

**“YOUR BODY IS SO
POWERFUL WHEN YOU
LISTEN TO IT”**

Jonny Wilkinson

Photography By jameswilliamson.co.uk

Suffer from muscle and joint twinges but like to keep fit?

Nobody knows more about this than England Rugby World Cup winner Jonny Wilkinson who now believes in listening to his body, and working with it. “I used to push my body to its limits all the time, but now I see the importance of rest. Therapies borne of nature are very powerful ways to get back on track.”

Puressentiel has developed a combination of natural and sustainable ingredients to create its Muscles and Joints Roller, a pain-killing solution which ticks all the boxes for Jonny Wilkinson. Jonny is now fitter than ever. “When I was playing, I saw my body as a functional tool. Now I know that your body is at its most powerful when you listen to it and work with it.”

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MOTHER'S DAY
PRESENT
IDEAS
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Woman



Harry's fury over
QUEEN'S NEW BAN

Why did
my best
friend
DUMP ME?



Fern

'THE PAIN
BEHIND
MY SMILE'

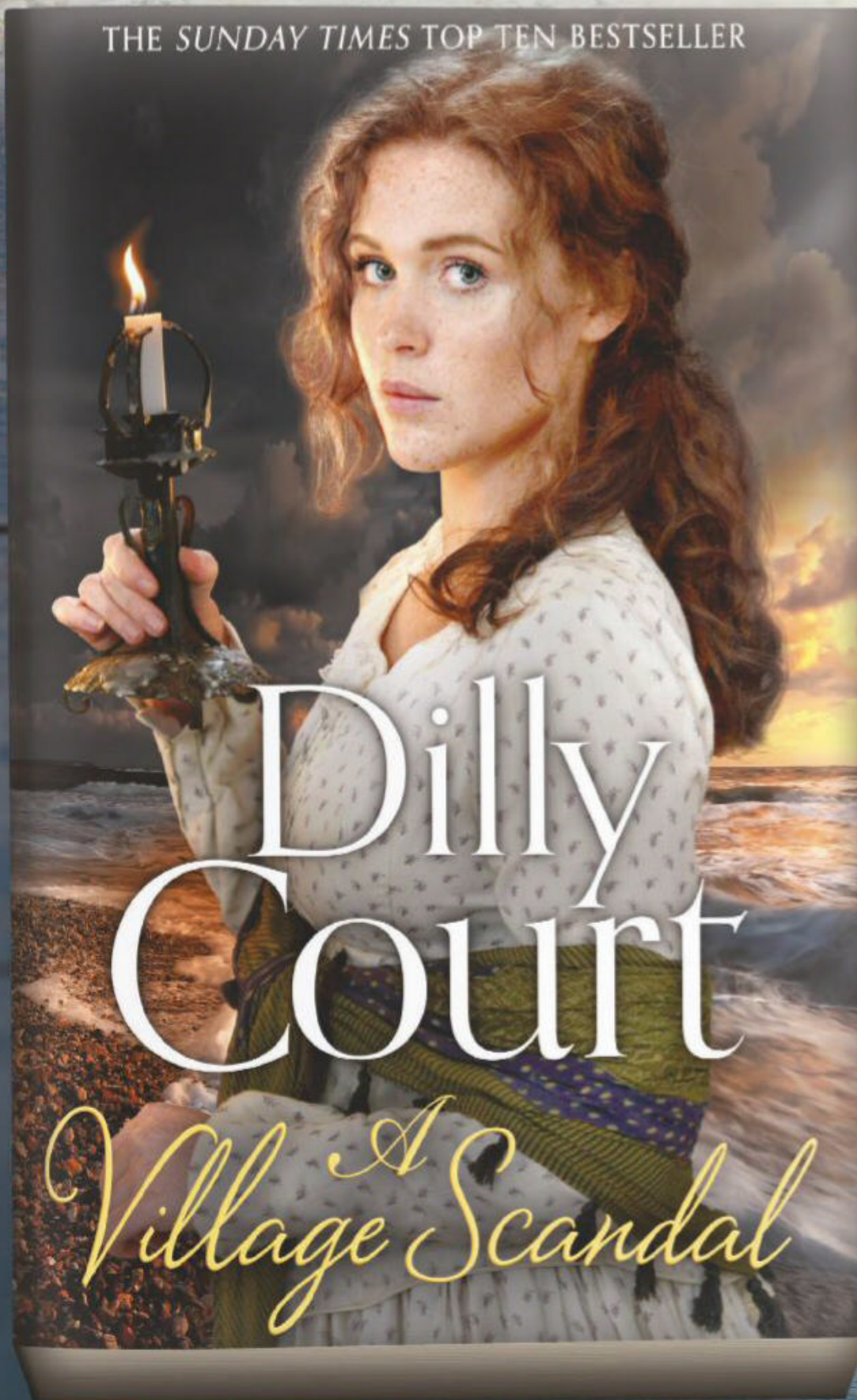


Still no menopause
at 59 thanks to

GREAT SEX!

Is TV star's split bringing
back her painful past?

The flowers are blooming for
Daisy's Spring wedding, but
clouds will soon be gathering...



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best stories'



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'Dilly Court writes
amazing sagas'



'My favourite writer'



'I love Dilly Court'



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woman
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With spring around the corner and Mother's Day almost upon us (see p16 for gift ideas) that's not all we've got to look forward to. Apparently, 70 is the new 30! We prove age is just a number on p8. With this in mind, maybe it's time to embrace our grey hairs – turn to p22 for how. Finally, our Test Kitchen is up and running. Our team of expert writers and chefs test products and create recipes with you in mind – flick to p36 for a flavour. Enjoy!

Hannah Fernando, Group Celebrity Director



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What a WEEK!

WE BRING YOU THIS WEEK'S LATEST GOSSIP



Harry's anger over NEW ROYAL BAN

The Queen has banned the Duke and Duchess of Sussex from using the 'Sussex Royal' brand after they decided to step down as main royals – and we're told Harry is livid.

Her Majesty's decision comes after Harry and Meghan spent tens of thousands of pounds on a brand new website and sought to register the brand as a trademark.

They also had plans for a charity: Sussex Royal, The Foundation of the Duke and Duchess of Sussex.

A palace insider tells *Woman* that, while Harry is blaming anyone

but his gran, he is upset that this has happened and the statement he and Meghan released indicated the pair were less than happy.

The source says, 'Anyone who's ever dealt with Her Majesty will tell you she's perfectly capable of making her own decisions. But it's easier for Harry to be mad at other people. Harry feels he's made a massive gesture in giving up his privileges, but that now he's being asked to create a new life with "one hand tied behind my back".'



Meghan and Harry are said to be unhappy with the ban

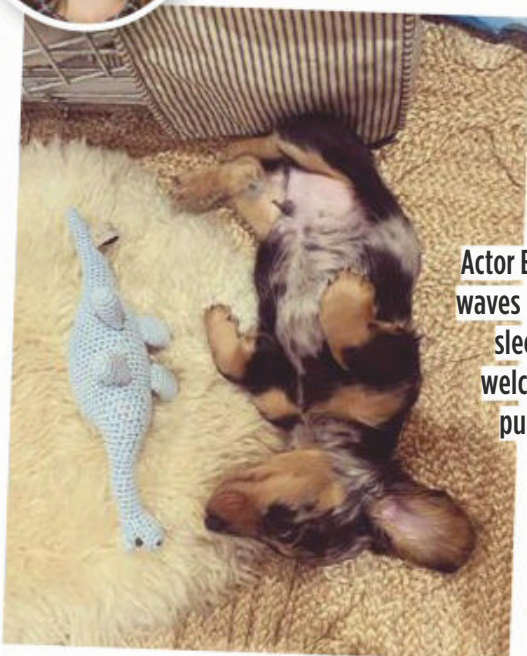
— The creation of this non-profit entity will be in addition to their cause driven work that they remain deeply committed to. While The Duke and Duchess are focused on plans to establish a new non-profit organisation, given the specific UK government rules surrounding use of the word 'Royal', it has been therefore agreed that their non-profit organisation will not utilise the name 'Sussex Royal' or any other iteration of 'Royal.'

— As The Duke and Duchess will no longer be considered full-time working Members of The Royal Family, it was agreed that use of the word 'Royal' would need to be reviewed as it pertains to organisations associated with them in this new regard. *More details on this below.*

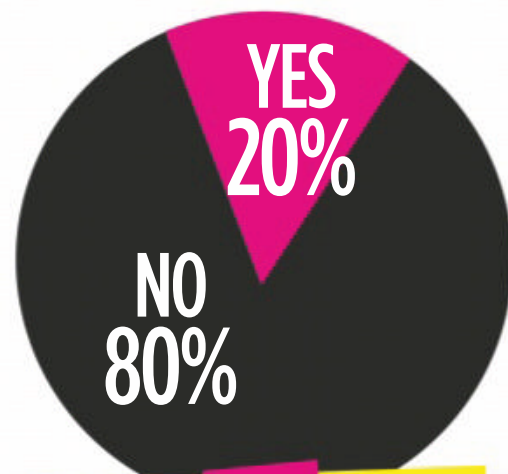
— While there is not any jurisdiction by The Monarchy or Cabinet Office over the use of the word 'Royal' overseas, The Duke and Duchess of Sussex do not intend to use 'Sussex Royal' or any iteration of the word 'Royal' in any territory (either within the UK or otherwise) when the transition occurs Spring 2020.



CELEBRITY PET *of the week*



Actor Emilia Clarke waves 'goodbye' to sleep as she welcomes new puppy Ted.



OVER TO YOU!

WE ASKED YOU ON TWITTER: After Ben Affleck said divorcing Jennifer Garner is the 'biggest regret of his life' – have you ever regretted ending a relationship?



The Nolan sisters **REUNITE**

The Nolan sisters are set to reunite 15 years after the group disbanded. Coleen, Linda, Maureen and Anne will star in a new TV show, *The Nolans in the Mood for Cruising*, which will follow them on two cruises around the Mediterranean on-board the MSC Grandiosa. As part of the reunion, they will discuss Linda's fight with breast cancer. Coleen said, 'We are so excited to go on this trip; there are things that we all want to tick off our bucket lists, and this is one of them. We want to give Linda the trip of a lifetime.'



The Nolan sisters as they were



MAN OF THE **MOMENT!**

RICHARD MADDEN
It's a while since he's been on TV but we'd still let him be our *Bodyguard*.

WORDS: GEORGIA FARQUHARSON, PHOTOS: ALAMY, GETTY, INSTAGRAM @ EMILIA_CLARKE, @JACKMARTINCOLORIST, @MADDENRICHARD, @SUSSEXROYAL



Royal quote of the week

'YES, ABSOLUTELY – AND ANYONE WHO DOESN'T AS A MOTHER IS ACTUALLY LYING!'

Kate Middleton on feeling mum guilt.

All the **LATEST GOSSIP**



JULIE WALTERS REVEALS CANCER BATTLE

Dame Julie Walters has been given the all-clear after a secret 18-month battle with bowel cancer. The 70-year-old said the diagnosis – and an operation to remove 30cm of her colon – has 'completely changed' her perspective on life.

I'M A CELEBRITY... GETS RENEWED

I'm a Celebrity... Get Me Out Of Here! could be the longest running reality TV show of all time if it's renewed for another three years. The jungle-themed show – which first aired in 2002 – is set to return to ITV until 2022 if the deal is signed.



SHARON GOES GREY

Sharon Osbourne has dyed her hair platinum white after 18 years of vibrant red. The former *X Factor* judge, 67, used the same hair colourist as American star Jane Fonda and the transformation took eight hours.

Fern: 'The smilier I am, THE UNHAPPIER I FEEL INSIDE'

After Fern Britton announced her split from Phil Vickery after 20 years of marriage, the break-up could bring back ghosts she thought she'd finally laid to rest

A break-up after a short relationship is hard at the best of times, so to decide to separate after 20 happy years together must be far from easy. But Fern Britton appears to be adapting well to her split, after telling the world via Twitter that she and her chef husband Phil Vickery, 58, had 'decided to go our separate ways', adding, 'We will always share a great friendship and our lovely children.' But we can reveal Fern, 62, has previously suffered after heartbreak...

PUTTING ON A BRAVE FACE

From her very first break-up as a teenager, Fern vowed to never let anyone make her feel that way again. In her autobiography, *Fern: My Story*, she wrote, 'If a man made it obvious I wasn't good enough for him, I'd say, "Fine. Goodbye".' But during her first marriage to Clive Jones, it became clear Fern wasn't as resistant as she thought. She admitted, 'It was easier to lie: everything's hunky-dory,' before sharing how she masked her feelings. 'I have a smiley, happy face and - in my case - the smilier I am, the unhappier I feel inside.'

Fern, back in 1983



HAUNTED BY HER PAST

When it comes to Fern and relationships, things haven't been easy, but when she tied the knot with Phil in 2000, he appeared to restore her faith. In her book, she wrote, 'My life is full of ghosts, and it is only now, looking from this place of safety, that I can finally lay them to rest.' And while it's tricky to pinpoint what she was referring to, her past relationships have been littered with disappointment. Fern claimed her first serious boyfriend let her down 'again and again', until she caught him with his ex and ended the relationship. Fern confessed, 'The agony of betrayal by your first love can never be matched.'

She's previously said a royal death helped her divorce her first husband, with whom she had twin sons, Jack and Harry, now 26. 'Diana's death gave me the strength to do it... a marriage should be a partnership and a friendship, not an endurance test,' she recalled. Fern asked for a divorce when their third child, Grace, now 23, was 12 weeks old. And having recently lost both her parents, could that be the driving force behind her and Phil splitting?



Above: With first husband Clive Jones and (right) her dad





After more than 20 happy years together, Phil and I have decided to go our separate ways. We will always share a great friendship and our lovely children. We would appreciate it if our privacy is respected at this time. Thankyou for your continued kindness and support. ❤️

7:00 pm · 29 Jan 2020 · Twitter for iPhone



Went to a lovely party last night. SO much fun. Lots of chatting with new people and old friends. Must have been a bit noisy though. Woken up with a headache

8:52 AM · Feb 15, 2020 · Twitter for iPhone

HISTORY OF DEPRESSION

Last month – a couple of weeks after announcing her split from Phil – Fern appeared to be enjoying her new-found single life and even tweeted about a hangover. She wrote, ‘Went to a lovely party last night. SO much fun... Woken up with a headache...’

While it’s wonderful to see Fern happy, hopefully it’s not a case of her putting on a brave face once more. As the TV star previously

recalled, she’d ‘fob off’ her worried friends after suffering her teenage break-up. And failed relationships aren’t the only trigger – diagnosed with postnatal depression following the birth of her twins, Fern said, ‘I had what amounted to a breakdown but nobody knew because I’d become so adept at hiding it.’

Thankfully, nowadays, Fern appears mindful, raising awareness for support outlets via Twitter.

PHOTOS: ALPHA; GETTY, ITV, PA IMAGES, REX, TWITTER @FERN_BRITTON

BROKEN PROMISES?

Fern once spoke of feeling ‘incredibly lucky’ to have Phil because he regularly reminded her of ‘what he promised’ on the way to the register office. She recalled, “‘I’ll always look after you,’ he said.’ But now the pair – who have 18-year-old daughter Winnie together – have parted ways, his promise has seemingly been broken. Despite being Fern’s second marriage, the importance of it lasting was made clear in her book. ‘When you get married and have children, the last thing on your mind is divorce,’ she said. But even if history is repeating itself, perhaps every cloud has a silver lining. Fern has noted, ‘When I’m kicked in the balls in my private life, my career gets an unexpected boost.’



With Phil and children, Grace, Jack, Harry and Winnie in 2003





Susan Sarandon

The actor, 73, has admitted that, with age, she's learned to appreciate life. 'People who don't contribute to a healthy, fun and adventurous life... Well, there's no reason to waste your time on them, and you definitely appreciate that when you reach your 70s,' she said.

70 is the NEW 30!

These celebs aren't letting age stop them from looking – and feeling – young and amazing!

Bette Midler

Singer and actor Bette, 74, reckons the reason she looks so youthful is because she's learned not to care at all! 'Certain things fall away,' she says. 'You don't care if you're sexually appealing. You want to be attractive, but there's no desperation.'



Twiggy

She turned 70 in September last year, but supermodel Twiggy – Dame Lesley Lawson – looks years younger and insists she's had no work done. She has said, 'I am growing older gracefully as I always said I would. I'm enjoying getting older and I'm active, except when my back plays up a bit.'



Goldie Hawn

Actor Goldie, 74, has put her age-defying looks down to keeping active. She said, 'I try to drink my juices. I try to work out every day a little bit. I find moments in the day. I have short meditation spurts during the day if I don't have a long one in the morning. I do find time to get quiet. I hike, I bike, I try to have as much fun as possible.'



Meryl Streep

The superstar looks as youthful at 70 as she did at 35. She said, 'You have to embrace getting older. When you've lost a lot of people, you realise each day is a gift.'

Caitlyn Jenner

Caitlyn, 70, transitioned at 65, so is still finding herself – and looking amazing! The US TV personality said, 'I feel like, on the one hand, I've got to dress age-appropriately because I'm 70 years old... On the other hand...a girl's gotta have a bit of fun!'



Dame Olivia Newton-John

Despite being diagnosed with cancer for a third time, singer and actor Olivia, 71, looks incredible, and it's partly thanks to her positive outlook. She has said, 'I'm living with cancer and it's going away. I'm grateful for every day, and life is wonderful.'



Lulu

The diminutive Scottish singer insists she looks 71, while fans disagree. She says it's fashion that keeps her feeling young. 'Getting dressed and looking modern is a great challenge for an older woman,' she says. 'You can step over the line and make a lot of mistakes.'



Dame Helen Mirren

The 74-year-old actor recently said she'd never felt as comfortable with herself as she does now. 'When you're young and beautiful, you're paranoid and miserable,' she said. 'The great thing that happens as you age is that you don't really give a flying f**k!'

'My nan always asks when I'm going to BE ON TV AGAIN!'

Katherine Kelly tells Woman about life as an in-demand actor and joining ITV's Liar alongside Joanne Froggatt

Katherine Kelly shot to fame as everyone's favourite barmaid, Becky McDonald, on *Coronation Street* in 2006, and has since gone on to star in some of the country's favourite TV shows, from *Happy Valley* to *Mr Selfridge*. For that reason, as we notice her new Brunette, blunt bob is a world away from Becky's bleach-blonde locks, she's extremely quick to remind us she left the ITV soap eight years ago!

Katherine, 40, is now back on our screens as Detective Inspector Karen Renton in the second series of ITV drama *Liar*. Here, the mum-of-two tells us all about what went on behind the scenes...

