

ARE YOU **JEALOUS** OF YOUR HUSBAND?

WOMAN



CAUGHT ON CAMERA

Kirsty Gallacher does

COMMUNITY SERVICE!



EXCLUSIVE PICTURES

IS A **FACELIFT** BEHIND DAWN'S **NEW LOOK?**



REAL LIFE

OUR **HONEYMOON HEARTBREAK**

GROOM TOLD HE WAS DYING

HIGH STREET

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Inside this issue!



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The sad tale of Louise and Jamie Redknapp's faltering marriage has now hit a new low. Louise has revealed she was jealous of his TV career – while she was a stay-at-home mum – and that appearing in Strictly was her ticket out of the daily grind. But can a marriage ever be saved when one partner envies the other? We find out on page 16...



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* On the cover



WEEK IN STYLE

JEWEL TONE

These celebs show how rich, vibrant shades are perfect for nights out

Nicole Richie

Recently named as a brand ambassador for Urban Decay, Richie, 36, stuns in this tricky-to-pull-off colour skirt and top combo by Ulla Johnson. We love her statement earrings.

Rita Ora

The *Your Song* singer, 26, recently spoke out about her sexy selfies on Instagram, sharing her one rule: 'When in doubt, get it out'. Well Rita, we wish we could pull this gorgeous plunging dress off as well as you!



Joely Richardson

The actress, 52, showed off her fashion credentials while sitting front row at the SS18 Roksanda show. Along with her chic bob, the pillar-box red shoes and bag are the perfect accessories.





S

Jada Pinkett Smith

Not one to shy away from bold fashion choices, this gown-trouser combo by Prabal Gurung was a fairly safe option for Jada, 46. We think she looks radiant.

Gisele Bündchen

The Brazilian supermodel, 37, showed off her toned frame in a custom-made Stella McCartney gown created using, as you would expect, sustainably sourced fabric.



GET THE LOOK

JEWEL TONES

Earrings, £12.50, Topshop



Top, £45, sizes 4-16, Miss Selfridge



Boots, £55, River Island



Dress, £42, sizes 4-16, Miss Selfridge



Skirt, £25.99, sizes xs-xl, Zara



Ring, £34, Oliver Bonas



Bag, £29.50, M&S



Blazer, £40, sizes 14-32, Evans



Shoes, £40, Very



Trousers, £26, sizes 6-22, Dorothy Perkins

ABOUT TOWN

We bring you this week's latest gossip...



'Ruth gets by on 5 HOURS' sleep a night!'

Ruth Langsford juggles *Loose Women*, *This Morning*, *How the Other Half Lives* and *Strictly...* and she does it all on five hours' sleep a night!

Ruth's exhausting routine was revealed to *Woman About Town* by her husband Eamonn Holmes, who said, 'I come in at night and just collapse on the sofa. She comes in and says, "don't delay me!". She goes upstairs, takes her eyelashes and make-up off, does a stretch thing, comes downstairs, makes her breakfast and lunch for the next day, sits down with the biggest gin and tonic, puts on *Coronation Street*, then she goes to bed. She sleeps like a log, then her alarm goes off at quarter to five and she's up doing it all again.'

It's making us yawn just thinking about it! *Eamonn* was being sculpted by Frances Segelman to support the Geshur School for children with special educational needs. Visit geshurschool.com for more information.



Eamonn salutes Ruth's energy



Jamie without his wedding ring

Was this the moment Louise went too far?

Louise Redknapp finally addressed rumours she and husband Jamie are going through a rocky patch - confirming she *is* living apart from him. The 42-year-old confessed to jealousy of Jamie, 44, and that their 20-year marriage left her feeling lost. We're told that, understandably, Jamie was burned by the comments and, hours after Louise's frank chat was published, he stepped out without his wedding band. 'Jamie was frustrated with Louise's openness,' a source tells *Woman About Town*. 'They've been working really hard to make things work, but this was a huge setback.'



Gossip to go * A *Supermarket Sweep* reboot has been confirmed, and we can't wait for it!



HARRY'S CHARM OFFENSIVE

He's already swept Meghan Markle off her feet, and now Prince Harry is working his magic on her family. Woman About Town understands Harry, 33, has been pulling out all the stops with the star's mother, Doria Radlan, and is planning to formerly ask her father, Thomas, for Meghan's hand in marriage. A royal insider tells us, 'Harry is on a major wooing job when it comes to Doria, and it should come as no surprise that he's managed to win her over. She was sceptical of her daughter entering such a high profile relationship, but Harry's really reassured her.'



Mark confuses fans with his new accent

Former *The Only Way is Essex* star Mark Wright is making a huge splash across the pond right now, after landing a presenting gig with Extra TV. But during his latest interview, with Hollywood actor Liam Neeson, fans noticed something strange about 30-year-old Mark... 'Why are you putting on an American accent?' asked one, while another said, 'That new accent he's putting on makes me cringe so much!' Oh dear.



Victoria's fashion brand's fortunes weren't as impressive as David's

DAVID'S ON THE RICH LIST

DAVID'S HUGE PAYDAY

Despite retiring from professional football in 2013, David Beckham has kept busy with product endorsements, modelling and he's even launched his own brand of whiskey. Now all of his hard work is paying off, as it's been reported the 42-year-old earns a staggering £1m every month - that's a cool £35,000 a day. While David's on the up, earlier this year it was claimed his wife Victoria's fashion company filed a loss of £4.6m.

* Coldplay's Chris Martin has been spotted out on a date with actress Dakota Johnson



WORDS: JACK WHITE & SARAH ROBERTSON. PHOTOS: REX, SPORTSPHOTO LTD, GETTY, INSTAGRAM@WRIGHTY_, TWITTER@RUTHIEEL



**EXCLUSIVE
PHOTOS**

Kirsty Gallacher – 2017
Following her drink-driving conviction in August, former *Strictly* star Kirsty, 41, cleaned up her act in more ways than one as she tidied up her local charity shop.



Celebs

Kirsty Gallacher's following in the community-service footsteps of these famous faces...

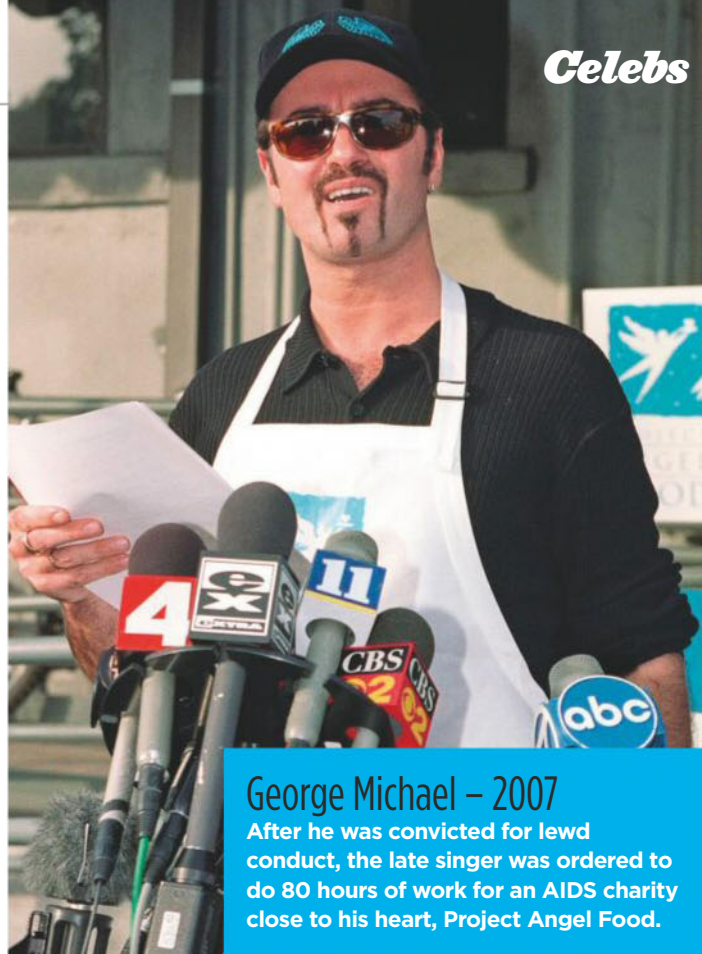
Naomi Campbell – 2007
Only supermodel Naomi, 47, could turn her community service into a catwalk! The star went all out as she came to the end of her stint at New York City's sanitation department, after she was convicted of throwing a phone at her assistant.



Wayne Rooney – 2017
The footballer was forced to take time out of team training to exercise his green fingers at a local garden centre after being caught drink-driving in September.

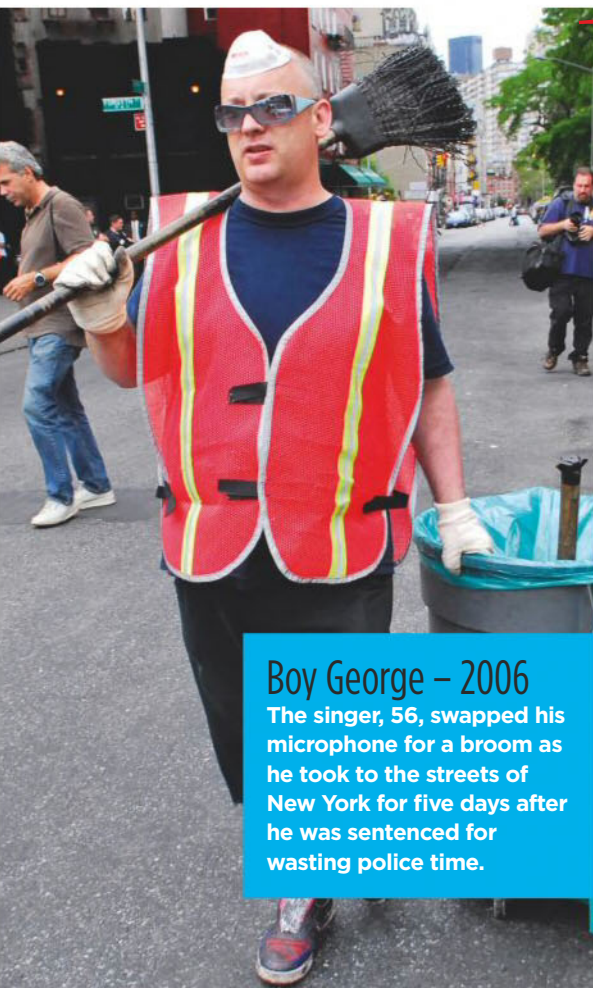


Paris Hilton – 2010
 Socialite Paris, 36, may have opted for a practical trouser and T-shirt combo – but she couldn't face leaving her 4in stilettos at home! Instead, she wore them as she painted over graffiti in Hollywood following her arrest for drugs possession.

