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IN JUST
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**MEND IT
LIKE
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**'Is Victoria desperate
to keep David?'**



26 JUNE 2018 ISSUE 25

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Contents

Come on England!

Members of England's 2018 World Cup Squad



Football fans Theo, seven, and Henry, five



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Inside THIS week



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Celebrate summer in statement stripes and candy colours



Come on England! My neighbour was out on Kick Off day putting up the biggest England flag I have ever seen. By the time you read this, we will know the result of England's match against Tunisia, and on Thursday week, even I might be watching the Belgium game (BBC One, 7pm). Nicky, from Features, will be watching with her boys, Theo and Henry, too. But neither of us are revealing our excitement to our Lifestyle Editor, Lara. She's Scottish and, as Piers Morgan pointed out to Lorraine, the Scots want 'anyone but England' to win. We have found neutral ground, though... I will turn over to *Love Island* as soon as possible (see page 14) and we will keep the conversation to that!

● Please let me know your thoughts, siobhan.wykes@hearst.co.uk

EXECUTIVE EDITOR
SIOBHAN WYKES



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START YOUR week with a smile

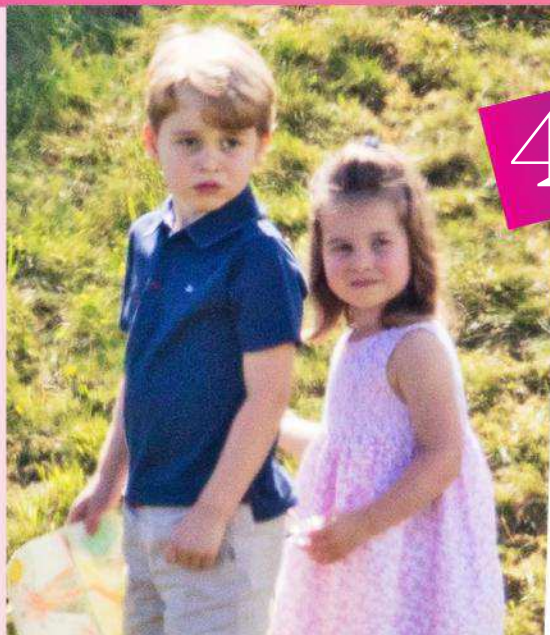
1

SUPER MOTHER GOOSE

We'd struggle to keep just a few kids in check, but this mother goose is doing a remarkable job with her gaggle of 51 goslings! The chicks all huddled together and followed their mother across a lake. The snap was taken by photographer Joe Chowaniec in Leduc, Canada. We don't think it'll ruffle any feathers!



2



4



Charlotte and George enjoy the sunshine

Summer smiles

We love these pictures of Prince George, four, and Princess Charlotte, three, having fun in the sun like any other youngsters. The mini royals were recently snapped at their dad's charity polo match in Gloucestershire, where players were raising funds for the Royal Marsden Hospital and Centrepont. The kids definitely stole the show, though!

WORDS: HELEN PIKE, LOUISE BULGIN, MILLIE GOOCH
PICTURES: GETTY, INSTAGRAM, JOE CHOWANIEC/SOLENT NEWS, REX

Who wowed the crowd?

Fashion's finest turned out at the 72nd annual Tony Awards last week. While fashion icon Anna Wintour, 68, stayed silent on rumours she's retiring and sported sunshine yellow, actresses Carey Mulligan, 33, and Claire Danes, 39, opted for full-length sleeve frocks. Style gongs all round!



IT SHOULD HAVE BEEN ME!

Although Alan Carr got married back in January, he threw a belated wedding bash last weekend. We love this photo of him with David Walliams! The *Little Britain* star jokingly captioned the snap, 'It should have been me.' Now that's a hilarious idea!

3



Wintour is well and truly over, as Anna embraces summer style - while Carey and Claire are fashionably armed and ready!



BAGS OF BEAUTY

Whether you're planning a summer escape or not, it's worth dropping in to Boots to snap up this brilliant offer. From 20 June, you can buy this indulgent Sanctuary Spa collection featuring a whole host of its body products, complete with beach bag, for just £22. Not too shabby when the original value is actually £45...

5



START YOUR

week with
a smile



6 Tribal terror!

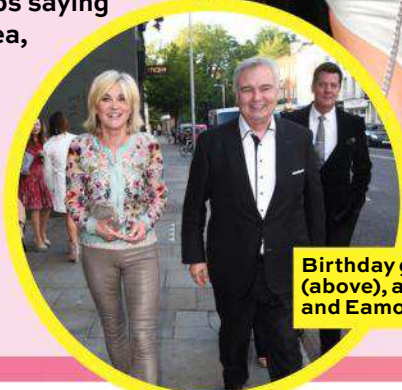
Aztec prints always seem to make their way back onto summer's top trend list, and *Will & Grace* actress Debra Messing, 49, showed why in this perfectly printed gown. We love the pattern of 35-year-old Anne Hathaway's tent, but we think it's more camping chic than premiere sleek. Are you hiding the rest of the *Ocean's 8* cast under there, Anne?!



Debra shows us how to wear a bold pattern in style. We reckon Anne could definitely do with picking up some tips!

HAPPY BIRTHDAY, LIZZIE!

best was delight to be invited to TV star and former WAG Lizzie Cundy's birthday party last week, where we caught up with a lot of our best friends at London's Caramel. And it looks like we weren't the only ones enjoying ourselves. *best* favourite Eamonn Holmes turned up with his ex co-host Anthea Turner, finally putting to bed rumours that the pair don't get on. 'Who keeps saying that?!' screamed Anthea, rolling her eyes. Also enjoying themselves were Vanessa Feltz and fiancé Ben, as well as two of our former *Strictly* columnists, Bruno Tonioli and James Jordan.

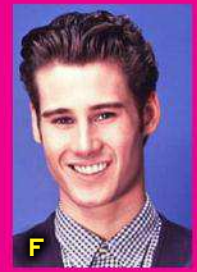


Birthday girl Lizzie (above), and Anthea and Eamonn (left)

WORDS: HELEN PIKE, LOUISE BULGIN, MILLIE GOOCH
PICTURES: BACKGRID, BBC, GETTY, INSTAGRAM, PA PHOTOS, REX, RICHARD AUSTIN

HERE'S ONE WE MADE EARLIER!

Veteran *Blue Peter* presenters gathered last week to promote a play they'll be performing at the Edinburgh Fringe Festival later this year. We were thrilled to see (pictured A-F) Mark Curry, 56, Peter Duncan, 64, Janet Ellis, 62, Valerie Singleton, 81, Peter Purves, 79, and Tim Vincent, 45, talking about *Once Seen On Blue Peter* – a fictional take on life behind the scenes of everyone's fave children's show. We can't wait to see it!



Blue Peter veterans (from L-R): Mark, Peter D, Janet, Valerie, Peter P and Tim



We can't take our eyes off this little pig's ham-fisted header



Pork scratch of the day

The World Cup started last week, and while the men in our lives are permanently glued to the telly, watching every match possible, we've been looking at these adorable piglets trying to score a goal. If football involved these cuties, we'd be watching all the time!



SKINCARE SUNDOWNERS

Applying SPF is the first rule of summer beauty. Your skin will be more dry and delicate than usual, thanks to all that extra UV exposure, so swap your body lotion for aftersun. The offerings from Superdrug's Solait range include gels, body butters and even tan prolongers. Prices start from £2.49.

First the divorce rumours, then the staged-looking pictures... is Victoria desperate to keep David?

WORDS: DANIELLE SOUTHWOOD

They're 'disconnected'

'Nonsense' and 'bizarre' are among fans' shocked responses to those recent fake rumours that David and Victoria Beckham were poised to divorce.

Power couple extraordinaire David and Victoria – married for 18 years and with four gorgeous kids – are the picture-perfect family.

But fresh rumours of potential cracks in their marriage have had us intrigued. Gossip suddenly appeared on social media over a week ago, suggesting the famous couple were on the verge of a split.

The false claims were

rubbished by Victoria's spokesperson as 'nonsense'. But there's no denying the couple's relationship is complex. David, 43, frequently travels to Miami, where he's working on his MLS football club franchise as part of his business empire.

Victoria splits her time between the UK, Europe and the US, overseeing her fashion label, VBL. And, clearly, one parent must be at home in Britain while their younger kids – Romeo, 15, Cruz, 13, and six-year-old Harper – are at school.

In addition, whispers of marriage woes have swirled intermittently around the couple for years. David's

former PA, Rebecca Loos, maintained back in 2004 that she'd had an affair with the former footballer.

For Victoria, the latest debacle must open up painful wounds. Indeed, body language expert Judi James claims that recent pictures of the pair reveal they are 'disconnected'.

Commenting on pictures of the couple taken at a London Fashion Week show, two days after the latest scandal broke, Judi says, '[Victoria]

and David fluctuate between moments of what look like natural disconnection (sitting with another guest between them) and moments of intensely romantic intimacy.

'It's Victoria who appears to really work the loving rituals here, even sporting a facial expression that looks coyly flirtatious and besotted.'

An Instagram user, commenting on the same images, wrote, 'In regards to the staged photos: The perfect signs. It's all in their faces. Give it a week at the most.'

Whatever's going on, Victoria, 44, makes quite a show of marital devotion. She even wrote a cosy Instagram post on the very morning the latest rumours came to light, gushing, 'We love and miss you, David Beckham.'

David seems less lovey-dovey on social media, as one Instagram user noticed. 'Why is it that Victoria is the only one posting photos of her... husband... David never posts any photos of him and VB.'

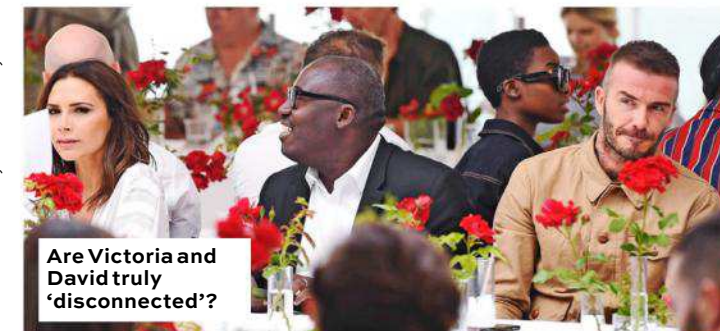
Is Victoria desperately trying to hold on to her man? Her fashion empire reportedly made an £8.4 million loss in 2016, despite David's £25 million cash injection. If the couple went their separate ways, her fashion business could suffer.

That aside, it looks to us as if love is the reason she wouldn't want to lose him. And who could blame her?

The intimate-looking moment Victoria shared on her Instagram



Instagram/@katrinisrael



Are Victoria and David truly 'disconnected'?



Victoria gives David the look of love

PICTURES: GETTY, INSTAGRAM, REX

Following the Queen and Meghan's trip together, is Kate feeling put out?

Meghan leaves Kate behind

WORDS: DANIELLE SOUTHWOOD

Only a few weeks into her new life as a Royal, Meghan Markle seems to be making quite an impression on the Queen. So much so, that she accompanied Her Majesty on three official engagements in Cheshire last week.

Travelling overnight on the Royal Train together, the pair opened the Mersey Gateway Bridge and Storyhouse Theatre, before attending a lunch at Chester Town Hall.

Their journey together is not only something the Queen has never done with a new Royal before – including the

late Princess Diana and Kate Middleton – but her beloved grandsons, Princes William and Harry, have not had this particular pleasure, either.

The 'super-luxe' Royal Train features multiple bedrooms and bathrooms, as well as a dining room that seats 12. And though the new Duchess of Sussex, 36, has already been in the Queen's company on several occasions – and talked of her deep respect for 'an incredible woman' and of 'being able to spend time with her' – this overnigher will provide the Royal duo with the kind of quality time Kate has rarely enjoyed one-on-one with the Queen.



Markle's sparkle seems to have had an effect on HRH

Such an unprecedented move – the Royal Train is normally reserved for use by senior Royals – and so early on in Meghan's Royal life, could well put Kate's nose out of joint. She didn't partake in an engagement with the Queen alone until she'd been married to Prince William for a year.

The most famous family in the world seems to have welcomed Meghan into the fold with gusto, despite all the Markle family dramas in the run-up to the Royal Wedding. Prince Harry revealed early on that his grandmother 'gave Meghan her seal of approval'.

With Meghan a 'commoner', like Kate, but also an American and a divorcee, you would forgive Kate if she felt her new

sister-in-law seems to have had an easier ride than her.

It's not the first time the Queen has defied tradition in Meghan's favour, either. Last Christmas, she bent the rules to invite Meghan to spend the festive season in Sandringham – a move that some felt was a sign the monarch favoured Harry's fiancée over Kate. The Duchess of Cambridge wasn't invited to join Prince William there in 2010 – even though the couple had announced their engagement the month before Christmas.

The Queen is clearly embracing this new, very glamorous, addition to the family. Let's just hope new mum Kate doesn't feel left out in the cold as a result...



The luxury Royal Train is usually reserved for senior Royals...



Has Meghan had an easier welcome into 'the firm' than Kate?

This is not the first time the Queen has defied tradition in Meghan's favour

PICTURES: GETTY, NEWS LICENSING/PAUL EDWARDS/THE SUN

‘I keep smiling – it makes you look younger!’

Fiona Phillips opens up about ageing, her trying teenagers, and what keeps her up at night

Fiona Phillips, 57, was a fixture on GMTV until she left 10 years ago. *best* catches up with the mum-of-two – who’s married to TV producer Martin Frizell – to talk about her latest money-saving show, the highs and lows of living under the same roof as three men, and the truth



Fiona with her Shop Smart co-host Gaby Roslin



With hubby, This Morning’s Martin Frizell



about the 'glamorous' world of television...

Hi, Fiona! How are you?

Good, thank you! Well, I have been away filming, and I've just got home and the house is a bloody mess. With three men at home, clearly nothing has been done. I'm definitely not clearing it up!

How old are your boys?

They're 16 and 19 [Nathaniel and Mackenzie], and all they do is eat. I'm constantly saying, 'You should be doing this, I've been out working all day.' But it hasn't worked, any of it. My husband, Martin, works long days, too, but he's great.

He's absolutely trained, so I'm not blaming him, but... the two of them are useless!

Are they bringing girls home yet?

Oh, God, yes! I am already washing the fake tan and mascara out of my lovely white sheets and towels. But it's not like we have a whole torrent of girls. My eldest has been with his girlfriend for three years now, and she's lovely.

Do you worry about how you'll be when they leave?

Sometimes, I think it would be so much nicer and easier without them here! But then, of course, I'd have to talk to Martin. I don't look ahead - I'm very much a 'live in the moment' type of person - which is just as well, really, because I never know what

I'm doing from one moment to the other.

So what are you up to at the moment?

I've got loads of different jobs going on. I'm all over the country, working for different people and channels. At the moment, it's my Channel 5 show *Shop Smart: Save Money*.

Tells us about that...

It's a consumer show I'm co-presenting with Gaby Roslin, with really up-to-the-minute, practical advice. The supermarkets tell us what the good deals are at the moment, and their loyalty schemes, which have offers on things like theme parks. It's really topical.

Are you good with money?

I'm all right! I've worked since I was 11 when I had a paper round. I like that idea of not having to rely on anyone. As for managing it, I'll get bulk items online, but I try to shop daily. I can't bear throwing food away, it feels so wrong.

'I'm very much a "live in the moment" type of person... I never know what I'm doing one moment to the other'

Anything you've splurged on and regretted?

Well, there's a few things in my wardrobe where I think, 'Why did I spend £250 on that? I've not worn it once!' But I've also got things I've worn for years. Typically, when I do get rid of something, it ends up being in fashion the following season!

Do you get all glammed up for work?

Ha! There is no glamour in my job. I frequently get

The truth about ageing!

