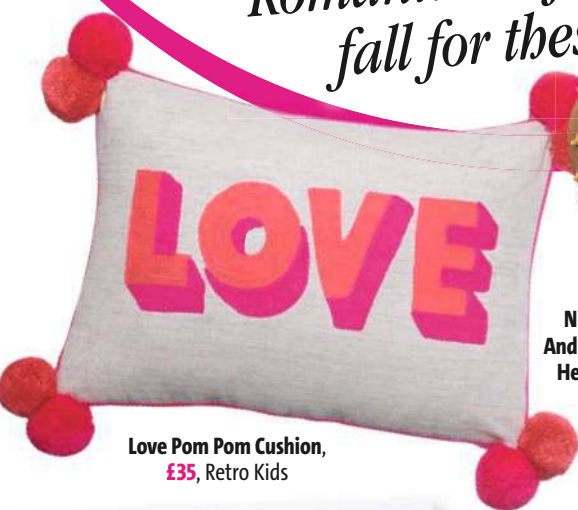
You must be 18 years or over to join the Nutracheck service. This offer is only available to first-time new members. The code must be used by 30 April 2020 and can only be used once on your account. There is no cash alternative.

- Complete your sign up and two months of free membership will be added to your account.
- Now download the app onto your smartphone, iPad or tablet – search for "Nutracheck" in the app store.
- The offer closes on 30 April 2020.

eat smart

Happy Valentine's

Romantics rejoice! You'll fall for these buys



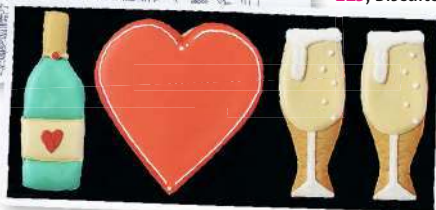
Love Pom Pom Cushion, £35, Retro Kids



Nutty Chocolate Heart And White Chocolate Berry Heart Doughnuts, £2.20 each, Krispy Kreme



Personalised Valentine's Letterbox Biscuits, £25, Biscuiteers



Love Print, £16, Mint & May



Valentine's Bunting, £3.50, Sainsbury's Home



Enamel Pin Badge, £6.99, Of Life & Lemons



BIA Set Of Two Large Heart Dishes, £11.95, Notjustjugs.com



Neon Word Light, £12, Sainsbury's Home



Mermaid Pink Gin 38% ABV, £40 for 70cl, M&S

RECIPE

Dark chocolate truffles

Enjoy these deliciously moreish treats with your loved one

Makes 10-12
100g plain chocolate
40g coconut milk
25g Honey Roasted Munchy Seeds, 80p (Munchyseeds.co.uk)
Chia seeds, for dipping

1 Finely chop the plain chocolate and place it in a microwaveable bowl.

2 Crush the Honey Roasted Munchy Seeds with a rolling pin and add to the chocolate.

3 Heat the coconut milk for about 25 secs, until hot. Pour over the chocolate mix, cover, then wait for a few mins.

4 Give the mixture a stir. Cover and refrigerate overnight.

5 Spoon out small amounts of the mixture and shape into balls. Dip these in the chia seeds to coat.

6 Put them back in the fridge for an hour to chill.



Warm from the pan...

Enjoy waffles, pancakes and crepes for a relaxed breakfast

Buttermilk pancakes with blueberry and lime sauce

Makes 12

Ready in 30 mins, plus chilling

160g self-raising flour, sifted

1tsp baking powder

1 egg, separated

60g caster sugar

Pinch of salt

200ml milk

80ml buttermilk

3tbsp melted butter,
plus extra for frying

100g blueberries

FOR THE SAUCE

300g blueberries

Freshly squeezed juice of 3 limes

100g caster sugar

300ml double cream, whipped
to soft peaks, to serve

1 For the sauce, place the blueberries, lime juice and sugar in a pan with 90ml water and simmer for 5-10 mins, until the fruit is soft and the sauce is thick.

2 Put the flour, baking powder, egg yolk, sugar, salt, milk and buttermilk in a bowl and whisk. Add the butter and whisk again to a smooth dropping consistency.

3 In a separate bowl, whisk the egg white to stiff peaks. Gently fold into the batter mixture. Cover and leave to chill for around 30 mins.

4 Melt some butter in a pan over a medium heat. Ladle small amounts of batter into the pan, leaving a little space between each. Sprinkle a few blueberries onto the pancakes and cook for 2-3 mins, until a few bubbles appear on top. Turn over and cook the other side. Keep warm.

5 Cook the remaining batter in the same way, adding more butter, if required. Serve the pancakes stacked, drizzled with the sauce and with a dollop of whipped cream.



These recipes are taken from
**Pancakes, Waffles, Crepes
And French Toast by Hannah
Miles** (Ryland Peters
& Small £9.99)

Orange waffles with roasted plums

Serves 8

Ready in 55 mins

260g self-raising flour, sifted
1tsp orange zest
3 eggs, separated
375ml milk
1tsp vanilla extract
30g caster sugar
Pinch of salt
60g butter, melted, plus extra for greasing
Icing sugar, to dust
Clotted cream, to serve
FOR THE ROASTED PLUMS
8 plums, halved and stones removed
75g caster sugar
Freshly squeezed juice of 2 oranges

1 Preheat the oven to 180°C/gas 4. Grease an ovenproof dish. Put the plum halves, cut side down, in the dish and sprinkle over 25g of the sugar, 2tbsp water and the orange juice. Bake for 20 mins, until the

fruit is soft, but still holds its shape. Remove the plums from the dish and pour the cooking liquid into a saucepan set over a medium heat. Simmer with the remaining sugar and 60ml water until you have a thin syrup. Set aside with the plums.

2 To make the waffle batter, put the flour, orange zest, egg yolks, milk, vanilla extract, sugar, salt and melted butter into a large bowl. Whisk until smooth. In a separate bowl, whisk the egg whites to stiff peaks, then gently fold into the batter a third at a time.

3 Preheat a waffle maker and grease it with butter. Ladle a small amount of the batter into the preheated waffle maker and cook for 2-3 mins, until golden brown. Keep the waffles warm while you cook the remaining batter. Dust the waffles with icing sugar and serve with the roasted plums, plum syrup and clotted cream.



Apple crepes

Makes 10

Ready in 40 mins, plus resting

140g plain flour, sifted
1 egg, plus 1 egg yolk
2tbsp melted butter, cooled, plus extra for frying
1tbsp caster sugar
Pinch of salt

1tsp ground cinnamon
300ml milk
250ml double cream, whipped to stiff peaks
Icing sugar, to dust

FOR THE APPLE COMPOTE

6 eating apples, peeled, cored and cut into small pieces
60g sultanas
1tsp ground cinnamon, plus extra for dusting
100g caster sugar

1 For the apple compote, put all of the ingredients in a saucepan over a medium heat and simmer

for 15-20 mins, until the apple is soft. Set aside to cool.

2 For the crepe batter, put the flour, egg and yolk, melted butter, sugar, salt and cinnamon in a large mixing bowl. Whisking, gradually add the milk until you have a smooth and runny batter. Cover and rest in the fridge for 30 mins.

3 Melt a little butter in a large frying pan over a medium heat and coat the base of the pan. Ladle a very small amount of batter into the pan and tilt the pan to spread out thinly. Cook until the top of the pancake is set, then turn over and cook for 1-2 mins, until golden brown. Keep warm while you cook the remaining batter.

