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I'm a **PREGNANT** stripper!



Issue 25

21 June 2018 69p

# Pick Me Up.

**WIN**  
A family holiday to Albufeira!  
T&Cs apply, see page 9



**At death's door thanks to her BRACES**



**My ex came back to KILL me**  
But my best mate saved my life

## EVIL MASTERMIND

**Money-grabbing mum had A SICK SECRET**



## DECADE WITHOUT JUSTICE



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# You're One in a MILLION!



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**Katie Hillman, 23, is to get flowers this week. Best pal Bethan Bush, from Newport, wrote to tell us...**

**A**round six years ago, I met a young mum through a Facebook group. Since then she's become my best friend and like a sister.

Katie and I began talking through this group and realised we had daughters of similar ages.

After meeting up for play dates, cups of coffee and general chats, I soon realised she would be the person I could rely on for everything.

Our daughters became fast friends, as did we.

Now we're all inseparable.

Even when times have been tough, Katie has been there to help me get through it all.

There have been occasions

Me and my bestie Katie (right)



when I've needed to call her at three in the morning and every time she's always answered my calls.

**She calms me down and makes me smile when I least feel like it**

Katie's been the one to calm me down and make me smile when I least feel like it.

She's one hell of a girl, and I never want her to change.

Katie, I love you and I hope you know how much I truly

appreciate everything that you do for me.

These flowers will hopefully

show you just how much brighter you make my life just by being in it!

With over 30 years' experience of helping celebrate life's special moments, FREE delivery by post and a FREE pop-up vase, a gorgeous bouquet from Flying Flowers is a lovely way to say, *I'm thinking of you*. See [flyingflowers.co.uk](http://flyingflowers.co.uk).

#### To nominate someone

Tell us who you think deserves to receive some lovely blooms and the reason why. See page 4 for details of how to get in touch with us.



WORDS: EMMA ROSSITER

## Sneaky peek at this week!



P6... Best mate ever...



...a very special friend... p34

### A quick word!

**£25!** WIN PUZZLE 1

Unscramble our word of the week. Clue: Katie makes Bethan's life this. (The word appears on this page!) Enter on page 45.

**THREGRIB**

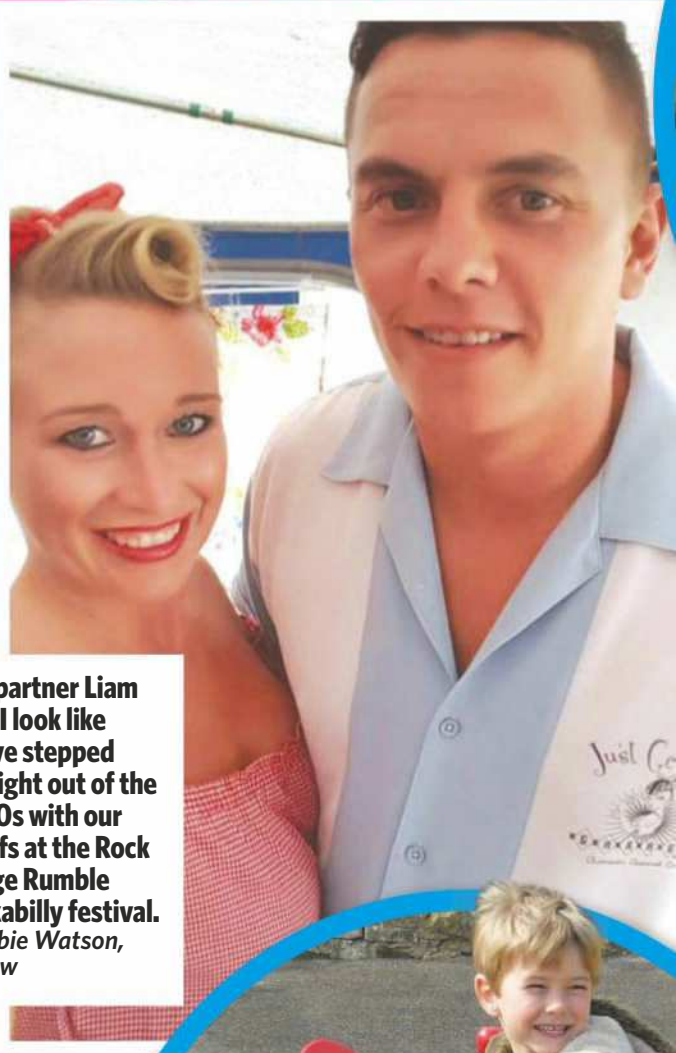
PHOTO: TALK TO THE PRESS

# Your Wild week...

Having a good one? Share your pics and get **£25 CASH**



Alexis loves all animals, so when she got the chance to feed this pretty polly at the zoo she was super-excited!  
*Deanna Clarke, Derby*



My partner Liam and I look like we've stepped straight out of the 1950s with our quiffs at the Rock Ridge Rumble rockabilly festival.  
*Debbie Watson, Pelaw*

## GET IN TOUCH

Send us your stories and photos, including all names and ages, a daytime phone number and full address.

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When I finally reached the top of Pen y Fan in the Brecon Beacons, I spotted something strange. Almost a full-circle rainbow and my shadow in the middle!  
*Mike Willem, via e-mail*



Any trip to the local park is good fun, but Michael's favourite thing has to be these little bicycles.  
*Jill Barlow, Eastbourne*

I love taking part in the Colourama fund-raising event for my local hospice each year. I got covered in powdered paint, as did my grandson who came with me.  
*Barbara Champion, Meadowfield, Co. Durham*



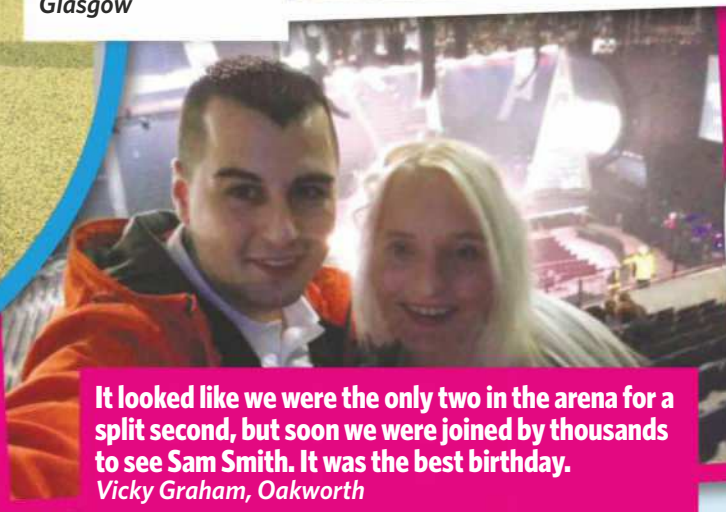
When in China, I couldn't resist giving this statue a high five.  
*Scott Draper, East Barnet*



We thought a mermaid had washed up on the beach, but it was just our daughter Grace! Her sandy tail was her favourite accessory.  
*J Davenport, Radcliffe*



Taking a rest on this wall with stunning views behind us. I love spending time with my grandad on holiday.  
*Stephanie Barclay, Bishopbriggs, Glasgow*



It looked like we were the only two in the arena for a split second, but soon we were joined by thousands to see Sam Smith. It was the best birthday.  
*Vicky Graham, Oakworth*



We loved taking the cliff railway in Babbacombe. It looks like you're going to end up in the sea!  
*S Giblin, Penarth*

# My best man My lifeline

## MY SAVIOUR

Abused and raped, Gayle Perryman, 37, from Bury St Edmunds, thought she hadn't a friend in the world. But she was wrong...

**W**hat's that saying? An ex is an ex for a reason. Well, I wish I'd taken notice when I bumped into mine last year... 'Gayle, long time no see!' a familiar voice shouted as I shopped on the high street

in Bishop's Stortford.

Me and Paul Beale, 37, had dated 10 years earlier and I hadn't seen him since.

But the twinkle in his eye took me back to when we'd been 27.

We were a couple for two years, but our relationship had been a disaster.

Paul had been very controlling and, in the end, it'd driven us apart.

Now, as we chatted, he seemed different, more mature.

'I've changed, Gayle,' he said, fixing me with his piercing blue eyes.

It'd been a long time, but Paul still gave me butterflies.

And I wanted to give him the benefit of the doubt. So, when he asked me on a date, I agreed.

Paul took me for a drink and we chatted about old times.

'I've really missed you,' he said.

And when

we kissed, the spark between us reignited.

After that, Paul and I became a couple and, for the first few weeks, it was wonderful.

So wonderful, I stopped seeing my friends, and a month later, Paul asked me to move in with him.

But as soon as I was under his roof, he began to act differently.

One night, we were sitting together watching television when Paul grabbed my phone.

He slammed it down on the coffee table and the screen shattered. And he continued to smash it to pieces.

'What's wrong with you? Why would you do that?' I gasped.

'You're going to share my phone,' he said in a cold voice. 'You don't need your own.'

Alarm bells started ringing.

*He's not changed at all, I thought. He's even more controlling than before.*

By now, Paul had pushed a lot of my loved ones away.

'I'm the only friend you need,' he said.

He was all I had.

So, stupidly, I let it go.

But, as time went on, Paul

began to lose his temper over the silliest of things.

He'd fly into a rage, smashing up the flat, before pushing and shoving me.

Then, in April last year, we went to London for the day.

I was excited to catch up with my best friend Natasha Cliff, 25, who we'd agreed to meet.

We'd been best friends for 10 years after we met in a cafe.

We hadn't seen each other since I'd got back together with Paul.

I had a feeling she wouldn't be happy about the news.

As soon as Natasha saw me, she looked worried.

'What's that mark on your arm?' she said, pointing to a purple bruise.

'Mind your business,' Paul snarled.

Then he grabbed my shoulder and pulled me away.

'We're going home!' he barked.

Later that night, Natasha texted Paul's phone.

I'd told her mine had broken so I was sharing Paul's.

*I'm worried about you. Please call me,* it read.

Luckily, I saw the text before Paul noticed.

Without thinking, I grabbed a pen and scribbled down Natasha's number on the inside waistband of my jeans.

I knew if I wrote it on paper, Paul would find it.

*He'll never think to check my jeans,* I thought. Then



Paul Beale - he hadn't changed...

# ate

# R



**With Natasha (on right) - my amazing friend**



**I was left battered and terrified**

and knickers.

Then he touched me, roughly... The pain was unbearable.

Somehow, I managed to crawl away and Paul passed out on the sofa.

Seeing my chance, I took his phone and crept into the bedroom.

Pulling my jeans out of the wardrobe, I found Natasha's number.

I'd replied to her caring message. Maybe she'd given up on me, like everyone else?

But I had to try... So I called her.

'Please help me!' I whispered when she answered.

My heart was hammering, terrified Paul might hear me.

'Convince Paul to leave the flat, then run!' she instructed.

'OK, I'll try,' I replied.

'Call me when you've got

away,' she said, concerned.

'If I don't hear from you, I'm calling the police.'

Before I could thank her, I heard Paul coming, so I hung up in a panic.

My whole body trembled as he marched towards me with a carving knife.

'I'm going to kill you,' he spat, holding the blade to my neck.

Before I could escape, though, he punched me hard and I felt my nose shatter beneath his fist.

I fell to the floor, blood gushing everywhere.

*This is it, I thought, terrified. I'm dead meat now.*

I just prayed Natasha had phoned the police.

Then, suddenly, Paul was on top of me, pulling down his trackie bottoms.

'No! I choked, realising what was happening.

But he pinned me down and raped me. I bit back tears, waiting for it to be over.

*He's out of control, I thought, petrified and in pain.*

Afterwards, I felt so sore,

**Paul was an animal. I'd never make it out of that flat alive**

weak and violated.

Paul was an animal, and I was convinced I'd never make it out of the flat alive.

But the next thing I knew, there was a loud banging at the door and suddenly the flat filled with police officers.

They looked stunned as they took in the smashed-up flat and my bloodied, battered body.

As Paul was put in handcuffs and escorted away, he shouted: 'I should've f\*cking killed her!'

It turned out that Natasha had kept her word and called the police.

She'd managed to save me in the nick of time.

I was taken straight to hospital to be cleaned up.

While I was there, tests revealed that I was pregnant.

I'd been carrying Paul's baby when he'd mercilessly attacked me.

'I'm having a rapist's baby!' I sobbed, overwhelmed.

I vowed to love the baby, no matter what, though.

Sadly, just three months on, I suffered a miscarriage.

The doctors said it was just one of those things, but I believe it was due to the stress of Paul's upcoming court case.

I was absolutely terrified of seeing him again.

But Natasha was my rock.

'You can't let Paul get away with this,' she urged.

And she was right.

The nine-day trial at St Albans Crown Court last December was gruelling.

But it was such a relief when Paul Beale, 37, was found guilty of rape, sexual assault by penetration, threats to kill and ABH.

He was jailed for nine and a half years - and the streets will be a safer place now.

But the mental scars that Paul's left me with will never go away.

I'm trying hard to get my life back on track.

I lost all of my mates when I was with Paul, but Natasha has remained a solid friend.

She saved my life that night and I don't know how I'll ever repay her.

● **Natasha says, 'I was relieved when Paul was found guilty, but I do wish he'd got a longer sentence. It's not enough for what he did to Gayle. She's my best friend for life and I'll be right beside her as she rebuilds her life.'**


**WIN  
PUZZLE 2**

# Follow it!

Solve the puzzle to spell out a term related to the picture. The arrows show you where to put your answers. The answer is spelled out in the yellow squares.

Enter on page 45.

# £1,000!



Came to an end (3,3,4)			Peal (of thunder)		Burden of proof		Saucepans		German car maker (inits)		Miranda, Aussie actress		Flip (a coin)	
Ice house							Gesture, action							
If pressed (2,1,4)			Insect				Garden tool		Large quantity		See photo		Orient	
									Lax					
Producers of honey			Go astray morally		Going-away party (4-3)		Self-satisfied		Armed takeover		Little rascal		Monikers	
Dandy			Historic		Manipulator									
							Divides by cutting							
			Reverie						Annual club dues		Butcher's wares			
Inlet			Rebuff				Commandeer						Look sullen	
											Tree with silvery bark		Family animal	
Married woman's title			Style from the past				Not as great in amount		Commotion		Originated			
			Detect		Drones, hums		Carafes				Assistance		Grow slowly	
Kiss and cuddle			Depressed				Provided with a meal				Scrawny, puny		Despised	
Sicilian volcano			Voucher, receipt				Become fatigued		Female swine				Plus	
							'Welcome' rug		Animal doctor		Append (3,2)			
			Edge of a wheel				Face covering		<b>V</b>		<b>E</b>		<b>I</b>	
Land measure			With raised level walks						<b>L</b>		Hop-rich beer			
									<b>E</b>		Wait at table			
			Lay (a table)				Misprint		<b>T</b>				Heath, 1970s PM	

PHOTO: ALAMY



Wish you  
were here?

**COMPETITION**

**WIN**

**A FAMILY  
HOLIDAY!**

**Win a refreshing break  
to Albufeira and soak up  
the sun in the Algarve**

*The Algarve's  
full of gorgeous  
secluded coves*

effective air deodorizer.

Fresh air is available from Neutradol in Original, Super Fresh and new fragrance Fresh Pink, all in a spray or gel and carpet powder. There are also products for smelly dustbins and Deofab for fabrics.