Fiona seems philosophical about the ageing process. 'What can you do?' she laughs. 'You live with it, or get Botox. I've not had any kind of intervention at all. I keep smiling - that makes you look younger!'

But there's one aspect of getting older she simply can't solve with a smile. 'The menopause - it's just so cruel on women. It's like nature saying, "You've had your time mate, now go wither and die." I'm in denial about it. I used to think I'd glide through it, but it's tough.'

And Fiona admits, 'I get anxiety and sleepless nights quite often now. My mum really suffered with it. She was such a warm, giving person, and she became frightened, weepy and depressed. I'm just hoping it doesn't go on for too long!'

Menopausal madness

changed in train loos, which isn't a nice experience. I was just talking to Eamonn [Holmes], and he was saying that Ruth often does her hair in public toilets. It's awful!

People always go, 'Oooh, I never thought I'd see you in here!' The mirrors aren't the best, either. You get people online saying, 'She's looking a bit old,' or, 'She's ropey, look at her,' and you think, 'If only you knew where

I did my make-up today, mate!'

Is it hurtful, people making such personal comments?

I've been in this game for so long now that social media wasn't even a 'thing' when I first started. In the 90s, we had something called the 'duty log', where people would make comments like, 'I can't stand that woman - I could strangle her.' Then you'd go home with that in your head, thinking, 'No one likes me.' I couldn't sleep one night and

I thought, 'I'm going to have to give this up. No one wants to watch me.' But now, with Twitter, I guess it happens to everyone *all* the time.

Your parents both had dementia. Does that family history worry you?

Absolutely. Dad was in his early 60s and Mum in her 50s when they developed it. I saw mum go through hell. Emotionally, it was like a bomb went off in her life. I could put up with aches and pains, but mental pain is awful. So, of course, I really worry about developing it. But, you know, my mum and I have experienced very different lives. I've had to train my brain to remember lines for work, and I have to know what I'm talking about, so hopefully that helps keep me mentally agile. Maybe I was meant to go into this career for a purpose, you know?

● **The final episode of *Shop Smart: Save Money* is on Channel 5, Wednesday, 9pm**



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TOP TIP
Short suits may not pass the royal test, but we think they're perfect for summer in the city.

£69

£19.99

£25

£49

ALL WHITE NOW!

The Royal Wedding excitement may have calmed but, let's be honest, we'd all like a taste of Meghan's style



£7.99

£22

£7.99

£27.99

TOP TIP
Show off your shoulders in a pretty halter-neck, and give Bardot styles a rest.

Far left:
Jacket, £69, M&S
Top, £19.99, New Look
Shorts, £25, M&S
Sunglasses, £8.99, New Look
Shoes, £49, Next

Centre:
Dress, £22, boohoo.com
Earrings, £7.99, New Look
Bag, £7.99, New Look
Shoes, £27.99, New Look

Right:
Dress, £69.99, Zara
Bag, £15, New Look
Sandals, £45, M&S



£69.99

£15

TOP TIP
Swap your LBD for a LWD, add some accessories and you'll be party-ready when the heat is on!

£45



8 secrets of the Love Island villa!

Kady McDermott, who came third in Love Island 2016, spills the beans on what it's really like to be on the hit show of the summer...

Our addiction to *Love Island*, knows no bounds, with a record-breaking 5 million viewers tuning in to the new series.

As well as following the Islanders on social media and religiously watching the reality TV show – where gorgeous singles must couple up and be voted in to survive – we've been dying to know what it's like to be in the villa!

Kady McDermott, 22, came third on the 2016 series and, since then, she's launched her own cosmetics range and a bikini body plan. Here, she spills all the gossip from inside the house to us. And it's pretty juicy...

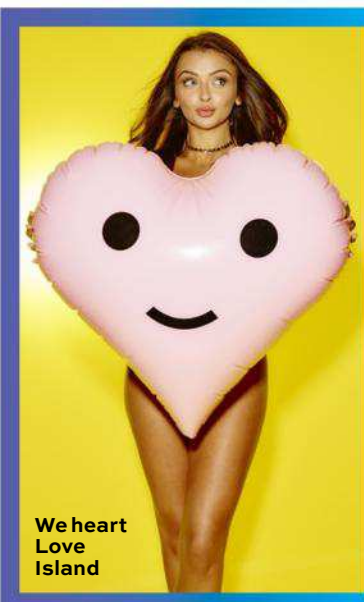
68 rotating cameras in the house and outdoors hidden on the walls. There were also two men – one by the kitchen and one by the smoking area – outside, with massive cameras. The whole garden set was fake and set up so the cameramen could hide in the furniture with all their equipment. You couldn't see them, but sometimes we'd chat to them and ask, "You all right?" and they would respond by nodding the camera.'

2 'DINNER WAS COOKED FOR US EVERY NIGHT'

'We would have food cooked for us at dinner, and producers would come to change our mic batteries. That's why dinner is never filmed and you don't see anyone eating hot food. The food tasted amazing. They used to give us a dessert after every lunch and dinner – the cake was unreal! – and we could request food if we wanted.'

1 'THERE ARE MEN HIDDEN OUTSIDE WITH CAMERAS'

'It was so easy to forget you were being filmed. There were



We heart Love Island



Apparently cameramen hide in the outdoor furniture!



the smoking area was in the shade when we woke up, we knew it was before 7am. But the days were very long, and the producers never let us sleep in past 9.30am [because] that wasn't entertaining. They used to wake us up through speakers.'

5 'WE HAD TO FILM MULTIPLE TAKES DURING THE CHALLENGES'

'Most of the time, the challenges are so boring. You have to run out on the stage and bring loads of energy, but in reality it's like 4pm, you're really hot and sometimes it's the last thing you want to be doing. It's tiring. There was a full squad of cameramen and producers, and it was a reminder that you were on a TV programme.'

6 'WE HAD PROBLEMS WITH TEXTS'

'We had phones so the producers could contact us, and we had loads of problems with them last year. When we'd get a text and someone shouted "Text!", it would take like five minutes for the message to actually come through. There was also a messenger chat between Islanders that viewers didn't see. We could text each other, and we could also take photos. We were really bad at keeping our phones on us – when you're in a bikini or don't have any pockets, you'd just leave them lying around. So, when the producers gave you your phone and made you keep it on you, you knew you were getting a text from them.'

3 'YOU DON'T GET MUCH ALCOHOL – IT GETS BORING'

'It's actually really boring on the show – you have to entertain yourself for 24 hours a day. At night time, we weren't allowed a lot of alcohol. During the first four or five days, when we didn't know each other, we had alcohol to break the ice but, after that, it was two glasses of wine a night. And we were sure it was watered down!'

4 'THERE ARE NO CLOCKS – WE DIDN'T KNOW WHAT DAY IT WAS!'

'You don't even know what time it is! You're not allowed clocks. You're in your own secluded world, you know nothing – you don't even know what day it is, really. We started to figure out the time by where the sun was! If



Did Hayley's text come through? Maybe not...



Hot in every sense of the word in the Girl Power challenge

7 'THERE'S A MEDIC ON SITE 24/7'

'There was always a medic on site as well as on standby during the challenges to make sure that everyone was OK. If producers thought you were sunburnt, they'd call you into the Beach Hut and advise you to sit out of the sun or look after yourself. They did look after us properly. About 500 yards out of the villa, there are little huts that producers and security live in. It's where they'd edit the footage, and people would be watching us 24 hours a day, I guess to see what was going on and if we were all right. And

there was security outside in the garden at all times.'

8 'YOU ARE ENCOURAGED TO TALK ABOUT THE SHOW'

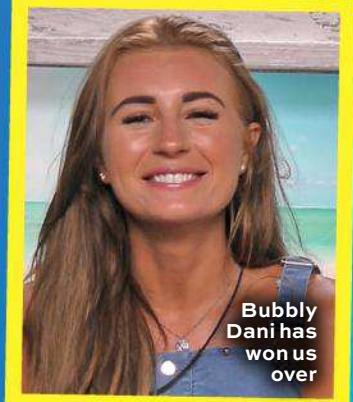
'Eighty per cent of the time we weren't talking about the show – we were discussing our lives, families, holidays – and yet only the 20 per cent that's *Love Island*-related makes the final edit. If we knew someone famous or anyone name-dropped, the producers would be like, "Stop talking about people. We can't air it!"'

● **Love Island continues on ITV2, every night, 9pm**

Why we can't get enough of Dani!

Danny Dyer's little girl isn't just winning over her cheeky charmer love interest, pen salesman Jack Fincham. Dani, the 22-year-old daughter of the *EastEnders* star, has got us all on side by being her funny, bubbly self – a proper chip off the old Cockney block!

We've been laughing and crying along with Dani, as well as following her dad's reactions to her shenanigans in the



Bubbly Dani has won us over

villa, particularly after she admitted to shedding tears over always 'choosing the wrong guys'. Her proud dad even started the hashtag #TeamDani – commenting on his Instagram, 'Me and the wife have come to accept that we was put on the planet to reproduce *Love Islanders*...'



when your daughter could've had a doctor but she picks a guy that sells pens for a living

We're loving the hilarious Danny Dyer memes!

How we bo



Halli and her cousin, Charli, were targeted by school bullies

Flicking on the kettle, I enjoyed my final moments of peace and quiet before my four children got home from school. I was shattered after working a long waitressing shift at a café near our home in Cardiff.

An hour later, my daughter, Halli, 13, burst through the front door. She was a bubbly, chatty teenager who always made me laugh. We were very close, especially after her dad left when she was little.

But, instead of saying hello, Halli stormed to her room. It was so unlike her.

'Are you OK?' I called. But I got no reply. I decided to give her some space and hoped she'd come to me when she was ready.

Later, Halli - who's sister to Kayla, 10, Roman, seven, and three-year-old Mia - came down for her tea, but she was still being quiet.

'Did you have a good day?' I asked her.

'I don't want to talk about it, Mum,' she mumbled. I was worried about her, but didn't want to push it.

'You can tell me anything,'



Donna Wilson couldn't be prouder of her little girl...

Donna wanted to stop the problem in its tracks

eat the bullies!

I reassured her, gently.

Eventually, my daughter admitted that another pupil at school had called her hurtful names, and they'd fallen out.

The teenage years were always difficult, and I hated seeing Halli so upset.

'Try not to let it get to you, sweetheart,' I said. 'You'll make up soon.'

Only, next day, Halli came home from school upset again, and explained some girls were calling her and Charli names.

My niece, Charli, also 13, was Halli's best friend. They were inseparable – they even had classes together at school.

'What did they call you?' I asked Halli. She listed a whole host of awful names, labels and swear words... bitch, slut, anorexic...

I'd been bullied relentlessly at school, so I knew how damaging it could be. It's something that affects hundreds of families, but I didn't want Halli to suffer.

So, the following day, I set up a meeting with the girls' head-of-year to discuss what we could do. Only, nothing seemed to work...

As the weeks passed, Halli was coming home in tears almost every day. She was contacted on social media, too, which meant she was

always accessible.

At my wits' end, I spoke to my sister, Nichola, now 39, Charli's mum, and also searched for advice online. Then, in March, I was watching *This Morning* when Holly and Phil brought up bullying. Maybe they'll have advice on what to do.

They played a video of a girl with all the horrible names she'd been called scrawled across her face. It was quite shocking to see.

'Watching the girls scrawl "bih", "fatty" and "sl*t" on themselves was horrible'**

The next day, Halli came home and slumped on the sofa. She hardly spoke and didn't even want her tea.

'Oh, love,' I said pulling her in for a hug.

'The girls chucked water over us today,' she told me through sobs. After Halli had calmed down, I decided to show her something.

'Look at this video,' I said, passing her my phone.

I suggested that Halli try doing something like it.

'It will really show those bullies the impact their words are having,' I said.

'Good idea, Mum,' she said. So, the next day, Charli came round to record the video. The girls wrote some of the names they'd been called on their face and tops.

Watching them scrawl 'bi**h', 'fatty' and 'sl*t' on themselves was horrible. My sister and I held back tears as we watched them.

We were so proud of them for standing up to their tormentors. And, as they clicked 'record', Halli spoke about why they were making the video.

'We feel upset all the time and don't feel loved,' she said. 'Bullying is horrible and we think it should be stopped.'

I knew I had to get as many people to see the video as possible, to raise as much awareness as I could.

'I'll post it on my Facebook page,' I said to the girls. I was a bit worried over what people might say about the words written

on the fresh faces of our teenagers, but I felt strongly that people needed to see the devastating things the children had been called.

I went ahead and shared the video and, within minutes, my notifications were going berserk.

All of my family and friends were sharing the video and commenting on how brave Halli and Charli were.

I soon began getting messages of support from people all over the world. A martial arts instructor even offered to train Halli to help build up her confidence!

'What beautiful, strong, amazing young women you are,' one comment read.

'Stay strong and never let them get you down,' posted another supporter.

The girl's faces lit up when they saw the encouraging messages – it was just the pick-me-up they needed. Amazingly, within two days, the four-minute video had racked up 33,000 views and over 650 shares.

I was gobsmacked.

'Hopefully, it will help others going through the same thing,' Halli smiled at me. I was so proud of her.

Now, at 35, we're still dealing with the school to resolve the bullying. Along with their teacher, Halli and Charli have spoken to the pupils who were bullying them, and they've been separated in the classroom.

Halli is almost back to her cheerful self. She takes comfort from the support she's received online, and still reads the messages now.

The girls have been through so much, but they've remained positive and I couldn't be more proud of them.



'If there's one thing I've learned'

'Bullying must never be tolerated, and we need to educate people about how hurtful their words can be.'

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NORTH WEST

Friday 12th October

Bromborough, Birkenhead, Wallasey, Liverpool, Maghull, Formby, Southport, Charnock Richard Services

EAST MIDLANDS

Tuesday 16th October

Beeston, Nottingham, Bulwell, Hucknall, Mansfield, Worksop

Sunday 28th October

Lowestoft, Gorleston, Great Yarmouth, Acle, Norwich, Gedney

Sunday 28th October

Northampton, Kettering, Corby

WEST MIDLANDS

Friday 12th October

Hereford, Ledbury, Malvern, Worcester, Evesham, Alcester, Redditch, Bromsgrove

EAST ENGLAND

Friday 12th October

Barking, Romford, Brentwood, Chipping Ongar, Harlow, Birchanger Services

Tuesday 16th October

Haverhill, Horseheath, Linton, Saffron Walden, Sawston, Cambridge, Peterborough Services

Tuesday 16th October

Woodbridge, Ipswich, Hadleigh Suffolk, Boxford, Newton Green, Sudbury, Long Melford, Bury St Edmunds, Newmarket, Cambridge Services

Sunday 28th October

Lowestoft, Gorleston, Great Yarmouth, Acle, Norwich, Gedney

Sunday 28th October

Witham, Hatfield Peverel, Maldon, Danbury, Chelmsford, Harlow, Sawbridgeworth, Birchanger Services

SOUTH EAST ENGLAND

Tuesday 16th October

Southampton (West End), Southampton (Bitterne), Southampton (Soton), Basingstoke, Newbury

GREATER LONDON

Friday 12th October

Barking, Romford, Brentwood, Chipping Ongar, Harlow, Birchanger Services

SOUTH WEST

Friday 12th October

Frome, Warminster, Westbury, Trowbridge, Melksham, Corsham

Sunday 28th October

Chippenham, Corsham, Bath, Chipping Sodbury, Yate, Nailsworth, Stroud

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CAROL MCGIFFIN

THE WAY I SEE IT...

Wise words from our feisty, fearless and funny columnist

Let it go, Nancy!



FANCY NANCY

Nancy Dell'Olio, that Italian one-woman glam squad and bastion of all things stylish and sisterly, has been berating us British women for not making enough effort to look glamorous when we get a bit older. By that, she means young and sexy – although she insists she doesn't.