Hi, Katherine. We almost didn't recognise you with your new hair – we're so used to seeing you as Becky! That was eight years ago now. I've just finished filming as Detective Hobbs in the second series of *Criminal*, so this is all paid for by Netflix – my hair choices are never my own!

You're also a detective in Liar. Do you enjoy playing police officers? Well, it's like saying, 'How do you feel about playing teachers?' You take the part, not because of their job description

Katherine as Lady Mae in *Mr Selfridge*...



but because of who the character is beneath all that. They're just such different characters, it's almost like a coincidence that they happen to be police.

What made you join the cast of Liar?

The fact that everybody came back – not just the people on screen but James Strong, who is such an in-demand director after *Broadchurch*. For him to clear his diary to do a second series was big! We've also got a director of photography who's got a policy that he

...as Becky with Steve (Simon Gregson) in *Coronation Street*...



...and with Ioan Gruffudd (Andrew) and Joanne Froggatt (Laura) in *Liar*

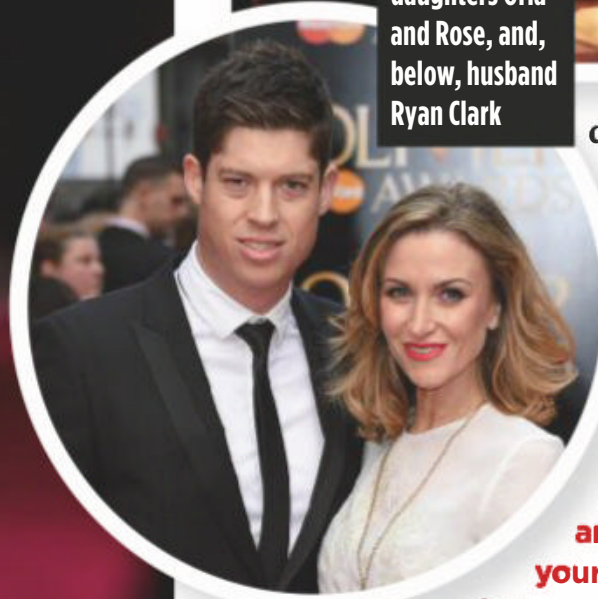




**'I'M DEAD
EASY TO
WORK WITH'**



Above, with daughters Orla and Rose, and, below, husband Ryan Clark



doesn't do second series, but he did for this. So I think that's all testimony to how good the script is.

Do we find out anything about your character's background at all?

Hopefully as little as possible. We did actually shoot a few scenes where you find out a little bit more, but we shot them with the hope that we don't need you to see them. The plot is so strong that I don't think you need an explanation as to why she is the way she is, because she's there to solve the case.

You're often spoken of as being part of a group of former Corrie actors – such as Joanne Froggatt and Suranne Jones – who have experienced success after leaving the soap. How does that feel?

Maybe our work is just in people's minds a bit more. Lots of actors are huge on things like Netflix, but if I'm not on terrestrial [television], my nan's like, 'When are you gonna be on ITV?'.

You're busier than ever. How do you juggle all the different parts?

To be acting, you need to be working. I'm a really good team player and enjoy being part of an ensemble. I'm dead easy to work with – I really am! I get re-employed by the same people a lot – I think that's the way to tell.

Is there any chance of a third series?

I'm not sure, but Laura and Andrew's story is so satisfying, which is what makes it feel complete.

*** *Liar* continues on ITV, Monday**

**BRITS
SPECIAL**

STYLE

Our pick of the best and



MEL C

Sporty Spice, 46, left her signature tracksuit and trainers at home to channel her inner Greek goddess with this low-cut, floor-length floaty dress.



NICOLA ROBERTS

A figure of envy – from Queen Bee on *The Masked Singer* to the queen of style on the red carpet, Nicola, 34, looks like an empress in this gorgeous green gown.



LOUISE REDKNAPP

Louise, 45, steps back to the 80s with an iconic giant-shoulder-padded, tuxedo-style dress. She looks sensational in this *Stretch-y* number!

**THIS
WEEK'S
BEST
DRESSED**

on TRIAL

Celebrity

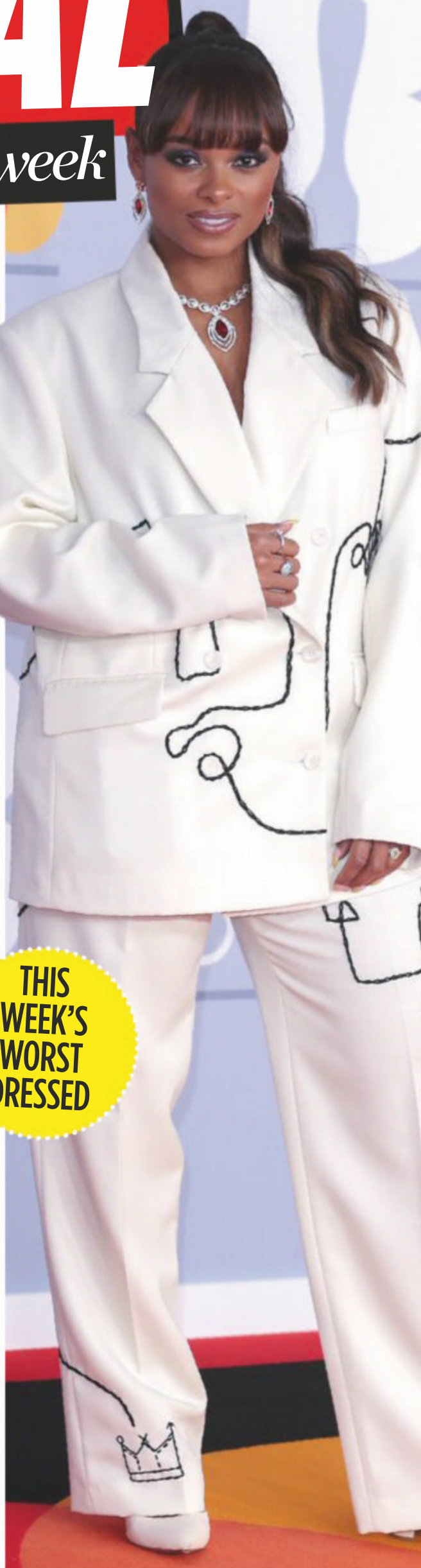
worst dressed this week



ABBHEY CLANCY

The ensemble worn by Abbey, 34, seems drastically uneven – maybe her measurements got lost in the post? Still, with legs like that... Dare to bare!

THIS
WEEK'S
WORST
DRESSED



FLEUR EAST

Is that you, Fleur? Aside from her sleek hairdo, the former *X Factor* runner-up, 32, looks like she's hiding something under her bizarre oversized suit.



PALOMA FAITH

Paloma, 38, could give Paddington Bear a run for his money with this over-the-top hat. He stores his marmalade sandwiches under his, but what's her excuse?

GENERATIONS! AT WAR

Is irritating millennial slang the norm or is it killing the English language?

Are words and phrases like ‘hun’, ‘furbaby’, ‘it is what it is’ and ‘YOLO’ (‘you only live once’, for those not in the know) like listening to fingernails down a blackboard? Then you join a mutiny of baby boomers (individuals born 1946-1964) and Generation X (born 1965-1980) struggling to interpret what younger people are saying, and getting increasingly irritated by the constant flood of new slang.

A recent Gransnet post racked up almost 250 comments, with members sharing their rage over use of ‘hubby’, ‘bae’, and a distaste for extreme hyperbole, like ‘I literally died’. Yet thanks to the internet, social media and reality TV, the use of slang has skyrocketed, and it even finds its way

into the dictionary. In 2019, ‘vacay’ and ‘sesh’ joined previous newcomers ‘hangry’, ‘twerk’ and ‘FOMO’ (‘fear of missing out’).

Modern parlance

An inter-generational war has been bubbling between ‘snowflake millennials’ and ‘OK boomers’ of late, but annoying as it may be, slang has existed since the 19th century, and while ‘groovy’, ‘psyche’ and ‘far out’, have fallen into disuse, they became modern parlance in the 60s and 70s. So are the older generations being hypocritical, or are millennials (1981-1996, FYI) and Generation Z (1997 onwards) as irritating as they sound? *Woman* asks a mum and daughter to give us their take on things...

Pre-internet slang

Hank Marvin Cockney rhyming slang for starving.
Wally Someone considered stupid.
Skinny The truth, low-down or real explanation of something.
Ace When something is cool or on trend.
Clanger A mistake.

THE MUM



‘NEW WORDS POP UP EVERY TIME I BLINK’

Shona Sibary, 48, lives in West Sussex with her husband, Keith, 53, and their children, Flo, 21, Annie, 19,

Monty, 17, and Dolly, 10.

While talking to Flo recently, I managed, within five minutes, to sip my ‘tea’, spill it, be ‘basic’ at everything, but totally ‘slay’ dinner. If you’re a mother of a Gen Z or millennial, you’ll have some clue what I’m talking about. The rest of you will be wondering why I’m not more careful when drinking a hot beverage, when in reality ‘spilling the tea’ means sharing gossip.

Since when did it become so difficult to understand our kids? As if it’s not enough that I’ve finally mastered texting shorthand like LOL and know what ‘woke’ means, I’ve now got to study the Urban Dictionary just to have the simplest of conversations with them. It’s like I’ve stumbled into a foreign country where I can’t decipher anything anybody says any more.

Take a recent shopping trip with Flo. We were looking at clothes and she mentioned being ‘thirsty’. Stupid me, I thought she wanted a drink, but apparently she wasn’t thirsty in the way anyone born before 1980 would

understand. Turns out this is just another word meaning something else. Like when you really want that £100 jacket from Urban Outfitters.

And new words and phrases seem to pop up every time I blink. ‘Stay in your lane’ or ‘swerve’? Nothing to do with cars. It means you’ve overstepped boundaries and should mind your own business. ‘Beef’? It’s not a burger but an argument.

Frankly, it’s so exhausting I might go and watch some ‘Netflix and chill’. Although, according to my children, even that doesn’t mean what it sounds like any more, either...

**‘I CAN’T
DECIPHER
ANYTHING’**

Millennial speak

Salty Bitter behaviour. If someone's acting salty, they're upset.
Woke To be socially aware – in terms of racism and social justice, for example.
On fleek Stylish and elegant, often used to describe eyebrows.
Sick Not vomit. It means something's really good.
Dead A spin on the old phrase 'dying of laughter'.



Can different generations learn to communicate?

UNIQUE WAYS OF COMMUNICATING



Claire Larkin, cultural expert at language-learning app Babbel.com, says:

Slang isn't a new phenomenon – each generation has its own way of changing the way they speak so peers can understand each other. Unfortunately, this means previous generations can find it difficult to interpret what younger people are saying. Still, the baby boomers can't complain, they came up with plenty themselves. 'Dream on', 'chill out', and 'ace' are all 1970s slang, which may have grated on their parents but are now part of everyday language.

Slang is influenced by new cultural reference points, and today, Gen Z-ers and millennials have countless cultural touchpoints at their fingertips: streaming services, apps and social media have given rise to many new turns of phrase. This means generations growing up immersed in digital culture have more 'shared experiences', which in turn give rise to new slang. This is why new words and phrases like 'furbaby' and 'cheeky Nando's' are now so common.

THE DAUGHTER



'STOP TAKING THINGS SO SERIOUSLY'

Flo Sibary, 21, is a hotel supervisor. My generation is determined to change the world and if that means

we have to change some words from an age-old language, too, then what's wrong with that? We're the first kids born totally digital, so we've had to adopt a way of communicating that moves with the times. A lot of the words we use now have been driven by social media and the fact we are online all the time.

People my parents' age are never going to get that. I mean, they used to

write letters. It's hilarious. We're more fast-paced now but there's also this vibe that we want to make ourselves laugh, along with those around us.

It's like being in a club you can't be in if you were born before the 80s. We change and create words to suit how quickly things spread with music, reality TV and YouTubers.

Also, slang is easier to text. Like the word 'ick'. If you're seeing someone and things are going well but all of a sudden certain characteristics start annoying you, then you have 'the ick'.

'WE'RE MORE FAST-PACED NOW'

I get that it's frustrating sometimes. When something is so good I really want it, I say it's 'Gucci' and Mum thinks I'm talking about a handbag.

But other generations had their own words, too. Didn't they used to say 'gnarly' in the 1960s? I don't see the problem. What I want to say to Mum is this, 'The struggle is real.' But, spoiler alert, if someone says this to you, you're being made fun of. They're saying the thing you're taking so seriously, that you consider a catastrophe, might not actually be as bad as you think.



Candle, £3,
Primark



Lightly Bloom Eau De Parfum,
£15.99, Zara



Spoon, £3.99,
H&M Home

Blouse, £40, sizes
6-22, Next



L'Oréal Paris Rouge Signature Matte Liquid
Lipstick in Empower, £9.99, Superdrug



Gorgeous GIFTS

Treat your mum to
something special this
Mother's Day



Orchid, £12.50, M&S



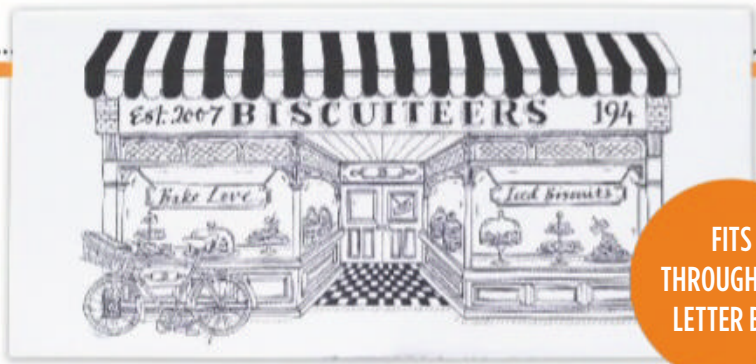
Jumper, £48,
sizes 6-22, Next



Handbag,
£17.99, Mango



Almond Milk
& Honey
Hand Cream,
£5, The
Body Shop



FITS
THROUGH THE
LETTER BOX



Biscuits, £25, Biscuiteers.com



Happy Mother's Day H-Box, £12.95, Hotel Chocolat



Dress, £45,
sizes 6-18, Very



Cushion, £19.50,
M&S

Jug, £12,
Matalan



Make-up bag, £14,
Paperchase



Hand Wash Duo
Bodycare Gift Set,
£26, L'Occitane



Mug, £8, Cath Kidston



Vase, £20,
Habitat



Basket, £12, Ikea



Hortus Rhubarb & Ginger Gin
Liqueur, £9.99, Lidl



Blanket, £17.99, H&M Home

10 OF THE BEST



£40, sizes 8-18, Joe Browns



£35, sizes 4-18, Topshop



£49.50, sizes 6-24, Autograph at M&S

The contrasting band will define your waist



£38, sizes 6-22, Next



Jumper, £19.50, skirt, £39.50, both sizes 6-24, trainers, £35, all M&S

EST

SPRING SKIRTS

Easy to wear, these mid-length skirts will add some wow to your wardrobe



Jacket, £39,
skirt, £29,
both sizes 10-28, Damart.
All other items, stylist's own

Available in
petite, regular
and tall

£36, sizes 6-22, Next



£29, sizes 8-20,
Red Herring at Debenhams



COMPILED BY: BECKY JOINER-O'RIORDAN

£22.99, sizes 6-18, New Look



£25, sizes 8-20, Red Herring
at Debenhams



Fashion MATHS

Fast-track your way to a cool new look with these stylish sums

PRINTED BLOUSES



£35, sizes 8-22, M&Co



£25.99, sizes xs-xl, Zara



£16, sizes 8-24, George at Asda



£29.99, sizes 4-22, H&M



PAPER-BAG TROUSERS



£65, sizes 8-18, Phase Eight



£22.99, sizes 4-22, H&M



£15, sizes 4-20, Primark



£59.50, sizes 6-18, Oliver Bonas



SLINGBACKS



£29, Wallis



£35.99, Mango



£20, Miss Selfridge



£28, Oasis



CIRCLE BAGS



£35, Accessorize



£34, La Redoute



£39.50, Oliver Bonas



£17.99, New Look

ECO-FRIENDLY
Garnier Organic
Rich Argan Multi-Use
Rescue Balm, £7.99

Certified organic by the Soil Association, as well as being vegan-friendly, give this balm a go if you're trying to make more conscious beauty choices. Thick and rich, slather it onto dry patches that are in need of TLC.



Burt's Bees Rosemary & Lemon
Lip Butter, £3.99

If you're already a fan of the Burt's Bees balms, you'll love this. Creamier than the original, it's the step up that winter lips need. The flavour is nice and fresh, instead of sugary sweet.



SWEET TREAT
Thursday Plantation
Tea Tree Manuka
Honey Balm,
£10, Boots

One for the medicine cabinet, this will relieve not only cuts and scrapes, but inflamed skin, too. Harnessing the power of two hard-working natural ingredients, tea tree oil is known for its antibacterial properties, while manuka honey is proven to nourish and soothe.



DRY SKIN SAVIOUR
Botánico Vida Omega
Balm, £6.50,
botanicovida.com

Soothe rough, cracked or flaking skin with this balm. Formulated with omega oil, it works with your skin's natural barrier to lock-in much-needed moisture. Apply to lips, heels, hands or any irritated areas.

LUXE for less

We're going balmy for these hard-working skin treats

**£10
AND
UNDER**



FUN AND FRUITY
Lanolips 101 Ointment
Multi-Balm in Green
Apple, £7.99,
lookfantastic.com

Soft and waxy, lanolin is a brilliant moisturiser, drawing moisture in and keeping it there. This ointment is packed full of it, making it perfect for combating everything from dry cuticles to chapped lips.

HINT OF TINT

Vichy Naturalblend
Lip Balm in Pink, £8.50

Combining the comfort of a balm with the colour of a lipstick, this is a must-try for low maintenance days. The finish is dewy, not shiny, with a texture that's soft instead of sticky.



NATURAL ORIGINS

EOS 100% Natural Organic Lip Balm in
Strawberry Sorbet, £6.50

Easy to apply on the go, thanks to the smooth sphere design, this leaves lips soft and plump. Free from petroleum, it won't dry out your pout over time like some lip balms do.





BLEND IT IN

If you've decided to embrace your silver, there'll be a period in between growing out your dye and going fully grey. Let a few strands show through, like Jessica Biel, as you get used to the new look and use a non-permanent root touch up for days when you're feeling less confident. **L'Oréal Paris Magic Retouch Precision Concealer Brush, £8.99**, blends with your hair to cover up scattered greys but washes out every time you shampoo. A simple way to control your grey.



