

Promotion

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**Alexa, what
is my
horoscope
today?**

Woman's Own



Christine McGuinness

'Stop staring at my kids'

The clear skin secret

you can find in your kitchen



A surprising hobby

GAVE US A BABY

Exclusive

'I'M TOO MUCH FOR MOST MEN!'

Alison Hammond talks love life & why she wants to get married again

Get back into your jeans FAST!



The 5-minute workout

WIN!
A HOLIDAY TO MALTA

T&Cs apply. UK only. See page 22

SAVE MONEY on cleaning!

**“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.”

Puressentiel Muscles & Joints Roller contains 100% pure and natural active ingredients

including Wintergreen and Roman Chamomile and is also available in Gel, Soothing Balm and Heating Patch formats that allow for different parts of the body and personal preference.



This week we're loving

FRIENDS

'It's happening...' These two words posted to the Instagram accounts of the six main stars of *Friends* – along with a promo image from the 90s – were enough to send fans (and us) into total meltdown. More than 15 years after the iconic American sitcom ended, Jennifer Aniston, Courteney Cox, Lisa Kudrow, Matt LeBlanc, Matthew Perry and David Schwimmer are to reunite for an unscripted one-off special. According to reports, each of them will earn a massive £1.9m for taking part in the show, which is set to air on the new HBO Max streaming service. In the words of *Friends*' Chandler Bing, could we BE more excited?



The stars in a shoot from 1995

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Our Test Kitchen is formed of expert food writers and chefs, who have created all the recipes on p34-35

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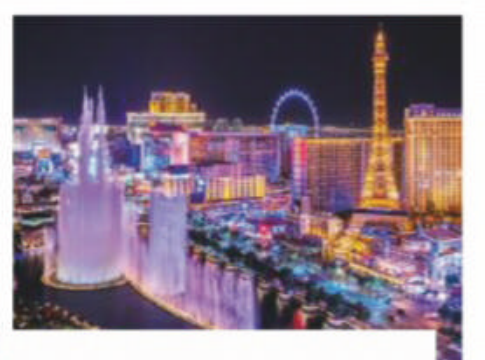
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RICHARD ARNOLD'S

week in showbiz

Max Bowden

'Ben and Callum – an Essex love story'

EastEnders star Max Bowden celebrates a year as Ben Mitchell in Albert Square...

Well that flew – the sixth incarnation of Ben Mitchell!

With every recast of a character you're bound to get a bit of criticism but people have loved the story. They've responded well to Callum and Ben – the Romeo and Juliet, an Essex love story. They're ultimately star-crossed lovers caught in the crossfire.

The Queen Vic party boat disaster left Ben deaf

When he was a baby, Ben had meningitis, which left him partially deaf in one ear. But when he hit his head on the boat, it damaged his good ear. He's left with muffled sound and very little of it. As you can imagine, being suddenly unable to hear when you're a criminal ringleader is a massive blow.

He's a tortured soul at the best of times...

It's a life-changing situation and the stakes on everything get higher. Every kind of activity he

tries to partake in, he finds 100% harder – which, for someone already so fragile, ramps everything up.

The boat scenes have already become future classics. It must have been gruelling to film

It was 10 hours in a water tank in Basildon – and it was warmer in the tank than out of it! It was the biggest stunt I've ever done. I had the best day.

How's your family enjoying your role? You took your nan to the National TV Awards

They watch soaps religiously, so for them it's even more exciting.

Who surprised you most when you joined?

Everyone pleasantly surprised me. I've grown up watching these people and everyone on set is a joy.

Did they give you any tips – like, 'Stay out of my light!'

Not like that but, yes, they're very wise. They're good at giving practical advice, such as staying on top of your bills.

● **EastEnders, BBC1**



Reckon I could pass as a hardman?

BACKSTAGE AT THE

ON THE BEAT AGAIN

Ex-boy band JLS are back together. 'We're not going to lie, it's weird because everyone's like, "You're back, you're veterans!" but this feels new to us – it's like round two,' Aston told me. 'The reaction this past week has been unreal. It's been mind-blowing. We're just happy to be back.'



Me with the reunited JLS boys

Overheard in the green room

'We had builders in one time, a job that was supposed to take a few weeks and it took four months because she kept making bacon sandwiches.'

Harry Redknapp on wife Sandra's talent for buttering people up!



REMEMBERING CAROLINE



The sad and shocking news of presenter Caroline Flack's death still hasn't sunk in for me. I knew her professionally for many years and on the odd occasion we'd meet at a showbiz bash, she didn't just sizzle, she fizzed. This picture of us at a party in happier times and sunnier climes says it all.

Dick's pics



It's the *Dancing On Ice* finale this week but I'm off to Palm Springs, where judge John Barrowman and his partner live. 'You'll see my house from the plane,' John told me. 'I'll put on a show!' How I do love fireworks.

The Schofields put on a united front in Paris



You've been PAPPED!

UP THE EI-PHIL TOWER!

Phillip Schofield swapped the *This Morning* studios for the sights of Paris when he whisked wife Stephanie, 55, and their daughters Molly, 27, and Ruby, 24, away for a city break. The family appeared to love every minute of their time away and continued to put on a united front on Instagram after Phil, 57, confirmed he was gay last month following 27 years of marriage. The Schofields stopped for a spot of champagne at the top of the Eiffel Tower, followed by dinner at swanky restaurant Le Cinq in the Four Seasons Hotel George V. Ooh la la!

E BRITS!



Singer Paloma

KEEPING THE FAITH

Singer Paloma Faith – no stranger to bagging a BRIT – rocked up on the red carpet to mark the 40th anniversary of the music industry's gong-giving night with memories of her best ever moment. 'When Adele sang *Someone Like You*, I was in the room and she walked on with just a piano. It was incredible. Everyone got goosebumps.'



We're not fooled by the cones, Phil



Bon appétit, Steph!

'I'M TOO MUCH for most men!'

This Morning's Alison Hammond tells Woman's Own about her dating struggles

Despite being the second housemate to be evicted from the third series of *Big Brother*, in 2002, Alison Hammond's career continues to go from strength to strength almost 20 years later.

She's starred in a host of reality shows – including *I'm a Celebrity...* and *Strictly*. But it's her hilarious Hollywood A-listers interviews on *This Morning* that have truly made her a fan favourite.

But while her career is still blossoming, Alison, 45, recently joined the *Celebs Go Dating* agency to help her find love.

Alison, who has a 15-year-old son Aidan with long-term ex Nouredine Boufaied, tells us how she's still hopeful of finding her fairy-tale Prince Charming...

Hi Alison! Why did you decide to sign up to this year's *Celebs Go Dating*?

Because I'm single and ready to mingle. I've not really met anyone for three years so thought it was a win-win situation.

Why do you think you're single?

Because I'm too much for most men. I'm also really busy with work and have a son who is my number-one priority.

Are you still on dating apps?

I am but it's so painful – people think I'm a catfish!

I get messages saying, 'Why are you pretending to be Alison Hammond?' I spend half the time trying to convince people it's really me and by that point I'm over it. The rest of the time, I get sent c**k pics, which is instantly a blockable offence in my book. Why do men think doing that is a good idea?

What's the hardest thing about dating in the public eye?

People have a preconception of who you are. I think I'm quiet, shy and boring, really. When you get to know me, I just like the simple things in life. I'm not very glamorous. I like being at home with my family. I like to be in bed by 9pm with a hot-water bottle.

What kind of partner do you make in a relationship?

I am the cliché girlfriend who will cook for you, do the washing and iron your shirts – I draw



Alison in *Strictly*, in 2014, with pro partner Aljaž Škorjanec...



...and 'marrying' The Rock on *This Morning*, in 2017



the line at ironing socks, though. I like to look after people.

So, what do you look for in a partner?

It doesn't matter to me what they do. They could be a cleaner for all I care, so long as they are kind, funny, driven and passionate for life. That is massively attractive. They can't be 80% committed. I have a son and they need to want to be a part of our family.

Would you like to get married?

I would love to get married. I'd love to walk down the aisle in a big, white dress and have the fairy-tale wedding. I love being in love; I am a different person when I am. My heart sings – it's amazing.

What about more kids?

I don't think I want more kids. Aidan always said he wanted a brother, but he's 15 now. That would be a big age gap, and I secretly think he loves being an only child. He's so excited about *Celebs Go Dating* – we've been chatting about all my dates.

How has your *Celebs Go Dating* experience been?

It has been one of the best things I've ever done. It's got me through a horrible time as my mum, Maria, died of cancer while I was filming it. It has been so hard, but everyone on the show has been so supportive and I know my mum wanted me to carry on with the show.

What's the biggest lesson you've learnt?

I'm a people-pleaser. What dating agents Anna [Williamson] and Paul [C Brunson] have taught me is I need to put myself first and focus on my happiness more.

● *Celebs Go Dating* is currently on E4 at 9pm, Monday-Friday

DID YOU KNOW?

Before shooting to fame on *Big Brother*, Alison worked as a holiday representative and entertainer in several different countries, including Tunisia.

Linda's holiday hotspots

Loose Women's Linda Robson is more than happy to review her holiday spots, as we look at her Tripadvisor recommendations...

Actress and *Loose Women* panellist Linda Robson loves spending time with her family, whether it's at home or abroad. But we've discovered not only is she a creature of habit – holidaying in the same country every year – she also loves to give the places she visits rave reviews on Tripadvisor. In fact, she's reached a level three contributor, out of a possible six, since she joined in 2012.



Linda with her daughter Lauren and granddaughter Lila

'We go to Cyprus every year for two weeks'

GETTING SPIRITUAL IN SPAIN

Linda and husband Mark enjoyed a seven-day break at the Sheraton Mallorca Arabella Golf Hotel on the Spanish island of Palma de Mallorca back in July 2016 with their son Louis and daughter Bobbie. Linda was full of praise for the staff who she said were 'beyond helpful' and added, 'Nothing was too much trouble for us, they got a fan for our son Louis, who suffers from eczema.' And after a wonderful massage at the spa, she declared, 'The food and location was excellent, we will be returning very soon.'

True to her word, the family returned the following April. If on a budget, Linda recommends dining at the 'not too expensive' La Bodega del Green, and wrote, 'We loved the ambience, staff, food was first class and lovely wine too.' If it's views you're after, Linda recommends Il Paradiso, Mallorca. She said, 'It's the most

beautiful place to eat with wonderful views.' A spot of sightseeing took them to Catedral-Basílica de Santa María de Mallorca. 'We lit lots of candles for our loved ones we have lost and wandered around it for hours. You mustn't miss this

Catedral-Basílica de Santa María



Reviewed 30 July 2016

via mobile

Linda Robson

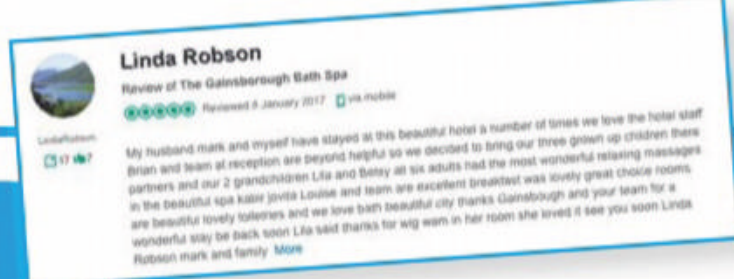
It's the most beautiful place to eat with wonderful views it was a palace and now beautiful restaurant and beautiful food excellent service too defiantly with a visit

LindaRobson
17

ANNUAL VACATION

When some holidaymakers find a place they love, they like to return year after year. In an interview with *The Telegraph* in 2010 Linda was asked what her favourite holiday is. She revealed, 'Cyprus – we go there every year for two weeks and meet up with the same people from Manchester, Scotland, Liverpool and Bristol.' She explained, 'My sister owns an apartment there and we rent in the same resort.'

Linda's mum Rita, who died in 2012, used to join them too. At the time Linda said, 'We have a nice family time. The women chat all day and the youngsters go clubbing, but it's nice to know we have our own apartment if I want to go back and read.' And Linda loves to spend her evenings watching the entertainment at Fat Mama's restaurant, Paphos. Aside from the 'delicious' food, in her review she said, 'We loved it, huge portions, lovely staff and great dancers. FYI for entertainment you must go grey night – lovely singer and dancer Cathy.'



UK FAVOURITES

One of Linda's first reviews on Tripadvisor was a stay at the Knight's Rest in Conwy, Wales, where she stayed as part of the Birds of a Feather tour. She wrote, 'We loved Conwy, it's like a beautiful old fashioned village but with a superb cottage with all mod cons.'

Meanwhile, born and bred in Islington, London, it's not surprising that Linda and Mark have a favourite restaurant in the capital – Oslo Court – and have dined there for more than 25 years. Why? Linda writes, 'We love it. Best food, family run... Love Neil's desserts... Nothing is too much trouble. It's our favourite place to go and can't be beaten.'

Another on Linda's list is The Gainsborough Bath Spa, where, after staying numerous times, she took their three grown up children, partners and their two grandchildren Lila and Betsy.

Relaxing with Stacey Solomon



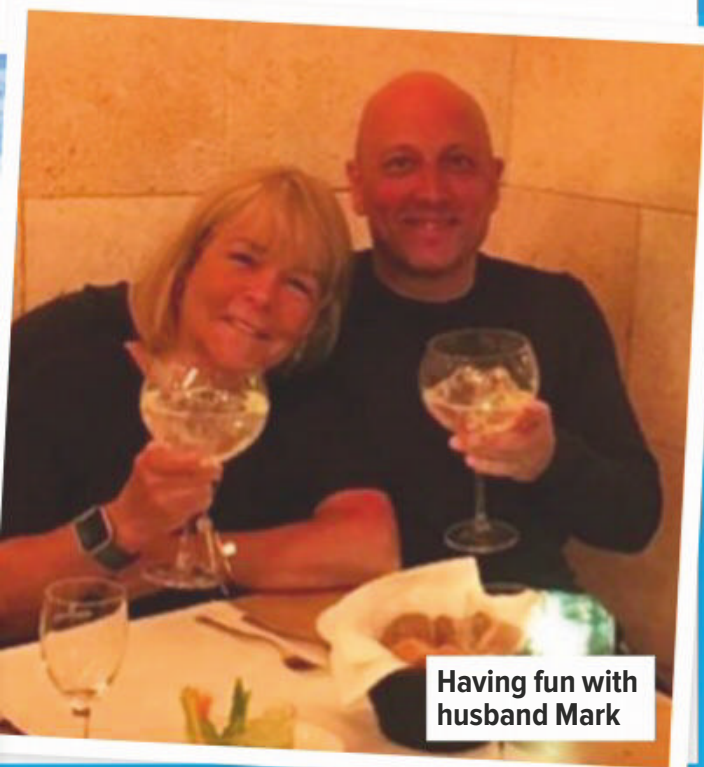
Linda loved visiting Conwy

But the biggest family get-together was in Trim, Ireland at the Knightsbrook Hotel and Golf Resort, where they booked 14 family rooms to celebrate Linda's aunt

Sheila's 70th birthday. And for rest and relaxation, Linda's most recent documented trip in April 2017 was a relaxing spa break at Champney's in Tring with *Loose Women* co-stars Stacey Solomon, Andrea McLean, Nadia Sawalha and Jane Moore. About time for a re-visit?



beautiful place to visit.' And for entertainment, Linda recommended Nikki Beach. 'The entertainment was spectacular,' wrote Linda. 'Two boys on the drums and saxophone player was amazing... Enjoyed it immensely.'



Having fun with husband Mark



Linda on a trip to Jersey

Moved by History in Jersey

During a mini-break to Jersey, Linda and Mark regretted not booking a sea-view room at the L'Horizon Beach Hotel & Spa. But steeped in history, they were blown away by the war tunnels and German Underground Hospital, having found the experience 'very moving'.

Linda wrote, 'Finding out what Jersey was like for the five years during the war when the Germans took

over the island and about the families' struggles during those five years, the rationing, the curfews, the hunger and the spirit of the people who stayed behind. How frightening it was for them all. So proud of the community's fight

and spirit, thought it was a remarkable visit, made us proud to be British.' And after a meal at the Oyster Box, Linda declared it a 'perfect place to bring your family'.