4 Spoon the apple compote and a little whipped cream onto one half of each crepe. Fold the crepe in half, then half again. Dust with the cinnamon and icing sugar and serve.



better health

Technology gets a bad rep when it comes to our mental health, but the latest crop of innovations might actually be good for us

Can smart tech save our SANITY?

The negative effects of technology on our stress and anxiety levels are well documented. Perpetual distraction, sleep disturbance, depressive symptoms and social comparison have all been linked with our increased use of devices. The existence of smartphone addiction and, at the same time, the growing trend for “digital detox” holiday packages, succinctly sum up our first-world problems. Overuse of and overreliance on technology can wreak havoc on our wellbeing, but some people are starting to argue a case for it.

Behavioural psychologist Jo Hemmings thinks we should be embracing technology, particularly in our homes. “New research has shown that 20million of us in the UK and Ireland feel out of control in our domestic lives, leaving us feeling stressed and demotivated,” she says. “Many of us lead busy

and chaotic lives so, when we’re at home, we want it to be as stress-free and relaxing as possible, and tech can really help with this.”

Regain control

“The technology is out there to help us create order in our homes, even when we’re not physically there to do it ourselves,”

says Jo. Products like video doorbells, smart thermostats and plugs, and even robotic vacuum cleaners, can maintain our homes during our absence.

“Using technology to make it easier to control

your home can have a really

positive impact on your mood, allowing you to fully relax and unwind after a busy day,” she adds. “Simple things like being able to control the heating and lighting from your phone can have a real impact on your overall wellbeing. When the temperature

Overusing
technology can
wreak havoc on
our wellbeing

is warm, our cortisol levels [the stress hormone] drop, meaning it’s much easier to unwind and relax. Installing smart technology, such as Hive Active Heating, allows you to control the heating from your smartphone, so after a long day at work, you can head home to a warm and comforting welcome.

“With today’s busy lifestyles, and against a backdrop of constant change and uncertainty, it’s fitting

that we’re craving more control and are drawing on smart tech to help improve our everyday lives,” Jo continues. “This is particularly the case in our homes. They are so often sanctuaries away from the hectic pace of work, commuting and even socialising. Knowing that it is a place where we can escape all that reduces our cortisol levels and raises our serotonin levels, which makes us happier.”





risks and manage mental health problems for us, and there's a growing demand for this tech.

In Europe, 23 per cent of people own wearables, and this figure jumps to 46 per cent in the US. In a recent YouGov report, 44 per cent of surveyed consumers expect stress management from future wearables – and this technology is already starting to enter the market. Sleep trackers, heart rate monitors, proximity detectors and electronic sensors are all helping to promote mental wellbeing.

Sleep deficiency can make you prone to mental health disorders, and a tracker you wear to bed can monitor your sleep stages and encourage better habits, awareness and behaviours. A heart rate monitor can help to keep check on anxiety, which is signalled by an increase in heart rate. Proximity detection can sense your social interactions, so can help stop individuals from withdrawing and subsequently slipping into a level of depression. Finally, electronic sensors built into wearables can track body temperature, your level of mental attention, and gauge wellbeing.

Billed as the world's first emotion tracker, Feel (Myfeel.co) is a wristband capable of monitoring vital signs that indicate five key moods – joy, contentment, sadness, tension and distress – and heralds the start of this trend for wellbeing-focused wearables. "We often don't know what it is we're doing that makes us stressed or unhappy," says Feel's George Eleftheriou. "The first step to changing how we feel is recognising those behaviours, and this helps us to do that." It works by tracking micro changes in perspiration, body temperature and blood pressure, which indicate heightened emotions, then syncs with an app to help users identify what they were doing when they felt a certain way. Alongside real-time support from the app, users are also given weekly 15-minute data-driven sessions with a designated licensed therapist with expertise in cognitive behaviour therapy (CBT).

Peace of mind

Besides taking care of your health,

smart technology can also help to take care of our loved ones. Virtual assistants, like Amazon Alexa or Google Assistant, can create an entire smart home system, which could be particularly helpful for people who are less able bodied or suffering with dementia. You can add extra functions, like Alexa's free Guard, that will listen for sounds like glass breaking and alert you remotely, so you can be reassured that – even when you can't physically be with them – there is some level of support for vulnerable people.

Locator technology, whereby small electronic tags are attached to items and then linked to a smartphone or device, can be particularly useful for those with Alzheimer's, as are devices that play set reminders. Devices that detect motion and play a pre-recorded voice when there is movement can be helpful, too. For example, a sensor or

pressure mat at the threshold to the kitchen could play a message when you walk out of it reminding you to turn off the gas.

Using smart technology in this way can help us to manage the daily lives of loved ones who require extra support, and in turn, reduce the stress and worry associated with looking after them. "If such technology is going to positively impact your home life, I'd recommend using it," adds Jo.

It can help to manage the daily lives of those who need extra support

Use it well

"The key to using technology is for you to be in control of it, rather than the other way around," says Jo. "It needs to work around your ideal lifestyle. Learning how to use it most effectively can benefit the way you and your family lead your lives and get you into good habits, meaning that you're more in control, and therefore, less likely to be stressed."

Wearable tech

It's not just smart tech in the home that can have a positive effect on our emotional health. Until recently, wearable tech has been linked with improving physical health, but the latest crop of gadgets can improve our mental wellbeing, too. Many companies have developed patches and wristbands to detect potential

Good-for-you gadgets

- **Hive Active Plug, £39, [Hivehome.com](#)**
Reduce unnecessary stress, and turn your straighteners off or your lamp and music on from anywhere, all through the Hive app on your phone.
- **Samsung Galaxy Watch Active, £229, [Samsung.com](#)**
This not only tracks fitness and nutrition, but can also monitor sleep, manage stress, and measure blood pressure and heart rate.
- **BT Smart Home Cam, £49, [Shop.bt.com](#)**
This security device offers clear, high-quality live video streaming, records clips to users' smart devices and allows two-way audio, where users can listen and talk back to those at home.
- **Ring Video Doorbell, £89, [Ring.com](#)**
With custom motion zones, infrared night vision and two-way talk, you'll be the first to know when there's a visitor – wanted or otherwise.
- **Tile Sticker, £34.99 for two, [Thetileapp.com](#)**
This small, waterproof finder sticks to virtually anything, has a 150ft range and a loud ring to help you – or a forgetful relative – locate your lost items.

home trends

Art Deco glam

Think vibrant colours and geometric prints to bring this retro look into your home



Etched Tealight Holders, £25 for a set of three, A by Amara

Leopard Print, £39.99, Very.co.uk



Gold Effect Tray, £55, Laura Ashley



Drinks Cabinet, £399, John Lewis & Partners



Interlocking Mirror, £99, JD Williams



Leopard Table Lamp, £39.99, Very.co.uk



Accents of dark green and gold will help capture the decorative style

Elisa Art Deco Cotton Percale Pillowcase, £9; Duvet Cover, £35; Tasselled Cushion, £18; Velour Quilt, £75; Dressing Table, £165; Bedside Table, £170; Lantern, £30, all La Redoute

our



Chalk Paints In Amsterdam Green; Aubusson Blue; Napoleonic Blue, from £5.95 for 120ml, Anniesloan.com



Peacock Hook, £18.50, Oliver Bonas



Green Table Lamp, £15, George Home



Drinks Trolley, £359, Very.co.uk



Gold Nest Of Tables, £99, Next

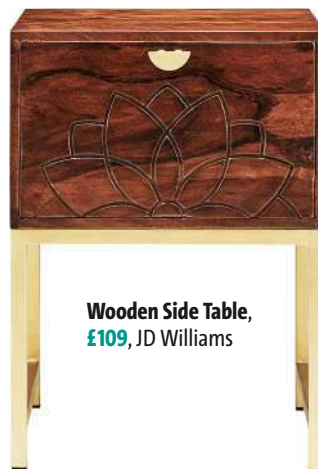
Sunburst Mirror, £60, Julien Macdonald for Debenhams



Rene Gold Rug, £250, Laura Ashley



Brass Candlestick Holder, £10, Debenhams



Wooden Side Table, £109, JD Williams



Gin Glass, £6, George Home



Opulence Chair, £349, John Lewis & Partners



Peacock Floor Lamp, £130, Next

This trend is all about looking sleek and shiny

Velvet Chair, £363; Cushion, £55 for a set of three; Tealight Holders, £25; Candlestick, £32, A by Amara



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



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

KATE KRAY INTERVIEW



ISSUE 11 ON SALE NOW

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

news & views

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
 twitter.com/bellamagazineUK
 instagram.com/bellamagazineUK

celeb news

Happily unmarried!