Well, here's the thing – some women make too much effort and it shows, doesn't it, Nancy? But I'm not here to criticise her, because she's right. We don't dress up in full make-up, big hair and crippling heels every day. And so what?

I admire her doing that, if she thinks she looks good. According to Nancy, it makes her look "20 years



younger" – but isn't it just all too much effort, and who on earth has the time? Nancy does, obviously. If you ask me, though, it doesn't make you look younger or sexier. In fact, over a certain age, overdo it and there's a danger of looking more like a drag queen.

Besides, looking 'sexy' normally means dressing how you think men want you to dress. Nowadays, women tend to dress in the way that makes them happy – unless they're porn stars or prostitutes. Or Nancy Dell'Olio.

Also, it's nothing to do with how you look or dress, and everything to do with how you feel and how someone else feels about you. No amount of glamour, cleavage or underwear will change that.

I'm loving...

X-RATED ROBSTER

I love the idea of Robbie Williams and his wife, Ayda, joining the X Factor panel. While Louis felt like part of the furniture, I'm not sure I could have faced another year of the recycled, 'You look like a pop star, you sound like a pop star – you ARE a pop star!'



DOUBLE ACT

I'm loathing...

GAME ON!

I don't want any sympathy and I'm not looking for advice on what else to do with my time but, for reasons I will share in a later issue, I'm watching a lot

A LOT OF BALLS!?



of TV at the moment... So this is just in the nature of a vent. Wall-to-wall football. ENOUGH, ALREADY!

PICTURES: GETTY, NICKY JOHNSTON



Be the Best you

Fitness guru to Hollywood's rich and famous, Angie's a trained nutritionist and gym owner. She also looks sensational for 65!

GIVE YOUR MIND, BODY AND SOUL A WORKOUT WITH ANGIE & CALUM BEST...



Angie swears by the benefits of crystal healing

THE POWER OF CRYSTALS

Angie: Victoria Beckham is said to use them backstage at her fashion shows. Pop star Katy Perry apparently sleeps with one under her pillow. Yes, we are talking about crystals and their reputedly magical, healing powers.

Popular in the 70s, the trend for crystals has made a resurgence in recent years. The likes of Kim Kardashian, Gwyneth Paltrow and Adele have raved about their abilities to bring us health, wealth and happiness.

I became a believer, and certified crystal healer, over 40 years ago, when I first came across crystals while living in California.

Crystal healing goes back centuries and is written about in ancient Chinese, Indian and Christian texts. They are found in prehistoric graves from different cultures.

The idea is that these beautiful minerals harness the natural energy of the earth. Crystal therapy involves placing certain gemstones on your body to draw out negative energy, or keeping certain stones near, to attract and harness positive energy. When I lived in California,

I kept an enormous chunk of rose quartz by my front door, so that everybody entering would have a happy heart.

Nowadays, I keep crystals all over my life. There's celestite in my car, which keeps me safe. Fluorite fights anxiety and focuses the mind in stressful situations. And I wear a ring made of kunzite, believed to centre and remove obstacles.

Other gems which are useful are black tourmaline, a protective stone which repels negative energies.

Amethyst is connected to relieving addiction and disruptive behaviour. Citrine is known as the stone of success, and aventurine is said to attract good luck.

My son, Calum, is also a believer in the power of crystals. He made me a beautiful necklace made of prehnite, the stone that heals the healer, and it goes everywhere with me.

You can buy crystals relatively cheaply online. You can even get water bottles with rose quartz or amethyst in them for a bit of serenity you can carry around with you. So, go on, pop one in your handbag and see how it goes...

DREAM ON

Not getting enough sleep for just a few days can have an impact on your weight and immune system (lack of sleep affects more than 100 proteins in your blood). Shift workers are especially vulnerable, so make sure you're getting enough shut-eye.





Calum's flirted with addiction but, unlike his dad – footballer George – he beat it. He believes in 'being the best me' and now owns a gym.

CALUM'S INSTA-LIFT

Headphones that might help to ease menopausal hot flushes? For real! They work by 'listening' to your brainwaves and correcting the body's response to hot flushes. In a new US study, 48 women are being given 20 sessions over three months to test them out.

Three steps to happiness...

- Let go of the past. Live in the here and now. We often feel that when we've lost a few pounds/been promoted etc, life will be better. Aim to be happy right now.
- Look good. Beauty's only skin-deep but, by being the sort of person you would like to meet, you give off a positive vibe to others.
- Eat, sleep, move. If you want to feel good, you have to eat well, get enough zzz's and keep active.

THE DOORS
WILL BE OPENED
TO THOSE
BOLD ENOUGH
TO KNOCK.

Instagram/@mrcalumbest

LA-LA OR GENIUS? REVISIT YOUR CHILDHOOD WITH PLAYGROUND TEAM GAMES

Remember the days in the old school yard? British Bulldog? Dodgeball? Netball? Well, there's a new fitness craze for grown-ups to get together and play the team games of their childhood. In London, the revolution is being led by a community group called Rabble – but who's to stop you getting your own team together? All you need is a park, a ball and a few mates...



Instagram/@olmirebble

Look younger with Lesley



Anti-ageing guru **Lesley Reynolds** reveals the latest treatments to help you stay youthful

Who needs to go under the surgeon's knife when there are so many other clever ways to lift, tone and plump? Here's my guide to the latest face transformers...

INNOPEN AND STEM CELLS

The latest non-surgical combination 'tweakment' uses **InnoPen, a new form of micro-needling, plus stem cell serum.** A small motorised device uses tiny micro-medical skin needles to create controlled injuries to the skin. This process results in superficial channels which

allow serums to be absorbed more effectively. As the skin repairs itself over the following weeks, new collagen and skin cells are formed to plump and tighten skin, soften wrinkles and fade sun damage. A course of four treatments, two to four weeks apart, is recommended. From £550 per session.

FACETITE

Similar to a mini facelift, **FaceTite is done without scalpels and with minimal scarring.**

The one-off procedure, using local anaesthetic, can tighten saggy skin around the mouth, jowls and neck. Using radio-frequency energy, a fine probe is inserted into the fatty layer just under the skin. It doesn't remove tissue, but instantly tightens skin by up to 40 per cent. In the following weeks, as new collagen is produced, the skin has a plumper, fresher appearance. From £2,800.



ANGEL PRP FAT TRANSFER

Standing for 'platelet rich plasma', **Angel PRP is an update on the Vampire Lift.** It addresses loss of volume around eyes and cheeks, lines, thinning skin and sagging jowls. Blood is taken from the arm, platelets are separated, and this mixture is injected back into

the skin. Platelets help the skin repair itself, to appear plumper and more vibrant. At the same time, fat is taken from an area like the abdomen, treated, then injected to add volume to sagging areas. Your skin will look red for a day after. Results last up to five years. From £3,500.

AND DON'T FORGET...

- When it comes to facial ageing, prevention is better than cure. Always wear an SPF of at least factor 30. Avoid smoking and drinking too much alcohol, and eat well.
- Use vitamin A skincare at night, as this can improve collagen production.
- Antioxidant serums can help prevent free radical damage caused by UV light, and protect against pollution.
- Eat less sugar and exercise for 30 minutes three times a week, and your skin will soon become more radiant.
- If you need to lose weight, do so *before* you have facial treatments like fat transfer.

For more information on Lesley and her team of doctors, please visit harleystreetskinclinic.com

JOIN THE CONVERSATION


If you haven't had time to keep up with Twitter, Facebook or Instagram, we've done it for you...

Should you be allowed pawternity leave?*

* that's time off with your new pet

The largest pet supply chain in Norway, Sweden and Finland, Musti Group, is now offering its employees three-day parental leave when they acquire a new puppy or kitten. The CEO explained that adopting a pet was a significant decision and changed everyday life considerably. He wanted to support his employees during their first days with a new family member, hence the introduction of Pawternity Leave! We think it's a genius idea. Surely pets are part of the family and if people can't have or don't want children, then shouldn't they be entitled to some time off if they get a furry friend? Tell us what you think!



 **WHAT DO YOU THINK?**
Tell us at facebook.com/bestmagazine

Rainbow pizza

There's something satisfying about making your own pizza. Maybe not the dough bit – we're talking about the fun part here, piling on your toppings. Of course, if your pizza is going to make it on to social media, your toppings need to be bright, like this one from yummys.co.uk. Step forward rainbow pizza, a creation consisting of the most colourful vegetables out there. It's one way to get your kids eating their five-a-day! Find it by typing 'rainbow pizza' into pinterest.com



GOING VIRAL

Wreck it again, Ralph!

The first Disney film featuring Wreck-It Ralph followed the story of arcade computer characters who left their games at night, with Ralph trying to better himself and compete against his rival, Fix-it Felix Jr. The trailer for the second film – *Ralph Breaks The Internet* – went viral within hours, and your kids and grandkids will love the film when it's released in November! The trailer shows Ralph and heroine Vanellope von Schweetz explore the world wide web for the first time, where they visit Oh My Disney – an interactive website. Vanellope bonds with other Disney princesses over feminism, too! Maybe it's not just the grandchildren who are excited... **Find it by googling 'Wreck-It Ralph 2'**



Marble nails

Nail art hasn't had its day just yet – but instead of tricky designs that are only achievable if you've got an art degree, marble nails manage to look sophisticated without requiring effort. Paint on your white nail base (two thin coats will get that opaque coverage without streaks). After it sets, take some black polish, wipe the excess off the brush and paint on your nails in liberal swirls. The gold flecks seen here can be bought on eBay, and voila – a very Instagrammable mani.

 **FIND US ON INSTAGRAM AT...**
@bestmagofficial

Salad days


There has been uproar after Heinz announced it's changing the name of Salad Cream to Sandwich Cream – all because millennials don't use it on salad! The condiment, which launched in 1914, is said to be used mainly on cheese, ham and tuna sandwiches these days, with only 14 per cent putting it on salad. We're not sure how we feel about this!



Trending on Twitter

#MakeAMovieBlush

We've all had those moments where we can feel the colour rising in our cheeks – and Twitter users have been making movies blush this week! You Look As Good As It Gets, apparently. Why, thank you!

 **FIND US AT...**
@bestmagofficial

EVERYONE'S DISCUSSING...

Skin and tonic



It used to be known as mother's ruin, but this gin tittle claims to mix booze with beauty, and be good for your skin! Collagin includes marine collagen, which is proven to hydrate your skin, as well as a rich blend of 11 different botanicals, plus orange, juniper and earthy liquorice flavours. Add a touch of tonic for a refreshing drink. While we don't know if it'll work, we'll happily give it a try! Collagin costs £34.99 from prezzibox.com

Wrap star

This season's most figure-flattering style.

Main image:
 Dress, £39.50
 Shoes, £45
 Earrings, £15
 Bag, £39.50,
 all M&S

Below:
 1. Dress, £28,
 Miss Selfridge
 2. Hat, £20,
 Accessorize
 3. Sunglasses,
 £19.95, Joe
 Browns
 4. Sandals,
 £25, Next
 5. Bag, £39.99,
 Mango

best
 FOR
 HOURGLASS
 FIGURES



Clash point

Mix and match your stripes for extra fashion kudos.

Main image:
 Jumper, £45
 Skirt, £75,
 both
 Debenhams
 Shoes,
 Stylist's own

Above:
 1. Top,
 £18, Miss
 Selfridge
 2. Wedges,
 £52, Office
 3. Skirt,
 £25, M&S
 4. Earrings,
 £12.99, H&M
 5. Bag, £30,
 Accessorize

TAP THE APP

Ready Set Holiday!
 is the ultimate
 vacation prep,
 including weather
 reports and
 checklists.



Main image:
Dress, £79,
Monsoon



1



2



4

3



Wishy-washy

Swap bold, clean lines
for watercolour prints.



5

Below: 1. Earrings,
£12.99, Mango
2. Sunglasses,
£7.99, New Look
3. Dress, £89, Coast
4. Bag, £20,
Accessorize
5. Sandals,
£25, M&Co



CELEBRATE YOUR SHAPE

Show off in statement summer stripes



1



2

What a waist

Work wonders
with a simple
style that nips in
where it flatters
you most.



3



4



5

Main image:
Dress, £48
Shoes, £26
Bag, £24,
all Oasis

Left:
1. Dress, £16,
F&F at Tesco
2. Earrings, £12,
River Island
3. Bracelet, £32,
Oliver Bonas
4. Wedges,
£49, Office
5. Bag,
£48, Next

TAP THE APP
The Drink Water Reminder app will tell you to stay hydrated throughout the day.

A SIP OF SUMMER



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WORDS: MILLIE GOOCH PICTURES: BIGSTOCK



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*Terms and conditions for giveaway: Postage and packaging of £3.95 applies to each order. Free SunSense Sport Gel (usual price £15.99) to the first 1,000 readers to claim online by entering the code **FREESPORT** at the checkout. The offer is capped at 1,000 units of product. Offer is valid until all 1,000 SunSense Sport Gels have been claimed. UK customers only. No cash alternative.

†Terms and conditions for 25 per cent discount: Offer is valid until 31 December 2018. Offer entitles the user to 25 per cent off SunSense products online. User must enter the code **BESTSUNSENSE2018** to claim the offer. UK customers only. No cash alternative. Offer cannot be used in conjunction with any other offer and sale items. Offer does not include delivery.



Suicide is the biggest killer of men under 50

Is your man safe?

It's often referred to as the 'silent killer' and, terrifyingly, it's the single biggest cause of death in men under the age of 50 in the UK. And yet, as a society, most of us don't know how to talk about suicide.

Of the more than 6,000 deaths by suicide in the UK in 2015, 75 per cent of them were men. Suicide is in the headlines right now, with some high-profile victims in the past few weeks, such as bag designer Kate Spade and chef Anthony Bourdain. These are devastating tragedies, but they highlight something we need to tackle.

The Samaritans say there isn't always one main reason why someone decides to take their own life – it's often a build-up. Eventually, the person can see no way out of their situation. But the death of a loved-one in this way has far reaching consequences and repercussions for those left behind.

This is something author Poorna Bell, 37, understands.

'I met Rob in January 2009, by our third date, I knew he

Let's show our men that they don't need to suffer in silence

was special,' she says. 'He was kind, and we always found something to laugh about. He never hid that he suffered from depression.'

Rob took responsibility for his mental health and would go to his GP for anti-depressants if he was struggling.

'Things escalated with him,' Poorna says.

In the run-up to the couple's wedding, she could tell Rob was in turmoil.

'It sent him into internal chaos and he worried about whether he would be able to fulfil his role as a husband.'

But Rob liked to handle things on his own.

'I think a lot of men feel that way,' Poorna reveals. 'No one saw what he was really going through.'

Rob later developed an addiction to opiates. He worried about lots of things other men do – like making money, being a good partner and, one day, becoming a dad.

Then, in May 2015, Rob went to visit his family in New Zealand.

'We spoke on Skype,' Poorna says. 'And two days later, my husband died by suicide.'

'It took me a long time to absolve myself of guilt, but guilt is a natural emotion.'

'It was nothing to do with how much I loved him, or how much he loved me. He couldn't reconcile the man he wanted to be with the illness that kept pulling him into the darkness.'

Men are possibly more vulnerable because they are brought up with ideas that men should be breadwinners and show no weakness.

Consultant Clinical Psychologist and Adult Psychotherapist Martin Seagar agrees.

'Men have an instinct to protect their families,' he says. 'If they feel they cannot do this, they can feel intense shame. Men are also less

likely to seek help to protect themselves.'

So what can be done to stem this growing tide of male suicide? The Samaritans say talking can help.

It's not always possible to identify a person is feeling suicidal, though, and how someone behaves varies from person to person.