The German Underground Hospital, Jersey

WHO WORE

Our fashion team reveal which stars re



**Zoë Kravitz, 31,
and Lisa Bonet, 52**

This lookalike pair are more like sisters in appearance but prove that their style is very different. While Lisa looks gorgeous in a floral chiffon gown, Zoë has a little more fun in this stunning spotty frock.



**Kaia Gerber, 18, and
Cindy Crawford, 54**

Following in her mum's footsteps, teen Kaia is a successful model, and can't you just tell? Working the floral and spot combo just like Zoë and Lisa, both women get a big thumbs up from us. And check out that dreamy biker jacket!

IT BEST?

ally nailed the latest looks

Mother's Day special

Wear it
YOUR WAY



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Accessorize



£49

Sizes 10-32,
JD Williams



£36

Oliver Bonas



£32.50

La Redoute



Josephine Miller, and Sienna Miller, 38

Stepping off screen, Sienna takes her stylish mum and former model Josephine for a night on the red carpet. Both ladies look lovely in florals and Jo adds some statement sparkle with her dazzling cover-up.

Brothers against all odds

A shock discovery put Emily Taylor's baby dreams in doubt...

As I hoisted my son, Richi, three, into the car after nursery, he searched around the back seat. 'Where's Arlie?' he fretted, talking about his 15-month-old baby brother.

'Don't worry,' I smiled. 'He's waiting at home with Daddy.' Richi instantly relaxed and began chattering about his day finger painting with his friends, and I couldn't stop the smile spreading across my face. Only a few years ago, my husband, Richard, 32, and I were struggling to conceive, so to know my two miracle boys were best friends was extra special, especially considering the surprising way they arrived in the world.

When I met Richard in

'I told him I wanted lots of kids'

April 2013, I was honest early on about wanting lots of kids. While I knew this could seem quite intimidating, I was sure about what I wanted and didn't want to waste

time. To my relief, Richard smiled.

'I'd love to be a daddy,' he admitted. We'd only been dating for four months when, to our

surprise, I fell pregnant. Yet, six weeks on, I suffered a miscarriage.

'We'll keep trying,' Richard said, comforting me as I grieved, but over the next two years, I suffered three more devastating miscarriages, always around six-weeks, and I was losing hope.

'What if there's something wrong with me?' I worried to Richard in April 2015. I'd always had irregular periods, and my biggest fear was being infertile. By now, we were

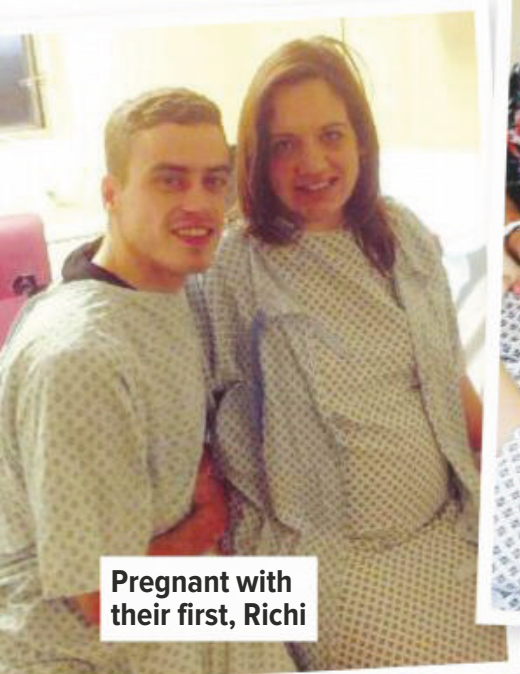
engaged and Richard promised that, even if I was, we'd look into every treatment possible, so I booked to see the gynaecologist.

Richard sat beside me during the internal examination, and almost immediately the doctor gasped.

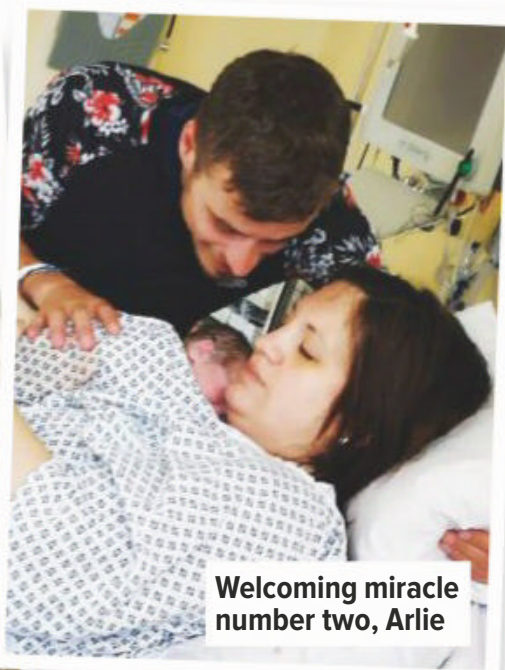
Getting answers

'Oh,' he said. 'This is...different.' I lay there in worried silence, my heart thudding as he continued his examination, but Richard couldn't keep quiet. 'What is it? What's wrong?' he demanded, verbalising my panic.

The doctor explained I had two cervixes, but he wanted to carry out a laparoscopy three months later – a diagnostic operation where he'd insert



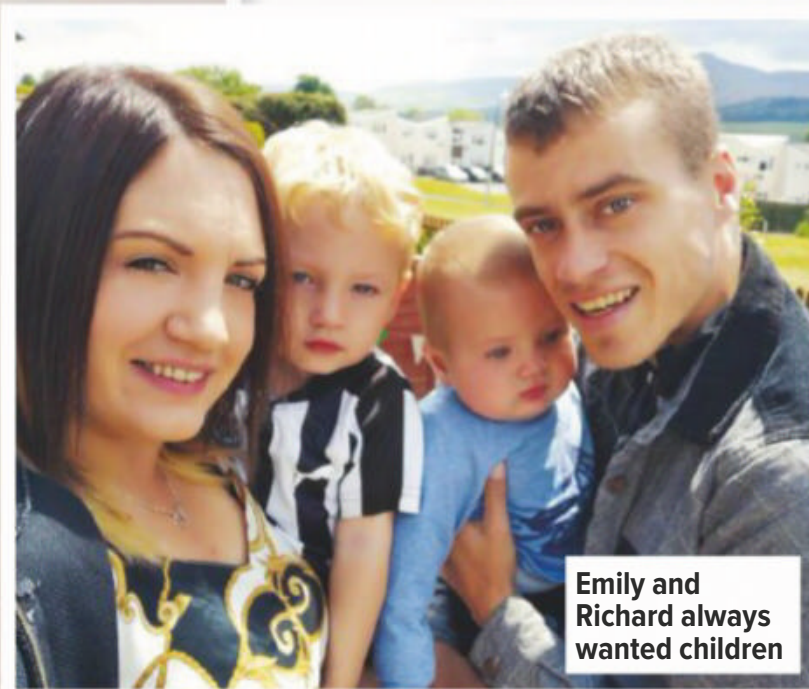
Pregnant with their first, Richi



Welcoming miracle number two, Arlie



Emily with her boys



Emily and Richard always wanted children

a camera inside my uterus – so he could get a better look at what was happening.

After, as I lay on the bed with Richard holding my hand, the doctor confirmed I had two wombs, too. Richard and I were stunned. It was a very rare condition called uterus didelphys, which occurs during development in the womb when the fusion of certain ducts fails to occur, and each womb was slightly smaller than usual.

It was like something you'd see on a medical drama, and the diagnosis sent me into a panic. Was that why I was miscarrying? Was my body incapable of carrying a baby? Richard squeezed my hand as I fired my questions at the doctor, who reassured me he didn't think

it'd affect my fertility, as I ovulated like normal, and the egg would simply land in either of my wombs.

But I wasn't convinced. The condition was so rare, and varied from woman to woman, how could they be certain? This news, after all the miscarriages, left me emotionally drained and I needed time to process.

Living in fear

'Let's take a break from trying,' Richard said later that day, and it was a relief to take the pressure off a while. Instead, we focused on getting married, and had a big wedding that November.

But when the day was over and I no longer had planning to occupy me, the conversation soon turned back to babies.

We continued trying, but I began looking into IVF, hoping experts could somehow implant the baby into one of my wombs more successfully than my own body could naturally, preventing an early miscarriage.

Only, in April 2016, I realised my period was late. A home pregnancy test was positive, but it was very early, and I found it impossible to get excited.

As we edged towards six weeks, I lived in fear of starting to bleed, yet six weeks became seven, then 12, and suddenly we were hearing the steady thud of our baby's heartbeat during our first scan. Finally, excitement and joy set in, and I went round to tell my mum, Vicky. She knew the heartbreak we'd been through, and was thrilled for us.

Our baby was in my right womb, but because there wasn't as much space to grow, there was a risk of complications and early labour, so doctors monitored me closely.

I was terrified something could go wrong, so Richard and I only bought essentials, like a cot and car seat. In January 2017, at 37 weeks my waters broke and a scan showed our baby boy was breach and couldn't turn because he'd run out of room, so I was admitted to Nevill Hall Hospital in Abergavenny.

I was rushed into surgery for an emergency caesarean, and everything passed in a blur of lights and scrubs, until suddenly I heard crying.

As a nurse laid 6lb 9oz Richi on my chest, I felt every motherly instinct kick in. I felt proud, protective, but most of all, I felt so much love.

'He's perfect,' I whispered to Richard. Finally, after all of our heartbreak, we were a mummy and daddy.

Family and friends came to meet him in the hospital, and my Mum was first for a cuddle, she'd even knitted him a little blue sleepsuit which, three days later, we took him home in.

Sitting in the living room, I'd cradle Richi in my arms feeling deliriously happy, scarcely able to believe these precious moments I'd been dreaming of were now a reality. Thankfully he was an easy-going baby, too. He loved his food and sleep, and it became clear early on he was Daddy's little man. Every morning when Richard said 'Good

morning', Richi's face would break into a smile before he'd even opened his eyes.

Desperate for a sibling and knowing how long it'd taken to have Richi, we started trying again as soon as we could. To our surprise I fell pregnant just after his first birthday, but, terrified of another miscarriage, we kept things a secret until 12 weeks again, when we discovered this time our baby was growing in my left womb.

'I felt proud, protective and love'

Our miracle boys

I worried, as we didn't know if my left womb could carry a baby to term. Understanding my angst, and with the risk of early labour again, doctors monitored me closely. Yet, this time everything went smoothly, and I had a natural birth with Arlie arriving in October 2018, weighing 6lb 3oz.

Now Richi, three, and Arlie, one, are the closest of brothers. I often listen to them on the baby monitor, babbling away to each other. Richard and I couldn't feel luckier.

We haven't ruled out having more children, after all, we've beaten the odds before. But right now we couldn't be happier.

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£6.50
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Shoes

TOP TIP

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Bag



£20
Skirt



£16
Top



£22
Dress



£16
Trousers

M&S



£25
Jeans



£25
Bag

£19.50
Belt



£29.50
Top



£9.50
Earrings



£25
Shoes



£19.50
Dress

Primark



£3
Necklace

TOP TIP

Add a pop of colour and a necklace to update a beige suit.



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£13
Trousers



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Blazer



£18
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How are we able to sell our trees from £7.48 when outlets and online retail up to £39 per tree?
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The planting period runs from January to April, so don't delay! Buy today and you could be harvesting your fruit very soon - just a few months after planting.

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Dawn Neesom

MIND OF MY OWN

The *Woman's Own* columnist has her say

Hair, it's a grey area

Is Mrs Osbourne's new silver do really a feminist statement?

Every so often, I'm lucky enough to work with Jeremy Vine on his Channel 5 show. We're the same age. Similar height. Both journalists. And both have greyish hair.

Only one of us appears with it in its full glory, though – and rather foxy does silver Mr Vine look. Meanwhile, I'm doing what most females in their 50s do and hitting the bottle. In my case, it's supposed to be a 'sexy' platinum blonde.

Recently, though, the tide of hair dye appears to be turning. Sharon Osbourne and Jane Fonda have both outed themselves as proud to be grey.

Well, kind of. Mrs Osbourne spent eight hours with Fonda's stylist having her red bob stripped to gorgeous white. She looks amazing but this is hardly a feminist statement, is it? The colour is about as realistic as the bright red. If Sharon, 67, really appeared with her hair as nature intended, she'd probably be a frizzy grey mess. As would most of us.

And that's OK if you're a man in the public eye. *This Morning's* resident silver fox, Phillip Schofield, is still a hottie but



'The colour is about as realistic as the bright red'

Sharon's new hue has caused a stir

can you imagine if Holly Willoughby dared to reveal a few greys?

Good Morning Britain's Susanna Reid, 49, was once told 'no greys on air' by a TV boss. Something she's determined to subscribe to even though she sits next to defiantly salt-and-peppered Piers Morgan.

Meanwhile, BBC presenter Miriam O'Reilly, 63, says that when she worked on *Countryfile*, it was made clear she was expected to have 'youthful locks'.

So our dread of going grey isn't just in – or should that be on – our heads,

ladies, oh no, it's good old-fashioned discrimination at play here.

We can look as gorgeous as men grey – Jamie Lee Curtis, 61, has nailed it – and younger women are deliberately colouring their hair ash. But they don't have wrinkles, saggy jawlines and crow's feet to accompany the age-related white.

So I'm going to stick to being a golden oldie because, to borrow the title of 80s pop band Visage's biggest hit, there's only one thing that happens when middle-aged madams go naturally grey. We fade.

Middle-aged checklist

A cute list from a school recently suggested things children should've done by five, including old delights like climbing trees, building dens and riding bikes. Recipe for a perfect childhood in my world.

Got me thinking, though. What would a list aimed at 40- and 50-year-old women



I prefer a choc-list

include? Broadcaster Jenni Murray had a bash and included no-brainers such as walking away from Mr Right if he turns out to be Mr Wrong, and only buying clothes that don't need ironing. She also suggested accepting that neither chocolate or wine are necessities. At which point I decided she was just plain mad.

Kids being kids?

My friend's son went to a school fancy dress party as a Native American, his best friend as a cowboy. They looked very cute. But should someone have explained cultural appropriation to them or should we just let them have fun? When do kids have to stop being kids these days?





Receiving treatment



Raising money and awareness

The fight of OUR LIVES

Debi Griffin was devastated when her mum's cancer returned

Everyone thinks their mum is the best and I'm certainly no exception. My mum, Heather, 64, and I have always been so close. From her helping me deal with teenage hormones, first boyfriends and exams, to helping organise my wedding and being brutally honest about what childbirth is really like, she's been there with me through whatever life has thrown at me. But in 2017, I needed her more than ever – and she needed me, too.

Mum's first brush with breast cancer was back in August 2007 after a routine mammogram. Despite the devastating news, Mum continued to put those around her first, never wanting to be a burden. With the doctor's agreement, she even postponed treatment by two weeks, until after my wedding to Brett that September, so she wasn't suffering the horrible side-effects on our special day.

She had radiotherapy every day for 15 days, and although I could see how utterly exhausted she was, not once did she complain. She refused to let cancer stop her doing anything differently.

She remained working full-time as a secretary and continued with grandma duties to my kids Charlotte, then five, and Josh, three, having them over for sleepovers and taking them out. Then in March 2008, Mum was given the all-clear.

'It's over now,' she said falling into my arms after we heard the news. Life went back to normal, I'd see Mum almost daily and, apart from yearly and three-yearly mammograms, we put

Mum's cancer hell behind us.

But then, in January 2017, after one of those routine mammograms, Mum was summoned back to hospital. I clutched her hand in the consulting room as the nurse explained the breast cancer had come back. I burst into tears, my head

buried in my hands, yet Mum seemed unfazed.

'Did you hear what I said, Heather?' the nurse asked.

'Yes I did,' Mum replied. 'So what's next then?' I was perplexed at how matter-of-fact she was. But that's just the type of person she is.

Shocking discovery

Mum was booked in for radiotherapy. We explained to Charlotte, Josh and my youngest, Matthew, then five, that grandma was ill, and that doctors were helping her get better, and I told myself she'd beaten it once, and she'd do it again.

Just a few weeks later, I was in the shower when my fingers suddenly ran over a hard lump the size of a golf ball on my left breast. Even under the hot running water, my body went cold. It was huge, and I couldn't believe I hadn't noticed it before. I'd assumed if I got cancer it'd be when I was Mum's age, not

'She refused to let cancer stop her'



Debi and her mum celebrate her graduation

32, so even despite Mum's diagnosis, it never occurred to me to check myself for lumps.

