



KATIE'S MELTDOWN
 KIDS WITH PETE, NO SHOW ON TV
 & A 4TH MARRIAGE?

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ANT'S NEW WOMAN?



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 NEEDS A 'FRIEND'
 LIKE LISA'S**

SHOCK REPORT

**The 8-year-olds
 addicted to porn**



**'I lost
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EXCLUSIVE

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FACELIFT?


WEDDING?

BACK ON TV?

**She opens up about
 the rumours**



3 JULY 2018 ISSUE 26



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Contents

43

Meet Trump's man in Britain

Inside THIS week

58

26

58

12

Summertime work get-up

25

Woody Johnson and the embassy team

I've just watched a brand-new series (it started last night on Channel 4) called *Inside The American Embassy*, 10pm.

I was lucky enough to have met Woody Johnson, the new UK ambassador – and a close friend to President Trump.

He was an utter breath of fresh air, explaining how he had allowed behind-the-scenes access to their new headquarters in Vauxhall, because 'most people don't know what Embassys do'.

Quite true – so if you missed last night, watch on catch up (All 4), and don't miss the rest of the series as we follow how the fallout from some of the President's controversial tweets were handled.

'Well,' confirmed the ambassador, 'he is *very* good at getting his point out there.'

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

EXECUTIVE EDITOR
SIOBHAN WYKES

ON THE COVER

- 9 Katie's meltdown. Kids with Pete, no show on TV and a 4th marriage?
- 10 Ant's new woman: Why no one needs a 'friend' like Lisa's
- 28 Shock report: The eight-year-olds addicted to porn
- 19 Exclusive. Carol: Facelift? Wedding? Back on TV? She opens up about the rumours
- 34 Slimming World: 'I lost 11st'
- 44 Win! £50 to spend at b&m*



REAL LIFE

- 16 The power of friendships
- 34 It's all about Eve

REGULARS

- 4 Start your week with a smile
- 12 Style: The summer wardrobe workout
- 20 Angie and Calum Best
- 22 We're all talking about
- 24 Celebrate your shape
- 26 Beauty: Mascaras
- 27 Sparkle like Markle!
- 30 Beauty: Foolproof bronzing from top to toe
- 32 Dear Gloria
- 33 Stars with Russell Grant
- 37 Cookery: Eat more for less

SHOWBIZ

- 8 Vanessa Feltz: 'We have a 5-2 relationship'
- 14 Sandra Bullock: 'George Clooney and I were separated at birth'
- 53 Why we're loving Harry's boys

- 41 Food in a flash
- 42 Homes: Time to relax
- 45 Cash advice
- 46 Girls' night in... and out
- 50 Tony Cowell
- 52 The best heroes 2018: Is your hubby a hero?
- 54 Travel: Meet me in Malta
- 56 We love pets
- 57 Crossword: win £550
- 58 Treat yourself for under a tenner

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START YOUR week with a smile

1 CHESHIRE GRIN!

Borrowing this gorgeous snap from Mr.Pokee, actress Reese Witherspoon, 42, shared the picture on her Instagram and captioned it, 'May you smile thiiiiis big today.' The hedgehog is so utterly adorable that we'll find it difficult not to smile at it!



2



Model Lizzie Cundy showing her true stripes at the races



4

Not bad, cod do better

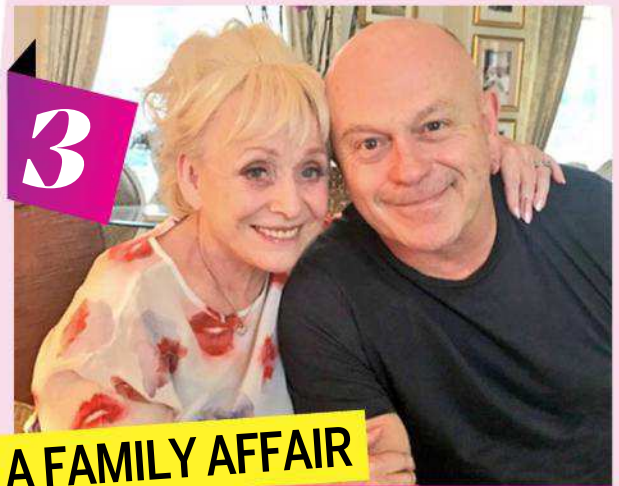
Mermaids will always have a special place in our hearts, and it seems we're not the only ones! The 36th annual Coney Island Mermaid Parade took place in Brooklyn, New York, recently with fans donning their favourite fishtail outfits. Some seem to have taken it a little more seriously than others though... would merfolk really use mobile phones?!



WORDS: HELEN PIKE AND LOUISE BULGIN PICTURES: GETTY, GOFF, INSTAGRAM, PA, PHOTOSHOT, TWITTER

Who wowed the crowd?

Ascot fashion always leaves us feeling a little underdressed, and these ladies certainly took their race-ready looks to the extreme. Ex-WAG Lizzie Cundy, Simon Cowell's ex Jackie St Clair and Kelly Brook went for a hat-trick of outrageous headgear. We think the Cundy might have taken inspiration from a liquorice allsort! All style bets are off!



3 A FAMILY AFFAIR

Looks like her boys are taking good care of her! It's wonderful that everyone has rallied round Dame Barbara Windsor, 80, since her Alzheimer's diagnosis. Not only is her real family supporting her, but her on-screen family, too. Ross Kemp, who played Grant Mitchell - Peggy's son in *EastEnders* - visited the actress and shared this gorgeous snap.

Hats off to the ladies of Ascot for their winning creations at this year's event



5 BRONZE AMBITION

If your complexion needs a little pick-me-up, find it in the form of Primark's new PS... Bronze range, a collection of make-up designed to instantly give your skin a sunkissed touch from head to toe. Each product, from the palette to the lip balm, adds a golden, flattering sheen to suit all skin types, so you can at least mimic a week in the sun even if you've actually been indoors the whole time. From £2-£6.



START YOUR

week with a smile



6 Pink & green...

... should never be seen! That might be the rule, but Spice Girl Emma Bunton, 42, has proved why rules are made to be broken in this gorgeous combination. One outfit that should be confined to the bin is this garish ensemble from Loose Woman Stacey Solomon, 28. Clashing colours and animal prints are just a step too far for us, Stacey!

Instagram/@emmaleebunton



WEEKLY DATE WITH HER NEW BEST MATE!

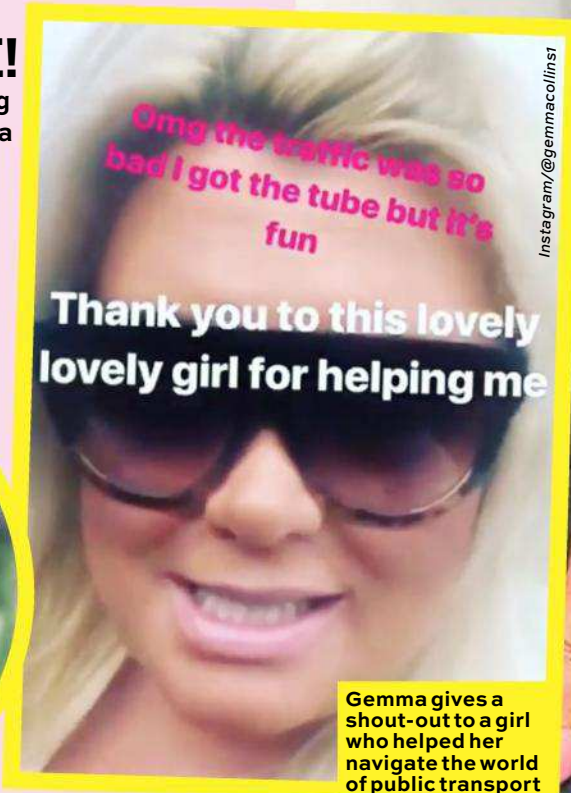
We love to hear about celebs meeting up with their best friends, but Gemma Collins made a new one last week when a traffic jam forced her to take the Tube. A stranger helped her out, and The GC, 37, posted a message to the girl's boss – excuses for being late don't get much better than that!

WORDS: LOUISE BULGIN, MILLIE GOOCH PICTURES: GETTY, INSTAGRAM, MEGA, WENN

8



Instagram/@gemmacollins1



Instagram/@gemmacollinst

Gemma gives a shout-out to a girl who helped her navigate the world of public transport

Colour-blocking can so easily go wrong, à la Stacey. Keep it simple, like Emma, and you should pass with flying colours

PASS THE STEPLADDER!



7

We couldn't help but smile seeing this snap of 6ft 3in actor Idris Elba, 45, and pint-sized pop princess Kylie, 50, at the opening of Stella McCartney's new flagship store last week. He towers over her – but he's certainly a hunk of a man.

Kylie looks tiny next to Idris and his fiancée Sabrina Dhowre



9

Independence Day

With 4 July fast approaching, this gorgeous Labrador-Shepherd cross looks like it knows how to party! Surrounded by British and American flags, the pup does well not to scoff the meat treats sitting tantalisingly close to his nose...

10



BERRY GOOD BAILEYS!

Baileys Strawberries & Cream, £20, is officially landing in the UK, and we predict a riot. The seasonal flavour is the ideal summer drink – serve over ice, or mixed into a delicious dessert or cocktails. However, those that like it will be sad to hear it's only available for a limited time. So make sure you stock up!

Vanessa Feltz has offered up some honest revelations about life with fiancé Ben

‘We have a 5-2 relationship’

WORDS: SHELLEY MARSDEN

Last week, radio presenter Vanessa Feltz dropped by the Loose Women studios, accompanied by her partner of 12 years, Ben Ofoedu. And as she revealed the secrets to her happy relationship with the former Phats & Small singer, Vanessa made some pretty startling confessions.

For a start, the pair don't share a bed most of the week. They're practising a 'five-two' relationship, the 56-year-old explained.

It may sound like a diet plan, but it actually means they sleep in separate rooms

five nights a week and together for only two – although Ben 'has visiting rights any time', she added.

But that's not the only unconventional aspect of their romance. Shockingly, Vanessa also admitted that Ben, 45, has never seen her without make-up.

'When I was a teenager, my sister and I discussed this. We thought smudged eye make-up was better than no make-up,' she revealed.

Hilariously, Vanessa maintained Ben couldn't cope if he saw her fresh-faced. 'He's a sensitive soul, he's quite young and I think he'd have a shock. I've been drawing these lips on for 12 years.'



Ben nodded in agreement, even revealing that she once wore bright-red lipstick when they went swimming together.

It sounds exhausting. But that's not all! As well as keeping her face sans make-up hidden from Ben, Vanessa also talked about retaining an air of 'mystique' around him – something recommended by her mother.

'She was like, you don't shave your legs in front of your other half. You don't put any of that intimate stuff on display, otherwise you

become buddies, best friends or roommates, and that saucy, sexy, mysterious side becomes completely mute.'

Sorry, Vanessa, but this sounds like a huge amount of hard work on top of the normal effort needed to keep a relationship on the right track!

And critics might argue that, if you don't feel your lover is your best friend, or you worry what your man might think if he sees you without your slap on, you need to rethink that relationship.

Still, it's different strokes for different folks. And after 12 happy years together, Vanessa and Ben are obviously doing something right.

‘You don't put any of that intimate stuff on display, otherwise that mysterious side becomes mute’

PICTURES: LFI, REX

WORDS: SHELLEY MARSDEN



Is Katie in meltdown?

Princess and Junior are reportedly living with Peter, she's disappeared from our TV screens, and is even talking about a fourth marriage...

'She always has someone - she doesn't want to be single'

What on earth is going on with Katie Price?

We haven't seen her on Loose Women - her most regular TV gig - for quite a while, though she's never out of the headlines.

Last week, she revealed that Kieran Hayler, who she split from last year after his affair with the nanny, had cheated again - this time, with a 19-year-old local shopworker.

The troubled 40-year-old said she felt like she'd 'wasted five years' with Kieran, 31, dad to Jett, four, and Bunny, three. And the former

glamour model was clearly at pains to show she's moving on with a new toy boy - Kris Boyson, 29.

Yet the mother-of-five - who is also dealing with the stress of mum Amy, 64, battling terminal lung disease - hasn't allowed herself to take a breather before moving on.

Despite only going public with fitness instructor Kris last month, the couple have already been away together twice. Katie maintains her new man is 'not false or fame hungry. I think this is going to be a more normal relationship and less toxic'.

Some Twitter users haven't been kind, one saying, 'Last week she said she wanted to stay single, but a couple of weeks before she said she always has someone on the back burner because she doesn't want to be single.'

Just last week, Katie announced she wouldn't be against getting married again - and would like to have two more kids before the age of 50. Seems an odd statement to make, especially as Junior, 13, and Princess, 10, are - according to reports - living with Peter Andre.

A representative for Katie confirmed that the kids are living in the Andre family home, telling one paper, 'What is important [is] that the focus is on what is best for the children during tough times.'

'Katie is a remarkable mother, Peter is a wonderful father, together they are doing what is best for their children.'

Rumours suggest Peter decided to move the kids in with him at this turbulent time.

When Katie's own life seems to be in such a state of meltdown, it's got to hurt - especially when Peter and his wife Emily seem the epitome of settled contentment.



Junior and Princess



Peter and wife Emily



Katie is now dating fitness instructor Kris Boyson

Did you know?

In Glasgow recently, for what she'd called a 'healthy, fitness' retreat, Katie was seen partying the night away with Kris in one of the city's nightclubs.

The ultimate betrayal?

Has Ant McPartlin's new 'girlfriend' broken the first rule of sisterhood?



Ant steps out with his alleged new woman, Anne-Marie

What is acceptable or unacceptable in female friendship? It's what the 'girl code' is all about – the unwritten rules that exist between a woman and her friends on the dos and don'ts that can make or break a friendship.

It looks like Ant McPartlin's supposed new love interest may have broken the biggest unwritten rule of said 'girl code' – don't touch your friend's ex.

Last week, it was reported that Anne-Marie Corbett, Ant's personal assistant who no doubt knew Lisa, is actually dating the *BGT* host.

Ant and Lisa's relationship has been in the spotlight since Ant's shock admission to rehab in the summer of 2017 for substance abuse. The presenter admitted at the time that his marriage was 'strained'.



Lisa has been supported by Dec's ex, Clare

After his return from treatment, the pair's efforts to save their relationship were unsuccessful, and in January Ant announced his plans to divorce make-up artist Lisa, who he'd been with since they met back in 1994.

And now, it appears he has found new love with mum-of-two Anne-Marie, 42. The pair are believed to have worked together since 2012. They're said to have 'become close' after Ant was re-admitted to rehab in April 2018, following a car crash when the presenter was over the drink-drive limit.

Anne-Marie was pictured with Ant at the police station in March following his arrest for drink-driving, and also as he left rehab for the second time. But the news of his closeness to the personal assistant, who separated from her husband, Scott, last October, seems to have come as a total shock to Lisa, 41, who revealed she knew nothing of Ant's new romance.

One evidently outraged fan tweeted to Lisa, 'If it's true, I would have hoped, out of respect to you, that he didn't let you find out from the media.'

Lisa included a broken-heart emoji with the reply, 'Nope. Just how you guys did.'

Reality TV star Nicola McLean, 36, a friend of Lisa's, commented, 'Sending my love, Lisa! Really feel for you, worst pain ever x'. In the same Twitter conversation, Lisa then reminded her well-wishers of perhaps the most

Ant and Lisa had been together since 1994

devastating detail of all, 'To think she was my friend!!' she tweeted. 'My friend and our PA, who I let into our home.'

Clare Buckfield, 42, ex-girlfriend of Ant's best friend and *BGT* co-host, Declan Donnelly, also tweeted that she was 'Team Lisa'. The former *Grange Hill* actress, who was in a relationship with Dec, 42, for 10 years, is said to have grown close to Lisa over the decade they were both dating TV's top double act.

A supportive fan then commented, in a now-deleted tweet, 'So much for the girl code. Keep that gorgeous dignified chin held high. Wishing you nothing but happiness in the future.'

Lisa replied, 'Exactly!! x.'

A source close to Anne-Marie has claimed that she was not, in fact, particularly close friends with Lisa and that the pair 'clashed', but there is no doubt that, for Lisa, the betrayal appears raw.

Of course, it's not the first time that we've witnessed women in the cut-throat world of showbiz betray each other like this.

Lisa's situation clearly opened a can of worms for *Loose Women* panellist Coleen Nolan, 53, who dropped her own relationship bombshell not long ago.

'One of my sisters dated my ex. It was really upsetting. Your friend should be there as a shoulder to cry on when a relationship ends, not date your ex,' she said of Ant's new woman. 'This is absolutely a violation of the girl code. It's a betrayal, and I imagine Lisa is feeling devastated and terribly angry.'