To find the full range of Neutradol products to destroy bad odours and for a chance to win a £6,000 holiday to Barbados, go to [www.neutradol.com](http://www.neutradol.com).

**T**hanks to Neutradol, you could win a family holiday to the Algarve in Portugal.

Enjoy sun-soaked beaches with deep golden sand, small fishing fleets in picturesque ports and superb golf courses.

If you win this prize holiday, you and your family will be

staying at the Clube Praia da Oura Apartments, which offers great sea views, two swimming pools, a sun terrace and sunloungers, all overlooking a child-friendly, sandy beach.

To get clean, healthy, fresh air in your home and at work, you need to get rid of bad smells.

Some odours are nasty to live with and tough to shift, which is why you need hygienic and

non-toxic Neutradol. Other big-brand air fresheners just cover up bad odours with a synthetic perfume. Using the latest science, Neutradol eliminates the molecules that cause bad odours in your home, work or car.

With its unique formula of over 50 different ingredients, Neutradol keeps on destroying smells long after other air fresheners have stopped working, which is why it's the world's most



## HOW TO ENTER

**Just answer this question: What is the capital of Portugal? A: Paris B: Lisbon C: Madrid**  
If you know the answer, go to [lifedeathprizes.com](http://lifedeathprizes.com) - click prizes and look for the competition. Closing date is 19 July 2018.

**Terms and conditions** This competition is running concurrently in *Pick Me Up* issue 25 on sale 14 June 2018 and *Chat* issue 27 on sale 28 June 2018. Competition opens on 14 June 2018. A winner will be picked from all correct entries across both magazines after the closing date of 19 July 2018. Standard *Pick Me Up* terms and conditions apply, for details go to [timeincuk.com/standard-competition-terms](http://timeincuk.com/standard-competition-terms). Entry implies acceptance of these rules. For website rules of play, go to [comps.lifedeathprizes.com/rules](http://comps.lifedeathprizes.com/rules). The promoter is Time Inc. (UK) Ltd. The winner, their partner and up to two children under 12 will receive return flights from major UK airports, transfers, seven nights at the Clube Praia da Oura Apartments in an apartment. The trip must be taken by 30 June 2019 and excludes Christmas, Easter and bank holidays and is subject to availability of flights and accommodation as purchased by the agent supplying the holiday on any particular date. 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 have comprehensive travel insurance.

# HOME is where the HEART is

A young man has moved into her house, but it's not what you think... Natalie Hawkins, 41, from Cardiff, explains



Kieran helps me around the house

**H**uddled up on my sofa, I watched as the snow fell outside, covering the pavement in a thick, white blanket.

'It's so cold,' I said with a shiver. 'I wouldn't want to be homeless tonight.'

'Me neither,' said my sister Faye, 33.

It was a Wednesday evening in March this year, and way below freezing.

Working as a Community Coordinator for a housing association, I knew there would be people sleeping rough that night.

As a single mum of three boys – Taylor, 18, Jack, 15, and Cale, 11 – it broke my heart.

'Poor Kieran,' I heard Jack say.

'Who's Kieran?' I asked.

'He's just a mate of mine,' said Jack. 'He's been sleeping in an abandoned train carriage for months.'

'He was in a tent before that,' Jack went on. 'But someone set

fire to it and he lost all his stuff.'

'That's awful!' said Faye, looking over at me.

'Is he on drugs?' I asked.

Jack laughed.

'He's just got nowhere to live, Mum,' he replied.

'We need to do something,' I said, getting up. 'He could die out there tonight.'

I told the boys to give him a call and invite him over. If he was a friend

of my boys, I knew he couldn't be a wrong'un. At the very least, I wanted to give him a hot dinner.

Half an hour later, Kieran, 24, arrived.

A guitar slung over his shoulder, in just a pair of jeans, T-shirt and thin jacket, he looked frozen to the bone.

His cheeks were hollow and he looked very thin.

'You don't even have a scarf or gloves!' gasped Faye.

But having worked with vulnerable youngsters, I knew not to overwhelm him.

'Fancy a cuppa?' I asked.

'Thanks,' he smiled shyly.

'Kieran plays the guitar and writes his own songs,' Taylor told me as we all sat down for spaghetti bolognese.

Kieran opened up a bit then, chatting about the gigs he'd played in local pubs.

'I try to hide the fact

**A guitar slung over his shoulder, he looked frozen to the bone**



My Taylor, Cale and Jack

# SYMPATHETIC REAL LIFE



Where he was living...



blow-up bed and you can stay in Taylor's room for now.'

'Really?' said Kieran, looking shocked.

'Yes, really,' I said. I couldn't bear to think of my own boys in that situation.

It was the mum in me. Just something I had to do.

That night, with Kieran and Taylor playing computer games upstairs, I went on a local Facebook group.

I realised that Kieran was well-known among the young folk in the town and many people wanted to help.

*Does anyone know where he is?* someone had posted. *I've got some clothes for him.*

*He's with me,* I posted back.

That night, after chatting with a few others online, I set up a crowdfunding page for Kieran, asking for donations to help him get back on his feet.

When the boys came down for breakfast the next morning, I'd already made my decision.

'You're staying with us for now, Kieran,' I said. 'This is your home until you've got somewhere to live sorted out.'

Kieran stared at me blankly, unable to take in what I was saying, but Taylor, Jack and Cale were grinning.

'And there's no rush either,' I told him.

'Thank you so much,

Natalie,' Kieran said, his eyes filling with tears.

He looked so relieved and grateful.

That week, I helped Kieran to register with a doctor and a dentist and we started looking for jobs.

People donated clothes and food and one person sent a Chinese takeaway to the house.

'Everyone's being so kind,' said Kieran as a neighbour arrived with a box of food.

By now, his fundraising page had raised £1,300 and we set up a bank account for him.

I helped him look into the cost of renting his own place, but a private landlord told us he'd need two months rent in advance and a guarantor.

Kieran looked overwhelmed. 'Don't worry about it,' I told him. 'You're fine here.'

Kieran had already become part of our family, the boys didn't want him to leave.

I liked having him around, too. He was like another son.

In April, Kieran started working two jobs, as a housekeeper and as a barman. He helped around the

house and it was nice having an extra pair of hands.

Thanks to people's generosity, his crowdfunding page has raised nearly £6,000 and now Kieran knows he can save up for his own place.

Some people have said I'm crazy for taking in a homeless stranger, that I'm putting my kids' lives at risk.

Others have accused us of having an affair!

But they can think what they want.

Kieran is just a normal lad who's fallen on hard times.

And I'm just a mum with a big heart who wanted to help.

There's no shame in being homeless, and there's no shame in offering a hand, too.

If it were your child on the street, wouldn't you want someone to help?

**● Kieran Kilday, 24, says, 'When Natalie invited me over, I never imagined things would turn out like they have. She and her children have been so kind to me and helped me turn my life around. I was overwhelmed at the kindness of strangers when the crowdfunding page reached almost £6,000. So many presumptions are made about homeless people. I just found myself in extremely difficult circumstances and ended up on the streets.'**



It's like having another son!

# Your Deals of the week

We've done the research - so that you can save the **CASH**

**OFFER OF THE WEEK**

## Best foot forward

With summer nearly here, it's time to give your feet some attention! Whether you choose to scrub your way to smoother skin or slip on a nourishing foot sock, Superdrug has the products to keep your feet soft and in tiptop, sandal-ready condition. The entire foot-care range will be three for two until 19 June when bought in-store or online at [superdrug.com](http://superdrug.com).



**OUR TOP TIP**

## Get fresh

Now the weather is warming up, stop using the tumble dryer and hang those clothes outside instead. The Vileda Supadry outdoor ailer is available at 25% off (RRP £99.99) from 18 June to 5 August when bought online from [shop.vileda.co.uk](http://shop.vileda.co.uk).

**SAVING OF THE WEEK**



## Join the Inn crowd

Take a punt in picturesque Oxford, escape to the coast and stroll along Brighton beach, shop 'till you drop in Manchester or live it up in Liverpool. Take advantage of up to 20% off rooms across the UK and Ireland with the Jurys Inn summer special offer, valid until 9 September across all 36 Jurys Inn hotels. For full details and to book, visit [jursynns.com/season-sale](http://jursynns.com/season-sale).

## Saucy!

Encona Thai Sweet Chilli Sauce is made to a classic Thai recipe and combines an authentic blend of chillies, garlic and lime juice. It's perfect for dipping, marinating, or simply serving as a condiment. The squeeze tubes are only £1.50 at Sainsbury's (usually £2) until 22 June.



## Nice ice baby

Cookie Dough is one of Ben & Jerry's most-loved classic flavours, and the 500ml tubs are now down to just £1.75 (usually £4.99) at the Co-op until 19 June. What better reason to grab a spoon and dig in to a tub of this indulgent ice cream?



## Bargain bangers

Heck Chicken Italia Sausages are lean and filled with the flavours of the Med, proving that a good banger needn't be limited to pork! They're low-fat and gluten-free, too. A pack of 10 is down to £2.36 (usually £3.15) at Waitrose until 10 July.



## Can't top that

On 16 and 17 June you can get two courses for only £15.95 or less (depending on location) at Pizza Express. This set menu includes all mains, even the thin and crispy Romana pizzas, which can cost up to £15 themselves!



## This will make you smile!

Selected products from Rapid White are a third off in Boots stores nationwide and online at [boots.com](http://boots.com), while stocks last. They include the Two Week Tooth Whitening System, now £10 (RRP £20), and the Daily Whitening Toothpaste at £5.67 (RRP £8.50).



# Your Brainwaves...

You're a clever bunch! Earn **£25 CASH** for your brilliant tips!



Red hot!

Tip of the Week

## Happy hampers

Fill baskets with personalised items for great gifts. Here's an example my daughter gave us

for our ruby wedding anniversary, which she filled with red items only.

*Audrey Johnson, Southampton*



## Caddy hack

Use a wine holder from the supermarket as a handy cleaning caddy, so you can carry all the supplies you need easily around the house.

*Jacqui Cooper, Bradford*



## Hold up!

Phone holders from shops can be pretty pricey. So I made one myself using some old lego pieces Isn't it pretty?!

*Mitra Zehtabi, Southmead*



Top Mum's Tip!

## Top table

DIY a Lego table for your kids for the small cost of £20. Using supplies from Ikea, your kids can go Lego crazy with a construction table - fun for them, and less mess for you.

*Hannah Bradley, Ramsgate*



## Cereal thriller

Make your own gift bag from a cereal box. Just cover with giftwrap and attach ribbons for handles.

*Debb Hunt, Beechdale, Nottingham*



Special branch

## Gem of an idea!

If you can't afford a fancy jewellery holder, you can make one simply using a branch and some wax. It gives a lovely natural effect and looks so pretty. It's the perfect addition to your bedroom.

*Julie Paupe, Swadlincote, Derbyshire*

Remember, these are YOUR tips - we haven't tried them ourselves

Checking out her smile in the orthodontist's waiting-room mirror, my daughter Leah, then 14, sighed.

'I can't wait to have perfect teeth,' she said.

'Just have a bit of patience, they'll be sorted before you know it,' I replied.

In fact, we were almost there with Leah's braces.

She'd had fixed metal braces on her top and bottom teeth for 18 months now, and you could see her teeth straightening out nicely.

She'd decided to get a brace in June 2016 because she hated how crooked they were.

Though she felt a little self-conscious wearing one, she'd been far more self-conscious about her snaggly teeth.

Plus, dozens of other kids in her year had them, too.

'Leah Kitchen?' a voice called from a treatment room.

We made our way in and Leah settled in the chair, ready to have her braces tightened.

We were used to this now.

Every six weeks, it was the same routine.

We'd head to Leah's appointment together, then I'd make sure I was armed with painkillers to combat the aching pain she always suffered in her teeth and jaw afterwards.

It was almost a week after the appointment when Leah complained to me that she was feeling unwell.

'I've got an awful headache, Mum,' she said.

I felt her forehead.

'You're burning up!'

I said. 'Must be the flu.'

All the symptoms were there.

Achy muscles, hot and cold sweats.

'Get some rest,'

I said, ushering Leah back to bed.

But overnight she got so much worse and was vomiting violently.

'I'm worried,' I told my partner Ian, 53, when Leah was still vomiting at 2am in the morning. 'She really doesn't seem right.'

'I think you should take her to the emergency doctors,' he said.

We rushed Leah to the surgery.

'This is just flu,' a doctor told us after examining Leah. 'She needs rest.'

He sent us home.

But I was still worried –

# A deadly

# SMILE

Her daughter's life was on the line but Andrea Kitchen, 42, from Hull, couldn't believe why...

and, back at home, Leah quickly started vomiting again.

A week later, she wasn't feeling any better.

'Why have we got a new washing machine, Mum?' she asked me one night.

I stared at her, baffled.

The washing machine

was the same one we'd had for years.

'Oh, and I love the new tiles in the bathroom,' she called from the sofa.

*What the..?*

The tiles were the same ones we'd had since we'd

moved in!

Rushing her straight to Hull Royal Infirmary at 7pm that evening, I gabbled at the nurse on the desk.

'This is more than flu,' I said. 'She doesn't even know where she is.'

Doctors agreed it was serious, and started treating Leah for meningitis.

I froze, terrified.

*Please God don't let it be that.*

But tests soon revealed that wasn't what she was suffering from.

'Thank goodness,' I said.

But they still didn't know what was wrong.

'We need to



do an MRI scan,' a consultant told me. 'It will take about 20 minutes.'

I watched nervously as Leah was moved into the machine.

But '20 minutes' ticked into an hour, then two...

'What's wrong with her?'

What's wrong with my daughter?' I asked nurses, begging them for information.

But no-one could say.

Two and a half hours later, Leah was finally back on the ward.

'We've found an infection on her spine,' a consultant said.

I gasped, tears in my eyes.

But he wasn't finished.

'We've also found bacteria



Now, she's looking good, feeling better

My girl wanted perfect teeth

on her heart,' he explained. 'It's known as endocarditis. The infection has been pushed into her bloodstream from her mouth. It then travelled to her brain. 'We think a sharp edge of her metal braces is the cause.' I was gobsmacked. They thought the metal of her brace had cut her gum, allowing the bacteria to enter her bloodstream. It explained the confusion, the vomiting, the fever. All symptoms that had seemed like a bad case of flu. I was stunned. I couldn't believe how ill a set of braces had made my little girl. Almost immediately, Leah

was transferred to Leeds General Infirmary to see a heart specialist. As we travelled there by ambulance, I called my mum and dad and asked them to meet us there. Leah was kept under observation overnight – but by the next morning, she was still confused. 'When is your birthday?' a doctor asked Leah as he checked on her. Frowning, she turned to me and whispered. 'Mum, I don't know the answer to that question.' I was horrified. 'You have to make her better!' I pleaded to the doctor. 'She needs heart surgery immediately,' he said. Two hours later, as Leah was taken down to the operating theatre, I said a silent prayer. 'Please fix her,' I muttered to no-one in particular. After an agonising five and a half hours, we finally had some news. 'The surgery has gone well,' her doctor said. 'But she's still very poorly.' As I sat beside Leah's bed

after the op, she gradually started to open her eyes. 'Hi, Mum,' she whispered. Hugging her tightly, I breathed a sigh of relief. She'd recognised me. But I knew we weren't out of the woods yet. Leah had to spend a further six weeks in hospital, where she was given antibiotics to shake off the deadly infection. She was still in hospital when her 15th birthday came round. Ian and I brought in balloons, cards and presents. Sitting with Leah on the end of the bed, we watched as she opened each one. We smiled and joked, but seeing her there in the hospital bed was heartbreaking. I was so desperate for her to come home. Finally, on 15 January this year, Leah was discharged. We were told she'd need regular checkups for the rest of her life, but she's almost back to her normal self. She has much less energy

these days, though, but she's trying so hard to stay positive. After months off school, she's finally managed to return full time and is working towards her GCSEs. Now, Leah and I have started fundraising for the Children's Heart Surgery fund, a charity that supports children and adults born with congenital heart disease. After everything Leah has been through, I'm so proud of her for wanting to give something back. She no longer has her braces on – something I'm more than happy about. Her teeth are straight now, but they're a constant reminder of how close she came to losing her life. I want other parents to know Leah's story, so they might spot the symptoms of endocarditis in their own children. What happened to my girl was rare. But it happened to us, and another family might not be as lucky...