Terrified, I spent the next week switching between thinking I was going to die and telling myself not to panic until I finally booked a doctor's appointment.

'But I'm not telling Mum,' I told Brett. She had enough to cope with.

In June 2017, I had tests, including a mammogram and biopsy, but it was looking at the doctor's face during the last test, an ultrasound, that I knew it was bad. The following month I was called in for the results. I held Brett's hand as the doctor confirmed what I'd suspected.

'You have a rare grade three triple negative breast cancer,' she said. Hearing the diagnosis out loud was surreal. All I could think about was Brett and the kids,



Enjoying family days out at the beach

and I was so **afraid of what was** to come. The chemotherapy, exhaustion, hair loss and maybe even surgery.

Fighting it together

Brett was distraught, but I could see he was trying to stay strong. He dropped me at Mum's house and with a quavering voice I told her I'd been diagnosed with cancer. Her head tilted to the side as she opened her arms to pull me in for a hug.

'Debi, we will win,' she promised. And

she was right. We'd do it together.

I told the kids that, like their grandma, I was ill but the doctors were working hard to get me better. There were a few tears shed but positivity shone through.

I started chemotherapy that September to try and shrink the lump and it was horrendous. I suffered diarrhoea, severe headaches, nausea and fatigue, but following Mum's lead, I was determined to carry on and refused to let cancer put my life on hold.

Earlier in July, I'd got a place at Preston College to study a degree in Children and Young People Services, and I started a week after having chemo, going to classes once a week.

Mum's constant positive energy kept me going. She was by my side at routine appointments and, having been through it herself, was able to explain to me what was going on and what to expect. Mum stopped me wallowing, insisting on taking me hat shopping, joking about my 'bald head', and we found ourselves laughing through what was undoubtedly the hardest time of our lives.

Then, in October 2017, Mum was given the all-clear. I was so relieved for her, but my treatment wasn't going well. The next month I was told the tumour had actually grown and I needed a mastectomy. Devastated, I sat alone in a park near the hospital sobbing and thinking about the hair loss, bad skin, sickness and fatigue I'd endured. It felt like it was for nothing. While it had been awful, believing it was saving my breast had kept me going.

Coming out the other side

Again, Mum helped me stay level-headed. 'It'll be a struggle,' she said. 'But you will come to terms with it.'

In January 2018, I had the surgery, then 15 radiotherapy sessions. And when a bone scan came back clear in March 2018, I thought we'd both finally come out the other side. We'd won. At least, I thought we had.

A year to the day, in March 2019, doctors delivered the worst news. My cancer had spread and it was terminal. I clutched Brett's hand and we sobbed as the doctor went through our options.

I'm having weekly chemotherapy and radiotherapy as part of a trial-treatment. Now that Charlotte, 16, Josh, 14, and Matthew, seven, are that bit older, they have more understanding of cancer. They constantly worry but we're taking each day as it comes.

I don't know what the future holds, or how long it will be, but like always, Mum is with me every step and having her by my side makes things that little bit easier.



Sleeping beauty

These lily-print pyjamas are great for spring.

£10, sizes 4-20, **Primark**



Pucker up

Keep lips moisturised with Burt's Bees Trio of Lip Balms Gift Set.

£10, **M&S**



You've been framed

Add a photo of you and your mum to make her smile.

£5, **Sainsbury's Home**



Bowled over

Impress guests with this beautiful bowl.

£6.50, **Oliver Bonas**



Sweet dreams

Get gorgeous matching nightwear at a bargain price.

£10, sizes 4-20, **Primark**

TREAT yourself!

Shop till you drop with these amazing buys

**£10
& under!**



Pamper time

Lather up with Moringa Body Yogurt.

£9, **The Body Shop**

**Happy
Mother's
Day**



Pop the kettle on

A new coaster calls for a cuppa and a biscuit.

£8, **John Lewis & Partners**



Grow it yourself

Bloom your own flowers at home with nigella seeds.

£4, **Sainsbury's Home**



Flower power

The perfect vase for Mother's Day flowers.

£10, **George Home**



At home mani

Transform your nails with Gelly Nail Paint in Berry Sorbet.

£3.99, **Barry M**



Cute and cosy

Update your room for spring with a floral cushion.

£10, **Matalan**



Brew o'clock

Surprise Mum with a new mug this Mothering Sunday.
£10, Cath Kidston



Drink up

Fancy glassware – add your top tipple.
£4, Matalan



Burn baby burn

Run your mum a bath and light a bamboo jasmine candle.
£8.99, H&M Home



Arm candy

Add a pop of colour to an outfit with this yellow handbag.
£10, Primark



Scent-sational

Smell amazing with Orchid Eau De Parfum.
£9.99, Zara



Storage solution

Baskets are this season's must-have home accessory.
£10, Primark



Serve in style

This jug is perfect for dinner parties.
£8, Flying Tiger



Soft and silky

A fun printed scarf is an easy wardrobe update.
£6.99, H&M



Lacy lady

Pretty pastel underwear to make you feel fabulous.
£10, sizes 34D-40G, F&F



Put your face on

Hydrate your skin with a Coconut & Mimosa Face Mask.
£4.99, Boots



Plant a smile

A cute little plant pot will jazz up any room.
£7.50, Oliver Bonas



Handbag essential

This Sea Salt and Mint Hand Cream is great for on-the-go.
£8.50, Oliver Bonas



Brief encounter

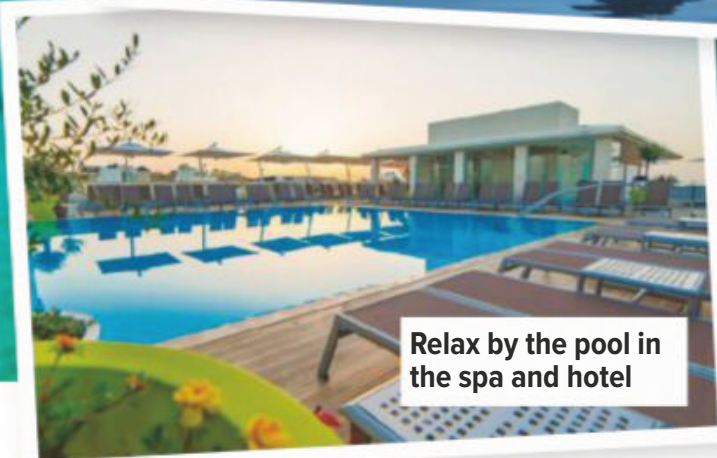
Get the luxe look for less with lacy lingerie.
£5, sizes 8-20, F&F

Soak up the sun in Malta

WIN a holiday to Malta



Take a stroll down to the harbour



Relax by the pool in the spa and hotel

Sun, sea and fresh air, thanks to Neutradol

Thanks to Neutradol, the fresh air specialist with a product for every smelly situation, you could win this four-star trip to Malta.

Situated in the middle of the Mediterranean Sea, Malta is famous for historical sites, unique buildings and basking in glorious sunshine, making it the perfect sun-drenched destination.

You will be staying in Mellieha at the Maritim Antonine Hotel & Spa. The spa gives an opportunity to completely relax in the sauna, hydrotherapy bath, jacuzzi or even the ice grotto. Fitness fans can enjoy the gym or why not pamper yourself, with a wide range of wellness and beauty treatments available. Make sure you take a dip in one of the hotel pools to refresh yourself before returning home.

At home, it can't always feel as refreshing as being on holiday in Malta. Unpleasant smells can linger and even professional cleaning may not shift the bacteria that cause them. Covering them up with a cosmetic air freshener that's full of unpleasant chemicals is not the answer. Hygienic and safe Neutradol destroys the molecules that cause bad

odours while other major brand air fresheners just cover them up with synthetic perfume.

You can now buy the new and improved Neutradol, which uses the latest science to eliminate the molecules that cause bad odours for your home, work or car. With its unique formula of more than 50 different ingredients, Neutradol keeps on destroying smells long after other air fresheners have

stopped working, and this is why it is the world's most effective air deodorizer.

Fresh air is available from Neutradol, with new packaging, in Original, Super Fresh and new fragrance Fresh Pink, all in Spray, Gel and Carpet Powder. There are also products for smelly dustbins and Deofab for fabrics.

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

How to enter

Just answer this question:

Q Cider is made from

- A) Pears**
- B) Grapes**
- C) Apples**

If you know the answer go to comps.womansownmagazine.co.uk.

This competition is open from 9am on 3 March 2020 and closes at 11.59pm on 3 April 2020

Terms and conditions: Standard Woman's Own terms and conditions apply, for details go to ti.media.com/standard competition terms/Entry implies acceptance to these rules. For website rules of play, go to comps.womansownmagazine.co.uk/rules The promoters are TI Media Limited & Neutradol (supplier of prize) ("Promoters"). In the event of a conflict between the terms and conditions in this promotional material and the Standard Woman's Own terms and conditions, the former shall prevail. The winner and their partner will receive round trip flights from major UK airports and 7 days accommodation at the Maritim Antonine Hotel on a room only basis. The holiday must be taken by 31st March 2021 and excludes bank holidays, Easter, August and the Christmas period and is subject to availability. Travel to UK airports or incidental expenses are not included. There is no cash or other alternative to the prize stated and the prize is not transferable, and no part or parts of the prize may be substituted for other benefits, items or additions. Prior to departure the winner must purchase comprehensive travel insurance either from the agent supplying the holiday or through their own source.





Dawn Harper

ASK THE DOCTOR

Doctor Dawn Harper answers all your medical questions...



See a doctor
about ear pain

His ear is leaking

Q My husband has been complaining of earache for a few days and this morning, when we woke, I noticed his pillow was stained and he had a mucky discharge from his ear. He says he no longer has any pain and I'm fussing, but should he see his GP?

A Yes, he should. The pain in his ear was probably due to a middle ear

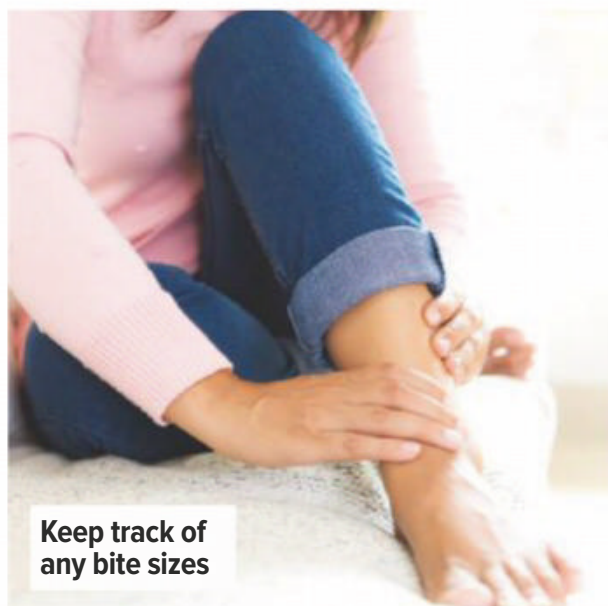
infection and it sounds as though he now has a perforated eardrum. The lack of pain is because the build-up of pressure has been relieved by the perforation, but the underlying infection may need treating. In the meantime, don't attempt to clear the ear with a cotton wool bud, and try not to get any water into the ear.

The mosquito bite that isn't healing

Q I got badly bitten by mosquitoes while on holiday in the Canaries last week. Most of them are healing reasonably well but one, on my left ankle, seems to be getting worse and the skin around it is red. I keep looking at it and am not sure whether it is spreading. Should I see my GP?

A Use a marker pen to draw around the red area and check it morning and evening to see if the redness is spreading. If it is, you should see your doctor who may need to give you

antibiotics. You should also see your GP if you develop flu-like symptoms, as this could indicate infection spreading into your bloodstream.



Keep track of
any bite sizes

Contact Dr Dawn

Send your questions to
drdawn@ti-media.com Follow her on
Twitter @DrDawnHarper or drdawn.com

Worried about my friend's cough

Q I recently shared a room with a good friend who has smoked since she was a teenager. I was horrified by her coughing every morning. She was very dismissive of my concern saying it's 'just a smoker's cough' and that she has had it for years. Should I insist she gets checked out?

A Coughing like this every morning in a lifelong smoker could be a sign of chronic obstructive pulmonary disease (COPD). Her doctor can arrange for her to have a spirometry test, where she will be asked to breathe into a machine. Sadly, if she has COPD, it cannot be reversed but her GP can prescribe inhalers to ease her breathing and could help her quit smoking, which will prevent further damage.



Tests are sent
every two years

Afraid TO ASK?

Checking for bowel cancer

Q There is a lot of bowel cancer on my husband's side of the family, so we have always taken his tests seriously. He turns 75 this summer. The nurse has told him that he will no longer be sent home test kits. Is that true?

A Anyone registered with an NHS GP will be called for a one-off screening test after the age of 55 and then will be sent a home test kit every two years between the ages of 60 and 74. Your husband can call the free bowel cancer screening helpline on 0800 707 6060 and ask to stay on the recall list.

PHOTOS (POSED BY MODELS): GETTY

Life as a dementia carer

Looking after a loved one? Here's how to get the help you need...

Just the idea of a close friend or family member being diagnosed with dementia can strike fear into many of us. Yet, that is the daily reality for the UK's 700,000 unpaid carers who are looking after loved ones. 'It's almost like a bereavement,' says psychiatrist Dr Arghya Sarkhel. 'You're losing your near and dear ones, and yet they are fully conscious and can talk, even if they don't make sense at times. Helplessness, sadness and anxiety are all common emotions to experience.' We asked the experts how to help make things a little bit easier...

Prioritise your wellbeing

'Taking regular time out, without apologising, will help to build your resilience,' says Kelly Feehan, service director at CABA. 'By establishing a routine, you can start to build new healthy habits, even if it is just 10 minutes, without questioning whether you should be doing something else. For example, try to enjoy a few pages of your book before bed, or even take a bath every Sunday. You can also turn everyday chores into "me time", such as watching an episode of your favourite series when washing up. Build these habits into your day or week.'

Meet our experts...



Dr Arghya Sarkhel is a lead psychiatrist at livingmind.co.uk



Kelly Feehan is a service director at CABA



Gavin Bashar is the UK managing director at Tunstall Healthcare



Dr Christine Valentine-Bunce is a general manager at Chelsea Court Place

Did you know?

The number of 'sandwich carers' – caregivers for ageing parents, but still with their own offspring reliant on them – is on the rise, with one in five Brits aged 50-64 years in some kind of caring role.

Tips for caring at home

- 1** Looking at old photographs can help those with dementia to initiate conversation and express their emotions.
- 2** Continue hobbies enjoyed before diagnosis, such as going for walks or singing.
- 3** Using Google Maps to look at an area where the person grew up can be a fulfilling activity.
- 4** Doors and handrails painted a distinctly different colour to the



walls can help to reduce hazards.

- 5** Avoid placing similar-coloured foods next to each other on the plate to make mealtimes more enjoyable.



Could technology help you?

While nothing can replace human contact, installing smart devices in the home may give a carer more peace of mind. 'Technology, such as cameras or wearable alarms, can help to relieve the pressure on carers, enabling them to care for longer,' says Gavin Bashar from Tunstall Healthcare. 'Telecare systems can help to manage events such as falls, fires in the home or people leaving home and being unable to find their way back.' Most local authorities offer a service, some free if you qualify, subsidised at £3-£5 per week, or more depending on the equipment you need. You can also use a private provider, such as indeme.co.uk, for £16.80 per week, plus set-up fee.

When to take the next step

Due to Alzheimer's being a progressive condition, many of us are caring at home for several years, with women 2.3 times more likely to do it for more than

five years. A time might come when caring at home is no longer viable. 'Don't act in a crisis,' urges Dr Valentine-Bunce, general manager at Chelsea Court Place. 'Moving a loved one into a care home is a very emotional and often

stressful event for all parties involved. Making the move in a time of crisis, such as poor health, is most commonly the worst time. Plan in advance as much as possible, visit care homes and assess your options.'

Did you know?