These stars don't feel the need to tie the knot

Kirstie Allsopp & Ben Andersen
They have been together for over 10 years. Ben Andersen, Kirstie's husband, is a comedian and writer. They have three children and are committed to their relationship and have little concern in wedding and commitment effort. "We are very happy and content."

Jane McDonald & Eddie Rothe
Having been married for 10 years, Jane McDonald and Eddie Rothe are a power couple. They have three children and are committed to their relationship. "We are very happy and content."

Ricky Gervais & Jane Fallon
Ricky Gervais and Jane Fallon are a power couple. They have three children and are committed to their relationship. "We are very happy and content."

Goldie Hawn & Kurt Russell
Goldie Hawn and Kurt Russell are a power couple. They have three children and are committed to their relationship. "We are very happy and content."

Oprah Winfrey & Stedman Graham
Oprah Winfrey and Stedman Graham are a power couple. They have three children and are committed to their relationship. "We are very happy and content."

Marriage pressure

I enjoyed your feature "Happily unmarried" [issue 5] about celebrity couples who don't feel pressured to tie the knot. My brother has been with his partner for 41 years, and they have three children and five grandchildren together. They're always at a loss when people question them about not getting wed. They're made to feel like they're somehow dismissing the choice others have made. Couples don't need a ring or marriage certificate to prove that they are in love. I sincerely believe that it is an archaic contract in need of fundamental reform.

Kayla Maddocks, Hertfordshire

£50 Star letter

Jade's legacy

I was thrilled to read about Jade Goody's 16-year-old son Bobby Brazier taking the fashion world by storm in "Jade's model boy" [issue 4].

She would have been so proud to see him making his runway debut for Dolce & Gabbana. I wish him all the luck in the future. I know that his mum will be looking after him every step of the way.

Gloria Wilding, Prescot

Bella's POLL OF THE WEEK

Schools are asking parents to avoid food packaging in packed lunches – is this a step too far?

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

77% YES **23% NO**

Talking point

A recent survey has revealed that one in six kids aged five or under have their ears pierced. In the UK, there is no legal age in place for most piercings – but should there be restrictions?

My mum took me to several jewellery stores before we found one who agreed to pierce my ears for my ninth birthday. It was my decision to have them done, and I think it should be the child's choice rather than the parents'. A child shouldn't be forced to have their ears pierced, and under five is definitely too young.
Rebecca Hodson, via Facebook

My mum allowed me to have my ears pierced in my teens. She told me I could have them done when I was old enough to clean them.
Anna Gilbert, via Facebook

I think pierced ears look great on babies – I had mine done when I was one. It isn't damaging a child, so I don't see why there would be an issue.
Janet Leighton, via email

Ear piercings aren't a necessity, and the individual should be able to decide for themselves. I had mine pierced at 13, when I was able to give my consent.
Danya Marie Backhouse, via Facebook

I think piercing a child's ears when they are under five is ridiculous. They should be able to decide for themselves when they are old enough.
Jackie Perrins, 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.

 Regulated

'My boyfriend pr on my last day of

When Jillian Allegetti, 27, was diagnosed with cancer, she was devastated. But her partner Max was there all the way...

When I met Max at university in 2013, I thought he was kind, funny and handsome. I was dating someone else, though, so we just became good friends. But after I graduated and split up with my boyfriend, Max and I grew closer, and we realised we had something special. In October 2014, we started dating, but neither of us was in a rush

to settle down, as we were both only 22 years old. Max was still at university in New Jersey, USA, and I was 30 miles away about to start teacher training.

Then, in February 2017, I was on a sunbed when I felt a hard lump in my left breast. Concerned, I booked a GP appointment. "There's unlikely to be a problem, but I will refer you for a scan anyway," my doctor said. But when the results were unclear, I had to keep going back and forth, and by the time I was finally sent for a biopsy in the July, I'd really started to panic.

Max was working as a teacher and couldn't make my follow-up appointment, but I promised

to call him as soon as I got out, and my mum Sharon and dad Mark were with me.

"I'm afraid it's breast cancer," the doctor told me. I went into shock, and looking over at my parents, I could see they were crying. The doctor explained that the cancer was at stage 0, which meant that it hadn't spread, but that I would need a lumpectomy, followed by radiotherapy. My parents and I were devastated as we left, and I had to ask my sister Lauren to call Max because I was too distressed.

He came straight to see me and was so calm and strong. "Whatever we need to do, I'm there. Let's fight this together," he said. But I knew that I had to give him an "out", just in case. "You don't have to do this," I told him. "It's going to be really tough, and if you don't think you can handle this, it would hurt a lot less if you told me now than a few months down the line."

But Max shook his head. "You are my life, I'm here for you and I'm not going anywhere," he said, firmly. It was exactly what I needed to hear, but just as I was beginning to get my head around everything, further tests revealed that the cancer had become stage 1, and I required a mastectomy of my left breast. Following the surgery, doctors then found the cancer had spread to my lymph nodes, and I needed 16 rounds of chemotherapy and 25 rounds of radiation. It was a huge blow, and I felt like my body was letting me

down. The idea of losing my breast was overwhelming, but I knew it was the price I had to pay to save my life, and thankfully, the operation in September went well.

As a couple, we were still far away from discussing kids, but because the chemo could leave me infertile, I had my eggs frozen, and a few days later, in mid-October, I started the treatment. The first four rounds were particularly strong, and I felt so weak and sick afterwards. Max

would bring little presents to the hospital to cheer me up. "I feel so gross," I said one day after my hair had fallen out and my skin looked white as a ghost from treatment. "You are beautiful, Jillian.

Don't ever forget that," he would reassure me. Throughout the chemo, I still worked full-time in my retail job, and Max and I tried to carry on as a normal couple, going on dates and seeing friends.