**As she was taken to the operating theatre, I said a silent prayer**

# Your Health

## INSTANT appointment

With Doctor Arabella Onslow



### The menopause?

**Q** I'm 48 and still have fairly regular periods, but I feel different.

I'm more emotional and people say I'm irritable. Can the menopause start before your periods stop?  
*Clare, Durham*

**A** Your periods might become lighter, heavier or more variable before they stop completely and you can get symptoms such as mood changes or sweats with that. It's difficult to predict how long the whole menopausal process will take.

### Cancer screening

**Q** There's a strong history of different cancers in my family.

Can I have regular body scans to make sure I'm clear?  
*Sandra, London*

**A** There's no reliable way to screen for cancer formation outside the established screening programmes. You could ask your GP about these, but frequent scanning isn't helpful and the radiation involved may be a cancer risk itself.

### He has a lump

**Q** My son has a small lump on his neck. I think it's a gland. The doctor said to keep an eye on it. What does that mean?  
*Rosie, Birmingham*

**A** Small lymph nodes can develop after a viral illness. They usually disappear but some persist without being anything to worry about. It's worth having some bloods taken, and if they're normal, to leave the lump unless it enlarges to more than one centimetre without a viral trigger.



### CONTACT US

For advice, contact us via one of the methods below. Letters and emails are selected randomly for publication. Sorry, Dr Onslow can't reply personally. **WRITE TO:** Pick Me Up!, 161 Marsh Wall, London E14 9AP. **E-MAIL:** pickmeup@timeinc.com

Health On Twitter Follow me @DrBellyButton



**TRUE**  
or  
**FALSE**

### Narcolepsy

- 1** Narcolepsy is a brain disorder.  
 True  False
- 2** Symptoms include excessive daytime sleepiness and falling asleep suddenly.  
 True  False
- 3** It's estimated that the condition affects 10,000 people in the UK.  
 True  False
- 4** Medication can't help ease symptoms.  
 True  False

**1 TRUE** It's a long-term condition where the brain is unable to regulate sleeping and waking patterns normally.

**2 TRUE** Symptoms also include cataplexy (a temporary loss of muscle control), sleep paralysis (a temporary inability to move or speak when falling asleep or waking up), excessive dreaming and sleep-walking.

**3 FALSE** It actually affects at least 25,000 Brits.

**4 FALSE** Medication can help, as well as making changes to improve your sleeping habits. Ask your GP for advice.

# TOO TO

Suzanne Davies, 40, from Aberdeen, was handed a death sentence...

**T**alking with my husband Owen, I suddenly couldn't understand a word he was saying.

It was the strangest sensation. I could hear he was speaking, I just couldn't make out the words.

Less than a minute later, I was back to normal.

'Are you OK?' Owen, 45, asked, concerned.

'Fine,' I said.

But it wasn't a one-off. The strange absent moments had started in early 2014 and happened a few times a week.

During the episodes, I'd lose my speech, too. I thought I was speaking normally, but it was actually gibberish.

I'd send texts to friends, only to realise my messages didn't make any sense either.

*Strange*, I thought.

A mum to Max, then 7, and

# 1/3

That's how many premature deaths could be prevented if meat was cut out of diets globally, according to scientists at Harvard University.



# SO MUCH LIVE FOR



Mummy's still here!



My tumour, on the right of the image

Lauren, 4, I was always on the go. I put it down to stress. But by April 2014, I'd started getting bad migraines.

My GP referred me to Aberdeen Royal Infirmary, where I had a CT scan.

'We've found a mass on your brain,' the doctor said when the results came back.

*What if it's cancer?* I thought. Doctors wanted to perform an op to get a closer look.

Given the choice, I decided to stay awake for the procedure to give it the best chance of success.

After the surgery on 30 April 2014, the consultant didn't have good news.

He explained I had a type of

high-grade brain tumour called glioblastoma.

The tumour was the size of a golf ball on the left side of my brain.

It was sitting on the part of the brain that controls speech, which explained my absent moments.

Though surgeons managed to remove 95 per cent of it, they couldn't reach the rest.

'I'm sorry, but you may have just a year to live.

With treatment you could live eight weeks longer,' I was told.

Owen scooped me up into his arms in tears. I felt numb.

But then I thought of Max and Lauren.

If I only had a year left, it was going to be a year jam-packed with fun family memories.

And despite my grim prognosis, I was determined to fight for them.

'I want to see my children grow up,' I told Owen.

The good news was that

the surgery put an end to my absent moments, so I could speak and hear fine.

And the awful headaches were gone, too.

Chemo and radiotherapy were gruelling and I lost my shoulder-length blonde hair.

I was put in touch with CLAN Cancer Support, and they were amazing.

They arranged counselling sessions for the kids at school.

They also offered therapeutic treatments for me, such as Swedish massage and reiki.

Chemo and radiotherapy succeeded in stabilising my tumour, and four years after my grim prognosis I'm still here!

I'm still having fun and making beautiful memories with my family.

I have scans every six months and I struggle with

short-term memory and fatigue. But none of that is going to hold me back.

Not when I have so much to live for.

● Suzanne is raising money for CLAN Cancer Support. To donate, visit [justgiving.com/crowdfunding/clansuze](http://justgiving.com/crowdfunding/clansuze).

Despite my grim prognosis, I was determined to fight

## FACT FILE

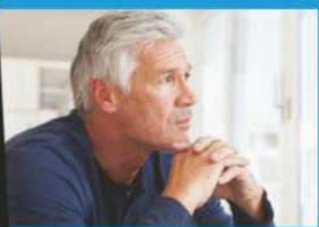
Glioblastoma is a cancerous brain tumour starting in brain cells called glial cells. It's fast-growing and can easily spread. Treatments include surgery, chemo, radiotherapy and a combination called chemoradiation. Visit [thebraintumourcharity.org](http://thebraintumourcharity.org) for more information.

Making memories with the kids



## Men's health

With Dr Arabella Onslow



**Q** I'm 50 and had a stroke last year. I've recovered well but it's knocked my confidence and I now have no libido at all. Has the stroke caused damage?

Patrick, Northampton

**A** Having a stroke young is very challenging and it's likely that its effect on your mood has had an impact on your sexual function, rather than it being due to physical damage. Speak to your GP and get some help.

## Give yourself a lift



### Blueberries

**S**nacking on this delicious superfood, which is packed full of vitamins and minerals, can help your heart, bones, skin, blood pressure and brain.

# LIKE MOTHER

# LIKE SON

## Killing ran in the family for the deadly Kimes duo

**S**ante and Kenneth Kimes were a double act with a difference.

Sante was a larger-than-life character. When she walked into a room, everyone's eyes would be drawn to her.

She oozed confidence and was a real eccentric, enjoying dressing up in Victorian gowns and speaking in a loud, commanding voice.

Her son Kenneth, known as Kenny, was more of a wallflower.

He was handsome, well-spoken and sharply dressed... but as quiet as a mouse.

However, despite their different personalities, there was a deep connection between the pair.

When they were together, they gazed longingly into each other's eyes and were constantly touching each other affectionately.

They were even known to share the same bed.

Strange, considering they were mother and son...

In an interview, Kenny said of his mother, 'I think she is a beautiful person – spiritually and intellectually. And physically.'

Those who knew the mum and son described their relationship as 'bizarre', even hinting that perhaps there was more between them than motherly love.

But it hadn't always been that way.

In his younger days, Kenny

was said to hate his mum, even writing to his friends telling them he wanted her killed.

'He disliked his mother so much,' said a friend.

But Sante was known for working her charm on people and, somewhere along the line, she worked it on Kenny and they became inseparable.

And, in the end, their closeness was the key to them forging a cunning partnership which saw them steal, swindle and ultimately, murder.

However, although they acted together, Sante was the ringleader – the brains behind the operation.

And Sante Kimes had a lifetime of criminal experience behind her.

Usually, her motivation was money...

It wasn't that she was poor, though – quite the opposite.

She simply enjoyed the thrill of taking what wasn't hers.

'To her, it was like a game of Monopoly, she just liked to do it,' said one of Sante's former neighbours.

She once brazenly stole a car from a dealer's lot –



and also walked out of a bar with a luxurious mink coat she'd pilfered.

While living in Mexico City in the 1980s, she took in young Mexican girls and promised them a better life.

Instead, she kept them as unpaid maids, beating them and threatening to report them to the authorities if they didn't do as they were told.

Kenny was still a child then, so she persuaded her high-school sweetheart and husband Kenneth

Kimes Snr to help her.

She could easily have afforded to pay the young women for their work, but she preferred to make them suffer.

Eventually, a few of the girls escaped and went to the police.

Sante Kimes was found guilty of slavery charges and served five years in jail.

Kenneth Senior served three years.

But, rather than a deterrent, her stint behind bars seemed to fuel her appetite for evil.

In 1994, after Kenneth Snr



Victims David Kazdin

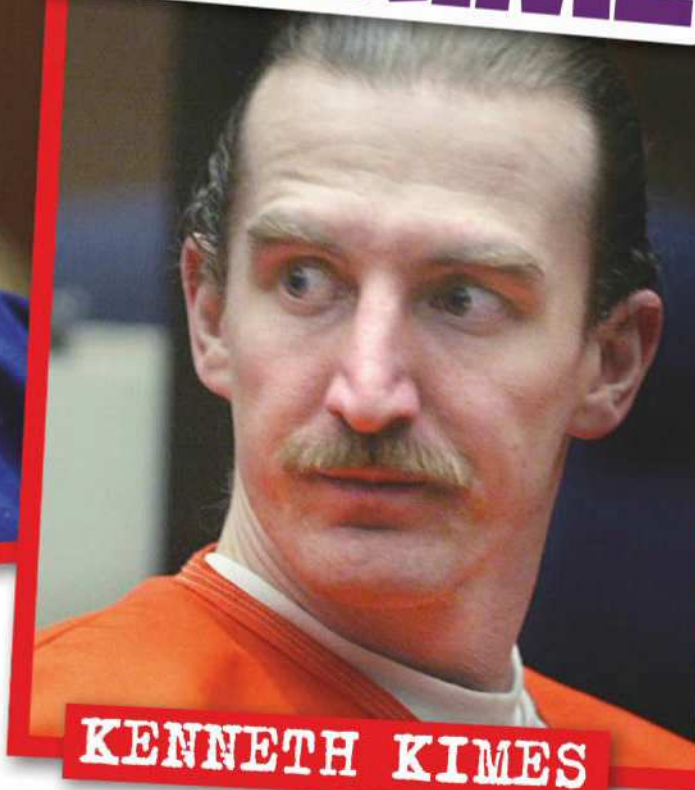


& Irene Silverman

# PARTNERS IN CRIME



SANTE KIMES



KENNETH KIMES

died from natural causes, Sante needed a new partner in crime – and her now grown-up son Kenny was the obvious choice.

Together, they plotted a get-rich-quick scheme involving a former friend of Sante's, David Kazdin, who'd rented out his Las Vegas home to her in the 1970s.

Sante somehow persuaded a notary to forge David's signature on a loan application for \$280,000 (around £200,000), using his house as collateral.

But David soon discovered what Sante had done and threatened to go to the police.

Sante knew he had to be silenced so, in early 1998, she ordered Kenny to shoot him in the back of the head with a .22 calibre handgun.

His body was then dumped in a rubbish bin near Los Angeles airport, the gun dismantled and thrown down a drain. It was never recovered.

However, while David Kazdin's murder was terrible, it was the mother and son's next killing that same year that grabbed the headlines.

Their victim was an 83-year-old widow.

Irene Silverman was a wealthy New York socialite who owned an impressive Manhattan townhouse, worth more than \$10 million (over £7 million).

Having seemingly got away

with killing David Kazdin, and with a new-found taste for murder, Sante, then 64, and Kenny, then 23, plotted to kill Irene and claim her property and fortune as their own.

Irene had converted part of her home into luxury apartments that she rented out to the rich and, often, famous.

Previous tenants had included actor Daniel Day-Lewis and singer Chaka Khan.

In July 1998, Kenny dressed up smartly and knocked on her door, claiming to be a wealthy businessman from Florida named Manny Guerrin.

He turned on the charm with Irene, telling her he'd been given her details by a mutual friend, and asked to rent an apartment.

When Irene asked to see ID and references, Kenny promised she'd get them the following day and pulled out \$6,000 (£4,500) in cash to seal the deal.

However, a week later, Kenny – or 'Manny' – still hadn't produced the ID he'd promised and was behaving suspiciously.

Irene told her friends how he averted his eyes from the CCTV cameras at the entrance to the home and began getting

frequent visits from a shady-looking older woman.

Irene wanted him gone and, when he refused to leave, she started eviction proceedings.

According to friends, Irene was as 'tough as nails' and expected to get rid of Kenny without any help from the police.

But she was no match for the deadly pair.

On the morning of 6 July 1998, Sante and Kenny pounced on Irene.

First, they disabled her with a stun gun, then strangled her and dumped her body in a wheelie bin.

But their plan to steal everything she owned was cut short when they were arrested and charged with her murder.

The police found guns, handcuffs, masks and a fake deed to the Silverman home among the Kimes' belongings.

But Irene's body was never found and there was no DNA evidence to prove the murder.

Yet Sante and Kenny Kimes were still convicted in 2000, during a sensational trial

which gripped America.

Sante, who was reprimanded by the judge for passing notes to journalists during proceedings, was sentenced to 120 years in prison, Kenny to 125 years.

A trial for the earlier murder of David Kazdin followed in 2004 and mother and son were each given a further life sentence.

They were also suspected of another killing in 1996, but no charges for this were ever brought.

Sante, described by a judge as 'one of the most evil individuals I've ever met', died in jail, aged 79, in 2014.

Despite Sante Kimes' death, the mother and son's notoriety lives on.

Their story has since been turned into two separate TV biopics, one of them starring American actress Mary Tyler Moore.

The pair's days of killing for the thrill of it may be long gone.

But they've gone down in history as one of the most cunning and deadly double acts in US history.

**With a new-found taste for murder, the pair plotted...**

# FASHION WEEK

FROM SUNDAY  
17<sup>TH</sup> JUNE

#LETSLOVESUMMER

esmara

by Heidi Klum

Tunic

£9.99

Shorts

£6.99



[LIDL.CO.UK/FASHIONWEEK](http://LIDL.CO.UK/FASHIONWEEK)

Subject to availability. Selected stores. Excludes ROI & NI. Packaging, sizes & measurements may vary.  
Prices correct at time of going to print & valid for a limited period only. Esmara by Heidi Klum, Tunic or Dress,  
Sizes: 8-18. Esmara by Heidi Klum, Shorts, Sizes: 8-18.