Every three minutes in the UK someone is diagnosed with dementia.**

The strain on finances

Research by Carers UK found that 60% of carers have used all their savings for caring, 23% have re-mortgaged or downsized their homes, and 53% have borrowed money. This is because, unless they have assets of less than £23,250, those with dementia have to self-fund their care. The amount needed is around £100,000, which would take 125 years to save for.** If you are looking after someone for 35 hours a week, you may be eligible for Carer's Allowance, which is £66.15 per week, although there are exclusions, including not earning above £123 a week

(after deductions). Find out more at carersuk.org

Don't wait to get help

'Your heavy load can sometimes be overwhelming, and even lead to isolation, at times,' says Kelly. So it's little surprise that Alzheimer's Research UK found 63.5% of caregivers say they have no or not enough support. But don't wait until things progress before seeking help. 'Don't be afraid to ask for help, even at the earlier stages,' says Dr Sarkhel. 'Getting someone into various clubs or day centres can make a huge difference to the week.'

Risks

Caregiving has been linked to a higher risk of stroke.*

Support networks

- Dementia UK's Admiral Nurse Dementia Helpline. 0800 888 6678, helpline@dementiauk.org.
- The Royal British Legion – If you are caring for someone who is ex-serving personnel, they may be entitled to help through the charity. www.britishlegion.org.uk.
- The Alzheimer's Society is a great source of information and advice for carers. Head to alzheimers.org.uk.



Anita Naik

A PROBLEM SHARED

Mum-of-two Anita Naik has been an agony aunt for 25 years

I can't let go of the past

Q I was married for 15 years, only to find out my husband was having an affair with my best friend. He left me for her, then took me to court for the house, which has taken years to resolve. It's been a long road, and I have moved away with my daughter. Yet, rather than feeling relieved, I can't let go of the past. I hate myself and feel bitter. Will I ever be over this?

Name and address withheld.

A Don't underestimate the aftershocks of the past few years. You have lost your marriage, your house and your security. All of this is bound to have repercussions, now that you have time to think. What you need is support. See your GP (or visit bacp.co.uk/search/therapists) for a referral to a counsellor who can help you come to terms with how you feel and how you can move on.

3 ways to... feel stronger

1 RECHARGE YOUR BATTERIES

Schedule 10 minutes every day for a little bit of solitude. It will help you to gain clarity and help you to feel stronger about what you are doing and why.

2 HAVE A KINDER INNER DIALOGUE

The conversations you have with yourself affect the way you behave and how you feel. Being kind to yourself will make you feel stronger.

3 DOWNLOAD MINDFULNESS

DAILY This app helps you to build inner strength through your busy day. Just fire up the app and enjoy some short mindful lessons.



Taking a few minutes for mindfulness can help you to focus

If you feel scared, tell your manager and the police

I flirted, now he won't let it go

Q A few months back, I flirted with a married colleague, and we kissed. That was it, and the next day I was honest and said it was a big mistake, but he won't let it go. He keeps asking me for sex by text and has tried to grab me on two occasions, once even turning up at my house. I am beginning to feel afraid. I know it's my fault, but what should I do?

Hannah, 39, Brighton

A None of this is your fault. You made a bad judgement call and have been very clear. This man is harassing you. As you feel afraid, you need to take it further. Please take it to your manager, being clear about all that has happened. They need to take action. You can also report him to the police, and they can take action to stop him appearing at your house and sending explicit texts.

After 32 years, I want to leave him

Q I have been married for 32 years, and I want a divorce. My husband is not a nice man. He constantly shames me over my weight and my appearance, and says if I leave then no one will have me. He may be right, but I still want a divorce. Am I being foolish?

Anon, 58, via email

A Divorce is a scary undertaking, but then so is putting up with a marriage to someone who is abusive and belittles

and shames you. At 58, you still have all the time in the world to create a happier and more fulfilling life for yourself without this man.

65% of divorces are initiated by women*.

Contact Anita

Send your questions to askanita@ti-media.com, follow her on Twitter [@AnitaNaik](https://twitter.com/AnitaNaik), or go to anitanaik.com.

GOOD FOR YOU!

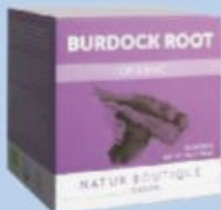
Helping you make smart health choices

Health Live well

Have you heard about?

Tea for your knees

Feeling stiff? Research in Iran found burdock root could help reduce inflammation for those with osteoarthritis in their knees. Try **Organic Burdock Root Tea** (£3.99, naturboutique.co.uk).



New cure for heart health

Heart attack patients may benefit from a new anti-clotting medication, which can be given as a single injection. 'It can markedly reduce the risk of stent blockage and further heart attack,' says professor Rob Storey. Watch this space!

Brits fear the colour purple

Despite eating a rainbow of foods being great for health, one in five Brits are wary of purple varieties, such as aubergine, found a study by Birds Eye.

Brits are wary of aubergines



11%

of women don't want to talk about their vagina with a healthcare professional.*

WORDS: FAYE M SMITH. PHOTOS: GETTY. *BETA FEM AND YOUNG. IF YOU HAVE CONCERNS ABOUT YOUR HEALTH, SEE YOUR GP



Take care of your locks

How to...

reduce your chances of dandruff

Leading trichologist **Stephanie Sey** shares her advice

1 Wash your hair twice a week

'Don't have dandruff at the moment? Wash your hair a minimum of once a week. If you have dandruff or seborrhoeic dermatitis, wash it two to three times a week with a treatment

product to keep it under control.'

Try **Nizoral Dandruff Shampoo** (£9.29, Boots).

2 Get a regular snip

'Make sure the ends of your hair are well taken care of, as not tackling split ends means damage will travel up the hair shaft causing more issues.'

3 Try to stay calm

'Although stress itself isn't a direct cause of dandruff, it can worsen an existing problem as it weakens the body's defence system. A long bath or exercise, such as a walk, might help.'

Over 11m people in the UK have dandruff.

It worked for me



Linda Holman-Evans, 60, from Cornwall

'I've recently used **Frador Mouth Ulcer Tincture** (£4.99, weldricks.co.uk). The first time, I had

developed an ulcer after eating hot soup. Then I used it again when I was so nervous before surgery that the inside of my mouth was covered in ulcers. I'll be honest, it stung at first, but after a couple of applications it worked.'



Buy of the week

Want to get active, but don't fancy spending on equipment or gadgets? Especially designed for over 60s, **The Mobility Cards** (£14.99, themobilitycards.co.uk) describe a variety of easy exercises that focus on improving balance and coordination.



Get back into your jeans **FAST!**

Beat the bloat and get that zip done up with this meal and exercise plan from celebrity trainer Laura Williams

We've all been there – grabbing our favourite jeans only to find that they're just a bit too snug. But fear not, with this easy-to-follow plan, you'll be doing them up in no time. Try these tasty mix-and-match recipes alongside endorphin-boosting exercises to get your tummy back in shape within a week.

What to do

- 1** Follow the plan for two weeks.
- 2** Make sure you drink plenty of water and green or herbal tea. Mix and match the meals if you feel like it.
- 3** It's essential that you do the workout four times a week, to tone up as well as to burn more fat.

MONDAY

● Breakfast

Detox Fruit Salad: pear, orange, ½ grapefruit, 2 handfuls blueberries, 1 slice melon and 2 figs.

● **Lunch** Sliced hard-boiled egg with olives, tomato, cucumber and lettuce in wholemeal pitta.

● **Dinner** Veg curry: 1 carrot, 1 leek, ½ aubergine, ½ courgette in spicy tomato sauce (tinned toms, chilli powder, fried garlic, onion and red pepper; simmer for 25 mins). Serve with brown rice.

● **Snack** ½ avocado with 1tsp each olive oil and balsamic vinegar.



THURSDAY

● **Breakfast** 2 Weetabix with ½ sliced banana and skimmed milk.

● **Lunch** Frittata: ½ sliced red pepper and 1 rasher rindless bacon fried in spray oil. Mix with 1 egg, grated reduced-fat cheese and 30ml skimmed milk. Bake at 170C, Gas 3 for 25 mins.

● **Dinner** Foil-baked salmon fillet sprinkled with lemon juice. Serve with mixed veg.

● **Snack** Sugar-free jelly pot.



SUNDAY

● **Breakfast** 2 poached eggs served on a slice of wholemeal toast.

● **Lunch** Small roasted chicken breast with 1 very small roast potato roasted in spray oil, steamed carrots and 2tbsp of cooked peas.

● **Dinner** 2 slices of wholemeal toast topped with 4tbsp baked beans.

● **Snack** Handful of nuts and seeds.

TUESDAY

● **Breakfast** 1 pink grapefruit, ½ melon with low-fat fromage frais.

● **Lunch** 2 poached eggs, wilted spinach on slice of wholegrain toast.

● **Dinner** Chicken and Cashew Stir-fry: fry small skinless chicken breast with yellow pepper, 15g cashews, ginger, garlic, 40g broccoli in olive oil. Add soy sauce to taste.

● **Snack** Small bag popcorn.



FRIDAY

● **Breakfast** Smoothie: Small pot low-fat yogurt, 50ml skimmed milk, ½ banana, handful of berries and ice.

● **Lunch** Tuna Nicoise Salad: 100g tuna in brine, one sliced boiled egg, 1tbsp lentils, lettuce, cucumber, onion and tomato. Two rice cakes.

● **Dinner** Fajitas: 1 sliced, grilled chicken breast, ½ avocado and ½ sliced red pepper with 1tsp reduced-fat sour cream and squeeze of lime, in a small tortilla.

● **Snack** Small pot natural yogurt with honey and berries.



WEDNESDAY

● **Breakfast** 40g porridge made with skimmed milk, cinnamon and handful of blueberries.

● Lunch

Tricolore Salad: 1 small avocado, 1 tomato, 40g reduced-fat mozzarella. Drizzle with olive oil. Serve with a wholegrain roll.

● **Dinner** Seared tuna steak with steamed veg, egg mangetout, carrots.

● **Snack** 2 oatcakes with 1tsp cottage cheese.



SATURDAY

● **Breakfast** Bagel with cream cheese.

● **Lunch** Greek Salad: Cucumber, tomato, peppers, ½ cup chickpeas, olives, tossed with 2tbsp red-wine vinegar, 1½tbsp olive oil. Sprinkle with 2tbsp crumbled feta.

● **Dinner** Lemon Cod: Squeeze fish with lemon juice, wrap in foil with 2 sliced spring onions and 1tsp oil. Cook for 20 mins. Serve with green beans and rice.

● **Snack** 150-calorie cereal bar such as Nature Valley Sweet and Nutty Bars.



THE 5-MINUTE WORKOUT

Complete four times a week

● **Skipping lunge** Start in a lunge position, right leg forward (both knees at 90 degree angles) arms bent at your sides. Jump up, bending left knee in front, extending right leg straight to bring you back into lunge position. Do 20 reps on each leg.

● **Sliding plank with bottom lift** Begin in the plank position, feet together, hands clasped, abs tight. Shift your weight forward onto your toes and lower your chest to the floor. Push up from floor, shifting your weight back as your left leg extends up and back behind hip. Lower leg and repeat on opposite side. Do 20 reps.

● **Toe-touch abs** Lie face up with arms and legs in a 'V' shape. Crunch up as you

raise legs 45 degrees off the floor, lifting right leg as you reach left arm towards it. Repeat on other side. Do 20 reps.

● **No-jump burpees** Stand tall with feet hip-width apart, arms extended overhead. Push hips back and bend knees to lower into a squat. Place hands on floor and quickly walk feet back into a plank position then lower into a push-up. Push back up, walk feet back into squat, and return to standing, reaching arms overhead. Repeat for 1 min.

● **Toe-touch jumping jacks** From a standing position, bend knees and squat down touching your toes. Quickly jump up and open arms and legs before jumping feet together and landing back down in your toe-touch squat. Repeat for 1 minute.



Get
a glow



Store cupboard beauty

Supercharge your skin and hair with products that harness the natural goodness of items often found in your kitchen!



Milky goodness

Skin in need of some tender loving care? Look for milky formulations that gently nurture your complexion. Almond milk, in particular, is excellent at caring for sensitive skin, as it soothes redness and irritations, and can even help sunburnt skin to heal quicker.

TRY Erborian Milk & Peel Balm, £26, a gentle cleanser that removes all signs of make-up and leaves skin feeling smooth. And, for a quick fix, Garnier Nutri Bomb Milky Tissue Mask, £2.99, is a milky-based mask, great for re-plumping your complexion.

It's no yolk for large pores

Egg whites are the ingredient you need. Yep, that clear runny goo has more power than you'd think. Thanks to albumin, which is a simple form of protein, egg whites can help to tighten pores and remove excess oil.

TRY applying Too Cool For School Egg Cream Pore Tightening Mask, £6.50, to help to diminish the appearance of enlarged pores.

Spoon it on

Providing an enriching experience for skin, yogurt also contains lactic acid, which can dissolve dead skin cells and help to tighten pores. And, when used on your hair, its protein can help to strength the shaft.

TRY Aveeno Daily Moisturising Yogurt Body Wash, £6.99, to leave your body feeling pampered. Shea Moisture Manuka Honey & Yogurt Shampoo, £10.99 is full of goodness.

Soothing spice

Well known for its healing powers, naturally calming turmeric was made for acne-prone skin. Its inflammatory properties can bring down the appearance of angry pimples in a matter of hours. No spots, but your complexion is feeling raw

from the icy weather? You too can benefit from turmeric, as it also works to repair sensitive skin.

TRY Neutrogena Clear & Soothe Moisturiser with Turmeric, £5.99, to hydrate skin and calm breakouts. Or The Inkey List Turmeric Cream Moisturiser, £7.99, which provides relief to dry or irritated complexions.

Pulp plumping

Not just for drinking, the antioxidants found in celery juice can be used to benefit our face, too. Giving our complexions a hit of hydration, the long green sticks also have anti-inflammatory properties that can help to soothe your skin and reduce inflammation.

TRY Starskin Orglamic Celery Juice Healthy Hybrid Cleansing Balm, £27, a silky cleanser that soaks up make-up and leaves your face looking refreshed.

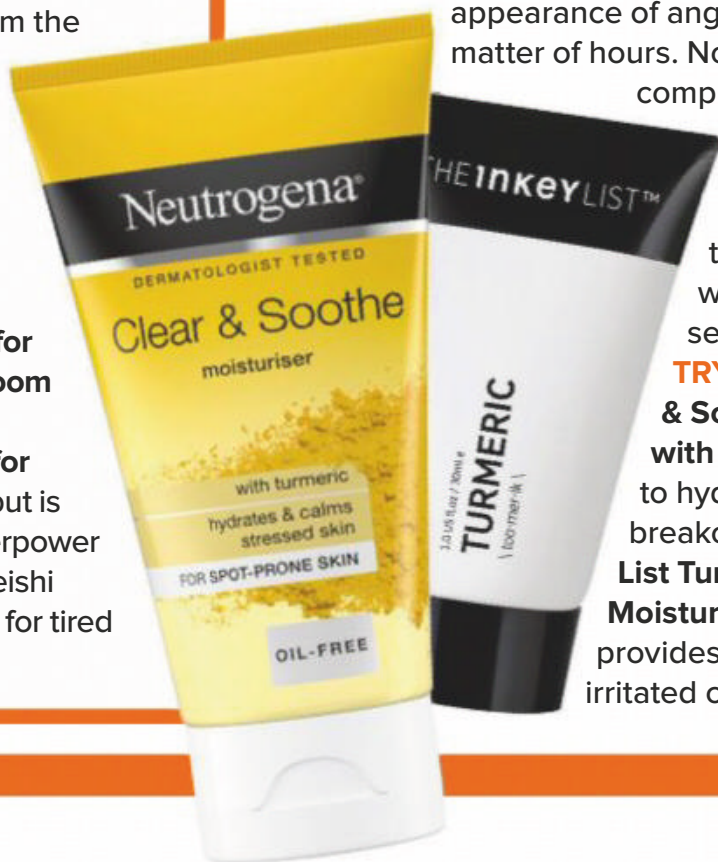


Dream creams

Mighty mushrooms

Who knew mushrooms could be so powerful? Not only do they contain anti-irritant properties, which can help to calm the appearance of aggravated skin, they are also packed with nutrients that can protect you against pollution and free radicals.

TRY Dr Andrew Weil for Origins Mega-Mushroom Relief & Resilience Soothing Gel Cream for Eyes, £40. It's pricey but is jam-packed with superpower ingredients, such as reishi mushroom – a winner for tired and puffy eyes.