Jessica Biel



Gwyneth Paltrow

TREAT YOURSELF

When you're embracing your lighter locks, 'you need to keep them well-nourished and healthy,' says Kelly May, senior stylist at Neville Hair & Beauty. 'Grey hair has a naturally coarser texture and can be quite rebellious', so look for treatments to keep it in check. We like, **Plantur 39 Colour Silver Colour Conditioner, £8.99**. Try leaving it on for 5-10 minutes longer to achieve a fabulously glossy finish.

GOING GREY

gracefully

BEAUTY
KNOW-HOW

Silver hair doesn't have to be scary. Follow our tips and embrace a confident new you



Diane Keaton

GRADUATE TO GREY

Not totally sure about a radical transformation and the attention it attracts? Follow in *Doctors* actress, Sarah Moyle's footsteps and take darker tones to blonde or caramel first. Antony Culver, colourist at Salon Sloane, advises, 'Every time you see your colourist, go half a shade lighter until you reach your root colour, this will ensure a softer grow out and



Sarah Moyle



eradicate a huge fuss.' Want to try it at home? Choose a less damaging dye, like **Clairol's Nice'n Easy, £6.49**, it's one of the most caring and conditioning formulas we've found.



Erin O'Connor



TAILOR IT TO YOU

Rather than looking like you've missed a hair appointment, hairstylist Luke Hersheson says, 'Create a new identity that works for you and make your colour look purposeful'. Add in a variant of light and dark tones to achieve a striking contrast. Whatever style you choose, make sure you care for your locks, we like **John Frieda Shimmering Silver Shampoo & Conditioner, £6.99 each, Boots**.

SWITCH SHAMPOOS

'The best product for grey hair is a purple or silver shampoo', says colour expert Michael Douglas. 'Violet pigments neutralise dullness and keep your colour looking vibrant.' **Redken Color Extend Graydiant Anti Yellow Shampoo, £18**, is pricey but works. For a natural alternative, apply a lightening lemon water treatment once a month, by mixing the juice



of one lemon to two cups of warm water. Apply the solution after shampoo, leave on for 3-5 minutes, rinse and condition to finish.



Glenn Close

FIND YOUR RIGHT LENGTH

CHOP A CROP

It may seem like a bold step to change both your colour and your length, but the easiest way to



Headband, £12.50, Dorothy Perkins

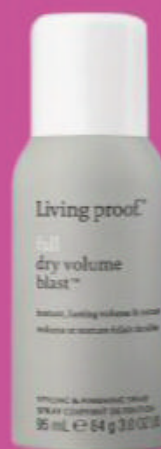
switch to a new shade is to snip your locks. Having a shorter style doesn't have to be scary (or ageing). Opt for a pixie crop and accessorise with hats and headscarves.



Model Maye Musk is an expert in styling

MAKE WAVES

Whether it's in the form of a choppy cut or some beachy twists, mid-length styles really suit texture. And grey hair loves it even more. Sleek, sharp styles are not only a tad ageing, but they can also show up dryness and frizz. **Living Proof Full Dry Volume Blast, £10**, stylishly musses up the hair, and gives it a youthful boost without any residue or heaviness.



GO LONG

If your hair can take on the challenge, long grey locks can look seriously chic. Have a chat with your hairdresser about the length you can achieve, then condition your locks like crazy with **Pantene Pro-V Miracles Go Longer Protein Reconstruct Leave-in Cream, £5**.



GET A PRO POLISH

Ashy shades tend to lack shine and 'when hair is left to "air dry", water can evaporate and leave strands looking and feeling coarse. That's why you must dry it properly, as this action closes the hair cuticle and keeps moisture locked in,' says colour expert, Zoe Irwin. 'To guarantee a glossy and healthy-looking mane, team a heat-protective spray with a good hairdryer and then gently heat the hair (starting on a low setting and building up) to prevent frizz.' We like **VO5 Dry & Shine Dryer, £29.99**.



The picture that means SO MUCH

Claire Everett takes inspiration from the strength of her youngest son, Luke

Every time I look at this photo of my son, Luke, 12, swinging his legs in the air, his face stern with concentration as he balances between two parallel bars, I'm overwhelmed by his strength and determination. Any mum would be proud, but while Luke is modest and shy, I want to shout about his incredible achievements, because for a while we didn't know if he'd survive to learn to walk, let alone grow up to compete in a national gymnastics competition.

Luke was just six months old when doctors at Great Ormond Street Hospital told my husband Graham, then 31, and I that Luke had stage 1 hepatoblastoma – liver cancer usually affecting children. The word 'cancer' sent waves of horror crashing down on me, and Graham and I sobbed as the consultant pointed out the tumour in Luke's tummy on the X-ray.

It was only the day before that I'd felt a hard lump under Luke's rib cage while changing his nappy, and now we were being told our baby would die without high doses of

chemotherapy to shrink the 10cm malignant and rapid-growing tumour on his liver, before invasive and risky surgery to remove it.

I felt sick with terror as Luke was admitted and immediately started chemotherapy. He needed four intravenous doses before his surgery and I watched helplessly as the medication ravaged his little body. All I could do was hold him as he cried, trying not to sob, too.

We told our sons, Sam, then seven, and Ben, four, their brother was poorly, and our parents took turns looking after them while we stayed in hospital.

By the time Luke had surgery seven weeks later at King's College Hospital in February 2008, he was so thin and pale I wondered how he'd ever survive it.

'It's his only hope,' Graham reminded me during the agonising wait, until, finally, a surgeon emerged to tell us Luke had made it and the tumour had been removed. I remember crumbling with relief.

After two more rounds of chemo, Luke's treatment was over, and he got stronger every day, pulling himself up on the bars of his

hospital cot, his tiny but sturdy legs wobbling. By April 2008, he was in remission and allowed home where Ben and Sam excitedly waited for their brother's arrival.

As the years went on, Luke needed regular check-ups and he was small for his age, tiny compared to classmates when he started school. But he was strong,

energetic and loved PE, so when he was seven, I took him to a local gymnastics group, as I'd enjoyed the sport. Luke quickly wowed the class, doing handstands and the splits within a few months and he soon started taking part in competitions.

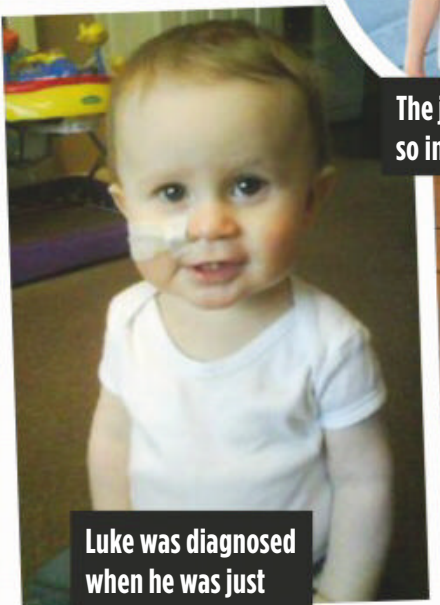
Then, in March 2019, he represented his club at the British Championships in Liverpool. It was terrifying yet incredible watching him perform twists and somersaults and swinging around a bar, before impressing the judges with his strength on the rings and parallel bars.

Graham and I cheered the loudest as Luke's name was called out. He came 21st out of 60 of the best gymnasts in the country. In awe of how far he's come, Graham and I are now taking on this year's Virgin Money London Marathon for Children with Cancer UK. I know it won't be easy, but it'll be nowhere near as tough as Luke's cancer treatment was, and just look at my boy now!

*** Visit childrenwithcancer.org.uk or donate at virginmoneygiving.com/Team/EasiersaidthanrunVLM2020**



'I WONDERED HOW HE'D SURVIVE IT'



woman

survey

WIN A SHARE OF

£500

£250 MAIN PRIZE

10x £25 RUNNERS UP PRIZE

Dear reader,

Complete our questionnaire by 22 March and we'll use your feedback to improve what we do. You could win £250 or one of 10 runners-up prizes of £25 as a thank you. You can also take part online by going to womanmagazine.co.uk/readersurvey2020

A. BUYING MAGAZINES

1 Do you tend to buy:

Mainly/exclusively monthly magazines	☐ 1
Mainly/exclusively weekly magazines	☐ 2
An even mix of both	☐ 3

2 How often do you buy each of the following:

	Subscribe 1	Regularly 2	Occasionally 3	Never 4
Closer	☐	☐	☐	☐
Grazia	☐	☐	☐	☐
Hello!	☐	☐	☐	☐
OK!	☐	☐	☐	☐
Woman & Home	☐	☐	☐	☐
Woman's Own	☐	☐	☐	☐
Woman's Weekly	☐	☐	☐	☐

3 How often do you buy Woman?

I subscribe	☐ 1	Once every few months	☐ 5
Every week but don't subscribe	☐ 2	Less often	☐ 6
Every 2 to 3 weeks	☐ 3	Never	☐ 7
Once a month	☐ 4		

4 What made you buy this issue of Woman?

I always buy Woman	☐ 1
I flicked through it and it looked interesting	☐ 2
Good for money-saving ideas and offers	☐ 3
It was on offer	☐ 4
The cover story – Fern Britton: 'The Pain Behind My Smile'	☐ 5
- Harry's Fury Over Queen's New Ban	☐ 6
- Still No Menopause at 59 Thanks to Great Sex	☐ 7
- Why Did My Best Friend Dump Me?	☐ 8
- Embrace Grey: Get your Best Hair Yet	☐ 9
- Lose 5lb in Two Weeks Meal Plan	☐ 0

5 How long have you been buying Woman?

Under 1 year	☐ 1	10 to 20 years	☐ 5
2 to 3 years	☐ 2	Longer	☐ 6
4 to 5 years	☐ 3	Can't remember	☐ 7
6 to 10 years	☐ 4		

6 How often have you bought each of these themed magazines published by Woman?

	Regularly 1	Occasionally 2	Heard of, not bought 3	Not heard of 4
Health	☐	☐	☐	☐
Diet	☐	☐	☐	☐
Royal	☐	☐	☐	☐

B. WOMAN MAGAZINE

7 Would you describe Woman as:

Your favourite women's weekly magazine	☐ 1
One of your favourites	☐ 2
Not usually one of your first choices	☐ 3

8 Do you feel the content of Woman is:

A bit young for you	☐ 1
Right for women around your age	☐ 2
A bit old for you	☐ 3

9 And thinking just about the fashion and beauty, is this:

A bit young for you	☐ 1
Right for women around your age	☐ 2
A bit old for you	☐ 3

10 How important are each of the following subjects to your enjoyment of Woman?

	Very important 1	Quite important 2	Not important 3
Beauty	☐	☐	☐
Books	☐	☐	☐
Celebrity	☐	☐	☐
Columnists (eg Sam Carlisle)	☐	☐	☐
Competitions	☐	☐	☐
Consumer/money advice	☐	☐	☐
Cookery/food	☐	☐	☐
Craft	☐	☐	☐
Diets/slimming	☐	☐	☐
Exercise	☐	☐	☐
Fashion	☐	☐	☐
Fiction	☐	☐	☐
Film/concerts/theatre/arts	☐	☐	☐
Gardening	☐	☐	☐
Health & wellbeing	☐	☐	☐
Home	☐	☐	☐
Offers/deals	☐	☐	☐
Pets	☐	☐	☐
Puzzles	☐	☐	☐
Stories about real people	☐	☐	☐
The environment	☐	☐	☐
Travel	☐	☐	☐
TV	☐	☐	☐

11 And how do you rate the quality of the content in the following areas of the magazine?

	Very good 1	Quite good 2	Average 3	Poor 4
Beauty	☐	☐	☐	☐
Celebrity	☐	☐	☐	☐
Fashion	☐	☐	☐	☐
Food	☐	☐	☐	☐
Health & wellbeing	☐	☐	☐	☐
Home	☐	☐	☐	☐
Real life	☐	☐	☐	☐
Travel	☐	☐	☐	☐

12 How much do you agree or disagree with the following statements about Woman?

	Agree strongly 1	Agree slightly 2	Disagree slightly 3	No opinion 4
Keeps me up to date with things that people are talking about	☐	☐	☐	☐
I'm bored with seeing the same old faces on the covers	☐	☐	☐	☐
I trust the information and advice	☐	☐	☐	☐
I am often inspired by the content	☐	☐	☐	☐
Thought-provoking/makes me think	☐	☐	☐	☐
Woman and Woman's Own are too similar	☐	☐	☐	☐
I mainly buy it out of habit	☐	☐	☐	☐
A bit of a treat	☐	☐	☐	☐
Attractively presented	☐	☐	☐	☐
Lots of useful content	☐	☐	☐	☐
Relates to me and my life	☐	☐	☐	☐

13 How much do you agree or disagree with these statements about the fashion and beauty in Woman?

	Agree strongly 1	Agree slightly 2	Disagree slightly 3	Don't know/ No opinion 4
Uses models I can relate to	☐	☐	☐	☐
Attractively presented	☐	☐	☐	☐
Lots of clothes I would wear	☐	☐	☐	☐
Items are generally in my price range	☐	☐	☐	☐
Encourages me to try new looks	☐	☐	☐	☐
Suitable for my age group	☐	☐	☐	☐
On trend	☐	☐	☐	☐
Good for advice and tips	☐	☐	☐	☐

14 At £1.30, what do you think of Woman in terms of value for money?

Very good	☐ 1	Fair	☐ 3
Good	☐ 2	Poor	☐ 4

15 How long do you usually spend reading your copy of Woman?

Under 1 hour	☐ 1	2 to 3 hours	☐ 4
1 to 1½ hours	☐ 2	Over 3 hours	☐ 5
1½ to 2 hours	☐ 3		

16 Listed below, in order, are all the items in this issue of *Woman*. For each item, please tick the column that comes closest to your opinion. Tick one box per item

	Did not read 1	Very interesting 2	Quite interesting 3	Not very interesting 4	Not at all interesting 5
p3 – Editor's letter	☐	☐	☐	☐	☐
p3 – Contents	☐	☐	☐	☐	☐
p4/5 – What a Week	☐	☐	☐	☐	☐
p6/7 – Cover Story: Fern Britton	☐	☐	☐	☐	☐
p8/9 – Celebrity: 70 is the new 30	☐	☐	☐	☐	☐
p10/11 – Celebrity: Katherine Kelly	☐	☐	☐	☐	☐
p12/13 – Style on Trial	☐	☐	☐	☐	☐
p14/15 Talking About Irritating millennial slang	☐	☐	☐	☐	☐
p16/17 – Let's Shop	☐	☐	☐	☐	☐
p18/19 – Fashion: Spring skirts	☐	☐	☐	☐	☐
p20 – Fashion: Fashion Maths	☐	☐	☐	☐	☐
p21 – Beauty: Luxe for less	☐	☐	☐	☐	☐
p22/23 – Beauty: Going grey gracefully	☐	☐	☐	☐	☐
p24 – Real Life: The Picture That Means So Much	☐	☐	☐	☐	☐
p27 – Don't Tell Me I Can't...	☐	☐	☐	☐	☐
p28/29 – Real Life: My best friend dumped me	☐	☐	☐	☐	☐
p30/31 – Eat Well, Feel Great: Lose 5lbs in Two Weeks	☐	☐	☐	☐	☐
p32/33 – Real Life: Surviving ovarian cancer	☐	☐	☐	☐	☐
p34/35 – Health & Wellbeing: Focus on stem cell therapy	☐	☐	☐	☐	☐
p36/37 – Food News	☐	☐	☐	☐	☐
p38/39 – Recipes	☐	☐	☐	☐	☐
p40/41 – Real Life: No menopause at 59, thanks to great sex	☐	☐	☐	☐	☐
p42/43 – Homes	☐	☐	☐	☐	☐
p44 – Ask Suzie	☐	☐	☐	☐	☐
p45 – Ask Philippa	☐	☐	☐	☐	☐
p46 – Ask Martin	☐	☐	☐	☐	☐
p47 – Ask Susan	☐	☐	☐	☐	☐
p48/49 – Travel: Vietnam	☐	☐	☐	☐	☐
p50-51 – Bingo	☐	☐	☐	☐	☐
p54/55 – Books & Puzzles	☐	☐	☐	☐	☐
p56/57 – On the Box	☐	☐	☐	☐	☐
p58 – View from the Back	☐	☐	☐	☐	☐

17 Have you noticed any changes to *Woman* in the past year or so?

Has improved considerably	☐ 1
Has improved a little	☐ 2
I have noticed some changes but preferred it the way it was	☐ 3
I haven't noticed any changes	☐ 4

18 What changes have you noticed to *Woman* in the past year or so?

19 Overall, how much did you enjoy this issue of *Woman*?

Very much	☐ 1	Not very much	☐ 3
Quite a lot	☐ 2	Not at all	☐ 4

20 How interested are you in reading about the following types of celebrities in *Woman*?

	Very interested 1	Quite interested 2	Not interested 3
US – Hollywood stars	☐	☐	☐
US – Reality TV stars	☐	☐	☐
UK – Daytime TV stars	☐	☐	☐
UK – Reality TV stars	☐	☐	☐
UK – Soap stars	☐	☐	☐
UK – Film stars	☐	☐	☐
UK – Other actors	☐	☐	☐
Singers/musicians	☐	☐	☐
Royals – Older generation, Queen etc	☐	☐	☐
Royals – Younger generation, Princes, Kate and Meghan	☐	☐	☐

21 How interested are you in reading about the following types of real-life story in *Woman*?

	Very interested 1	Quite interested 2	Not interested 3
Moving	☐	☐	☐
Tragic	☐	☐	☐
Sensational	☐	☐	☐
Thought-provoking	☐	☐	☐
Campaigning	☐	☐	☐
Topical/newsy	☐	☐	☐
Heart-warming	☐	☐	☐
Hard-hitting/gritty	☐	☐	☐
Uplifting	☐	☐	☐
Inspiring	☐	☐	☐
Funny	☐	☐	☐
Unexpected/surprising	☐	☐	☐

C. YOUR LIFESTYLE

22 What do you particularly enjoy doing in your spare time? Tick as many as apply

Animals/pets	☐ 1	Shopping	☐ 1
Cinema	☐ 2	Social media	☐ 2
Concerts/music events	☐ 3	Socialising	☐ 3
Cooking/ baking	☐ 4	Spa days/beauty treatments	☐ 4
Crosswords/puzzles	☐ 5	Theatre	☐ 5
Days out	☐ 6	Travel	☐ 6
Gardening	☐ 7	TV	☐ 7
Gym/exercise class	☐ 8	Volunteering	☐ 8
Home improvements	☐ 9	Walking	☐ 9
Knitting/Crochet	☐ 0	Other crafts	☐ 0
Reading	☐ x	Other types of exercise	☐ x
Sewing	☐ v		

23 How would you describe the number of changes you've made in order to live a greener lifestyle?

Not many	☐ 1
Quite a few	☐ 2
Quite a lot	☐ 3

24 Which of the following diets have you tried? And which are you interested in reading about in *Woman*?

	Tried	Interested
Slimming World	☐ 1	☐ 1
WW (Weight Watchers)	☐ 2	☐ 2
Fasting (including 5:2)	☐ 3	☐ 3
Meal replacement	☐ 4	☐ 4
Low-carb (including keto, Paleo)	☐ 5	☐ 5

D. ABOUT YOU

25 Are you?

Female	☐ 1	Male	☐ 2
--------	----------------------------	------	----------------------------

26 Please write your age years

27 And now tell us what age you feel! years

28 Do you live:

On your own	☐ 1	With children only (no partner)	☐ 4
With partner only (no children)	☐ 2	Other	☐ 5
With partner and children	☐ 3		

29 What is your working status?

Working full-time	☐ 1	Do not work	☐ 4
Working part-time	☐ 2	Retired	☐ 5
Self-employed	☐ 3		

30 How would you describe your financial status? Please be honest

Very comfortable	☐ 1	Struggling a bit	☐ 4
Comfortable	☐ 2	Struggling a lot	☐ 5
Managing	☐ 3	Not sure	☐ 6

31 Which of these best describes where you live?

Countryside	☐ 1	Suburban	☐ 3
Village	☐ 2	Urban	☐ 4

32 Please write in your postcode: Please place your completed questionnaire in an envelope, affix the correct postage and return to us by 22 March to: **Woman Reader Survey, Box 113, 20 Winchcombe Street, Cheltenham, GL52 2LY.** Thank you for your time. If you wish to be entered into our free prize draw, please fill in your name, email address (or your phone number if you don't have email) below. This contact data will only be used for the administration of the prize draw.