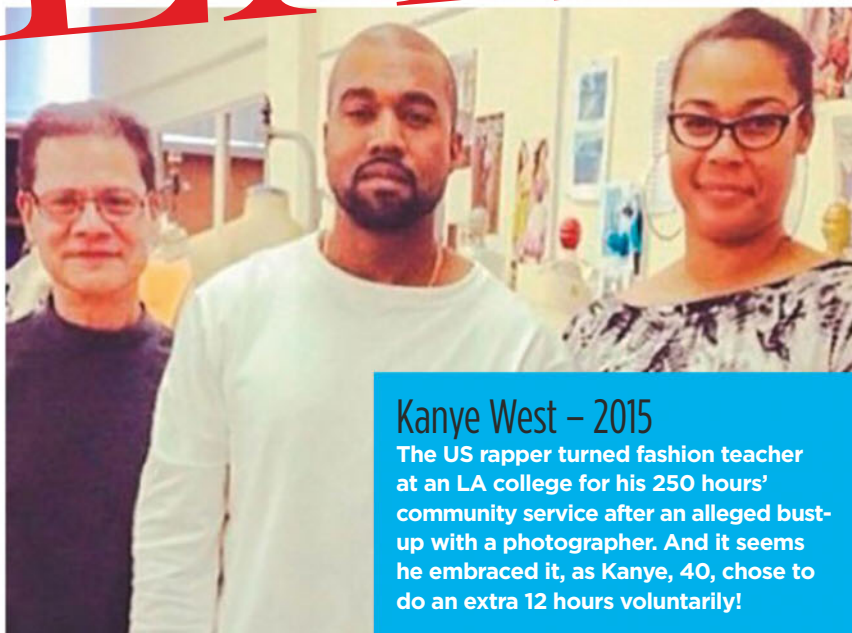


George Michael – 2007
 After he was convicted for lewd conduct, the late singer was ordered to do 80 hours of work for an AIDS charity close to his heart, Project Angel Food.

aren't above the **LAW!**



Boy George – 2006
 The singer, 56, swapped his microphone for a broom as he took to the streets of New York for five days after he was sentenced for wasting police time.



Kanye West – 2015
 The US rapper turned fashion teacher at an LA college for his 250 hours' community service after an alleged bust-up with a photographer. And it seems he embraced it, as Kanye, 40, chose to do an extra 12 hours voluntarily!

WORDS: RIANNE ISON. PHOTOS: GETTY, THE MEGA AGENCY, MIRRORPIX, REX

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Strictly between us

HELLO DAHLINGS

It's fair to say the competition is really starting to heat up now! But I have to say, the rumours that Darcey and Shirley don't get on are a whole pile of rubbish. They were even dancing together backstage. We all work well as a team and I'm sorry to disappoint you but there really isn't any in-house fighting!



Craig squashes the rumours about Darcey and Shirley



No-one is safe

Even the favourites can end up in the dance-off

Viewers should remember that their favourites need votes. Really good people are being put in the bottom two by the public. A great example of this was when Davood ended up there! The dancers need to round up the troops.



Too early for 10s

Alexandra is incredible, but I personally feel it's too early in the competition to be getting 10s. There are still some critiques, too - she's a little turned in and her foot placement is too far apart on occasions. I still think she's a dead cert for the final.

Craig thinks Alexandra still has work to do



Supportive Eamonn

Eamonn is good fun backstage and it's nice he's always there to support Ruth. After her latest performance, I said to him, 'That's a bit more like it, you can walk with your head held high!' He shook my hand and said, 'Thank you.'



Snappy Bruno

Bruno is starting to get tetchy with the flying back and forth to America, where he's a judge on *Dancing with the Stars*. He wasn't on the show last week because he stayed in America, but it was always the plan. I couldn't do all that travelling.



Super Susan

She is getting better and better! I definitely think Susan will be in the semi-finals. The audience love her and she's a big bag of fun. She can dance, has a great sense of rhythm and timing and is just a joy to watch.

PHOTOGRAPHER: ELLIS O'BRIEN, STYLIST: VICKI HILLMANN, HAIR & MAKE-UP: LOUISE HEYWOOD, ADDITIONAL PHOTOS: BBC, REX FEATURES

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Has Dawn had a facelift?

After showing off her incredibly youthful appearance, Dawn French sent the rumour mill into overdrive

You only have to hear the words, 'It's not Terry's, it's mine' to recall Dawn French as the bubbly beauty who was the face of a certain seasonal chocolate-orange confection.

But recently, some 10 years after the comedian last promoted the sweet treat, Dawn returned to the spotlight on *Loose Women* and *The One Show*, leaving viewers in awe of her youthful new look.

Not only is the age-defying 60-year-old a far cry from her former self, after losing an impressive 7.7st, but she's maintained her bubbly personality as well.

So what's her secret? '[There's] no magic wand, just tiny, joyless low-cal eating and lots more walking for weeks and weeks,' revealed Dawn.

It's undeniable that Dawn is looking sensational, but her appearance sparked a flurry of speculation over how she did it – with many suggesting plastic surgery.

One fan wrote on social media, 'I'd put money on a thread facelift. You're looking amazing though, Dawn.' Another said, 'Surgery? It's easy to do when you have loads of money.' While a third mused, 'Dawn looks unbelievable. Some crazy dieting or a facelift?'

But, of course, Dawn hasn't succumbed to the surgeon's knife. In fact, our source explains, 'Dawn is completely natural and has just changed a few things in her life.' They even tell us chocolate is banned

from Dawn's house, she barely drinks alcohol and walks a staggering 20,000 steps a day, which equates to nine miles.

'Having a dog has been a lifesaver for Dawn,' says our insider. 'It gives her motivation to get out. A lot of people have a 10,000-steps-a-day target but hers is 20,000, so living by the seaside is perfect, as her favourite coastal walks involve a lot

'CHOCOLATE IS BANNED FROM HER HOUSE'

of short, hilly climbs. Her new regime involves low-impact and low-intensity exercise.'

While discussing her birthday celebrations, Dawn told viewers, 'I'm not a big one for parties, they're not my favourite thing.' Instead, we're told her new obsessions are buying eye creams, and using hair straighteners and Kérastase luxury shampoo, plus a



Dawn puts her fresh-faced new look down to her healthy lifestyle



Stunning: The comedian celebrates turning 60

'simple' beauty regime that doesn't break the bank.

'She washes her face with a flannel and uses Nivea Creme,' says our

insider. 'She also likes to go for artisan products, which use local ingredients like Cornwall lavender, but it's the cheap and cheerful approach.'

Dawn kickstarted her dietary overhaul in preparation for a hysterectomy back in 2014 after she was told by doctors that a healthy weight would aid her recovery. And now Dawn is reaping the rewards, as her skin appears to have remained firm and youthful.

The insider adds, 'Dawn credits her smooth complexion to the fact she's not been skinny all her life, so there has been plenty of collagen in her skin. She tells people that even now, having lost a lot of weight, she has plenty of padding to even out the bumps and imperfections.'



Before her dramatic weight loss of over 7st...



...and this month on the set of *Delicious*, in which she plays chef Gina

WORDS: SELINA MAYCOCK; PHOTOS: REX, GREG SIRIC/FLYNET, SPLASH NEWS, BACKGRID

Don't tell me I

We're delighted to be working with JD Williams on a new partnership that could change the lives of Woman readers

IN ASSOCIATION WITH

JDWILLIAMS

There's never been a better time to be 40-plus. It's the age to defy rules and break down barriers and, with this decade looking more promising than any before it, we've partnered up with JD Williams for a fantastic new campaign.

'Don't tell me I can't' is all about embracing our passions and refusing to let anything hold us back from pursuing them. Maybe you've always wanted to run a marathon, or travel the world – we're here to inspire you

to do that, and to remind you that life is as colourful as you make it.

Over the next few months we'll be bringing you stories of women who have been grabbing life with both hands, setting off on new – and sometimes wild! – adventures. These women know that with age comes a confidence to do what you want – you can kick-start a new career, re-invent your look, heck, even skydive! Anything is possible.

So, if you've got a story to tell us, we can't wait to hear it! Looks like life just got very interesting...



Jo with her husband, Gav

DON'T TELL ME I CAN'T... LEARN TO BALLROOM DANCE!

Jo Willacy, 45, is a writer. She lives in Hertford with her husband Gav, 46.

As I swing my hips and side-step to the music, I feel like a contestant on *Strictly Come Dancing*. But I'm not a professional dancer or celebrity, and there are no cameras recording me. I'm actually in a dusty school hall dancing with my husband, Gav – and I don't need a spotlight to feel utterly fabulous while doing the cha-cha-cha...

Born with cystic fibrosis (CF) – a life-limiting genetic condition in which the lungs and digestive system become clogged – doctors told my parents staying active could help keep my lungs healthy. So as a child I did ballet and gymnastics, before enjoying cycling and aerobics classes in my teens. Despite needing physio twice a day, taking medication daily and being prone to chest infections, I still led as normal a life as possible.

After school, I forged a career as a writer. Then in 1997, aged 25, I met Gav. My condition meant we decided not to have children and, in my 30s, CF

did begin to affect my health more. Walking up stairs left me breathless and while cycling I'd need to take breaks, but I continued to exercise.

In spring 2004, when *Strictly* first aired on BBC1, I was enchanted by the routines and the glittery costumes.

In January 2010, I spotted a flyer for Apton Dance Studio, which was holding beginner ballroom and Latin classes at our local school hall. I called the teacher, Maxine, and explained my condition meant I'd need to take breaks but she said it wasn't a problem. With my 40th approaching, I was determined to master the moves before my milestone, and Gav agreed he'd go with me, too.