And it's not just British celebs that have had similar knives to the heart. When A-list Hollywood star Jennifer Garner confirmed back in 2016 that her actor husband, Ben Affleck, 45, had embarked on a relationship with their nanny, fans admired the devastated star's honesty.



Twitter/@lisaAmakeup



Stating it was 'bad judgement' on her husband's part, Jen, 46, revealed, 'I can not let anger or hurt be my engine. I need to move with the big picture always on my mind, and put the kids first and foremost.'

Of course, everyone has the right to be happy and, if a relationship isn't working, move on with their life. But at the same time, there's a line that shouldn't be crossed, and some fans clearly feel that is the case here.

If reports are true that Lisa wants to take Ant for every penny she can get, would you really blame her?



'THIS IS REALLY MESSY'

Speaking about Lisa, Ant and Anne-Marie, relationship coach Vena Ramphal (venaramphal.com) told *best*, 'I understand why Lisa is feeling such betrayal. She'll have expected her friend to stand by her. This whole situation is so messy.'

And Vena is sure Anne-Marie will end up 'cleaning up Lisa's mess'. She explained, 'Ant will still have emotions to process about Lisa, so he's going to be bringing all his issues into this new relationship. His new woman is the

person that stands to lose the most in all this - as she's taking on all the baggage of Ant's previous relationship. Men can be good at getting women processing their rubbish for them. Ant may be doing this - not taking emotional responsibility for the past - even if it's on a subconscious level.'



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TOP TIP
A shirt dress is a summer essential. If you're on your feet all day, invest in some comfortable but chic metallic sneakers.

TOP TIP
Swap dark tailoring for one of the season's pastel suits and you'll still meet that strict dress code.

Finding the perfect work-day clothes in summer can be tricky. Banish your wardrobe woes with our guide to looking stylish, whatever the weather!

£49.99



THE SUMMER WARDROBE WORKOUT



Farleft:
Dress, £69.99, Zara
Shoes, £75, Hotter
Bag, £32, Next

Centre:
Jacket, £49.99,
New Look
Blazer, £50,
JD Williams
Trousers, £35,
JD Williams
Shirt, £36, Next
Heels, £65,
Autograph at M&S
Belt, £2, Primark
Bag, £25, M&S

Right:
Jacket, £69,
Collection M&S
Top, £22, Next
Skirt, £29.50,
Collection at M&S
Heels, £19.99,
New Look
Necklace, £12.99,
New Look
Bag, £22,
JD Williams



ER
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TOP TIP
A versatile tweed jacket works for the most formal office, but will look just as cool at the weekend with your fave jeans.

‘George Clooney and I were separated at birth’

He’s smart, funny, successful and a doting parent. In many ways, Hollywood actress Sandra Bullock is just like best mate George Clooney – except when it comes to acting cool. The 53-year-old plays George’s on-screen sister, Debbie Ocean, in new movie *Ocean’s 8* – the sequel to *Ocean’s Eleven*. The film sees the male heist squad given the boot, in favour of an all-female gang that includes Cate Blanchett, Helena Bonham Carter and Rihanna. Off-screen, Sandra revels in her role as a parent to her two adopted children – Louis, eight, and six-year-old Laila...

Ocean’s 8 star Sandra Bullock on pal George Clooney and why she’ll only do a film every two years...

So, Sandra, what can you tell us about *Ocean’s 8*?

It’s eight very opinionated, feisty, awesome women who like to micro-manage but love each other furiously! [The producers] put together a great group of women. I feel lucky because it doesn’t always work out that way. Sometimes there’s a little bad apple! There were no bad apples.

What was it like making the movie together?

You’d think hard, but it was freakishly easy. Everyone kept saying, ‘Eight women

in a trailer? What’s that like?!’ But there were no problems – we really liked each other.

Was it a challenge to play Debbie Ocean?

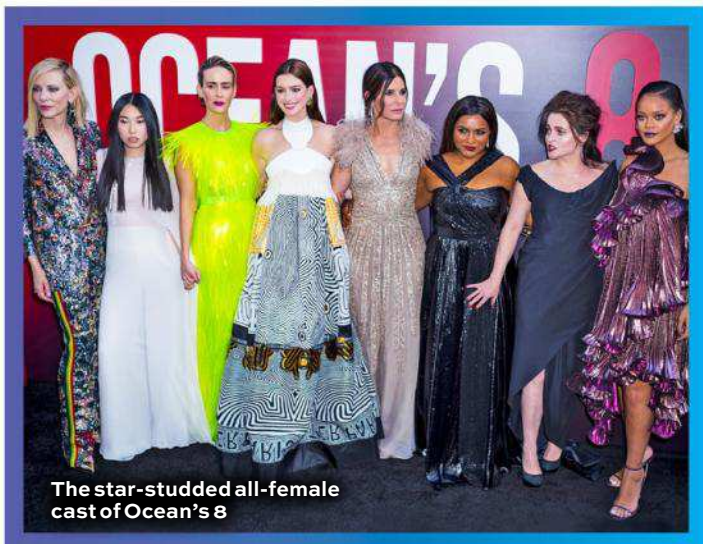
It’s very hard for me to be that cool. Debbie is so straight and cool that, at times, I wanted to be goofy and crack a joke so badly, but I couldn’t, because she’s nothing like me.

Initially, your character has \$45 (£35) to her name. If you were down to your last \$45, what would you do?

I’d buy a large, cheap, loaf of bread, some tuna, plastic forks and something I could wrap around me to sleep at night. I’d literally be thinking survival.

You starred in *Gravity* with George Clooney... what’s your relationship like?

I think we were separated at birth! We split and one woman housed one of us, and another woman housed the other. Then we were brought together again, because that’s what happens with twins! We knew each other long before either of us could pay our bills, so it’s only right that we get to be siblings.



The star-studded all-female cast of *Ocean’s 8*





Sandra and George in Gravity



The pair have been friends for so long that Sandra calls them 'siblings'

Did you talk to George about making this movie?

I said, 'I killed you in *Gravity* and now I need you to step aside again!' But he was fine with it, mainly because he was going off to have some babies. No, seriously, George is very generous. He's always happy to pass the torch as long as it's honouring the work and the tone. I think we did that.

How important is fitting work around your family?

I've had a pretty fortunate run. I work hard and I love what I do, but my whole life was working – that was all I had. I was in hotel rooms with suitcases and I loved it, but I

didn't have a home. I've been given a gift, being allowed to be a mom. That's why I now only work every two years.

How is life at home since Laila came along?

It's much louder – Laila has a voice that carries. She is going to be a singer or a judge. I don't know which, but definitely someone who commands the room with her voice!

Does family change the way you pick movies?

Well, if it were up to my son, I'd do nothing but watch the *Batman* movies. I keep looking to work on films Louis loves, but apparently there's no need for me in those. I could do a movie Laila likes, such as *Frozen*, but they seem to have that down, too. You want the kids to be able to see something you've done, though!

How do you feel when you attend red carpet events?

Overwhelmed. I always say, 'I have to put on the armour and go robotic.' Once I get there, I don't like the photos. And you know what? I never have.

What do you still want to achieve in your career?

Ha, I'm just looking to get my kids to school on time! That's my goal right now. If a good role comes along, it's the icing on the cake.

● ***Ocean's 8* is in cinemas nationwide now**

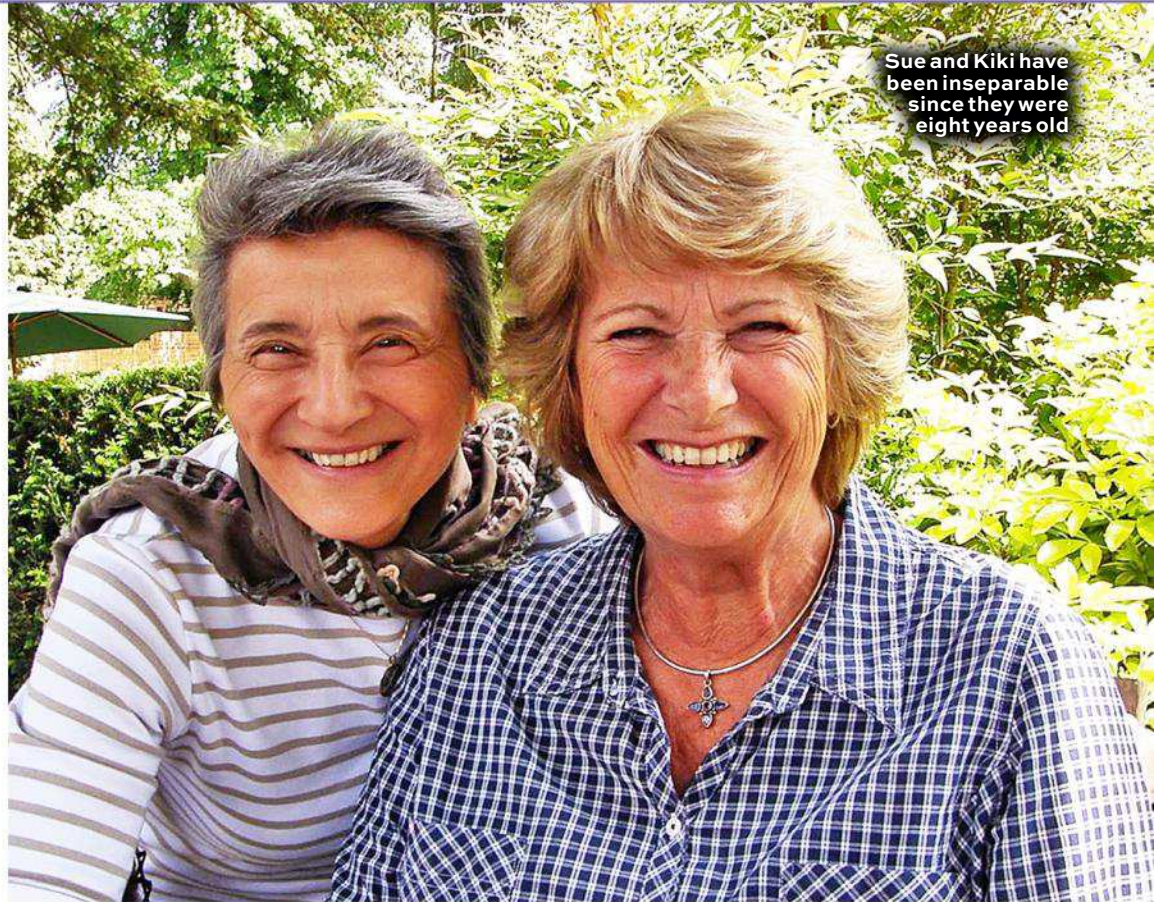
Sandra's love life

On screen, she's dated some of the most eligible men in Hollywood, while some co-stars, like Matthew McConaughey and Ryan Gosling, also became boyfriends off screen. But Sandra is notoriously private about her love life, and who can blame her. She married biker Jesse James in 2005, but it all came crashing down in 2010 – just 10 days after she picked up her Best Actress Oscar for *The Blind Side* – when it was revealed he had been cheating on her, and they divorced. Since 2015, however, Sandra has been happily settled with photographer and ex-model Bryan Randall



(pictured). 'He's so kind,' she says. 'For my kids, he's sort of No. 1 and I'm No. 2. But I get it, he's more fun and has better treats!'

More than a quarter of us meet our best friend for life in childhood. Some of these friendships survive oceans and decades. We meet three women who couldn't be without their bestie



Sue and Kiki have been inseparable since they were eight years old

The power of frie

'We have been friends for every decade of our lives'

Sue Willis, 69, from Surrey, met Kiki Wilsdon when they were eight years old

Kiki was assigned to look after me when I arrived at boarding school and we became lifelong friends.

I was naughty and sporty, and Kiki was well behaved and hated sport. We have a photo of us running the three-legged race – the only race Kiki ever won, because she was tied to me!

We lived near each other in Hertfordshire. In the holidays, she used to ride her horse over to my house.

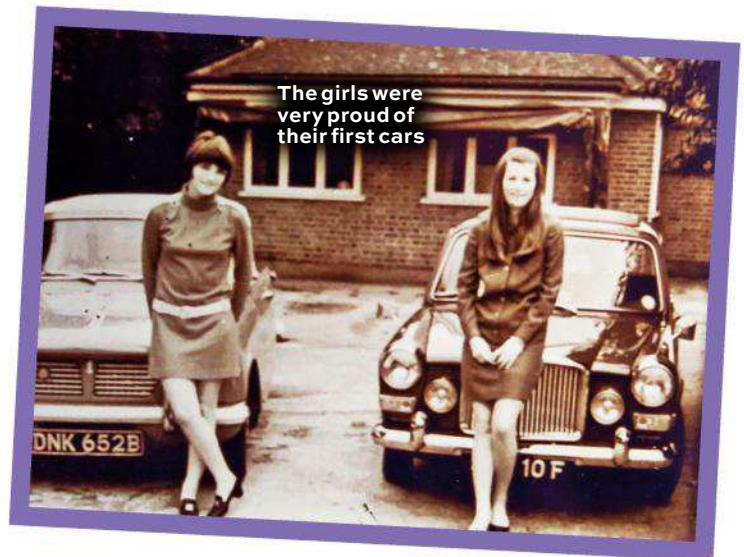
At 17, we both passed our driving tests. We were so proud of our first cars – mine a Triumph Herald and Kiki's

an Austin 1100.

We moved to London in the 60s, wearing mini skirts and maxi-coats. Just before we both married in 1971, we drove to Devon and stayed in a little thatched farmhouse B&B.

In March 1971, I married Bryan, now 74, and in July that year, Kiki married Roger. We were each other's bridesmaids.

Kiki was the first to become a mother. She had Sarah, now 45, and then twins Lucy and Richie, now 43. I'm godmother to the twins, and Kiki is godmother to my eldest, Tammi, 41, and my third, Pip, 39. I also have two



The girls were very proud of their first cars

other children – Kim, 36, and Jae, 40. Richie and Pip both have learning difficulties, and being able to talk to each other has been a lifeline.

We go to school reunions and I love that we can remember each other's parents and the houses we

grew up in. We also play Scrabble every day on Facebook.

We're having a joint 70th birthday party this year. I feel proud to look back on a friendship that has accompanied us through every decade of our lives.

'We're like sisters'

Kim Clarke, 47, from Tamworth, met Lisa Edwards when she was 11 years old

Lisa would like me to forget her fringe, but it was the first thing I noticed about her. She had blonde hair and a cowlick-style flick. We met on the first day of school and sat next to each other until we were separated for being 'disruptive'. Teachers called us the Terrible Twosome!

When I was 15, my mum, Rita, started running a few pubs and life at home was busy, so I moved in with Lisa's family. We'd talk about boys or go shopping.

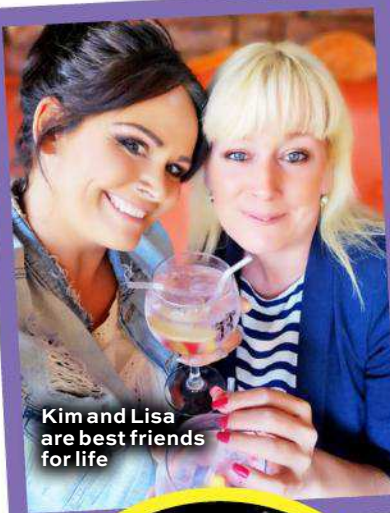
We had a few rows, mostly if I dared to borrow her

hairspray. But we were like sisters. We'd argue, then make up.

I was pregnant with my first child at just 16 years old and had Leigh, now 29. A year later, Lisa had Ashley, who is now 28. I went on to have another girl, Alex, 25, and Lisa had another son, Danny, 26. Lisa longed for daughters, but our families were so intertwined that it was like my daughters were hers too.

Many years later, we became grandmothers at the same time. Leigh had Owyn, now eight, and Ashley had Callum, seven. Then Leigh had Eliza, three, Alex had Orla, three, and Ashley had Charlie, two.

Now, Lisa and her husband Lee run the pub on my street, which means I get to see her several times



Kim and Lisa are best friends for life

a week. Lisa has the biggest heart – she'd give away her last pound. While I can be a bit opinionated, Lisa is gentle. But that's what makes our friendship work.

My mum died a few years ago and Lisa was almost as devastated as I was.