Big on Quality

LIDL ON PRICE

# Genius Or TOTALLY BONKERS?

We put some truly original products to the test...

## Carex Unicorn Magic Shower Gel, £1, Poundland

Wake up and smell just like a unicorn with this sugary sweet shower gel. Litt'uns will absolutely love this fun treat - and there's even a matching hand wash, too.



**Verdict:**  
**BONKERS!**  
But great for kids.

## Shower Beer Holder, £14.99, firebox.com

Keep your beer safe and your hands free while you lather up with this suction wall mount. It sticks to most smooth, shiny surfaces so you can use it all around the house.



**Verdict:**  
**BONKERS!**  
Hilarious, though.

## Breville Deep Fill 2 Slice Sandwich Toaster, £40.98, breville.co.uk

Fill your sandwich with more ingredients with the deepest-fill toastie maker ever! Perfect for sweet or savoury (you can even make doughnuts!), it can make two sarnies at a time.



**Verdict:**  
**GENIUS!**  
Even more room for cheese.

# WIN PUZZLE 3 £300!

## Crack it!

Work out which letter each number represents. Once you've filled the grid, put the correct letters into the Prize Answer boxes at the bottom to spell out a word. Enter on page 45.

3	14	23	7	7		16	14	16	2	15		23	
T	A	B	O	O									
20		2		15		15		11		14	12	2	26
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2		11		12		19		11	4	1	14	17	2
26	8	26		14	6	14	10	2				14	
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6	20	21	3	11	5	20		3		17		7	
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## PRIZE ANSWER

16	8	15	11	5	20
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# FASHION WEEK

FROM SUNDAY  
17<sup>TH</sup> JUNE

#LETSLOVESUMMER

**lupilu**

by Heidi Klum

Maxi Dress

£4.99



[LIDL.CO.UK/FASHIONWEEK](http://LIDL.CO.UK/FASHIONWEEK)

Subject to availability. Selected stores. Excludes ROI & NI. Packaging, sizes & measurements may vary.  
Prices correct at time of going to print & valid for a limited period only. Lupilu by Heidi Klum, Maxi Dress, Ages: 1-6 years.

*Big on Quality*

LIDL ON PRICE

# Your Dilemmas

Stuck for what to do? Write to Pick Me Up! for some good advice.



## Tell my ex I'm with his brother?

**Janine, 39,**  
Glasgow

Earlier this year, I finally ended things with my cheating ex of eight years. It was a breath of fresh air to move out.

I was very close to his family and kept in touch with them all, including his brother. But his brother and I are more than texting now – he came over to my new place to help me move, and one thing led to another...

Now we're in a proper relationship. When I told my friends, they were shocked that I hadn't told my ex – but I don't think I need to, or that I owe him anything. He broke my heart and I'm over him.

But, although I don't want my ex to have any part in my life, including my new relationship, should I tell him?



**YES**

**Pick Me Up!**  
reader Manisa Kuinkel says,

'Your ex needs to know, so he can digest the news and get over it. If things are serious with your new man – your ex's brother – everyone will find out anyway.'

'The family will have to know, so perhaps your new man could tell them all, and let you off the hook? You don't need any more emotional stress right now.'

'Then you can all get on with life without any dramas.'



**NO**

**Pick Me Up!**  
reader Emma Read says,

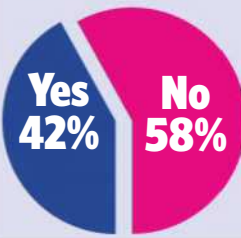
'You owe your cheating ex nothing. I hope your new love blossoms – you deserve to be happy.'

'Let's hope that reality will hit your ex – he lost you and

you've created a new life without him – and that he feels that same heartbreak he made you suffer!'

'Don't feel you have to tell him – just enjoy your life. And, when you and your new man are settled, invite his family round.'

**f Reader Poll**



## Leave and lose weight?

**Josie, 61,**  
Lincolnshire

In my 50s, I had a gastric band but I'm in my early 60s and overweight again. Now my husband's retired, I no longer walk everywhere to see friends and he just wants us to sit and watch TV and eat – unhealthy food of his choice.

My husband does nothing to help me, and always expects to get his own way. He's making me depressed and I feel the years are slipping by.

Should we separate, so that I can try to lose weight? I know he won't do it with me, or help.



**YES**

**Pick Me Up!**  
reader Michelle Slinn says,

'If your husband won't let you go out, then, yes, you should leave him. You're depressed because you're stuck indoors. If he wants to sit in all day, he can. Walking will help you slim and you'll feel better emotionally.'

'However, you may find your husband is happy for you to do other things, but just doesn't want to do them himself. And time apart can make your relationship stronger, too.'



**NO**

**Pick Me Up!**  
reader Sandra Hague says,

'You don't need to leave your husband, unless there are other underlying problems. It's not hard to find something that you'd both enjoy, without sitting inside. I walk every day – regardless of the weather!'

'But only you can make the decision that you'll lose weight. Leave the house and go for a walk. Make yourself a salad, find recipes online, go to the library for cookery books – you must think of yourself and your health.'

### ADVICE LINES

● Relate can help you cope in the aftermath of an affair. Call 0300 100 1234.

● HOOP, Helping Overcome Obesity Problems, is there for you if you want non-judgmental advice. Call 0303 300 0314.

● Weight-loss surgery may be provided on the NHS. Visit [nhs.uk/conditions/weight-loss-surgery/](http://nhs.uk/conditions/weight-loss-surgery/) to see if you meet the criteria.

# Wrong time

# WRONG PLACE

A decade has passed since her son was shot dead. So why does Christine Campbell, 50, still not have justice?

**W**e'd had a fantastic night at my cousin's 40th birthday bash, but now the evening had come to an end.

'Come on,' I said, linking arms with my 20-year-old son Anthony. 'Let's get a taxi.'

It was November 2006 and the two of us chatted non-stop until the cab pulled up outside his dad's house.

We'd split when Anthony, an only child, was little.

He'd been brought up with me in Bow, east London,

but when Anthony was 17, I'd moved back to Dublin so he could be closer to his dad.

Since then, he and his dad had lived together, but my house was only 10 minutes away.

Climbing out of the cab, Anthony gave me a kiss.

'Love you, Mam,' he grinned.

Unlike a lot of Irish lads, he wasn't afraid to show his mam a bit of affection.

We were close, spoke on the phone most days and were always swapping texts.

Blond with blue eyes, Anthony was a good-looking lad. Working as a plumber, most of his money went on trendy clothes to impress the girls!

On 11 December, he sent me a text saying he was off on a plumbing job.

*Have a good day, I texted back. Love you. You're my world.*

*Love you, too, Mam, he replied. Talk later!*

The next morning, I set off to my job as a ward housekeeper at St James's Hospital.

But at 10.45am, I had a phone call from Anthony's stepmum.

She sounded odd, and there was a hubbub of noise

in the background.

'Better get over here, Christine,' she said, her voice shaking. 'Anthony's been shot dead.'

'Anthony's what?' I stammered.

As she repeated herself, I felt the room close in on me.

*Has she lost her mind? Anthony's at work!*

Barely able to breathe, I leapt into a taxi.

I arrived to chaos. Anthony's stepmum was at her flat with family, while Anthony's dad raced back from his scaffolding job.

'What happened?' I demanded, still wearing my scrubs. 'Anthony will be home any minute. He'll want to know what's going on.'

His stepmum shook her head.

'The police rang,' she said. 'They told us that Anthony was shot dead at work. It's already on the news.'

I sank in front of the TV in shock. The news was reporting that two gunmen had entered the house that was owned by a niece of Dublin criminal Marlo Hyland.

Gang boss Hyland had been using the house as a hideout and was asleep upstairs when the gunmen killed him.

Then they turned a gun on a plumber who was fixing a

**He'll be home at any minute, wanting to know what's going on**

leaky radiator, because they feared he'd be a potential witness. He'd been shot six times.

Then the news named the plumber. And it wasn't my son's name.

'You see,' I spluttered. 'It's

not Anthony.'

Anthony's stepmum touched my arm.

'It is him, the reports have got the wrong name,' she said.

Then, gently, she explained that the police had told her, thinking that she was Anthony's mum.

I didn't want to believe it.

'It's a mistake,' I wept to Anthony's dad when he arrived. 'Our boy can't be dead.'

In shock, I went to the home I shared with my dad, 68, and mum, 66.

Everyone was crying. They'd heard the news.

An auntie had rung them after seeing it on the news.

But I didn't cry. Why would I? Anthony was going to come



**Me today: I'll never rest**



**Just 20 years old**



CE



Anthony - my world...

determined to get justice for my son.

Detective Superintendent Colm Fox was brilliant, ringing me if there were any developments in the investigation and sometimes even if there weren't.

As time passed, people were arrested and questioned, but always released without charge.

Eighteen months after Anthony died, I felt a glimmer of happiness.

I met my new partner while on holiday in Benidorm. The kindest man I've ever known, I was convinced he was sent to me by Anthony.

We moved in together in 2008, and in 2013, we got married.

It was a bittersweet day, knowing that the one person who should have been there with us, wasn't.

As years passed, Anthony's murder remained unsolved.

I rang the police constantly, but it was as though the trail had gone completely cold.

The lack of justice gnawed constantly at me.

'One day, I swear we'll get these men jailed,' I'd promise Anthony.

But then, in February this year, Detective Superintendent Colm Fox passed away.

As he was laid to rest, it felt like any hope of finding Anthony's killer had died, too.

So now, 11 years after my boy was murdered, I'm telling my story in the hope that someone must know who shot my son.

I hope and pray that a girlfriend, mother or friend of the killer will give the police the information they need so that I can finally get the closure I'm desperate for.

I know Anthony's watching over me every day.

But I won't rest until his killers face justice.

● *A spokesman for the Irish police, An Garda Síochána, said, 'The Anthony Campbell murder continues to be under investigation. We appeal for any public information on this case and members of the public with any information can call officers at Blanchardstown Garda Station on +353 1 666 7000 or on the Garda Confidential Line in Ireland on 1800 666 111.*

walking through that door any minute, telling me it was all a terrible mistake.

Only he didn't. Instead, the TV and radio reports were filled with the news.

Because of how high profile

Hyland was, the details of what had happened seemed to be all over the media within minutes.

And now my boy's name was being used.

Reports said Anthony had raised his arms to his head to protect himself, but the bullet had gone through one arm and into his head.

My poor, poor defenceless boy. Shot for being in the wrong place at the wrong time.

Yet, still, I didn't break down.

My brain just couldn't comprehend it.

It was like something out

of a film script, not real life.

Even when the police finally came round the next day, I refused to accept it.

I was still in shock two days later when I went to identify Anthony's body.

At last, the horror became real.

'Can I hold him?'

I sobbed, finally overcome with emotion. 'I want to give him a kiss.'

'You can't touch the body,' I was told.

'Forensic evidence needs to be taken.'

His killer had not only taken my son, but denied me the chance to say goodbye.

A couple of days later, I got to kiss him at the funeral parlour.

Seeing him lying there, just 20 years old, I wanted it to be me in that coffin.

He should have had his whole life ahead of him.

His funeral at St John's

**How could I get on with my life when his had been snatched away?**

# Your style



**£32**

Red Herring at Debenhams



**£16**

Miss Selfridge



**£20**

Falmer Heritage at Matalan



**£12**

Accessorize



**£25**

Accessorize

**£28**  
Very



**Kimono, £25;  
top, £8, and  
shorts, £14**  
F&F at Tesco



**£35**

Simply Be



**£45**

Red Herring at Debenhams

This week...

# Festival style



£9.99  
New Look



£35  
Simply Be



£29.99  
New Look



£12.50  
Marks & Spencer



£12  
Primark



£12  
Matalan



£10  
Primark



£20  
Miss Selfridge



£18  
Very



£10  
Primark

**PickMeUp!  
Loves...**  
...luxe-look, full-shine  
metallics! Even if it's  
raining cats and dogs,  
you'll still twinkle  
like a star!



£12.50  
F&F at Tesco



£26  
Oasis

**HELLO  
BABY!**



Celebrate your new arrival and get **£25 CASH**



## My baby bear

**Annabelle, 6 months, looks just like a little teddy in this hoodie. Beary cute!**  
*Nikki Milam, Rudgwick*



## Boy blue

**My grandson, 2-month-old Oscar, has the most beautiful blue eyes, and they match his onesie. Blue-tiful!**

*Andrea Davis, Ottery St Mary*



## Sleepy head

**I think my Evie, 3 months, was so bored she fell asleep. Just like her dad!**

*Kirsty Jennings, Cookridge*

# What a difference WEDDING

## Kathryn Cooper, 34, from Hull, didn't want to waddle down the aisle again...

**C**ramming myself into a stretchy purple bridesmaid's dress, I blinked back tears. I'd been overwhelmed with happiness when my sister, Laura, then 29, asked me to follow her down the aisle.

But now, in September 2015, as her big day approached, the reality of what I'd signed up for was sinking in.

'I look so fat,' I said sadly to my fiancé Chris, 28.

'You look fine,' he assured me. But I knew I didn't.

Weighing 20st, I hated my bulging figure.

And as I tried to squeeze my size-22 frame into the size-18 dress, I felt like all eyes would be on me.

I'd always been on the larger side. But after the birth of our daughter Millie the year before, the weight had piled on.

It'd been a difficult pregnancy, and our whole family was in turmoil after my beloved grandad Don, 89, had become seriously ill.

I'd been looking after everyone – except myself.

'I'm dreading it, too,' Laura confessed a few days later.

She'd put on weight, as well.

The last thing she wanted was to be centre of attention.

'Let's enjoy the day anyway,' I told her.

With just a few

weeks to go, there didn't seem much point trying to lose weight.

Besides, I'd tried dieting and it never worked.

Still, I was mortified when I realised the four other bridesmaids would be Laura's slim size-8/10 friends.

'I'm going to look massive beside them,' I groaned to Laura.

I tried to convince her to have my Millie, then 1, as a flower girl instead of me, but it meant so much to her to have her only sister as a bridesmaid.

So in October 2015, I waddled down the aisle after Laura, pretending to be overcome with emotion.

But really, I was mortified. I'd never felt so

uncomfortable or fat, though I was determined to stay upbeat.

Afterwards, I tried to put it to the back of my mind.

That November, my grandad died.

He'd had number of health conditions, all complicated by diabetes that he'd developed later in life.

*I could end up getting diabetes in my 40s, let alone 80s, I thought, huffing and puffing up the stairs.*

A week later, Laura was

excitedly showing me all her wedding photos.

Forced to relive the shame all over again, I stared in horror at my hulking body.

Rolls of flab hung out of my dress, and my arms looked enormous.

'Your turn soon,' Laura smiled, pointing at my engagement ring.

'We haven't even set

**Rolls of flab hung out of my dress, my arms looked enormous**

**Me before and, right, today**



# erence a MAKES!



*Me, far left, at Laura's wedding*



*And at my own! This time, I loved the photos*

a date yet,' I shrugged.

Chris and I had been engaged for years, but I couldn't stand the thought of being this overweight on my wedding day.

Being a fat bridesmaid had been bad enough.

But that night I thought about how much I wanted to marry Chris, and how I'd love to feel good about myself on one of the most important days of my life.

I also thought about my little Millie, and how much she deserved a healthy mum.

'It's time we did something about our weight,' I told Laura.