A week later, as I stood among the class of 16 people, I was nervous. But it

was such fun that when the 45-minute class ended, I couldn't wait to go back.

Gav was surprised by how much he'd enjoyed it, too, and so we returned to learn everything from the rumba to jive. In October 2011, we performed a cha-cha-cha at Gavin's 40th birthday party. Our guests were so surprised and impressed!

I'm now 45. I still love hitting the dance floor, and I don't plan to stop!

'I WAS ENCHANTED'

can't

JO'S TOP PICKS

I can picture myself twirling around in this Rose Print Lace Prom Dress, £69!

The block heel on these Heavenly Soles Bow Shoes, £30, means I can dance all night.



Adorned in all-over sequins, I really could be on *Strictly* wearing this Claret Sequin Vest Shift Dress, £59.

These Heavenly Soles Knotted Shoes, £32, add a bit of sparkle in time for Christmas!



Joanna Hope
Bead Trim
Maxi Dress,
£150

#MYCOLOURFULLIFE

Woman wants to hear from you! We're searching for readers who want to take on a new adventure. Early next year we'll be holding an exclusive event where four women with the most inspiring stories will be able to get one-to-one life advice from top experts to be able to fulfil their passions. To apply, send 150 words detailing who you are and what life challenge you're hoping to take on to: mycolourlife@timeinc.com. There's more! We'll also be holding a mentoring event for all readers to encourage as many as possible to Live a Colourful Life.

Don't tell me I can't...

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At *Woman*, we've long been fans of JD Williams – they're at the forefront of fashion, flying the flag for the stylish 40-plus woman. But it's not just that. We also love their philosophy of celebrating those life-changing moments that help define us.

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the season, edits by guest style bloggers for every occasion, a Life.style hub with smart fit guides and on-trend looks, plus a brilliant beauty range Look Fabulous Forever, specially designed to give a fresh look that flatters any age.

You'll also find inspiration to update your home with a trends section that gives the lowdown on the latest looks, whether it's small finishing touches or a complete style overhaul – just pick your favourite colour palette and find all you need at your fingertips! 🍷

The *Strictly* curse has long been cited as the reason for many a celeb split – but for Louise Redknapp and her

husband, Jamie, it wasn't a toned Latin dancer that saw the couple of 19 years move into separate homes – it seems there was something more surprising to blame.

Louise – a former 90s pop princess – had taken a break from show business to raise her sons. But when a chance came to be in the spotlight again, she realised she'd had enough of standing in her husband's

shadow. 'Watching Jamie become this entertainment star was pretty hard,' she said in a recent interview. 'I was proud of him, but there was a part of me thinking, "That's my world." I became a Stepford Wife. It was only when I agreed to do *Strictly* that I realised I couldn't go back to that.'

Some might say she's driven by jealousy – perhaps watching Jamie's rise to fame reminded Louise of what she once had. But others will praise the mum-of-two for making such a bold move – even at the cost of her marriage.

So, are you jealous of your man? And is it ever OK? We speak to two women...

'We're always competing'

Jo Yates, 32, lives in Surrey with her partner, Tom.

With one last swipe of my racket, it's game, set and match. As I wipe the sweat from my brow, I feel elated – I've won against my fiercest rival. You might think I'm competing in an international tournament, but this is no Wimbledon. The truth is, I'm at my local leisure centre, and my competitor? That's my partner, Tom.

When Tom and I met in January 2014, as well as our shared love of live music, it was his ambition that I loved the most. Five years younger than me, at 23, he'd already got a high-flying job in PR and had plans to launch his own firm.

At the time, I was working for a health charity, but my real passion was taking photos. I'd always wanted to do wedding photography and, while I'd had a few bookings, I was far from professional.

I was in awe of Tom's success and, as he got promoted every few months,

I'd beam as we toasted with bubbly. But soon, his constant pay rises became frustrating and congratulations were said through gritted teeth. I was still working my nine to five, while also trying to get my photography business up and running. I couldn't help but feel jealous. Younger than me, Tom was more wealthy, more successful. It felt so unfair.

At first, I didn't say anything – I felt guilty. Shouldn't I be proud of my partner's achievements? But Tom could tell something was wrong and, reluctantly, I told him the truth.

I worried he'd be hurt, even annoyed, but always so supportive, Tom made me realise that I could harness my jealousy into something positive. Rather than resent him,

I could try and better him!

So I became determined to be a full-time wedding photographer. It was hard, but after setting up a website and social-media pages, my diary was soon fully booked. Two years on, I've quit my job at the charity and I do photography full-time.

I still feel envious towards Tom, but it only encourages me to update my website and book back-to-back weddings, even if I feel like having a break. And now, it's not just in our professional lives where we find ourselves competing. At the gym, I won't leave until I've run further than him and, if we play Scrabble, I'll give up if I think I'm losing!

We managed to turn jealousy into a positive – it's a shame Jamie and Louise haven't done the same.

* joannanicolephotography.com

**'JEALOUSY
SPURRED
ME ON'**



Tom and Jo have turned jealousy into a positive



Is *jealousy*
ruining
marriage

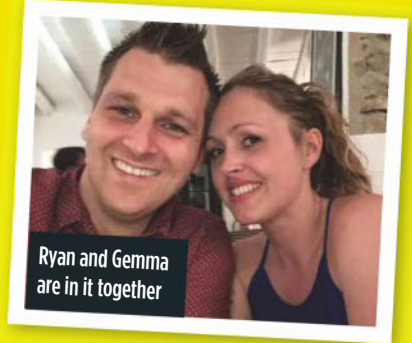


'His successes are mine too'

Gemma Thomas, 35, lives in Hemel Hempstead with her husband, Ryan. As the cries of my toddler fill the room, I can just about hear the phone. Wiping squashed banana from my top, I answer to hear my husband, Ryan, say, 'I'm off on a business trip to Brazil!' At home with two kids under four, you might think I'd be jealous of him – but I'll be waiting to pop the bubbly when he returns...

Back in 2014, I was pregnant and had been promoted to an editor position at a magazine. But three months later, I was made redundant and we decided we'd manage on Ryan's salary from his marketing job until the end of my maternity leave.

Our little girl, Amelie, was born in October 2014 and I realised I couldn't go back to work. I wanted to be the one to raise her, not a stranger. But would I doubt my



Ryan and Gemma are in it together

decision? Would watching Ryan go out to work every day start to sting? In fact, I count his successes as my successes. Even when our son Luca was born in 2016, and I had more nappies to change, I loved watching my husband do well.

How can couples be envious of each other? If you're struggling with jealousy, maybe you're not meant to be.

Jealousy Threatening your marriage?

As Louise Redknapp fights for her place in the spotlight, we investigate if going green with envy could end your relationship...



GREEN WITH ENVY

As 007, Daniel Craig should be secure in his stardom. But insiders have revealed he's reportedly fed up of being type-cast in action roles, and envies wife Rachel Weisz's Oscar-winning success.

It's no secret that William and Kate are the most competitive members of the royal family. When they took part in a boat race, Kate told her crew, 'No pressure, but I do want to beat my husband.'

REMEMBER, YOU'RE A TEAM

Woman's agony aunt Suzie Hayman shares her tips on coping with jealousy in a relationship...

- * Don't feel guilty. Jealousy is an entirely natural emotion, so don't feel bad about experiencing it – but don't act on it by being unpleasant. It's harmful to you and those around you.
- * Remember, it's likely that it was your partner's drive and ambition that attracted you to him in the first place. Try to remind yourself of those feelings.
- * Use jealousy as an incentive to better yourself, and see your partner as someone to aspire to. ☺

WORDS: KRISTINA BEANLAND. PHOTOS: REX

STYLE TIP

Deep V shoes paired with ankle grazing pleats elongate your legs. Wear this one-shouldered wonder over a crisp white shirt to keep your style hot as the weather turns.

Jumper, £13, sizes 6-20, Primark
Shirt, £79, sizes 6-18, Hobbs
Skirt, £45, sizes 6-22, Next
Shoes, £27, Dorothy Perkins

The Skirt update

Autumn outfits don't need to be dull – these skirts will elevate your wardrobe

GROUP FASHION DIRECTOR: CAROLINE BAXTER
PHOTOGRAPHER: JOSEPH MONTEZINOS



STYLE TIP

Fire up traditional checks by wedging them between flashes of red. An asymmetric skirt is the flattering feature everyone absolutely needs this season!

Jumper, £25, sizes 6-18, Oasis
Skirt, £22.99, sizes 6-18, New Look
Shoes, £59, Autograph at M&S



STYLE TIP

Cast your eyes over the investment piece of the season. A belted, wrap skirt will instantly slim whilst midnight hues are guaranteed to look cool. Style win!

Blazer, £35, sizes 6-22, Next
Jumper, £17.50, sizes 8-24,
M&S Collection

Skirt, £229, sizes 6-16, Karen Millen
Boots, £110, Dune

STYLE TIP

If there's one way to inject a bit of edge into your polished, front pleat skirt, it's with a frayed, chunky knit. Don't tuck in for an effortlessly chic just-thrown-on layered look.

Jumper, £20, sizes 6-20, Primark
Skirt, £39, sizes 8-18, J by Jasper
Conran at Debenhams

SCARLET FEVER

Stand out from the crowd in autumn's boldest trend – head-to-toe red!



Dress, £49, sizes 6-18, Warehouse



Earrings, £6.99, H&M



Skirt, £75, sizes 8-18, Studio by Preen at Debenhams



Jacket, £89.99, sizes xs-xl, Mango



Belt, £9.99, Lindex



Shoes, £49.99, H&M



Top, £40, sizes 8-24, V by Very



Coat, £165, and trousers, £35, both sizes 8-20, J by Jasper Conran at Debenhams



Coat, £100, sizes 6-18, Oasis



Top, £30, sizes 6-18, River Island



Boots, £88, Office



Dress, £75, sizes 10-26, JD Williams



Bag, £19.99, Stradivarius



Lurex Fairisle Jumper, £18, sizes S-XL



Cord A-Line Skirt, £12, sizes 8-16



JOSEPH

MULBERRY

ALBERTA FERRETTI



Frill Cross-Body Bag, £14

THE TREND EDIT

Autumn knitwear is firmly on our style radar, thanks to Matalan



Fluffy Bardot Jumper, £18, sizes S-L



Studded Block Heel Boots, £26, sizes 3-8

Fashion Ed's fave



Lurex Stripe Tunic, £16, sizes S-XL

Watch #theshow

Towie's Lydia Bright, singer Martine McCutcheon, and fashion expert Victoria Adegboyega will be joining host Denise Van Outen on this week's *The Show*. Check out their top picks from season's stunning knitwear at matalan.co.uk



Falmer Heritage Tassel Tunic Jumper, £25, sizes 8-20
Falmer Heritage Jeans, £20, sizes 8-20
Boots, £26, sizes 3-8

MATALAN

The designer brands featured here are shown for inspiration only, do not endorse these products and are not connected to Matalan.