But often, I was too wiped out, and we would just spend our evenings snuggling on the couch, watching TV. I felt guilty that we were missing out on having fun, but Max never gave any inkling that he was unhappy, so I just had to trust that our relationship was solid. The treatment continued, and by the beginning of February 2018, I was looking forward to my 16th and final round of chemo. I planned to celebrate with a party in hospital and called it my "Sweet 16". I was excited to be leaving this phase of life behind. On the day, Mum brought

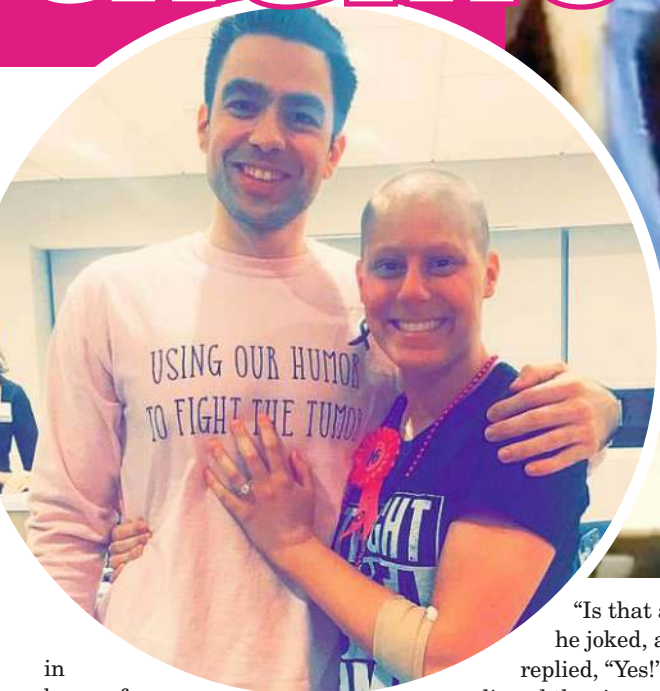
'I felt so weak and sick'



The couple started dating in 2014



Proposed chemo'



in boxes of cupcakes and a "sweet 16" rosette for me to wear.

As the nurse pulled the IV line out, I suddenly saw Max kneeling down in front of me. "Jillian L Hanson, will you marry me?" he asked, holding out a box with a beautiful white gold diamond ring inside. I couldn't answer, as I was crying too much with happiness.



On their wedding day in October 2019

"Is that a yes or no?" he joked, and I finally replied, "Yes!" As Max slipped the ring on my finger, everyone around us clapped and cheered. I was so thrilled, and I couldn't wait to get married, but I still had a long road of treatment ahead of me, including targeted therapies and a breast reconstruction in April 2018.

A month after my surgery, Max and I moved in together, and I underwent gruelling radiotherapy, which finished in the June. By summer, I finally felt well enough to start thinking about the wedding, and even tried on some dresses. I still had really short hair and I was a bit puffy and pale from the treatment, but when I tried on a gorgeous ivory beaded

gown, I felt amazing.

Then, a few weeks later, I got a call from my friend who had been at a charity fundraiser and met someone from a wedding planning company called LLG Events. "Every year, they donate their services to a deserving bride," she explained and suggested that I apply for it. I figured it was worth a shot and put my name forward. I never expected to hear anything back, but then, in the October, the head of the company, Lauren Grech, rang me to say that they wanted to plan our wedding for us free of charge. "That's amazing," Max said when I told him the wonderful news.

Lauren and her team were able to call upon several wedding vendors to arrange services at a heavily discounted rate or completely free, including a beautiful

venue. They even got in touch with the designer of my dress, who offered to donate it to me.

On the day itself in October 2019, I felt so giddy as both my parents walked me down the aisle. During the ceremony, our mums read poems, and afterwards, we danced to Michael Bublé's *Close Your Eyes*. Looking

around, I wanted to freeze time. It was just the most magical day of my life.

Now, Max and I are facing the future together and making up for the time we lost to my

treatment now that I am cancer free. We're in no rush to start trying for a family, but we do have a gorgeous puppy, and we're enjoying married life.

'I wanted to freeze time'

SHARE YOUR STORY AND EARN £££!
Visit: bellamagazine.co.uk/real-life-stories
Email: bella.hotline@bauermedia.co.uk
Call: 020 7241 8155

Words: Elaine Hayward, Rebecca Wright

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

Why won't he just let me go?

Q I broke up with my boyfriend six months ago. We'd been together for 18 months, but it just didn't feel right any more. He said the break-up came completely out of the blue for him and left him reeling from the shock, but I had been unhappy for months. He is prone to bouts of depression, and it was just too much for me. My mum suffered from depression, and my dad left her as she was too hard to live with. I was the oldest, so I tried my best to look after my younger sister when Mum couldn't cope. I feel so guilty about leaving my boyfriend, especially as he doesn't seem to be getting over it. He rings me, begging me to reconsider, saying he'll try not to let his depression affect me, but this just makes me want to run



away even further. I've tried to explain to him that it really is me, not him, but he doesn't hear what I'm saying.

A Living with a parent with depression can have a profound effect on a child, as children get a sense of who they are by how their parents, or other significant adults in

their life, respond to them. Simply put, if parents tend to respond to them with joy, awe and wonder, children are more likely to grow up feeling this way about themselves – that they have a positive impact on those around them. If, however, the gaze that falls upon them is a blank one, bewildered, despondent or unhappy, they tend to grow up believing that this is how they

Should I let the cat out the bag?

Q I'm the child of an affair. My dad has another family, and I have older siblings who don't know I exist. My dad did all he could for me when I was growing up, and he'd visit at Christmas and on my birthday, apart from a few years when he moved abroad. He's older than my mum, and I worry that we wouldn't find out if he died, as no one knows about us. People tell me I should try to find my siblings, but I don't want to shatter their view of our dad.

A There's no right or wrong answer to your predicament, but I can't help feeling angry

on your behalf that you've grown up feeling like you are your dad's shameful secret. You say that he did all he could for you growing up, but did you really only deserve a visit twice a year? It sounds like your mum has done a wonderful job. She seems to have painted a picture whereby your expectations of what you got from your dad were realistic, so you weren't left disappointed or feeling abandoned. But I imagine these feelings are laying dormant and may play out when you experience rejection in love or friendships. You're reluctant to shine a light on your father's betrayal, and I understand that this wouldn't be smooth sailing for anyone involved. But you have nothing to be ashamed of. Maybe you deserve to have some family around you. But when, how, or if that happens is entirely up to you.



I don't want her at my wedding

Q My mum gambled away all our money when we were teenagers, and we were left homeless. We moved (without her) to my dad's parents' house and have barely seen her since. She's never apologised or acknowledged what she did. I'm getting married in the summer, and my friends keep telling me

that I only have one mum, and my wedding day should be when everyone comes together. But I don't want her there, and it would cause trouble.

A Your feelings about your mum are complicated, and with your big day coming up, it's making them all bubble up to the surface. The hardest thing when family lets us down is not the despair, it's the hope – the hope that Mum will admit to the ways she's let you down and beg for forgiveness. It sounds like it wasn't so much the gambling and homelessness, but her denial of the damage she caused. Weddings aren't the best place to bring this out in the open. Your contact with her is sporadic at best, and this is something you might want to work on, if that feels right for you. You

your future Horoscopes

By Jane Struthers
For the week 11–17 February



make others feel. This can then create complicated responses to other people's misery. Either they grow up with an intolerance of it, because unconsciously (and incorrectly) they blame themselves, or they believe they must try to fix everyone and bury their own needs for the sake of tending to everyone else's. I imagine you have a mixture of these two responses. It is possible you were drawn to your ex because you sensed something familiar about him, and may have wanted to try to take away his pain by making him happy. This may have worked at the start of your relationship, but no single person can do this for another. Your ex's happiness is not, and should not be, dependent on you. It's far too much weight for any person to carry, and it feels particularly heavy for you, who has had their fair share of other people's misery. You have explained yourself and tried to be kind, so maybe now it's time to break contact. That way, you will be sending him a clear message and he won't be able to misread the signals.

may feel a sense of loss at not having a mum at your wedding, so be prepared for mixed emotions. But you should feel loved by those around you on your big day, and not have to bring that into question.