DIY: Skin clearing mask

Escapada co-founder and traditional Chinese medical practitioner Emilia Herting shares her favourite mask for calming spot-prone complexions.

- Mix one tablespoon of raw honey (which has natural antibacterial properties), with one tablespoon of skin-soothing turmeric powder.
- Add a few drops of lemon juice, which is rich in skin-brightening vitamin C. Combine the ingredients, blending them into a thick paste.
- Once the consistency mimics a face scrub, apply to the skin with your fingers or a clean make-up brush, and focus on your T-zone and areas prone to breakouts. Leave on for 10-15 minutes. Rinse off with warm water.
- Try using this once every fortnight.

Could working out together **save your relationship?**

Exercising regularly together helped these two couples

No one says marriage is easy, with kids and careers often taking priority over relationships. Comic Frank Skinner has been with partner Cath Mason for 18 years and

reckons they are only together now thanks to walking holidays. Their seven-year-old son, Buzz, stays with Cath's sister while the couple enjoy two-day treks across England. Cath, 50, and the 62-year-old funnyman had tried

couples' counselling but Frank said their walks 'did the job even better'. And they aren't the only ones who took up exercising to help their relationship. Here, two couples explain how they saved their marriages.

'We dance out the tension'

Gemma Keogh, 32, runs a building-maintenance firm with husband Stephen, 30. They live in Heywood, Greater Manchester, and have three children: Brianna, eight, Kenneth, five, and three-year-old Kayden.

I met Stephen 12 years ago at a friend's house party. Instantly, I knew he was The One. We moved in together just two months later.

We had our daughter Brianna in 2011 and married in July 2013. Shortly after tying the knot, we decided we wanted to work for

ourselves and set up our company.

Kenneth was born in November 2014 and Kayden in December 2016. But as our family grew, so did our business, and the pressure skyrocketed. Stephen was working 24/7. When I wasn't looking after the kids, I was doing office admin and liaising with clients. We never had time to talk, and started arguing. Working together, living together and parenting together took its toll. We didn't have time for each other. The smallest thing would cause a row. Something had to change.

We've always loved music, and in January 2017, I suggested we do some hip-hop dance lessons together. I felt we needed to reconnect and do something that didn't involve the business or school. Stephen was thrilled and we

realised it was the first time we'd stopped and focused on each other for five years.

Hip-hop is fast-paced and it was great exercise. If we got a dance right, we'd hug to celebrate. We became more loving at home and things in the bedroom were better, too.

'We realised why we fell in love'

It gave our marriage a new spark. Whenever we felt a row coming, we put

on Jay-Z and we'd dance out the tension. It made us realise why we fell in love. We now argue less, talk more and work better as a team.

'We had no time to squabble'

STEPHEN SAYS:

Doing hip-hop made us realise how well we worked as a pair. We had to concentrate on the steps and we focused only on that. We didn't have time to squabble. We now plan to take part in competitions together.





Maria and Jamie turned to boxing after fertility issues

'Boxing saved our marriage AND gave us a daughter'

Maria Parker-Harris, 32, is a project manager. She lives in Brighton with her husband, Jamie, 36, who is a software developer, and their daughter, Lily-Hope.

Jamie and I married in 2016 after meeting online. Soon after, we started trying for a baby – but as each month passed, and the pregnancy tests were negative, I became more and more anxious. After 12 months of trying to conceive, medical tests showed that I was not ovulating.

It made me feel inadequate as a woman and I was terrified we'd never have a baby. I felt I'd let Jamie down. We started arguing, though he would tell me to stay calm and be positive. I'd snap at him because I felt he didn't understand what it was like to be the one with the fertility issues.

We were stuck on a treadmill seeing experts, counsellors and doctors. The stress of infertility pushed Jamie and me to the brink. It was Jamie who suggested we take up boxing together. He'd been an amateur boxer before we married and told me that whenever he'd felt out of control, angry or upset in the past, boxing had 'centred' him. Feeling desperate, I decided it was worth a go.

Jamie taught me some basics using a punchbag we installed in the garage and then we went to classes together. For the first time in 18 months, I had

'Instead of arguing, we boxed'

something to focus on other than getting pregnant. I felt less stressed – and the fitter I got, the more positive I felt. Whenever I felt down or got snappy, Jamie would hold the boxing bag so I could practise my punches.

Instead of arguing, we boxed. It got rid of all my negative feelings. For Jamie, who had felt helpless, he felt he was able to show me that boxing could have a positive effect. Soon, we were going to matches and watching it on television. The shared love for it got us fitter and brought us closer.

Feeling stronger and more positive, in November 2017 tests revealed I was pregnant, and our daughter Lily-Hope was

born in July 2018. Not only did boxing save our marriage but I believe it gave us our daughter, too.

'It got rid of our frustrations'

JAMIE SAYS: I felt frustrated when I couldn't do more to help Maria. She was so stressed and upset and blamed herself. Boxing had helped me, so I hoped it could help her, too. It got rid of our tensions and frustrations and made us more relaxed, and that was so important.



Hearty, savvy suppers

Created by our Test Kitchen experts, these recipes use tins you can find in your store cupboard

TEST KITCHEN UK

TIP

You can use cannellini beans, instead of haricot, in this dish.

Posh beans on toast

Serves 4

Who can say no to breakfast for dinner when it looks this good?

You will need

- * 500ml passata
- * 30g dark muscovado sugar
- * 1tbsp balsamic vinegar
- * 2tsp chipotle paste
- * ½tsp ground mixed spice
- * 800g tinned haricot beans, drained

- * 60g butter, at room temperature
- * ½tbsp finely chopped coriander
- * 1 garlic clove, crushed
- * 75g chorizo, thinly sliced
- * 4 eggs
- * 4 slices of wholemeal bread

How to do it

- 1 Preheat the oven to 190C/ Gas 5. Put the passata, sugar, vinegar, chipotle paste

and spice into a pan and season. Bring to the boil, then simmer for 5mins, stirring. Add the beans and return to the boil. Pour into a 1ltr ovenproof dish and bake for 30-40mins until the liquid has reduced.

- 2 Meanwhile, mix the butter with the coriander and garlic. During the last 10 mins of the beans' cooking time, fry the chorizo until crispy and eggs for 3-4 mins, then toast the bread.

- 3 Spread the butter onto the toast, then top each slice with a large spoonful of beans, some crispy chorizo slices and a fried egg.

PREP TIME: 15 MINS
COOK TIME: 40 MINS
SKILL LEVEL: EASY
CALS: 568
FAT: 26G
SAT FAT: 12G
CARBS: 50G

Warm roast carrot and chickpea salad

Serves 4

Not only is this tasty salad vegan, it's also gluten-free!

You will need

- * 500g baby carrots, scrubbed, tops trimmed
- * 2tbsp olive oil
- * 1½ tsp dried chilli flakes, to taste
- * 1½tsp cumin seeds
- * 1tsp hot smoked paprika
- * 1tbsp honey
- * 100g young spinach leaves
- * 2 cans chickpeas, drained

For the dressing:

- * 2tbsp light tahini
- * 1 garlic clove, crushed
- * 1tsp honey
- * 2tbsp extra virgin olive oil
- * squeeze of lemon juice

How to do it

1 Heat the oven to fan 180C/ Gas 6. Toss the carrots with the olive oil, chilli flakes, cumin, half the paprika and season. Spread them out in a tin and

roast for 25 mins. Add the honey, stir to coat and cook for 10 mins more, until caramelised. Allow to cool slightly and divide between four plates with the spinach leaves and chickpeas. Sprinkle with the remaining paprika.

2 To make the dressing, stir the tahini before measuring. Whisk all the ingredients together with 4tbsp cool water and season to taste. Thin with a little more water if it seems too thick; it should have the consistency of double cream. Drizzle over the salad and serve.

PREP TIME: 10 MINS
COOK TIME: 35 MINS
SKILL LEVEL: EASY
CALS: 377
FAT: 20G
SAT FAT: 3G
CARBS: 31G

TIP

Try adding toasted hazelnuts or croutons for some crunch.



Moroccan red lentil and lamb stew

Serves 4

Lentils are really good for you and help boost iron intake

You will need

- * 2tbsp olive oil
- * 350g lamb neck fillet, cut into 2½cm cubes
- * 1 onion, peeled and sliced
- * 1 garlic clove, peeled and chopped
- * 1tsp each paprika, turmeric and cumin
- * ¼tsp each cinnamon and ground ginger
- * 1tbsp tomato puree
- * 3 medium potatoes, peeled and cut into 2½cm cubes
- * 125g red lentils
- * 400g chopped tomatoes
- * 450ml hot vegetable stock
- * 1tsp runny honey
- * Handful fresh coriander leaves, to serve

How to do it

1 Heat the oil in a large, flameproof casserole dish,

add the lamb and cook for a few mins until browned all over.

2 Add the onion and garlic to the pan and cook for 5 mins until softened. Stir in the spices and tomato puree and cook for 1 min.

3 Add the potatoes, lentils, tomatoes, hot stock and honey. Season with 1tsp salt and bring to the boil.

4 Heat the oven to 170C/ Gas 3. Cover the casserole with a lid and cook for 45 mins to 1 hour, until the lamb is very tender. Serve, sprinkled with coriander leaves.

PREP TIME: 20 MINS
COOK TIME: 1 HR 10 MINS
SKILL LEVEL: EASY
CALS: 491
FAT: 19G
SAT FAT: 6G
CARBS: 55G

TIP

Lamb neck fillets are full of flavour and are good used in dishes that require both fast and slow cooking, as here. To save time, you can cook this stew in a pressure cooker for 20 mins.



Tiny Miracles™ Celebration of Life Emmy

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Linda Webb

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This alert little girl snuggles comfortably right in the palm of your hand...and looks *so real*. But she's actually just 10 inches long! Introducing *Tiny Miracle™ Celebration of Life Emmy*, a So Truly Real® baby doll in a unique and appealing 10-inch size, by Master Doll Artist Linda Webb.

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Celebration of Life Emmy arrives in a classic baby outfit, a pink footed sleeper paired with a white baby sweater that's trimmed with petite ribbon roses. She has her own tiny pink pacifier, too!

Linda Webb's one-of-a-kind baby dolls sell for thousands of pounds each, with a years-long waiting list. But *Tiny Miracle™ Celebration of Life Emmy* can be yours now, payable in three easy instalments of £23.33 – that's just £69.99* (plus £9.99 s&s)*. Our 365-Day Guarantee assures your complete satisfaction. To reserve yours pay nothing now, just complete and return your Priority Order Form today.

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Woman's Own SURVEY

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 runner-up prizes of £25 as a thank you.

You can also take part online by going to womansown.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	☐	☐	☐	☐
Woman & Home	☐	☐	☐	☐
Woman's Weekly	☐	☐	☐	☐

3 How often do you buy Woman's Own?

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's Own?

I always buy Woman's Own	☐ 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 – Alison Hammond	☐ 5
- Christine McGuinness	☐ 6
- Win a holiday to Malta	☐ 7
- The clear skin secret	☐ 8
- A surprising hobby gave us a baby	☐ 9
- Get back into your jeans, fast!	☐ 0
- Save money on cleaning	☐ a

5 How long have you been buying Woman's Own?

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's Own?

	Regularly 1	Occasionally 2	Heard of, not bought 3	Not heard of 4
Diet	☐	☐	☐	☐
Health & Beauty	☐	☐	☐	☐
Look Younger	☐	☐	☐	☐

B. WOMAN'S OWN MAGAZINE

7 Would you describe Woman's Own 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's Own 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 the following subjects to your enjoyment of Woman's Own?

	Very important 1	Quite important 2	Not important 3
Beauty	☐	☐	☐
Books	☐	☐	☐
Celebrity	☐	☐	☐
Columnists (eg Dawn Neeson)	☐	☐	☐
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 & Well-being	☐	☐	☐	☐
Home	☐	☐	☐	☐
Real life	☐	☐	☐	☐
Travel	☐	☐	☐	☐

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12 How long do you usually spend reading your copy of Woman's Own?

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

13 At £1.30, what do you think of Woman's Own in terms of value for money?

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

14 How much do you agree or disagree with the following statements about Woman's Own?

	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's Own and Woman 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	☐	☐	☐	☐

15 How much do you agree or disagree with these statements about the fashion and beauty in Woman's Own?

	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	☐	☐	☐	☐

16 Listed below, in order, are all the items in this issue of *Woman's Own*. 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 We're loving	☐	☐	☐	☐	☐
p4-5 Richard Arnold's week in showbiz	☐	☐	☐	☐	☐
p6-7 Alison Hammond: 'I'm too much for most men'	☐	☐	☐	☐	☐
p8-9 Linda's holiday hotspots	☐	☐	☐	☐	☐
p10-11 Who wore it best?	☐	☐	☐	☐	☐
p12-13 Brothers against all odds	☐	☐	☐	☐	☐
p14-15 One stop shop	☐	☐	☐	☐	☐
p17 Dawn Neeson: Mind of my own	☐	☐	☐	☐	☐
p18-19 The fight of our lives	☐	☐	☐	☐	☐
p20-21 Treat yourself	☐	☐	☐	☐	☐
p22 Win a holiday to Malta	☐	☐	☐	☐	☐
p23 Ask the doctor	☐	☐	☐	☐	☐
p24-25 Life as a dementia carer	☐	☐	☐	☐	☐
p26 A problem shared	☐	☐	☐	☐	☐
p27 Good for you!	☐	☐	☐	☐	☐
p28-29 Get back into your jeans, fast	☐	☐	☐	☐	☐
p30-31 Store cupboard beauty	☐	☐	☐	☐	☐
p32-33 Could working out together save your relationship?	☐	☐	☐	☐	☐
p34-35 Hearty, savvy, suppers	☐	☐	☐	☐	☐
p39 Supermarket savers	☐	☐	☐	☐	☐
p40-41 The mystery of flight MH370	☐	☐	☐	☐	☐
p42-43 Money matters	☐	☐	☐	☐	☐
p44-45 Seven things to do in Las Vegas	☐	☐	☐	☐	☐
p46-47 Bingo	☐	☐	☐	☐	☐
p50-51 On the box	☐	☐	☐	☐	☐
p52 Hot list	☐	☐	☐	☐	☐
p53 Ask yourself	☐	☐	☐	☐	☐
p54-55 Puzzles	☐	☐	☐	☐	☐
p56-57 Christine McGuinness: 'It's hard when people stare at my children'	☐	☐	☐	☐	☐
p58 Debate	☐	☐	☐	☐	☐

17 Have you noticed any changes to *Woman's Own* 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?

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

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's Own*?

	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's Own*?

	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's Own*?

	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:

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Please place your completed questionnaire in an envelope, affix the correct postage and return to us by 22 March to: *Woman's Own* Reader Survey, Box 113, 20 Winchcombe Street, Cheltenham, GL52 2LY. *Woman's Own* or its publisher TI Media will never call or email you personally to ask you to participate in a survey without your prior consent. Should you be unsure whether a survey is genuine, contact Business Support on 020 3148 5573 before taking part. If you wish to be entered into our free prize draw, please fill in your name, email address (or your phone number) 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.



SUPERMARKET SAVERS

All the best deals for you this week

Best Buys

BUY IT
Cook it

M&S Hot Cross Buns 4-pack

WHITE CHOCOLATE & VANILLA
HOT CROSS BUN PUDDING

Serves 8

You will need

- * 50g butter, softened
- * 6 hot cross buns, split
- * 4 large eggs
- * 300ml milk
- * 2tsp vanilla extract
- * ½tsp ground mixed spice
- * 300ml carton double cream
- * 125g white chocolate, chopped
- * Grated zest of 1 orange, plus a few strips of zest
- * 175g golden caster sugar, plus extra for sprinkling

How to do it

- 1 Butter the hot cross buns and put the bases into a 2ltr ovenproof dish. Sprinkle over half the chocolate, zest and spice.
- 2 Cover with the tops and scatter over the rest of the chocolate, zest, spice and the orange strips.

3 Using a fork, beat together the cream, milk, vanilla, eggs and sugar. Pour over the buns, pressing them down. Soak for 15 mins.