1

Christine Lampard, 38
This striped dress will look great with tights, ankle boots and a leather jacket over the top.
Dress, £39.50, sizes 8-22, M&S



Ruth Langsford, 57
This hue is the colour of the season! The length of this dress is elegant and flattering for work or play.
Dress, £65, sizes 6-22, Autograph at M&S



2



Celebs wear hi

Now we can all dress like our TV fav



5

Alesha Dixon, 39
Swap Alesha's killer heels for causal trainers to create the perfect weekend go-anywhere outfit.
Jumper, £14, Jeans, £18, both sizes 8-20, Matalan



Denise Van Outen, 43
Channel your inner boho chic with this floaty floral number. At this price, we'll have one in every colour!
Dress, £16, sizes 8-20, Matalan

6



COMPILED BY: BECKY JOINER-O'RIORDAN. PHOTOS: REX



3

Andrea McLean, 48

Blooms have gone to the dark side... Team Andrea's blouse with a leather pencil skirt to take you from casual to smart with ease.
Top, £16, Jeans, £16, both sizes 8-20, Matalan



4

Stacey Solomon, 28

We love Stacey's feminine floral maxi. Perfect for a winter wedding!
Dress, £55, sizes 8-14, Liquorish



gh street too!

es in these exact match outfits



7

Kate Garraway, 50

Stand out from the crowd in this bold jumpsuit.
Jumpsuit, £75, sizes xs-xl, Traffic People at silkfred.co.uk



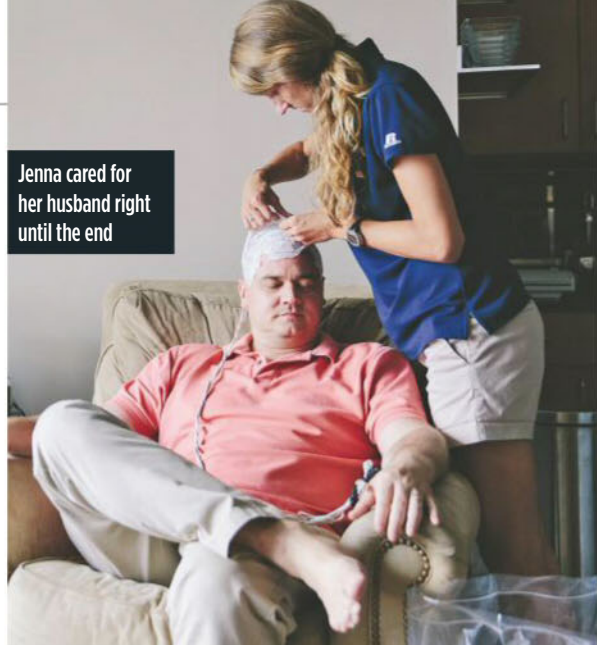
8

Holly Willoughby, 36

The asymmetric hem gives a modern update to the traditional pencil skirt. A tucked-in jumper shows off Holly's new svelte figure
Jumper, £26, skirt, £46, both sizes 6-18, Warehouse



In 2014 Jenna and Josh married in a beautiful ceremony



Jenna cared for her husband right until the end

Diagnosed with **CANCER** on our **HONEYMOON**

They'd hoped for an adventure – instead their lives changed forever.

Jenna Buehler reveals her husband's brave – but imp

My husband, Josh, was just 39 when he was diagnosed with brain cancer, and I watched, helpless, as he grew weaker. When I tell people this, most feel sorry for me. But I don't need words of condolence or looks of pity. Because the truth is, every single moment with Josh was special. Yes, ours may be a story of great sadness – but it's one of great love, too...

Everything felt perfect

There was so much that attracted me to Josh when we met in September 2011 – he was witty and adventurous, but I admired his intelligence the most. He would read academic text books just for fun, covering anything from ancient history to science. When a friend dared him to get a degree in aerospace engineering – just because it was so difficult – he did just that.

Then, after just one month of dating, I was offered a job working for the government in Oregon – a five-hour flight from our home in Atlanta.

Selfless as always, Josh encouraged me to pursue my career. I remember thinking

my heart would actually break when I drove away from him that day. But we made it work. There was a time difference, but Josh would set his alarm in the middle of the night – just to say goodnight to me.

Then, in December 2013, he came to visit. It was the two-year anniversary of our first kiss, and when he got down on one knee, I said 'yes' straight away. In September 2014, I moved back home so we could say our 'I dos' in front of 40 of our closest friends.

While I know life is never perfect, this felt pretty close. We'd planned a honeymoon in Taiwan and our evenings were spent reading guidebooks and scouring restaurant recommendations. We decided that – after our honeymoon – we'd start trying for a baby.

But in January 2015, Josh became tired and forgetful. Back then, he was running an IT business, so I thought he was just working too much. And besides, while he had moments where he'd walk away from a sink with the water still running or

would forget where he'd parked the car, most of the time he was the bright, engaging man he'd always been.

Then, in March 2015, we flew to Taiwan. We were on top of a skyscraper, and as he wandered around, admiring the view, I noticed he wasn't walking straight and seemed to have a limp. I knew then that whatever was going on with my husband was serious.

The next day, we went to hospital and the doctors explained that they'd need to run tests. They were calm as they took blood and performed a brain scan. But

that afternoon, the doctor showed us a scan on the monitor. As soon as I saw the white mass in the right of his brain, I felt my body go stiff. 'Josh, you have a 5cm tumour in your brain,' the consultant said gently. 'Average life expectancy for this cancer is 15 months.'

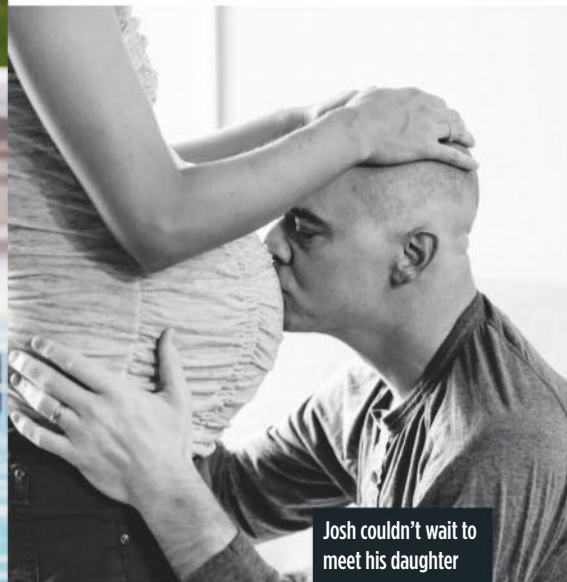
As I sat stunned, I turned to Josh, who was stoic. In fact, after the doctor left us, I saw a look of determination on his face. 'I've got no plans to die,' he said.

'I FELT MY BODY GO STIFF'



ossible – fight..

Sharing a tender moment on holiday



Josh couldn't wait to meet his daughter

We immediately arranged to get home, and the next day, we boarded a plane. Our honeymoon should have been a once-in-a-lifetime trip, the start of our new life together. As we flew further away from Taiwan, I tried not to sob.

Back home, Josh was told that he'd need an operation to remove the tumour, then chemotherapy and radiotherapy. The treatment would affect his fertility, so we didn't hesitate before freezing his sperm. By then, Josh's optimism had rubbed off on me – I was sure he'd get better and we could raise a family, like we'd planned.

The surgery in March 2015 was a success – doctors removed 90% of the tumour. And as Josh was scanned every week during chemo, then radiotherapy, it was always good news – the remaining cancer cells were decreasing. Was it possible? Was Josh going to be cured?

Life and death

He was doing so well that in January 2016, we started the process of IVF. Just two weeks later, the fertility clinic confirmed

we were expecting and for the first time since Josh's diagnosis, I felt truly happy.

As my bump grew, we began planning for our new arrival. At 20 weeks, we learnt we were having a girl, and we picked the name Reilly. We planned to decorate her room with maps and hot air balloons.

But when I was six months pregnant, Josh and I were at the park when I noticed he was walking strangely. I felt my chest tighten – I'd seen that limp before. We went straight to hospital, where they ran yet more tests. Our worst fears were confirmed – the cancer was growing, this time along his spinal cord. It was now inoperable. And as we drove home I couldn't hold back the tears. 'Please don't let me give birth alone,' I begged him. When Josh promised he'd be there for me, I knew it was true.

As the weeks passed and our baby grew stronger, Josh was deteriorating. He suffered from seizures, and struggled to speak, while I felt our baby girl kicking inside me. It was September 2016 when I went into labour. With Josh so weak, we were both given beds in hospital – Josh's

next to mine in the delivery room. When Reilly was born, she looked just like her dad, with long limbs and bright blue eyes. I placed her on Josh's chest and he kissed her on the head. I felt so lucky.

Josh fought as long as he could, but one day in November, he struggled to breathe. I held his hand and put Reilly – then two months old – next to him. I told him I loved him and watched his chest rise and fall until, finally, he took his last breath.