Name.....

Email address*.....

Phone number.....

*Please write in carefully, making sure you include all the correct punctuation and spacing in your email address



DON'T TELL ME I CAN'T...

...launch a dating app

Tina Wilson realised friends make the best matchmakers

Watching morning television, a presenter starts talking about Wingman, the latest app creating a furore among singletons, and immediately

I start to panic. That's the name of my new dating app, only no one from the show has called to say they're doing a segment on it. I'm so convinced that someone else must've had the same idea and got there first that I already start tallying up everything I've lost in work, time and money. I'm so quick to believe I've failed that it's not until the presenter mentions my name that it finally sinks in. At 40, I've launched my own dating platform – and it's so successful people are talking about it on TV.

It was in March 2015 that I found myself staring at my phone, swiping my finger sideways through profiles of available men. I'd become single after a 10-year relationship, and a couple of eager friends convinced me to join a dating app. I'd had no idea what to write on my profile.

'I'm Tina, sometimes fierce and takes no prisoners, not for the faint-hearted,' my friend had suggested, and it struck me that she knew me better than I knew myself. A few disappointing dates later, I was wondering if I could trust myself to pick the good ones. 'I just want more honesty,' I groaned to friends. Most of them



were happily coupled up, yet the single ones admitted they wouldn't try online dating for that reason. It got me thinking... what if your friends chose your dates?

It was all very well having instant access to countless potential partners, but was *anyone* really honest in the same way family or friends would be? Wouldn't it be more effective to relinquish control to those who knew us best – best friend, sister, even your mum? They wouldn't worry about hiding anything, or feel awkward bragging about your best qualities.

I took time off my interior-design job to research dating apps, looked up statistics – member numbers and profits – and after three months realised I'd found a gap in the market. So I got in touch with my network of friends and contacts and asked as many questions as I could, eventually employing a financial adviser and project manager to create a test app, called Wingman, using my savings and eventually raising millions from investors.

The premise was that friends would write your profile and search for matches, before contacting their single friend. The singleton would then have to approve the match to be granted access to the chat function.

'THEY WOULDN'T HIDE THINGS'



In the midst of the app's creation, I met my perfect man after a friend introduced us, proving I was right – they do make the best matchmakers.

Then, in summer 2017, Wingman went live in the US. People started signing up, and it got mentions in newspapers and magazines.

Happy in my relationship, I've not had to use Wingman for myself, but I love to be my single friends' wingman and find lovely men and women for them to date. It's now my full-time job, and I have 20 employees.

I've become a dating expert too, split my time between London and New York and love being my own boss. I'm so proud I've created something that has brought thousands of happy couples together – now I can't wait for my first Wingman baby.



Yes, you can BUT REMEMBER...

- * Research the most successful apps in the market, but also the failures. Make sure there's space for your product.
- * Work out early on exactly how to make your app profitable.
- * Never be afraid to ask for help from friends, family and professional contacts.
- * Hire experts in any fields that you've no experience in.

My best friend DUMPED ME

Andrea explains her struggle to come to terms with her friend's disappearance from her life

I've always felt a hint of pity for people who don't have a best friend. It's arguably one of the strongest relationships – one that's bound, not by blood or romantic love, but by trust, laughter and honesty.

A best friend is a confidante who'll cry with you when your heart's broken and triumph in your successes. They won't hesitate to call you out when you're wrong or being a downright pain. That's what Charlotte was to me.

We'd met aged 10 and, while we had other good friends, with Charlotte it was just different. When she was bullied, I defended her, and when my parents were divorcing, she invited me for sleepovers every other night or stayed at mine so I wasn't alone.

The older we got, the closer we became, and whenever one of us got work in a bar or restaurant, the other would always end up with a job, too.

It was no different when Charlotte started an office job in our early 20s. A year later – broke and fresh out of university – I joined her at the contracting company, planning to clear my debts before deciding what to do next.

We spent every working hour together and always had each other's backs. I'd cover for Charlotte and have coffee ready if she was running late, grateful that she'd got me the job.

After several months, though, the opportunity for promotion came up and, after making a pact not to hold grudges should one of us get it, we both applied. Charlotte had been there longer, so I figured she'd get it – but, in fact, I did.

Charlotte had always been fiery – it was a quality I'd admired – but it meant that, despite our promise, I felt anxious about telling her, so I broke the news over a glass of red wine.

I chose my words carefully, shrouding my excitement. She forced a smile, which broke my heart as I knew her well enough to know she was disappointed. Not wanting to cause her any more anguish, I told her I wouldn't take it, but she took my hand and told me not to be silly because I'd worked so hard and deserved it. Then she vowed nothing would change between us.

I wasn't her boss, but did have a managerial role with a desk the other side of the office, meaning I saw less of Charlotte. She, in turn, started spending more time with the girl who replaced me.

I felt tension between the two of us during lunch breaks, too, and at after-work drinks. We used to giggle in the corner, but now we only spoke in a group and avoided the tongue-in-cheek gossip we usually relished. Whereas before we used to text hourly, Charlotte's replies became sporadic, until I'd not heard from her in two weeks.

'I'D SHUT OUT THOUGHTS OF HER'

A few weeks on, our boss accidentally copied me into an email reply to Charlotte, who'd messaged him complaining she was tired of picking up after me. It turned out I'd made a booking error in my old role, but it was the only mistake I'd made, and I was shocked. What happened to having one another's backs?

I confronted Charlotte and she apologised, but I still felt something was off and, three weeks later, Charlotte handed in her notice. Desperate not to lose her as a friend, I arranged a leaving do at a pub, inviting the whole company, but she never showed up, leaving me feeling utterly humiliated. Even more than that, though, I was angry.

I spent two weeks calling, texting and emailing daily but, despite those





OVER 50%
of UK women feel
closer to their best
friend than to their
husband.*

initially, and felt sad when we missed big milestones, like when I bought a house. But I was still angry, too, and refused to give her that power over me, so I'd shut out thoughts of her by going for a run or reading a book.

Then, after another two years, I got a surprise WhatsApp inviting me to Charlotte's wedding. I deleted my angry reply asking why she'd rejected me for half a decade, opting for a simple, 'I'd love to come.' She replied with the date – so, assuming a formal invitation would follow, I booked time off work, bought a dress and had my partner's suit pressed.

We started texting again and it felt like old times, so I didn't confront her. But she didn't mention the wedding again and the date came and went. I texted her, and she replied saying she forgot to send me the invitation – but there was no apology, nothing.

This time, I didn't bother replying. Refusing to waste any more tears on Charlotte, I moved on. She clearly wasn't bothered about fixing things between us.

It's been a tough journey and a harsh lesson, but now I only invest in friends who make me feel valued and who celebrate my successes, rather than walking away.

infuriating two blue ticks on WhatsApp showing she'd read my messages, I heard nothing. I realised I'd been dumped, then ghosted by my best friend – and it felt like a bereavement. I'd cry, mourning our friendship, and it was like a tsunami of physical pain crashing down. My attempts at contacting her got fewer until, after two years, I gave up.

I missed Charlotte, and the wounds would reopen at birthdays or whenever I needed my best friend. It affected me in unimaginable ways – I refused to get close to other people, I struggled with self-esteem issues and my confidence plummeted. I felt I must've done something wrong.

We had few friends in common and Charlotte wasn't on social media, so I couldn't keep up with what was going on in her life. Meanwhile, I changed jobs, settling in Reading, where I met my partner. I wondered about Charlotte

'IT CAN BE WORSE THAN LOSING A LOVER'

Woman's agony aunt, Suzie Hayman, says:

We tend to think being dumped by a lover would be the most painful experience we can suffer, but losing a friend is often worse.

Friendships often last longer, have more depth – you tell a friend more, share more experiences than you might a person you date. You often trust them not only with the real feelings you have, but to know you at your worst and still like you. To have that thrown back in your face

is especially hurtful – even damaging.

You might fight back when losing a lover by recognising there are plenty

more where they came from. But feeling the time and emotional investment you had in a friendship was wasted may knock your self-esteem and confidence like no other loss.

My advice is to mourn deeply, remember the good times and be thankful for them, then go out and find someone new. Good friendships can be crafted, even late in life.

'SELF-ESTEEM IS KNOCKED'

TRICK YOUR BODY AND LOSE 5LB (in two weeks!)

With these feel-fuller meal tweaks, it won't be difficult to drop a dress size

One of the biggest challenges when losing weight is beating hunger pangs. And, when cravings strike, it's likely you'll ditch your diet intentions. The problem, says nutritionist Dr Carina Norris, is that we're designed to satisfy our

hunger. 'We're wired to shovel in as much as possible as a reserve against lean times,' she adds. 'The trick is to find ways to keep it under control by choosing foods that make you feel fuller for longer.' The plan below will help you control your hunger and could see you lose 5lb in a fortnight!



5 TOP SLIM-DOWN SECRETS

1 EAT FIBRE

All fruit and veg contain fibre, but juicing strips it out. Smoothies keep it in, so they're a great way to up your quota.

2 ADD PROTEIN

It helps keep blood sugar steady, so you avoid spikes and falls that leave you hungry. Start the day with a poached egg or lean bacon and add beans and lentils to stews, pasta sauces and shepherd's pie.

3 GO SLOW

It can take your stomach half an hour to register you're full once you've eaten. If you make time to eat a meal at a table with someone else, you'll be eating more slowly and are likely to eat less.

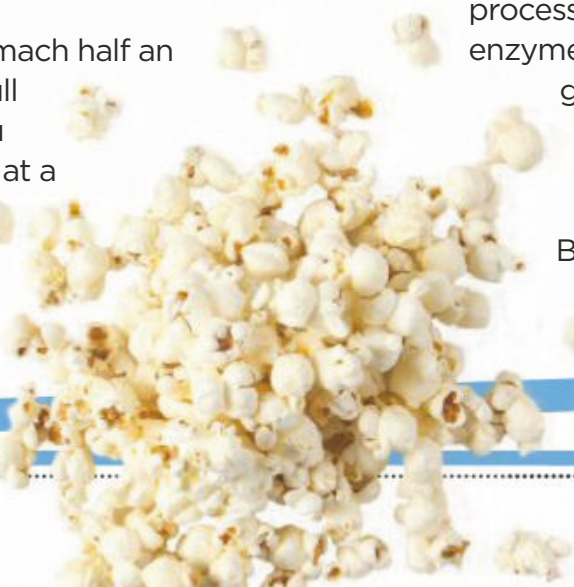
And give it half an hour before dessert – you might not really need it.

4 BULK UP MEALS

High-volume foods will fill you up quickly. Popcorn is great for this – 10g popped is just 55 cals.

5 SWITCH YOUR SUGAR

A naturally occurring sugar called oligofructose could help zap the effects of hunger hormones, because it can't be processed by digestive enzymes. In research, people given an 8g daily dose of oligofructose ate 10% fewer cals. A supplement such as BioCare FOS (£8.70 for 250g, biocare.co.uk) may help.



SMART SNACKS

- *A hard-boiled egg served with two oatcakes, lightly spread with low-fat cream cheese.
- *A handful of soya nuts (roasted soya beans) and six cherry tomatoes.
- *A lean chicken and salad sandwich, made with a single slice of wholemeal bread.
- *An apple served with a handful of almonds.
- *Plain yogurt with sliced strawberries and a sprinkle of linseeds.
- *A smoothie made with yogurt, frozen berries and almond milk.
- *A bowl of veggie sticks served with a tablespoon of low-fat yogurt dip.



DAY 3

BREAKFAST Porridge made with skimmed milk, with one teaspoon of nut butter stirred in.

LUNCH A wholemeal pitta bread stuffed with roasted red peppers, feta cheese and basil leaves, served with a large mixed salad.

DINNER A bowl of vegetable chilli with spicy skin-on potato wedges, or brown rice and a large mixed salad.

DAY 4

BREAKFAST Banana smoothie with almond milk and a handful of berries.

LUNCH Kale salad with chicken breast and half an avocado.

DINNER Baked chicken breast with steamed green veg.

DAY 5

BREAKFAST Toast with eggs and spinach.

LUNCH Smoked mackerel with salad leaves and two oatcakes.

DINNER Salmon fillet with stir-fried mixed veg and brown rice.



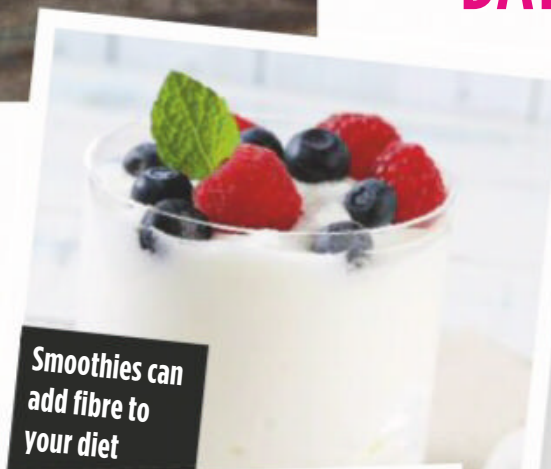
Chicken and avocado makes a healthy and tasty lunch

DAY 6

BREAKFAST Rye toast with almond butter and banana.

LUNCH Baked sweet potato with cottage cheese and baked beans.

DINNER Steak (fat trimmed) with steamed veg and sweet potato mash.



Smoothies can add fibre to your diet

YOUR EASY-EATING MEAL PLAN

DAY 1

BREAKFAST A pot of fat-free Greek yogurt, with a handful of berries – strawberries or blueberries are always a good option – and one tablespoon of nuts and seeds.

LUNCH Tuscan bean lentil soup, served with an unbuttered crusty wholemeal roll.

DINNER Low-fat chicken and mushroom risotto with steamed broccoli, large leafy salad.

DAY 2

BREAKFAST A slice of wholemeal toast with three tablespoons of baked beans and sauteed mushrooms.

LUNCH Wholemeal pasta salad, with tuna or salmon, cherry tomatoes and black olives.

DINNER Lentil and vegetable curry with three tablespoons of brown rice (cooked) and a tomato and cucumber salad.



Smoked salmon and eggs are a delicious start to the day

DAY 7

BREAKFAST

Two scrambled eggs with smoked salmon and half an avocado.

LUNCH Chunky vegetable soup with one slice of rye toast, unbuttered.

DINNER Baked trout with new potatoes and salad.



WE ARE SURVIVORS!

To kick off Ovarian Cancer Awareness Month, these brave women share their stories to help others get diagnosed sooner

'I FOUGHT IT HEAD-ON'

Vix Pritchard-Davies, 54, lives in Brixham

Straightening my wig in the mirror, I rejoined my loved ones for the 'F**k you, cancer' party I was throwing in a bar. It was October 2018, and despite having my first round of chemotherapy two days earlier, I was determined to celebrate life.

My symptoms had seemed innocent at first. In spring 2018, I'd suffered exhaustion, blaming my job as a hotel reception manager, then my legs became swollen and I thought it was arthritis. But soon I struggled to walk, and my tummy became so bloated I looked like I was pregnant with twins. Numerous doctors visits revealed no answers, until late May when a nurse was so shocked by my swollen stomach she referred me for an

ultrasound. In turn, the sonographer fast-tracked me to the gynaecologist, who suspected ovarian cancer.

Tears slid silently down my cheeks as I digested the news, but I forced myself not to fall apart, even when scans found a mass the size of a grapefruit on my right ovary.

My sisters Charlie, then 48, and Polly, 42, and friends were with me through it all, and that August I had a hysterectomy. I didn't have any children, and had never wanted them, but it was still surreal. Losing my womb brought more tears, but I knew it was saving my life.

A biopsy showed I had fallopian cancer, similar to ovarian, and I'd need six

rounds of chemo. My hair started falling out after my first session, so friends took me to the hairdressers for a buzz cut, and two days later, I threw my party. Everyone donned wigs, including my dad, Nick, then 83, and I raised £500.

The chemo left me sick, tired and constipated, and steroids made my weight balloon, but I refused to shy away from the reality of cancer and posted regular Facebook updates. By January 2019, I was cancer-free, and now, when I'm not spreading awareness, I'm enjoying my life.



Throughout her treatment, Vix celebrated her life



More than
7,000
women in the UK are
diagnosed with ovarian
cancer every year, with
over 4,000 losing
their lives

'I WAS DIAGNOSED AT 26 YEARS OLD'

Sarah Nicholson, 27, lives in Newcastle Watching my nieces, ages three and one, playing outside, I desperately wished I could join in. But instead I was hiding away, going through something no 26-year-old should: the surgical menopause.

Back in May 2017 I'd returned from a gap year in Australia carrying some extra pounds, and while I'd quickly got my size 10 figure back, my tummy wouldn't budge. I was constipated too, my periods were heavy and irregular, and I was perpetually tired.

By March 2018 I was suffering agonising stomach pains, so went to the GP who insisted on a pregnancy test and ultrasound. The test was negative, yet, the ultrasound did pick up something, and doctors thought I either had a cyst, endometriosis, or a tumour. The not knowing was terrifying and then in June, doctors confirmed the worst – I had stage three low-grade serous ovarian cancer. I'd never heard of it – but it was rare, slow growing and hard to detect and treat.