'I wish,' she frowned. 'I must've tried every diet.'

'What about Slimming World?' our mum Margaret, 58, suggested.

So in March 2016, all three of us drove to a group a few miles from our home in Hull.

'I don't want to see anyone

I know there,' I said nervously.

But as soon as we arrived, I started to feel at ease.

The group leader was friendly, explaining about healthy eating and portion control.

She made it sound so easy.

Over the next few weeks, I realised it actually was!

Chris and I cut out our twice-weekly takeaways, white bread, sugary drinks.

Instead of piling the food onto our plates, I stuck to smaller portions.

Within a week, I'd lost 5lb.

'I've lost a few pounds, too,' grinned Laura. 'So has Mum!'

After that, there was no stopping us – and, in May 2016,

**I felt like a million dollars – it was the perfect day**

I finally booked my wedding at a beautiful hotel for the following year.

By then, I'd lost 2st and felt great.

That September, I bought a size-16 wedding gown – but by the time my big day came around, I'd lost 6st and had it taken in by a seamstress.

In May last year, I glided down the aisle feeling like a million dollars.

It was the perfect day – and this time, the wedding photos

filled me with pride not horror.

I even arranged for the photographer to take some lovely photos of Laura with her husband Brett, 31.

She'd lost 5st and looked amazing. Mum had lost 6st, too.

Even Chris was more slimline, losing 2st by sticking to my healthy eating.

'Between us, we've lost 19st!' I laughed.

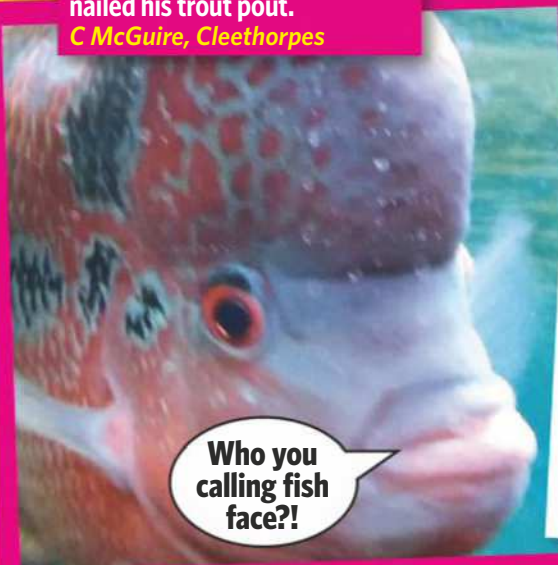
I was beaming with pride and happiness.

I may have been a bulging bridesmaid, but I was a blushing bride!

# Animal magic

Show us what your pets are up to and get **£25 CASH**

My fish Chunk has absolutely nailed his trout pout.  
*C McGuire, Cleethorpes*



Who you calling fish face?!

Oops! Think I took away Storm's food bowl before he was done with it...  
*Lorraine Player, Chelmsford*



One small step for man, a giant leap for kitty-kind! On her first day outside, my mini moggy couldn't wait to explore.  
*Stewart Room, Cheshire*



Hello, world..!

Jax the rescue hamster will be squeaky clean after his bath.  
*Krissie Cope, Manchester*



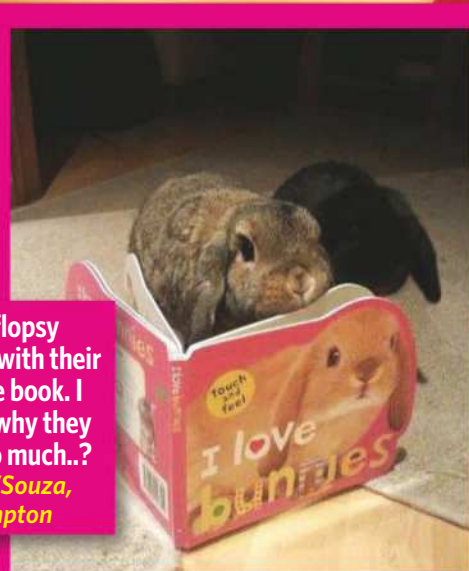
Bring on the bubbles!

**PET OF THE WEEK**

Guinea pig sleepover! My three little pigs - Daymon, Jayce and Dustin - chilling out together.  
*Vanessa Van der Merwe, Chatteris*



My two flopsy bunnies with their favourite book. I wonder why they love it so much..?  
*Zowie D'Souza, Southampton*



# A whopping £1,000! for a new car

Donna only joined the site the month before!

By Donna McTigue, 50, from Glasgow



**S**tarting up my brand-new car, I grinned. It was all thanks to a *Pick Me Up!* Bingo win! Back in July 2017, I won the £1,000 Full House on Sapphire Bingo – and I’d only been a member since the month before.

I usually played slots, but wanted to try something new. Tickets were 10p, so I bought 37, and let the game roll.

There were lots of members in the room, so I thought it must be a

popular time to play...then my phone beeped with a message from my nephew – pictures of my great-niece, 18 months old.

*So cute!* I texted.

When I returned to the game a while later, it’d ended.

I wondered who’d won.

I left the game page and checked my balance – it read £1,000 more than it had before...

I’d scooped the top cash prize!

‘I’ve won!’ I called upstairs to my son.

‘Well done, Mum!’ he grinned. ‘Now you can get that car you’ve always wanted.’

I texted the rest of the family to share my good news. They were all stunned.

And, within weeks, I’d put down a deposit on my

very own, shiny new car.

I got my son a little something too, as a treat.

I couldn’t believe my *Pick Me Up!* Bingo win had led to me getting a car.

I still play. I love the games and the chat rooms. It’s great to join in all the fun.

And, just as I was a winner, you could be, too!

**My balance was up by £1,000 – I’d scooped the top cash prize!**

**GET UP TO £50 IN FREE BINGO TICKETS WHEN YOU JOIN AND PLAY £10\* TURN OVER FOR MORE DETAILS.**

\*18+ UK ONLY. DEPOSIT, OPT IN & WAGERING REQUIREMENTS. RULES APPLY

## BINGO LINGO

Bamboozled by the abbreviations in the chatrooms? We’ve got it covered...

- 1TG** – One To Go
- 2TG** – Two To Go
- FH** – Full House
- NT** – Nearly There
- WTG** – Way To Go
- OT** – Cutie

- WDW** – Well Done Winner
- YA W** – You’re A Winner
- BBLR** – Be Back Later
- IMO** – In My Opinion
- GLA** – Good Luck All
- \*(((Name)))** – Hugs

**Pick Me Up!**  
**Bingo**

# I WON £2

42

## while getting my hair cut!

**Christine Watson, 71, from Shipley, West Yorks, wanted a new hairdo – but she got a lot more!**

37

It was January and I'd planned a cosy day in from the cold.

I settled on the sofa with my laptop and a cuppa, my 4-year-old Morkie dog - a Yorkie crossed with a Maltese - Merlin, slumped on my feet.

'That's lovely and warm, Merlin!' I laughed.

I didn't need slippers!

I planned to buy some tickets for a game of Bingo.

A member since May 2011, I loved playing Bingo online. I'd even won a £1,000 Full House

once before in March 2014, while playing Sapphire Bingo.

I've been able to spoil my two children, Antony, now 40, and Liz, 43. And, of course, my two wonderful grandchildren!

This time, I decided to buy 20 of the 10p tickets on a 'Buy 2 Get 1 Free' offer to play 75-Ball Bingo in Bingo Lounge.

The next game was starting, and the numbers were just popping out.

Then I heard a knock on the door. Merlin immediately started barking and hurried off

at once to greet the guest.

It was my hairdresser - well, a girl needed to look good!

After a few hours nattering away and getting my hair trimmed, I'd forgotten about my Bingo game.

And it was only when my hairdresser had left that I remembered.

*Oh, well, the game will be finished now!* I thought.

Opening my laptop to check, I logged into my account.

Then I saw a rather large number in my balance, and my

jaw dropped.

My balance had shot up by £2,266...

I thought my eyes were playing tricks on me, until I got a congratulatory e-mail.

I'd won the progressive jackpot of £2,266!

'I've won!' I screamed, scaring Merlin.

He tilted his head as if to say, *what's wrong with her now...?*

'I can't believe it!' I cried to

## BUDGET YOUR BINGO...

**P**ick Me Up! Bingo wants everyone to enjoy the experience, without spending beyond their budget. It has some handy tools - such as setting your deposit limit or adding a session reminder - which are all easily accessed from your account. It also has useful tips to help you get the most from your Bingo fun.

- There are value Bingo games

with tickets between just 1p and 10p each.

- Look out for Promotional Games with special offers, where you can Buy 2 Tickets and Get 1 or even 2 Free Tickets.
- Always check on the site, as there are often Free Bingo games on offer.
- Join in the fun by playing in the bingo rooms, where the Chat hosts

play games with members and you could even win a cash bonus.

- Try the Daily Free Games that are available. With these, you can play one of three free games daily, with a chance to win cash prizes or free spins if you've wagered £2 in the last seven days. Customer Support is always on hand if you need any more help or information - as there's nothing Pick Me Up! Bingo likes more than making sure its members are having FUN - but that it's responsible fun.



# 2,266



him – poor pup just walked off as he'd had enough of my happy shrieking!

I rang my daughter at work. 'You'll never believe this...' I started.

'Amazing news, Mum!' she said. 'Now you can get a new mobile phone!'

She was right, my phone was ancient and had been playing up lately.

I rang my son, as well, who was over the moon for me.

'Let's celebrate with a big family meal!' I told him.

I ended up spoiling them both rotten, thanks to my win, and hosted a huge meal for my

kids and grandchildren.

Plus, I gave both of my grandchildren £100 each.

To top it all off, I treated myself to a brand-new vacuum cleaner, as my old one had packed up on me only weeks earlier.

And, of course, I gave Merlin some treats for putting up with all of my drama.

While playing Bingo online, you see people winning all the time.

But you don't think it'll be you who wins next – only I did. And if I can win, anybody can!

Thank you, Pick Me Up! Bingo. My win has been a real treat for me and my family!

42

## PROMOTION

# Pick Me Up! Bingo

20

75

### Sapphire Bingo!

20

10

11

20

### Emerald Bingo!

## Join Today!

7

# Get up to

# £50

23

37

## of FREE BINGO!\* when you play £10

### HOW TO CLAIM:

## Register with promo code **PMUK25**

## Play £10 on any game and Claim up to **£50 of FREE Bingo**

\*T&Cs: 18+. UK only. New members only. Registration and opt in required. Min £10 deposit and wager. Bingo game restrictions apply - £50 value on 25p tickets. 30 days expiry from opt in. Rules apply. Offer on this issue ends 21 June 2018. See full T&Cs at pickmeupbingo.com. Pick Me Up! Bingo is part of the Jackpotjoy.com network. For 24-hour support, freephone 0800 458 0770. Please play responsibly. BeGambleAware.org.

### JOIN NOW AT

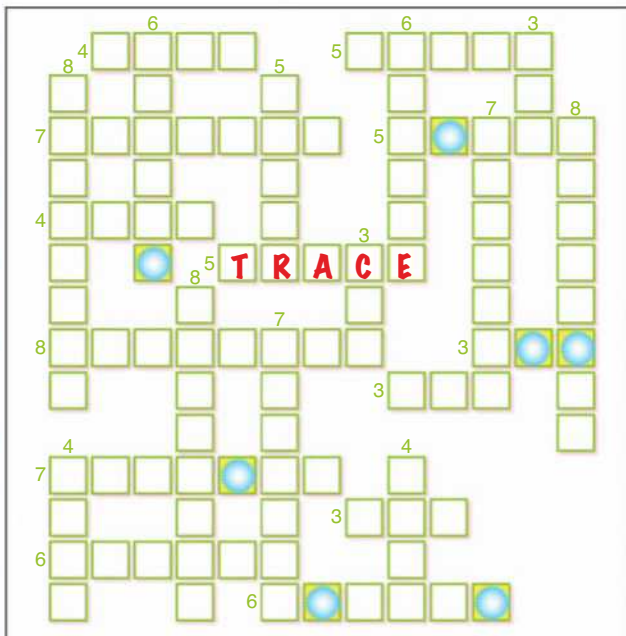
# pickmeupbingo.com

GambleAware 18+

# WIN £25!

## Cross it!

Solve the puzzle to find a word. Fit the words back in the grid and the letters in the highlighted squares spell out the answer. We've put in one word to help.  
Enter on page 45.



- | 3 letters | 4 letters | 5 letters | 6 letters | 7 letters | 8 letters |
|-----------|-----------|-----------|-----------|-----------|-----------|
| Coy       | Aqua      | Abode     | Baddie    | Abashed   | Absinthe  |
| Elm       | Army      | Drama     | Entrée    | Arraign   | Allergic  |
| Fix       | Feta      | Sewer     | Medial    | Avarice   | Calfskin  |
| Gut       | Tier      | Trace     | Quarto    | Truckle   | Idolatriy |
| Ton       |           |           |           |           |           |

# WIN £25!

## Sudoku!

To solve the puzzle, each 3 x 2 box, each column and each row must contain the numbers 1 to 6. Solve the puzzle, then read down the numbers in the highlighted squares for the prize answer.  
Enter on page 45.

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

# Lost a FOU

Her son was trapped in his own world – until Janet Sayer, 53, from Newquay, found him a very special friend...

**T**entatively opening the door of the special-needs classroom, I looked at the destruction inside. A smashed TV, books and pens strewn across the floor.

*One little boy did all this?* I thought, stunned.

But not just any little boy. My little boy Joel, then 7.

Sitting among the carnage, he didn't seem angry or sad.

He just looked blank. Fear churned in me...

*What is happening to my baby?*

It was March 2011. Arriving

to collect Joel from school moments earlier, teachers had warned me he was distressed.

He'd had outbursts before, but nothing like this.

'Joel,' I said, putting my hand on his shoulder.

But as he turned, a fist flew towards me.

I reeled back with shock.

My own son had punched me square in the face – the first time he'd ever hit me.

'What's upset you?' I begged.

'I just want to be like everyone else,' he said.

My heart shattered.

Me and my husband Kevin, 44, had always known that Joel was different.