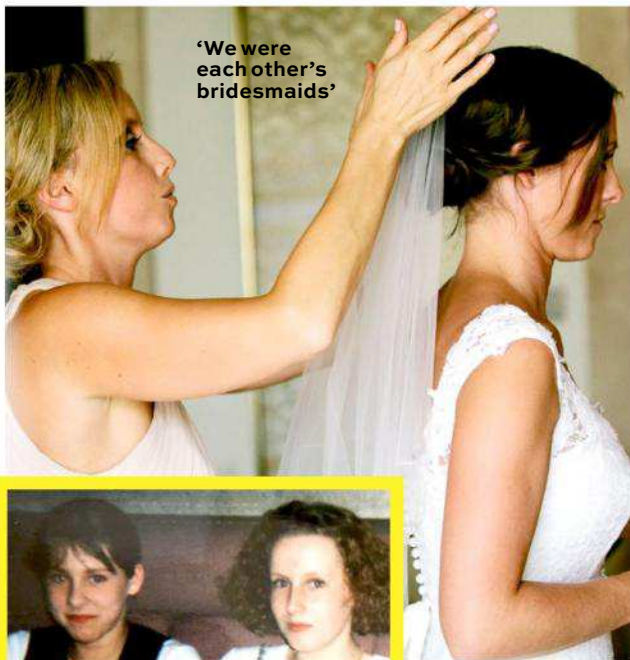
Our mums have always been each other's second mums, just as we are to each other's children. Lisa arrived with flowers and insisted on taking me out. It was lovely to reminisce with someone who knew my mum in a way only a childhood friend could.

We love seeing the next generation of friendships blossom and feel proud that our friendship created theirs. Partners can come and go, but your best friend is there for life.

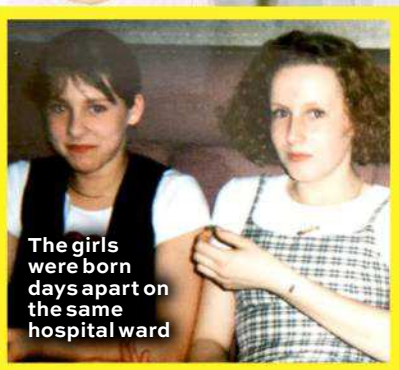


The first thing Kim noticed about Lisa was her fringe

ndship



'We were each other's bridesmaids'



The girls were born days apart on the same hospital ward

'It was so lovely being pregnant together'

Nicola Morek, 37, from Brighton, has been best friends with Katie Henderson since they were a few days old

Katie has always been a part of my life. Our mums met at antenatal class in 1980 in Newcastle.

Katie was born in January 1981 and, two days later, I arrived on the same ward.

Many years of wonderful friendship passed and then, when we were 18, Katie moved to Cyprus to be a holiday rep. Three years later, I joined her! We had six wild months of sunbathing and dancing. After that we lived together in London.

But our lives haven't always run in parallel. I met James, now 40, in 2004, and we settled in Brighton, marrying in 2009. I had Leo, now six, while Katie was living in Australia.

Our paths soon aligned

again, with Katie meeting Neil, 37, and living in Brighton for a while. I was pregnant with Kobe, now five, at the same time she was pregnant with Lola, now four. It was so lovely to be pregnant together. I went on to have Jake, two, when Katie had Lottie, two. But they've moved back up to Newcastle, much to my dismay!

We were each other's bridesmaids and we're godmother to each other's first-born children. When things go wrong, second only to my husband, it's Katie's opinion I value most.

When we are tipsy, we reminisce and inevitably have a few tears, because we're so grateful for our friendship.



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AWARDS

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GHOST DREAM - GHOST
GUCCI BLOOM - GUCCI

ICON RACING - DUNHILL
KENZO WORLD - KENZO
LA MIA MERLA - LA PERLA
MEMO PARIS MARFA SPICES
PORTRAITS. ROARING RADCLIFF
PENHALIGON'S
PURE XS - PACO RABANNE
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#ScentMemories

Your stories through scent...

CAROL MCGIFFIN

THE WAY I SEE IT...

Wise words from our feisty, fearless and funny columnist



From the minute Daniel Craig turned up in *Casino Royale*, I knew he was Bond, my Bond. So I'm over the moon that he's agreed to do another. I'm wondering, though, if they should be doing a remake of *Never Say Never Again*, because after *Spectre* he said he'd "rather slit his wrists" than go back.

I really admire him for it. Changing your mind is good, and that dogged determination not to – for fear of what people might think – can stop you doing something that might be best, or really good for you.

I'm a bit shameless when it comes to U-turns, always saying I'll never do this, I'll never do that, then doing them anyway.

"I'm never drinking again" is a regular on my never circuit, and we know how that always ends. Although, I haven't actually had a drink in over a week now. Not that you'd know that from the tosh written in a rival weekly magazine.

I did *Celebrity Big Brother* in 2013, even though I repeatedly insisted there

wasn't a cat in hell's chance of me ever going into that house to sleep with strangers. I swore I'd never marry again after my first disastrous marriage and divorce but, finally, after more than nine years of being engaged, that really is about to go out of the window.

And then there's my face. I was never going to have Botox and fillers, and sneered at those who did. Now, I've not only tried both, but I've gone one further and gone and got a full-on face refit.

Oh, and one more thing: I've been saying for years that I'll never go back to working on TV but, you know... No, you NEVER know!



PICTURES: JACK DAVY, NICKY JOHNSTON, TWITTER, REX





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...



Calum chills out in a cryo chamber

A TOUCH OF FROST?

Calum: It sounds pretty sci-fi – crazy, even. Can a treatment that plunges your body to minus 140°C really make you feel good?

Cryotherapy fans insist this new age treatment cures sore muscles, boosts circulation and metabolism, manages pain, helps skin conditions and increases happiness!

Plunging the body into ice-cold conditions is nothing new. Who hasn't visited a spa and been encouraged to dive into a freezing plunge pool, or watched players sitting in a bath of ice after a football or rugby match?

Brutal, but does it work? Well, now science and technology have combined to give us cryo chambers for a whole-body chill-out.

A year ago, I decided to go along to London Cryo. On arrival, I was told to undress down to my undies and socks, then put on a pair of gloves.

Then I was instructed to step into a chamber filled with what looked like billowing smoke. The machine next to the chamber recorded a temperature of -140°C.

I had the choice of a one-and-a-half-minute session

or three minutes. I opted for the longer session.

Inside the chamber, it was brutally cold. I was told to keep moving my body to keep my circulation going. After just a few seconds you can feel the icy cold – my jaw started to shudder, but it was bearable. Also, I knew I only had to last three minutes. It's amazing how long three minutes can feel, though...

Stepping out, my skin was freezing and red, but my mind felt sharp, and I felt refreshed.

Since that first time, I've been a convert. I've had several sessions and I think it works. A big thumbs-up from me.



MIND-EXPANDING

Hemp oil is made by pressing the seeds from the non-drug, 'industrial' varieties of the hemp plant. It's a powerhouse of nutrition, rich in omega-3 fatty acids, needed for a healthy, alert brain. Use in salads, smoothies or for cooking.



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

'IN THE END, PEOPLE WILL JUDGE YOU ANYWAY, SO DON'T LIVE YOUR LIFE IMPRESSING OTHERS - LIVE YOUR LIFE IMPRESSING YOURSELF'

- It seems 70 per cent of Britons avoid going to the dentist. Fear stops almost 40 per cent, says a new survey. Your mouth is a good reflection of your overall health, so go on – make an appointment. It's worth it!
- Worried about the chemicals in air fresheners? Why not make your own natural version? Mix 10 drops of peppermint essential oil plus eight drops of rosemary essential oil with 180ml water and 2tbsp vodka. Pour into a spray bottle ready for use.
- Have a laugh... you'll live longer. Apparently, laughing decreases stress, boosts your immune system and triggers feel-good endorphins. Aim for a healthy 20 chuckles a day!

LA-LA OR GENIUS? FUNCTIONAL FITNESS

It's the latest buzzword in physical fitness. The idea is you exercise to make your body fit for everyday situations, so that carrying the shopping home will never hurt your back again. The FF workout incorporates movements that mimic everyday actions, and exercises multiple muscle groups. This builds strength, stability and mobility, making us more efficient human beings – not only in the gym but outside, too. Genius!



Look younger with Lesley



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

The skin around your eyes is super-delicate and prone to ageing quicker. Here's how you can put the sparkle back and even out lines and wrinkles, quick as a wink.

CROWTOX

The skin around the eyes can often form wrinkles earlier than everywhere else, and constantly squinting in bright sunlight only exacerbates this.

Botox has long been used to paralyse the muscles and stop wrinkles in their tracks, but there are different ways for

cosmetic doctors to administer it for more subtle results. 'Crowtox' uses tiny amounts of Botox to smooth lines and wrinkles at the sides of the eyes, making them look younger, fresher and wider. You'll see results in five days, which will last up to five months. From £199.

PESKY PANDA EYES

Too much sun exposure can cause darkened pigmentation under the eyes.

PRP Therapy is a new high-tech option for 'panda eyes'. It involves having blood drawn from the arm, which is spun in a centrifuge to separate out the platelets. These are injected into the area to stimulate the regeneration of skin cells and new collagen. Results are natural, with no downtime, and can last from six to 12 months – just one top-up required. From £450.



EYELID OVERHANG

Up to now, lifting drooping eyelids usually involved using a scalpel. Enter Plexr, the new non-surgical eyelift that targets droopy, hooded lids. Plasma energy is used to stimulate the tightening of

skin fibres. Micro lightening is delivered to the skin, creating a series of tiny dots that create skin-shrinking. Results are instant, but allow a week for recovery. Three treatments are recommended. From £900.

AND DON'T FORGET...

- Itchy, red and watery eyes are a common summer bugbear, usually caused by hay fever. Over-the-counter antihistamines will help. Also, rub a little Vaseline or lip balm under the nose to stop pollen entering the nostrils.
- Air conditioning, heat and travelling can cause dry, gritty eyes. A diet high in omega-3 fats can help. Oily fish – tuna, mackerel, sardines and salmon – are packed with omega-3.
- Your eyes can get 'sunburn' too, when UVA rays penetrate the cornea. Always wear good-quality sunglasses with at least a UV400 filter.
- Super Facialist Hyaluronic Acid Firming Lift & Smooth Eye Cream SPF15, £14.99, provides UV protection to prevent premature ageing.

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...

How much is too much to spend on a kid's party?

We all know that celebrities like to throw lavish birthday bashes for their children and shower them with expensive gifts. But it seems it's not only the rich and famous who do it. Essex grandmother Sharon Moseley, 53, spent a whopping £16,000 on her grandson's first birthday. The tot had three outfit changes, and there was a four-tiered cake at the soldier-themed party. We're all for spoiling our family on their birthdays, but is a toddler really going to remember that no expense was spared? Surely it's more important to be with your loved ones than splashing the cash? So, would you spend thousands on a party?

We're ALL TALKING about



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

Moon milk



Fancy a drink that's out of this world? If a cup of warm milk before bedtime conjures up nostalgia for your childhood days, then let us introduce you to 'moon milk' - 2018's answer to a nightcap. This time, the humble drink has been pimped up with the likes of turmeric, honey and other nourishing ingredients to boost your immune system. A scattering of rose petals, as demonstrated by the Broma Bakery here, never goes amiss, either. Whether you opt for cow's, almond or coconut milk is up to you. **For inspiration, search pinterest.com**



GOING VIRAL **Let's floss**

No, we're not talking about dental care, we're talking about the latest dance craze to take over the world. Started by an American teenager, known as The Backpack Kid, the dance involves swinging your hips from side to side, while moving your arms independently across your body. Once you've mastered the movement, you then speed it up – as this viral video shows. Take our word for it, though, it's not as easy as it looks. However, it'll no doubt make you a hit with the kids and grandkids!

Find it by googling 'Floss dance'



WEIRD OR WONDERFUL?

Cats in food



Instagram made dogs in food a thing, but why discriminate against other animals? Our feline friends are having their turn in the social media spotlight in the form of @cats_in_food and, with more than 72,000 followers, these snaps are the purr-fect way to get some light relief. Created by Russian artist Ksenia, various breeds of cats are photoshopped into everyday foods to make optical illusions. Made you look!

Instagram/@cats_in_food



FIND US ON
INSTAGRAM AT...
@bestmagofficial

Roller-coaster of love

Thorpe Park has introduced Love Island Lates – an interactive experience based on the ITV2 show. Starting next month and running on Thursdays, Fridays and Saturdays, punters can sip themed cocktails and take part in the iconic lilo race. Organisers are even promising special guest appearances from *Love Island* contestants. Visit thorpepark.com for details.



Trending on Twitter

#makeasonroyal

It seems that royal wedding fever is still rife among Twitter users this week. They've been making a song royal – and giving us a laugh in the process. I'll Be Markle My Way Back To You Babe sounds like a chart-topper!



FIND US AT...
@bestmagofficial

EVERYBODY'S WAITING IMPATIENTLY FOR...

Mamma Mia 2



The release date of *Mamma Mia! Here We Go Again* – the much-anticipated half-prequel, half-sequel to the first smash-hit film – is tantalisingly close. It'll be released on 20 July, and we can't wait! The film follows Sophie (Amanda Seyfried) finding out more about her mother (Meryl Streep's character, Donna), while steering through her own pregnancy. There are flashbacks, and *Downton* favourite, Lily James, plays a young Donna. We're thrilled to see that Pierce Brosnan, Colin Firth and Stellan Skarsgård are all back, too. *Gimme, Gimme, Gimme!*

WORDS: HELEN PIKE, LOUISE BULGIN PICTURES: BIGSTOCK, INSTAGRAM, JONATHAN PRIME, NICOLA ROWLEY PHOTOGRAPHY, PINTEREST, TWITTER, YOUTUBE

Main image:
Top, £7
Shorts,
 £15.99, both
 yoursclotthing.co.uk
Accessories,
 stylist's own

Below:
1. Top, £45,
 JD Williams
2. Earrings,
 £12.99, H&M
3. Bag, £45,
 Debenhams
4. Trainers,
 £19.99, Zara
5. Shorts,
 £20, M&Co.



**Prints
 charming**
 Balance out a bigger bust
 with patterned shorts.



1. Jacket, £56, Warehouse **2. Bag,** £38, swimwear365.co.uk
3. Shorts, £40, very.co.uk **4. Top,** £25, Miss Selfridge
5. Trainers, £25.99, Zara



Suits you

A statement jacket will
 draw attention upwards.

Top, £16
Shorts, £25
Jacket, £45,
 all JD Williams



**TAP
 THE APP**
 Shopping abroad?
 Size Converter will
 help you find the
 right fit for you.



Jacket, £55
Top, £45
Shorts,
£22.50
Earrings,
£9.50
Bag, £29.50
all M&S

1. Jacket, £50, Wallis 2. Top, £10,
JD Williams 3. Bag, £34.99, H&M
4. Shorts, £25, very.co.uk
5. Sandals, £17.99, Zara



Work it out

A tailored shorts and jacket
combination are great for
summer in the office.

Main image:
Top, £109
Shorts, £89,
both Fenn Wright
Manson
Sandals,
stylist's own

Below left:
1. Top, £15.99,
Mango
2. Shorts,
£19.99, H&M
3. Heels, £39.99,
Mango
4. Hat, £22,
Accessorize
5. Bag, £37,
Accessorize



CELEBRATE YOUR SHAPE

Don't be scared to wear shorts!



Dare to square

Boxy styles are great
for athletic figures.

EYE SPY NEW MASCARAS!

The latest lengthening formulas to hit the high street



£14

£25

£25

£18.50

£26

£8.99

£4.99

£3

£19.50

£17.50

£19.50

£6.99

£19

£21

£9.90

£10.99

£25

£16

£22

£11.99

TOP TIP

Share your beauty looks on the Glo! app – and remember to leave your ratings and reviews!

Sparkle like Markle!

It's not just down to a post-honeymoon glow, we reveal the beauty secrets the Duchess of Sussex swears by...



ACE OF BASE

Flawless make-up always starts with good preparation and, on top of regular facials, Meghan swears by **Laura Mercier's Illuminating Tinted Moisturiser SPF 20, £34.** 'I don't wear foundation, so this is what I put on every day after moisturiser to give my skin a dewy glow. It's not sparkly, it's true to its name – illuminating,' says Meghan. The newlywed is also a fan of **Yves Saint Laurent's Touche Éclat Concealer, £25.50**, which she credited for making her look 'relatively alive' after a 17-hour day when she was still filming.



THE LOOK OF LOVE

The former *Suits* actress can't keep her eyes off hubby Harry, and one of her make-up artists recently revealed that **Maybelline New York Lash Sensational Mascara, £8.99**, is behind her full and fluttery lashes.



LIP-LOCKER

One of Meghan's go-to lipsticks is **Charlotte Tilbury's Matte Revolution in Very Victoria, £24**, inspired by Posh Spice herself. The lippie is said to be Meghan's favourite shade and she is rumoured to have worn it in her engagement photos. This lovely lippie is enriched with softening and hydrating ingredients, such as orchid extract, and 3D glowing pigments for the illusion of wider and fuller lips.



BLUSHING BRIDE

For a rosy glow, Meghan uses the racily named **Nars Blush in Orgasm, £24**. Hailed as the ultimate authority in blusher, the iconic shade is perfect for perking up complexions and providing a natural looking flush.





Using cartoon characters or popping up on game sites, porn merchants expose our kids to hardcore images

A quarter of 11-year-olds in the UK have viewed explicit content online – and the effects can be devastating...