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

PISCES 20 February — 20 March

There's an intensity to the week's events that will tire you out if you let it, so make sure you get plenty of rest and time alone. Travel plans are enticing and worth discussing on the 14th. The 16th is ideal for buying something that will increase your confidence.

Theme of the week: Relax

☎ 0906 650 7241

ARIES 21 March — 20 April

Who said romance is dead? You prove it's alive and kicking on the 14th. Get ready for a supercharged phase from the 16th. You're all fired up to make headway with a current goal, and nothing will stand in your way. However, try to avoid ruthless actions.

Theme of the week: Go for it

☎ 0906 650 7230

TAURUS 21 April — 21 May

Early in the week is perfect for efficiency. Doing things differently on the 14th makes for a more interesting Valentine's Day because you may not be in the mood for anything too lovey-dovey. Tread carefully on the 15th when dealing with someone's bossy streak.

Theme of the week: Branch out

☎ 0906 650 7231

GEMINI 22 May — 21 June

Widen your horizons this week, whether literally or metaphorically. You'll love having new things to think about. Try to sort out any important documents before the 17th, when things could start going awry, causing communication glitches and other headaches.

Theme of the week: Dedication

☎ 0906 650 7232

CANCER 22 June — 23 July

Emotional matters take pride of place right now, and on the 14th, you can't resist making a romantic gesture. You're ready to channel motivation into your relationships from the 16th, which is great for livening things up. However, you'll expect the same in return.

Theme of the week: Closeness

☎ 0906 650 7233

LEO 24 July — 23 August

Right now, your main concern is creating a harmonious atmosphere, and it's going pretty well most of the time. It could be a different story on the 15th, unfortunately, when suppressed resentment makes its presence felt. There's a lot to say, but try not to go overboard.

Theme of the week: Activity

☎ 0906 650 7234

VIRGO 24 August — 23 September

You're eager to show yourself in as good a light as possible, especially with your workmates, so you're willing to put in as many hours of work as necessary. But it causes issues with a certain someone on the 15th. Honesty is essential from the 17th.

Theme of the week: Pace yourself

☎ 0906 650 7235

AQUARIUS

21 January — 19 February

Start wrapping up any personal projects that are coming to an end, because you need to clear the decks ready for new interests to occupy you from next week. In the meantime, optimism works wonders and it might even attract a fabulous opportunity. Possessiveness and friendship don't mix on the 17th.

Theme of the week: Be yourself

☎ 0906 650 7240

Amanda Holden — 49 on 16 February

LIBRA 24 September — 23 October

Anything connected with your home and family is highlighted from the 16th. It'll be a great time for showing off your DIY skills, planning a house move or cheering on your nearest and dearest, but take your time and don't throw yourself into any decisions.

Theme of the week: Priorities

☎ 0906 650 7236

SCORPIO 24 October — 22 November

You need soothing situations and considerate people this week, especially if you're licking your wounds about something that's hurt you more than you're letting on. Events on the 14th aren't what you expect, but displays of neediness won't bring the results you crave.

Theme of the week: Keep busy

☎ 0906 650 7237

SAGITTARIUS 23 November — 21 December

It's an activity-filled week, and you enjoy being in the thick of things. Conversations bring out the best in you, but on the 15th, they might lead you into indiscretions about something that was supposed to remain a secret. On the 17th, you search for a blast from the past.

Theme of the week: Money

☎ 0906 650 7238

CAPRICORN 22 December — 20 January

Consider making an investment of either your time or money if you hope it will bring long-term benefits. A friend is forthcoming on the 14th, when it's good to plan ahead. You're dynamic from the 16th, so think about how to put your renewed energy to the best use.

Theme of the week: Just do it

☎ 0906 650 7239

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)

Half-term HANGOUTS

Make memories with these
unforgettable days out



Words: Jo Chapman. Photos: The National Museum of the Royal Navy



Starry nights

Encourage young stargazers at the Yorkshire Dark Skies Festival. With 100 events taking place, the festival showcases the pristine night skies of the Yorkshire Dales and North York Moors National Parks, as well as the neighbouring

Areas of Outstanding Natural Beauty in Nidderdale and the Howardian Hills.

There, View It 360 allows visitors to don virtual reality goggles that

will transport them into space for a 45-minute adventure, where they can fly through galaxies or help repair an international space station. Kids can also go on a galactic treasure hunt, a moonrock geocaching event or candlelit village walk, as well as craft rockets and lanterns.

● Yorkshire Dark Skies Festival runs from 14 February to 1 March in various locations. For more information, including prices, head to Darkskiesnationalparks.org.uk





Day out at the docks

Portsmouth Historic Dockyard offers plenty for a great value family day out. And most of the attractions are indoors, so there's no reason for unpredictable February weather to spoil anyone's fun. Highlights include HMS Victory – Lord Nelson's flagship at Trafalgar and the focus of a huge conservation project – and HMS Warrior – a fantastic example of Victorian engineering, with a newly revamped visitor experience on board that includes costumed characters and hands-on activities.

Horrible Histories Pirates – a fun-packed exhibition based on the famous series of books – gives kids an insight into the murky and often grisly world of pirates, and Action Stations is a hands-on experience of modern Royal Navy training, where all ages can try climbing walls, reaction timers, simulators, a ninja assault course, and more. Tickets also include entry to the National Museum of the Royal Navy, harbour tours (weather permitting) and a water taxi to the Royal Navy Submarine Museum and Explosion Museum of Naval Firepower in Gosport. With a choice of family-friendly places to eat and tickets valid for multiple entries throughout the year, the site offers a great variety for all ages, from adventure-seekers to history buffs.

● All activities are included in a Full Navy Ticket, which costs from £31 per adult and from £18.50 per child, valid for multiple entries throughout the year and bookable online at Historicdockyard.co.uk



Going underground

Let off steam in an underground adventure playground located in Blaenau Ffestiniog, Wales. Situated inside caverns the size of a cathedral, Bounce Below is the first subterranean playground of its kind. Kids – and adults – aged seven and over can slide, roll, jump and bounce from net to net in this unique environment. With six levels of cargo nets and four industrial slides the height of two double-decker buses, it's high-adrenaline fun deep beneath the ground.

● Bounce Below costs £25 per adult and £20 per child (aged seven to 17), and £5 for spectators aged three and over. For more info, go to Zipworld.co.uk



Fun on the farm

Enjoy a packed programme of events at Kent Life Heritage Centre Farm Park. Meet the sheep, pigs, ponies, goats and alpacas, join in with a feeding session or head to cuddle corner for time with the guinea pigs and rabbits. You might see some lambs, too, if you're lucky. Visit the Owl Academy and make a date with the meerkat family, too.

● February Fun & Frolics runs from 15-23 February. Tickets cost £6.95 per adult and £5.95 per child, with children under three going free. Concession and family tickets are also available. Go to Kentlife.org.uk for more information and to buy tickets.



Brickin' it

For the first time, Legoland Windsor will be open for February half term with a selection of rides, attractions and activities available. Characters will be around for meet-and-greets, plus there will be plenty of indoor fun at Lego Ninjago The Ride, the Haunted House Monster Party ride, and action movie experience Lego City 4D Officer in Pursuit. Family favourites, including the Dragon Coaster, Driving School, Fire Academy and the Jolly Rocker will also be up and running.