4 Heat the oven to 180C/Gas 4. Stand the dish in a roasting tin and pour in boiling water until it reaches halfway up the side of the dish. Bake for 20 mins, then cover with foil and bake for 25 mins more. Serve warm, dusted with sugar.

WAS £1.50
NOW 2 for £2.50



WAS £13
NOW £5

A GREAT NIGHT IN 2 PIZZAS + 4 BEERS (COSTCUTTER)

Forget the takeaway and pick up this amazing deal of two Co-op pizzas and four bottles of Moretti beer instead. With a choice of cheesy Margherita or spicy Double Pepperoni pizzas there's something for all tastes.

Bargain BOOZE

Barefoot wine cans
250ml (Tesco)

Ideal if you don't want to open a whole bottle and great for parties, too. Choose from a Pinot Grigio white or White Zinfandel rosé, both from California, fruity and very easy to drink.

Was £2.50
Now 4 for 3



WEEKEND TREAT CHARLIE BIGHAM'S PROPER PUDS (WAITROSE)

The diet is definitely worth ditching for a taste of these ready-to-bake comfort pud. The Sticky Toffee Pudding is heaven on a plate but there's four others in the range that hit the sweet spot nicely, too.

WAS £5.50
NOW £3.66



3 of the best... basket buys



FRUIT BOOST

Gregory's Tree Organic Strawberry Fruit Twist 5x18g (Morrisons)

WAS £2.80
NOW £1.40



VEGAN DELIGHT

Glebe Farm PureOaty Oat Drink (Holland & Barrett)

WAS £1.99
NOW 2 for £3



CHOC AWAY

Fairtrade Irresistible 57% Dark Chocolate with Mango & Passion Fruit (Co-op)

WAS £1.60
NOW £1.20

PERFECT PIES HIGGIDY PIES (WAITROSE)

It's British Pie Week, so why not celebrate with a Higgidy pie. There are plenty of flavours, including Steak & Red Wine and vegan Aubergine & Spinach Masala.

WAS £3.90
NOW 2 for £6



The mystery of flight MH370

This week marks six years since 239 people disappeared on a journey to Beijing

When Malaysia Airlines flight MH370 vanished on 8 March 2014, it was like something you'd see in a Hollywood film. The plane left Kuala Lumpur for Beijing and simply never arrived. The 239 crew and passengers haven't been seen or heard from since, baffling experts and shocking the world.

Six years on, the incident remains one of aviation's greatest mysteries. But as loved ones grieve, and authorities try to work out what happened, there are more questions than answers. Did it crash? If so, why? Could anyone have survived? How can a passenger jet take off and disappear into the night? *Woman's Own* investigates...

'Good night. Malaysian three seven zero'

Holidaymakers, backpackers, businessmen and women and workers piled onto Flight MH370 late one evening in March 2014 for the six-hour flight from Kuala Lumpur to Beijing. Among them were a group of Chinese calligraphers, a martial arts expert, an engineer, a couple returning from their honeymoon and a construction worker who hadn't been home in a year.

Aged from 24-months to pensioners in their 70s, from 14 different countries and all walks of life, those on board represented a mix of people, but one thing they all had in common was that none were ever going to arrive home.

They would never be seen again, dead or alive, and their fate remains a mystery.

Disappearing act

'There simply has never been another mystery like this,' said Jeff Wise, aviation expert and author of *The Taking of MH370*. 'Over 200 people simply vanished, and six years later, no one can say with any certainty what happened.'

Just 40 minutes into the flight, around 1am, as the air hostesses would've been serving food and drinks, the plane's

'None were ever going to arrive home'

transponder was turned off and it disappeared from civilian flight tracking.

Using military radar, the plane was tracked as it diverted from its north-east route to Beijing and instead flew south west, before turning again heading north west towards India. Only, as it flew close to Phuket in Thailand, the radar cut out.

Malaysian authorities later revealed the last words from the plane were to air traffic control: 'Good night. Malaysian three seven zero.'

At 7.24am the following morning, Malaysia Airlines issued a statement to say Flight MH370 was missing and a huge rescue mission was underway. The Malaysian government mobilised its aviation department, air force, navy and Maritime Enforcement Agency and within two days, with the support of the international community, 34 aircraft and 40 ships had set out to find the missing plane.

Search begins

While some believed that the plane continued to mainland Asia, others claimed it turned yet

'They would never be seen again'

MH370 CONSPIRACY

● Russian involvement?

Some people have claimed that Russia was involved in the hijacking of MH370 in an attempt to try to hurt the West.

● Hijacked?

Whether terrorists acting alone or as part of a wider political plot, rumours were rife that the plane could have been taken deliberately.

again and flew toward Australia. Satellite 'pings' from the aircraft suggest it continued flying for around seven hours after its fuel would've expected to run out.

Months went by with no leads, until, more than a year later, in July 2015, part of the wing of a Boeing 777 was discovered on the coast of Réunion Island in the Indian Ocean. The following day, a damaged suitcase was found. Later, a Chinese water bottle and an Indonesian cleaning

More than
46,000
sq miles of the Indian
Ocean has been
searched, costing
hundreds of millions
of pounds.



Planned search area
(19 March 2014)



MH370 was a Boeing
777, similar to this one

Did sad, lonely pilot deliberately crash MH370 into the sea?

THEORIES

● Captain Zaharie Ahmad Shah

Then Australian Prime Minister, Malcolm Turnbull, said it was 'very likely the captain planned this' to 'create the world's greatest mystery'. Others believe a 'troubled and lonely' Captain Shah deliberately soared to 40,000ft so his jet would de-pressurise and passengers suffocate before he crashed into the ocean.

● Victims' mobiles ringing

Relatives of the victims described how they could still hear the ring-tone of loved ones' mobile phones when they called them up to four days after the crash. Some have taken this as evidence that MH370 couldn't have smashed into the Indian Ocean.

product were found in the same area.

Weeks later, investigators revealed they believed the plane's controls were manipulated to take it off course, but they didn't know by who, or why. Experts claimed that the Boeing's wing flaps were retracted when it smashed into the sea in March 2014, meaning it was out of control when it hit the water.

No closer to the truth

From conspiracy theories involving Russia, to suspicions of terrorism and fingers pointing at the pilot, speculation around the flight has not dimmed.

In January 2019, an Indonesian fisherman claimed he saw the plane falling into the sea 'like a broken kite'.

'Most of the theories are just vaporous imaginings for which there is no evidence,' says Wise. 'There are only two possibilities that match evidence – either the pilot took it, or it was taken by sophisticated hijackers who were aboard the plane. Either way, we can't say for sure.'

Search operations ended in May 2017, more than three years after MH370 disappeared, yet we are still no closer to knowing the truth.

Aviation tragedies

SOLO PIONEER

American Amelia Earhart was the first female to fly solo across the Atlantic Ocean in 1932 but, five years later, her plane disappeared as she flew across the Pacific Ocean. Her body was never found but, in March 2018, bones found on an island in the Pacific were believed to be hers.



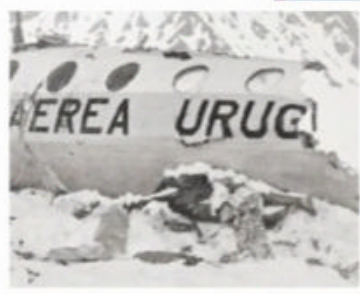
ALIEN ACTIVITY

Several ships and planes have vanished in the triangular area surrounded by Miami, Bermuda and Puerto Rico in

the North Atlantic Ocean, including Flight 19, a US Navy bomber in December 1945 and a Douglas DC-3 aircraft, with 32 people on board, in 1948. Dubbed 'The Bermuda Triangle' the disappearances have been blamed on paranormal activity.

EXTRAORDINARY SURVIVAL

In October 1972, Uruguayan Air Force Flight 571 disappeared while crossing the Andes. Seventy-two days later, after all 45 on board were presumed dead, 16 survivors were found. The story of how starvation drove them to eat dead passengers was made into film *Alive*.



DEVASTATING MALFUNCTION

In August 2005, a faulty door on the Helios Airways Flight 522 travelling from Cyprus to Prague meant pressure inside the cabin gradually decreased. By the time the pilot alerted a ground engineer, he was already suffering the

effects of a lack of oxygen. Two fighter jets were sent to intercept it but the plane crashed into mountains near Athens, killing 121.



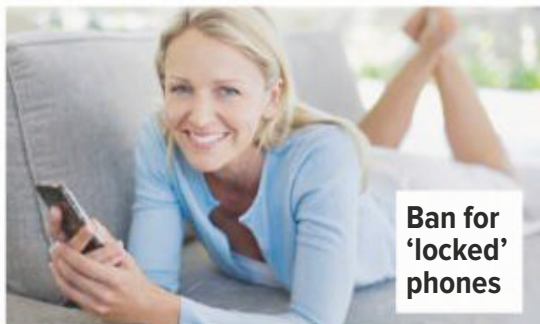
MONEY MATTERS

Our expert Rebecca Gamble helps make your cash go further

HAVE YOU HEARD?

Mobile phone companies would be banned from selling 'locked' handsets under a range of new proposals from telecoms watchdog Ofcom, aimed at making switching simpler.

Companies, including BT, Tesco Mobile and Vodafone still sell mobile phones that cannot be used on other phone networks unless they are unlocked, says Ofcom.



Ban for 'locked' phones

IF YOU DO ONE THING THIS WEEK... BE SAVVY WITH HOTEL REVIEWS

When you're considering booking a hotel and reading reviews online, make sure you read reviews from the time of year you plan to visit. For example, if you're considering visiting in the school summer holidays, see what guests' experiences were like then, as they could be very different to how people find it in the low season.

Check reviews from the same time of year as your visit



3

...ways to change how you think about money

Altering how you approach your finances could help you to achieve your goals

1 Adopt a new spending mantra

Try to view your choices about money positively. So, if your decision to save for a dream holiday means that you will have to cut back on clothes shopping, instead of thinking, 'I wish that I could afford this dress,' ask yourself, 'Is this dress better than going on my trip?' It will reinforce the fact that you're in charge of your spending decisions.

2 'See' your dreams

Being able to visualise your goals could make you more likely to achieve them – so create a 'financial vision' board. This means pinning images and words relating to your goals to a board. If you want to buy a house by the end of the year, stick on pictures of your dream home.

Being able to see what you want to accomplish will help motivate you to try to achieve it.



Rethink the way
you approach
your finances

DID YOU KNOW?

Nearly half of UK drivers worry about having to pay for unexpected repairs when they get their vehicles serviced, research for RAC MOT Assist has found. And 24% – the equivalent of 3.8 million people – say the uncertainty puts them off getting their car maintained in the future.

3 Focus on what you have

It's easy to compare your financial situation with others – especially when people share so much on social media; you might see a friend's new car and feel envious because you'd love one. But this means you're focusing on what you don't have, instead of what you do.

Try writing down five things you're grateful for each day to remind yourself of what you have to be thankful for.

How to...

save cash on cleaning

Housework is enough of a chore without paying over the odds to do it; here's how to spend less, says Ad Casey, head of brand at eSpares (espare.co.uk)

1 Slash your product costs

'By spraying your cleaning product directly on the sponge, rather than the surface, you'll only use what you need, so your products will last longer,' advises Ad.

'And unless a cleaning fluid is for specific materials or surface types, there's little difference between the majority of household cleaners,' he adds. 'A multi-purpose cleaner will perform the same job, which means that you can buy one bottle instead of several.'

'You can also create your own natural cleaners using items from your cupboards – there are countless recipes online,' he adds.

2 Reduce, reuse and recycle

'You can recycle tumble-dryer sheets as polishing cloths,' says Ad. 'When it comes to polishing chrome, they remove water marks and fingerprints with ease, and also absorb less liquid – making your polish stretch further.'

3 Know your measures

'When doing the laundry, many people pour detergent from the bottle into their machine's drawer or guess the amount needed,' he adds. 'Check the instructions, and use correct measurements. It'll save cash and keep your machine in tiptop condition.'



Be precise with your detergent



DEAL OF THE WEEK

You can pick up Glo32 products for less as there's one-third off the entire range at Boots, including this Glo32 Advanced Whitening Toothpaste (100ml). WAS £10, NOW £6.67. Offer ends 10 March 2020.



If you love to win prizes then visit...

comps.womansownmagazine.co.uk

7 things to do in... Las Vegas

Complete with its own Eiffel Tower, Egyptian pyramids and Venetian canals, you'll find an oasis of glittering lights in the desert

1 See a show

There are up to 100 shows running in Vegas at any one time. You can see anything from comedy to musicals and magic shows to concerts. Our recommendation? Head to the Bellagio and see O by the amazing Cirque du Soleil (cirquedusoleil.com/las-vegas). It's a water-themed show that will leave you completely in awe.

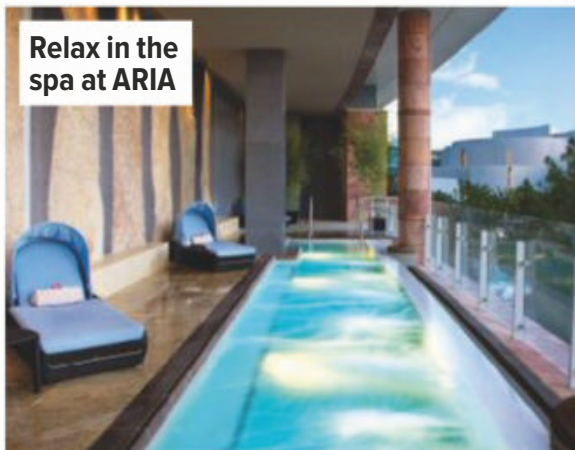
2 Sleep in style

Right in the heart of the strip, and connected to the Bellagio by an indoor walkway, is the Vdara (vdara.mgmresorts.com), an ultra-modern hotel where robot butlers deliver your room service. With the absence of a casino or nightclub, it's a tranquil place to stay, which is a rare find considering its proximity to the strip.

3 Hit the spa

ARIA Resort & Casino, just next door to Vdara Hotel, is home to the most

Relax in the spa at ARIA



luxurious spa. Pop on a robe and relax for a few hours away from the hustle and bustle of the strip. Fancy a treatment? The 50-minute Valmont facial will not disappoint – you'll soon be ready to party the night away.

4 Drink cocktails

The Chandelier at The Cosmopolitan is a gorgeously glitzy place for a drink, with views over the casino. Visit the Juniper Cocktail Lounge in Park MGM – home to the largest collection of gin in Vegas – for fun cocktails. Try 'A Little Birdie', shaped like a little bird!

5 Take a trip to the Grand Canyon

Soaring over the Grand Canyon – one of the natural wonders of the world – is a real one-off experience. On a Sundance Helicopters tour, (sundancehelicopters.com) you can land in the canyon and enjoy champagne and nibbles while snapping photos. It's well worth the trip if your budget can stretch, but check the weather beforehand as, if it's bad, flights often get cancelled. Pre-book tickets to save time and money, and to ensure availability.

Don't miss the chance to see the Grand Canyon





Why go?

Las Vegas is like nowhere else on Earth. A walk up the strip checking out the hotels is an interesting activity in itself. They're all themed and a day or two can be spent walking around them. Make sure you visit Caesars Palace (spot landmarks from your favourite films), Bellagio (the fountains and its amazing indoor conservatory), Mirage (the outdoor volcano is a must-see), Venetian (for the stunning canal) and Paris (the Eiffel Tower). Pop into casinos and watch the action. When your feet get tired, hop on the monorail that runs the length of the strip.



Indulge in some of the best steak at NoMad

6 Go on a food tour

The hottest restaurants in Vegas can have up to a hefty two-hour wait. Instead, join a Lip Smacking Foodie Tour (vegasfoodietour.com), where you'll be ushered immediately to premium tables at four different restaurants, complete with VIP service. In between stops, you'll get a chance to stretch your legs and the tour guide will take you past landmarks and artwork, and share fascinating facts and stories along the way. This one is definitely a must!

7 Eat out

Put that knowledge to the test and explore some of the city's extraordinary restaurants. For the most impressive views of the strip, head to Rivea on the 64th floor of Delano. If you're a fan of the Bellagio fountains, GIADA at The Cromwell Hotel offers some of the best views so you can catch the nightly shows from the best seat in the house. For a romantic cosy vibe (and the best steak), the NoMad restaurant in NoMad Las Vegas is the place to go.