Do you know what your grandkids are watching?

When young boys reach a certain age, it's natural that they'll begin to explore their sexuality. In the past, their curiosity probably went as far as sneaking a peek at their mum's Littlewoods catalogue lingerie section.

But today's children can access the most explicit and degrading pornography – on the internet. Online porn is a growing issue for parents, grandparents, children's charities and mental health professionals, who all agree it can have a huge impact on developing minds.

In 2012, the prestigious Tavistock Clinic in London reported a rise in addiction to hardcore online porn among young boys. One who started viewing porn aged 10 told a counsellor, 'I didn't know

it was possible for people to do those sorts of things. The websites led me to other websites, and soon I was looking at weirder stuff I could never have imagined...'

Tara Deschambault's son, Joe, now 15, became addicted to online porn aged eight. It had a devastating effect.

Tara, who also has two daughters, says, 'Joe was the sweetest, most thoughtful little boy on the planet. But, when he was eight, his personality changed overnight. He became withdrawn and started beating up his older sisters... he was totally out of control.'

'Then we got a call from his music teacher to say Joe had taken photographs of his genitals with her mobile phone. We also found pictures on our camera at home, and I was aware that he'd started masturbating.'

Tara began to fear her son was being sexually abused.

'I was looking at family members, teachers – I even questioned my own husband.'

Tara, who lives in Canada, discovered the real reason behind Joe's disturbing behaviour. She says, 'One night, I was on my computer... I looked into the browser history and was horrified to find hundreds of links to online porn. It was violent, aggressive and demeaning.'

'I thought I was going to throw up. My husband and I confronted Joe, and I said, "Is there anything you need to tell Mummy?"'

His eyes went very big and he said, "I can't, it's too bad." We all ended up sobbing.'

Sadly, Tara's story isn't an unusual one. A parliamentary report in 2012 found that a third of 10-year-olds has seen explicit material, and 80 per cent of 16-year-old boys regularly access online porn.

The NSPCC reports that three in four young women believe pornography has led to pressure on women to act

a certain way. Doctors have reported an increase in girls coming to them with sexual injuries, as young men act out what they've seen online.

Steve Biddulph, whose bestselling parenting book, *Raising Boys*, has been updated and re-released, has dedicated a new chapter to the issue.

'Researchers have found that the more porn is viewed by young boys or men, the more those males "dehumanise" women – they see them deserving of maltreatment,' he explains.

He doesn't blame the youngsters. 'Porn sites are designed to entrap, sometimes even using children's cartoon characters or placement among games sites to get children to click through.'

This was how Joe's addiction started. He was playing a game online when an ad popped up. It said, 'Wanna see? Click here!'

So, he did...

'I'd installed filters, so I

thought I'd protected him, but this was totally targeted,' Tara says.

Joe had been accessing porn sites for eight months. 'He'd wake up in the middle of the night and first thing in the morning and look at porn,' Tara says. 'He figured out how to manipulate the computer so that he could look at porn for 30 seconds while I was out of the room.'

Joe was banned from using technology for two years. 'But, when he saw sexy ads on billboards, the anger and aggression would start,' says Tara. 'He said the images of the porn flooded his brain.'

So, how do we protect our kids? In the UK, all porn sites must now use age-verification software to block under-18s. Businesses that refuse to comply can be fined up to £250,000 and blocked to all UK users. These measures should be in place by the end of the year.

Steve Biddulph says talking to kids is key. 'They're likely

'I was furious... I felt like my son had been robbed of his childhood'

to be shown things on phones or other devices by friends,' he adds. 'It can be scary and confusing. So tell them, "People may show you yucky stuff on their phones about sex. It's called porn, and it's not like real love-making. Let us know if someone shows you something – you won't get in trouble, we can talk about it."'

'In the early teens, explain that porn is not real and women are paid to pretend that they like being hurt or called names or humiliated.'

Embarrassing Bodies expert Dr Christian Jessen has even suggested showing boys online porn during sex education lessons. He said, 'Make kids cringe and squirm. Why not? I think it'd be very helpful to show the distinction between porn and sex.'

Tara took this approach with Joe. 'We explained that many of the women in these videos were being abused. We said, "This is not what a healthy man does."'

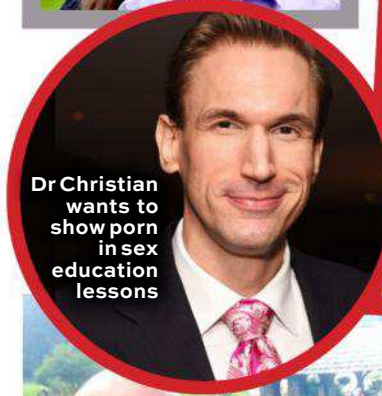
'I was furious that I had to have these conversations with an eight-year-old. I felt like he'd been robbed of his childhood.'

Joe is still only allowed supervised internet access. It just goes to show how vigilant we need to be.

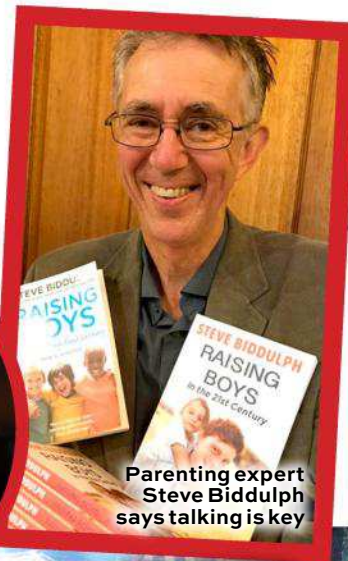
● *Raising Boys In The 21st Century* by Steve Biddulph is published by Harper Thorsons



Tara with son Joe



Dr Christian wants to show porn in sex education lessons



Parenting expert Steve Biddulph says talking is key



Joe, now a teen, pictured with mum Tara and family

WORDS: HELEN PIKE

Foolproof bronzing from top to toe

Our fuss-free guide to your best tan yet

Fake tan. Those two words are enough to bring even the biggest beauty fan out in a cold sweat. From mousses and sprays to mists and lotions, there are many ways to cheat your way to a bronzed body, so it's no wonder it can be a bit of a minefield! Here, we take you through the new products on the block and how to use them.

Fake it yourself

Tan removers

Botched up your bronzing efforts? Luckily, there are easy ways to sort out a patchy result. Oil softens the pigment (which is why you shouldn't apply oily scrubs or moisturisers pre-tanning), so add a few drops of olive oil to a bath and lie in it for 20 minutes. For harder-hit areas, mix 2tbsp baking soda with 1tbsp water. Leave the paste on for 3-5 minutes, then rinse. Similarly, lemon juice will remove any dark patches. Mix the juice of ½ lemon with 2tbsp sugar, and work into the skin with a mitt before rinsing well.

1 The tanning water

No, this isn't something you drink! A water-based tanner is moisturising, and the spritz bottle makes for fast application.

Douse yourself in **Isle Of Paradise Self-Tanning Water**, £18.95 (which comes in three shades), blend with a mitt in long, sweeping motions and your colour will develop in four to six hours. Similarly, spray **St Tropez Self Tan Purity Bronzing Water Face Mist**, £20, on exfoliated skin without washing off.



2 The bronzing serum

If you're wedded to a particular day or night moisturiser, you can incorporate tanning into your existing skincare regime. **St Moriz Advanced Pro Formula Tan Boosting Facial Serum**, £9.99, can be mixed with moisturiser before applying to your face. Three drops delivers a sun-kissed look, but if you'd rather mimic a long-haul holiday, add up to six drops. For an even shade, don't forget to exfoliate beforehand.

TOP TIP

If you want a professional spray tan, The Tanning Shop app allows you to book appointments easily.



3 The airbrush effect

From enlarged pores to spider veins, sometimes we need a product that does more than just add colour.

Vita Liberata's range of 'blur' products help to disguise such problems, leaving an even colour. Its **Body Blur Sunless Glow, £32.50 (three shades)**, is ideal for arms and legs, while the **Beauty Blur Skin Tone Optimizer, £29.95 (five shades)**, works as an illuminating primer, or use on its own as a lightweight base.



4 The 10-minute tan

When even moisturising seems like an ask, standing around waiting for your tan to dry just isn't feasible.

Apply **NKD SKN Pre-Shower Gradual Tan Lotion, £13.95**, to dry, exfoliated skin with a mitt (we like **Velvotan Original Tanning Mitt - Holographic, £2.99**), wait for 10 minutes, then rinse in the shower. Your tan will develop over the next few hours. The product contains aloe vera to help keep skin supple.



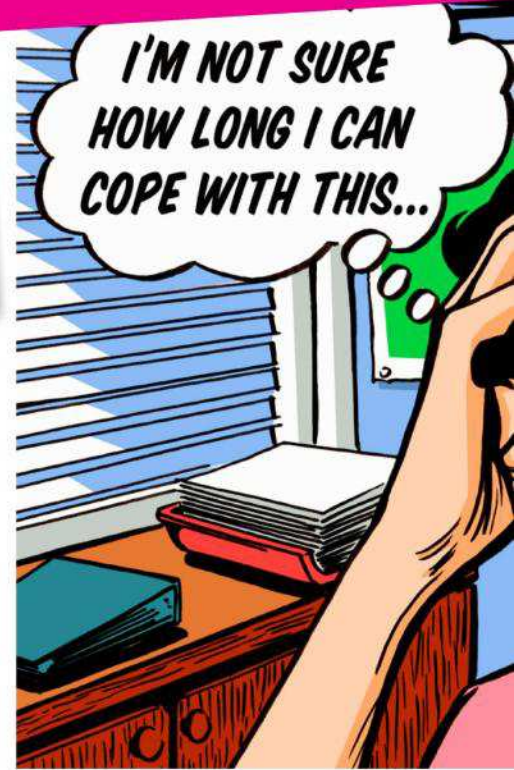
5 The wash-off wonder

Need instant colour? Use a formula that gives your limbs colour as you apply it - a bit like make-up for your body. **BOD Bake Instant Glow Face And Body, £14.99**, has the added bonus of a subtle shimmer for a glow that acts a little like contouring for areas such as your shins and collarbones. Apply in one direction to avoid streaks, and wash your hands afterwards to avoid orange palms.

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...



I don't like my popular co-worker

I adore my new job and everything that comes with it, apart from this one woman who everyone seems to like, but not me. It wouldn't usually bother me, but we work closely enough where I have to interact with her many times throughout the

day, and it's grinding on me. How do I prevent this from affecting my performance at work?
Olivia, Kent

Olivia – remember, as you say, this is your 'dream job', so please don't let a co-worker rob you of that fulfilment.

Sometimes in life, you have to do a bit of serious work on your own mindset to get over hurdles and, in this case, it's the irritations of your colleague. So just hold your head up high and get on with doing a great job – you know you can do this.



I can't stop lying

I've been a people pleaser my whole life, and hate to let people down. Now it's at the point where I can't keep up with the stories I create to get out of situations, and I'm beginning to get caught out. I know blatant lying is wrong, but if it's to save others from getting their feelings hurt, am I really in the wrong?
Joan, Stratford

Joan, I think you need some counselling to get this under control. Getting caught up in a web of deceit is so deeply negative, both to you and your friends. In my opinion, you can't live your life like that. As the saying goes, 'The truth will out.' I feel we all should live in truth and honesty for the sake of our own well-being, if nothing else.

Long-distance love

I'm divorced and, after a long, hard struggle to find a connection with anyone, someone has unexpectedly walked into my life that ticks all the boxes. However, he lives in Australia and I have my whole life here, including a child that I wouldn't want to move from home. He claims he's in love with me and we could try and make it work, but if



PICTURES: BIGSTOCK, GETTY

THOUGHT OF THE DAY

Attract what you expect, reflect what you desire, become what you respect, mirror what you admire.



he doesn't move, I can't really see a way round it. What should I do?

Katie, London

This is a very difficult dilemma. You would have to be very sure your new relationship is going to last the course, before you consider moving lock, stock and barrel for a stranger over 9,000 miles away. On the other hand, if you are sure of a mutual commitment, it might be a very exciting time for you and your child – Australia is fantastic place. Sometimes we have to choose happiness, but in the mean time, why don't you organise an extended holiday in Australia or, alternatively, have him spend some time here with you, so that you can check it all out?

Your Stars

with Russell Grant

For the week 26 June - 2 July



LEO

24 July – 23 August

A job or health concern preys on your mind. You're worrying too much about something that may never happen. Start concentrating instead on the many positives in your life. Adopting a hopeful attitude will help you lean in to the future.



VIRGO

24 August – 23 September

Taking up a spiritual practice helps you progress in a mental, creative and emotional way. Devoting more time to music, reading, pets and art will feel soothing. You're learning to slow your pace and smell the flowers. Give yourself a chance to refocus.



LIBRA

24 September – 23 October

After a series of disappointments, your aim now is to move onward and upward. That's why you should shelve everyday chores. Change your plans to include activities you love best of all. Home life will be enjoyed all the more if you gather some company, too.



SCORPIO

24 October – 22 November

A friend who is down on their luck worries about being an inconvenience to everyone. Reassure them that you aren't going out of your way to give the extra attention they now need right now. Your actions will mean the world to them.



SAGITTARIUS

23 November – 21 December

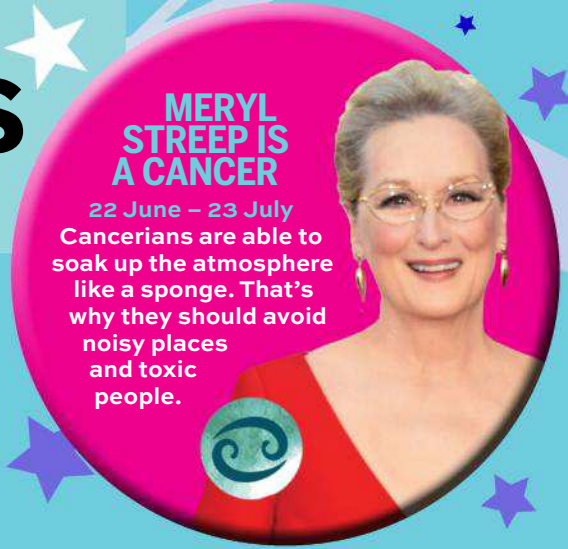
You're 90 per cent certain of how a partner will respond to something that should be a joint decision. Even so, you can't wait to hear them actually say it. Be patient and give them a chance. Excitement for the future will give you an attractive glow.



CAPRICORN

22 December – 20 January

A sensitive friend will encourage you to discuss your hopes, fears, doubts and dreams. They sense there is something on your mind. Expressing your feelings in a variety of ways will keep relationships upbeat and compatible.



MERYL STREEP IS A CANCER

22 June – 23 July

Cancerians are able to soak up the atmosphere like a sponge. That's why they should avoid noisy places and toxic people.



AQUARIUS

21 January – 19 February

There's a lot going to happen in your career. Explore all options before taking up an opportunity. It might seem like a good time to make new moves, but there is no need to rush. Polish the rough edges off your ideas before acting on them too soon.



PISCES

20 February – 20 March

A close relationship will take on a more promising feel. This is a great time to pour your energy into joyful activities. People who are closest to you are doing their utmost to make you happy. Even strangers seem to have your best interests at heart.



ARIES

21 March – 20 April

You're tired of travelling the traditional path. Cautious friends are nervous about taking an unconventional direction, but this is exactly what you need. Mixing with creative people will be mind-expanding. Discard limiting thinking patterns.



TAURUS

21 April – 21 May

You're so sure of your opinions that once you've made your mind up, you won't back down. No one will take offence if you pull out of joint arrangements. It will be clear that you have outgrown this relationship, and people will respect your independent spirit.



GEMINI

22 May – 21 June

Some unexpected news could cause you to rethink certain agreements. Trust in the wisdom of your higher self when making decisions. A balance between optimism and caution will help you make progress in an unexpected project.

At almost 23st, **Michelle Robertson** knew she had to slim down if she was to give her baby daughter the life she wanted...

It's all about Eve!

Jump higher, Mummy, higher!' squeals my three-and-a-half-year-old daughter, my darling Eve, as I join her on the bouncy castle.

It's hard to believe that, only a few years ago, I would have been breathless just attempting the short walk to our local park, never mind actually joining in the fun.

At 5ft 7in and 22st 10lb, I was morbidly obese. I wore a dress size 28-30, and even the simplest tasks were becoming a struggle.

I'd started putting on weight as soon as I hit puberty, but it was when I left home to go to university in Huddersfield, aged 18, that my weight really crept up... and up.

Not being a confident cook, I'd rely on microwave meals and takeaways. It didn't get any better when I started work as a primary school teacher.

I didn't plan ahead, so I was constantly grabbing whatever I could, just to keep going – whether that was shop-bought sandwiches laden with mayonnaise, or biscuits and cakes from the staff room.