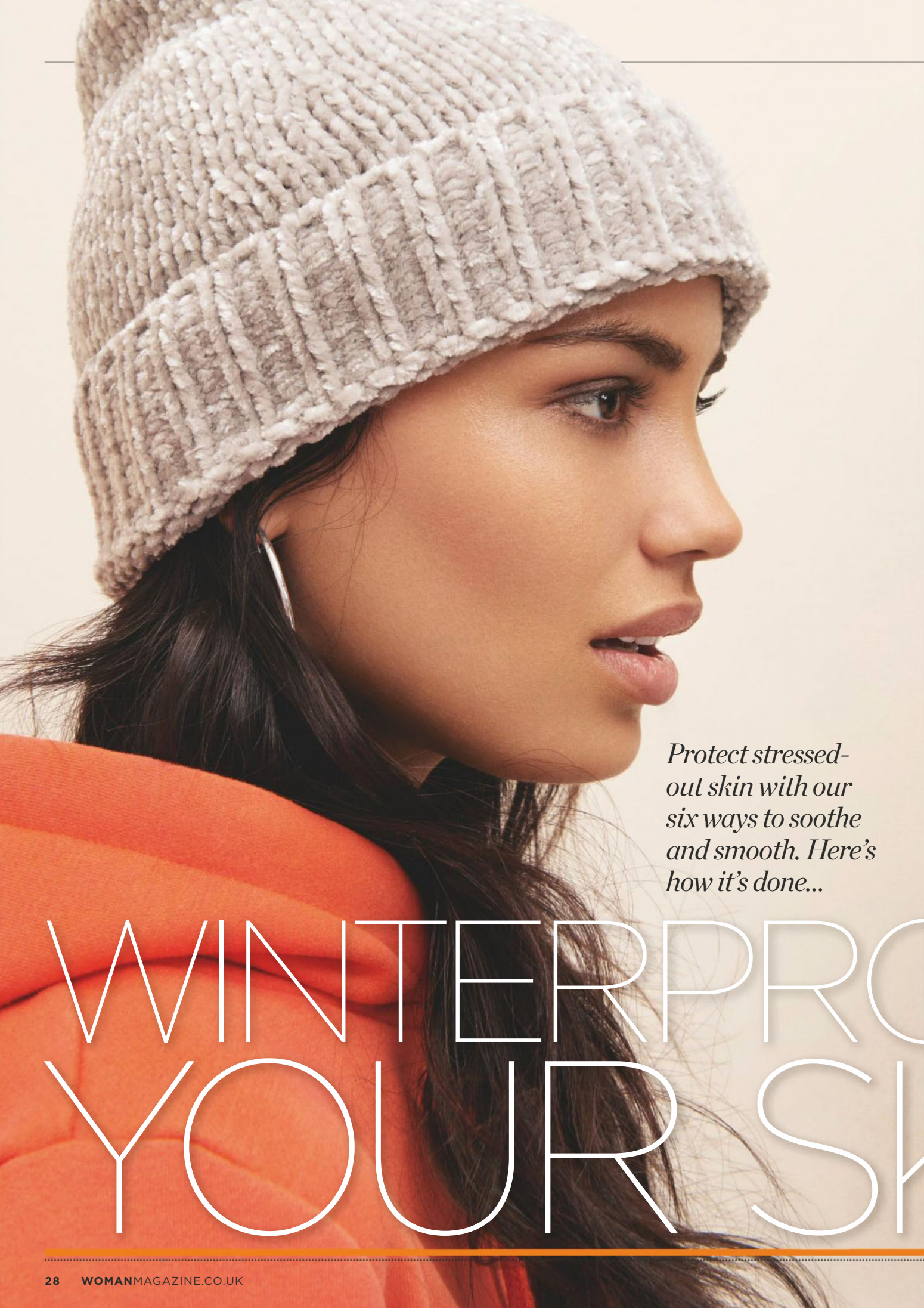
While I knew it was coming, nothing could have prepared me for the emptiness I felt. My soul mate had gone and yet, for Reilly's sake, I had to go on.

It's been almost a year since Josh died. I know he'd be proud of our little girl. She's so curious – always crawling into cupboards and behind the sofa – I often think she'll be like her clever dad.

I miss Josh every single day, but it was a privilege to know him. He gave me the most precious years of my life, and a daughter I adore. I'll never stop loving him. **10**



Jenna stays strong for the couple's daughter, Reilly



Protect stressed-out skin with our six ways to soothe and smooth. Here's how it's done...

WINTERPRO YOUR SKIN

STEP 1 Calm your cleanse

If you're a fan of a gel or foam cleanser, consider instead an oil and cloth combo. It's just as effective but won't leave your skin feeling stripped – and will help it adjust to the colder, drier weather by retaining its natural oils. Massage your cleanser onto your face, then wipe it off with a damp muslin cloth, or clean flannel.

- TRY** * Clarins Pure Melt Cleansing Gel with Marula Oil, £21
 * Time Bomb Peace & Quiet Coconut Cleansing Oil, £25
 * Superfacialist Vitamin C+ Skin Renew Cleansing Oil, £10.99

ANOTHER SPOT-ON ALDI BUY!



STEP 2 Swap your moisturiser

The light dose of hydration you used in summer isn't going to cut it when the big chill sets in. If you've been using a lotion, switch to a cream – the ingredients that make them thicker also form a physical barrier that traps moisture in the skin. Avoid highly fragranced ones as your skin will be more sensitive to them in the winter.

- TRY** * L'Oréal Paris Age Perfect Golden Age Day Cream, £14.99
 * Skin 79 AragoSpa Aqua Deep Cream, £25.90
 * Lacura Restorative Soy Day Cream, £1.69

The Duchess of Cambridge's make-up artist, Arabella Preston, recently revealed flannels are the secret behind Kate's glowing skin! They gently exfoliate to brighten a lacklustre complexion.

BEAUTY EDITOR'S FAVOURITE!



STEP 4 Eat right

Take a two-pronged approach to skincare in winter – the goodness you put in will show on the outside. Keep your water intake high – we're talking 2ltr a day. And eat your water – expert Dr Murad says tucking into water-rich foods like cucumber will help no end. Avocados and the omegas in oily fish boost our glow too.



STEP 3 Add a rich serum

When the mercury falls, a couple of drops of serum mixed into your moisturiser, or massaged on beforehand, makes all the difference to dulling skin. Look out for hyaluronic acid on the label – it's instrumental in helping your skin hold onto moisture.

- TRY**
 * B.Radiant Rejuvenating Serum, £12.99
 * Vichy Aqualia Thermal Serum, £25
 * La Roche-Posay Hydraphase Intense Serum, £20



STEP 5

Up your eye game

We know winter weather dehydrates skin and the sensitive area around the eyes can feel a bit crepey. When that happens use a moisturising eye cream that packs a plumping punch and then some.

- TRY** * Avène Soothing Eye Contour Cream, £9.50
 * Nivea Daily Essentials Q10 Plus Anti-Wrinkle Eye Cream, £10.49
 * Katherine Daniels Multi-Tasking Eye Balm, £35.50

STEP 6 Stock up on soothers

You're going to need some quick fixes so save money by investing in do-it-all balms that soften dry lips, moisturise and calm skin down in one.

- TRY** * Soap & Glory Melty Talented Dry Skin Balm, £5
 * Beauty Kitchen Abyssinian Oil Handbag Beauty Balm, £14.99
 * Dr Pawpaw Original Balm, £6.95
 * Lano Golden Dry Skin Salve, £17.99
 * Elizabeth Arden Eight Hour Cream Skin Protectant, £26



SOFTEN

WORDS: ANNIE VISCHER. PHOTO: PRIMARK

Intestinal problems are no illusion

Scientists get to the bottom of it

Approximately 13 million people in the UK suffer from Irritable Bowel Syndrome (IBS). In the past, people affected were repeatedly labelled as hypochondriacs.

Wrongly so! Scientists have found a possible cause for an irritated bowel. But more importantly: they also found a promising relief for IBS called Kijimea IBS.

IBS: Only one's imagination?

People suffering from Irritable Bowel Syndrome (IBS) are consistently plagued by bloating or flatulence, abdominal pain, constipation or diarrhoea – sometimes alternately, oftentimes even simultaneously. For many people affected, a large part of their quality of life is lost. What is almost as severe: Many IBS sufferers feel that their problems are not taken seriously. All too often they are labelled

as hypochondriacs. Are they only making up their intestinal problems? Nowadays, scientists say no.

Potential cause: an impaired intestinal barrier

More and more researchers today assume that the typical intestinal problems are caused by a damaged intestinal barrier. These damages enable pollutants and pathogens to penetrate the intestinal wall, triggering the typical symptoms such as bloating, diarrhoea, abdominal pain or flatulence. Luckily, researchers also discovered a unique bifidobacteria strain which can help (only in Kijimea IBS).

Effective treatment: a globally unique bifidobacterium

Under the direction of the renowned Prof. Dr. S. Guglielmetti,

a team of scientists found out that the bifidobacteria strain B. bifidum MIMBb75, contained in Kijimea IBS (only available over the pharmacist counter), attaches itself directly to the intestinal wall. Symbolically, it covers the intestinal wall like a plaster. A clinical study with IBS sufferers showed that IBS symptoms were significantly alleviated. In some cases, IBS even disappeared completely. Moreover, the study showed that even the quality of life of those affected had significantly improved.



Kijimea IBS is brand-new!

It is only available by order over the pharmacist counter at:

- your independent pharmacy or Superdrug pharmacy
- Boots (via the Alliance wholesale system) or
- online at www.chemistdirect.co.uk and www.amazon.co.uk

SHOW THIS COUPON TO YOUR PHARMACIST TO ORDER KIJIMEA FOR YOU!

Dear Pharmacist,
Kijimea IBS is new on the UK market. If you cannot find it in your own supplier system, please make a special order through the [Alliance wholesale system](http://www.alliancewholesale.com).



KIJIMEA IBS PIP Code: 404-3170

The photo in this advertisement contains a model, not an IBS patient. If symptoms worsen and/or persist, consult a doctor. For more information visit www.kijimea.co.uk.

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Suzie Hayman has trained with Relate and been a counsellor for 25 years

Ask Suzie...

Having problems with your nearest and dearest? Solve your dilemmas with Suzie's expert advice

Her sister will ruin the party

My eldest daughter is having an engagement party next month and she and her really lovely fiancé are full of plans for it and their marriage next year. The fly in the ointment is her younger sister. They love each other but have always had a competitive relationship, with the younger one constantly trying to upstage her big sister. I overheard her talking with her boyfriend last night and it seems she's planning to announce their engagement at the party to draw some of the attention her way. It doesn't sound like the boyfriend is exactly in agreement but even if it all goes

pear-shaped soon after, the elder's party is still spoiled. What can I do?