- British Airways flies direct to Las Vegas daily from all major airports in the UK.
- Head to visitlasvegas.com for a comprehensive rundown of all the best shows, tours, attractions and places to stay.

Fully escorted tours

Woman's Own travel offers

Includes tours and visits worth £140

6 days from £759pp



Secret Italy: Trieste & Udine

Departures from April to October 2020.

Price includes:

- Enjoy a guided tour of Trieste
- See the remains of Aquileia on a guided tour
- Discover Udine, a hidden Venetian gem
- Visit Miramare, Archduke Maximilian's fairy-tale castle and botanical park
- Visit a traditional producer to see how San Daniele's delicious prosciutto is cured
- Sample the Collio region's fragrant white wines
- Tour the Mosaic School of Friuli
- Visit the Lombard Temple of Cividale
- Explore Gorizia
- Return flights from a selection of regional airports, with hotel transfers
- Five nights in four-star accommodation, with breakfast
- The services of our experienced and insightful tour manager

Includes tours and visits worth £302

8 days from £999pp



Florence & Tuscany

Departures from April to October 2020.

Price includes:

- Guided tour of Florence – choose between 'classic' and 'undiscovered' tours
- Experience the wonders of the Uffizi art gallery, with a reserved pre-timed entry to avoid the queues
- Marvel at the medieval splendour of Siena
- See Pisa, its Leaning Tower and explore charming Lucca
- Enjoy views from the striking hilltop village of San Gimignano
- Return flights from a selection of regional airports, plus all hotel transfers
- Seven nights in four-star and three-star superior accommodation, with breakfast and four dinners
- The services of our experienced and insightful tour manager throughout
- Complimentary airport security fast track*

To book or for a free brochure, call 01283 742395 or go to ownriviera.co.uk

Terms & conditions: Additional entrance costs may apply. Prices are per person, based on two sharing and subject to finite availability. Images used in conjunction with Riviera Travel. Offer operated by and subject to the booking conditions of Riviera Travel Ltd, ABTA V4744, ATOL 3430, a company wholly independent of Woman's Own, published by TI Media Limited. Prices correct at time of going to print. *See our website for full terms and conditions.



Woman's Own Bingo

Sun & fun with my son!

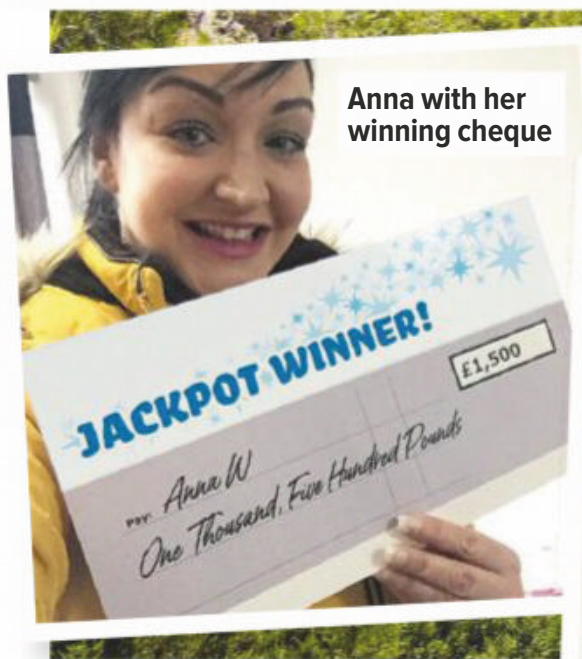
Anna Walker, 30, from the West Midlands, won another £1,500 and jetted off on holiday!

Enjoying a cup of tea at home one evening in July last year, I was sitting with my friend Sarah, having a natter and catching up on her news.

A little while later, I picked up my phone to check for messages, and realised that my bingo game on *Woman's Own Bingo* had played out a short while ago.

The game was one of my favourites, Sapphire Bingo. It's a 90-ball game where every half an hour there is a link game, where you can play for bigger cash prizes! Earlier in the afternoon I'd pre-bought tickets for the game later that same evening, so I clicked to open the app to see what happened.

'I wonder who won the game?' I thought to myself as I checked. If your bingo ticket was a winner, the win would automatically



Anna with her winning cheque

'I've only gone and won the Full House!'

show up in your account. Wide-eyed I stared at the screen in front of me.

'You'll never believe it! I've only gone and won the Full House!'

I squealed.

'How much did you win?' Sarah asked, literally on the edge of her seat. '£1,500!' I laughed.

Giving Sarah a celebratory hug, I couldn't believe I'd won again, having also won £1,500 in January 2019.

As for how to spend the winnings? As a mother of an eight-year-old, I knew that I wanted to do something special



She went to Rhodes with her second win

for him. When I told him the next morning we might have a holiday to look forward to, it was wonderful seeing his smiling face.

Jetting off to celebrate

After putting a bit aside for spending money, I booked two tickets to Rhodes, Greece, where my aunt Jenny, 53, lived and I also bought myself a couple of pretty holiday dresses.

Soaking up the sun in Greece



We jetted off and had the most wonderful time, the highlight being a day out at the waterpark, where we splashed around in the glorious sunshine. I relished every moment with my son and aunt.

One night, I treated her to a meal, to say thanks for letting us stay, and she said it was lovely to spend time with us, too.

I still love to play bingo. Years ago, I'd go to the bingo halls with my nan Janice. But these days I enjoy playing from the comfort of my own home and have made some great friends in the chat rooms.

My favourite game to play is Bubbling

‘For me, it’s all about having fun’

Falls, an exciting slot game where winning symbols pop and cascade down, giving you the chance to keep winning.

I’ve had some great wins on it!

My top tips for new players would be to make sure you don’t overspend on your budget and the site has a variety of tools that can support you if needed, such as deposit limits.

For me, it’s not all about the winning, it’s about having fun. We had a great time away in Rhodes, and it was amazing to create long-lasting family memories with my £1,500 Full House win!

HUGE JACKPOTS, BUZZING CHATROOMS AND MORE!

Get involved in the action and join us in our popular 90-ball bingo room **Sapphire**! Here you will find regular Superlink games, with over £35,000 on offer daily, buzzing chatrooms with dedicated hosts who run real-money games, and even fun Mini Games available to play too!



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Get playing and enjoy lots of bingo fun this March!



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THIS WEEK'S TV PICKS

Because life's too short for bad telly!

'Can you be fat and happy?'

Miriam Margolyes explores issues surrounding obesity in her new BBC2 documentary

For her new two-part documentary, *Miriam's Big Fat Adventure*, Miriam Margolyes is on a mission to find out why our nation is more overweight than ever.

'Nearly a third of the UK is obese. It seems we've become a nation of big bums, sagging bellies and pendulous bosoms,' says Miriam, 78. 'I want to understand why we're doing it to ourselves and what it's doing to us.'

Along the way, Miriam meets overweight people who are determined to lose weight for a happier, healthier life. And that's something Miriam knows about only too well...

'I'm happy with my face, but I'm disgusted by my body,' she says. 'I've been on diets all my life. It's a constant battle. If I could migrate my personality and my face onto another body, I'd

be delighted. Whose body? Claudia Winkleman's!'

In contrast to those people losing weight, Miriam also meets body activist and plus-size model Trina, who believes that being slim isn't the only way to be happy. She runs a dance class for larger ladies, which aims to boost their body confidence while embracing the joys of twerking. They even get

Miriam to join in! 'To be fat and happy goes against everything I thought was possible,' says Miriam. 'But

there's a defiance from these women. They've said to themselves and the world, yes, I am fat and I am loving it. They've made me realise I might be wasting my life loathing my body when there was another way to be happy.'

● *Miriam's Big Fat Adventure* is on BBC2

'I'd love to have Claudia Winkleman's body!'



Miriam takes part in a plus-size dance class



WHAT'S NEXT FOR...

Reece Dinsdale

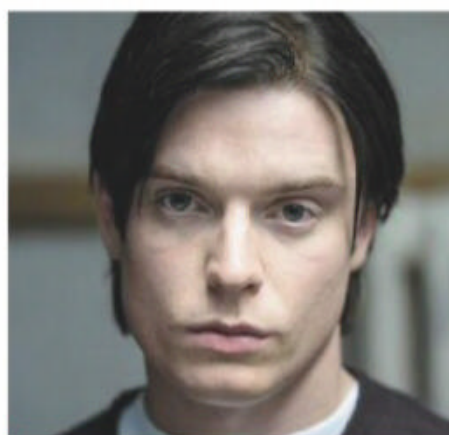
Best known for 1980s sitcom *Home to Roost* and playing *Coronation Street*'s Joe McIntyre, the actor is joining the cast of *Emmerdale*. He'll play Paul, who's a blast from the past for Mandy when he arrives in the village and stirs things up for her and Vinny.





DID YOU KNOW?

David Walliams has said that Miriam inspired the central character of his children's book *Awful Auntie* after he met her backstage in the West End and she said something rude in front of his aunt.



YOU LIKED...

WHITE HOUSE FARM, ITV

This edge-of-your-seat drama told the true story of how five members of the same family were shot multiple times at an Essex farmhouse in August 1985. Freddie Fox starred as Jeremy Bamber, who was convicted of the murders.



NOW TRY...

LANDSCAPERS, SKY ATLANTIC

This upcoming drama stars Olivia Colman as real-life killer Susan Edwards who, along with her husband Christopher, shot dead her parents and buried them in the garden of their Mansfield home in 1998. But why did the crime go undiscovered for 10 years?

Favourite stars in future TV projects

Gemma Arterton

The former Bond girl stars in a new three-part version of the classic 1947 film *Black Narcissus*. In the story of forbidden love and sexual repression, she plays Sister Clodagh who, with a group of nuns, sets up a new order in Nepal, but finds herself increasingly attracted to a land agent...



TOP 4 TV MUSTS

1



Gary hosts the fundraising antics

Sport Relief, BBC1

The biennial fundraiser is back with another star-studded evening of entertainment presented by Gary Lineker and a host of other famous faces. As well as the usual mix of music and comedy, other highlights include a celebrity 'Clash of the Channels' boat race (left).

2

Mister Winner, BBC1

This new six-part comedy follows the ironically-named Leslie Winner (Spencer Jones), who's forever finding himself in disastrous situations. As he prepares to marry his fiancée Jemma (Lucy Pearman), will he hang on to his beloved long enough to make it up the aisle together?



Spencer stars as Leslie Winner

3



Joanna heads to Havana

Joanna Lumley's Hidden Caribbean, ITV

The *Ab Fab* star explores Cuba and Haiti, two Caribbean countries with turbulent histories, in this two-part travelogue. She starts off her jaunt in Cuba, where she takes a ride in a classic car in Havana and watches workers skilfully rolling cigars in the tobacco region of the island.

4

Doctors, BBC1

Joe Pasquale appears as himself in a story about a young woman who's a big fan of the comedian. After meeting him in London, she now sees him everywhere and is convinced that he's stalking her. But things take an odd turn when she finds him behind the surgery's reception desk at The Campus. Is it really him or is she seeing things?

Comedian Joe plays himself



THIS WEEK'S HOT LIST

The movies and books not to miss



Film

Military Wives

Out 6 March

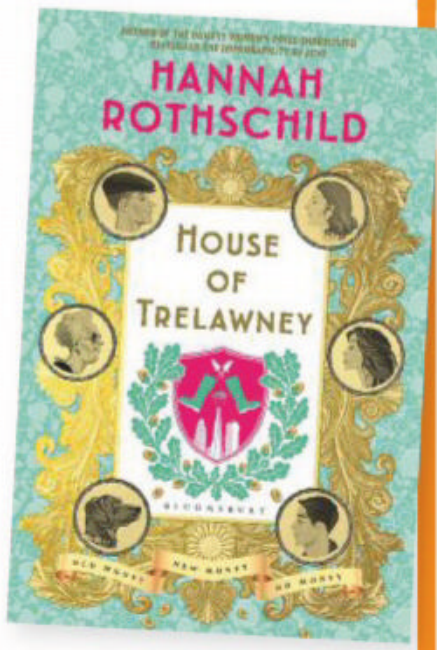
Kristin Scott Thomas and Sharon Horgan are gloriously on song in this funny, feel-good film inspired by Gareth Malone's chart-topping choir. With their soldier husbands in Afghanistan, Scott Thomas's Kate and Horgan's Lisa form an awkward partnership as the leaders of a morale-boosting choir. Blending humour, heart and more than a little pathos, *The Full Monty* director Peter Cattaneo hits all the right notes, making it hard to remain dry-eyed.

Book

House of Trelawney

by Hannah Rothschild
(£16.99, Bloomsbury, HB)

The Trelawney family have been at their ancestral seat for more than 800 years, enduring across the ages and spending more with each generation. Now things have changed, particularly with the arrival of an unheard of and opinionated relation and a hedge fund manager out for revenge. A satirical, clever and multi-layered read.



DVD



The Addams Family

Out now. RRP £9.99

The first full-length animated film about the eccentric and unconventional family celebrates the uniqueness of every family and delivers spooky fun while delivering a fresh take on the beloved characters created by Charles Addams. Includes bonus exclusive never-seen-before features including deleted and extended scenes!



Your STARS

3 Mar - 9 Mar 2020

Discover your destiny with Sally Morgan, our expert astrologer



Aries

21 Mar - 20 Apr

A task at work to train a colleague this week may make you feel you're barking up the wrong tree, but to your surprise you really can teach an old dog new tricks.



Libra

23 Sep - 23 Oct

It's a week to find the silver lining by searching for what takes your fancy. Look at what you could do differently and change your ways. Don't sit back waiting for results.



Taurus

21 Apr - 20 May

There are clouds gathering in your personal life at the moment so try to be as romantic and understanding as possible - you'll find you'll weather the upcoming storm.



Scorpio

24 Oct - 22 Nov

Don't forget the old adage a fool and his money are soon parted, when an old friend tries to get you to invest your hard-earned savings in their new business venture.



Gemini

21 May - 20 Jun

You get an urge this week to have a flutter, Gemini, as someone leaves you feeling sorely tempted with a good tip. Try not to go for broke though!



Sagittarius

23 Nov - 22 Dec

Don't judge yourself by the past. Setbacks can happen to anyone, so don't waste time going over the same old ground, instead go forwards with big leaps of faith.



Cancer

21 Jun - 22 Jul

Difficult doesn't mean impossible, so stick to your goals and you may find you hit targets sooner than expected. Look to others for help overcoming any challenges.



Capricorn

23 Dec - 20 Jan

An old friend has a chip on their shoulder about something you have done. It all sounds very fishy, so try to jog their memory and the truth will prevail.



Leo

23 Jul - 22 Aug

It's a case of close but no cigar, as a business venture you've been planning fails to live up to expectations. Don't give up and you will soon be smoking hot!



Aquarius

21 Jan - 19 Feb

Getting outside and being around nature will be a great positive boost of energy. Enjoy your surroundings and simple pleasures. Go ahead, what are you waiting for?



Virgo

23 Aug - 22 Sep

It's never too late to start over, so searching for your ideal scenario this week will likely turn in your favour. Don't forget to call on a friend you haven't seen in a while.