There was no doubt that I was overweight and my eating was out of control. I couldn't stop myself – or, at least, it felt like that.

I tried calorie-counting, but I was just so hungry all the time. And miserable. I'd have my tea by 4pm and would

spend the rest of the night at home in Leeds, hungry and desperate for more food.

When I married my husband, Dave, in 2012, I was up to dress size 24. I'd managed to lose a few stone for the big day. I wasn't as big when I first met Dave, who works front-of-house at Harrogate Theatre, but he always said he didn't care about my weight.

But, when I fell pregnant with Eve in 2015, I was so dangerously overweight that the midwives had to monitor me throughout the pregnancy. I must have weighed more than 23st. Every time I was weighed, I begged them not to tell me the result.

I spent what should have been a happy, exciting time feeling frightened that my body wouldn't actually be able to cope.

Luckily, everything was fine and Eve was born, weighing a perfect 8lb, in November 2015.

Looking down at my new daughter, I knew I would do anything for her. This precious little bundle, so innocent and helpless, was reliant on me for everything.

But, even as I cuddled Eve for the first time – a magical moment I'll never forget – one thought kept creeping back into my mind like a black cloud... "How can I be a good mum to my daughter when I'm unhealthy and unfit?"



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

'If I can lose weight, ANYONE can! Do it today... don't live with those feelings of shame for a minute longer.'

Michelle doted on her baby girl but hated being so overweight

I decided, there and then, that I had to do something about my situation.

If I was prepared to die for my daughter, I had to be prepared to lose some weight for her.

I found a local Slimming World group. Everyone says walking through the door for the first time is the hardest part, and it is. I felt ashamed of myself – I felt sure I'd be the biggest person there.

But I needn't have worried. Everyone was so warm and friendly. Nobody was judgemental. They were all there for the same reason.

The support helped, and the advice. No more takeaways and junk food. I started cooking from scratch and, to my surprise, I enjoyed it.

The weight started to drop away. I lost more than 6lb that first week. And I can honestly say I never looked back. I was a woman on a mission.

I was pleased with my progress, but I didn't feel really proud of myself until I had lost 5st. I started to

NOW 11st 5lb



'I lost half my original body weight. I'd done it!'



enjoy clothes shopping again and got a buzz from all the compliments.

I'd never felt better, and my energy levels shot up. As Eve learned to walk and run, I was able to keep up with her.

In December 2017, I reached my target weight of 11st 5lb. I've lost 11st 5lb – half my original body weight. It felt surreal. I'd really done it!

Now, I wear a size 12. At 37, I feel like I've got my life back. To celebrate, a friend arranged for me to have a photoshoot – in the vintage style I love.

I would never have agreed to something like that before. I'd have worried the clothes wouldn't fit me, and I hated having my picture taken. But my new, slim self loved it!

I've even become a part-time Slimming World consultant, and I love helping other people get to their ideal target weight.

My husband is thrilled – but I always say he loved me before, during and after.

By far the best thing is losing the guilt and shame I'd felt because I knew I was letting Eve down. Now, I feel I can finally be the mum I want to be.

WORDS: ELAINE MCLAREN
PICTURES: BIGSTOCK, GETTY, LEKEUX.COM

Typical day, before

BREAKFAST Huge bowl of Shreddies, covered in sugar, with full-fat milk

LUNCH Mayonnaise-laden cheese sandwich, crisps and several bars of chocolate

DINNER Double portion of microwave lasagne and chips

SNACKS Chocolate bars, packets of biscuits



... and after

BREAKFAST Weetabix with soya milk

LUNCH Homemade chicken noodle salad or vegetable soup

DINNER Homemade vegetarian chilli with butternut squash chips

SNACKS Fruit



Turn to page 37 for new Slimming World recipes

FEEL BODY CONFIDENT THIS SUMMER!

SHOP SAVVY, EAT PLENTY - MEAL PREP LIKE A PRO

SWIMWEAR TO GET EXCITED ABOUT

JULY 2018 | £4.20

Women's Health

Caroline Flack

HOW TO
love
YOUR
BODY

'I'VE FINALLY
FOUND BALANCE
IN MY LIFE'

**INSHAPE
MYSHAPE**

**FIRE UP
YOUR
FITNESS**
BE STRONGER
IN 6 MOVES

MILKING IT!
IS IT TIME TO BRING
BACK DAIRY?

**CRACK THE
CONFIDENCE
CODE FOREVER**

FIRST PERSON
'I'M IN THERAPY
SO MY DAUGHTER
DOESN'T INHERIT
MY BODY ISSUES'

**SHREDDING
FOR SUMMER?**
WHY NOT TO DO IT

The image shows the cover of the July 2018 issue of Women's Health magazine. The cover is primarily blue and yellow. At the top, it says 'SHOP SAVVY, EAT PLENTY - MEAL PREP LIKE A PRO' and 'SWIMWEAR TO GET EXCITED ABOUT'. The title 'Women's Health' is in large yellow letters. The main feature is a photo of Caroline Flack, a woman with blonde hair, wearing a yellow one-piece swimsuit with a grey waistband. To her left, her name 'Caroline Flack' is written in a cursive font. To her right, the text 'HOW TO love YOUR BODY' is displayed, with 'love' in a cursive font. Below the photo, there are several headlines: 'I'VE FINALLY FOUND BALANCE IN MY LIFE', 'INSHAPE MYSHAPE' (in a pink circle), 'FIRE UP YOUR FITNESS BE STRONGER IN 6 MOVES', 'MILKING IT! IS IT TIME TO BRING BACK DAIRY?', 'CRACK THE CONFIDENCE CODE FOREVER', 'FIRST PERSON I'M IN THERAPY SO MY DAUGHTER DOESN'T INHERIT MY BODY ISSUES', and 'SHREDDING FOR SUMMER? WHY NOT TO DO IT'. A barcode is visible in the bottom left corner.

NEW ISSUE OUT NOW!

Eat more for less

Following a healthy eating plan shouldn't come with a hefty price tag. These good-for-you recipes are also kind to your wallet...



Warm chicken and white bean salad

This summery salad is loaded with delicious things, and the chicken and beans will keep you feeling satisfied long after the last mouthful.

Serves 4
PREP: 35 mins

4 boneless chicken breasts, thawed if frozen, skinned and cut into small chunks
1 red onion, cut into wedges
1tsp fresh rosemary, chopped

1 garlic clove, crushed
Low-calorie cooking spray
250g cherry tomatoes, halved
Small bag of salad leaves
½ cucumber, halved lengthways, deseeded and sliced
400g can white beans, such as cannellini, drained and rinsed
1tbsp balsamic vinegar, to serve

1 Preheat the oven to 200°C/180°C fan/gas 6.

Put the chicken in a bowl with the onion wedges, rosemary, garlic and some seasoning, and spray generously with low-calorie cooking spray. Toss well, spread out in a small roasting tin and roast for 20-25 mins, or until the chicken is cooked and the onion is tender.

2 Meanwhile, put the cherry tomatoes into another roasting tin, spray with low-calorie cooking spray and season lightly.

Roast on the shelf under the chicken for the last 10 mins of the cooking time.

3 Remove both tins from the oven and leave to rest for 5 mins. Divide the salad leaves between plates or shallow bowls and scatter over the cucumber and beans.

4 Arrange the roasted chicken, onion wedges and tomatoes on top and drizzle with the balsamic vinegar to serve.

Sicilian cauliflower pasta

The sunny Italian island of Sicily is the inspiration for this simple and speedy piece of pasta perfection.

Serves 4

PREP: 30 mins

Low-calorie cooking spray
1kg cauliflower, broken into small florets

5 garlic cloves, finely chopped

1 medium-hot red chilli, deseeded and chopped, or ½tsp dried chilli flakes

½tsp fennel seeds, lightly crushed

3tbsp tomato purée

400g dried shell-shaped pasta, such as conchiglie

½tsp turmeric

400g can cherry tomatoes in juice

3tbsp capers, drained
Fresh parsley, chopped

1 Spray a deep, lidded, non-stick frying pan with low-calorie cooking spray and place over a medium heat. Add the cauliflower and cook for 5 mins, turning now and then, until the florets are lightly golden here and there (you may need to do this in batches).

2 Sprinkle over the garlic, chilli and fennel seeds. Mix the tomato purée with 150ml cold water, pour it over the cauliflower and cover. Cook over

a medium-low heat for 15 mins, or until the cauliflower is tender. After the cauliflower has been cooking for 10 mins, cook the pasta according to the pack instructions.

3 Uncover the cauliflower and add the turmeric and tomatoes plus their juice. Increase the heat slightly and cook for 5 mins, or until the juice has reduced slightly.

4 Stir in the capers and season. Drain the pasta, stir into the cauliflower and serve in shallow bowls with a scattering of parsley on top.



Jerk chicken legs with rice and peas

Bring some Caribbean sunshine to your table with this fab roast.

Serves 4

PREP: 45 mins, plus marinating

2tbsp dark soy sauce
1tbsp tomato purée
3cm piece fresh root ginger, peeled, grated
1tbsp Schwartz Jamaican Jerk Seasoning
4tbsp lime juice
4 frozen chicken legs, thawed and skinned
Low-calorie cooking spray
1 onion, finely chopped
2 garlic cloves, crushed
½tsp dried chilli flakes
250g dried long-grain rice
200ml chicken stock
½tsp dried thyme
¼tsp ground cinnamon
400g can kidney beans, drained

FOR THE SALSA

1 red pepper, diced
100g pineapple, diced
1 red onion, chopped
1 cucumber, diced
2tbsp fresh coriander, chopped

1 Mix soy sauce, purée, ginger, jerk seasoning and 2tbsp lime juice in a bowl. Slash each chicken leg with a knife, add to the marinade and coat well. Set aside for 1 hr. Preheat the oven to 200°C/180°C fan/gas 6. Line a roasting tin with foil and spray with low-calorie cooking spray. Put the legs in the tin and roast for 30 mins, until cooked.
2 Meanwhile, spray a

pan with low-calorie cooking spray and place over a low heat. Add onion, garlic, chilli and 2tbsp water, cover and cook for 5 mins. Uncover and stir in rice, stock, thyme, cinnamon, beans, 300ml boiling water and ½tsp salt.
3 Bring to the boil over a high heat then stir, cover and reduce the heat to low. Cook for 15 mins, turn off heat and leave to steam for 5 mins.
4 Mix the salsa ingredients and remaining lime juice in a bowl. Uncover the rice and fluff up the grains with a fork. Serve with chicken and salsa.



Barbecue-style meatloaf

Enjoy the flavours of a good barbecue all year round with this meaty feast!

Serves 6

PREP: 1 hr 15 mins

250g lean beef mince (5 per cent fat or less)
500g lean pork mince (5 per cent fat or less)
400g can green lentils in water, drained and rinsed
1 onion, finely chopped
2tbsp barbecue seasoning
2tbsp Worcestershire sauce
½tsp dried thyme
½tsp garlic granules
2tsp onion granules
6tbsp tomato purée
2 medium eggs*, beaten
2 garlic cloves, crushed
500g passata



1tsp smoked paprika
Dash of Tabasco sauce
½tsp celery salt (optional)
3tbsp red wine vinegar
2 level tsp sweetener granules

1 Preheat the oven to 180°C/160°C fan/gas 4 and line a 23cm x 12cm loaf tin with non-stick baking paper. In a large bowl,

gently mix together the beef, pork, lentils, onion, barbecue seasoning, Worcestershire sauce, thyme, half of the garlic granules, half of the onion granules and half of the tomato purée. Stir in the eggs, taking care not to overmix them.

2 Spoon the meat mixture into the loaf tin, making

sure you push it right down into the corners, and lightly level the surface. Place the tin on the middle shelf of the oven and bake for 1 hr, or until cooked through. Meanwhile, make the sauce. Put all the remaining ingredients into a saucepan, part-cover and simmer over a medium-low heat for 20 mins, stirring now and then, until reduced and thickened nicely. Season, cover and keep hot.

3 Remove the meatloaf from the oven, cool slightly then turn out and spread a few tbsp of the tomato sauce over the top. Slice thickly and serve hot with the remaining tomato sauce and your choice of vegetables.

Egg and potato hash

Potatoes are a great way to fill up when you're cooking on a budget, and serving them with eggs and a spicy tomato sauce makes this Spanish-style dish a real treat.

Serves 4

READY: 1 hr

1kg floury potatoes, peeled and cut into small chunks
Low-calorie cooking spray
½tsp dried oregano
3 roasted red peppers in brine from a jar, cut into thin strips
8 large eggs*
Fresh chives, chopped

FOR THE SAUCE

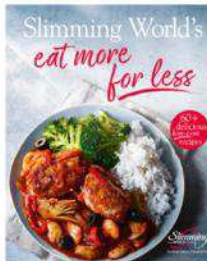
2 garlic cloves, crushed
500g passata

3tbsp tomato purée
1tsp smoked paprika
Dash of Tabasco sauce
½tsp celery salt
1tsp onion granules
1tsp garlic granules
3tbsp red or white wine vinegar
2 level tsp sweetener granules
Vegetables, to serve

1 Drop the potatoes into a large saucepan of boiling water over a high heat, bring back to the boil and simmer for 7 mins or

until almost tender. Drain well. Meanwhile, put all the tomato sauce ingredients in a saucepan and simmer over a medium-low heat for 20 mins or until reduced and thickened to a good sauce consistency, stirring now and then. Season, cover and keep hot over a low heat.
2 Spray a large, lidded non-stick frying pan with low-calorie cooking spray. Add the potatoes and crush them lightly with a potato masher so that they just about burst open. Season, spray with more low-calorie cooking spray and place over a

high heat. Fry for 10 mins or until crisp and golden brown, turning every 2-3 mins. Sprinkle the oregano over the potatoes, add the red pepper strips and fry for 3-4 mins or until heated through.
3 Make 8 shallow dips in the mixture and crack an egg into each of them. Cover and cook over a medium heat for 10-12 mins or until the whites are set and the yolks are cooked to your liking. Sprinkle with the chives and serve with the tomato sauce and lots of vegetables.



Recipes taken from Slimming World's new recipe book, **Eat More For Less**. To find your nearest Slimming World group, call 0344 897 8000 or visit slimmingworld.co.uk

Food in a flash

MAKE LIFE EASIER IN THE KITCHEN WITH THESE SPEEDY MEAL IDEAS AND SUPERMARKET BUYS

You'll just have to wing it!

Fancy serving up a dish to get everyone talking this summer? You're bound to love Asda's new Chicken Wing Roulette, £3. It contains a mystery mix of buffalo wings and super-hot naga chilli wings... so which will you bite into?



DOUGHNUT MISS THIS!

Let summer be gin...

Cool down with a boozy treat straight from the freezer. By Sainsbury's Gin & Tonic Ice Pops, £3 for four, are made with gin, tonic, lime and lemon juice – a refreshing treat after a long day in the garden.

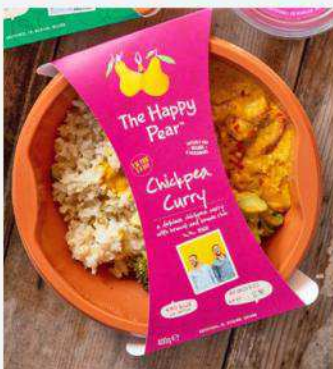


Pastry perfection

The latest cake mash-up to hit the high street is the chouxnut, a moreish éclair-doughnut hybrid. If you fancy giving it a try, pick up a pack of Rhubarb & Custard Chouxnuts, £2.50 for two, from M&S. The unique combination of British rhubarb crème pâtissière and fruity fondant glaze is really hard to beat!

CURRY IN A HURRY

While The Happy Pear Chickpea Curry, £4.50, is not particularly cheap, it is incredibly tasty. Nicely spicy, it's packed full of veggies and chickpeas, with a serving of brown rice and broccoli. Great if you want to boost your veggie count, as each portion contains two of your five-a-day.



Theo's meals in 20 mins

MasterChef finalist and dad-of-three Theo Michaels knows time's short in the kitchen. Every week, he shares a simple and delicious recipe...



£1.40 PER SERVING

Skewered strawberries and mascarpone

'Nothing says summer like strawberries – in this instance, sugar-glazed berries, skewered and served with a refreshing mascarpone and cream whip.'