The charity says there are, nonetheless, some signs to look out for:

1. Changes in routine, such as sleeping or eating more or less than normal;
2. Finding it hard to cope with everyday things;
3. Not wanting to do things they usually enjoy;
4. Neglecting personal hygiene;
5. Becoming withdrawn from friends and family – not wanting to talk or be with people.

So, what can you do if you are worried? Firstly, just ask: Are you feeling suicidal? If they are, you've opened the

lines of communication and can get professional help.

Mental health charity Mind's information manager, Rachel Boyd, advises, 'You may feel pressure "to say the right thing", but just being there can help someone feel less isolated. Seek help. Go with them to their GP, call 999, go to A&E, or call the Samaritans.'

Poorna says, 'Life without Rob will never be the same. I know I couldn't have saved him, he was ill. But obviously I wish things had turned out differently.'

- Samaritans are available round the clock, every day of the year, offering non-judgmental and confidential support, on 08457 90 90 90, or visit samaritans.org
- Poorna Bell is the author of *Chase The Rainbow* (£8.99, published by Simon & Schuster).

'Men are less likely to seek help to protect themselves'

Devastating losses

CHEF ANTHONY BOURDAIN

The world was shocked when, less than two weeks ago, the larger-than-life chef took his own life, aged 61. He used his books and TV shows to explore culture, cuisine and human behaviour.

DESIGNER ALEXANDER McQUEEN

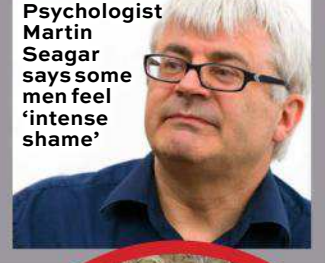
Described as a 'modern genius', the fashion icon was struggling with anxiety, depression and the death of his mother when, in 2010, he hanged himself, at the age of 40.

ACTOR ROBIN WILLIAMS

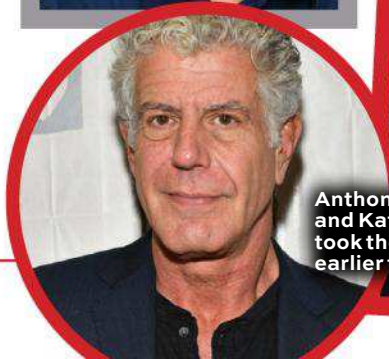
Robin was applauded for his comedic timing as well as his sensitive roles, but suffered from severe depression and alcohol addiction for most of his adult life. He committed suicide in August 2014, aged 63.



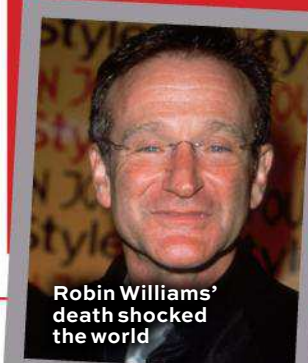
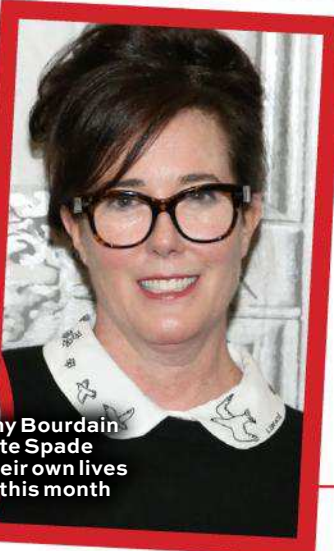
Poorna's husband, Rob, struggled with depression



Psychologist Martin Seagar says some men feel 'intense shame'



Anthony Bourdain and Kate Spade took their own lives earlier this month



Robin Williams' death shocked the world

New York-based nutritionist Lorraine Kearney says a sugar detox is the only way to stop the cravings that play havoc with your hormones. Try our seven-day plan and you could lose 7lb in time for summer!

HOW IT WORKS

- 1** Eating a sugar-loaded diet not only increases blood pressure, but it leads to inflammation and weight gain, making it harder to stay slim. It also unbalances your hormonal system, which affects your skin.
- 2** US nutritionist Lorraine Kearney believes that if you do a sugar detox right you'll start to see the benefits in days. The easiest way is to cut out all synthetic sugars including sugary drinks, sweets, alcohol and meal replacement bars.
- 3** While you're detoxing, keep an eye out for the foods that cause you problems like bloating. And there's often hidden sugars found in cereals and bread, which can set up cravings.
- 4** After just 10 days of switching to wholegrains, greens and lean protein, you should notice a change in your taste buds – you'll be more sensitive to the sweetness receptors in your digestive system, meaning you'll be less tempted to eat sugar. Even your favourite soda might taste super sweet and sickly!
- 5** Get your sweetness fix from peppers and low-sugar fruits, like apples, berries and watermelon. Invest in a good blender (like the Ninja Blender Duo, £149.99, ninjakitchen.eu/uk) to whip them up into smoothies that taste like ice cream. Follow our plan for seven days and you could lose up to 7lb.

The sweet
retreat
plan!

MONDAY

Breakfast Watermelon-
quencher juice: Blend ½
watermelon cut into chunks,
handful raspberries, cup of water
and crushed ice. 1 slice granary
toast with 1tbsp almond butter.



Lunch Tuna salad: 1 small can tuna in sunflower oil, drained, mixed with 1 bag watercress and rocket leaves, 3 chopped cherry tomatoes.

Supper 2 beef chipolatas and 2tbsp carrot or sweet potato mash, served with handful each green beans and courgettes.

WEDNESDAY

Breakfast Crunchy yoghurt:
Add 1tbsp each jumbo oats, mixed
seeds and raspberries to ½ large
tub natural yoghurt. 1 glass
unsweetened green or carrot juice.



Lunch Chicken and rice salad: Add finely chopped
tomato, red pepper and cucumber to 30g cooked
weight brown rice, drizzle with olive oil and lemon.
Serve with 1 cooked chicken breast.

Supper Medium salmon fillet brushed with pesto,
pan-fried in olive oil for 7-10 mins. Serve with 3tbsp
each green beans and carrots.

FRIDAY

Breakfast Bowl unsweetened
muesli topped with handful
blueberries and 120ml semi-
skimmed or almond milk.



Lunch 1 slice granary toast
topped with ½ ripe avocado,
mashed, and sprinkle over chilli flakes.

Supper Medium cod fillet, pan-fried in olive oil,
topped with 2 handfuls spinach, stir-fried in olive oil
and lemon and black pepper. Serve with 2tbsp each
carrot mash and green beans.

SUNDAY

Breakfast 1 slice granary
toast topped with 2tbsp
almond or peanut butter.
1 glass unsweetened green
or carrot juice.



Lunch Hummus pitta:
1 wholemeal pitta toasted and filled with 1tbsp
hummus, handful rocket, tomato and cucumber
slices. Handful mixed nuts.

Supper 1 beef steak or tuna steak pan-fried in
olive oil served with 3tbsp sweet potato or
carrot mash. 3tbsp each broccoli florets
and beans.

TUESDAY

Breakfast 1 egg, scrambled,
on 1 slice granary toast with
1tbsp each cherry tomatoes
and mushrooms, grilled.



Lunch Avocado and prawn salad:
Toss bag mixed salad leaves with
1 sliced avocado, handful cooked prawns and a drizzle
of low-fat Caesar dressing.

Supper Cashew and chicken stir-fry: Stir-fry 1 bag
stir-fry veggies, 2 chopped spring onions and 1 finely
sliced chicken breast in 1tbsp olive oil for 5 mins. Stir in
1tbsp soy sauce and handful cashew nuts.

THURSDAY

Breakfast Sunshine smoothie:
Blitz 1 mango, 1 orange and a handful
strawberries with 1 small tub natural
yoghurt, 120ml semi-skimmed or
almond milk. Handful crushed ice.



Lunch Wholemeal tortilla filled with 1 small can tuna
in sunflower oil, drained, rocket leaves, spring onions
and cucumber slices. Large wedge watermelon.

Supper Chicken with olives: Add 1 chicken breast with
1 can chopped tomatoes with herbs, 10 chopped green
or black olives and bake in moderate oven for 20 mins.
30g cooked weight whole wheat pasta. Green salad.

SATURDAY

Breakfast 2 slices lean bacon
grilled with 2tbsp each mushrooms
and chopped cherry tomatoes.
1 glass unsweetened carrot juice.



Lunch Red pesto frittata made with 2 eggs, 1 small
chopped onion and 1tbsp red pesto. Green salad.

Supper Cajun fish: Cut 1 cod fillet into chunks, sprinkle
with dash each paprika, black pepper and ginger. Cook
handful sugarsnap peas, 1 courgette cut into chunks
and handful baby sweetcorn; drain and stir-fry in 1tbsp
olive oil with cod for 5 mins. Sprinkle with lemon juice.

SAY-NO-TO-SUGAR SNACKS

Choose one of these crave-reducing snacks each day:

1x Handful mixed nuts

1x 2tbsp peanut or almond butter,
cucumber and carrot sticks

2x cubes reduced-fat cheese

2x rice cakes with almond or peanut butter

1x Large glass green smoothie or juice

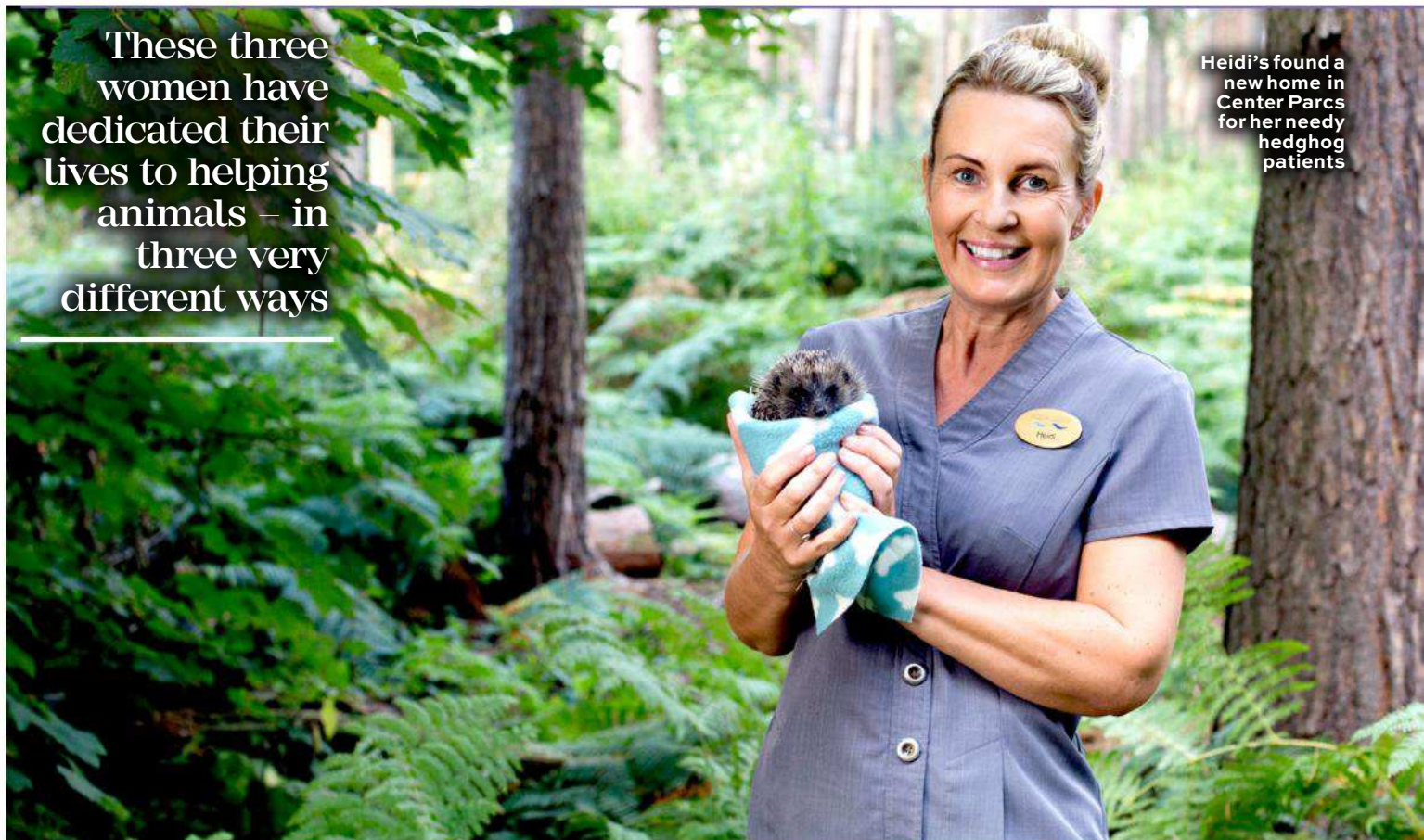
1x Small bowl veggie soup with veggie sticks

1x Large wedge watermelon



These three women have dedicated their lives to helping animals – in three very different ways

Heidi's found a new home in Center Parcs for her needy hedgehog patients



We're the animal

'I'm on a mission to save hedgehogs.'
Single mum Heidi Brain, 42, is passionate about the prickly creatures...

Taking my children, Ella, then 16, and Louis, 12, out for the day, we were hoping to see wild animals, like pandas and tigers. In fact, it was the hedgehogs at Shepreth Wildlife Park, Herts, that caught my eye.

It was September 2013, and, spotting a sign for a 'hedgehog hospital', I popped in. I'd been made redundant from my job

at a publishing company and had some spare time while I applied for new jobs.

'We need volunteers,' Natasha, the manager at the time, said.

I learned that these prickly creatures were endangered. An increase in traffic, plus urban development and crop-spraying, has all contributed to their decline.

That's how I started looking after sick, injured or orphaned baby hedgehogs at our home in Luton. The kids loved helping, taking them home to hibernate in cosy boxes in the garage. We'd weigh them every day, then, in the spring, we returned them to Shepreth to be released.

In March 2014, I got a job at the spa in Center Parcs Woburn Forest. I continued to help at the hedgehog hospital

and, one day, an idea hit me. The hospital needed a safe space to relocate hedgehogs in the spring – and Center Parcs is built on 362 acres of forest...

Eventually, Center Parcs Woburn Forest agreed to become an official hedgehog release site. The rangers built special houses, put up 'Shhh... hedgehogs sleeping!' signs in the woods, and ran educational sessions for visitors to learn more.

When I first started working at Center Parcs, I never saw hedgehogs in the grounds, but now we all see so many. My colleagues send me videos whenever they spot one, and it warms my heart – it means our programme is working.

I still care for sick and injured hedgehogs at home

Modern life is bad for hedgehogs – Heidi's rescue centre helps out



– I've started my own little rescue centre, Hedgehog Haven Rescue, and I'm converting my garage, so that I can care for even more hedgehogs. I love feeling like I'm making a difference.

For more information, visit blog.centerparcs.co.uk/baby-hedgehogs-woburn-forest

'Being a vet is a dream come true'

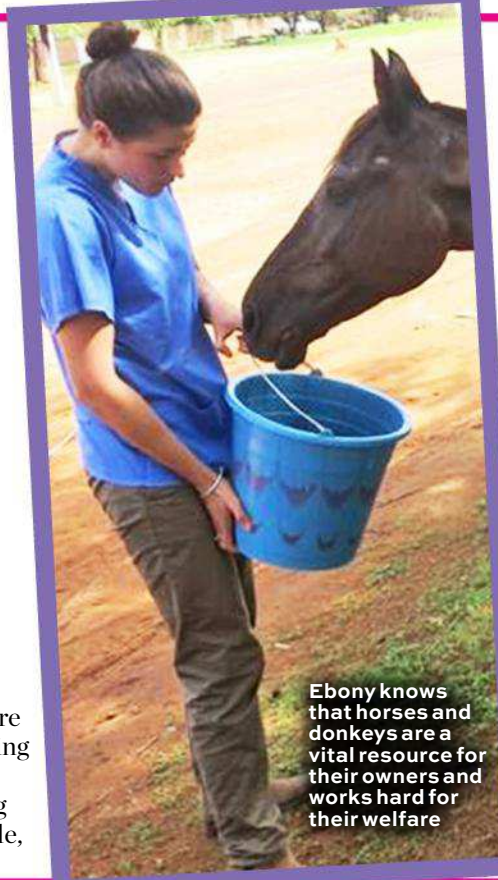
Ebony Escalona, 35, from London, travels the developing world, helping vets, farmers and owners to care for their workforce of donkeys and horses

When I was six years old, I rode my first horse. From then on, I had only one mission – to work with animals. I watched David Attenborough documentaries fanatically, dreaming of a life just like his.