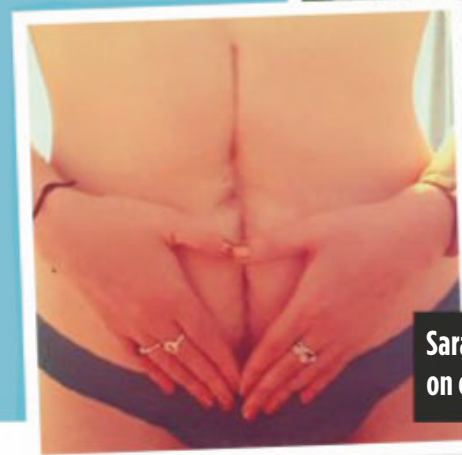
That month, doctors performed a hysterectomy to remove a 4lb lump on

my right ovary and 10lb lump on my left. To others, it might've been devastating, but I'd been warned I might lose my appendix and bowel, too, so to wake up without a stoma bag was a relief. Six

rounds of chemotherapy later, the cancer was gone, and my mental health improved. I've since raised £14,000 for charities, and people are always shocked I suffered so young. But it can affect anyone – it's

'IT'S CALLED THE SILENT KILLER'

called the 'silent killer' for a reason, but we should be anything but silent when it comes to talking about symptoms.



Sarah had a lump on each ovary

my Instagram, Menomum.

I shared photos of myself during chemo, hooked up to a drip, pictures of my scars and motivational memes. Charlie was incredible, looking after the kids, being there when I needed to cry, and being so open online helped me accept the new me. The pain of not being able to have a third child will never subside, but I'm just grateful I'm still here.

'IT CRUSHED MY HOPES FOR ANOTHER BABY'

Jo Waller, 40, lives in Sheffield

No one close to me had ever had cancer, which makes me very lucky, but it also meant when doctors found a malignant tumour on my left ovary I was utterly terrified, with no idea what to expect.

I'd suffered benign cysts after the birth of my son in 2010, so when I had abdominal pains in 2014, I assumed it was the same. Surprisingly, tests revealed I was pregnant, and my partner, Charlie, then 34, and I were overjoyed, but there was indeed a cyst on my left ovary, too. They were usually harmless, but I had

check-ups every six weeks to be safe and our healthy baby girl arrived in July 2015. I loved being a mum again, watching her bond with her brother, then five, and the cyst had stopped bothering me. Only, in May 2016, the twinges in my side returned until one morning I woke up in agony.

I was rushed into emergency surgery to remove the cyst when doctors discovered it was actually a watermelon-sized tumour and I had stage-one cancer. They were worried it'd spread, too, leaving me one option – a hysterectomy.

I was distraught, Charlie and I dreamt of a third child, and my loss was compounded when, after surgery that November, I started suffering surgical menopause, triggered by the removal of your ovaries.

The hormones caused my moods to fluctuate, I found myself getting teary for no reason, snapping unnecessarily and suffered with anxiety. Until then, I'd kept

my cancer battle private, but chatting to other women going through surgical menopause on Facebook group The Surmeno Connection helped me. I realised sharing my story could be therapy, so that December I set up



Jo found out that she couldn't have more children

Need to know

The symptoms of ovarian cancer include:

- * Persistent bloating that doesn't come and go.
- * Feeling full quickly and/or loss of appetite.
- * Pelvic or abdominal pain.
- * Urinary symptoms (needing to wee more urgently or more often).
- * For more information, or if you're worried, contact Target Ovarian Cancer's nurse-led support line at targetovariancancer.org.uk/supportline.

Ovarian Cancer Awareness Month, an annual campaign led by Target Ovarian Cancer, runs in March.

FOCUS ON

Stem-cell THERAPY

Get the facts on
the treatment
of the future

Often described as a 'miracle cure', stem-cell treatment has been making headlines since the very first bone-marrow transplant in the 1960s. Smart scientific research and continual breakthroughs in regenerative medicine mean this cutting-edge therapy now offers hope for progressive diseases, disabilities, injuries and other health conditions. Do you want to learn more about why stem cells are so important? Here's the lowdown.

SUPER CELLS

So, what is a stem cell? 'Stem cells are cells in the human body that have the potential to turn into other cell types – this could be a blood cell, skin cell, muscle cell or a nerve cell,' says Dr Majid Kazmi of London Bridge Hospital.* 'Because of their unique ability to renew and become different types of cells, they offer us hope in treating disease and re-growing damaged tissue or organs.'

WHAT CAN BE TREATED WITH STEM-CELL THERAPY?

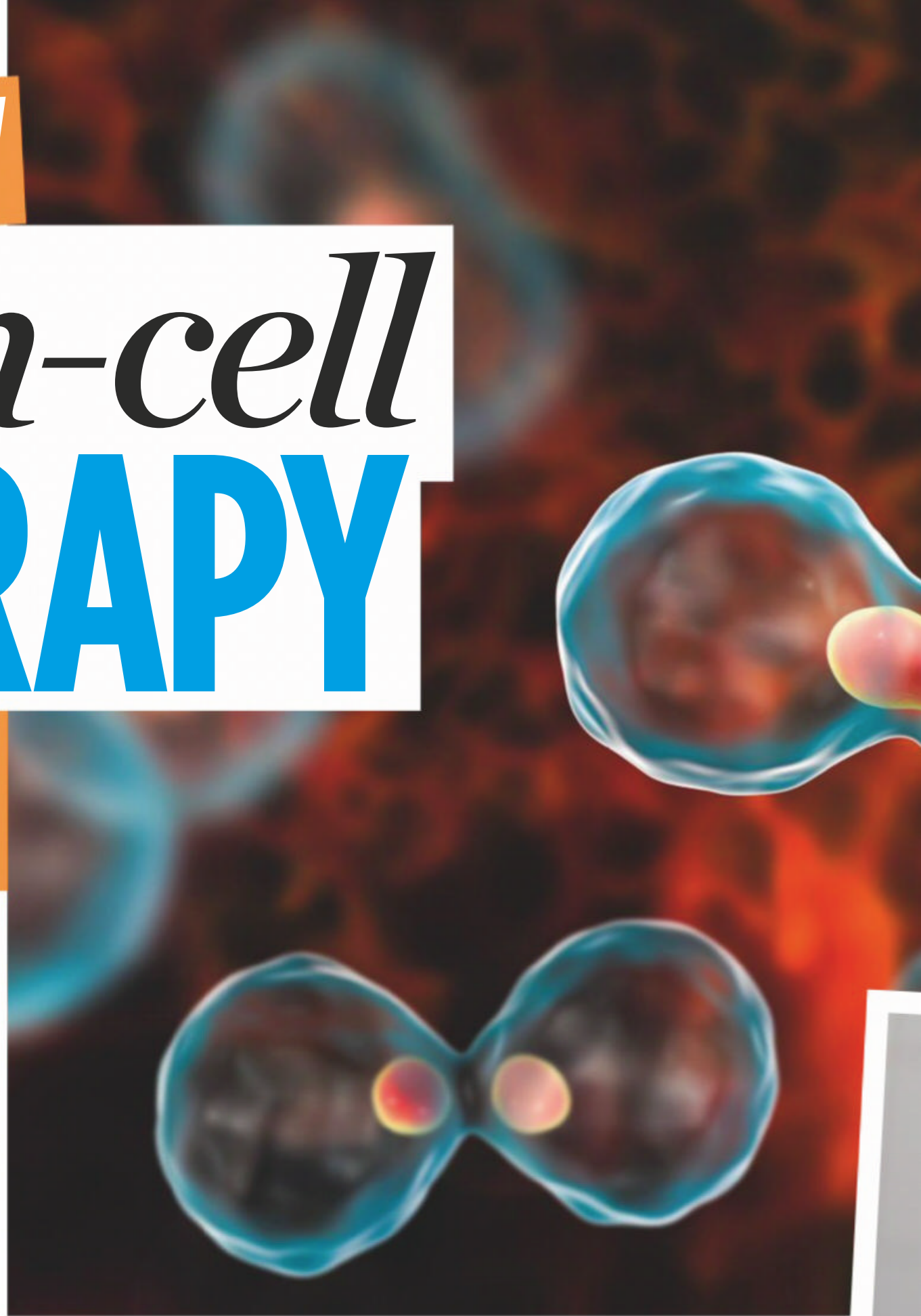
'Despite stem cells having great potential to treat many conditions and illnesses, much of the exciting stem-cell research is still at experimental stage, and unproven,' says Dr Kazmi. 'This

means that the number of stem-cell therapies available is still quite small.' It is approved for skin grafts and the repair of damaged corneas, but the most commonly known treatment is a stem-cell transplant for conditions where the bone marrow is no longer able to produce healthy blood cells. This includes:

- * **Bone-marrow failure**
- * **Leukaemia – a type of cancer affecting white blood cells**
- * **Lymphoma – another type of cancer affecting white blood cells**
- * **Myeloma – cancer affecting cells called plasma cells**
- * **Blood, immune system and metabolic disorders such as sickle-cell anaemia, thalassaemia, severe combined immunodeficiency (SCID), and Hurler syndrome.**

WHAT YOU NEED TO KNOW ABOUT STEM- CELL TRANSPLANTS

Blood stem cells have the job of creating different types of blood cells, and work to keep our blood healthy. They live inside bones in the soft tissue called bone marrow. When something goes wrong with this complicated process, it can lead to blood cancers and blood disorders. 'Someone is diagnosed with blood cancer or disorder every 14 minutes and, for some, a stem-cell transplant is their best chance at life,' explains Henny Braund, the chief executive of Anthony Nolan, the charity that matches stem-cell donors to patients in need of a bone-marrow transplant.



Over
2,000

The number of people in the UK who are in need of a bone-marrow or stem-cell transplant every year.

from a donor. The collection method depends on the condition.

WHO CAN DONATE?

Stem cells used for these transplants are collected from volunteer donors. The most important part of

the process is finding a matching tissue type. 'Around 75% of UK patients won't find a matching donor in their families, so they turn to us to find them an unrelated donor,' say Henny. 'Every person who joins the Anthony Nolan register has the potential to give hope to someone in need of a lifesaving stem-cell transplant. We particularly need young men aged 16-30, as they are the most likely to be chosen to donate.'

Signing up

After filling in an online form at anthonymolan.org, interested donors complete a cheek swab kit to post back. When placed on the register, potential donors are then on standby to be matched – with a 1 in 800 chance of being asked to donate. Some 90% of cases will be donated by peripheral blood stem-cell (PBSC) collection as an outpatient procedure, which is similar to giving blood. One in 10 donors will have their stem cells collected from the bone marrow, at the back of the hip bone, under general anaesthetic. Anyone on the register needs to be happy to donate stem cells via either method.

THE FUTURE OF STEM CELLS

Funds are being poured into thousands of clinical trials – and, despite these being mostly animal studies, stem cells may soon offer a solution to conditions that until now have been incurable. There is potential to treat spinal cord injury, heart attacks, strokes, sports injuries, blindness, cancer, diabetes and MS. The most studied type of stem-cell therapy for MS is 'autologous haematopoietic stem-cell transplantation' and, until recently, treatment was seen as experimental. However, treatment is now becoming available through the NHS at a very small number of centres – although the number of people who are accepted for treatment is extremely small, says the MS Society.



How a transplant works

Chemotherapy or radiotherapy first removes abnormal cells from the body. This is known as conditioning therapy, and then new stem cells from a donor are infused into the blood in a similar way to

a blood transfusion. Following a transplant, these new stem cells move to the bone marrow where they'll produce new blood cells. Over time, a new immune system will develop to recognise and remove any remaining abnormal cells in the body, as well as protecting against bacteria and viruses, explains Henny. A stem-cell transplant is also known as a bone-marrow transplant – they have the same result, but the key difference is how the cells are collected

HOT BUYS *to try*



FUSS-FREE FISH

For an easy way to cook fish with flavour, take a look at **The Saucy Fish Co's** new chilled fish and sauce pairings. Try **Cod with Red Chilli Drizzle** for a sweet and spicy kick or **Basa with Teriyaki Sauce** for a taste of summer barbecues.

All serve two and are ready to eat in 20 mins.

From £3.95, Ocado



JAPANESE SPRING CELEBRATION

Kikkoman, maker of the world-famous naturally brewed soy sauce, is celebrating the Japanese cherry blossom festival with a limited edition design. Soy sauce is great for sauces and salad dressings. £2.50, 150ml, most major supermarkets.



ASDA HAS CHANGED THE PACKAGING FOR ITS OWN-BRAND STEAK RANGE TO 100% RECYCLABLE CARDBOARD TRAYS, SAVING 700 TONNES OF PLASTIC A YEAR.

CELEB KITCHEN PICKS

Get Louise Redknapp's look with the Love Louise Edit at George Home at Asda, including kitchen and tableware in soft greys, dusky pinks and neutral tones with a hint of gold. Mix and match Green Sunflower Tumblers (£8 for 4) with a Grey Speckled Dinner Set (£20, 12 piece). This five-piece set of Black and Gold pans (£55) adds chic on a budget.



New twist on Creme Eggs

We can't get enough of **Mr Kipling's** new **Cadbury Creme Egg Choc Cakes** (£2, 6-pack, most supermarkets). Made with chocolate sponge topped with Creme Egg white and yellow fondant, and coated in smooth Cadbury milk chocolate, they're only 100 calories each!



NOT SEEN THAT BEFORE!

Three grab-and-go snacks...

1 WRAP AND ROLL
Deli Kitchen's Brioche Style Wraps combine the subtle sweetness of French Brioche with the softness of a Mexican tortilla. Top with sweet or savoury fillings, roll and wrap for a tasty lunch. **£1.35, 6-pack, Tesco.**



2 PROTEIN POWER
Instead of reaching for a choccie biscuit when energy levels slump, go for a healthier **M&S High Protein Pot** instead. Flavours include **Smoky Baked Beans & Egg, Chilli & Coriander King Prawns, and Chargrilled Chicken & Edamame.** From **£2.**



3 LOWER SUGAR COOKIES
Gato & Co vegan and gluten-free indulgent **Cookies 'n' Cream biscuits** have half the sugar of similar biscuits and come in a handy two-pack size. Crunchy, creamy and just sweet enough. **£1.59, Boots.**



FLAVOURED BUTTER

Butter's been pushed aside lately with all the interest in plant-based eating but, if you're not avoiding dairy, take a look at new flavoured butters. From **Posh Cow's Smoked Sea Salt Butter** (fab on crusty bread) and **Honey & Cinnamon Butter** (for hot cross buns) (**£2.80, 150g, M&S**) to **M&S Cook With Truffle Butter** and **Peppercorn Butter** (**£3.50, 100g**).

BIG DIPPERS

Eat the rainbow with Leon, the Naturally Fast Food chain's selection of deliciously healthy and colourful veggie and vegan dips. **Pea-Lentiful** is made with peas, green lentils, red pepper and sun-dried tomatoes, **Beetziki** is a new take on tzatziki, and the **Hummus** is flavoured with black garlic and Sicilian lemon juice. **£2, 150g, Sainsbury's.**



YAKULT LIGHT HAS NOW ADDED VITAMIN D & E TO SUPPORT BONE HEALTH AS WELL AS GUT HEALTH. £3, 7 X 55ML, MOST MAJOR SUPERMARKETS.

BOOZE NEWS

This week, a dairy-free clear liqueur with a smooth, creamy flavour, a great value all-rounder red wine, and news that you can add wine to your recipe-box delivery order.

DAIRY-FREE CREAM LIQUEUR

Wild-Arbor is a new take on a classic cream liqueur. Same indulgent flavour but dairy-free and classy served over ice. **£19.99, 70cl, Waitrose.**



GREAT VALUE RED

You can't go wrong with **El Tesoro de Las Montanas Malbec** from **Lidl**. At just **£5.99** a bottle, it's a smooth, fruity and easy-drinking red wine – a great all-rounder for any occasion, with or without food.



WINE WITH RECIPE BOX DELIVERY

You can now order wine to go with your **Hello Fresh** recipe box delivery. Wines match the recipes. From **£6.99, hellofresh.co.uk.**



BRILLIANT *breakfasts*

It's the most important meal of the day, so try our Test Kitchen's delicious recipes for a boost of inspiration

TEST
KITCHEN
UK



Homemade hazelnut butter

This is so much tastier than the jars of shop-bought spreads...

SERVES 20 PREP 10 MINS

COOK N/A

- * 300g hazelnuts
- * 50g cacao powder
- * 1-2tbsp maple syrup or honey, to taste
- * 1tbsp melted coconut oil

1 In a food processor, blend the hazelnuts until they release oil and form a smooth and glossy paste.

2 Add in the cacao, coconut oil, and either the maple syrup or honey,

and blend until smooth. Add a pinch of salt to balance the flavour, if you like.

Per serving: 118 cals, 10g fat (1.2g saturated), 2.3g carbohydrates

**Food
Ed's tip**

Love pistachios? Try whizzing some up with the honey and coconut oil (and miss out the cacao powder). Equally delicious on toast!

Coconut and raspberry rice porridge

This carb-rich porridge is made with basmati rice, which is easy to digest and will keep you feeling fuller for longer.

- SERVES 2-4**
PREP 5 MINS, PLUS SOAKING
COOK 13 MINS
- * 250g basmati rice
 - * ¼tsp salt
 - * 200ml tinned coconut milk
 - * ½tsp cinnamon
 - * 1-2tbsp runny honey, to taste
 - * 40g mixed nuts, chopped
 - * 150g raspberries

- 1** Rinse the rice, and leave to soak in cold water for 20 mins to soften before draining and rinsing again.
2 Bring a large pan of water to the boil, and add the soaked rice and salt. Cook for 10 mins, drain and place back in the pan.
3 Add in the coconut milk, cinnamon, honey, nuts and half the raspberries. Heat on low for 2-3 mins until warmed through.
4 Divide the mixture between bowls and top with the remaining raspberries, adding an extra drizzle of honey if you like.
Per serving: 591 cals, 11g fat (2g saturated), 106g carbohydrates

Food Ed's tip
Swap the honey for maple syrup to make this vegan.



Food Ed's tip
Cooking the mushrooms in a dry frying pan increases the intensity of the flavour.



Mushroom omelette

Wholesome, hearty and healthy too!