● Brick Week runs from 15-23 February. Tickets cost £20 per person when booked online at least one day in advance. Go to Legoland.co.uk

TW WEEK



‘My kids enjoy watching me on TV’

Ben Fogle on his new show and life 20 years after *Castaway*

Ben Fogle is catching up with Brits who have abandoned the traditional nine-to-five in favour of following their passions and starting their own businesses in the countryside. For Ben, 46, it was the opportunity to get some hints and tips, as in the future he hopes to live a more rural life – if he can get his wife Marina, who he married in 2006, and their son Ludovic, ten, and daughter Iona, eight, on board. We caught up with Ben to find out more...

The series starts with Jade and Alice, who have opened a boutique hotel in the Scottish Highlands – is this something you’d like to do?
Scotland is a place that I’ve always loved. My late grandfather came from

Scotland, and I’ve spent a lot of my life there – of course, it’s also where I started my career when I was in *Castaway* for a year. One of my dreams is to have a little boutique hotel. I’ve often joked with Marina that we might just abandon city life and go and find a little island somewhere, because I think my hotel would be really, really remote.

Is Marina up for this plan?

I think she’s very pragmatic, and all you need to do is watch the first episode to see how much hard work it is. When I think of my little boutique hotel, I imagine laughter, drinking gin and tonics with all the guests, of making a really beautiful little place, going for long walks during the day and being the

entertainer in the evening, sharing my stories with everyone. But the reality, of course, is that you’re hard at work. This show was a good insight for me. That doesn’t mean the dream has gone away, but I think I’m more of a realist now.

This year marks 20 years since you did *Castaway*...

It was such a life-changing experience. I’ve already marked it – I went away at the beginning of January with my daughter Iona, and I’ve been touring the country with a stage show called *Tales From The Wilderness*, which is about the last 20 years. I thought it would be a nice thing to do a free performance on the beach for all the locals, and it was really magical. Hundreds of people came out on a stormy day, and it was so moving to be there.

Do your kids watch you on TV?

My children are now at an age where

they can watch my shows, and they want to watch them, as well. I think it’s important that they do, given that I have been away from home so often. I want them to see where I was and what I was doing. Lots of dads who go away can never really show what they did or why, whereas when I say I’m going off to Siberia to meet some people trying to bring back the woolly mammoth, they can then watch that documentary six months later and actually see what I was getting up to. They absolutely love it. It has become a kind of Sunday night ritual, which sounds fantastically vain, but I feel great pride that they get to watch and absorb it. I think it helps me as a father and as a presenter because they ask me questions that maybe I should have asked, and it gives me ideas for the next programme.

● **Ben Fogle: Make A New Life In The Country, Tuesday 11 February, Channel 5**

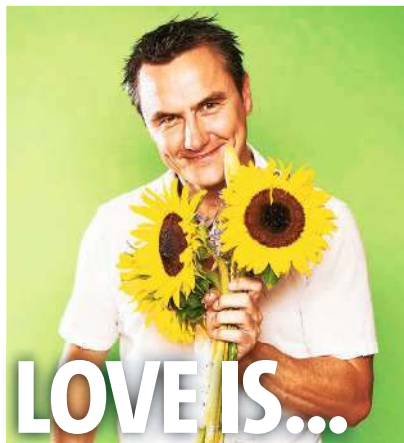


Un-happy birthday

It's the 35th anniversary of *EastEnders*, and rather than an all-out happy celebration, in true soap style, the drama in Walford goes up a notch. We see three different perspectives on the day of The Queen Vic's boat trip on the Thames, and there are shocking discoveries in store

for many of the residents. But when the cruise goes disastrously wrong, the final episode of the week reveals that multiple lives are left hanging in the balance – and one person is set to meet a tragic end.

● **EastEnders, Monday 17 February – Friday 21 February, BBC1**



LOVE IS...

It's Valentine's Day at the *First Dates* restaurant, and Fred Sirieix and his team are hoping to help Cupid matchmake some hopeful singletons. For 59-year-old Rachel, this will be her first ever date with a woman. And will beauty queen Sophie, 23, find romance with cheeky chappy Bailey? Fred, 47,



says he always hopes relationships will blossom, "They believe we will find them The One. It's what we're all about," he says. "It's our vision, our raison d'être. And they know it can happen, as we've done it before."

● **First Dates: Valentine's Special, Thursday 13 February, Channel 4**

HAIRY CHOCOLATIERS

David Myers and Si King, better known

as The Hairy Bikers, are swapping their life on the road for a chocolate factory. They are approving a new chocolate bar that will be sold by Nestlé across the UK – but they won't be inventing it. Instead, they will be presiding over a group of chocolate enthusiasts who are competing to create and name their very own brand of confectionery.

● **Hairy Bikers Chocolate Challenge, Wednesday 12 February, Channel 5**



NEW
THIS WEEK

FILM

Birds Of Prey (15)

Harley Quinn returns to the big screen in highly anticipated blockbuster *Birds Of Prey*. Following an explosive break-up from her boyfriend the Joker, Harley comes up against crime boss Black Mask and his sidekick Victor Zsasz, along with every other thug in Gotham. Harley puts up a strong fight alone, before making allies with three other lethal women – Huntress, Black Canary and Renee Montoya.



TOUR

Peppa Pig – My First Concert (Nationwide)

Peppa Pig is going on tour with a live orchestra. The production gives kids a chance to experience their first concert and learn about the sounds that instruments make together. The tour kicks off in Glasgow on 9 February. For tickets, go to PeppaPigLive.com

An Evening With Whitney Houston (Nationwide)

This new show brings to life all of Whitney's iconic hits with state-of-the-art holographic technology, dancers and a live band. Fans can relive the magic of her songs, including *I Will Always Love You* and *I Wanna Dance With Somebody*. The tour starts in Sheffield on 25 February. Go to Ticketline.co.uk



EVENT

BOOK



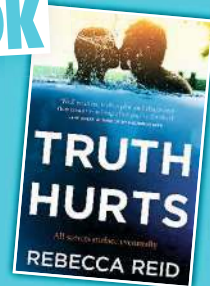
Mix Tape by Jane Sanderson (Bantam Press)

Daniel was the first boy to make Alison a mix tape. Then, years later, Dan's name pops up on her phone with a link to a song from their shared past – and she can't help but respond. And so begins a new mix tape, across oceans, time zones and a lifetime of different experiences, until one of them breaks the rules and sends a message that will change everything. A beautiful story.

Truth Hurts by Rebecca Reid (Corgi)

Poppy and Drew's relationship has been a whirlwind. Poppy has a secret to hide, so when Drew suggests that they don't talk about the past and only focus on the future, she jumps at the chance for a fresh start. But then Poppy realises that Drew has secrets of his own – and she has no idea what he might be capable of.

eBOOK



'We won't let fame go to our heads'

They're poster boys for veganism, but the Bosh! lads' feet are firmly on the ground

They have notched up an incredible 2billion views online, have the best-selling vegan cookbook, and their recipe videos currently reach 26million people a month. So, the Bosh! boys Henry Firth and Ian Theasby don't really need mainstream TV exposure to be a success, but as their *Living On The Veg* weekend cookery show proves, it's less about them and more about spreading the word on eating more plant-based foods.

Henry and Ian, both 35, started their vegan journey four years ago, when they decided to cut animal products from their diet and found they felt all the better for it. They self-funded their own website Bosh.tv and began making easy cookery videos from their kitchen in a natural, laid-back style. Now, they are brimming over with enthusiasm at how many people are trying vegan recipes and are more open-minded about cutting their meat consumption. As the enthusiastic

pair teach us how to make their caramel apple crumble, they fill us in on how fab 2020 is shaping up to be.

You've got more viewers online than you'd ever get on TV – not many people go on telly to get fewer views!