My teachers told me I wasn't clever enough to be a vet, but it only made me more determined. I volunteered

in vet clinics and achieved five A-levels, going on to study veterinary science at the University of Liverpool. I wanted the skills that would allow me to protect and help animals.

I've worked for equine charity Brooke for four years. Brooke operates in 19 countries, and I've visited Kenya, Senegal, Guatemala, Nicaragua and Ethiopia. There are 100 million working horses, donkeys and mules helping 600 million people,



Ebony knows that horses and donkeys are a vital resource for their owners and works hard for their welfare

acting as animal trucks, tractors and taxis.

My father grew up in Venezuela, and my grandparents depended on a donkey to carry heavy loads across the Andes. You can't just remove donkeys from the equation – poor communities depend on them too much.

But, when I first visited Kenya as a Brooke vet in 2014, seeing malnourished, lame and injured donkeys toiling away broke my heart. Many were working in continuous pain, but they keep going until they drop.

I still visit other countries four times a year for up to two weeks at a time. It's so rewarding to support communities in changing the way they treat their animal workforce. For info, visit thebrooke.org

rescuers



'I wanted to help one chicken... now I've rehomed 36,000!'

IT consultant Adele Hall, 57, gives ex-battery farmed hens a second chance...

It was 13 years ago that six little words changed my life. 'Any hens need rehoming in Lancashire?' I asked, after I'd called the British Hen Welfare Trust.

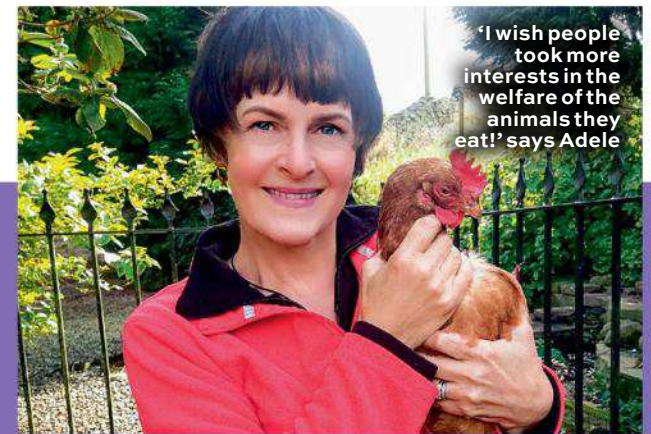
I'd just moved, with my husband, Michael, 69, an insurance consultant, from a two-bed cottage to a six-acre farm, and we dreamed of filling it with animals.

I liked the idea of chickens pottering

about, giving us eggs for breakfast, and set about trying to adopt some ex-battery farmed chickens

I then launched a hen rehoming point on our farm. I didn't know one end of a chicken from the other, but I was willing to do anything to help these poor chooks lead longer, happier lives.

Since then, I've become the Trust's head of corporate services and set up a



'I wish people took more interests in the welfare of the animals they eat!' says Adele

national database, listing everyone who might adopt a chicken.

We now have 15 chickens, and they're so intelligent, curious and regal, each with their own personality. We have Pinky, who loves to be stroked, and Goldie, who's rather aloof. She likes to look beautiful from afar.

In 2006, it could take us weeks to rehome a chicken. By 2017, thanks to the database, we could

rehome 600 in a day. Currently, the Trust has rehomed 640,000 chickens nationwide and I've over-seen the rehoming of 36,000.

I take great comfort in knowing we are giving new life to birds that would otherwise go to slaughter. We also change the lives of the rehomers, who tell us that their chickens help them relax! For information, visit bhwt.org.uk

WORDS: HELEN PIKE

A splash of scent

Is your go-to perfume feeling too heavy? Lighten up for summer

Body sprays tend to conjure up memories of those overpowering aerosols we encountered as teenagers. Lately, though, they've had a modern makeover, with sophisticated ingredients and notes creating quality fragrances. While mists and sprays don't have the staying power of full-strength perfume, they're less pricey, so you can experiment with different scents without forking out.

Fake it yourself

Mighty moisturiser on a budget

Dry, patchy skin isn't the best canvas for applying perfume, as fragrance needs moisture for the scent to bind well. The more moisturised your skin is, the longer your fragrance will last.

Want to go down the home-made route and make your own body moisturiser? A lot of recipes contain cocoa butter, vitamin E and shea butter – not so easy to track down. But you could try this version, which uses ingredients easily found in your kitchen: in a jar, pour 1tbsp olive oil, 1tbsp melted coconut oil, 1tbsp sunflower oil and 2tbsp puréed strawberries. Stir well and massage into the skin. Leave for up to 10 minutes, then rinse off.



1 TROPICAL
Even if your summer holiday is more UK seaside resort than Caribbean getaway, a spritz of Hawaiian Tropic Exotic Breeze Body Spray, £10, will transport you to different climes. Mainly known for sun protection, the brand has poured its know-how into a scent that combines orchid flowers and pineapple. It's a fruity, floral scent that works just as well at night as it does during the day.



2 MODERN CLASSIC
If any perfume you've ever owned uses florals at its heart, then Yardley is your go-to. A fragrance-maker since 1770, it's now created mists that echo its classic eau de toilettes. The pared-down scents consist of one dominant floral note that's complemented by more subtle notes.

Lily Of The Valley Moisturising Fragrance Body Mist, £6, is blended with freesias and crisp pear.



TAP THE APP

The Fragrance Direct app lists top brands with huge discounts. Free, iPhone and Android.



3 DESIGNER TWIST

For a luxe buy, go a few notches up from a body mist and invest in **Roger & Gallet Feuille de Figuiers Fragrant Wellbeing Water Spray, £39.50**. As an 'Eau Fraîche', it contains less perfume oil than an eau de toilette and eau de parfum (typically, it has one to three per cent, with EDP at eight to 15 per cent concentration). However, it still packs a punch.



4 CITRUS FIX

If you want a refreshing, fruity scent to see you through the summer, you'll find them in abundance this year. **Missguided Instant Feels Body Mist, £10**, looks to in-season fruits to inspire its fragrances. Raspberry and bergamot are the strongest notes at first spritz, but this light, zesty offering has staying power on your skin, thanks to its heady patchouli and vanilla base.



5 PERSONAL BLEND

Jo Malone made fragrance-combining – mixing two separate perfumes on your skin – big business. If your budget doesn't stretch that far, try your hand with **Superdrug Layering Lab, £3.49 each**. Nine variants are designed to be layered on top of each other to create a unique scent. Try the Exotic and Blossom scents for a gorgeous blend of delicate florals – jasmine, orange blossom and rose.



PICTURES: GETTY

Dear Gloria



Gloria Hunniford is a mum of three and grandmother of 10. She's been divorced, remarried and learned to deal with the loss of her daughter and, on *Rip Off Britain*, she battles consumer issues. In her own words, she's 'lived a lot'. So, ask Gloria anything...



My friend wants to be famous

A close friend of mine is obsessed with getting herself into the limelight. She's applying for TV jobs left and right, and even dyes her hair a different colour every week to fit the brief for whatever 'showbiz' job she's applied for. I admire

her determination – but she's in her mid-40s and I'm not sure it's realistic. It's got to the point where she's even ignoring her children. I'm worried she's looking for an escape, and I don't know what to do about it. Can you help?

Kayleigh, Surrey

I wish I had a penny for every letter I receive from people about how to get on telly. With all the publicity around reality shows and how the participants seem to become hugely famous overnight, followed by the newspaper reports of how they are making millions,

the lure for fame is strong. What is a bit strange about your friend is the total obsession for the limelight at the expense of her

I've changed my mind!

I adore my partner, and I'm pretty sure he's the love of my life. But when he proposed recently, I said yes, and now I've changed my mind. It'll be my second marriage and we both have children from different partners. I don't feel like I need to walk down the aisle again – the first time ended in tears! My concern is, if I tell him,

it will ruin things for ever. What can I do?

Steph, Cheshire

It's second time around for my husband Steven and I, and although I love him dearly, like you, I didn't feel the need to walk down the aisle again. I had a good job, a roof over my head, but we really wanted to get married and it was wonderful to witness the bonding of the family. So, in the end, it was not just about our love for each other, but to provide a strong base for extended family life. If he is the love of your life, marry him!



PICTURES: GETTY

Babies on the brain

As mum to a beautiful seven-year-old boy, I feel very blessed. However, for the past few years, I've had this strong urge to have another baby, before it's too late (I turn 41 soon). The only thing is, my son has severe learning difficulties, and my husband has said in no uncertain terms that he wouldn't be able to cope with the stress of another child – though he loves our son very much. My fear is I'll regret never having at least tried for another, but what if I risk losing my husband in the process?

Lisa, Newcastle

I love the lovely things you portray about your son,

and I think it's your profound feelings for him that make you yearn for another child, despite your son's difficulties. You don't say why, medically, he has learning problems. I'm afraid, as I'm not a doctor, you will have to talk to your GP to find out the percentage chance that history might repeat itself. My over-riding advice is to ask your doctor

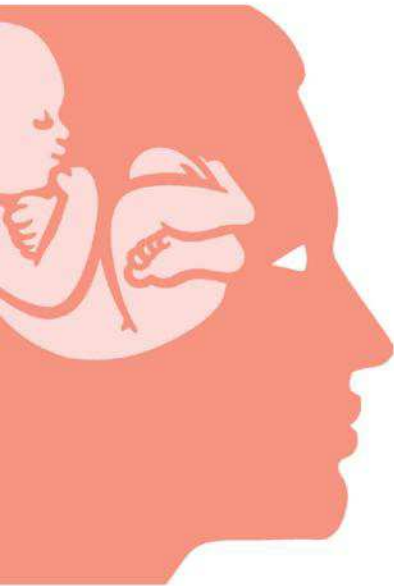


THOUGHT OF THE DAY

Life doesn't get easier – but it does make you stronger.



children. For starters, try to get to the bottom of why she is so obsessed with the idea, and point out that her kids really need her.



questions and research the situation thoroughly – if only to then explain it to your husband and talk to each other about your true feelings.

Your Stars

with Russell Grant

For the week 19–25 June 2018



CANCER

22 June – 23 July

It isn't always easy to change your outlook. You hadn't planned on starting anything new, but you could be surprised by how differently you feel when the right kind of motivation comes along. This will be a good time to attend a few interviews.



LEO

24 July – 23 August

You will fleetingly wonder whether you're doing the right thing in acting on a spontaneous invitation. Hesitation isn't recommended. You might find it easy to be impulsive, thanks to an assertive friend who is happy to make some decisions for you.



VIRGO

24 August – 23 September

A friend who has been incredibly caring in the past now needs your help. They're struggling to cope with a stressful situation, and that's where you might come in. Through being able to help others, you will be playing a supportive role that is suited to you.



LIBRA

24 September – 23 October

Hidden tensions make you uncomfortable. There are a few things that you want to get off your chest, but wait until the end of the week before bringing up touchy topics. Mixed trends make it hard for you to get on the same wavelength as others.



SCORPIO

24 October – 22 November

Instead of always promising an old friend you will come and visit them soon, do something definite about it. Why not make firm and binding arrangements to spend some time together? You will enjoy any chance to travel and exercise your itchy feet.



SAGITTARIUS

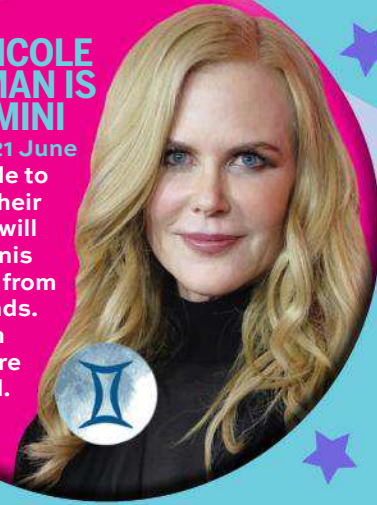
23 November – 21 December

A joint effort is productive. Working as a team will bring you tremendous happiness. Harmonious relationships make it easier for you to shrug off small problems. Are you single? You could find love with someone who is always laughing at your jokes.

NICOLE KIDMAN IS A GEMINI

22 May – 21 June

Being able to laugh at their mistakes will win Gemini's admiration from their friends. Golden times are ahead.



CAPRICORN

22 December – 20 January

You have more confidence in yourself and your beliefs. Speaking out and standing up for yourself will raise your profile. Don't be surprised when friends rally to your side. Romance is indicated, and you'll be in the right mood to make the most of this.



AQUARIUS

21 January – 19 February

You need a varied schedule to give in to your natural impulsive spirit. A desire for change and excitement is so strong it can't be resisted. Going after a joint dream will bring you and a partner closer together. If you can conceive it, you can achieve it.



PISCES

20 February – 20 March

Pitch an idea or apply for a job, grant or scholarship and make use of your communication skills. Someone will imply you are aiming too high. Don't limit your own life for others. Be independent, believe in yourself and new opportunities will open up.



ARIES

21 March – 20 April

Teaming up with passionate people will cause sparks to fly. Lively discussions will inspire your imagination. Sadly, someone within your circle is more vulnerable than they look, and a heated conversation will make them moody.



TAURUS

21 April – 21 May

Close relationships are a great source of happiness. Social activities make your life fun. You're in an extravagant mood. Financial security is also critical to your peace of mind. As the week ends, you'll be glad you exercised restraint.