- SERVES 1 PREP 5 MINS**
COOK 8 MINS
- * 125g button mushrooms, sliced or quartered
 - * 1tsp cream cheese
 - * 2 eggs
 - * 2tsp milk
 - * 1tsp butter
 - * 2tsp chopped chives, to serve (optional)
 - * Vine tomatoes, grilled to serve (optional)

- 1** Heat a small frying pan on a medium heat and add the mushrooms. Cook until soft and the liquid has cooked off. Transfer to a bowl, stir in the cream cheese and keep warm.
2 Meanwhile, whisk the eggs and milk together and season with

- salt and pepper.
3 Melt the butter in a non-stick frying pan over a medium heat. Pour in the egg mixture and tilt to ensure the base is completely covered.
4 As the omelette begins to set, gently push the sides towards the centre and allow any remaining runny egg to flow to the edge of the pan.
5 Just before the base is golden and the top is softly set, spoon over the mushrooms and gently warm for a minute.
6 Use a spatula to fold the omelette in half, and slice onto a plate. Serve with grilled vine tomatoes, if liked.
Per serving: 229 cals, 16g fat (1g saturated), 1.2g carbs

Vicky credits a passionate affair
with the delay of her menopause

On nights out with my girlfriends, there comes a point in the evening where I consciously keep quiet: that moment, after a couple of glasses, when they animatedly discuss hot flushes, sleeplessness, lethargy and night sweats. I can't join in with all this menopause-related chatter because, despite being 59, I'm yet to go through the dreaded change.

I still have periods and have never experienced a hot flush, never mind any other symptom of hormonal change. It has long puzzled me why I've seemingly dodged the bullet. So, recent research, which said regular sex might help defer the menopause, was a revelation.

At last, I know what's going on, because the years when I might have expected to go through the menopause were taken up with a passionate affair.

For 10 years, I was intimate almost daily with a handsome man a decade my junior. I can only guess that's what kept my hormones seemingly unchanged – and the menopause at bay.

The theory, scientists say, is if you have a full sexual life, you're keeping your body and hormones active, so you stay fertile longer. Scientists postulated that if a woman is not having sex and there is no chance of pregnancy, the body 'chooses' to stop investing energy into ovulation, and enters menopause.

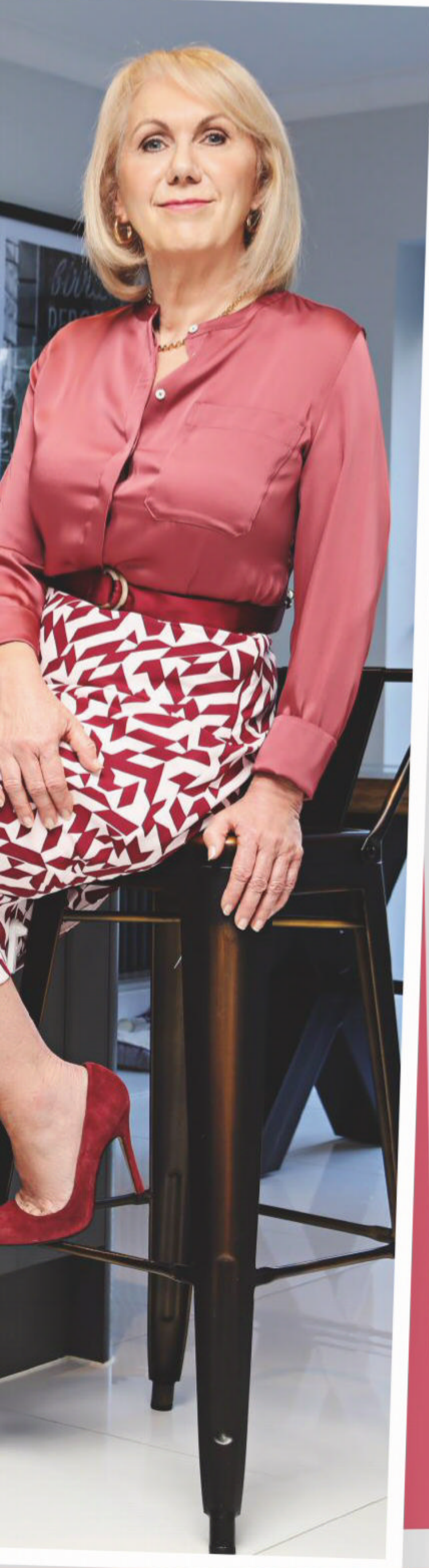
The menopause is diagnosed when you haven't had a period for 12 months, and usually occurs between 45 and 55, with the average age being 51.

Back in 2009, when I first met Jack, I was 49 and he was 39. Although I was yet



NO MENOPAUSE AT 59 THANKS TO GREAT SEX!

Vicky Rhodes is convinced a healthy love life has helped her delay 'the change'



to have any symptoms, I was sure the menopause was firmly on the horizon. We met in a country clothing store he owned in Epsom, near a friend I was visiting.

I wanted to buy a Barbour jacket and, from the moment I walked in, he couldn't take his eyes off me. As I left, he said, with a cheeky grin, 'Perhaps I can take you out for dinner some time?'

Eye-catching

He was far from my usual sporty, dark-haired type. Blond, with bright blue eyes, he seemed a typical 'suit' – corporate, buried in paperwork. After having terrible luck with men, I was flattered, so scribbled down my number. I never dreamed it, but this first meeting would lead to the most profoundly caring and fulfilling relationship I have ever had. And in my 50s, too!

Jack and I were very passionate. Every time we met, I felt like a teenager with a bounce in my step – sometimes quite literally, as I'd leap into his arms when I saw him.

In the years when many women are felled by the menopause, I was having the time of my life. But, surely, I would think, the change will be coming soon.

Still, time went on and nothing happened. Jack and I spent passion-packed weekends in France, Holland, Scotland and Ireland. Jack made me feel sexy whether I was in wellies or a negligee. I could almost feel the air crackle when we were together.

Up until Jack, my relationships had been disastrous. I had never felt loved or special. My first marriage, aged 23, ended badly not long after I'd had my daughter, Naomi, now 36. And my second marriage, aged 29, also failed acrimoniously – the only good thing to come of it was my son, Josh, now 29. Really, then, Jack was the first man to wake me up sexually, just as the love lives of other women my age hit the doldrums.

I don't know whether my friends' sex lives have suffered because of the menopause – it's not something we discuss – but I do know they have been through hell because of its symptoms. Many have had to fall back on HRT. I feel for them, and consider myself blessed to have escaped so far. I haven't been to see a doctor about my non-existent menopause – would you seek medical advice if you felt as wonderful as I do?

**'I COULD
FEEL THE AIR
CRACKLE'**

My periods have always been erratic and remain so. But, to this day, I haven't had a sniff of any sort of mid-life change, something I'm now convinced must be to do with the years of regular sexual activity I've had throughout my 50s.

You might well think the reason I feel so sexually contented is because I'm yet to experience some of the more troublesome side-effects of the menopause – from joint aches to moodiness – which, let's face it, are hardly the recipe for sexiness. That it was because I didn't have any symptoms that I felt so happy in the bedroom, rather than the action of love-making itself delaying the menopause.

Genetic factors are known to influence the time you experience the change: what age your mother had it is said to play a part. But my mother went through

the menopause around age 51, so hers was not delayed. Lifestyle factors are also said to be important. The menopause is inevitable when our oestrogen and progesterone levels drop, but diet and exercise can

delay it. Doctors believe exercise may postpone menopause by boosting blood flow to the ovaries. I still get up at 6am to go to the gym, and at the weekends cycle miles.

Feeling proud

I've never smoked and only indulge in the occasional gin and tonic; I have a breakfast of porridge and blueberries and always cook simple, fresh food, such as grilled salmon or chicken, and salad and veg. I still feel sexy, confident and proud of my size 10 figure, but, then, I work hard to keep myself fit. When my daughter gives birth in a few months' time, she's jokingly said I'll be nicknamed 'Granny Go-Go'.

All this may have delayed my menopause, but surely the delightful romance I enjoyed throughout my 50s must have played its part, too.

Sadly, Jack and I split up last year after his workload increased and I got elected as a district councillor for my local Bognor Regis and Littlehampton area, which took up a lot of my spare time. Slowly, we drifted apart. I've yet to have another relationship.

I'm now wondering whether the end of my romance with Jack will also herald the arrival of my menopause.

All I can say is that if making love is key to staving off the change, then I'm all for it.

Simple LINES

Bring a bit of city-chic style into your home

Cushion, £16,
Next



Half moon
double bedding
set, £14, Argos



Arch wall mirror, £50, Dunelm

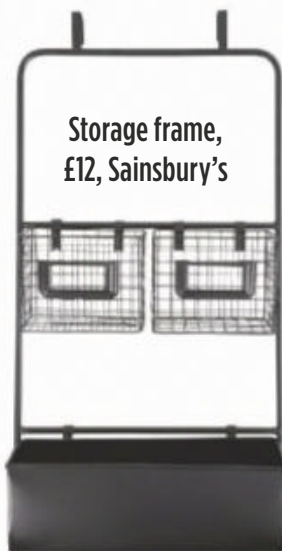


Savvy storage

Freestanding, wall-mounted or over-door hanging, our shelving picks will suit any space



Two-tier wall shelf,
£39, Cult Furniture



Storage frame,
£12, Sainsbury's



Ladder shelf, £149.50,
Oliver Bonas



Artificial rubber
plant in stand,
£75, Next



Side table,
£39, Very





Tripod table lamp, £35, floor lamp, £90, industrial bed, £149, Joey chair in tan, £60, bedding set, £21, Finn rug, from £80, Nomad desk, £180, pouffe, £35, geo cushions, from £10 each, all Argos

Light it up

It's important to get the lighting just right with this dark style



Metal shade, £15, Argos

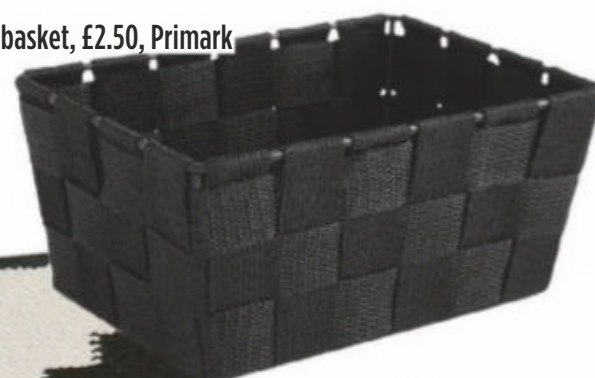


Dayo table lamp, £28, Dunelm



Orbital floor lamp, £120, Very

Woven basket, £2.50, Primark



Abstract rug, £95, Next



Vase, £25, John Lewis & Partners

Hanging clock, £40, Very



Hook, £8, Sainsbury's

Wire baskets, £22 for set of two, Very



Oddhild throw, £3.50, Ikea



Ask SUZIE

Solve your family dilemmas with expert advice

Ask the EXPERTS

IS MY DAUGHTER IN DANGER?

Q My daughter is 28, and shares a house with three other people. She came home for the weekend with her cat and asked us to keep him. When we pushed her why, we were rocked sideways when she burst into tears and said we had to take him to protect him. It seems that one of her flatmates is a big problem. Taking food that isn't hers or not doing her agreed chores is one thing, but this lady has even thrown away one person's fresh flowers just because she hated them. Now this lady has told my daughter to keep her cat in her room. But none of them will summon up the courage to ask her to leave. What can they do?

Suzie says

A They have only two options. Leave or kick her out. The thing with a bad situation that creeps up on you is that even the strongest person adjusts slowly to what you would have known is intolerable if you'd gone rapidly from A to B. Takes food? Common issue. Moves belongings? Ditto. Steals? Hmmm... that's a bit much. Thrown away flowers? Now we're talking bullying. Threats to the cat? Well, that's serious. She should look at her lease, preferably with a solicitor. If I were you, I wouldn't let my daughter spend another night there.



Threats to pets could be a sign of a much more serious issue

The fighting is making us miserable

Q My brother and I keep finding ourselves in the middle of our arguing married parents. My father has been unfaithful and my mother, having found out, has never said anything but sets out to punish him. We've asked her to tell him she knows but she won't. We don't side with my father – he was in the wrong, but we're suffering, too.

Suzie says

A Refuse to be an audience and piggies in the middle any longer. Agree with your brother to visit with one intention – to tell your parents you won't put up with this any longer. Tell both of them you know your mother is angry with your father and that she needs to tell him why, and he needs to listen and talk it out. Acknowledge this might be hard, and it would help to ask for the support of a counsellor, but until the situation is sorted, you won't be a party to it any more. They can get in touch with Relate (relate.org.uk) and contact you when they have done so.

I DON'T TRUST HER

Q I met my husband two years ago and married him in the summer. I had met a few of his friends and most of them were nice. But since the wedding, the wife of a very old friend has become most unpleasant. She ignores me, flirts with my husband, and people tell me she runs me down behind my back. He just says she's joking, but when I said I didn't want to see her, he said I was coming between him and his friend. What should I do?

Suzie says

A Tell him to man up. There is one basic, unbreakable rule in marriage – your spouse comes first. Friends and family are important and no decent person tries to freeze out the people their partner value. But equally, when someone acts in such a spiteful, mean and petty way, it needs to be challenged. If he can't accept the way you feel (and other people confirm), he's letting you down. He needs to have a firm word with his friend.

GET IN CONTACT

Write to Suzie at Family Dilemmas, 161 Marsh Wall, London E14 9AP, or you can send an email with your personal problem to asksuzie@ti-media.com. You can also write to Dr Philippa, Linda and Susan at the postal address above or send them an email with your problem to woman@ti-media.com



Ask DR PHILIPPA

Woman's GP Dr Philippa Kaye answers your questions

Shall I ignore the lump that's developed?

Q I have developed a lump in my neck; weirdly, my partner noticed that it moves up and down when I swallow. It doesn't hurt, and it isn't growing, so do I need to do anything about it?

Philippa says

A As I can't see and examine the swelling, please do see your doctor. It sounds like this could be a thyroglossal cyst, a fluid-filled

structure in the neck. It is generally in the middle of the neck, feels smooth and moves when you swallow or stick out your tongue. It is generally benign, and your doctor can confirm the diagnosis by referring you for an ultrasound scan. They are also likely to request blood tests to check the function of the thyroid gland. These cysts are generally removed surgically due to the risk of infection.

WHY DOES HE NEED THIS MEDICATION?

Q My new partner takes methadone. He says he has to go to the chemist every day to take it. Why is that and can he come off it?

Philippa says

A Methadone is given to patients who have previously had an addiction to heroin. But it does not induce a high in the same way that drugs such as heroin do. It's generally prescribed by the local drug and alcohol team and can be given either monthly, weekly or daily at a pharmacy. This is to try to ensure they do not stockpile it or sell it on. If your partner is keen to try a reducing regime, he will need to discuss this with the drug and alcohol team.

Sex is a struggle

Q I have a new relationship and we are having real difficulties having sex. I think I am all ready to go but then when we start he can't seem to get inside my vagina, and it really hurts.

Philippa says

A It is possible that you have a condition called vaginismus, which is an involuntary spasm of the muscles of the vagina. It is outside of your conscious control and means that when your partner tries to enter the vagina it is painful and it can feel like there is a blockage to penetration. Vaginismus can also mean that you cannot tolerate putting in a tampon. You can still experience sexual arousal and satisfaction in other ways, though. See your doctor to check for other causes. If vaginismus is diagnosed, treatments such as relaxation therapy or vaginal trainers/dilators can be useful.

EXERCISE ROUTINE IS WRECKING MY FEET

Q I have started running increasingly long distances, which I really enjoy, and it makes me feel great. There is a but, though; my toenails now look disgusting and are falling off. Why?

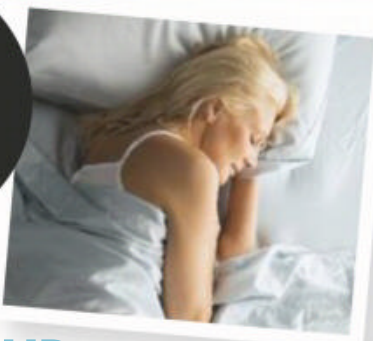
Philippa says

A Black toenails, or toenails that fall off, are actually pretty common among those who run long distances. Basically, as you run, no matter how soft or good your shoes are, there is always an element of the toes hitting the front of the shoe. This causes a small amount of damage, called microtrauma. The issue here is that in long-distance running, you get lots of these microtraumas, which build up. Black toenails in this situation are generally caused by bleeding or bruising under the nail bed. This can then cause the nail to lift up, to separate from the nail bed and eventually fall off. A new nail will grow in its place, although this can take many months as toenails are slow growing. Remember to wear well-fitting running shoes, and don't let your toenails grow too long.

3

WAYS TO BOOST YOUR HEALTH THIS WEEK

The scientists have spoken! Try these easy ways to achieve a happier, healthier life



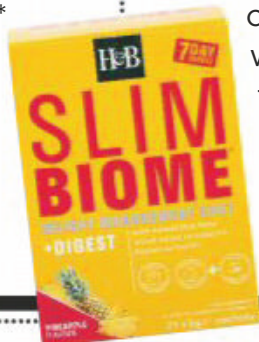
Have an early night

Only one in five of us is getting more than eight hours of sleep a night, according to a new survey.*

Sleep is vital for mental and physical health, so make tonight the night that you head to bed a little bit earlier.

Give your gut a helping hand...

...with a supplement from high-street favourite **Holland & Barrett**. **Slimbiome** is a fruit-flavoured sachet you can take on the go, with prebiotic dietary fibre inulin, which can help with gut health. Available in stores, from **£18.99 for 21 sachets**.



Try some 'chicken nuggets'

If you're keen to embrace a plant-based diet, then new **Little Peckers** from The Vegetarian Butcher are worth a try. They're made from protein-packed soy. (**£3.29, Waitrose and Tesco**).





Ask MARTIN

MoneySavingExpert.com's Martin Lewis will save you £££s

Don't wait to make a claim

Have a payday loan? Check NOW if you can reclaim £1,000s

Mis-sold Wonga customers have been legally robbed. More than 350,000 former Wonga customers, who were mis-sold payday loans, have received letters telling them they'll receive a paltry 4.3% of what they were owed after it went into administration.

So, this is a wake-up call for anyone who may have been mis-sold a payday loan – DON'T WAIT to check if you're due £100s or £1,000s, or it could be too late...

Why have Wonga customers received so little?

Wonga customers who were awarded payouts having been mis-sold their loans are only getting 4.3p per £100 owed. In other words, due £2,000, get just £86.

I and others long campaigned for payday loan regulation, but when it came, in 2015, that was far too late. These vultures had preyed on and profited from the vulnerable with impunity for years. Then when regulation finally came, enabling people to reclaim, some of these international firms declared their UK arms bust, so they weren't liable, likely leaving some of the founders sitting on cushions of cash powered by usurious profits.

Yet ultimately, legally, UK Wonga doesn't exist anymore – it's a dead company. So (oversimplifying a touch) the

administrators simply add up its assets and share them among those it owed money to – including those due mis-sold money back. Ultimately, I suspect the only thing you'll be able to do now is spit, swear, stamp your feet and get on with life.