PER SERVING
CALS 474 FAT 40g
SERVES 4

- 1 punnet strawberries**
- 6tbsp caster sugar**
- 100g double cream**
- 250g mascarpone cheese**
- 1tbsp orange liqueur**
- Zest of 1/2 orange**
- 1tbsp pistachio nuts, crushed**

12 wooden skewers

- 1** Heat a non-stick frying pan until it's almost smoking-hot.
- 2** Pour the sugar onto a flat surface, halve the strawberries lengthways, then dip each strawberry, flesh-side down, into the sugar and place in the hot frying pan. Let them sear for 3 mins before carefully sliding a palate

- knife underneath and removing to let cool. They will smoke a little as they cook, which is just the sugar starting to caramelize. Take the frying pan off the heat once all the strawberries are done.
- 3** Whisk the double cream until it just starts to form soft peaks, then put aside. In a separate bowl, mix the mascarpone cheese with the orange liqueur, then fold the mixture into the whipped cream.
 - 4** Place a spoonful of whipped cream on a plate, and top with a few lines of orange zest and a pinch of crushed pistachio nuts.
 - 5** Stick the strawberries on to the wooden skewers and garnish with a few strips of orange zest. Serve, preferably with a chilled glass of Prosecco...



£51.80

Cushion,
La Redoute



£31

£150

Faux
aloe
plant, La
Redoute



Firepit,
Wyevale



£57

Footstool,
B&Q



£18

Bamboo
lantern,
Matalan

£250



Egg chair,
Wilko

£25



Coriander Citronella
Candle, The White
Company

TOP TIP
You don't have to be green-fingered to enjoy a lush-looking outside space! Pick up some fabulous faux plants to dot around.



Get the
Look

TIME TO

Create a quiet spot in your garden

WORDS: LARA NUGENT



Double hanging chair, £675
 Cushion, £30
 Sheepskin throw, £80,
 all from
 Cox & Cox

best for HOMES

Solar lights,
 Garden Trading

£70



£40



Faux bamboo,
 Ikea

£25



Throw, Ikea

Giraffe cushion, B&Q



£10

LED table lamp, Ikea

£35



£40 - £70

Elephant planters,
 Next



RELAX...

to make the most of longer days

best GIVEAWAY

GO SHOPPING ON US!

WIN £50* TO SPEND

AT **b&m**

10
vouchers up
for grabs!

Do you want to spruce up your home, or fancy a little extra cash to get your weekly shop? B&M can give you a helping hand. You can find everything from cushions to coffee – and now, there's a huge gardening range. The good news is, *best* is giving 10 lucky readers the chance to each win a £50 voucher. All you need to do is enter, right!

HOW TO ENTER

POST: Send a postcard with your name, address, phone number and email address to B&M Voucher Giveaway, GVBSTN18406, Hearst Magazines UK, The Data Solutions Centre, Worksop S80 2RT. Closing date for postal entries is 13 July 2018.

PHONE: Call 0901 027 2715 by midnight on 10 July 2018.

Calls cost 30p per minute, plus your telephone company's network access charge, and will last no longer than two minutes. Calls from mobiles may cost significantly more. Phone line closes at midnight on 10 July 2018. If you call after this time, you will not be entered but you may be charged.

T&Cs: The winner will be selected at random from entries received by phone/post. Data protection: we will use the information you provide to process your competition entry. For our privacy notice, please see hearst.co.uk/privacy-notice. For full terms and conditions, see below.

***TERMS & CONDITIONS** Open to UK residents only aged 18+. Phone entries must be received by midnight on 10 July 2018. Postal entries must be received by 13 July 2018. Winners will be contacted using the details provided within 30 days. UK service provider: Spoke (0333 202 3390). Entries in the incorrect format will not be considered. Entrants will be deemed to have accepted these Terms and to have agreed to be bound by them. The terms and conditions apply to the following competition as seen on page 44: B&M Vouchers (10 winners). Competition is not open to any employees of Hearst, or anyone else connected with the creation and administration of the competition. Hearst's decision is final in every situation with no appeal. Hearst shall be permitted to exclude or disqualify any entrant at any time at its sole discretion, including, but not limited to: spammers, late, incomplete or multiple registrations, or registrations made by third parties or agents. Hearst accepts no responsibility for late/lost entries. Proof of sending is not proof of receipt. The name of the winner will be available by sending a stamped, addressed envelope to House of Hearst, 30 Pantan Street, London WC2H 7FG, indicating the name of the competition. No purchase is necessary. Once entered, entries cannot be returned/withdrawn. Prizes must be taken as stated and cannot be deferred, although Hearst reserves the right to change the prize. No cash alternative. By entering the competition, you agree to the terms of the Privacy Policy. Hearst may pass your personal information to promoters of the competition (where it is not Hearst) and their data processors. However, we always demand that any such parties adhere to the same security procedures. Hearst reserves the right to (i) cancel/withdraw this competition and/or (ii) amend these Terms, at any time without notice. Where Hearst runs a competition with a promoter such that the promoter is responsible for the selection and/or the provision of prizes, then Hearst shall not be responsible for, or have any liability for, the provision of such prizes. To the fullest extent permitted by applicable law, in no event will Hearst be liable, whether in contract, tort (including negligence), breach of statutory duty, or otherwise, for any loss, damage or injury arising under or in connection with this competition. These Terms are governed by English law, and entrants agree to submit to the exclusive jurisdiction of the English Courts in relation to all matters arising under, or in connection with, these Terms.

It may not be the most exciting topic, but it's important we're insured in our homes, on the road and when we travel. Here, the Financially Fabulous Money Team give us their top tips on saving money when it comes to insurance...



1 NEVER AUTO-RENEW
Loyalty doesn't pay when it comes to insurance. Always shop around when your policy ends, even if it's just a case of getting a better deal from your current provider. Put your details into comparison sites, such as gocompare.com and moneysupermarket.com to find the best deals. You can save extra cash by buying insurance through cashback sites like topcashback.co.uk and quidco.com, too – typically around £40-£50.

2 MONTHLY DOESN'T PAY
Unlike other bills where you get savings for paying by direct debit, paying monthly for insurance can cost around 30 per cent more. Paying the annual premium in one lump sum, if possible, is often cheaper.



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 save on insurance

3 BE ORGANISED
Research shows that insurance goes up and down in price depending on when you buy it, and you could save around £200 by switching before your policy runs out. With car insurance, the best rates are to be had if you switch three weeks before the renewal date. With home insurance, switch four weeks in advance. Put a date in your diary for next year so you can do the same!

4 SAVE ON TRAVEL
Never go with the travel insurance offered by your tour operator. There are better deals online. If you travel twice or more a year, it's cheapest to get an annual policy. It used to be difficult to get insurance if you had pre-existing medical conditions, but now a number of insurers will cover you, such as [Staysure](http://Staysure.com) and [AllClear](http://AllClear.com). Car hire companies are notorious for over-charging on insurance, so organise it before you go away. Try insurance4carhire.com or icarhireinsurance.com.



5

TWO'S COMPANY
Adding another experienced driver, such as an adult child or a partner, to your car insurance policy can often bring down premiums. How much you save will obviously depend on your situation, but it's always worth checking.



PICTURES: GETTY, ISTOCK, SHUTTERSTOCK



1

This week's must-see TV

1 **The Affair** TUESDAY, SKY ATLANTIC, 9PM NEW SERIES

Feeling like a World Cup widow this week? Then turn over and get stuck into steamy Golden Globe-winning series *The Affair* instead! Set in The Hamptons, Long Island – the summer playground for affluent New Yorkers – series four is riveting. Four seasons is a lot to devote to one couple's affair, but this thoughtful drama continues to find new wrinkles in the story of the infidelity that destroyed two relationships. With its starry cast – Dominic West, Ruth Wilson, Joshua Jackson and Maura Tierney (pictured above) – back for more, it's full of romance, sex, crumbling marriages and startling twists. Everyone has embarked on a new relationship, but can't seem to stop crashing back into each other. Are they prepared to leave the past behind for good?

2 **Glow Series 2** FROM FRIDAY, NETFLIX

The First Ladies of wrestling are back in town. If you weren't one of the many who binge-watched the first season of this 80s wrestling comedy, get in the ring! Bugged full of fun retro references, it's hard not to love. This time, the girls are battling to save their wrestling show.



2

Big Soap Story



EASTENDERS
Ian is still desperate to impress Mel by looking like a success, but he, Kathy and Masood are disappointed by their restaurant launch. Meanwhile, Kat and Mo lay into Ollie over Jean.

CORONATION STREET
Peter has found out the truth about baby Susie and

he is totally devastated, so forgiving Toyah seems unlikely at this point.

EMMERDALE
Daz is shocked by his arrest. Cain tells Debbie that Ross wants him to hand over the garage, or he will go to the police. And both Marlon and Jessie are nervous as their date gets underway.



3

3 Lookalikes

WEDNESDAY, CHANNEL 4, 10.30PM **NEW SERIES**

This hilarious fly-on-the-wall comedy follows the goings-on at Britain's biggest lookalikes agency. Representing everyone from 'Gordon Ramsay' to 'Samuel L. Jackson' and 'Katie Price', founders Andy (who's a David Beckham lookalike) and Tim (aka David Brent) must keep their rosters up-to-date and battle each other for fresh talent.

4 Inside The American Embassy

MONDAY, CHANNEL 4, 10PM **NEW SERIES**

Watch the first episode of this fascinating new series on catch-up. As the Americans move their London embassy from Grosvenor Square to Vauxhall, we go behind the scenes to see diplomacy in the age of Trump, under new ambassador Woody Johnson.



4



5

5 I, Tonya

SKY STORE, NOW

If you missed Margot Robbie's Oscar-nominated turn as controversial skating star Tonya Harding in the bleakly comic *I, Tonya*, catch her here. The skater went from villain to victim, blamed for the violent 1994 attack on rival Nancy Kerrigan. Allison Janney is fabulous as Tonya's hard-as-nails mother.



COMING UP

PADDINGTON IN CONCERT

To celebrate the famous little bear's 60th birthday, this event, at London's Theatre Royal on 14 October, shows the film accompanied by a thrilling live orchestra performing its charming soundtrack.



CATCH UP

ROYAL BOX

Hot on the heels of Royal Wedding fever, former *Loose Women* panellist Kate Thornton and assorted experts host this series, keeping us bang up to date with all the latest gossip and analysis on the royals. Airing every other Friday at noon on Yahoo News UK.

10 MINUTES WITH SINITTA ON...



...her upcoming biography
People think I'm a big-mouth, but they'll be surprised by how much I reveal in the book that's not been said before. Simon [Cowell]'s probably worried!

...her relationship with *The X Factor*'s Simon
We're like Tom and Jerry! But ultimately, we love each other. We're family. We can have a good spat and still be OK.

...whether she'll return to *The X Factor*
I've never left! I judge smaller competitions around the country and send the winners on to *The X Factor*. And I know Simon's address, so if I want to turn up to Judges' Houses, I will!

...what *The X Factor* needs
Other than me?! I'd love to see people in their natural environments. Like if we spot a kid in a talent show, then let's show that.

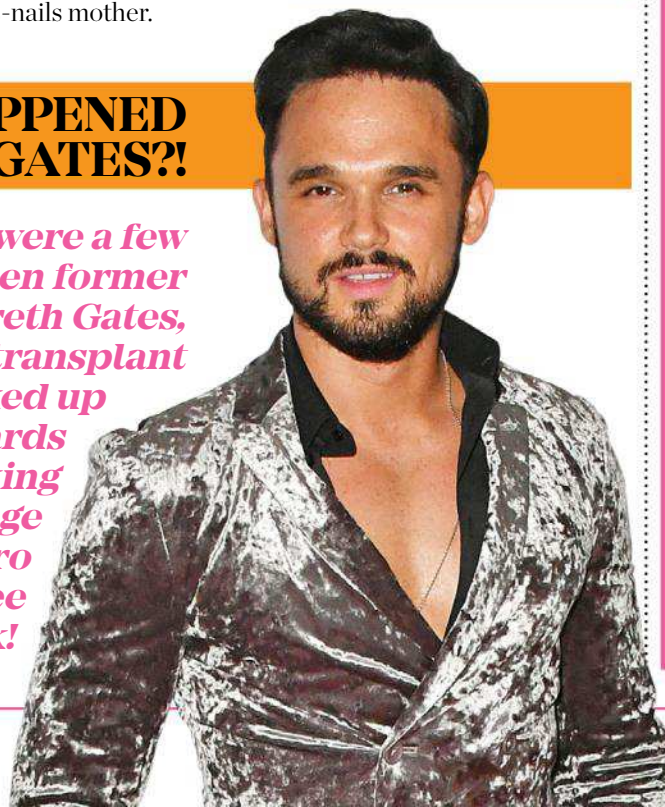
...what's in store for her in the future
I have a new single out - *Shine With Pride*: my first in 27 years!

...how she juggles work with motherhood
I just do it, like all mums do. It's hard being a single mum, but I love them to pieces, so it's worth it.

● *Shine With Pride* (Avenoir Records) is out now

WHAT'S HAPPENED TO GARETH GATES?!

We imagine there were a few double-takes when former Pop Idol star Gareth Gates, 33, who had a hair transplant last October, rocked up at a London awards ceremony recently looking suspiciously orange and sporting this retro moustache/goatee combo. Interesting look!



Watch ONE thing!



Lisa Scott-Lee

Claire Richards

Faye Tozer

Ian 'H' Watkins

‘With Steps, more
is always more!’

Currently bringing their high-energy pop to fans across the country (and inviting their kids onstage to join them), 90s hit-makers Steps have released a live concert DVD, *Steps: Party On The Dancefloor*, to coincide with their special 20th anniversary tour. It follows Steps’ fifth studio album, 2017’s *Tears On The Dancefloor*.

A riot of colour, catchy melodies and even livelier dance moves, Steps’ new live-footage film is everything you would hope it to be. We hear all about it from *best*’s columnist Claire Richards, and the other band members...

BEHIND THE SCENES WITH *best* ‘We’re like Marmite – you either “get” Steps or you don’t’

Party On The Dancefloor is a great DVD. What do you love about your live shows?

Lisa: I love that we’re so involved in creating them. This is what I’ve always wanted to do since I was a little girl. I imagine it’s the same for the others, too. The highlight, for me, was having our children on stage, singing with us – it was my suggestion. Between us, we’ve got seven children under 10!

And the secret to your success?

Claire: I think it’s the chemistry – we laugh a lot, proper belly

laughs. We’re taken aback by the response to our new tour. To get that, 20 years after we started, is something to be really proud of. We weren’t sure who our audience would be – whether it would be nostalgic, with the same fans that have been with us since day dot. It’s amazing. What we see are the old faces, plus their children!

You seem as energetic now as you were 20 years ago...

Lee: We always say we don’t want to dance as much, but we seem to dance more now than ever! No one



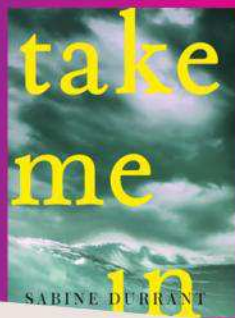
'We're taken aback by the response to the new tour. To get such a reaction, 20 years after we started, is something to be really proud of'



Lee Latchford-Evans

wants to see Steps on stage standing still. That's not what we're about – it's a party. People dance along and forget their troubles and worries. Do you think the public are divided on your music?
 H: Oh, yes. We're like Marmite, aren't we? You either 'get' Steps or you don't.
 You've had your ups and downs, friendship-wise...
 Faye: Yes, but I think, as a manufactured group of strangers, we've changed a lot, both in and outside of the group. We've grown up, and we're all in this because we really want to be.

● *Steps: Party On The Dancefloor* is out now. stepsofficial.co.uk



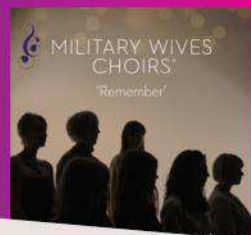
READ THIS

TAKE ME IN
 – SABINE DURRANT
 When a stranger saves her son's life, it's the start of a nightmare for Tess. Creepy, slick and rather brilliant, this psychological thriller will hook you in. £6.99, Hodder & Stoughton.



TRY THIS

LOVE ISLAND GIFT SET
 What better gift for the Love Island obsessive in your life than a themed mist and body lotion set? With coconut and piña colada extracts, you'll feel like you've been transported to sunny Majorca yourself! Superdrug, £5.



HEAR THIS

REMEMBER – THE MILITARY WIVES CHOIRS
 The Military Wives mark the centenary of the end of WWI with this moving commemorative album. A thousand voices soar on songs like *I Vow To Thee My Country* and *Abide With Me*. Out this Friday, Amazon, £9.99.