ASDA

Good Living

FREE JULY MAG
IN STORE NOW

Chicken & pomegranate
skewers with pickled
red onion salad

Squash, chorizo
& spinach salad

Summer

Think entertaining a crowd is pricy? Think again. This sharing menu, made with ingredients from Asda, is delicious *and* wallet-friendly

drinkaware.co.uk





Cheese & ham croquettes

Ideal for starting your feast, these delicious bites are crunchy and golden on the outside, soft and gooey inside
MAKES 8 READY IN 30 MINS,
 PLUS CHILLING

- 100g 3-day-old white bread, crusts removed
- 25g Asda Smart Price Butter
- 25g plain flour
- 180ml semi-skimmed milk
- 25g Asda Smart Price Mature White Cheddar, grated
- 75g Asda Smart Price Cooked Ham Slices, finely shredded
- 1tsp coarse-grain mustard
- 1 egg, lightly beaten
- Vegetable oil, to fry

- 1** Preheat the oven to 140C/120C Fan/Gas 1. Break the bread into small pieces and whizz in a processor to make breadcrumbs. Spread out on a baking tray and cook for 10 mins. Cool.
- 2** Melt the butter in a small pan. Remove from the heat and stir in the flour to make a smooth paste. Heat the milk until steaming hot, then gradually whisk it into the mixture. Cook over a medium heat, whisking all the time, until the mixture thickens. Continue to whisk for another 3 mins.
- 3** Remove from the heat and stir in the cheese, ham and mustard. Season with a good grind of black pepper. Pour into a dish and cover with clingfilm. Allow to cool completely, then chill in the fridge for 1 hr or until firm.
- 4** Put the beaten egg in a shallow dish and the breadcrumbs in another. Shape the cheese and ham mixture into 8 croquettes. One at a time, dip into the egg and then the breadcrumbs to coat. Put on a plate lined with baking paper and chill for 30 mins.
- 5** Fill a deep fat fryer or large pan to ⅓ of the way up with oil and heat to 180C. Cook the croquettes, in 2 batches, for 2-3 mins until golden. Drain on a plate lined with kitchen roll, keep warm, then serve 2 croquettes per person.

feast
 all for £15*

| Each 150g serving contains | | | | |
|----------------------------|-------|-----------|--------|-------|
| Energy | Fat | Saturates | Sugars | Salt |
| 1,191kJ 270kcal | 16.9g | 6.1g | 3.0g | 1.09g |
| 14% | Med | High | Low | Med |
| | 24% | 31% | 3% | 18% |

of your reference intake
 Typical energy values per 100g: 870kJ/208kcal

Selected stores only, subject to availability. Minimum spend will apply online. 40p bag charge and delivery charge may apply online. *Total includes the cost of the ingredients in the quantities used in the recipes. Cost of drinks not included. If you look under 25 and want to buy age-restricted products, you will need to prove your age. Challenge 25. No I.D. no sale



Squash, chorizo & spinach salad

Full of smoky summer flavours, this colourful salad gets extra bite from a sprinkling of roasted pumpkin seeds
SERVES 4 READY IN 35 MINS

- 1 butternut squash
- 3tbsp sunflower oil
- 25g Asda Pumpkin Seeds
- ½ x 130g pack Asda Spanish Diced Chorizo
- 4tsp cider vinegar
- 1tsp Asda Smart Price Clear Honey
- 1tsp coarse-grain mustard
- 180g bag washed baby spinach

- 1** Preheat the oven to 200C/180C Fan/Gas 6.
- 2** Peel and deseed the butternut squash and cut into 2cm pieces. Put in a roasting tin with 1tbsp of the oil and toss to coat. Cook in the oven for 25-30 mins, or until tender and turning brown at the edges.
- 3** Meanwhile, put the pumpkin seeds on a baking tray and cook in the oven for 5 mins. Tip onto a plate and set aside to cool.
- 4** Cook the chorizo in a frying pan, stirring often, until it is crisp and slightly brown at the edges. Drain on kitchen roll.
- 5** For the dressing, whisk together the vinegar, honey, mustard and remaining oil. Season with black pepper.
- 6** When the squash is cooked, mix it with the chorizo. To serve, add the spinach and dressing, toss together, then sprinkle with the roasted pumpkin seeds.

| Each 27g serving contains | | | | | |
|---------------------------|-------|-----------|--------|-------|-----|
| Energy | Fat | Saturates | Sugars | Salt | |
| 1,104kJ | 18.5g | 3.9g | 9.8g | 0.82g | |
| 263kcal | | | | | |
| | Med | Low | Low | Med | Low |
| 14% | 26% | 19% | 17% | 14% | 14% |

of your reference intake
 Typical energy values per 100g: 405kJ/104kcal

Fritto misto

A classic Italian dish of crispy fried seafood
SERVES 4 READY IN 20 MINS

- 150g light mayonnaise
- 1 clove garlic, crushed
- ½ x 25g pack flat-leaf parsley, chopped
- ½ x 450g pack Asda Cook From Frozen Basa Fillets, fully thawed
- 75g Asda Cook From Frozen Squid, fully thawed
- 170g pack frozen Asda King Prawn Flavour Tails, fully thawed
- 2 courgettes, sliced
- 50g plain flour, plus 1tbsp for dusting
- 50g cornflour
- 150ml Asda Sparkling Natural Mineral Water
- Vegetable oil, for frying
- 1 lemon, cut into wedges, to serve

- 2** Cut the basa fillets into bite-sized pieces. Gently pat the fish, squid, prawn flavour tails and courgettes dry with kitchen roll and toss in 1tbsp of the plain flour.
- 3** Mix the remaining plain flour and the cornflour in a bowl and season with black pepper. Gradually whisk in the sparkling water to make a batter.
- 4** Half-fill a deep fat fryer or large pan with oil and heat to 190C. In batches, dip the fish, seafood and courgettes in batter, then fry for 4 mins until crisp and golden. Drain on kitchen roll and keep warm.
- 5** Serve with the garlic mayo and lemon wedges.

| Each 27g serving contains | | | | | |
|---------------------------|-------|-----------|--------|-------|-----|
| Energy | Fat | Saturates | Sugars | Salt | |
| 1,349kJ | 17.3g | 1.9g | 2.7g | 1.22g | |
| 322kcal | | | | | |
| | Med | Low | Low | Med | 20% |
| 16% | 25% | 10% | 3% | | |

of your reference intake
 Typical energy values per 100g: 498kJ/119kcal

- 1** Mix together the mayonnaise, garlic and parsley. Cover and chill.



Photographs: Stuart Owen/Spillings; Luis Perel; Food styling: Matthew Ford

Chicken & pomegranate skewers with pickled red onion salad

These tender kebabs are perfect served with zingy veg and warm flatbreads
MAKES 8 READY IN 35 MINS, PLUS MARINATING

- **600g pack Asda Cook From Frozen Diced Chicken Breast, thawed**
- **55ml cider vinegar**
- **1tbsp sunflower oil**
- **2tsp Asda Smart Price Clear Honey**
- **1tsp smoked paprika**
- **1tsp ground cumin**
- **1tsp dried thyme**
- **1½tbsp sugar**
- **2 red onions, sliced**
- **½ cucumber, deseeded and sliced**
- **80g pack pomegranate seeds**
- **½ x 25g pack flat-leaf parsley, chopped**
- **4 Asda Plain Folded Flatbreads, heated according to the pack instructions, to serve**
- **100g fat-free Greek yogurt, sprinkled with paprika, to serve**
- **You will also need 8 bamboo skewers**

chicken. Chill in the fridge to marinate for at least 30 mins.

- 3** Soak the bamboo skewers in cold water for 30 mins so they don't burn on the grill.
- 4** Put the sugar in a small pan with the remaining vinegar and 1tbsp water, and heat until the sugar dissolves. Remove from the heat, add the onions and stir to coat. Set aside to pickle for 15 mins.
- 5** Put the onions and the pickling liquid in a bowl, add the cucumber slices and set aside.
- 6** Meanwhile, preheat the grill. Thread the chicken onto the skewers and cook for 15-20 mins, turning often, until cooked through.
- 7** Arrange the chicken skewers on a serving dish and scatter over the pomegranate seeds and chopped parsley. Serve 2 skewers per person, with the salad, flatbreads and paprika-sprinkled yogurt on the side.

- 1** Pat the chicken dry with kitchen roll then put in a zip-seal freezer bag.
- 2** In a small bowl, whisk together 10ml of the cider vinegar, the oil, honey, smoked paprika, cumin and thyme. Add to the bag, seal, then shake gently to coat the

| Each 300g serving contains | |
|----------------------------|--------------------------|
| Energy | 1,670kJ / 399kcal |
| Fat | 7.6g |
| Saturates | 1.1g |
| Sugars | 17.1g |
| Salt | 0.54g |
| | of your reference intake |
| Energy | 20% |
| Fat | 11% |
| Saturates | 6% |
| Sugars | 19% |
| Salt | 9% |

Typical energy values per 100g: 460kJ/108kcal



ASDA Good Living

FREE JULY MAG IN STORE NOW

Check out more recipes for sensational BBQ dishes and delicious desserts

Selected stores only, subject to availability. Minimum spend will apply online. 40p bag charge and delivery charge may apply online

Whether you have a spare room, an empty driveway or even just some unused cupboard space, here's how to maximise your biggest asset: your home...



2 MATCH DAY MONEY-MAKER
If you live near a sporting or festival venue, you could score big by letting out a room, or parking space, to fans or participants. Websites include edinburghfestivalrentals.com and wimbledontennislettings.co.uk, to name just two.



1 RENT OUT YOUR DRIVE
Parking space is always in demand, especially if you live in a city centre or near a major airport. Sign up with justpark.com or parkonmydrive.com and you could earn an easy £200 per month. It's free to list on justpark.com but the site takes around three per cent of any money you make, while [parkonmydrive](http://parkonmydrive.com) charges a £15 annual fee but doesn't charge owners or renters any extra commission.

FINANCIALLY Fabulous

Join our campaign and get your finances sorted at hearstmagazines.co.uk/ffbest for money-saving tips, vlogs and brilliant advice on being financially savvy.

Five ways to make money from home

3 EMPTY CUPBOARDS OR LOFT?
There could be someone out there willing to rent them! The UK's self-storage industry is the biggest in Europe – storenextdoor.com (where it's free to list) and storemates.co.uk aim to find you a tenant who could pay more than £75 a month to hire your cabinets, garage or loft. [Storemates](http://storemates.co.uk) takes 15 per cent commission to cover admin and insurance.



4 GET ON CAMERA
You don't have to live in a stately home to rent out your house as a location for magazines, TV and film companies. If you're happy to have people taking over your space, you could earn from £400 for a photoshoot and over £1,000 a day for filming. Register for free with a location agency like goodspace.co.uk, 1st-option.com, lightlocations.com or filmoffice.co.uk.

5 HIRE OUT YOUR CAR
Don't leave your car on the drive – hire it out to other local drivers via whipgo.com. Renting out an Audi A3 could earn you up to £75 a day ([Whipgo](http://Whipgo.com) takes 15 per cent of the rental fee, plus VAT). The site even offers its own insurance while the car's being borrowed.



STAY SAFE

- Contact your home and contents insurance providers to check policies are still valid before you sign up to any of these schemes.
- Check your home insurance includes public liability cover, especially if letting.
- Inform your mortgage lender about any new ventures you may be planning.
- Not the homeowner? Ask your landlord before listing your property on a rental site.



WORDS: FINANCIALLY FABULOUS MONEY TEAM
PICTURES: BIGSTOCK, GETTY

Storage pot, H&M



£8.99

Cushion, M&S



£12

Double duvet set, Debenhams



£83

Lamp, Debenhams



£40

Cosmetics bag, Oliver Bonas



£20

Candle holder, £25
Jewellery box, £25,
both Dunelm



Get the Look

BLUSH HOUR

Pink bedrooms are not just for little girls. Combine with gold to create a glamorous space you'll love

Cushion cover, H&M



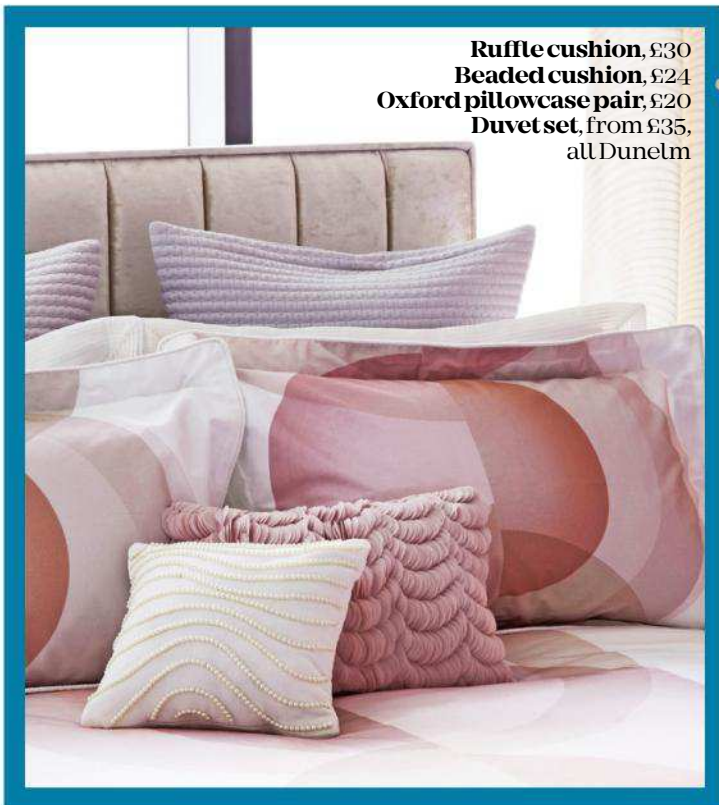
£24.99

Flower ornament, Dunelm



£10

Ruffle cushion, £30
Beaded cushion, £24
Oxford pillowcase pair, £20
Duvet set, from £35,
all Dunelm



Trinket tray, agiftfromthegods.com



£10

Foot stool, very.co.uk



£49.99



Vase, Matalan

£20

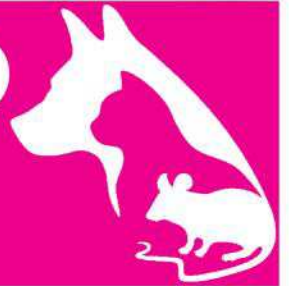
WORDS: LARA NUGENT

BEE FRIENDLY!

Far from wishing they would buzz off, we should be looking after our bees and encouraging them in the garden. The good news is, with a little help from Friends of the Earth, it is easier than you think...



We ♥ pets



ALL YOU NEED TO KNOW ABOUT YOUR FURRY FRIENDS

★ Bees and other pollinators need food all year round, so it's important to have a variety of plants that flower at different times of the year. This also means your garden is bursting with life throughout all the seasons. Lungwort is a low-maintenance plant that blooms with purple and blue flowers in the spring, while winter aconite provide beautiful yellow flowers during the winter, which are highly attractive to bumblebees.

★ Herbs are an easy plant to keep, and an excellent option if you don't have much outside space. Chives and rosemary bloom with amazing flowers, which bees love!

★ Alongside food, it's also important to provide shelter. You can make the perfect bee hotel just using a plastic bottle, some sticks of bamboo and length of twine. Place in full sun, facing south or south east. Water is also essential, so fill a bucket, tray or bowl with water. Floating old wine corks on the surface also gives something to land on.

★ You could also take part in the Friends of the Earth's Great British Bee Count, from now until the end of June. Sign up at friendsoftheearth.uk/bee-count or download the free app to start learning how to identify the bees you see and plot them on a national map.

LOOKING FOR LOVE

Could you provide a happy home for this adorable cat?

Name: Brendan

Age: Six

Brendan is an adorable boy with lots of love to give his new owners. He loves to jump up and nudge your hand to politely ask for more cuddles. Brendan has tested positive for FIV, but should live a long, happy and healthy life. His new owners will have to make sure they have a cat-proof garden.



**FOR MORE INFORMATION, CONTACT
BATTERSEA'S LONDON CENTRE
ON 0843 509 4444**

WORDS: LARA NUGENT PICTURES: GETTY

What's new...

BRILLIANT BUYS FOR BEES



Loghouse, £22, National Trust



Beehouse, £13.75, The Farthing

Bee Friendly Seeds, £8.95, Annabel James





Is your hubby a hero...

... or your brother, dad, boyfriend or even your next-door neighbour? If so, we want to know about them...



Has he gone the extra mile for charity?



Or does he put our safety first?

From the incredible police officers, fire fighters and paramedics who were first on the scene, to the extraordinary taxi drivers who ensured victims of the Manchester Arena bombing got home safely for free, there are heroes in all walks of life.

We're looking for the ordinary men going to extraordinary lengths to help others. But they aren't the only ones, so whether you know a member of the emergency services, someone who has performed a heroic act, a selfless charity fundraiser or a man who has triumphed over the odds – we want to hear about him.



Maybe he's gone to great lengths to help his children

THE BEST HEROES

These men, although they may not think it, are all heroes who have stood firm in the face of adversity. And now, *best* is launching an awards ceremony all about the heroes in your life.

TO NOMINATE HIM

So, if you know an unsung hero, please write to us at *best* Heroes c/o Features Desk, *best* magazine, Unit 9, Apollo Business Centre, Trundleys Road, Deptford, London SE8 5JE using the form below or email us at bestheroes@hearst.co.uk

Name:.....