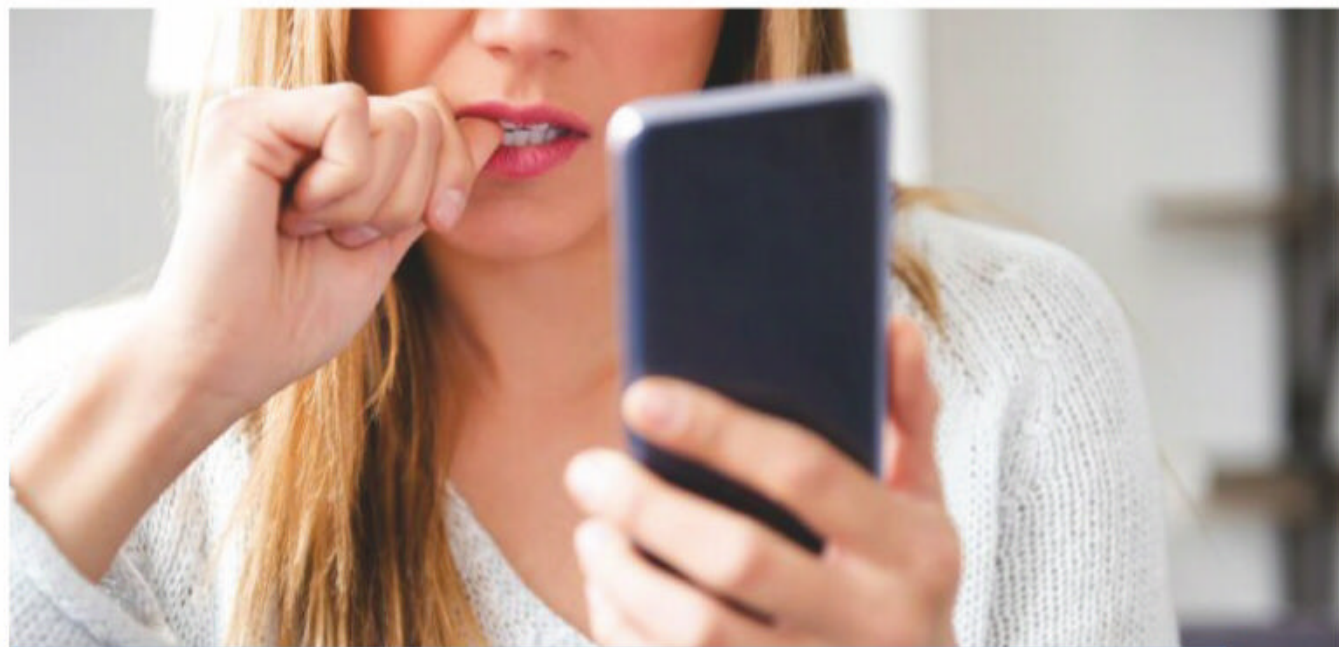
Pisces

20 Feb - 20 Mar

Make an ultimate to-do list that you can refer back to over tasks that need completing on a certain date or time, but make sure you keep some time for fun.

Ask Alexa 'what is my horoscope today?'

Ask *yourself*



Can't stop stressing?

Fretting endlessly or not bothered by much? We all handle our worries in different ways, so how about you? Take our quiz and learn to manage your stress

1 How often do you worry?

- A** Some days more than others **B** Pretty much every day **C** Occasionally, and then it's all or nothing **D** It creeps up on me

2 How do you feel when you worry?

- A** Like I need to make changes to my life **B** Oddly comforted – it feels normal to me to worry **C** Overwhelmed and emotional **D** Uncomfortable and uneasy

3 You're given a tricky work project. How do you react?

- A** Make a plan and troubleshoot any pitfalls **B** Focus on what could go wrong **C** I envisage myself failing **D** Put it on the back burner to think about later

4 How would you describe yourself emotionally?

- A** Quite balanced **B** Generally uptight **C** Often extreme **D** Pretty disconnected

5 How often do you share your worries?

- A** Sometimes, with family or close friends **B** Constantly – it's hard not to **C** Only when I'm really struggling **D** Rarely – I don't want to be a burden

6 Your friend doesn't reply to your text. What do you do?

- A** Drop her an email **B** Send another to check she's OK **C** Assume you've upset her **D** Leave it – the ball's in her court

7 Which phrase do you overuse?

- A** Oh well, never mind **B** I knew this would happen **C** But, what if..? **D** I can't deal with this right now

How did you score?

Mostly As

The productive worrier

Like a set of gently wavering scales, you've got worrying down to an art. You listen to your inner stresses when you need to and use them as motivation. But have you ever upset the scales? Be careful not to take on too much, and look out for potential stress triggers in advance.

Mostly Bs

The constant worrier

It's sensible to be scared of some things, but too much fear can be debilitating. Does constantly worrying about what can go wrong serve any purpose? Tell yourself that you can't force a positive outcome through worrying. Try to limit your worries to two a day – you're more likely to find solutions this way.

Mostly Cs

The catastrophiser

You're not one to worry constantly, but, when you do, it feels like the end of the world. As soon as you start thinking something could go wrong, you convince yourself it will. Instead of allowing these worries to become a reality, write them down. Then write down all the possible solutions and weigh up which is the best one for you.

Mostly Ds

The avoider

When something is stressing you out, you try to put it out of your mind and forget about it. But trying to suppress thoughts doesn't work – they inevitably return later to trouble you. Rather than blocking your worries, try writing them down or sharing them with someone you trust. After all, you'd be there for family and friends if they asked you for help.

PUZZLE BR

**TRY TO
COMPLETE
THIS ONE
IN 20
MINS**

Clues & arrows

Fill in the clues in the direction of the arrows

Men's hairdresser		Socialist side in politics		Tabby or tortoiseshell, eg		Rescue from harm		UK's medical organisation (inits)		Fearful respect
Portal		Golfer's aid		Fire residue				Indication		Young woman
Football match official				Ornament of loose threads						
				Fitting						
2nd Greek letter					Ear parts		Lodgings		Happen next	
Immediately!		Readily available (2,3)	Securities							
						— of Court, legal societies				
Group of eight musical notes	Sly		Difference in years (3,3)	Ask for money				Portrayed (a character)		Calculate
						Encourage				
Waste cloth				Auction off		Flower plots	Protected area			
					Feather scarf				Gobbled up	
Captures on VCR machine		Transferred unit of heredity					Tibetan ox			
					As a consequence of (3,2)					
Pilfer		Along with					Fox's lair			

WORDSEARCH

SUDOKU

2	4	6	1	5	3	1	5	3	4	6	2
2	4	6	3	1	5	3	1	5	2	4	6
5	3	1	2	4	6	5	3	1	2	4	6
4	6	2	5	3	1	4	6	2	5	3	1
6	2	5	3	1	4	6	2	5	3	1	4
3	1	4	6	2	5	3	1	4	6	2	5

CLUES & ARROWS

N	E	N	S	L	P		Y
O	T	D		L	A	E	S
K	A	E	N	E	G		F
C		A	B	S	P	T	
E		L		S	A	R	
R	S	P		E	A	O	
	S		E	B		N	
S		I	N	T	O	P	
S		D		L	E		E
A		I		V	A	B	
L		S	A	T	R	R	
	W	A	S	H	E	G	
A		N	C		L	B	

CROSSWORD

[illegible]

Puzzle solutions

Quick & easy

If you really don't have much time to spare, give your brain a break with one of these.

**CAN YOU
DO THESE
IN 10 MINS
EACH?**

		6	1		
				6	2
	3		2		6
4		2		3	
6	2				
		4	6		

Sudoku

To solve the puzzle, each 2x3 box, each column and each row must contain the numbers 1 to 6.

A R M A D I L L O
L A D U C E E I T
L A R O S M E T N
I T B D M K A R A
G R O I V K O B H
A T N L R A I X P
T G A E E S R I E
O M E O O C G K L
R M O N G O O S E

Wordsearch

The answer is the word missing from the grid.

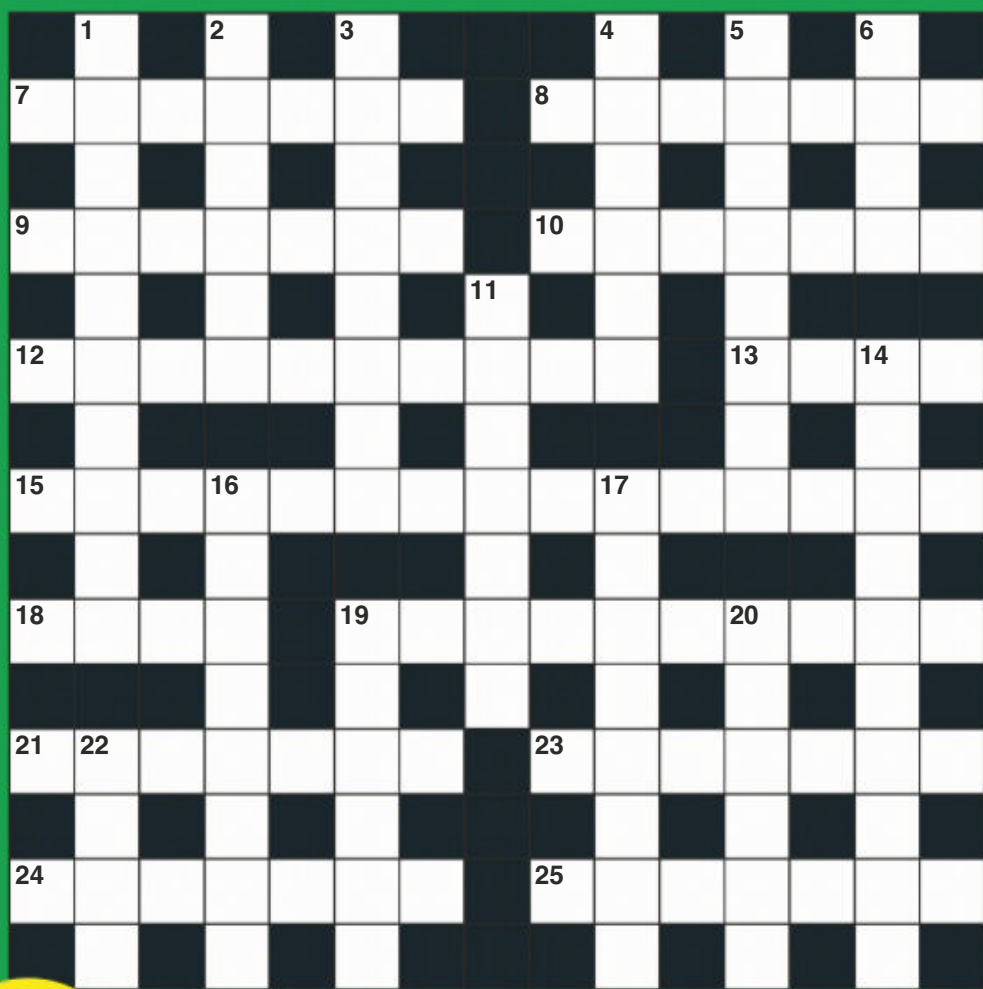
AARDVARK
ALLIGATOR
ARMADILLO
BISON
COBRA
DEER
ELEPHANT
GOAT

LEMMING
LEOPARD
MEERKAT
MONGOOSE
MUSKOX
OCELOT
PIG

WAK

**BEAT
THE
CLOCK**

Puzzles Your time



**DO IT
IN 30
MINS?**

Crossword

Put your feet up and have a go at this old classic

ACROSS

- 7 Meat from a deer (7)
- 8 Boris ____, former London mayor (7)
- 9 Messiah (7)
- 10 Invented, made (7)
- 12 Variety of cooked egg (4-6)
- 13 Wide smile (4)
- 15 *Bridesmaids* actress (7,8)
- 18 ____, Banks, model and actress (4)
- 19 Item with 64 squares (10)
- 21 Acted as referee (7)
- 23 Julia ____, *Notting Hill* actress (7)
- 24 Vital extract (7)
- 25 Superficial layers (7)

DOWN

- 1 Singly (10)
- 2 Cleared (up) (6)
- 3 Densely inhabited (8)
- 4 (Of birds) flew upwards (6)
- 5 Expose to injury (8)
- 6 Arrive (4)
- 11 Immobilised (a car) (7)
- 14 Descendants (10)
- 16 Dreamt, made up (8)
- 17 Shopper, client (8)
- 19 Grip tightly (6)
- 20 Kitchen utensil (6)
- 22 Spongy green plant (4)

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RIVIERA
TRAVEL

‘It’s hard when people stare at *MY CHILDREN*’

Christine McGuinness is a mum to three children with autism and she’s determined to educate others on signs of the disorder

As any parent to a child with autism will tell you, everyday life is not without its challenges – something Christine McGuinness knows all too well.

She and husband Paddy have twins Leo and Penelope, six, and three-year-old Felicity, who have all been diagnosed with the development disorder.

Leo and Penelope received their official diagnoses at three years old, with Felicity also being confirmed as autistic after her third birthday last month.



At Southampton Harbour on Paddy's birthday

Christine, 31, says that, after being thrown in at the deep end with her twins, she saw the signs in Felicity much earlier.

‘The first time around with the twins it was a shock; we didn’t know anything about it,’ model Christine explains. ‘All we knew then was that they would have trouble through life and things would be a little different for them.’

‘I saw it in Felicity when she was six months old – it’s more common if it’s already in your family. Some [children] are really late being diagnosed, however with us, with all three children it was pretty obvious. I didn’t know the symptoms with the twins but now, looking back at some of our family videos, it was really obvious.’

Raising awareness

Although Christine and *Top Gear* host Paddy, 46, now know the signs, it seems that many others still don’t –

which Christine confesses can make simple things like just going out in public a struggle.

She says, ‘As a parent, it is difficult when you know people are staring and assuming that your kids are naughty.’

‘You want to explain what’s going on’

It’s hard because you want to stop them and explain what is going on; explain that you can’t stop a child from being overwhelmed or anxious – and that’s normally what autistic children feel.’

But, instead of taking offence, Christine wants to do as much as she can to educate others about the signs of autism, and insists she would actually prefer people to approach her and ask questions rather than make assumptions.

‘What I have found, which will help my children in the future, is everyone else understanding,’ Christine explains. ‘Now, we can’t really go and educate the whole world – as much as I would love to – but I’m certainly going to try.’

Family fun at the bowling alley



**‘The
rewards
make it all
worthwhile’**

‘If I can teach one person about autism I certainly will try. I would rather people ask me about the children, instead of stopping to stare, because that won’t get us anywhere. If we talk about autism and discuss it, we can change attitudes.’

Celebrating small steps

While she confesses that they’re always learning when it comes to their children’s conditions, Christine says she and Paddy have learned to celebrate small milestones the twins and Felicity achieve that may not seem that big to other parents.

She adds, ‘[Autism] doesn’t mean they can’t do the same as other children, it’s just that everything is going to take them that much longer and involve a bit more effort. It was difficult at the time but when you get your head around it you do find ways to cope.

‘The rewards, when they happen, make it all so worthwhile. Our milestones, for example, when they speak or try a new food – you want to do cartwheels. Others may take this for granted.’



**With husband,
presenter Paddy**

68% of Brits* describe their neighbours as 'strangers', yet some are happy to cross the garden fence...

Should you be friends with your neighbour?



No

'I don't have time to be friends with everyone'

Natalie Brown, 39, lives in Hove with her husband, Rob, 41, and their three children, Bluebell, eight, Maximilian, five, and Marigold, three.

As a working mum of three with baby number four on the way, it's fair to say life is hectic. It's a constant juggling act, there are never enough hours in the day and I don't have the time to be friends with people who aren't already in my circle – it's not rudeness, it's self-preservation!

Friendship takes time and commitment, yet you can only stretch yourself so far. I don't think we should feel pressure to be or make friends with someone just because they live next door. We've lived in the same flat for seven years and, while I'm friends with our immediate neighbour and one other family in the block, other than a polite 'hello', I wouldn't describe us as friends with any of our other neighbours. That's not to say I'm unfriendly, just busy.



Life is too busy, says mum Natalie

I have friends who are members of neighbourhood Facebook and WhatsApp groups and, I'll be honest, I can't imagine anything worse. The thought of yet another group, on top of family, friends and school mums, fills me with dread because it would be just another thing on my ever-increasing to-do list.

I'd like to think one day, when life isn't so hectic and I have free time, that I might be in a position to be on more than just nodding terms, but until then it's not something I'm going to feel guilty about. It's just the way life is.

Yes

'It creates a sense of community'

Katie Taylor, 50, is the CEO and founder of the Latte Lounge, a website and Facebook group for women over 40. She lives in London with her husband and four children.

Having grown up in a provincial town in Cardiff, I've always been used to acquainting myself with those in my locality. My family and I first moved into our neighbourhood four years ago. Straight away, my husband and I knocked on our neighbour's door to introduce ourselves and we've all been good friends ever since.

I think being friends with neighbours creates a sense of community and we've been very lucky to have such nice ones. We are similar ages, as are our kids, and we are at similar stages of our lives. It's this commonality that I think has led us to be



Being friends has its benefits for Katie

as close as we are.

Of course we all lead our own busy lives, but we enjoy spending free time together if and when we can. We will often take turns having a meal or coffee and we will try to go out for drinks and a meal a few times a year. Aside from the social aspect, being friends brings other benefits, too. We each have a key for the others' house, and if one of the kids gets locked out then they can easily be let back in! Plus, it's reassuring knowing that someone is keeping an eye on our house when we go on holiday.

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