OUT AND ABOUT



THEATRE

KISS ME, KATE, LONDON COLISEUM

Cole Porter's classic 1948 Broadway hit returns in the form of this awesome production from Opera North. The story centres on fiery leading lady Lilli Vanessi (Stephanie Corley), reunited with her old flame Fred Graham (Quirijn de Lang) in a musical

reworking of *The Taming Of The Shrew*. Backstage tensions soon spill over into Shakespeare's onstage battle of the sexes in a show packed with dance, song and slapstick. In the words of one of the show's numbers, 'It's too darn hot!' ★★★★★



FILM

ADRIFT

As sweet as it is shocking, survival flick *Adrift*, based on a true story about a couple caught up in devastating Hurricane Raymond in 1983, makes you want to go on an adventure and, at the

same time, never leave dry land again. Shailene Woodley's brilliant portrayal of stranded Tami is hard to watch. Her fear is palpable, while Sam Claflin is perfect as her daredevil fiancé Richard. Unmissable. **In cinemas Friday** ★★★★★



MUSIC

LOVE SUPREME FESTIVAL, GLYNDE PLACE, SUSSEX 29 JUNE-1 JULY

Get your groove on at this three-day jazz, soul and blues festival in the heart of Sussex. Performers include Elvis Costello, Steve Winwood, Level 42 and George Clinton. As well as glamping (no muddy tents!), there's a food village and a kids' zone. lovesupremefestival.com

Tony Cowell



BEST'S CELEB INSIDER TALKS TO LEO SAYER

Leo Sayer is one of the most successful singers of his time, with hits including *You Make Me Feel Like Dancing*. He turned 70 last month, and is still making music. He's topped the charts and faced financial ruin over a colourful 45-year career, but says he wouldn't change a thing.

You have never stopped working since the 70s, have you?

It feels that way. I've just turned 70 and I think doing what I know best keeps me young. I always imagined this latter part of my life would be the best of times, and it is.

Do you ever think about retiring?

No. Not for one moment. I think once you take on that mindset, you just give up and

grow old. I am still learning how best to live my life and I'm not finished yet. I want to keep giving – I think there's a bit of destiny about it.

You have written songs for so many artists, including Cliff Richard. Do you still enjoy the writing process?

I love it. I have two new albums ready to go. I write and produce them all myself. I have so many loyal fans, particularly in the UK. I'm also writing my memoirs at the moment, which is keeping me busy and making me remember all the things that happened in my life. It's also about putting the record straight.

How supportive were your parents when you told them you wanted to be a singer?

At first, my dad wasn't really very happy about it. He wanted me to do something sensible with my life – and



Leo and Donatella live together in Australia



'I had my own little version of Beatlemania'

Leo Sayer reveals the highs and lows of his 'amazing' 45-year career

being a pop singer wasn't very sensible. My parents were religious, so my childhood was kind of restricted. The house was always full of nuns and priests. Dad wanted me to be a graphic artist, which is what I trained as initially.

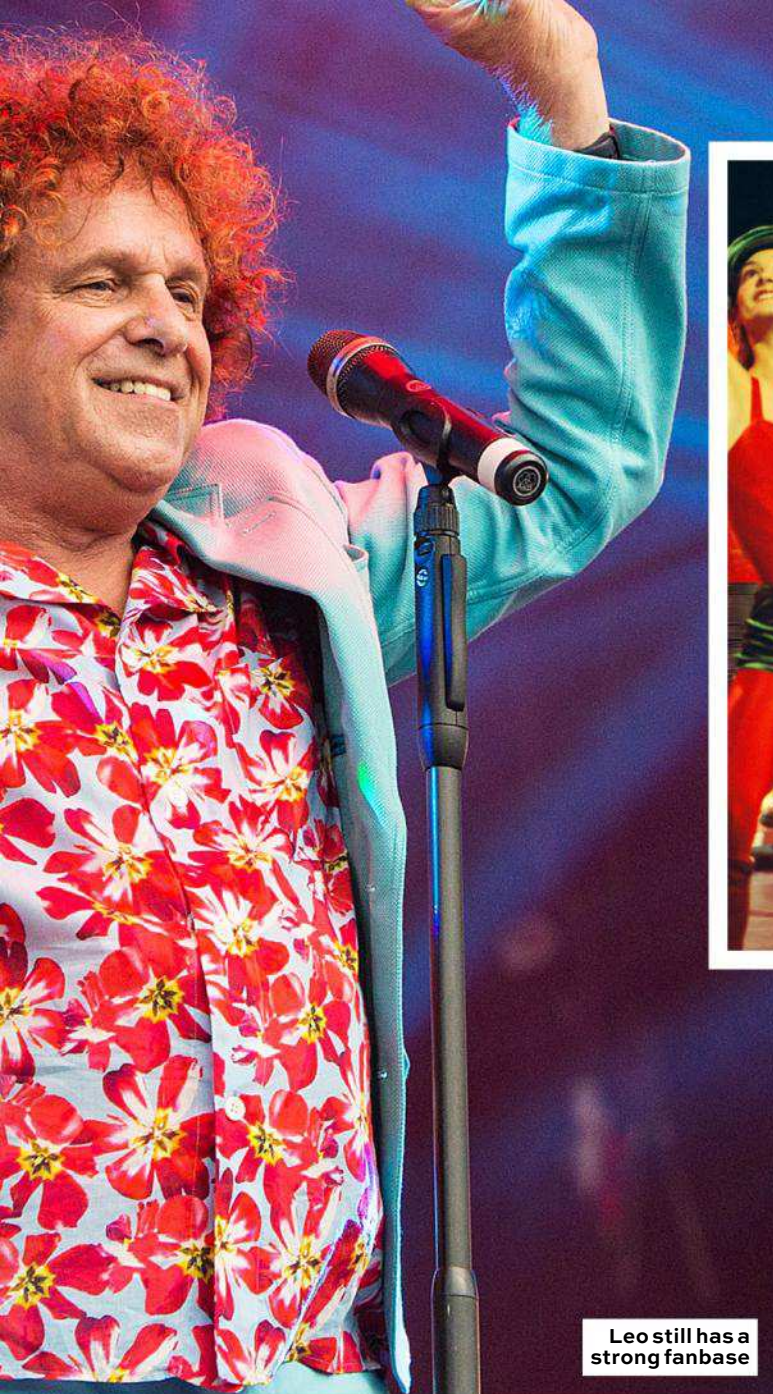
How old were you when you first realised you wanted to sing?

When I was six, one of the priests at church picked me out to sing in the choir, and he taught me how to sing properly. But I was a very ambitious child. I didn't go straight into singing because

my parents stopped me. In the end, I ran away from home and started a career designing record covers for artists like Bob Marley. But I knew I could sing, so I joined a band and then got my own record deal. I had my first hit in 1973.

You suffered from dyslexia as a child, didn't you?

I did, yes. I couldn't tie my shoe laces until I was 21. I still have a problem knowing my left from my right – but you know what? Having dyslexia helped me to develop creatively.



Leo still has a strong fanbase

How do you look back on the 70s?

It was an amazing period. I had a very pushy manager in Adam Faith. The first thing he did was sell one of my songs to Roger Daltrey of The Who. I always knew I had talent, but I needed to learn from people like Roger Daltrey and Paul McCartney. Rod Stewart became a friend, as did Elton John.

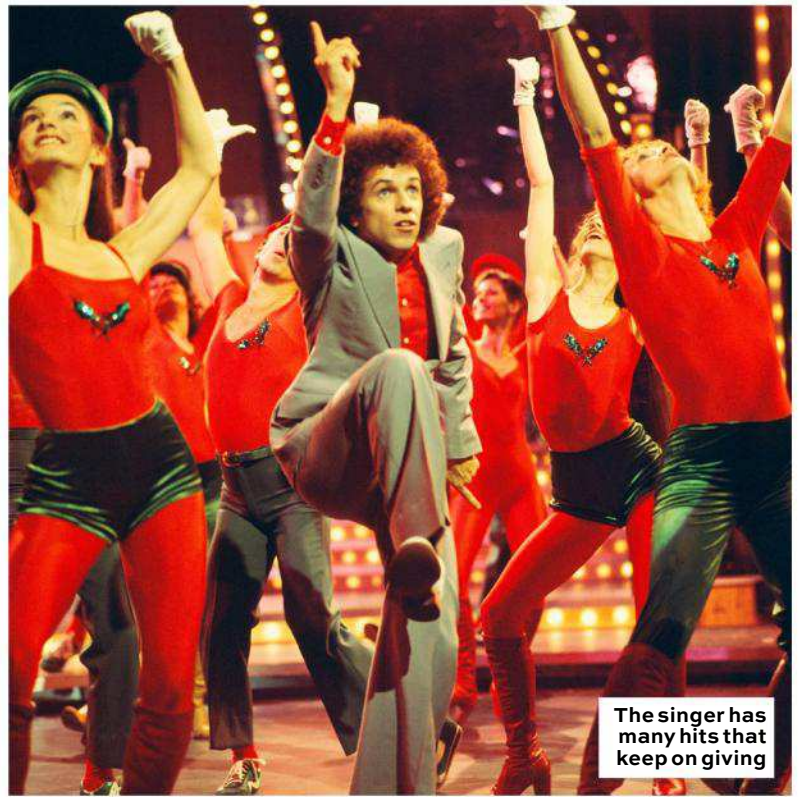
Later, you found success in the US – did that completely transform your life?

Yes. When my song *When*

I Need You went to No.1 in 1977, I was suddenly thrown into this huge arena – it was like my own little version of Beatlemania. But I think I was a bit naive back then. I didn't really understand what was going on. Then, the same year, *You Make Me Feel Like Dancing*, was No.1.

You're in the UK this summer to perform at Rewind – what can we expect?

Oh, I love this festival. I get to



The singer has many hits that keep on giving

meet up with my pals from that period and we get very competitive with each other! I think the time has come back for us, and people hark back to when music was simpler. Billy Ocean and Marc Almond, who are both

friends of mine, will be there, so I am really excited about it.

You have suffered money problems in the past. Did you ever get really down about it?

I did, yes. I lost my appetite for singing and performing. I felt let down and I didn't trust anyone any more, which is probably why I do everything myself now. But the truth is I don't regret anything. I'm still here.

Are you in a happy place now in your personal life?

I am, yes. I live in Australia now, which I love. I am very happy with my partner, Donatella [Piccinetti], who also acts as my manager – we do everything together. I am in a very happy place. I'm blessed!

● Leo Sayer performs at Rewind Festival on 3 August. For tickets, visit rewindfestival.com



'I never think about retiring'



Is your hubby a hero?

Or maybe it's your brother, dad, boyfriend or 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?



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

From the incredible police officers, firefighters 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.

But they aren't the only ones. We're looking for the ordinary men going to extraordinary lengths. 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.

THE BEST HEROES 2018

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

TO NOMINATE

If you know an unsung hero, write to *best* Heroes c/o Features Desk, *best*, 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:

Because:

The data you provide will be processed for the purposes of administering this competition. Our Privacy Notice is available at hearst.co.uk/privacy-notice

This year's unassuming England squad are a whole different ball game...

Why we're loving Harry's boys

WORDS: SHELLEY MARSDEN

Harry Kane and the boys of the England team kicked off their World Cup adventure in Russia as they mean to go on with a storming match against Tunisia.

And the action was watched by 21 million viewers at home – more than the 18 million that watched Prince Harry and Meghan get hitched, or this year's *BGT* final!

'Harry the hero' was how Gary Lineker described the 24-year-old England captain's incredible performance, after he scored two goals in their opening match in Volgograd.

And pregnant Christine Lampard's husband, player-turned-pundit Frank, was equally bowled over by Harry's performance, saying, 'Harry is a superstar, and that is why we talk about these superstars, because they turn up at the right moment and score goals.'

Asked recently how he defined success, Harry – who is engaged to his high school sweetheart Katie Goodland, with whom he has a little girl, Ivy, adorably answered, 'Being able to provide for my family – especially now, having a

daughter and another child on the way. Being there for them.'

But it's not just that amiable Harry and his team, led by thoughtful boss Gareth Southgate, are delivering – these 'quiet men' are doing it with minimal fuss.

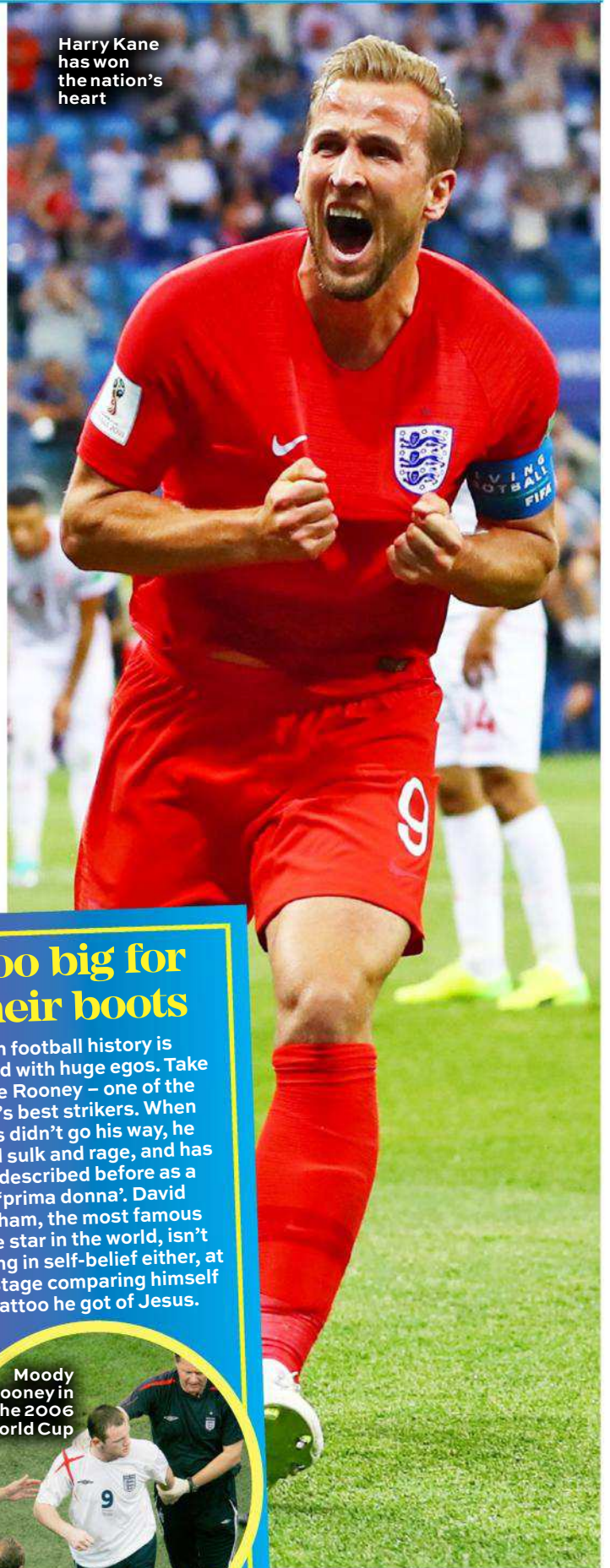
The team also have the least caps between them of any England team playing in the World Cup to date – in other words, they're relatively inexperienced, but they are proving their worth.

It's a far cry from the days of flashy players like David Beckham, John Terry and Wayne Rooney. Talented they were, but they spent as much time partying and parading their cars as scoring goals!

This time round it feels like we're watching a young team playing good football and crossing everything for how far they can go.

We're rooting for them all the way! Do your best, lads!

Harry Kane has won the nation's heart



Too big for their boots

British football history is littered with huge egos. Take Wayne Rooney – one of the world's best strikers. When things didn't go his way, he would sulk and rage, and has been described before as a right 'prima donna'. David Beckham, the most famous footie star in the world, isn't lacking in self-belief either, at one stage comparing himself to a tattoo he got of Jesus.

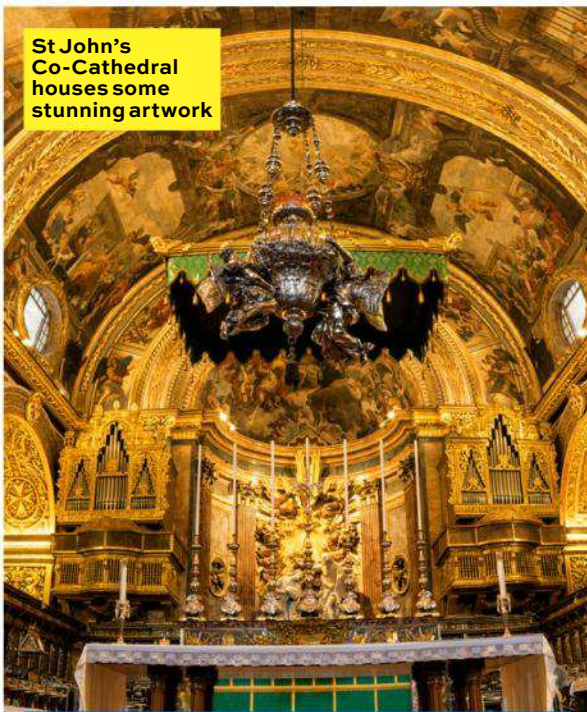
Moody Rooney in the 2006 World Cup



Meet me in Malta..