If you've been mis-sold, put in a claim urgently

Many of these firms are going under due to a combination of the regulation cutting profits and them paying the price for mis-selling so many loans.

If you were mis-sold a payday loan by a firm that is still solvent, you get the full amount back. But if it goes bust, you're just one of the creditors, and will be lucky to get a few pence per pound – just like with Wonga. Others that are already bust include QuickQuid, Piggy Bank and Wage Day Advance.

How to check you were mis-sold

Payday loan firms should have done a number of checks to ensure the loan was appropriate; if not, you were mis-sold. For example...

- * It didn't examine your finances to ensure you can afford the loan and fees. For instance, you shouldn't be given a £1,000 loan if you only earn £500/month.
- * It wasn't clear how much it



would cost you in total to repay the loan.

- * You weren't given accurate information about how and when to pay back your loan.
- * It didn't tell you a payday loan should not be used for long-term borrowing or if you are in financial difficulty.
- * You weren't told what to do if you have a complaint.

If you were mis-sold, you are due back all the interest, fees, charges and 8% per year statutory interest on top since you took it out. My mse.me/reclaimpaydayloan guide has free help and a tool, or just write to the lender yourself explaining why you think you were mis-sold. And if the payday lender rejects you, take your case to the free financial-ombudsman.org.uk – more than 60% of people who have, won.

Payday loan alternatives

There can be short-term emergencies where some need to borrow. Always minimise the amount you borrow, ensure you can afford the repayments, and repay as quickly as you can (without killing your finances). Here are some options...

- * Check out a credit union. These are independently run local non-profit organisations that assist people who may

not have access to financial products and services elsewhere. Find if there's one for you at findyourcreditunion.co.uk. Loan rates are capped at 43% rep APR.

* Ask family or friends for help. It may be tricky, but it may be worth asking for help, even if it's just going around for dinner or babysitting children to help save on costs. Talking about your money problems can be a huge relief. Though think carefully through the pros and cons of this – if it puts you in someone's debt, they may use it as leverage over you.

* Check if you're eligible for a loan from the government. Those on some benefits meeting stringent conditions may be eligible for an interest-free loan of up to £800. It's worth checking gov.uk/budgeting-help-benefits – but don't expect it.

* Get non-profit debt counselling help. If you're really struggling then you need one-on-one debt counselling. Book an appointment with citizensadvice.org.uk, capuk.org, stepchange.org or nationaldebtline.org. They're there to help, not judge. The biggest message I get after people go is 'I finally slept last night'.



*** Get Martin's FREE tips and money-off vouchers emailed directly to you each week by signing up at moneysavingexpert.com/latesttip**



Ask SUSAN

Expert solutions for your sex and relationship dilemmas

It's all my fault that I can't keep him happy

Q I desperately need to enlarge my vagina. My partner often can't enter me when we're having intercourse and he's very unhappy about that. I want to please him but I'm simply too small and when he pushes himself in, I bruise – it often hurts for days afterwards. I try not to complain, but I do need to do something as he's getting angrier and the rows are getting worse. Do you think surgery would help?

Susan says

A I'm worried about the situation you describe. Your partner is forcing himself on you, and then making you feel it's all your fault. The width of your vagina is not something you should blame yourself for, and neither should he. I do wonder if your relationship is abusive, so please visit womensaid.org for support.

HE IS ACCUSING ME OF CHEATING

Q When my husband got lumps 'down there', his GP diagnosed warts. My husband returned from the appointment upset – he says he's never been unfaithful, so I must have been. But I've never strayed, so has he? We only met last year, and up to now we've been madly in love.

Susan says

A Almost certainly, neither you nor your husband has been unfaithful. Warts can lie dormant and show years later. So given you've only been with each other a while, are happy, and both claim fidelity, it's likely it was caught from a previous partner. Calm yourselves and put your doubts to rest.

Sexual anxiety rooted from childhood

Q The first time I made love – aged 17 – it was wonderful. But when I arrived home, my parents were having a huge argument. I knew their marriage was rocky and hoped they'd stay together, but my father packed, then left and we didn't see him for years. I was devastated – I dumped my boyfriend and avoided intimate relationships for ages. Decades on, I still feel anxious when I have sex.

Susan says

A Understandably, you've linked first sex with your parents' breakup and that's affected your sexual enjoyment. You need to delink these. Yes, you started your sexual partnership the same night your parents ended theirs, but there's no actual connection between the two. Get help: the British Association for Counselling and Psychotherapy, bacp.org.uk, has lists of local counsellors.

WHAT ON EARTH IS THE 'STARFISH'?

Q In the middle of a hot sex session recently, a partner suggested we try the 'starfish'. I had no idea what he was talking about, and he then suggested another sexual position instead. But afterwards, I wondered what he meant. So what is the starfish, how do you do it, and why do you think he was keen on it?

Susan says

A Your partner was likely keen on the starfish because it can slow him down while speeding you up – win-win all round! How? You both lie on your backs with your heads facing in opposite directions.

You spread your legs wide and arch your back. He penetrates you deeply. And if you hold hands and rock gently back and forth he can then nudge your clitoris with his penis. Next time you see him, why not give this a try.

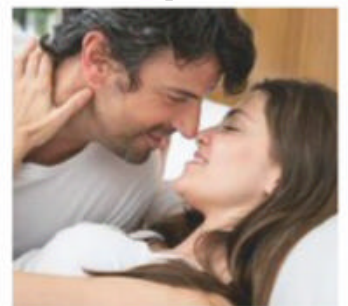
3

WAYS TO BRIDGE THE AGE GAP

Age-gap sex can be great – enthusiasm meets know-how, energy meets experience, but there can be challenges. Here's how to cope.

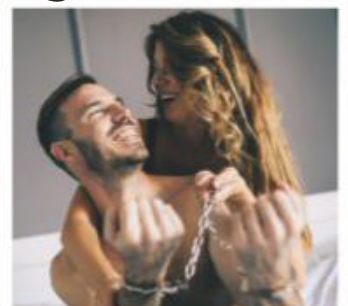
If he's older and you're younger

He can have difficulty with an erection or stamina. You may need to help him get hard, be patient when he can't last, find other ways of getting pleasure that don't need his erection.



If he's younger and you're older

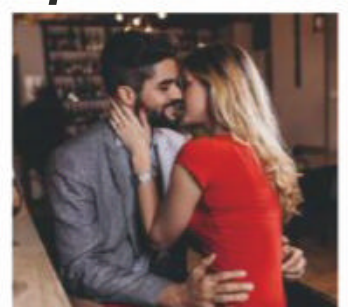
You can suffer vaginal dryness, or be wary of new tricks. You may need to add in lube, match yourself to his energy, be prepared to try things you've not tried before.



If other people flinch

You may have to cope with prejudice, with others wondering what you see in each other. Simply ignore.

If your bond's close and the sex is good, flaunt your passion with pride.





Adventures in VIETNAM

From the frenetic cities of Hanoi and Ho Chi Minh to the tranquility of Halong Bay, there's a place for all tastes

Why go?

One of the last remaining communist countries in the world, Vietnam has a heady mix of buzzing and historic cities, breathtaking scenery, a fascinating history and culture, plus some of the best food on the planet.

HUSTLE AND BUSTLE IN HANOI

Vietnam's capital, Hanoi, has an old-meets-new vibe. Manic moped riders weave through the tree-lined boulevards, steeped with French colonial architecture.

Top sights include the Mausoleum, which houses

the embalmed body of Ho Chi Minh, the man who led the fight for a unified Vietnam, and the Water Puppet Theatre, where music and puppets continue a 1,000-year-old tradition.

If you can't afford a stay at Sofitel Legend Metropole – a hotel with colonial history – stop off at its Bamboo Bar for an egg coffee. Visit sofitel-legend-metropole-hanoi.com for info.

But it will undoubtedly be Hanoi's traffic that makes the biggest impression – blaring horns and huge packs of weaving mopeds oblivious to any form of traffic control. Take a deep breath when crossing the road!



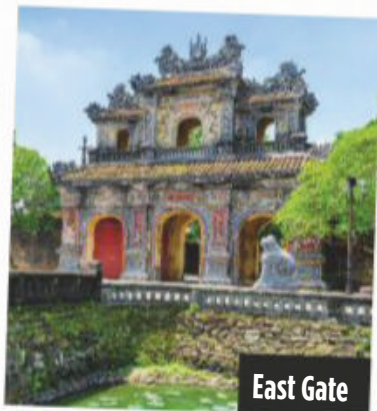
Halong Bay

The pictures don't do it justice. The turquoise waters of Halong Bay (170km from Hanoi) are dotted with 1,600 limestone islands and floating villages. Take a leisurely boat cruise and stay a night or two on the water. And do some fishing in the bay.



AT THE CENTRE

The central Vietnam cities of Hue and Hoi An have plenty to keep visitors busy. In Hue (the former imperial capital), take a boat trip up the Perfume River to the Azerai La Residence (azerai.com/la-residence-hue). This luxury hotel is across the river from the Imperial Citadel - a complex of temples, gardens and courtyards. In the ancient trading port of Hoi An, you'll find beaches as well as temples and the ornate Japanese covered bridge. Make sure you take a stroll around the Old Town.



East Gate

Ho Chi Minh City

Marvel at the modern skyscrapers of the former Saigon and appreciate the 1960s architecture of Reunification Palace. Visit Ben Thanh market and Notre Dame Cathedral - a nod to its French history. At the War Remnants Museum, photos and facts sit alongside military weapons and vehicles to tell the story of the Vietnam War. It's not easy seeing the victims of chemical weapons, such as Agent Orange, but it's important. So too are the Cu Chi Tunnels (a half-day trip from the city), where you can crawl through a section of the tunnel network that enabled guerrilla fighters to surprise their enemies.



Ho Chi Minh City embraces the modern world

STAY AT...

Fusion Suites Saigon - a well-positioned all-suites hotel. Rooms start at £87 for a double. Visit fusionresorts.com.

FANTASTIC FOOD

Eating is one of the greatest pleasures in Vietnam. From pho to banh mi, the local cuisine is as fascinatingly diverse as it is delicious.

Take a city street-food tour where a local guide will walk you through some of the best street-food vendors. For a special occasion, try a top-end restaurant such as Ngon Villa (hoian.ngonvilla.com), a Parisian-style brasserie in Hoi An. Or Chopsticks (thechopsticksaigon.com) in Saigon. This four-storey villa was the former home of pre-unification South Vietnam's vice president, Tran Van Huong.



Halong Bay has to be seen to be believed

woman travel offers

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'I transformed my kitchen with my BINGO WIN'

Jessica Mcfarlane, 29, from Leicester, redecorated her kitchen with her £3,952 win

As I settled down one evening in March 2019, flicking through channels on the TV, I had a thought. 'I might try online bingo,' I said to myself. My friends had been telling me for ages how much they liked to play, so clicking on to the *Woman Bingo* website on my phone, I decided to sign up.

I was even more excited when I saw the welcome offer for new members, where you can choose either free bingo tickets or slot spins once you deposit and play your first £10.

At first, not knowing how it all works I thought I might miss my bingo numbers when they came up, or not understand how to play.

Only, it was so simple, and 10 minutes in I was happily playing a game in Bingo

Lounge, a 75-ball bingo room.

The numbers started rolling out, and I was joining in on the excitement with others in the chat room.

Then, suddenly, my phone started flashing. My username was lit up on the screen and I quickly realised I'd not only won the Jackpot, but the Full House as well! All of my numbers had been called quickly enough for me to win both cash prizes!

'£3,952!' I beamed, amazed.

The chat room started to flood with congratulation messages from other members and I was still in quite a state



Jessica won both the Full House and Jackpot!

of disbelief. I couldn't have imagined winning such a big cash prize so soon after joining.

I lay down in shock. This was unbelievable.

How could I have won?

I hadn't even been playing for more than 20 minutes...

Only, then I saw the four-figure sum in my bingo account.

I really had won!

I jumped up and danced around my bedroom. Feeling a little breathless, I called my mum, Emma, 49.

'I've won nearly four grand,' I giggled down the phone.

'Are you joking?' she cried.

It took me ages to calm down, but that night I took some time to decide what to spend the money on.

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information and for full T&Cs, visit the promotions page at *Woman Bingo*.

Jessica decided to install a modern kitchen after her win



My mind turned to my kitchen and I couldn't stop smiling thinking about it.

You see, my kitchen was due an upgrade, and my cupboard door had only recently been repaired after falling off!

I'd been meaning to get a new kitchen for a while and I'd already started to plan what I wanted, with my brother Louis, 32, who had fixed my cupboard and suggested a more modern look.

I loved cooking big batches of lasagne or chicken bakes followed by a cheese or chocolate cake.

Time for an upgrade

So, when I'd had my surprise win, I now knew exactly what I wanted to do!

Within a week, I'd bought brand new cream tiles for the floor, white worktops, cream cupboard doors and a kitchen cabinet with a built-in microwave.

I even treated myself to a brand new kitchen sink with shiny taps. A friend helped me fit and install everything and while the work was being done, I went to Louis' any time I needed to cook anything. Conveniently, he lives next door! I was on the verge of tears a few

weeks later when all the work was done. 'It looks beautiful,' I grinned once everything had been finished.

I'd wanted a new kitchen for a while, and it looked lovely.

I love *Woman Bingo*, especially the Wonderland slot game.

It's good that you can enjoy so much on site from 1p on a bingo ticket or a spin

on the slots. This makes it easy for me to enjoy playing my favourite games while sticking to my pre-arranged budget.

Now, when I'm cooking or even making a cuppa, I love being in my kitchen and sometimes I have a little chuckle to myself thinking about my huge win.

I'd never even played *Woman Bingo* before, and within 20 minutes of signing up I'd won! You couldn't make it up!

Give *Woman Bingo* a go, it's always a lot of fun and, you never know, you could be the next big winner – just like I was.

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WITHIN 20
MINUTES'**

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152

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71058	Giant-Flowered Fuchsia Collection 20 Postiugs £27.96	£8.99		
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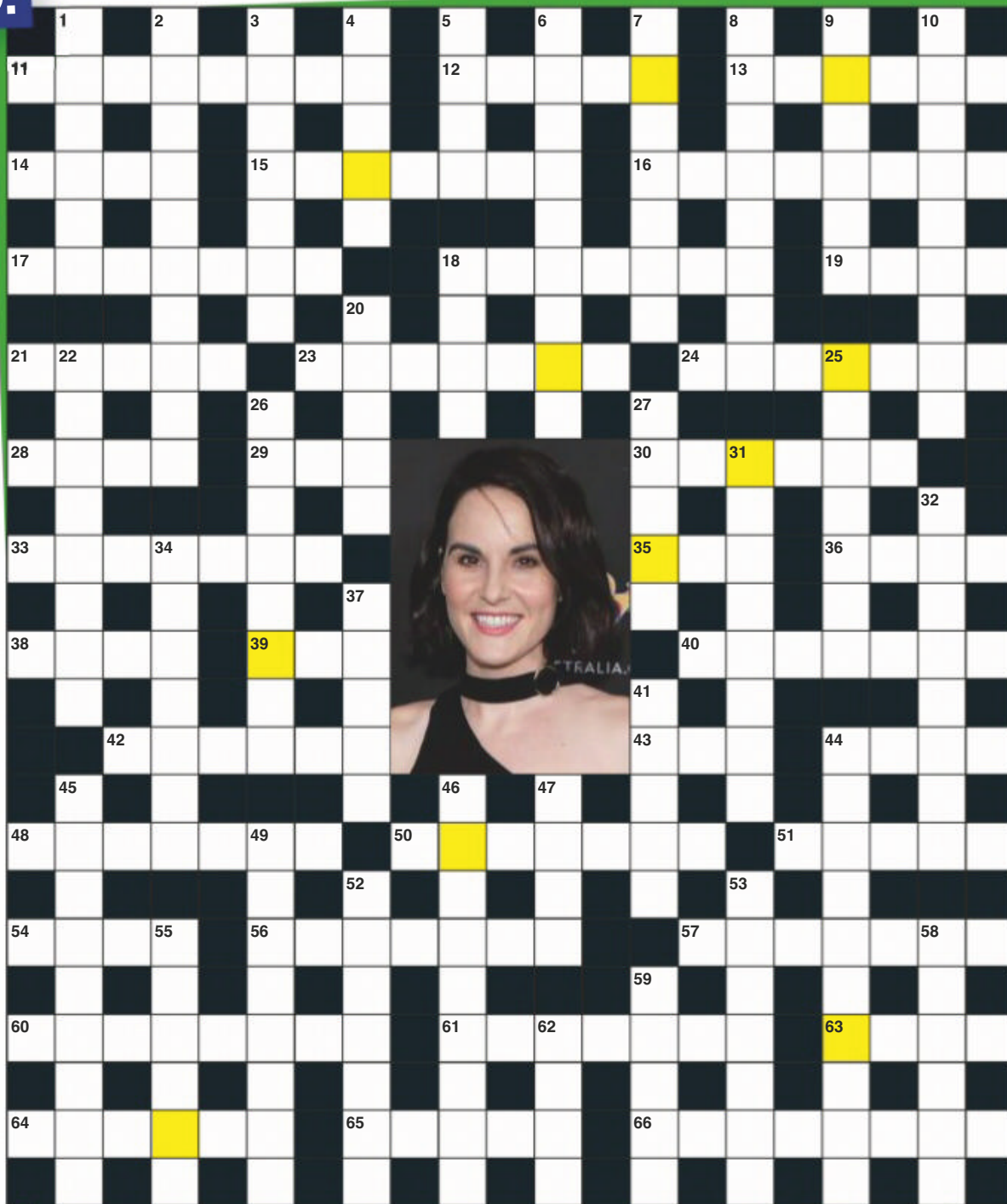
BOOKS & PUZZ

TRICKY CROSSWORD!

What did actress **Michelle Dockery** say she enjoyed doing when she was a child? Solve the crossword, then read down the shaded squares.