Address:.....

Phone number: I would like to nominate:.....

.....

1

This week's must-see TV

1 The Graham Norton Show

FRIDAY, BBC ONE, 10.35PM

There's no better way to round off the week than in the cheeky company of Graham Norton and his Bafta award-winning chat show. The affable Irishman has an incredible knack of making A-listers feel at ease – helped along by his easy charm and a few vino blancos to oil the wheels of conversation. This week, he's joined by Cher and Christine Baranski, who are talking about eagerly awaited movie *Mamma Mia! Here We Go Again*, which is out on 16 July. Also stopping by is the ever-entertaining *Happy Prince* star Rupert Everett (see next page), along with *Game Of Thrones*' Natalie Dormer. As always, there'll be musical entertainment and more cringeworthy tales from the Big Red Chair. So, kick off your shoes, grab a little something to drink and enjoy the party!

2 The Wonderful World Of Puppies

SATURDAY, CHANNEL 5, 8.30PM

Cuteness overload alert as the series taking a mutt's eye view of the world returns. Meet the four cockapoo sisters who are moving to homes on the same street, and Pomeranian pup Egnog Treacle as she tries out dog yoga.



2

Big Soap Story



EMMERDALE

Cain is startled by an intruder at Butler's Farm – but it soon transpires that the newcomer is known to Moira. And David and Tracy reignite their flame – could it be for keeps this time?

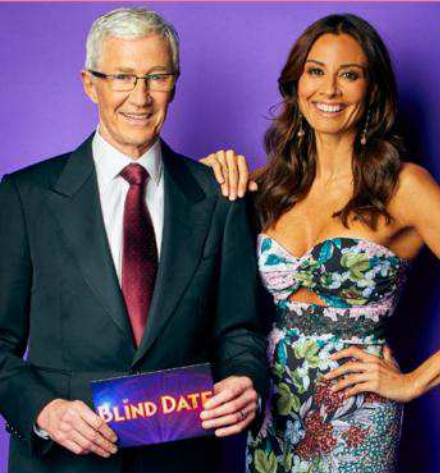
tells Kathy he's going to marry her. Sonia struggles with her jealousy as Martin moves back in with Stacey.

CORONATION STREET

Toyah isn't prepared to give up on Peter and vows to fight for her man. Adam apologises to Eva for causing trouble and says he loves her. Simon is led astray.

EASTENDERS

Ian is determined that he'll be able to win Mel back, and



3 **Blind Date** SATURDAY, CHANNEL 5, 8.30PM

Paul O'Grady returns with Mel Sykes to fix up hopeful singletons in this new take on the classic 80s dating show. The format remains unchanged, while new contestants hope their one-liners will make them stand out, and last week's lucky winners return to tell us if love blossomed on their date.

3

4 **A Year To Fall In Love** TUESDAY, CHANNEL 4, 10PM **NEW SERIES**

Twenty brave singletons have set themselves a target – one year to find their Prince or Princess Charming. And, in the meantime, they've promised to share every moment of their dating lives, filming the highs, the lows and the 'why hasn't he called?' moments.



4



5

5 **CelebAbility** WEDNESDAY, ITV2, 10PM **NEW SERIES**

Mr Love Island, Iain Stirling, returns with the TV game show that tests celebrities on what they claim are their hidden talents. The famous faces being put through their paces against a team of ordinary folk include Jennifer Metcalfe, James Argent and Marcel Somerville.



CATCH UP

VERSAILLES

The saucy romp is back for what could be its final series. The Sun King, Louis XIV, feels invincible after defeating Emperor Leopold. But on the streets, the peasants are revolting... Out now on BBC iPlayer



COMING UP

PICNIC AT HANGING ROCK

Natalie Dormer stars as headmistress Hester Appleyard in this new, six-part adaptation of the creepy classic about three Australian schoolgirls who vanish without trace after a Valentine's Day picnic in 1900. Coming to BBC2 next month.

10 MINUTES WITH GMB'S KATE GARRAWAY ON...



...looking fabulous at 51
I think everyone wants to look their best when they're doing a job that they care about. I just lather anything on if it says it will lose inches and take off years – it goes on in buckets! I try to do a bit of exercise, but I definitely need to do more. It's always hard to work out when you have to get up early.

...wearing a bikini on holiday
Well, I am looking forward to being away this year – but I don't know whether a bikini is a thing I particularly look forward to wearing. In fact, I prefer a wetsuit! I like a bit of diving and surfing, and find a wetsuit hides a multiple of sins.

...her red carpet outfits
Everyone always looks nice on the red carpet... yet, the next day, it's a 'fail'. So maybe the tip is to not care about my outfit choices. In real life we can have fun with fashion, can't we?

...other summer trips
I had a belated birthday celebration in New York with friends that involved a little bit of naughtiness – a cocktail of drinking and shopping. What more could you want?

● Kate Garraway is an anchor on ITV's *Good Morning Britain*, weekday mornings, 6am-8.30am

THEY SAID WHAT?!

She's already triumphed on Celebrity Big Brother. Now, Australian drag queen Courtney Act has her heart set on another TV show - Strictly. 'I would want to be Courtney and dance with a male partner,' she said. 'Then, halfway through, I'd come out as Shane, and there'd finally be same-sex dancing on the show!' Come on, BBC – we think it sounds fab-u-lous!



Read
ONE
thing!

Louise Minchin

Dare To Tri by Louise Minchin

Who would have thought that sofa queen Louise Minchin from *BBC Breakfast* was a super athlete? Back in 2012, she was persuaded to get on a racing bike and hurtle around the Velodrome at Manchester's National Cycling Centre in the annual *BBC Breakfast* Christmas Challenge. Competing gave her such a buzz that she really got into the sport and tackled a triathlon. As Louise says, 'I didn't even know what a triathlon was before 2012... When I took up the sport three years ago, I didn't imagine for a second that, one day, I'd be representing my country!'

BEHIND THE SCENES WITH *best*

'I'm hooked on the adrenaline'

Louise, 49, is married to David and has two daughters, Mia, 16, and Scarlett, 13. The family live in a village in Cheshire with their two dogs, Waffle and Ruby.

How did you get into triathlons?

It was myself and Charlie Stayt cycling against Bill Turnbull and Susanna Reid back in 2012. The first time around the terrifyingly steep track, I screamed all the way. When I heard that Bill Turnbull didn't want to be beaten by a girl, I decided to try my hardest and,

on my third go, I went faster than him! I was suddenly hooked on the adrenaline of competition.

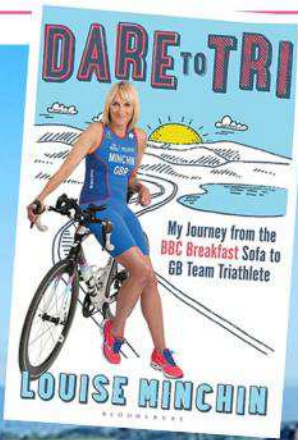
What was your first triathlon like?

I had a complete panic in the swim, the bike ride was fantastic and the run was really hard – but I finished with this sense of achievement.

And now you compete for Great Britain?

Yes, for my age group! I had to work incredibly hard to make





Instagram/@louiseminchin

'When I heard Bill Turnbull didn't want to be beaten by a girl, I decided to try my hardest and, on my third go, I went faster than him!'
Louise Minchin

the standard. I got into the team in July 2015 and I feel incredibly proud to be representing my country. What do your BBC colleagues think about your sporting exploits? I think they're a bit staggered, but they are incredibly supportive. Dan [Walker] says when I come back from a race, I'm on a high for a week! Any other plans? Hopefully I will stay fit enough to do an Iron Man in Patagonia at the end of the year, which is going to be epic. Would you ever do *Strictly*? I'd rather swim with jellyfish!

● *Dare To Tri*, Bloomsbury Sport, £12.99, is out now

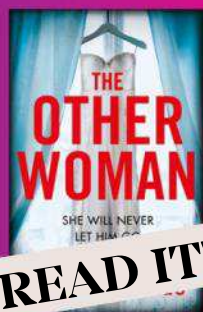


WATCH IT!

FINDING YOUR FEET
Joanna Lumley, Celia Imrie and Imelda Staunton star in this feel-good comedy. After discovering her husband is having an affair, a wife gets a new lease of life with a dance group. Out on 25 June, £9.99.



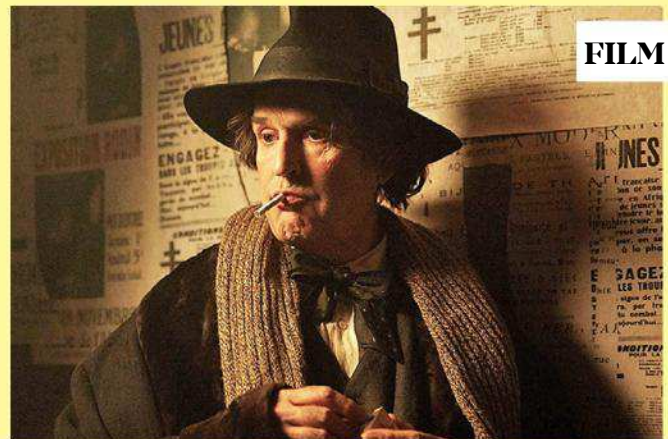
LIBERATION – CHRISTINA AGUILERA
The former pop princess is now all grown up, and she's making her comeback with her eighth studio album, which features collaborations with Demi Lovato, Kanye West and 2 Chainz. Out now, £9.99.



READ IT!

THE OTHER WOMAN – SANDIE JONES
Think your mother-in-law is a nightmare? Meet Pammie, the 'third person' in Emily's relationship with otherwise perfect boyfriend Adam. A twisty, dark psychological thriller you'll want to race through. Pan, £7.99.

OUT AND ABOUT



FILM

THE HAPPY PRINCE
Oscar Wilde fans will love this film, portraying the darker side of the flawed genius. Written by Rupert Everett, who also plays Wilde – in all his glory and decadence – to perfection (mostly in subtitled French).

Finally, a film that credits his companion Robbie Ross with loving Wilde as much if not more than the infamous 'Bosie', Lord Alfred Douglas, taking us from the moment the writer leaves prison to his death in Paris. **Out now ★★★★★**



EVENT

MONSTROUS CREATIONS, LONDON, 29 JULY
If you've got little ones to entertain this summer, then you could make yourself very popular by taking them to Monstrous – a sort of

junior Glastonbury. From The Beast, the world's biggest inflatable, to Prince & Princess Unicorn Land (which comes complete with a real unicorn!), there's tons of fun to be had. **monstrouscreations.co.uk**



FILM

OCEAN'S 8
This all-female, star-studded spin-off of George Clooney's *Ocean* series truly embodies 'girl power'. With some of Hollywood's top actresses, including Sandra Bullock, Helena Bonham Carter and Cate Blanchett, this clever chick flick is definitely one to watch with the girls! **Out now ★★★★★**

Tony Cowell



OUR CELEB INSIDER TALKS TO JAKE QUICKENDEN

Jake Quickenden, 29, first found fame on *The X Factor* in 2014. Since then, he's been to the *I'm A Celeb...* jungle, won this year's *Dancing On Ice* contest, and is now on tour with *The Dreamboys*. But it's not all been fun. Here, he opens up about the pain of losing both his dad and brother to cancer, and how it has taught him to live each day to the max...

I get the impression you're a guy who's not scared to try anything...

I don't want to be known for just one thing, so I think that's why I want to give everything a go. I like testing myself and learning new things – which is why I went on *Dancing On Ice* and into the jungle. We're not here for ever, so we should try to do as much as we can while we are.

Would you say you're very driven, then?

I'm definitely here to try to make something of myself. I grew up in Scunthorpe – my dad was a bricklayer, and I became a bricklayer, but there was always something inside me that made me want more. My dad told me to do whatever made me happy. So, in the end, I took his advice. He taught me to be determined in whatever I did.

You went on *The X Factor* in 2012 and 2014. Were your parents musical?

No, they were both the worst singers in the world! My mum still sings along with the radio, but if you turn the volume down you realise she's rubbish.

Sadly, you lost both your dad, Paul, and your brother, Oliver, to cancer within the space of four years, didn't you?

Yes. Dad was like my best friend, and my mum is my

'I get my determined streak from Dad'

Jake Quickenden opens up about losing his dad and brother, and the real reason he's not looking for love...



Jake with The Dreamboys

rock. I'm still very close to my mum – I'm a bit of a mummy's boy. But it was my dad who was always there for me. He took me to boxing and football. He was the one who paid for me to have piano lessons. He just supported me in everything I did. I get my resolve from Dad – it's why I did *The X Factor*; why I went into the jungle. He was always making me challenge myself. I had 20 of the best years of my life with him. He was such a huge inspiration. He would walk into a room and everyone

would smile. He was 52 when he died – very young. I still miss him today, and I'll never forget what he meant to me.

How old were you when you first decided you wanted to be a singer?

I was 18. Again, it was my dad who said to me one day, 'You can sing, you should try to make a go of it.' Two years later, he was dead. I remember buying my first guitar, and thinking, 'I'm going to do this for Dad.' And that's how I started.



You were a contestant on *The X Factor*. How was that time?

It was 2012, a great year for the show – with James Arthur, Rylan and Jahméne Douglas. I didn't make it, and I'm glad I didn't because I wasn't ready. I didn't really know myself as a person, and my brother, Oliver, was going through cancer so, in a way, the time wasn't right. Later that year, Oliver died, and I hit rock bottom. I auditioned again in 2014, and the show has since become the stepping

stone for everything I've done since. I believe everything happens for a reason, and will always look back on *The X Factor* with love.

Winning *Dancing On Ice* certainly put you back in the spotlight! Yes it did! It was a huge platform for

Instagram/@jakequickenden14



me to come back and challenge myself. When I won, I was just so happy and I couldn't believe it. As you know, you have to work hard in this industry, and never stop trying. I am really determined to be a success at everything I do.

Are there aspects of fame and being recognised that worry you?

I don't see myself as famous. I'm just a guy who's been on TV. That's my job. But when people come up and ask me for photos or talk to me, it does feel really nice. I always want to give people some of my time. There are some downsides to fame, of course, like trying to keep my personal life private.

Your relationship with Danielle Fogarty ended recently. Do you see a time when you might settle down?

Right now, I'm really focused on my work and my music. I think there comes a time when you need to spend some time on your own, so I'm happy just being with my family and friends at the moment. Maybe in ten years, I'll think about settling down.

You're currently touring with *The Dreamboys*, that must be fun...

It is! I'm actually loving learning to dance, it's another challenge for me. The choreography is incredible – all these guys are professional dancers.

Is it true that you've been offered a role on a soap?

I was offered quite a few things after winning *DOI*, but I want to choose carefully. I'm having acting lessons and I'm also doing some presenting for Lorraine Kelly, which I'm enjoying. We shall see!

● For dates and tickets to see Jake Quickenden, visit dreamboystour.co.uk



Jake's dad, Paul, was his best friend

Advertisement

I felt my stomach was going to explode!



Jane started to have embarrassing stomach problems. She tried many treatments and sought advice, but it kept coming back. Then she tried dida™.

"It started little by little. At the beginning I thought it was something I had eaten. But I realised that no matter what I was eating I had the same awful problems. It was the eating itself! My stomach reacted at once, getting bloated and I was plagued by wind. I felt as if there was yeast in my stomach!

Sweets and carbs

It was as if sweets and other things like biscuits, cakes, pasta and potatoes made the problem worse. I really felt quite ill and my friends said I looked pregnant!

Lack of energy

I was constantly tired and in low spirits, all energy had been drained away and always this craving for sweets!