Henry: That's true. But you know the cool thing about being on TV is that it's actually called broadcasting because it's reaching a broad audience. So, it's getting into every home in the UK that turns it on. That's an audience we couldn't usually reach.

Have you had good feedback since you've been on telly?

Ian: We certainly had a big spike in our social media followers after the TV show, which means

a lot of people who are tuning in to the TV programme are seeing us for the first time. That's really cool, because we've got a massive social media following, and people go and buy the books, but it's kind of an enclosed ecosystem. Whereas being on someone's TV, you might be introducing someone to vegan food who has never seen it or searched it out before.

Do your families and friends like the new show?

Ian: Both sets of parents are extremely proud of what we've achieved, but I think my mum and dad always tell it like it is and knock me down a peg or two. They will make sure we remember where we come from, and that's the beauty of doing this in our mid-thirties. If we were in our early twenties, we might have got caught up in the hype, and it might have been a bit much to take, but right now we are mission driven, and we intend to work hard and not get too carried away by any potential fame that comes with this.

You've known each other since childhood – are there quirks that annoy you about each other?

Henry: Yes! I think the moment of maximum irritation was when we were filming the TV show. If anything is going to test a friendship, it's doing three weeks



Ian and Henry making paella on *Living On The Veg*



of 12-hour days filming with one person. I wouldn't say it's so much quirks of personality, just cabin fever and how difficult it is to be funny, engaging, remember the recipe and present on TV, all the while doing that as a duo.

How did it differ from making your own cooking videos?

Ian: It was a really bizarre experience, because when we're filming our own stuff, we're in our den. It's in our studio that

happens to be in our house, so we're extremely comfortable. It's just us two and our two staff, Charlie and Kat. But making this, there are like 15 people in the room and people barking orders – it was a foreign experience and quite difficult to deal with. But, having said that, after three or four days of doing it, I think we settled into it, and we came out of it a lot better than how we went in.

Henry: I think relinquishing control over the production and the edit was probably the hardest thing mentally. Because when we do it, we are masters of our own destiny and can make sure stuff looks good. So, that was tough and quite scary.

Do you now have fewer disasters in the kitchen than before?

Ian: The disasters are few and far between now because we've cooked an awful lot of recipes over the past four years. We now understand the language of food and the flavours that work well together. But there have been some disasters in the past, obviously, like when we tried guacamole onion rings.

Henry: They were very hard to do. Very tasty, but a bit soggy. Falafel onion rings worked; guacamole onion rings, however, were not so good.

Is there anything that you are desperate to make work that you keep going back to?

Henry: We've been working on Yorkshire puddings, and we've got a recipe that is good enough to put out, and it's satisfactory, but it's not perfect. I think at this stage, we're probably limited by the vegan egg alternatives available. I would quite like to explore choux pastry, so we could make things like éclairs, but that is notoriously difficult as well. There are a few things that are tough and they generally revolve around egg, so hopefully there will be some better egg substitutes coming soon.

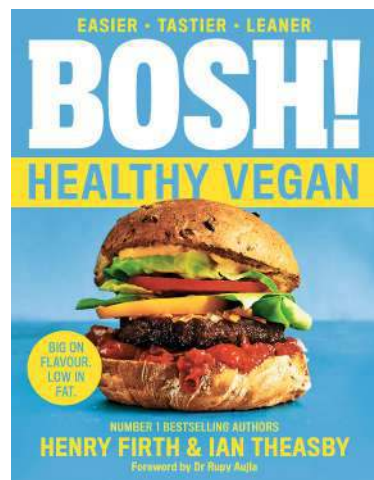


Who are your TV chef heroes?

Ian: Obviously, Jamie Oliver is a bona-fide legend in the UK. If you cook something of Jamie's, you know it will be really good, so I think that he's a society-spanning cultural icon, and I have got a lot of time for him.

Henry: It would be easy to say Gordon Ramsay because that's an obvious choice. So, I'm going to sidestep that. I really like a YouTuber called Alex "French Guy Cooking". I feel like he should be on TV. He goes really deep into a recipe, he's super-scientific and he has got a great personality that comes across. He'll do, like, ten episodes on how to make the perfect Italian pizza.

● *Living On The Veg, Sundays, ITV. BOSH! Healthy Vegan by Henry Firth and Ian Theasby is out now (HQ)*



Their latest cookbook is **BOSH! Healthy Vegan**

win prizes

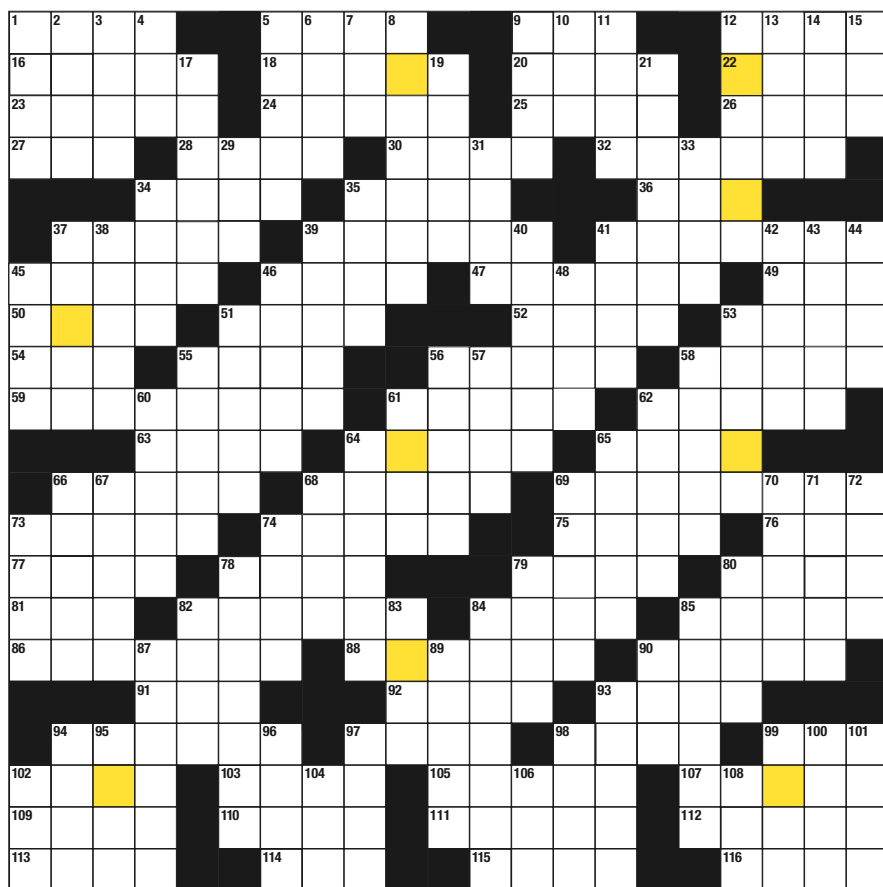
Puzzles

YOU could
be in with a
chance of winning
£200

**WIN
£200**

PRIZE crossword

Find the name of a Hollywood actor (3,6) 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 Cut up piece of meat? (4)
- 5 Strange mode of protest? (4)
- 9 Mineral spring (3)
- 12 Competent (4)
- 16 Weakened in gait (5)
- 18 Build, put up (5)
- 20 Hams churned to pulp? (4)
- 22 Fly high (4)

- 23 Amphitheatre (5)
- 24 Gain access in ashen terror? (5)
- 25 Mixed stew (4)
- 26 Satisfy, glut (4)
- 27 Longing (3)
- 28 Musical version of *Emma*? (4)
- 30 Half broiling fish? (4)
- 32 Surprise attack (6)
- 34 Immoral acts (4)
- 35 Vagrant (4)
- 36 Deciduous tree (3)