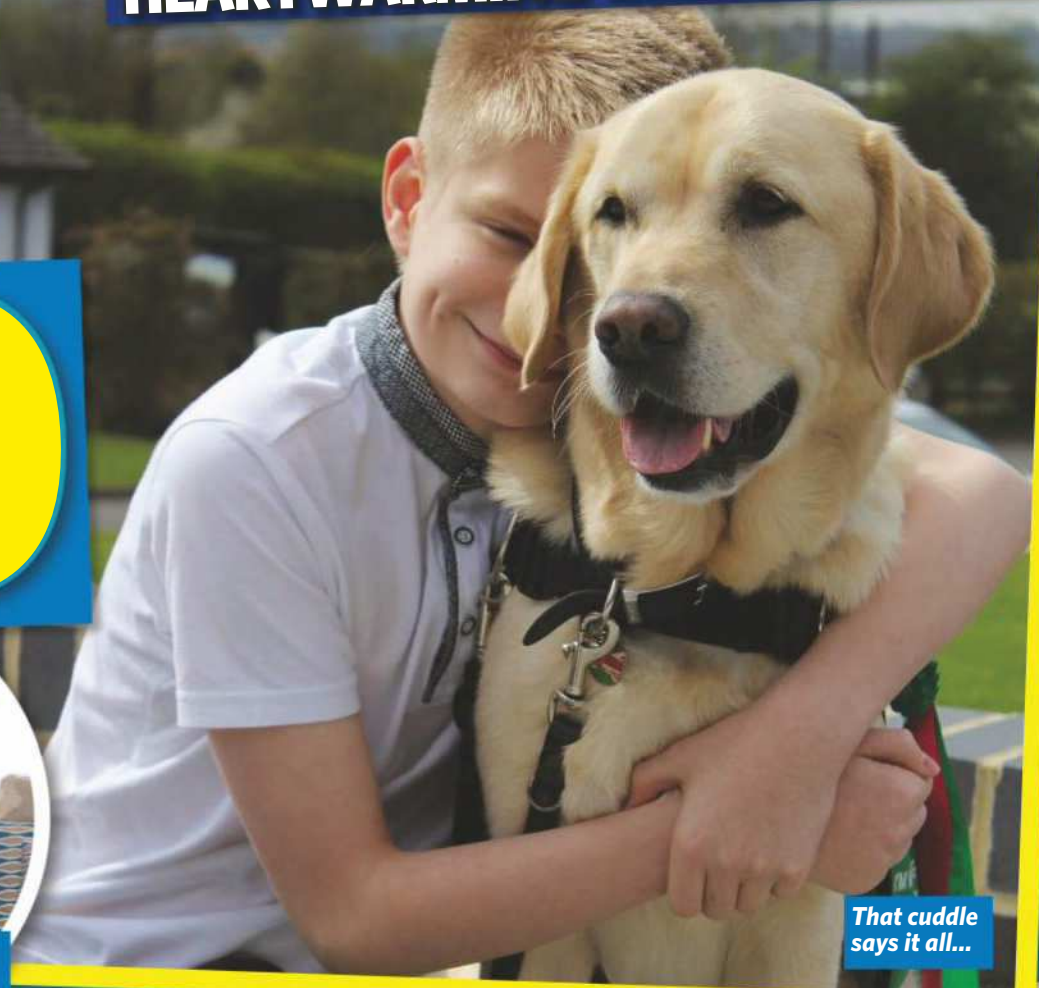
The youngest of my five children, he'd always seemed



Out exploring... and in a calm place at home



# nd ND



**That cuddle says it all...**



**Me, Joel and Caddie**

unemotional, even as a baby.

He didn't want to play with toys, wouldn't engage.

'We have to get to the bottom of this,' I told Kevin that night.

Doctors had told us that Joel had delayed development syndrome. His struggles with eating, bathing and social skills were classic signs.

But I was convinced it was something more.

So two weeks later, we took Joel to a paediatrician, who sent us to a child psychologist.

She watched him closely. Reviewed his case history. And, within moments, she was able to give me the diagnosis.

'Joel is autistic,' she said.

*Relief!* We had an answer.

But there was concern, too.

Joel was also diagnosed with ADHD and sensory disorder – explaining his sensitivity to lights, sounds, and smells.

Knowing what was wrong was only half the battle.

Over those next months, Joel's behaviour got worse.

His school was just round the corner, but every morning he'd fight and refuse to go.

The only place Joel seemed

calm was in the make-believe world he'd invented in his head.

'There, I'm safe,' he told me.

I could tell when he was in his own world. He'd pace over the same spot on the floor for hours, his expression glazed.

'Is there anything you can do?' I asked his doctor in June 2011.

'Have you considered Dogs for Good?' she said.

The charity trains pups to help people with differing needs.

But Kevin didn't really like dogs. So I wrote it off.

Then, six months later, when out with me, Joel was almost hit by a car.

In a daze, he'd skipped into the road. I couldn't grab him.

*Enough is enough.*

E-mailing Dogs for Good, I poured my heart out, telling them all about Joel's condition.

Within 24 hours, they replied... Joel had qualified. We just needed to pass an interview.

*Oh, God!* I panicked. *Will Joel even like a dog?*

He could be petrified! And I hadn't even run it by Kevin.

That night, I showed him a

video of an autistic boy playing football with a dog.

'If that can happen for Joel, then I'm on board,' he said.

A few weeks later, the fuzziest golden Labrador, called Caddie, came to visit us.

Joel was unsure. Just stared.

But as Caddie nudged at his hand, I saw a flicker of something in Joel's eyes.

Just 20 minutes later, he was outside, running around playing fetch with Caddie!

I glanced at Kevin. We both had tears in our eyes.

Our boy, who refused to leave the house, was outside playing.

It was as if all the things that had bothered him before had suddenly melted away.

When it was time for Caddie to go, Joel came to the front door to say goodbye to him.

Then, as the door closed, his face fell and he went back to his silent, unexpressive self.

For me and Kevin it was a no-brainer. And six weeks later, in August 2012...

'Caddie's going to come live

with us and he's going to keep you safe.' I told Joel.

Joel didn't say anything.

But I watched as the corner of his mouth twitched upwards. *A smile.*

His first since he was 2! Since then, they've been inseparable. Caddie even sleeps in Joel's bedroom.

With Caddie by his side, Joel feels like he can accomplish anything. His speech has improved 10 times over.

In March 2017, we even got him on a train to London for the first time.

Joel has been to the cinema, the beach, all places that terrified him before.

And if there are times when Joel can't cope, Caddie knows. Brings him toys, or lays his head on Joel's thigh.

We were losing Joel, but Caddie found him for us.

It's amazing to see the difference this little pup has made to our lives.

'Is he your best friend?' I asked Joel.

'No...' he started, 'he's my guardian angel.'

I welled up. I couldn't have put it better myself.

**All the things that had bothered him before melted away**

# Look Amazing!

This week: Beauty favourites



**Neutrogena Hydro Boost Instant Facial Cream-Mask, £3.50**

Perfect for travelling, this little pod is filled with hydrating serum to leave your skin noticeably plumper in just 15 minutes. When you're done, remove the excess with a cotton pad or massage it into your skin as an extra treat. Finally, a face mask that won't scare the postman - we're sold!



**Beauty Kitchen Facial Konjac Sponge, £6.99, Holland & Barrett**

Made from 100 per cent natural ingredients, this sponge is great for giving your face a really deep cleanse. By gently exfoliating your skin it helps to plump it up by stimulating blood flow, and even works to remove blackheads.

Sniff before you buy!



**Nivea Body Mousse with Wild Raspberry & White Tea Fragrance, £4, Sainsbury's**

Say hello to your new favourite moisturiser! The first of it's kind, this mousse melts into your skin instantly so you can get dressed straight away. Even better, the bottle has a 'scratch and sniff' lid so you can try the smell before you buy.

**Patisserie De Bain Blackcurrant & Apricot Coulis Hand Cream, £4.99, amazon.co.uk**

If you love sweet fragrances, then you'll go gaga for this sugary-smelling hand cream. Get into the habit of using it every day before bed and wake up to silky smooth hands.



**Baylis & Harding Oatmeal, Milk & Honey Cream Hand Wash, £2, Asda**

A daily treat for hard-working hands, this nourishing wash will help to keep your mitts soft, even after doing the washing up! We're obsessed with the sweet scent too.



**Yardley London The Collection Eau De Toilette in Flora Jade, £25, Boots**

With almost 250 years of perfume expertise, there's no doubt Yardley know a thing or two about what makes our noses tick. There are five fragrances in their new collection, but this fruity, floral scent is our pick of the bunch.



**Pureology Strength Cure Shampoo, £12.35, feelunique.com**

We know it's pricey, but this shampoo really does mean business when it comes to repairing damaged, colour-treated tresses. Thanks to its rich, creamy formula, it makes hair feel super-soft and more manageable from the very first use.



**Bourjois Paris Le Duo Blush in Caraméli Melo, £6.49, Superdrug**

Use the darker shade to sculpt your face and the lighter to highlight, or swirl both together for a flattering blush with a healthy glow. Also available in two lighter shades, there's a blush to suit all skin tones.



**Mark Epic Lipstick With Built-In Primer in Be Loud, £8, avon.uk.com**

An amazing Clinique dupe, this lippy has a built-in primer, giving budge-proof colour as well as keeping your lips moisturised. Use it with a lipliner to stop the colour from bleeding around the edges.



COMPILED BY: JESS BEECH

# Your telly Pick of the week

You definitely won't want to miss these TV treats



**DON'T MISS**

## Poldark, BBC1

A truly 'gripping' episode as some of the men enter a Cornish wrestling tournament at the Sawle Feast! Sam Carne grapples with Tom Harry, a much-burlier man. 'Sam agrees to wrestle brutish Tom for the love of Emma Tregirls, who's told him that she'll attend church with him if he wins,' says Tom York, who plays Sam. 'Filming the match was such fun. It's a joy as an actor when you have something so physical to get your teeth into.'

## Paul & Bob Go Fishing, BBC2

Paul Whitehouse and Bob Mortimer are close friends who both suffer from heart disease. This six-part series sees the pair share personal stories while fishing together. Experienced angler Paul takes Bob to Britain's beautiful rivers, while Bob cooks them healthy meals.



## Classic Brit Awards, ITV

Hosted by Myleene Klass and Alexander Armstrong at the Royal Albert Hall. Performers include Michael Ball, Alfie Boe and Tokio Myers. The Lifetime Achievement Award goes to Dame Vera Lynn, 101, and still going strong!



## Marvel's Luke Cage, Netflix

As the second season kicks off, Luke's cleared his name and is a big shot in Harlem, with the resulting fame that goes with it. But he has a formidable new foe, so can Luke remain a hero or must he become a villain to win?



## World Cup: Tunisia v England, BBC1

The World Cup campaign kicks off for England at 7pm on Monday with a match against Tunisia in Volgograd. Will top striker Harry Kane be knocking in the goals? Or will Tunisian defender Mohamed Amine Ben Amor be able to thwart him?



## The Family Farm, BBC2

Shown previously on BBC Wales, this four-parter presented by Kate Humble and farmer Gareth Wyn Jones comes to BBC2. Three families with no farming experience live and work on a hill farm in North Wales. It's tough-going, as they discover when they try to gather sheep on the steep slopes...

WORDS: NICK CANNON, PHOTOS: BBC/OWL POWER/PARISA TAGHIZADEH, DAVID LEE/NETFLIX

PHOTOS: NILS JORGENSEN/REX/SHUTTERSTOCK, BBC/MAMMOTH SCREEN/MIKE HOGAN, PA WIRE/PA IMAGES, GETTY, EMPICS SPORT

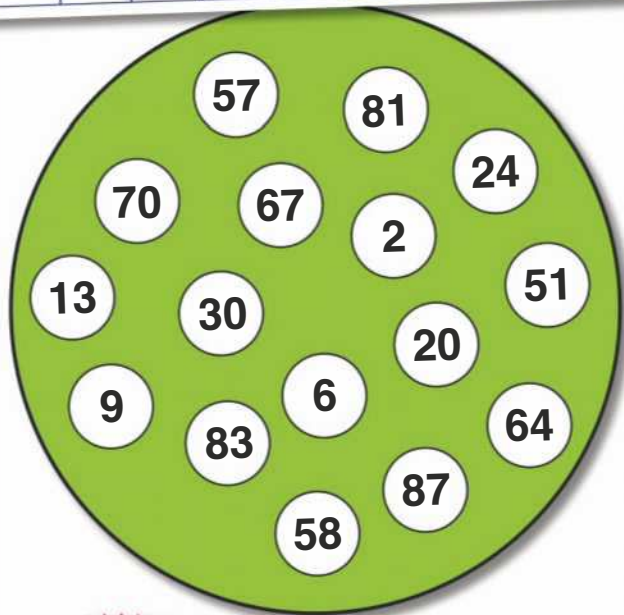
# WIN £100!

## PUZZLE 6

### Strike it!

On your bingo card, cross out all the numbers that appear on the balls. Read the letters beside the remaining numbers on your card from left to right to spell out your answer word. To enter, complete the coupon on page 45.

	T	H		O	B	S		N
	13	24		45	48	64		83
O	R	P				R	A	
6	15	29				67	76	
	E		R		E		T	E
	18		34		57		79	89



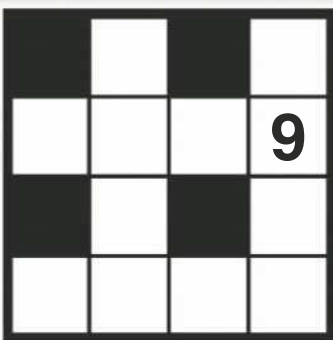
# WIN £25!

## PUZZLE 7

### Number fit!

Which one of the listed numbers won't fit in this mini grid? Enter on p45.

- 2992
- 5332
- 3519
- 9513
- 3923



# Fightin

## James Wells, 29, from Nottingham, didn't struggle under the weight of cancer - he welcomed it!

**P**ounding away at the cross-trainer equipment in May 2010, I started to sweat.

It felt as if I was running through treacle.

Normal if you're a beginner - but I was an athlete.

I was 21, had been doing karate since I was kid, and had been representing England since I was 17.

I had years of experience under my belt.

A workout like this was usually no sweat. Literally.

So I wondered... *What's wrong with me?*

I went to the doctor and was diagnosed with a virus.

'Get some rest,' I was told.

But, by 20 May, nothing had changed and, this time, my GP did some tests.

'You'll get the results within a week,' he said.

I'd not been in long when the GP rang.

'How

are you feeling?' he asked me.

'Not great,' I admitted.

He told me my haemoglobin levels were dangerously low.

'You need to go to Nottingham Haematology Centre tonight,' he said.

Surprised, I asked my dad Roy, now 71, to drive me straight to the Centre.

The consultant there didn't mince her words.

'It could be leukaemia,' she told me.

*Cancer.*

As an athlete, I was headstrong and focused.

I refused to think the worst.

The doctors told me I'd need to stay in for more tests, so Dad went home to pack me an overnight bag.

While he was gone, another consultant came in.

'I'm 95 per cent sure it's cancer,' she said to me.

That's when it hit me



Mum, Rebecca and me

**g FIT**



**Sad, poorly - but determined to fight back**



**I beat it - in body and spirit!**

- I was on a ward surrounded by cancer patients and I was one of them.

'What are my chances?' I asked the consultant.

She explained that, if my cancer was high grade, chances of chemotherapy working were only 50/50.

Maybe most people would have been scared - but the way I saw it, if I had a chance of beating this, thinking positive was my only option.

Dad understood. And the next morning, he called my mum Sandy, 65, who was on holiday in Spain with friends.

Apparently, she collapsed when she found out, and then flew straight home. I felt so guilty, ruining Mum's holiday.

But worse was telling my sister Rebecca, now 27. She was my best friend when we were growing up.

Rebecca came to visit me in hospital, too. She took it in her stride, as I did, and was a great support.

After a few days in hospital,

my diagnosis was confirmed. It was leukaemia.

Rebecca agreed to be tested for a stem-cell match in case chemo didn't work.

She was a full match - rare as the chances were one in four.

'Hopefully, I won't need you,' I said.

I approached my condition head-on.

But those next five months of chemo were challenging.

I couldn't train, which had always been my way of coping when times were tough.

But my friends were a great support, visiting me every day.

After five months of chemo, I was in remission.

'Take it easy,' doctors warned. I was told to rest for three months but, within days, I was back in the gym.

I didn't go too mad. But after losing five months of my life to cancer, I wanted to get back into competitive sport, and to

really feel like I was living.

I was even selected for the 2011 Karate World Championships in Las Vegas the following April.

*Time to show the world the old James is back!* I thought.

And do you know what? I went and won Bronze! It felt incredible.