ACROSS

- 11 Pliable, bendy (8)
- 12 Futuristic stories (3-2)
- 13 Have a high opinion of (6)
- 14 Seaside amusement jetty (4)
- 15 Japanese ruler (7)
- 16 Furnishings (8)
- 17 Travel (to work) (7)
- 18 At a fixed frequency (7)
- 19 Detest (4)
- 21 Sanctify (5)
- 23 Baby's room (7)
- 24 ___ Klass, TV presenter (7)
- 28 Tori ___, American singer (4)
- 29 Assistance (3)
- 30 Interior surface (6)
- 33 Filo pastry dessert (7)
- 35 Chandelier singer (3)
- 36 Frolic boisterously (4)
- 38 A single time (4)
- 39 Bride's response (1,2)
- 40 Man about town (7)
- 42 Country, capital Athens (6)
- 43 Writing fluid (3)
- 44 Security camera system (inits)(4)
- 48 Slot in a door (7)
- 50 Riverside walkway (7)
- 51 Dabble (with an idea) (5)
- 54 Body dusting powder (4)
- 56 Plush, luxurious (7)



- 57 Accurately expressed (7)
- 60 Correct answer (8)
- 61 Film star's followers (3,4)
- 63 Unclothed (4)
- 64 Droopy-eared dog (6)
- 65 European beer (5)
- 66 Not merited or deserved (8)

DOWN

- 1 Rabbit with pink eyes (6)
- 2 Zealots (10)
- 3 Goals, aims (7)
- 4 Musical pace (5)
- 5 Consumer or operator (4)
- 6 Pay no attention to (9)
- 7 Drawback (7)
- 8 In recent times (8)
- 9 Playful, roguish (6)
- 10 Scares (9)
- 18 Hurry (4)
- 20 Friend (5)
- 22 Restricting (8)
- 25 Quite old (7)
- 26 Sorbet (5,3)
- 27 Quick wash (5)
- 31 Famous Tchaikovsky ballet (4,4)
- 32 Bringer (of goods) from abroad (8)
- 34 Dig up, discover (7)
- 37 Popular dog name (5)
- 41 Arrival of a baby (5)
- 44 Customer services office (4,6)
- 45 Six-sided (9)
- 46 Reach adult status (4,2,3)
- 47 Coastal ridge of sand (4)
- 49 Check out, investigate (4,4)

ANSWERS

Answer: IMPRESSIONS
 58 Sydney 59 Flour 62 Niro
 53 Grabbed 55 Clumsy
 49 Look into 52 Tunnels
 46 Come of age 47 Spit
 centre 45 Hexagonal
 37 Rover 41 Birth 44 Call
 32 Importer 34 Unearth
 27 Rinse 31 Swan Lake
 25 Elderly 26 Water ice
 20 Buddy 22 Limiting
 10 Frightens 18 Rush
 8 Latterly 9 Impish
 6 Disregard 7 Pittail
 3 Objects 4 Tempo 5 User
 DOWN 1 Albino 2 Extremists
 65 Lager 66 Unearned
 club 63 Nude 64 Bassett
 57 Precise 60 Solution 61 Fan
 51 Flirt 54 Tale 56 Opulent
 48 Keyhole 50 Towpath
 42 Greece 43 Ink 44 CCTV
 38 Once 39 I do 40 Playboy
 33 Strudel 35 Sia 36 Romp
 28 Amos 29 Aid 30 Inside
 23 Nursery 24 Mylene
 18 Regular 19 Hate 21 Bless
 16 Fittings 17 Commute
 13 Admire 14 Pier 15 Emperor
 ACROSS 11 Flexible 12 Sci-fi

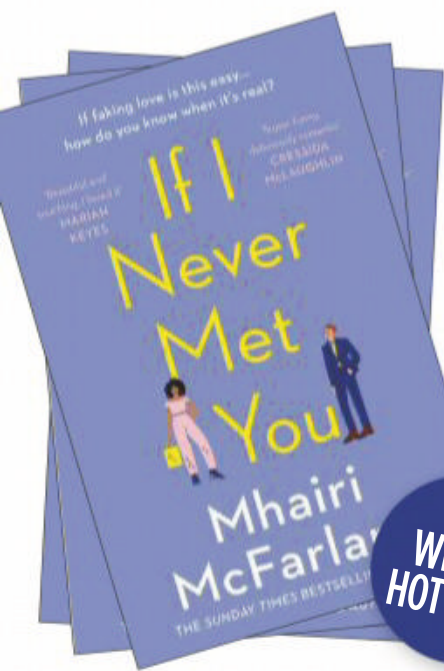
- 52 Underground passages (7)
- 53 Took suddenly (7)
- 55 Awkward, ungainly (6)
- 58 Australia's largest city (6)
- 59 Baking ingredient (5)
- 62 Robert De ___, US actor (4)

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ZZLES



IF I NEVER MET YOU

by Mhairi McFarlane
(£8.99, Harper Collins, PB)

Lawyer Laurie is heartbroken when her partner of 18 years dumps her. Worse still, she has to work with him. So, when she finds herself in a lift with handsome colleague Jamie, who suggests they 'fake-date' as revenge, she agrees. Only, things don't go to plan – and it's not long before they start to wonder if this really is all for show. A delicious page-turner.

THIS
WEEK'S
HOT READ

For more books
information, see
[goodtoknow.co.uk/
books](http://goodtoknow.co.uk/books)

IF YOU LIKE THAT, TRY THESE...



Home truths

Messy, Wonderful Us by Catherine Isaac
(£20, Simon & Schuster, HB)

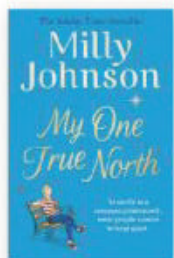
Secrets come to the surface in this tale of love and loss, as Allie finds an envelope in her grandmother's house that casts all she thought she knew about herself and her family in doubt. Allie hires a private detective, and she and her best friend go to confront the past once and for all.



Forever changed

One Moment by Linda Green
(£7.99, Quercus, PB)

In this evocative tale of two lost souls, sensitive 10-year-old Finn and 59-year-old cafe worker Kaz are strangers, each struggling in their own way until traumatic events bond them forever. This is an emotional read, with a remarkable and uplifting conclusion.



An unbelievable truth

My One True North by Milly Johnson
(£14.99, Simon & Schuster, HB)

Laurie and Pete were brought together by fate – the loss of their partners on the same night and their grief led them to the same counselling group. Their meeting provides a second chance. But the more they learn about each other, the more similar their stories sound. Then Pete makes a discovery that neither of them can ignore.

PHOTO: GETTY



STARSCOPE

Your stars for next week by Penny Thornton



ARIES 21 Mar – 20 Apr

There's a difference between being serious and being miserable, so if you catch yourself singing the blues, remind yourself it's still early days. Things can change.

For your reading ☎ 09058 172557



TAURUS 21 Apr – 21 May

This may prove to be a testing week for a love affair or a project close to your heart. Keep the door open, no matter how difficult other people may be.

For your reading ☎ 09058 172558



GEMINI 22 May – 22 Jun

It's all very confusing, so don't feel under pressure to make a decision. Next week's full moon brings closure. There's no point rushing your fences now.

For your reading ☎ 09058 172559



CANCER 23 Jun – 23 Jul

You know what they say about something looking too good to be true. So, don't be fooled by appearances. Unless it's rubber-stamped, hold the phone!

For your reading ☎ 09058 172560



LEO 24 Jul – 23 Aug

Keep your cool, whether someone is making you an offer you cannot refuse or someone tells you something you didn't want to hear. Not everything is out in the open yet.

For your reading ☎ 09058 172561



VIRGO 24 Aug – 23 Sep

Being in love is wonderful until something happens and the doubts appear. Relationships have seasons and until the frost really sets in, keep the faith.

For your reading ☎ 09058 172562



LIBRA 24 Sep – 23 Oct

It is too soon to establish whether an offer you've been given is genuine, if a problem is terminal or whether a message means what you think it means. Distance yourself.

For your reading ☎ 09058 172563



SCORPIO 24 Oct – 22 Nov

If you've given up on romance, Venus is now in the perfect place to help you make up for lost time. On the other hand, don't pull the plug unless you really mean it.

For your reading ☎ 09058 172564



SAGITTARIUS 23 Nov – 21 Dec

Be on the alert for leaks. Aside from checking out the washing machine, something you'd rather keep under wraps or a situation you knew nothing about could come out.

For your reading ☎ 09058 172565



CAPRICORN 22 Dec – 20 Jan

There is a make-or-break aura surrounding life and love. No need to put yourself on a battle footing, but it's good to be prepared for people to do what you least expect.

For your reading ☎ 09058 172566



AQUARIUS 21 Jan – 19 Feb

It may be difficult to see where a situation is headed, so avoid making a hard and fast judgement until you have some facts and figures. Don't waste your energies.

For your reading ☎ 09058 172567



PISCES 20 Feb – 20 Mar

It's important to have dreams but even more vital to know when they are realisable and when they are not. Listen neither to the voice of your hopes or your fears.

For your reading ☎ 09058 172568

Starlines are updated every Saturday. Calls cost 80p per minute plus your telephone company's network access charge and last about four minutes. Users must be 18+. You must have the bill payer's permission. Service provider: Spoke. Helpline: 0333 202 3390.

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What to WATCH

WE BRING YOU THIS WEEK'S LATEST TV NEWS

60
SECOND
INTERVIEW

Julie Hesmondhalgh

In *The Trouble with Maggie Cole*, the former *Coronation Street* actress stars as Jill, whose best friend Maggie (Dawn French) shares gossip about her and other locals with a journalist, who then broadcasts the interview on national radio! Here, Julie tells us more...



Tell us about your character...

When we first meet Jill, she's single and Maggie tries to set her up with people, but there are slim pickings. Having said that, literally every man who comes on screen is a hottie!

It's different from your other roles...

It was a running joke with the director because usually I'm just dragged in to have terrible things happen to me, like in *Broadchurch* and *Happy Valley*. It

was really nice to put lipstick on and play a bit of comedy.

Have you enjoyed playing Dawn French's on-screen best friend?

Sometimes very famous people are nice but there's a pane of glass between you and them that you can't penetrate, but not with Dawn. It's been a real joy. She's a hoot!

Do you miss *Corrie*?

When I was thinking about leaving, one of

the cons was that the show keeps you young. That's why all these actors that are in it last forever.

Would you like to see Dawn French appear on the cobbles?

Oh, she'd fit right in! I think she'd be good in a scene with Brian Packham. That would be a very good pairing!

* *The Trouble with Maggie Cole* is on ITV



1978



2018

LOOK WHO'S BACK

Michele Dotrice stars in *McDonald & Dodds* on ITV

THEN

Michele is best known for starring in the sitcom *Some Mothers Do 'Ave 'Em* (1973-78). She played Betty, the long-suffering wife of accident-prone Frank Spencer (Michael Crawford). Since then, she's had small roles in TV shows including *Midsomer Murders*, *Death in Paradise* and *Doctors*. Most recently, in 2018, she played pub landlady Edna Friendship in *A Very English Scandal* on BBC1.

NOW

In the second story in ITV's new crime drama *McDonald & Dodds*, young and ambitious fast-tracker DCI McDonald (Tala Gouveia) and her more experienced partner DS Dodds (Jason Watkins) are called to investigate the death of a client at the Mara Retreat, a private rehab clinic where the patients also include gambling addict Mary Costair, played by Michele. The cast also includes *White House Farm*'s Freddie Fox and *Casualty* star Suzanne Packer.

2020



DON'T MISS!

Three shows you really need to make a date for this week...



MIRIAM'S BIG FAT ADVENTURE BBC2

In this two-parter, Miriam Margolyes explores issues surrounding obesity, meeting people desperate to shed the pounds and a group of plus-size women who say big is beautiful.



SPORT RELIEF BBC1

The biennial fundraiser is back with another star-studded evening of entertainment, featuring music, comedy and sporty features. Gary Lineker, Paddy McGuinness are just two of the hosts.



JOANNA LUMLEY'S HIDDEN CARIBBEAN ITV

The *Ab Fab* star explores Cuba and Haiti in this two-part travelogue. She starts in Cuba, where she takes a ride in classic car and watches cigar-rolling in the tobacco region.

CATCH UP

If you missed these shows first time around, here's the best of BBC iPlayer, ITV Hub, All4, My5 and more...



HARRY REDKNAPP'S SANDBANKS SUMMER ITV Hub

Harry and his wife Sandra have lived in swish Dorset enclave Sandbanks for over 20 years. In this four-part series, he shows us around the place he calls home.



BABIES Netflix

All you've ever wanted to know about babies is crammed into this six-part series, which follows 15 families in the first year of a child's life. We also meet the scientists researching infant brain development.

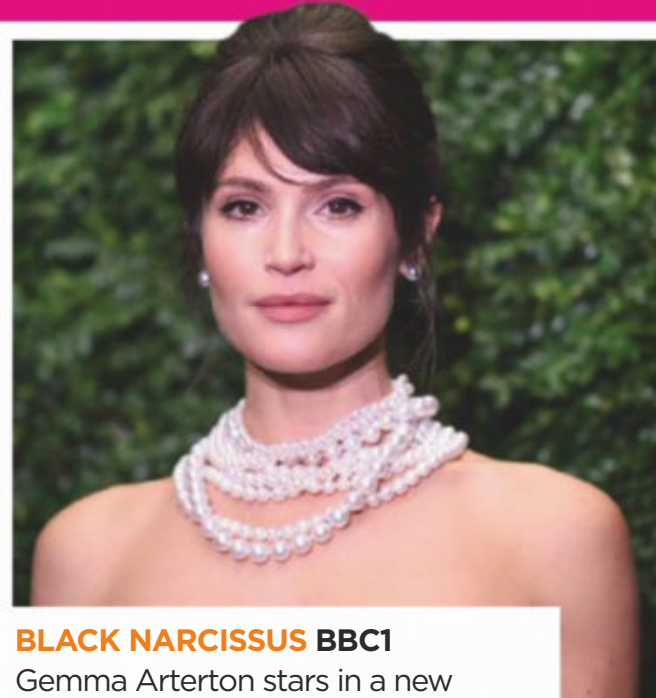


FLESH AND BLOOD ITV Hub

This four-part drama stars Francesca Annis as Vivien, a widow who sends her family into a spin when she reveals she's fallen for retired surgeon Mark (Stephen Rea).

COMING SOON...

What you'll be watching on TV in the weeks ahead...



BLACK NARCISSUS BBC1

Gemma Arterton stars in a new version of the classic 1947 film. In the story of forbidden love and sexual repression, she plays Sister Clodagh who travels to Nepal to help set up a new order but finds herself attracted to a local land agent...



DAVID ATTENBOROUGH: A LIFE ON OUR PLANET Netflix

In this one-off film, which plays at cinemas before it hits Netflix, the broadcaster reflects on the defining moments of his life and the devastating changes he's seen during his career.

TRENDING NOW

EMMERDALE ITV

When Charity discovers that Tracy has planned a surprise party for Vanessa, she knows it's the last thing her girlfriend needs following her cancer diagnosis. In a bid to put a stop to the bash, Charity shares the shock news with Tracy, which doesn't go down at all well with Vanessa... Meanwhile, Cain confronts dodgy cop DI Malone, but soon realises he's bitten off more than he can chew.



BOX SET BINGE



I AM NOT OKAY WITH THIS Netflix

This seven-part drama follows Sydney (Sophia Lillis), who thinks she's just an average teen as she deals with high-school life, family tensions and a crush on her best friend. Then she discovers she has superpowers that could cause problems for her and those closest to her.

DON'T MISS your favourite programmes!

whatsontv.co.uk/tv-guide





View from THE BACK

Sam Carlisle says what you're thinking

Has Meghan inspired a royal revolt?

The latest divorce news hints that not every fairy tale has a happily ever after...

Does anyone remember the bit in a Disney princess movie where the heroine gets fed up with her prince and heads for the divorce courts? No, me neither. But suddenly all those fairy-tale royal marriages are taking strange turns.

It's as if Meghan has given all the minor female royals a get-out-of-palace-free card by moving to Canada.

After the shock of Megxit, we discovered Princess Anne's son (and 15th in line to the throne) Peter Phillips and his wife Autumn were divorcing after 12 years of marriage. Now, David Armstrong-Jones, the 2nd

Earl of Snowdon and the eldest son of Princess Margaret, is to part ways with his wife of 27 years, Serena.

It seems a cushy number to give up. Being a minor royal must be a bit like being any member of Coldplay who isn't Chris Martin – you get the kudos but none of the hassle of being recognised all the time.

You probably get upgraded on flights, wangle the occasional carriage ride up The Mall and secure a really good balcony view of any Buckingham Palace fly-past in return for simply waving at the public. Oh and you can live in a castle. (Lord only

knows who will keep David and Serena's French château in their divorce settlement.)

But is any of that privilege worth marrying a man who's lived life in the public eye and been educated in the merits of stiff upper lips in Britain's emotionally barren boarding schools?

I imagine Serena and Autumn wish they'd settled for the frog rather than the prince.



Going their separate ways: Autumn and Peter;

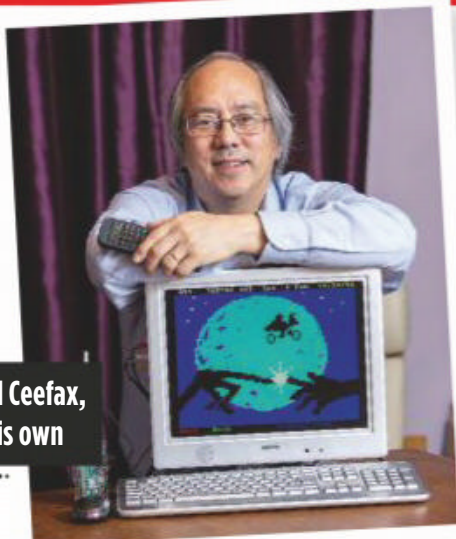


and David and Serena

TELETEXT RESURRECTION

When someone retires, often the first advice they're given is to get a hobby. Software engineer Peter Kwan took that a bit literally. He's created a version of BBC's Ceefax, the teletext service that was axed in 2012. A team of volunteers helps run 'Teefax', which features horoscopes, weather forecasts and games, like the original. Suddenly, taking up golf doesn't seem quite so boring.

Peter missed Ceefax, so he built his own



Joe's been working out

Comedy abs

Whoever thought they'd be saying 'phwoah!' over comedian Joe Pasquale? Yet, here he is flaunting a six-pack. Just one issue – he may look buff but he still has the voice of a strangled budgerigar.

Quote of the week

'I LIKE WHAT A MAN COMES EQUIPPED WITH. BUT THEY SHOULD KNOW THAT A WOMAN IS LIKE AN OVEN. SHE NEEDS FIVE TO 15 MINUTES TO HEAT UP.'

Actress Sandra Bullock simplifies sex for men.

All hail Hizzo!

I'm a little bit in love with Lizzo. I don't care that critics say her weight might be unhealthy or that she wore a leather one-piece that looked like a Morrisons lattice pie for her BRITs performance. She's the most gorgeous mix of attitude and joy – and has new BFF Harry Styles wrapped round her little finger.



PHOTOS: GETTY, ITV, PA IMAGES, SWNS

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**Early Cropper:
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Pick in July



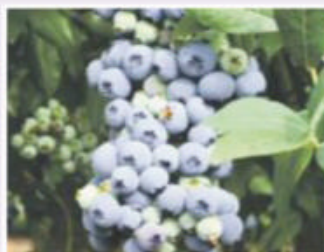
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