- 37 Two-footed creature (5)
- 39 Puts off desert trips? (6)
- 41 Clergymen (7)
- 45 Pained sigh (5)
- 46 Confused boss weeps? (4)
- 47 Fabricated (4-2)
- 49 Stretch prone (3)
- 50 Turn out to be weakling? (4)
- 51 Head, noddle (4)
- 52 Having little fat (4)

- 53 Salary (4)
- 54 Friend from France? (3)
- 55 Inconsistent last season? (4)
- 56 Uniformly flat (5)
- 58 Nude (5)
- 59 Holy celebration of lavish food? (5,3)
- 61 Tramped, rambled (5)
- 62 Paramour (5)
- 63 Difficult (4)
- 64 Kent ferry port (5)

Down

- 1 Heavy type of soil (4)
- 2 Mature leveret (4)
- 3 Sign of Nemo's evolution? (4)
- 4 Writing tool (3)
- 5 Judges, considers (5)
- 6 Sea eagle (4)
- 7 Encountered (3)
- 8 Small American wild cats (7)
- 9 Smoky fog (4)
- 10 Drink up, mate? (3)
- 11 Oriental continent (4)
- 12 Take for granted (6)
- 13 Large snakes (4)
- 14 Halt warping in strip of wood? (4)
- 15 Before (poetic) (3)
- 17 Devilish child in *The Omen* (6)
- 19 Family, clan (5)
- 21 Big score in baseball (4,3)
- 29 Plus (3)
- 31 Usual standard (4)
- 33 Glitch (4)
- 34 Row of broken taps? (4)
- 35 Veronica-like shrub genus (4)
- 37 Peculiar umber mist? (5)
- 38 Ancient region of Turkey (5)
- 39 Slightly mad (5)
- 40 Platter (6)
- 41 Chime of bells (4)
- 42 Quench (5)
- 43 Striped beast (5)
- 44 Pip (4)
- 45 Steffi, ex tennis star (4)
- 46 Lettuce dish (5)
- 48 Act, exploit (4)
- 51 Army chaplain (5)
- 53 Billows (5)

- 55 Tears shed in long gaze? (5)
- 56 Beside oneself with anger (5)
- 57 --- out, used sparingly (4)
- 58 Memos on set rewritten? (5)
- 60 County (5)
- 61 Residence (4)
- 62 National flower of India (5)
- 64 Coercion (6)
- 65 Short jacket (5)
- 66 Strut in barrel (5)
- 67 Rods indicating slippery slope? (5)
- 68 Food fish (4)
- 69 Dimwit (5)
- 70 Irrigate (5)
- 71 Oak nut (5)
- 72 Tidings (4)
- 73 Raced (4)
- 74 Rope (4)
- 78 Indulges, fawns on (7)
- 79 Holly genus (4)
- 80 Eats sloppily in chair? (4)
- 82 Yield, give up (4)
- 83 Short piece of data? (4)
- 84 Flaw (7)
- 85 Become more lively (4,2)
- 87 Wafer-thin musical instrument? (6)
- 89 Stage work such as *Tosca* (5)
- 90 --- Angeles, city of California (3)
- 93 Trimmed, cut back (5)
- 94 Bamboo stick (4)
- 95 Thomas, composer of *Rule, Britannia!* (4)
- 96 Rodent pests (4)
- 97 Transmitted (4)
- 98 Venerable monk of Northumbria (4)
- 99 Well-ventilated (4)
- 100 Mope around with

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

Su-doku

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

EASY

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

HARD

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

Solutions at bellamagazine.co.uk



Take A Break's Su-doku magazine, containing over 80 fun-to-solve puzzles, is on sale now.

PRIZE Arrowword

WIN
£200

Fill in the solutions according to the directions shown by the arrows and find Roman Kemp's famous godfather in the shaded squares. Then go online or see Ring To Win (below) **for your chance to win £200**

Bushy hairstyle	ER, Elizabeth	Grand-scale film	That man's	1990s TV sleuth, --- Wainthropp	Expresses audibly	Orson ---, film legend	Spreads rumours	Large lorry	Historical period
Cargo					Edward ---, composer				Auction items
Company agents			And others (2,2)			Relating to the mouth			
			Consumed Encourage (3,2)		One of the deadly sins				Greek cheese
Smart cartoon bear	Frozen water			Woody plant		Filter			
Informal expression	Hang around	Chaps			Rashers				
Shrivel, wither	Focus your attention (4,2)	Sunrise direction				Muslim faith	Flightless insects		Blemish
Hot drink			The ones there			Clergyman	Part of a target	High cards	
Once, formerly (poetic)									
						Top part of a bottle			
						Useful	Employees		Cartoon hunter, --- Fudd
Thin soup	Holiday resort, --- Napa	Creep forward	Bridge payment	Place for an event	Casseroles	Siddhartha writer, Herman ---			
						Creative skill			Aussie marsupial, in short
Containers	Lighting gas				Top score?		Supply weapons		
			Entice			Willem ---, film star			
Data storage medium	Cavity				Method		On behalf of		



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

HOW TO ENTER PRIZE PUZZLES

BY PHONE:
0901 130 0237

When asked for the issue number, key in 07. Calls cost 50p per call, plus your network access charge. (UK readers only.)

BY TEXT: 65115

Text BEL07 then a space followed by your name, house number or name, your postcode, then your answer/s, all separated by a space, to 65115, eg Jane Smith 10 SL5 9JN Answer/s. Texts cost 50p plus your standard

network rate. Keep texts under 160 characters or you may be charged for more than one text.

● If you enter after the closing date, you will not be entered but may be charged. Not available in Eire. Please ensure your entry is completed correctly, as incorrect entries may be charged but not entered. This is not a subscription service.
● 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 info, see general terms and privacy policy at bauerdatapromise.co.uk.
● Lines close at midnight on 24 February 2020.

OR SIMPLY ENTER ONLINE
Bellamagazine.co.uk



- a bit of verse? (4)
- 101 Finishes (4)
- 102 Awfully bad little fish? (3)
- 104 Regret taking to street in Paris? (3)
- 106 Perish (3)
- 108 Noggin the ---, cartoon Viking (3)

ISSUE 05 SOLUTIONS

Crossword
Kelvin Fletcher
Arrowword
Strictly

For full solutions and winners' details, visit bellamagazine.co.uk

Bella 57

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

one last thing



**AMERICA
FERRERA, 35**

**DUE
DATE**
May



**MILLIE
MACKINTOSH, 30**

**DUE
DATE**
May



**LUCY
MECKLENBURGH, 28**

**DUE
DATE**
March

Bump watch

These celeb ladies
are ready to burst!



**LYDIA
BRIGHT, 30**

**DUE
DATE**
February



**OLA
JORDAN, 37**

**DUE
DATE**
March



**MICHELLE
WILLIAMS, 39**

**DUE
DATE**
May



**ALI
BASTIAN, 37**

**DUE
DATE**
March

Words: Shireen Low. Photos: Getty, PA, Instagram (milliemackintosh, lucymeck1, alibastianista, olajordan, lydiaright)



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.

**THE
GOOD
TIMES**



**SOUND
LIKE
THIS**



**THE
GOOD
TIMES**



**SOUND
LIKE
THIS**



**THE
GOOD
TIMES**



**GREATEST
HITS
RADIO**

DIGITAL NATIONWIDE