It was a massive achievement, so I was feeling full of confidence when I went for a routine checkup in June 2011.

But... 'I'm afraid the cancer has returned,' the doctor said.

I nodded. I always knew that there was a chance it would come back...

'Chemotherapy won't work,' I was told. 'You'll need a stem-cell transplant to survive.'

I'd coped so well when I'd first battled cancer, thinking positive, vowing to be strong.

But now I'd have to do it all over again.

The first thing I did was to

**Time to show the world the old James is back!**

arrange to see my sister.

'Do you know how I joked I might need your stem cells?' I said to her.

It was the hardest thing I'd done.

She was upset for me, didn't say much at first.

'It'll be OK,' I promised her.

It had to be.

Following three rounds of chemo, that September, Rebecca was injected with a growth hormone.

It was to increase the amount of stem cells in her bloodstream that could be transferred.

The same day, I was put through total body radiation.

It essentially kills the old cells, making your body a shell for the new stem cells.

Then equipment a bit like a dialysis machine would take blood from Rebecca, separate the stem cells, then transfer them to me.

Rebecca has a phobia of needles, so when it came to injecting her, she was terrified.

'You can do this,' I said to her.

Thankfully, two weeks later, tests showed that the transplant had worked.

And, just two weeks afterwards, I was discharged.

I couldn't wait to get back to the gym, but the cancer meant I'd lost 10 per cent of my lung capacity. So I had to take it easy at first.

Still, I was soon back in the swing - and, within 18 months, I'd won Bronze in the Karate World Championships again - and developed a six-pack!

A real contrast to the sad me during my cancer treatment.

I posted my transformation on Facebook and got so many positive comments.

*It's not just a physical transformation, but a mental one, too,* I typed.

Facing death, I realise that life is to be grabbed right now.

And I'm travelling around schools, colleges and businesses to help spread that message.

In a way, I'm thankful to cancer for that - the future has never looked so bright.

WORDS: EMMIE HARRISON, LUCY LAING. AFTER: PHOTO: VICTORY VISUALS

# Easy eats...

## Icing on the CAKE

Get involved in Alzheimer's Society's Cupcake Day on 14 June with these bakes!



48p  
per  
serving

### Very Berry Vegan Cupcakes

Makes 12 Prep: 20 min Cook: 20 min

- 240g self-raising (or gluten-free) flour
  - 220g caster sugar
  - 90g fresh strawberry purée
  - 5tbsp rapeseed oil
  - 225ml almond milk
  - ½ teaspoon vanilla extract
- FOR ICING:**
- 50g dairy-free margarine
  - 300g icing sugar
  - 50g fresh strawberry purée
  - Multicoloured sprinkles (optional)
  - 12 whole fresh strawberries for decoration

**1** Heat oven to 180C/Gas 4 for 15 min and line

a 12-hole muffin tin with large cupcake liners. Sift flour and sugar into a large mixing bowl.

**2** In another bowl, blend strawberry purée, oil, almond milk and vanilla. Pour on to dry ingredients and whisk until smooth.

**3** Fill cupcake liners two-thirds full with batter and

bake for 15-18 min. Set aside and place on a wire rack to cool completely.

**4** To make icing, place margarine in a large mixing bowl and sift in icing sugar in stages, whisking well to ensure the icing is fluffy and smooth. Add the purée to the mixture.

**5** Once cupcakes are cool, pipe icing on top of each one and decorate with sprinkles (if using) and a fresh strawberry.



# Banana & Raspberry Smoothie Cupcakes

Makes 12 Prep: 20 min Cook: 20 min



34p  
per  
serving

- 25g rolled oats
  - 1 banana, peeled
  - 75g raspberries
  - 1tbsp maple syrup
  - 100ml milk
  - 4tbsp natural yogurt
  - 2 eggs
  - 100ml sunflower oil
  - 40g dried cranberries
  - 250g self-raising flour
  - 1tsp bicarbonate of soda
- FOR ICING:**
- 300g butter, softened
  - 300g icing sugar

**1** Heat oven to 180C/Gas 4. Line a 12-hole muffin tin with paper cases. Make smoothie by blending oats, banana, 50g of the raspberries, maple syrup, milk and yogurt until smooth. Add

eggs and sunflower oil and blend again until thoroughly combined. **2** Place cranberries, flour and bicarbonate of soda in a bowl and make a well in the centre. Pour in prepared smoothie and fold well into dry ingredients.

**3** Spoon into paper cases and bake for 18-20 min, until risen and golden. Cool on a wire rack.

**4** To make the icing, beat together butter, icing sugar and the remaining raspberries. Spoon into a piping bag with a star nozzle and pipe over the cooled cupcakes.

**WIN**  
PUZZLE 8 **£50**

**Bitesize!**

1	2	3	4
5			
6			
7			

**ACROSS**

1 Pack neatly away (4)

5 Hot molten rock from a volcano (4)

6 ... Corner, Andy Fairweather Low's

group (4)

7 Lake (4)

**DOWN**

1 Shut (a door) noisily (4)

2 Uninspiring (4)

3 Completed (4)

4 Decrease in strength (4)

Read down the shaded squares for the prize answer. To enter, see p45.

# Classic Vanilla & White Chocolate Cupcakes

Makes 12 Prep: 20 min Cook: 15 min

- 110g butter, softened
- 110g caster sugar
- 2 eggs, beaten
- 1tsp vanilla extract
- 110g self-raising flour
- 1-2tbsp milk

**FOR ICING:**

- 200g white chocolate
- 300g butter, softened
- 300g icing sugar, sifted
- 1-2tbsp milk
- Blue food colouring

**1** Heat the oven to 180C/Gas 4. Line a 12-hole muffin tin with paper cases. Cream together butter and sugar in a bowl until pale. Beat in eggs, a little at a time. Beat in vanilla extract.

**2** Fold in flour, adding a little milk to give a dropping consistency. Spoon batter

into cases, and bake for 12-15 min, until golden. Cool on a wire rack.

**3** For the white-chocolate butter icing, melt white chocolate in the microwave, then leave to cool slightly.

**4** Beat together butter and icing sugar, adding a little milk to loosen. Stir in cooled, white chocolate.

**5** Divide mixture in half and add blue colouring to one half. Spoon both mixtures into separate small icing bags, then put both together into a larger icing bag with a star nozzle and pipe tops of cakes with both colours. Recipes from Alzheimer's Society. For more info about Cupcake Day, visit [cupcakeday.alzheimers.org.uk](http://cupcakeday.alzheimers.org.uk).

34p  
per  
serving



**Treat  
of the  
Week**

# IS MODERN LIFE

# A PASSION

# KILLER?

## Are couples connecting more to their Wi-Fi and Bluetooth than to each other?

**T**he Internet age has brought exciting new opportunities for romance, from online dating to connecting with old flames on social media.

Dating app Tinder, which launched in 2012, has around 50 million users and produces 12 million matches a day, with a growing number of apps and websites now boasting marriages and babies, too!

Relationships that all started from the click of a button...

So, with the new and countless ways of finding a hook-up or finding The One, why are we having less sex than ever?

A 2013 survey found that

British people aged 16-44 had sex just under five times per month, which was a drop from the previous poll, released in 2000, where they were getting intimate 6.3 times.

And in America, people were having 15 per cent less sex in the early 2010s than they were in the late 1990s.

So what's going on?

Sex and relationship experts claim there are a number of reasons we're not getting so frisky between the sheets.

They range from financial pressures and stress at work being brought home to an increasing number of people watching pornography and our growing addiction to social media.

Yvonne Filler runs The Affair

Clinic in London, a specialist counselling and advice service for those affected by infidelity.

She spoke to *Pick Me Up!* about the evolution of problems affecting the couples she meets every single day.

And guess what? The Internet is at the heart of it!

More and more, Yvonne is seeing Internet porn-related problems, affairs starting over the Net, couples with busier lives meaning they have less time to communicate in their relationships, and emotional affairs instead of physical ones, mainly starting online.

She explains, "Technology and social media play a part in a large proportion of our cases now. Ten years ago, it was just occasional.

"If we are used to doing our communication online, we are limiting the amount of time we are connecting emotionally with our partner. The key to a

**A study in 2014 found that Facebook has been linked to marital dissatisfaction and rising divorce rates.**

healthy relationship is that emotional connection.

"The average time we spend on social media has been steadily climbing for years. Ironically, we may feel we are being more sociable and connecting with lots of people but we are, in fact, isolating the one relationship we hold closest.

"People have talked about "quality time" for years and it's never been more essential to step away from technology and focus on talking and listening."

But it appears that we aren't stepping away from technology to focus on our



Yvonne Filler

## MAKE A CHANGE

**A** new campaign, *Time To Log Off*, encourages people to have a smartphone and social-media detox. Its organisers say that individuals are now often 'three-wheeling' with their other half and their phone. They suggest phone-free dates, banning the phone from the bedroom, and talking through your problems in person, rather than via text or instant messenger, as ways of stopping your smartphone destroying your relationship.

**HOT TOPIC**



**'Sex..? Let me check my online diary'**

## Here's what You say...



Modern technology and social media are most definitely having an affect on relationships and impacting on sex lives. People pay more attention to Facebook and Instagram than they do to people sitting in the same room. I gave up social media for a few weeks and realised just how addictive and time-consuming it is. During that time, I engaged more and talked to my husband more. It's scary how it creeps up.  
*Gemma Carrick, 41, Sunderland*



I don't think smartphones are badly encroaching on our sex lives. Yes, they may deter us daily from having real conversations or interactions with our partners, but there's a time and a place. If sex is suffering, there's more of an issue than phone usage.  
*Jill Barlow, 44, Eastbourne*



I firmly believe smartphones are ruining lives. People are so caught up with what others are doing, how they look and constantly taking pictures and gaining followers. We spend more time than ever before online, and more so on social media. With the new world of filters and perfection, people are more body-conscious, plus also trying to live up to the fantasies and expectations of porn.  
*Stephanie O'Shea, 24, Burntwood*

relationships - not at all. A survey found 40 per cent of us felt smartphones are encroaching on our sexual activity - and, shockingly, a third of us have answered the phone during sex! Yvonne adds, 'Sex is a form of communication and if you're not communicating verbally, then you probably aren't communicating sexually.' And social media and smartphones are not the only things wrecking our libido. The television is also causing problems in the bedroom. With the amount of programmes available at our fingertips, with channels on demand and streaming services such as Netflix and Amazon Prime, there's so much to keep us fixated on the screen - and not on our other half.

never without something to do. We usually have lists of boxsets we want to watch, so sex gets relegated to the bottom of the pile,' says Yvonne. And it's not just our binge-watching of boxsets that's causing problems. There's been an upturn in the number of people viewing pornography, which can change a viewer's grasp of a realistic sex life. Pornhub, a leader in the online industry, said it had 10 billion more views in 2017 than they did in 2014. More younger people than ever are accessing porn, and that becomes their view of what sex is like. They are

therefore dissatisfied with anything that isn't like that,' says Yvonne. The tech we use today has brought about many positive changes in society. Childhood sweethearts have got back in touch and rekindled their love, we have knowledge at our fingertips, and apps that can do everything from reminding us to put the washing on to creating our own movies. But it seems that our addiction to the digital world is causing very human problems in the real world.

**In 2017, one in four of us who responded to a poll said we'd rather check Facebook than have sex!**



In fact, an Italian sexologist found in 2006 that couples who have a TV set in their bedroom have half the amount of sex of those who don't. 'We can watch what we want and when we want to, so we are

We've stopped engaging with each other. All you have to do is sit on a train or bus to see how much we're glued to our phones and not aware of the world around us. This behaviour is ultimately going to have an impact on our relationships. Ironically, it turns out social media makes us as unsociable as we could possibly be.

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**TIME125**



# Puzzle entry

Issue 25, 21 June 2018 Closing date for all entries: **27 June 2018** (three working days later for postal entries)

## Puzzle 1 A quick word! p3

Final answer

## Puzzle 2 Follow it! p8

Final answer

## Puzzle 3 Crack it! p21

Final answer

## Puzzle 4 Cross it! p34

Final answer

## Puzzle 5 Sudoku! p34

Final answer

## Puzzle 6 Strike it! p38

Final answer

## Puzzle 7 Number fit! p38

Final answer

## Puzzle 8 Bitesize! p41

Final answer

# GOOD LUCK TO ALL OUR READERS!

Full name \_\_\_\_\_

Address \_\_\_\_\_

E-mail address \_\_\_\_\_

Postcode \_\_\_\_\_

Daytime tel \_\_\_\_\_

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**lifedeathprizes.com/win**

**TEXT** Simply text **PMUC** followed by your answers (spaces between answers please) full name, door number and postcode to

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6 The decision of the Editor is final. Entry implies acceptance of the rules. Winners will be

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8 Winners may be requested to cooperate with publicity arising as a result of winning a competition.

## PRIZE PUZZLE ANSWERS

Issue 23, 7 June 2018

### Cross it!

```

H  S O M B R E R O
A  M  A  U  A  K
K  I  L O  N  N  T  W  E  E
K  O  R  D  E  A  L  T
B  U  T  T  R  W  A  C  T
H  A  A  H
W  H  I  S  K  E  Y  D  U
A  E  E  H  E  M  P
N
A  T  T  I  C  E  P  O  C  H
O  N  R  C  T  U
K  N  O  T  A  L  E  I  M
I  T  R  E  P  I  O  U
T  A  C  O  T  E  T  A  N  U  S
    
```

### Follow it!

```

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

### Crack it!

```

A  R  S  O  N  S  E  D  A  N  D
P  P  A  T  U  E  Y  E  D
P  O  R  T  R  A  Y  A  L  W  P
A  A  R  L  L  U  S  T  R  E
L  A  Y  A  L  I  G  N  E
E  T  S  E  X  C  U  S  E
C  U  R  R  E  N  T  S  R  S
N  O  A  S  C  E  T  I  C
B  E  Q  U  E  S  T  E  O
V  G  O  G  A  S  P  I  N  G
Z  E  P  H  Y  R  O  E  M
N  C  O  U  N  T  P  A  D
S  T  O  D  G  E  L  T  R  U
F  U  R  E  A  D  I  N  E  S  S
J  U  N  K  E  S  N  S  K
L  E  A  R  T  H  G  U  S  T  Y
    
```

```

A  C  H  K  N  U  E  M  T  Y  Q  B  X
J  O  F  P  Z  D  I  W  S  L  G  R  V
    
```

### Crack it! Convert

### A quick word!

Universe

### Win without finishing!

```

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

### Sudoku! 2,3,1

### Strike it!

Amazement

### Number fit! 643

Bitesize! Cart

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A Wilson,  
Kirkcaldy.

#### Strike it!

V Hayes,  
Northwich.

#### Crack it!

J Stephens,  
Manchester.

#### A quick word!

A Macinnes,  
Wakefield.

#### Sudoku!

E Thompson,  
Boston.

#### Number fit!

Y Bjerkan,  
Wirral.

#### Bitesize!

J Cartwright,  
Leeds.