Suzie says:

Sibling rivalry is pretty much inevitable. Two or more kids will always vie for their parents' attention. The eldest tends to feel the younger has come along and tried to knock them off prime position while the younger resents the other for being there first and always being bigger, quicker and older. The rivalry may be inevitable – how you as a parent deal with it is what makes it either toxic and lasting or a joke that binds families together. Parents should never make comparisons, should always praise kids for their own abilities and characteristics and should show how you can love separately but equally. It's not too late.

What you can do is set up a quiet time alone – driving her somewhere works best – where you own up to your contribution to this. Say you love her and love her sister too. Ask her to imagine what her plan would do. Make her happy? Unlikely. Apart from causing embarrassment and pain, it may drive her boyfriend away rather than keep him close. Hurt and distress her sister? Certainly – and she may never forgive her sister for ruining a day in a million. Tell her when the time comes she'll have that special day – but not now.

Suicide threats

After my divorce, I met and dated a man for two years. To be honest, I wanted out after only a few months – he was sometimes fun to be with but also controlling and could be cruel. Two weeks after we broke up he started texting me saying if we didn't get back together he'd kill himself. He came round and locked himself in my bathroom and took a whole load of pills. I called an ambulance, got him to hospital and he recovered. Now he's messaging me again, saying I have to forgive him and see him.

Suzie says:

You don't have to forgive him at all. I'd say trying to blackmail you into remaining in a relationship you know is abusive is pretty unpardonable, let alone landing you with understandable trauma at his melodramatic behaviour. You don't have to feel in any way responsible for him or for what he did. What you do have to do is protect yourself from any more contact because, while this time he tried a shallow attempt at self harm, next time the harm might be directed at you. Talk to the police, who now take stalking seriously, tell friends and family and ask for their help, and block any contact, by text, email or social media and in person.

We had sex – now he's told me he's bisexual

I've been seeing a new man for three months and really like him – our relationship became physical last week. And today he told me he was bisexual and while he really wants to be with me he'd need me to be OK about his seeing men. I don't want to seem homophobic so how do I tell him I'd hate to share him with anyone!

Suzie says:

Say just that! It's strange the excuses people think up to explain away infidelity. It isn't betrayal if it happens 'by mistake' or 'only once' or 'we only fooled around we didn't have full sex' or 'it didn't mean anything'. 'It was a gay relationship' is another one as if being that also somehow doesn't count. But it does. The point about a relationship is that you want and need to be the main person in your partner's life – the one with whom they share intimacy, time, attention. It certainly isn't homophobic to say, 'I want to be exclusive and if you can't do that we have to separate'.

Should I be spending more?

A family member, having been made redundant, is trying to make a living by her knitting. She's good but I've got sufficient jumpers now – and so does everyone else! She keeps sending out emails and social media posts and there's a distinct note of complaint that we're not all buying more. I love her but I've had enough – in all ways!

Suzie says:

Wouldn't it be lovely to be a patron – someone with the money to help struggling artists by buying their work and setting them up? But even the richest patrons make choices and limit their generosity. You've supported her with cash and encouragement. Now's the time

to say, 'Think you're great! Got enough!' Tell her since you've all reached your limit she should accept your compliments and take it to the next stage – going public.

She could canvas local independent shops to see if they could take her output, get a stall at a market, build her profile on social media. Her local library could tell her who in her area can give advice about all the things she needs to know and help her with ideas – even her bank could prove surprisingly supportive. Tell her to push out her boat, and wave her off!

WRITE TO SUZIE * BY EMAIL: Send an email to Suzie with your personal problem at asksuzie@timeinc.com
*** BY POST:** Family Dilemmas, *Woman*, 161 Marsh Wall, London E14 9AP

60-minute health helpers

Have a spare hour? These wellbeing wonders could add years to your life...

EXERCISE ON A SATURDAY

Stats by DW Fitness reveal 53% of people aged 45-plus haven't played a sport for more than 20 years. 'Being sedentary increases your risk of obesity, cardiovascular disease, diabetes, stroke and even cancer,' says Dr Philippa Kaye. But an hour at the leisure centre will help. Research by ukactive shows Saturdays are quietest. An hour of badminton, football or squash will go towards 150 minutes of exercise a week the NHS recommends.



GET YOUR MOLES MAPPED

A mole check-up could save your life. Cancer Research UK sees 131,000 cases of non-melanoma skin cancer cases a year, making it the most common form of cancer in the UK. 'Early detection is key to saving lives, self-monitoring is key to prevention,' says Anna Guцова, nurse specialist at The Mole Clinic. In just under an hour, your moles are examined using a non-invasive lens, which captures images for analysis. £135, themoleclinic.co.uk

TRY YOGA FOR THE BRAIN

A study by Cambridge University found that regular brain training can help improve memory problems, which can often be a precursor to Alzheimer's. 'I call origami yoga for the mind,' says Samuel Tsang, author of *The Book Of Mindful Origami* (£9.99, Yellow Kite). 'It allows you to stretch and exercise the creative and artistic areas of your brain that most of us don't utilise on a daily basis.'



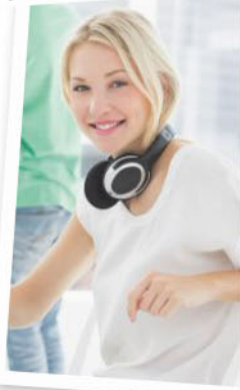


BOOST YOUR BATHTIME

A long soak is seriously good for you. It's the perfect place to meditate, plus bathing in water 32-35°C opens pores and makes you sweat, releasing toxins. Breathing slowly and fully, lie back and focus on the present to help completely clear your mind from the stresses of the day. Adding magnesium flakes can really double your detox. 'Mineral salt baths help to top up the essential minerals that the body needs to function well,' recommends Karen Davis, chief pharmacist at Westlab. Try Westlab Magnesium Flakes, £8.99 for 1kg, westlabsalts.co.uk

REVOLUTIONISE YOUR WORKSTATION

Office life can play havoc with your health, with stats by the *Journal of Occupational Therapy* reporting 63% of workers feel discomfort. 'I encourage my patients to talk to their employers to receive a workstation analysis,' says physiotherapist Sammy Margo. 'Use a headset to talk and type at the same time without arching your neck and use gel pads to support your wrists and prevent repetitive strain injuries.'



HAVE YOUR BRA FITTED

Are you one of 68%* of women who own a bra they've never worn? A bad-fitting bra can cause constricted breathing, back pain, IBS, skin legions, poor circulation and muscle strain. 'Wearing a bra that fits can have a physical and psychological impact,' says Leigh Norris, marketing director at Panache Lingerie. M&S, Debenhams and John Lewis offer a free in-store service. Or go to panache-lingerie.com/find-your-fit.

MAKE YOUR HOUSE SMARTER

New research by Panasonic found that installing linking devices in our homes (such as a smart speaker like Panasonic GA10 or using Google voice assistance with Amazon Echo) led to reduced feelings of loneliness in 66% of people aged 55-plus. 'Connected devices do not substitute human relationships, but they can add touch points to everyday life where otherwise they may not exist,' says neuroscientist Christine Buske, PhD.

WHIP UP A TROPICAL SOUP

Souping is *the* food trend for 2017 and, with a range of soup makers available, creating vitamin-rich soups has never been easier. Adding nutrient-rich coconut milk can boost your bowlful, as the saturated fat from plant-based foods can be good for cholesterol, and help protect against heart disease, stroke and high blood pressure. Try the NutriBullet Rx Blender Soup Maker, £129.99, John Lewis.



*SURVEY BY PANACHE. WORDS: FAYE M SMITH. PHOTOS: GETTY IMAGES

woman plant offer

The most colourful Hydrangea EVER!

This stunning variety is one of the most eye-catching hydrangeas available. The rounded flower heads are formed by dozens of red florets with blue centres, each petal tipped with an extraordinary shade of lime green. This robust, hardy shrub makes a superb addition to borders or large patio containers.

Height and spread: 1.2m (4ft).
Supplied as a 9cm potted plant.



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TCA10122D	Hydrangea 'Glam Rock' x 2	£10		£
TCA56850P	Large Patio Pot & Saucer x 1	£9.99		£
TCA59095P	Large Patio Pot & Saucer x 2	£17.99		£
TCB47551	incredibloom® Fertiliser 100g Pack x 1	£4.99		£
TCB47552	incredibloom® Fertiliser 750g Pack x 1	£12.99		£
			P&P	£4.95
GRAND TOTAL				£

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I was terrified of going bald

When Julia Jolley lost her hair, she lost her confidence too, but now she's smiling again

Whether it's chunky thighs or cellulite, we all have a body hang-up. Only, mine is a little different than most. You see, I have alopecia and I'm almost completely bald.

I first noticed I was losing my hair when I was 19. I was at university and, as I tied my hair up, my ponytail seemed thinner than usual. I didn't think much of it – but in the years that followed, I couldn't ignore that my parting was growing wider. I remember dyeing my hair black and being shocked by how easily you could see my scalp through my newly darkened locks.

So, after graduating in March 2001, I went to the GP, who diagnosed me with female pattern baldness – also known as alopecia androgenetica. There was no known cause, and it would only get worse. Leaving the GP, my chest heaved with sobs. I was certain that any hopes of getting married and having children had been ruined. How would any man find me attractive now?

Desperate, I researched ways to make my hair grow. I used expensive shampoos and took a contraceptive pill with higher estrogen. When that didn't work, I resorted to styling my locks into a blonde pixie crop to make the bald patches less obvious.