I tried dida™

Then I happened to come across an article regarding a new tablet named dida™,

so, I purchased a pack to try. After about 3 weeks I felt dida™ was starting to work. My stomach did not become so bloated after eating and the flatulence decreased. What joy to be able to eat normally without worrying about your stomach and what to wear to conceal the bump". Dida™ contains cinnamon oil in combination with cardamom, cloves, oregano, garlic and other herbal extracts, which may have a positive influence on your health. Dida™ may help to maintain a healthy internal balance.

Where to buy dida™

Dida™ tablets are available from Holland & Barrett and leading independent health food stores. For an information leaflet call **0800 389 1255**. Or purchase online from New Nordic™



This is why dida™ is so good!

Are you affected by discomfort in your stomach? Many of us live with the problem for years without recognising the cause – often this can be caused by something people commonly know as the "yeast syndrome". An imbalance in the stomach can affect your whole body. It can take hold and influence your day-to-day well-being. New scientific research shows that cinnamon and other well known spices and herbs have a positive influence on your health and any imbalance in your stomach.

HOLLAND & BARRETT

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Health Food Stores



www.newnordic.co.uk

Online Store

Top Gun's 'blonde bombshell' looks unrecognisable 32 years on

What's happened to Kelly McGillis?

WORDS: DANIELLE SOUTHWOOD

As Tom Cruise dons his aviator sunglasses and begins filming for *Top Gun 2*, images of his former co-star US actress Kelly McGillis (who hinted she wouldn't say no to a cameo) hit the papers – and fans took a sharp intake of breath.

The 60-year-old, famed for her role in the iconic movie *Top Gun*, was unrecognisable as the stunning blonde Charlie Blackwood, who stole Pete

'Maverick' Mitchell's heart. Seen near her home in North Carolina, fans expressed concern, one suggesting her altered appearance must be 'medical/hormonal'. Others were more cruel – harking back to her *Top Gun* role, with comments on her weight ranging from, 'Highway to the Danger Zone...', 'Going up any stairs would "Take her breath away?"' and 'Too many donuts – she will not fit on the back of a motorbike.'

In fact, Kelly has barely been seen since the 1986

movie – turning her back on Hollywood just as her fame was at its height.

In over 30 years away from the limelight, Kelly opened a restaurant and Caribbean bar in Key West, Florida, as well as teaching aspiring actors.

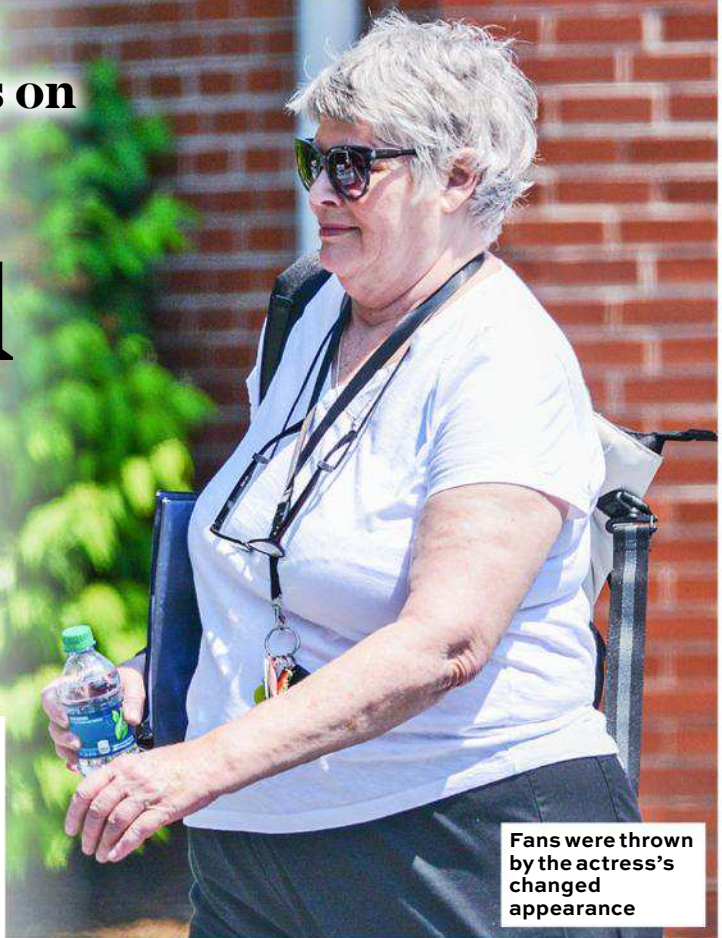
Ten years ago, the twice married mum of two – she has daughters Kelsey, 28, and Sonora Tillman, 25 – finally went public about her love for Melanie Leis, the woman she'd kept secret for almost a decade.

Admitting she 'had a lot of shame issues' and did not want to

'burden her children with her sexuality', the former star was clearly deeply conflicted for a long time, admitting that during that time she 'drank a lot' and the pair split in 2011.

She was, no doubt, still also dealing with the trauma of being raped in 1982, while studying drama at the prestigious Juilliard School in New York. She has previously admitted it felt like 'punishment' for being gay, adding, 'For a long time, I really tried to be something I'm not – and it ruined my life in a lot of ways.'

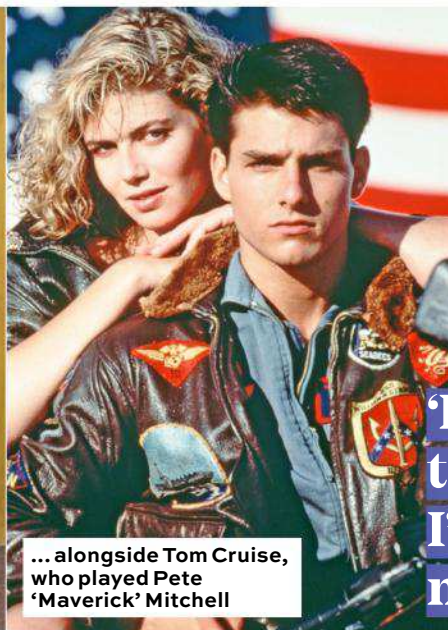
We hope Kelly's in a much happier place now. It's just sad to see how the years have taken their toll.



Fans were thrown by the actress's changed appearance



Kelly starred in the iconic 80s movie *Top Gun*...



... alongside Tom Cruise, who played Pete 'Maverick' Mitchell

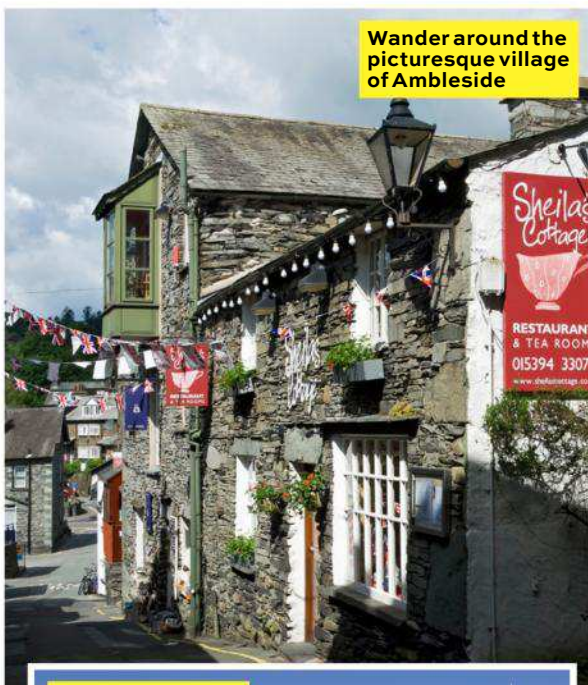
'For a long time, I really tried to be something I'm not – and it ruined my life in a lot of ways'

PICTURES: GETTY, MEGA

Life by the Lakes

Pack your walking boots and discover everything that the beautiful Lake District – England's largest National Park – has to offer...

BEST TRAVEL WRITER **HELEN PIKE**



Wander around the picturesque village of Ambleside



TRAVEL SNAPSHOT

With a landscape that boasts mountainous scenery and acres of forests, it's no wonder that the Lake District is officially a World Heritage Site. And when Australia's Great Barrier Reef and America's Grand Canyon have the same accolade, you know it's a big deal! Nestled within the greenery are towns that serve as hubs to the countryside. The largest lake – Windermere – is surrounded by the quiet but picturesque villages of Bowness, Brockhole and Ambleside, each with tea shops, country pubs and marinas boasting stunning views of the lakes.



INSIDER'S GUIDE

While having a car is handy for getting out and about, leave the keys at home one day and hop on board a boat instead. Windermere Lake Cruises offers connections across the lake between several major towns in the region, with prices starting from £8.60 for a return ticket (windermere-lakecruises.co.uk). Take the Yellow Cruise from Bowness to Lakeside, where you can hop off and catch a steam train to Haverthwaite (lakesiderailway.co.uk). Another must-do is the Green Cruise, sailing from Ambleside aboard a wooden launch boat to Wray Castle, a Gothic National Trust property set in acres of woodland, where you can potter around for hours. Visit nationaltrust.org.uk/wray-castle



Wray Castle sits on the shore of Lake Windermere

For adventurers and the less active alike, the Lake District is perfect for holidays and weekend breaks



GETTING THERE

Virgin Trains West Coast serves Oxenholme Lake District train station, which acts as a changing point for many other Cumbrian towns, including Kendal and Windermere. By car, the M6 runs to the east of the region and connects you to towns such as Windermere and Grasmere. The roads are twisty, so allow extra time if you're not familiar with driving in the countryside.



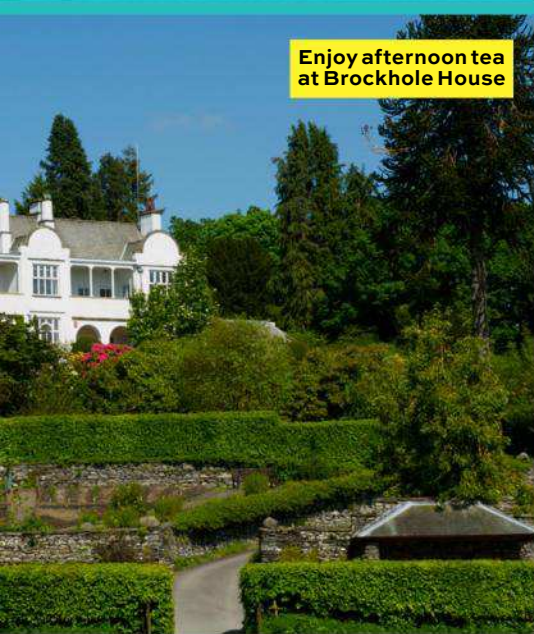
STAYING THERE

Self-catering allows you freedom throughout your stay. Sykes Cottages offers accommodation of all sizes across the region, including pet-friendly residences. Stay in the two-bedroom Camellia Cottage, just a short walk from the hub of Bowness, priced from £409 for seven nights. Visit sykescottages.co.uk



Cycle through Grizedale Forest

Enjoy afternoon tea at Brockhole House



DON'T MISS

Much of the Lake District is an opportunity to simply walk and soak up the countryside. While some of the terrain is adventurous, other routes are more suitable for a leisurely pace. Grizedale Forest has walking and cycling trails on mostly flat ground (forestry.gov.uk/grizedale). If you want to take a break from ambling, visit the Lakes Aquarium (lakesaquarium.co.uk), which is ideal for families.



FOOD AND DRINK

Don't forget your eating trousers! Portion sizes served up in the Lakes are generous, with local pubs and restaurants serving classic dishes including Cumberland sausage and sticky toffee pudding. Afternoon tea is popular, too, with the Gaddum Restaurant at Brockhole House offering a sophisticated setting for their cream tea (thegaddumrestaurant.co.uk).

DID YOU KNOW?

Beatrix Potter is probably one of the Lake District's most famous residents and, decades after her death, her legacy lives on in the region. The World of Beatrix Potter attraction in Bowness is home to Peter Rabbit, Jemima Puddle-Duck and the author's other famous characters in a self-guided tour suitable for adults and kids of all ages. See hop-skip-jump.com. To explore Beatrix Potter's life further, head over to Hill Top in Sawrey, her 17th-century farmhouse, which holds more than 1,433 original objects and personal items.



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Both sets of clues lead to the same answer, revealing in the shaded squares an ITV show that features Andrea McLean (5,5).

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STRAIGHT CLUES

ACROSS

- 1 Of lowest price (8)
- 5 Notices, spots (6)
- 10 Garden huts (5)
- 11 Ornately decorative (9)
- 12 Consciousness (9)
- 13 Bed cover (5)
- 14 Leg joints (4)
- 15 Relaxes, eases (5)
- 18 Person in possession (5)
- 20 Alcoholic grape drink (4)
- 22 Examines (5)
- 24 Artificial orbiting device (9)
- 26 Frozen desserts (3,6)
- 27 Stage whisper (5)
- 28 Sofa (6)
- 29 Match officials (8)

DOWN

- 1 Informal (6)
- 2 Height (9)
- 3 Have ownership of (7)
- 4 Vista, panorama (5)
- 6 Person backing financially (7)
- 7 Likeness (5)
- 8 Most sugary (8)
- 9 Cereal crop (4)
- 16 Touchy, emotional (9)
- 17 Has within (8)
- 19 Set aside, hold in booking (7)
- 20 Goodness of health and spirit (7)
- 21 Parliamentary holiday (6)
- 23 Perfume, smell (5)
- 24 Close and lock safely (4)
- 25 Flavour (5)

CRYPTIC CLUES

ACROSS

- 1 It's the least tasteful aspect, he worked out (8)
- 5 Oriental agents with spots (6)
- 10 Gets rid of flimsy structures (5)
- 11 Go into further detail which is complicated (9)
- 12 Conscious state of area's news broadcast (9)
- 13 These letters could constitute personal cover (5)
- 14 Ship diverted to get rose fruits (4)
- 15 Takes a break in a forest setting (5)
- 18 One in possession now somehow with little hesitation (5)
- 20 Drink with ice, not everyday starters! (4)
- 22 Tries out parts of brightest suggestion (5)
- 24 Heavenly body put on fire, some might say commonly (9)
- 26 Cries came out for sweets (3,6)
- 27 One team with strange ideas for a throwaway remark (5)
- 28 Fixed support in a piece of furniture (6)
- 29 They supply testimonials for whistle-blowers (8)

DOWN

- 1 Offhand non-permanent hand (6)
- 2 Architect's view of

lean-to I've constructed (9)

3 Have a point in support of Western law groups (6)

4 Emotional row is just part of the act, theatrically speaking (5)

6 Godfather, perhaps, gets a financial backer (7)

7 Picture, for example, French friend goes up to see (5)

8 We set off with another set which is most lovable (8)

9 Cereals found in a converted oast (4)

16 Being touchy, envies its potential (9)

17 Holds checks (8)

19 Shyness seen in book (7)

20 State benefit from well-being (7)

21 Adjourn to a quiet corner of the church (6)

23 Reportedly transmitted the odour (5)

24 Securely enclose the amphibious creature (4)

25 Sample discrimination (5)

ANSWERS

MEGA CROSSWORD 20/18 BLOCKERS ACROSS

- 6 Loudest 7 Books
- 9 Wolf 10 Expedition
- 11 Teach 12 Broke
- 14 Fare 16 Lids
- 17 Empty 18 State
- 22 Travellers 25 View
- 26 Dares 27 Huddled

DOWN

- 1 Sufficient 2 Fever
- 3 Step 4 Abide
- 5 Soft 6 Loose
- 8 Shocked
- 13 Relatively
- 15 Admired 19 Trend
- 20 Blush 21 Aside
- 23 Verb 24 Echo

PICTURE: GETTY

best PRIZE PUZZLES ENTRY COUPON ISSUE 25

Crossword ANSWER CODE: PUBSTN18407

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