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**WIN**  
PUZZLE 9

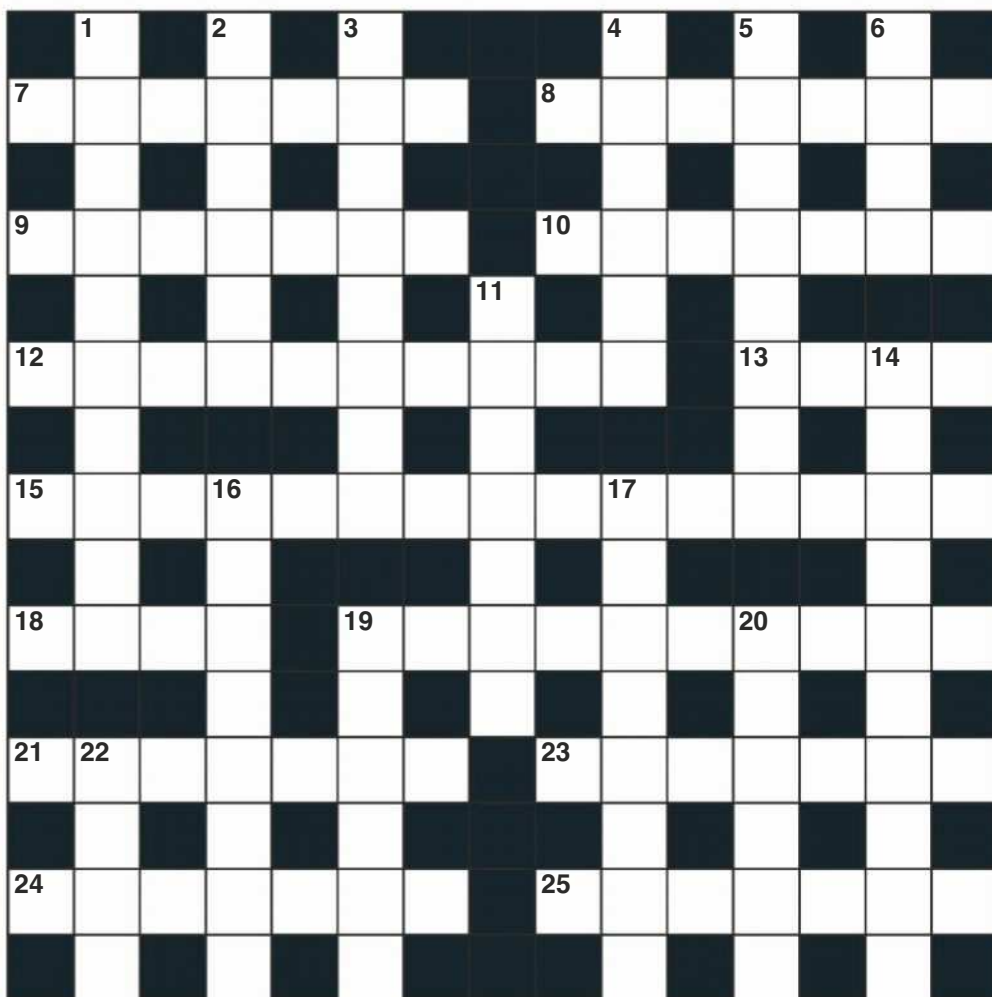
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## ACROSS

- 7 Accounts examiner (7)
- 8 Unnecessary paperwork (3,4)
- 9 Scolded (4,3)
- 10 Clear (a drain) (7)
- 12 Fellow countryman (10)
- 13 Ballet dancer's skirt (4)
- 15 Tiny amount (1,4,2,3,5)
- 18 High-fibre cereal (4)
- 19 Gradually, in stages (4,2,4)
- 21 Sophisticated style (7)
- 23 Heroism (7)
- 24 Not identified (7)
- 25 Wart on the foot (7)

## DOWN

- 1 Failing to operate (3,2,5)
- 2 Bound hand and foot (4,2)
- 3 Paper thrown at weddings (8)
- 4 \_\_\_ butter, popular spread (6)
- 5 Sporty and active (8)
- 6 Heroic story (4)
- 11 Opposite of 'vices' (7)
- 14 Amount paid to a wholesaler (5,5)
- 16 Greasy medication (8)
- 17 Boarded a ship (8)
- 19 Parrot's croaky call (6)
- 20 Harsh, strict (6)
- 22 Country road (4)

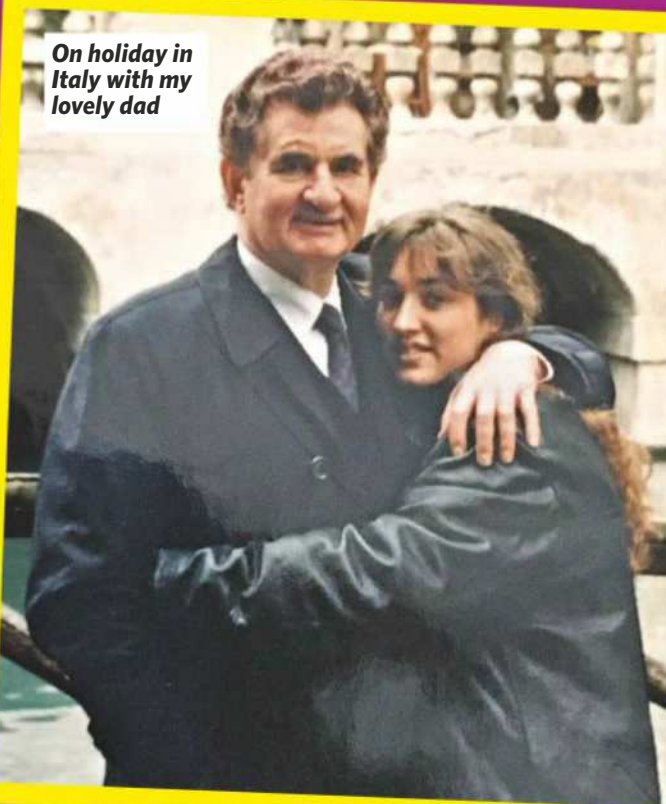


The **only** prize crossword in the world you don't have to finish to win!

# DAD'S PRECIOUS GIFT

**Her psychic dad was her hero. Now Lucy Branch, 41, from north London, has paid him her own very special tribute**

*On holiday in Italy with my lovely dad*



**G**rowing up, it wasn't unusual to find a severed hand on the kitchen table or a crushed torso in the living room.

My dad brought them home, but the stray body parts were from the bronze statues he restored.

His work had always fascinated me – and, in my 20s, I followed in his footsteps. Now I restore historic statues, too.

But that's not the only way my remarkable dad John has influenced me. His life story is like something from a film.

Growing up in Dagenham, Dad's French mother Lucy, after whom I was named, was said to be a witch.

'I once walked with her past a garden she'd cursed,' Dad told me one day. 'All the plants and

flowers in it had died.'

I've no idea where her witchy side came from, but it rubbed off on Dad...

As a young lad, he accepted an apprenticeship with the circus. While on the road, he learnt to give readings from playing cards and gave advice based on the numbers.

When he left the circus, Dad was posted to Egypt to do his National Service. His troop did target practice in the desert, aiming at ancient pyramids and sphinxes!

'I didn't know what the significance of these structures was, but I knew they were powerful,' Dad told me. 'It felt wrong to fire at them.'

When he returned to the UK, Dad wanted to spend the rest

of his life repairing and restoring statues. He trained at art college, where he met Mum.

Dad didn't let his psychic side slide. He carried on card reading, and people came from all over the world to see him. One client paid him with rubies!

Dad often felt psychic protection around him.

I shuddered as he told me all about working on a memorial in Leicester...

'Teetering on a ladder, Dad suddenly felt the structure move, destabilising his ladder.

Witnesses were shouting from the ground, but there was nothing Dad could do.

Then, out of the blue, he felt a kind of force pushing him and the

memorial into place.

To those on the ground, it must've looked like magic... Well, it was, sort of!

I'm proud to have worked on some of the same restoration projects as my dad.

After WWII, he was paid £100 to go up Nelson's Column to check if it was wobbly. Years later, in 2006, I worked on it, too.

I was grateful for how much times had changed, as I was given scaffolding, whereas Dad used ropes!

My dad also influenced my second career, as an author. My novel *A Rarer Gift Than Gold* features a specialist in restoring bronzes and statues who can also read cards. Let's just say there's a little bit of mystery involved, too!

Sadly, my dad died last December, aged 86. I miss him terribly.

But, while I don't have his psychic ability, I do know in my heart that he's watching over me.

**People came from all over – one client even paid him with rubies!**

*Hard at work on a bronze*



*He lives on in my writing*

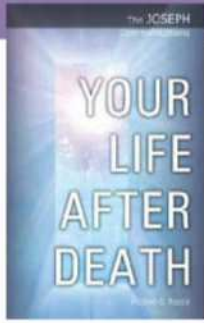


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# Your Stars

14-20 June 2018

7 days of hope & happiness with Claire Petulengro

## ARIES

21 March-20 April

You seem to be far more confident than you were when this year began, Aries. Someone wants to prove you can trust them again and your stars tell me their offer is worth considering. Try to make time for older people with a confession or desire they need to share.

Call: 09058 170 710\*

## TAURUS

21 April-21 May

You've had a lot to cope with lately, so work on simplifying your life this week. It's the key to feeling like you again. Past and present get the chance to cross paths, and you get to make sense of where you are in life. Mixing business with pleasure comes at a price. Take care.

Call: 09058 170 711\*

## GEMINI

22 May-21 June

Take your time and don't be rushed by anybody. It's only by paying attention to detail that you'll be able to complete the plan you made at the start of this month. Family are demanding but don't lose your cool. If you dig a little deeper you'll find out why they're impatient.

Call: 09058 170 712\*

## CANCER

22 June-23 July

Never give up Cancer, for that's just the place and time that the tide will turn. Work will prove harder than usual and if you have any sort of a test you'll really have to push the boundaries to prove your worth. Lost possessions make for some emotive decisions in the days ahead.

Call: 09058 170 713\*

## LEO

24 July-23 Aug

I know the pressure is on, but remember, Leo, no one can make you feel inferior without your consent. Making time for people you esteem will show them how much they mean to you. Just be aware that many signs are feeling extra-sensitive, so try to build them up not down.

Call: 09058 170 714\*

## VIRGO

24 Aug-23 Sept

Use every interaction to be the best and most powerful version of yourself. This is your life and the way you live it is up to you, so don't let anyone tell you what to do. You spent too long sacrificing yourself for others last year. Don't make the same mistake again.

Call: 09058 170 715\*

## LIBRA

24 Sept-23 Oct

There are many challenges around you at the moment and every one is designed to test both your intelligence and your patience. Face up to them with your head held high. Someone you thought wasn't interested in you says and does things that force you to think otherwise.

Call: 09058 170 716\*

## SCORPIO

24 Oct-22 Nov

Avoid playing games in love or you're going to get your fingers burnt. By the end of the week you begin to see what you couldn't before, which is that you have the power to alter your destiny and achieve great things. Unexpected phone calls bring about urgent plans.

Call: 09058 170 717\*

## SAGITTARIUS

23 Nov-21 Dec

It's all too obvious that what others have said has really got to you. You're stronger than you think, so step back and look at the bigger picture, and you'll soon see why it's worth trying again at whatever failed earlier this month. This is the week you can finally get it right.

Call: 09058 170 718\*

## CAPRICORN

22 Dec-20 Jan

Jealousy is evident in your chart and it will be all too easy to accuse your close ones of things they haven't done. Know how far is too far to go when throwing accusations about. Relatives make contact with news to stir your heart and fire your memories of times gone by.

Call: 09058 170 719\*

## AQUARIUS

21 Jan-19 Feb

Are you happy for others to make decisions on your behalf? Remember, you're an independent sign who can be the master of your own destiny. Don't let a slow start to the week stop you pushing for a professional meeting that you know can make your life more secure.

Call: 09058 170 720\*

## PISCES

20 Feb-20 March

Try not to spend time on things that can't be changed. For a sign who is usually so forward-thinking, your brain has been decidedly stuck in past issues of late. This weekend, knowing what you want in love can save a lot of game-playing. Think long-term if you can.

Call: 09058 170 721\*

\*Starlines updated every Thursday. Calls cost 80p per min plus your telephone company's network access charge and last approx 4 mins. Callers must be 18+. You must have payer's permission. SP: Spoke 0333 202 3390.

In next week's  
**Pick Me Up!**

## MY FELLA KILLED MY SISTER



## SAVED BY OUR STAFFIE!



My bloke cheated and

## BLAMED ME!



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PHOTO: TALK TO THE PRESS

# Bump and GRIND!

When Tuesday Laveau, 37, from Bristol, got life-changing news, it wouldn't stop her baring all...



Flaunting my petals with six weeks to go!

**YOU'VE GOTTA LAUGH!**

**W**atching the burlesque dancers move on stage, I was mesmerised. Their risqué nipple tassels and g-string costumes certainly showed off their curves.

Wow! I thought, blown away. I was 21 and at a burlesque show while on holiday in New Orleans.

Back in Bristol, I got my myself an office job.

'But it's so boring!' I moaned to a friend.

So when she invited me to a pole-dancing class, I leapt at the chance.

And I loved it! I soon moved on to burlesque dancing.

I loved the freedom it gave me, the dazzling costumes and the towering stripper heels.

I'd soon quit my boring desk job to do it professionally.

I'd perform on stage and teach burlesque, too.

Then, at 25, I met Graeme, then 24, through a friend.

We married two years later.

Graeme was my biggest burlesque fan!

He was a DJ, and would do the sound at some of my shows.

But with our hectic careers, we decided to wait to have children.

Over the next few years,

I performed as a burlesque dancer on stages worldwide.

From London to New York.

My dances were funny as well as raunchy, incorporating wild and silly skits.

The audience would crack up.

And I loved every minute!

Why wouldn't I? I got to be naked for a living and travel the world!

In summer 2012, I started up the Bristol Burlesque Festival.

It'd be a three-day event where burlesque dancers could show fans and novices alike what burlesque is all about.

It was so popular, we put it on each year.

I also started regular show nights called Coochie Crunch, performing routines in a Bristol bar.

Then, 2 years ago, Graeme and I were ready to try for a baby. Only,

it was more difficult than we thought...

Finally, in September last year, I missed a period, took a pregnancy test.

'Yes!' I screamed as the blue line appeared.

'Graeme, we're pregnant,' I squealed, hugging him.

Family and friends were excited for us, too.

'Will you stop performing now the baby's on its way?' someone asked.

*Absolutely not!*

'Why would I?' I shrugged. I loved what I did!

I cut down my workload - but couldn't imagine not being on stage at all.

And luckily I had a nice pregnancy.

As my bump grew, I kept dancing and teaching. Showing off my changing body.

Who says pregnant women can't be sexy? I thought.

Of course, I had to adapt my costumes and

routines a little.

There was no writhing on the floor - in case I got stuck!

I had to make my costumes a bit bigger and wear smaller heels.

But... 'You look so sexy,' Graeme told me.

And my grand finale? Six weeks before my due date, I bared all with my belly at its biggest!

I stripped off to The Ronettes hit *Be My Baby*, with a giant flower painted on my bump and matching nipple tassels.

I could feel our baby kicking as I jiggled around

on stage.

*A dancer, too, perhaps?!*

The crowd went wild.

It felt amazing dancing proudly with my bump and unborn baby.

Then, in early May this year, our son was born. Now, he's our world.

I'm taking a few months off to be with my family. But I can't wait to perform soon.

As well as burlesque, my body has performed the miracle of life.

And I can't wait to show it off again!

**I had to adapt... No writhing on the floor - in case I got stuck!**



My sweet burlesque babe!

WORDS: SARAH FINLEY, HARRIET ROSE-GALE. MAIN PHOTO: SWNS

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