Then, in September 2006, I met Mike through a mutual friend. He was unfazed by

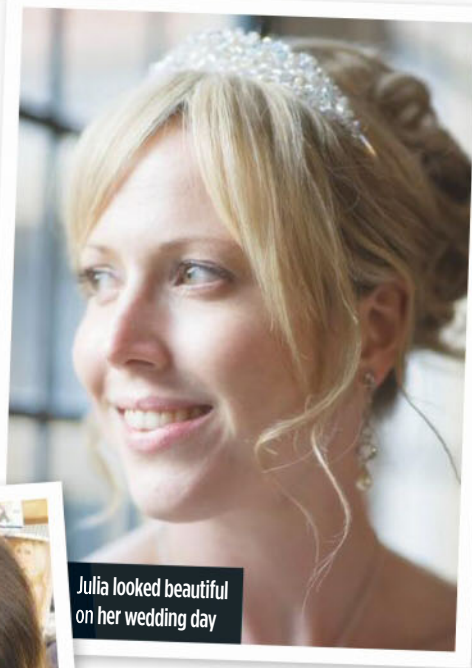
my alopecia, saying he loved me – with or without hair. Then, after two years together, he proposed. Of course I was excited, but my elation quickly faded when I realised that I'd be a balding bride.

I spent hours online searching for thick veils and huge head pieces – until, one night in June 2008, Mike said he'd been searching for solutions to my hair loss and came across the Lucinda Ellery website – a hair studio with over 30 years experience in providing hair loss treatment.

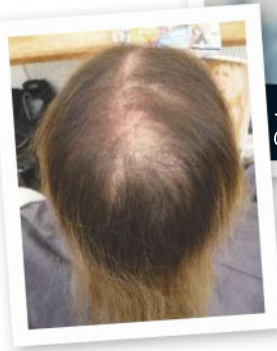
I booked an appointment and at the studio, Lucinda showed me her unique Intralace system – a mesh that is placed between your existing hair and scalp. Additional hair is then added

to the mesh and plaited into your own remaining hair. While it wasn't a cure for my alopecia, it would completely disguise it and, unlike a wig, I didn't have to worry that it could slip off.

It took a full day for the Intralace system to be fitted, but when it was complete I was left speechless as I looked in the mirror. For the first time in years, I had a full head of long, thick hair. Back home, even the simplest tasks, like washing or combing my hair, felt like a treat. Our wedding in September 2008 was one of the best days of



Julia looked beautiful on her wedding day



'MY CHEST HEAVED WITH SOBS'

my life and, rather than a heavy veil, I opted for a delicate tiara.

Since then, I've gone back to Lucinda Ellery every eight weeks to have the mesh

tightened and every two years I'm fitted with a new Intralace system. Now, I'm a mum to Erin, six, and Zachary, four, but I always find the time for my appointments – I don't see it as a luxury, but a necessity. I don't buy designer make-up or expensive clothes and we budget for my hair appointments throughout the year.

I thought I was going to spend my life miserable. But now when I look in the mirror, I'm happy with the person I see.

* lucindaellery-hairloss.co.uk

THE FACTS

- * Hair loss comes in different forms – thinning or total loss of the hair. It can happen gradually or suddenly.
- * It can sometimes be due to genetics, and can cause extreme stress and a loss of self-confidence.
- * Wigs are available on the NHS. For more information and support, visit alopeciaonline.org.uk.

WORDS: KRISTINA BEANLAND PHOTOS: NRAS, GETTY

3

WAYS TO BOOST YOUR HEALTH THIS WEEK

The scientists have spoken! Try these tips for a healthier life...



Guilt-free tippie
Soda Folk (from £1.25, sodafolk.com) has launched new flavours inspired by our favourite alcoholic beverages. Go sober for October and swap a gin and tonic for a refreshing low-calorie juniper soda. Naturally low in sugar, the drinks are a perfect alternative to booze.

Take a tumble
You're never too old to try something new, and adult gymnastic classes are a fun way to get fit, improving flexibility and promoting strong bones. Visit british-gymnastics.org to find a class near you.



Banishing balm
Struggling with unsightly varicose veins? Couperose & Thread Veins Balm (£24.95 for 30ml, allcures.com) is a long-lasting treatment, proven to reduce the appearance of spider and thread veins in just one week.

7 DAY DIET FIX



Drop the weight and, most importantly, keep it off. US nutritionist and personal trainer Sloane Davis shows you how...

Clothes feeling a little tight? You know that losing just a few pounds would make all the difference. Ideally, you'd love to lose half a stone in a week. But you don't want to put it all back on. The good news is – you don't have to.

US fitness guru Sloane Davis has devised this exclusive 7 Day Diet Fix. Her healthy-eating plan will get the pounds rolling off, but it will also set you up with

some sustainable diet tactics. 'You can easily go down a dress size in a week, but half of that will be water weight loss,' says Sloane. 'If you want to keep the weight off, the trick is to incorporate some of the Diet Fix rules into your daily life afterwards. Successful weight loss is all about eating well, rather than eating less. When you're making the right choices, you can eat and still lose weight.'

SLOANE'S GOLDEN RULES FOR SUSTAINABLE WEIGHT LOSS

*** MAKE SURE EACH MEAL INCLUDES PROTEIN** Your body needs it to maintain lean muscle. The more muscle you have, the faster your metabolism will be.

*** EAT GOOD CARBS** Good carbs are whole foods. These include veg, fruits, beans, wholegrains, pulses and nuts.

*** 85% OF YOUR DIET SHOULD COME FROM HEALTHY FOODS** That doesn't mean you can eat 15% 'unhealthy' foods. It just gives you a bit of leeway.

*** DON'T EAT TOO LITTLE** Not eating enough can prevent you from burning fat.

*** FILL UP ON FIBRE** High-fibre foods are nutrient dense, yet low in calories and enhance elimination. They also keep you feeling fuller for longer, so less snacking.

*** START SMALL** Try not to look at the big picture, simply take each day as it comes. If you do slip up, don't self-sabotage your diet. Just go back to the plan the next day.

*** TRACK YOUR FOOD** Write down everything you're eating. This will help you to make more conscious choices. Or track your food with an app, if you prefer.

*** CUT OUT PROCESSED FOODS** These contain unhealthy additives and chemicals.

*** DON'T ALWAYS RELY ON THE SCALES** Instead, track progress by how you look in clothes, energy levels and how you feel.

*** BE CONSCIOUS OF MOVING** Try and do some form of exercise six days out of seven for at least 30 minutes. Even it's going for a walk or doing some stretches.



LOSE
7LB IN
7 DAYS

7 DAY DIET PLAN

DAY 1

BREAKFAST Scrambled Egg Whites on Toast. Scramble 2 egg whites in a pan with olive oil spray. Serve on 1 slice toasted rye bread with ½ chopped avocado, chilli and black pepper. Try: Frylight Olive Oil Spray, £2.30 for 190ml, supermarkets.

LUNCH Tuna Salad. Mix lettuce, rocket, watercress, tomato and chopped cucumber with tinned tuna chunks.

DINNER Spaghetti Squash. Cut squash in half. Scoop out the seeds and drizzle with olive oil. Bake for 45 mins. Scoop out the 'spaghetti' strands. Serve with minced ground beef and tomato sauce.

DAY 2

BREAKFAST Overnight Oats. Mix 40g rolled oats, 200ml almond milk, 1tbsp chia seeds, 2tbsp Greek yogurt, with a handful of fresh blackberries. Refrigerate overnight. Serve topped with some chopped nuts.

LUNCH Salmon with Wilted Spinach. Grill 1 salmon fillet. Serve with wilted spinach.

DINNER Grilled Chicken with Bell Peppers. Sauté some chopped onion, red and yellow bell peppers, garlic, chilli and cumin in olive oil. Top a chicken breast with the vegetable mix. Bake in the oven. Serve with sweet potato wedges, and a dollop of natural yogurt.



DAY 3

BREAKFAST Blueberry Greek Yogurt. Mix 150g Greek yogurt with blueberries, 1tbsp sunflower and pumpkin seeds, chopped walnuts and ½tsp raw honey.

LUNCH Quinoa, Beetroot and Goat's Cheese Salad. Mix 2tbsp olive oil, vinegar, ½tsp raw honey, garlic, salt and pepper.

Add half dressing to 40g cooked quinoa. Leave in fridge for 1 hour. Add chopped spring onion, rocket, beetroot, 20g crumbled goat's cheese and rest of dressing.

DINNER Flatbread Chicken Pizza. Top one flatbread with chopped tomatoes, onions and mushrooms and diced, cooked chicken. Bake. Serve with salad.



DAY 4

BREAKFAST Egg White French Toast. Beat 1-2 egg whites in bowl. Dip 1 slice wholegrain bread in the egg whites. Add 3tbsp non-dairy milk (such as almond or oat), ¼tsp cinnamon, ¼tsp vanilla essence.

Pan-fry both sides in olive oil spray.

LUNCH Pumpkin and Carrot Soup. Sauté onions and chopped garlic in olive oil. Add vegetable stock, water, chopped pumpkin, carrot and celery. When cooked, blend together.

Garnish with coriander, to serve.

DINNER Pork Skewers with Vegetables. Cut 70g boneless pork loin into chunks. Pan-fry in olive oil until browned. Place chunks on skewer, alternating with chopped bell peppers, courgettes and onions. Grill until done.



DAY 5

BREAKFAST Sweet Potato Protein Pancakes. Mix 1 grated sweet potato, 1 scoop vanilla protein powder, 1 egg white, ¼tsp vanilla essence, 1tsp baking powder and pinch of salt.

Shape mix into 2-3 pancakes and fry. **LUNCH** Prawn Thai Salad Bowl with Peanut Sauce. Mix shredded red cabbage, grated carrot, chopped spring onions, edamame beans and red bell pepper strips in a bowl. For dressing, whisk together 1tbsp peanut butter, 30ml coconut milk, 1tbsp rice vinegar, grated fresh ginger and 1tsp red Thai curry paste.

DINNER Grilled Chicken with Rice and Veg. Grill 1 chicken breast. Season. Serve with wild rice, broccoli and asparagus.

DAY 6 & 7

Repeat any two days. ♻️

* Visit Sloane Davis' website, pancakesandpush-ups.com

WE'RE 40 & SPORTY

Think it's too late to get fit? As these women prove, there's never been a better time to try something new

'Running showed me how strong I can be'

Amelia Ergatoudis, 46, lives in London with her husband Paul, 46, and their children Leo, 12, and Alexander, 11.

As a child, I was a hopeless athlete. I couldn't hit the ball in rounders and refused to put my head underwater in swimming. So when I didn't get picked for the school teams I was disappointed but not exactly surprised. It reinforced my belief that I was terrible at sport. By the time I went to university, I'd avoid it at any cost. Even a game of table tennis at the students' union was my worst nightmare.