Explore the small sun-kissed island that, from tasty cuisine to artistic treasures and stunning views, punches well above its weight

BEST TRAVEL WRITER **SHELLEY MARSDEN**



St John's Co-Cathedral houses some stunning artwork



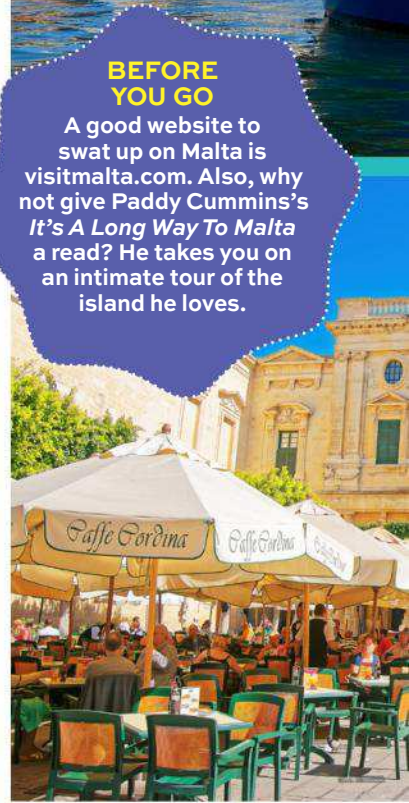
TRAVEL SNAPSHOT

With its sandstone buildings, colourful fishing boats, baroque architecture, picture-postcard villages and bustling harbours, it's little wonder that Malta is visited by over two million tourists a year. Though everything here is done at a leisurely pace, you can enjoy many of Malta's highlights in one weekend. The capital, Valletta, is unmissable, and it's European Capital of Culture 2018 – so at its best right now. A must-see is the dazzlingly baroque St John's Co-Cathedral, which houses work by Italian master Caravaggio, as is the impressive new City Gate created by Italian architect Renzo Piano. Visit the 'Silent City' of Mdina, or simply grab a table in a pretty square and people watch to your heart's content.



INSIDER'S GUIDE

For a whistle-stop tour of the Three Cities – the ancient fortified cities of Birgu, Senglea and Cospicua – jump in an electric car (rolling-geeks.com), complete with GPS and narration. Enjoy getting lost, and lapping up everything from the yachts at Grand Harbour Marina to the famous Malta Film Studios. If you fancy a harbour cruise, check out Luzzu Cruises (luzzucruises.com) – it's a more relaxed experience than other tours on offer. And, if you fancy soaking up some nightlife, the area of St Julian is where the party's at.



BEFORE YOU GO

A good website to swat up on Malta is visitmalta.com. Also, why not give Paddy Cummins's *It's A Long Way To Malta* a read? He takes you on an intimate tour of the island he loves.



Beautiful Valletta by night

PICTURES: GETTY

Make your way to Malta for sun, sea and sightseeing



GETTING THERE



We flew with easyJet from Luton, but several airlines fly to Malta from across the UK. As it's such a popular destination, prices remain competitive, too.

STAYING THERE



Malta has everything from basic to luxury accommodation. We stayed at the Holiday Inn Express Malta in St Julian, and the staff couldn't be friendlier. The rooms start at 90€, including breakfast. They feature modern decor, power shower, wi-fi, bedside USBs and smart TVs. See ihg.com/holidayinnexpress/hotels/us/en/st-julians/mlaex/hoteldetail

Experience sky-high dining



DON'T MISS

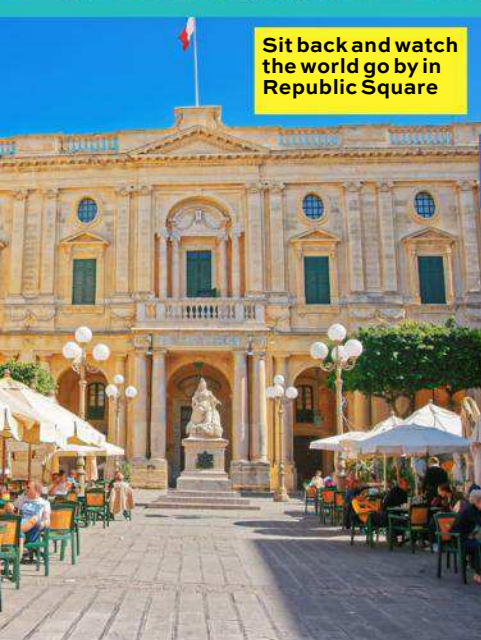
If it's unique experiences you're after (and you aren't scared of heights), you need to try Dinner In The Sky (dinnerintheskymalta.com) – a restaurant that straps in up to 22 diners and elevates them some 40m up into the sky. Offering panoramic views over the Maltese rooftops as the sun slowly sets, this is pretty special.



FOOD AND DRINK

As an island, it's no surprise that Malta does seafood very well. If you're feeling adventurous, roll your sleeves up and make your own lunch at the Mediterranean Culinary Academy (mcamalta.com), where you'll learn how to cook fab local dishes. After dinner, enjoy a delicious shot of limuncell – a Maltese version of the Italian limoncello. Cheers!

Sit back and watch the world go by in Republic Square



GAME OF THRONES

For *Game Of Thrones* fans wanting to relive some of the show's iconic scenes, Malta should be their destination of choice. Six different locations on the island have been used for HBO's smash-hit fantasy series – including Valletta's Fort Ricasoli, which doubled as the Red Keep. The Azure Window on Malta's sister island, Gozo, can be seen in the scene where Emilia Clarke's Daenerys married her Dothraki husband, Khal Drogo. Sadly, the Azure Window collapsed into the sea last year.



GIVE A DOG A BREAK

Pet-friendly accommodation is on the rise, with many now choosing to holiday with their four-legged friends. Here, veterinary training manager Kellie Ceccarelli shares her top tips to ensure you and your pooch have the best staycation possible...

STICK TO A ROUTINE

It's important to keep your dog as settled as possible by ensuring minimum disruption to his or her usual routine. Remember to keep feeding time the same, and try to stick to the same walking schedule.

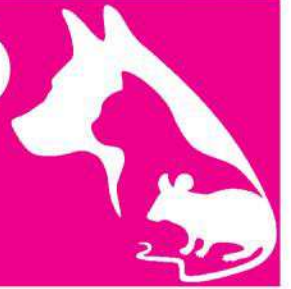
Although puppy-dog eyes might be hard to resist, feeding titbits can result in an upset stomach. Hydration is important, so pack a water bottle and fold-up bowl to take with you when you're out and about.

DON'T DITCH THE DIET

Just because you're indulging, it doesn't mean your pet should.



We ♥
pets



ALL YOU NEED TO KNOW ABOUT YOUR FURRY FRIENDS

PREPARATION IS KEY

If your pooch takes medication, make sure you have plenty with you. Make a note of the nearest vet and their contact details before you head off. It's also a good idea to check all microchip details are up to date, just in case you become separated.

Exploring the beach and taking a dip in the sea can be fun, but first make sure your dog is allowed, as many

beaches have restrictions during summer. It's also worth making sure you know your dog's limitations in the water. After taking a dip, give your dog a good rinse, as salt and minerals could cause damage to their coat.

NOT BOOKED YET?

Sykes Cottages offers plenty of dog-friendly accommodation. Visit sykescottages.co.uk/give-a-dog-a-break

WORDS: LARA NUGENT PICTURES: BIGSTOCK, GETTY

LOOKING FOR LOVE

Could you provide a home for this pooch?

Name: Nessy

Age: Five

Breed: Fox terrier/poodle cross

Nessy is an active and playful girl, who is super-intelligent and easily excited. She's looking for an experienced owner who has time to dedicate to her.



FOR MORE INFORMATION, CALL 020 8962 8000 OR VISIT THEMAYHEW.ORG/DOGS



Flamingo linen squeaky bone, £17.95, Annabel James



Crunch ball, £5.99, Fetch



Catch! ball, £2, Wilko

What's new... TOP TOYS

Make the most of fun in the sun!



best Puzzles



WIN
1 X £200,
2 X £100
OR 3 X £50
PRIZES

Both sets of clues lead to the same answer, revealing in the shaded squares a film starring Toni Collette (10).

STRAIGHT CLUES

ACROSS

- 1 Talking bird (6)
- 5 Tiniest (8)
- 9 Come to an end (8)
- 10 From Delhi or Mumbai, e.g. (6)
- 11 Steal from (3)
- 12 Having metallic pulling power (8)
- 14 Cab! (4)
- 15 Titan (5)
- 17 Smithy (5)
- 18 Become sleepy (4)
- 19 Chipolatas, Frankfurters, etc. (8)
- 23 Automobile (3)
- 25 Find the position of (6)
- 26 Concert goers, e.g. (8)
- 27 Fellow-feeling (8)
- 28 Other people's property (6)

DOWN

- 2 Nuclear particle (4)
- 3 Keeping a note of (9)
- 4 Manual digit (5)
- 5 Cook over boiling water (5)
- 6 Imitating (5)
- 7 Masonic group (5)
- 8 Envelopes, files, etc. (10)
- 13 Scientific work room (10)
- 16 Poke one's nose into (9)
- 20 Wet area of land (5)
- 21 Invited person (5)
- 22 Frightening (5)
- 23 Trainee military type (5)
- 24 Mark of a wound (4)

CRYPTIC CLUES

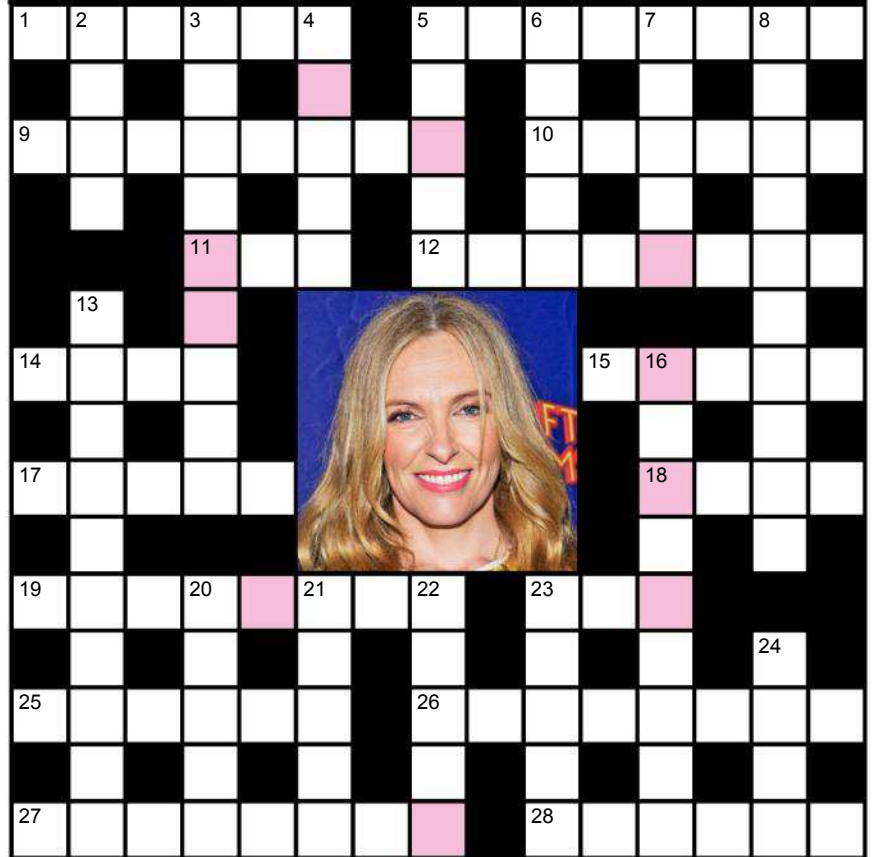
ACROSS

- 1 One may copy part or letters therein (6)
- 5 The most modest smells at random (8)
- 9 Decide to finish (8)
- 10 Some of you may find I analyse things from the sub-continent (6)
- 11 Steal from rich old boys, initially (3)
- 12 Able to draw me acting possibly (8)
- 14 Volunteer soldiers (eleven) in a vehicle (4)
- 15 Very large German, Italian, Austrian, Norwegian and Thai leaders (5)
- 17 Counterfeit stuff, or generate parts of it (5)
- 18 Become weary of a strange rite (4)
- 19 Meaty items could be taking us ages, as ordered (8)
- 23 Alternative transport hidden in an aircraft carrier (3)
- 25 Find whereabouts of site (6)
- 26 People listening in an interview (8)
- 27 Feeling kindly towards myth pays off (8)
- 28 Belonging to them but hers, it turned out! (6)

DOWN

- 2 A tiny piece for one cat? (4)
- 3 Commemorating a

TO ENTER CALL 0900 100 0921 (UK 65ppm)[†]
/ 1550 787026 (ROI 97cpm)[†] CODE: PUBSTN18424



video? (9)

- 4 Hitch with a body part (5)
- 5 Substitute team's finding a form of energy (5)
- 6 Copying a sound to attract attention (5)
- 7 Get stuck in the gatehouse (5)
- 8 Attorney is prepared to get items for his clerk (10)
- 13 A Conservative support for Labour in the USA in place of

physics? (10)

- 16 Re-enter if about to meddle (9)
- 20 Overload in the bog? (5)
- 21 Reportedly conjectured to be someone invited (5)
- 22 Seeing 23 Across in outskirts of Surrey is frightening (5)
- 23 The trainee officer acted badly (5)
- 24 Mark start of something on 23 Across (4)

ANSWERS

MEGA CROSSWORD
21/18 SAFE
ACROSS
1 Asleep 5 Conclude
9 Umbrella
10 Crawls 11 Pad
12 Heritage 14 Idea
15 Depth 17 First
18 Blue 19 Daughter
23 Was 25 Piling
26 Terribly
27 Uniforms
28 Dishes
DOWN
2 Sums 3 Europeans
4 Paled 5 Crash
6 Nicer 7 Least
8 Delightful
13 Admiration
16 Embassies
20 Grief 21 Tiger
22 Rates 23 World
24 Clue

Lines open 26 June 2018 till midnight on 9 July 2018 (closes 12 July 2018 for postal entries). Over 18s only. †UK Calls cost 65p per min plus your telephone company's network access charge; ROI 97c per min, and should last no longer than 2 mins. UK SP: Spoke (0333 202 3390). ROI SP: Spoke (0818 205403). To enter by post, use coupon, left.

PICTURE: GETTY

best PRIZE PUZZLES ENTRY COUPON ISSUE 26

Crossword ANSWER CODE: PUBSTN18424

Send to: Best Prize Puzzles (26/18), Hearst Magazines UK, The Data Solutions Centre, Worksop S80 2RT. Print in ink. One entry per household. Postal entries to reach us by closing date of 12 July 2018. Winners will be drawn at random from correct entries received by post and phone. Names and addresses of winners available on request. No correspondence can be entered into. The editor's decision is final.

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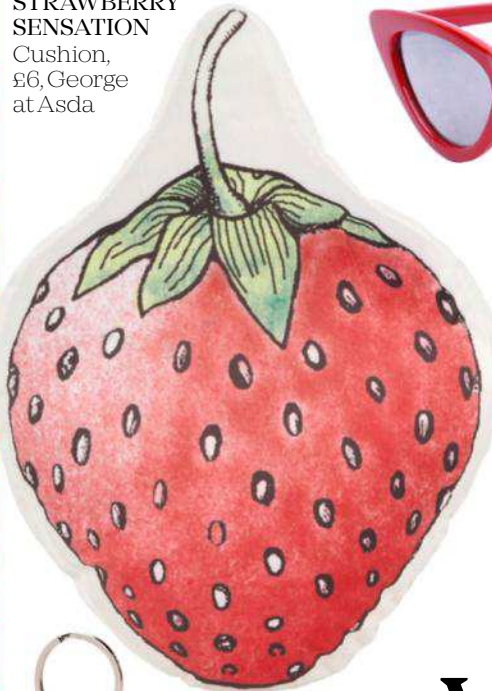
**optional information

WINNING CHEQUES WILL BE MADE PAYABLE AND POSTED TO THE NAME AND ADDRESS AS WRITTEN LEFT. PLEASE TAKE CARE WHEN COMPLETING THE COUPON!

*For full T&Cs see p3. We will use the information you supply to process your competition entry. For our privacy notice visit hearst.co.uk/privacy-notice.

SAVE the *best* for LAST

STRAWBERRY SENSATION
Cushion, £6, George at Asda



GLAMTOGO
Sunglasses, £8, Glamorous

FRESH AND FRAGRANT
Candle, £6, Next



SERVING UP SUMMER
Plate, £4, Cath Kidston



LATHER UP
nspa Sweet & Fresh Strawberry Shower & Bath Gel, £3, George at Asda



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Bring home a taste of summer with these berry nice buys

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Keyring, £7, White Stuff



CHEERS!
Cup, £5, Cath Kidston



RED HOT
Bag, £8, Primark

PUCKER UP
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BOOZY BONUS
Summer Cup Fizz, £6.50, M&S



I WANT CANDY
Piccadilly Sweet Parade Strawberry Daiquiri Gummies, £5, John Lewis

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