I met my husband Paul in 2001, and our son Leo was born four years later, followed by Alexander in 2006. As the boys got older, I refused to even play a game of catch. 'Mummy's just not good at sports – any of them,' I'd say. And I really believed that.

Then in 2014, my friends insisted on signing up for a 5k Race for Life challenge. At 43, I'd never run that far before, but it was for charity, so I didn't want to say no. So grabbing a dusty old pair of trainers from under the stairs, I headed out for my first run.

I could barely go five minutes without stopping, but over the weeks, I persevered – and sure enough, my stamina grew. I discovered I enjoyed the freedom of running and the way it cleared my mind.

By the time the Race for Life arrived, I finished the entire course without stopping once. As my family cheered me across the line, I'd never felt so proud.

I carried on running three times a week and invested in the Runkeeper app so I could monitor my progress and set myself new goals. In October 2015, I completed my first half marathon. I've since done four more and am now a regular at the local athletics club.

Running has taught me I don't need to be able to swing a racket or catch a ball to be considered sporty. The truth is, I'm strong – and capable of whatever I set my mind to.



CAROLE

AMELIA

RTY!



MICHELLE

'Now I play for three different teams'

Michelle Pearce, 45, lives in Kent with her husband Matthew, 46, and their children Megan, 17, and twins Joe and Caitlin, 12.

Leaping like a spring, I catch the netball in mid-air and launch it on to the next player before my feet have barely touched the ground.

I may be a mum-of-three, but after years of dodging Lego pieces on the floor and chasing my kids around the park, playing netball is second nature.

Like most girls, I played netball in PE when I was younger, but although I enjoyed our weekly matches at school, by the time I started working I'd stopped playing.

At 18, I met my husband Matthew, and in January 2000 we had our first child Megan, followed by our twins, Joe and Caitlin, in March 2005.

My days were busy, fitting in the school run around working as an administrator, but when the children got older, I was eager to find something for myself that would be

a break from my routine. When my friend mentioned a local Back to Netball programme she'd been going to, I was intrigued. But I hadn't played netball in over 20 years – what if I dropped the ball or forgot the rules? I didn't want to embarrass myself. But my friend reassured me that everyone was a beginner, so there was no judgement. The coach, Joy, was in her seventies and made everyone welcome.

'BY THE END MY BODY WAS BUZZING'

When I turned up to the first session and saw how diverse the range of ages were, I stopped feeling self-conscious. We started off with a gentle

warm-up, followed by a game. Although it was tiring, by the end my body was buzzing with adrenaline.

I returned every week after that. Six months later, I joined a league. By now I could play a whole match without getting stitch, and my arms and legs were more toned than ever.

I now play for three different teams and have made loads of new friends. I'm so glad I gave it another go.

'It's all about enjoying the ride'

Carole Welch, 45, lives in Somerset with her husband Steven, 55, and their daughter Issabella, 10.

Careering down the muddy hill, my fingers curled around the brakes of my mountain bike as my tyres bounced over hidden tree roots.

All those years I'd spent trudging away on a treadmill in a gym – if only I'd realised how fun sport could be.

I was 25 when I met my husband Steven at work in

Somerset. We married three years later, and fell into the habit of treating ourselves to takeaways and wine in the evening. But while Steven cycled regularly, I didn't exercise at all. By the time I turned 32, I was a size 20.

I tried to diet and go to the gym, but it was so boring. As soon as I slimmed down, I'd stop and put the weight back on again. By the time my daughter Issabella was born in 2007, I was 16st.

Bloated and lethargic, I didn't know what to do. 'Come on a ride with me,' Steven suggested. I was hesitant, but gave it a try. We took it easy, just going

around the park, but when we got home two hours later, I was on a high.

We started going on weekend family bike rides. Although Steven preferred road cycling, I relished going off track on the trails nearby.

For my 40th birthday Steven bought me a custom-made mountain bike. Soon I was cycling three times a week and had slimmed down to 13st.

In 2013, I signed up for my first mountain biking race.

The pace was tough and the terrain tricky, with lots of tight turns and boggy hills, but I loved it.

Then in June 2014

I went even further and did a 24-hour endurance challenge, where you do as many laps as possible in the set time. By the end I felt like my thighs were on fire. But I was hooked.

Mountain biking has completely changed my attitude towards exercise. Before, I saw it as something I had to do to stay in shape. Now I realise the true value of sport isn't in how many pounds it makes you drop, it's in learning a new skill and, above all, enjoying the ride. **10**

'WHEN WE GOT HOME, I WAS ON A HIGH'

FRIGHT NIGHT FEAST

Invite some friends over and celebrate the spookiest night of the year



Sticky pumpkin cake

Moist and moreish with a hint of warming spice

SERVES 12 PREP 25 MINS PLUS COOLING COOK 30 MINS

- * 500g peeled and chopped pumpkin
- * 250ml sunflower oil
- * 300g dark muscovado sugar
- * 3 large eggs
- * 225g self-raising flour
- * 1tsp bicarbonate of soda
- * 1tbsp ground ginger
- * 1/2 tsp ground cinnamon
- * 1/2 tsp ground mixed spice

FOR THE FILLING AND TOPPING:

- * 250g mascarpone
- * 50g golden icing sugar
- * 300ml double cream, whipped

- * 150g stem ginger in syrup, drained with 1tbsp syrup reserved
- * 400g canned pears, drained, sliced
- * 50g pecans
- * 2tbsp maple syrup

1 Heat oven to 180C, Gas 4. Grease and line 3x18cm cake tins. Put the pumpkin into a bowl with 1tbsp water. Cover with clingfilm and pierce. Microwave on high for 10 mins. Cool, then whizz in a processor until smooth.

2 Whisk oil, sugar and eggs for 3 mins. Sift and fold in the remaining ingredients, then fold in the pumpkin.

3 Divide between the tins and bake for 30 mins. Leave to cool.

4 To fill and top the cake, mix the mascarpone and icing sugar, then fold in the whipped cream and reserved ginger syrup. Spread half the cream mixture over one cake and top with two-thirds of the pear slices. Place another cake on top and spread with remaining cream. Slice the ginger and arrange over the cream. Cover with the third cake and decorate with remaining pear slices, pecans and maple syrup.

Per serving: 627 cal, 43g fat (17g saturated), 56g carbohydrates



Food Ed's tip
If you don't want to make the whole menu, these are great as part of a sharing platter.

Pepper pizza bites

A new take on pizza, rolled up like a Swiss roll, sliced and baked

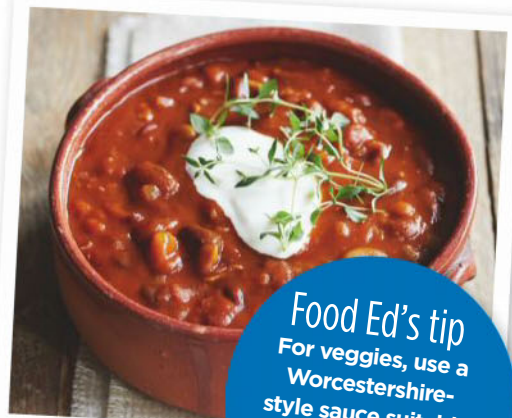
**MAKES 12 PREP 30 MINS PLUS RISING
COOK 25 MINS**

- * 500g fresh spinach
- * 2 x 145g packets pizza base mix
- * 460g jar roasted peppers, chopped
- * 200g pack feta cheese, crumbled
- * 50g pine nuts, toasted
- * 70g packet dry black olives with herbs (such as Crespo), sliced

1 Put spinach in a colander and pour over boiling water until wilted. Squeeze out excess moisture and chop.
2 Line two trays with baking paper. Empty packs of pizza base mix into a bowl and make up following packet instructions. Knead and roll on a floured surface to a 35 x 40cm rectangle.

3 Brush one long edge of dough with water and scatter spinach, peppers, feta, pine nuts and olives over rest of dough. Roll up the dough, starting with the long edge that's not dampened. Trim off the ends and cut into 12 slices. Put slices on the baking trays, cover with cling film and set aside for 20 mins until risen.

4 Heat the oven to 200C, Gas 6. Remove the cling film and bake for 20-25 mins until golden. Serve warm.
Per slice: 192 cals, 8g fat (3g saturated), 23g carbohydrates



Food Ed's tip
For veggies, use a Worcestershire-style sauce suitable for vegetarians. Available in most supermarkets.

BBQ bean pot

Serve with ribs or as a meat-free main

**SERVES 6 PREP 5 MINS
COOK 25 MINS**

- * 1tbsp sunflower oil
- * 2 shallots, chopped
- * 2 garlic cloves, crushed
- * 2 x 400g cans mixed beans, drained
- * 400g passata
- * 3tbsp barbecue sauce
- * 1tsp Worcestershire sauce
- * Soured cream and thyme sprigs, to serve

1 Heat the oil in pan and cook the shallots and garlic for a few mins to soften.
2 Add the beans, passata, barbecue sauce and Worcestershire sauce. Stir well, bring to the boil then reduce the heat, cover and simmer for 20 mins, stirring occasionally.
3 Serve topped with soured cream and thyme sprigs.
Per serving: 140 cals, 4g fat (0.5g saturated), 16g carbohydrates

Ribs with skins and devilish dips

Just put on the table and let everyone help themselves

**SERVES 6 PREP 20 MINS
COOK 1HR 40 MINS**

- * 4 baking potatoes, scrubbed
- * 4 sweet potatoes, scrubbed
- * 2tbsp olive oil

FOR THE RIBS:

- * 1 vegetable stock pot or cube
- * 1.2kg pork ribs
- * 1 onion, grated
- * 2 garlic cloves, crushed
- * 330ml bottle barbecue sauce

FOR THE DIPS:

- * 340g can sweetcorn, drained

- * 4tbsp mustard ketchup
- * 1/3 cucumber, chopped
- * 12 pickled silverskin onions, drained
- * 2tbsp capers, drained
- * 5 basil leaves, chopped
- * 4tbsp mayonnaise
- * 4tbsp soured cream

1 Heat oven to 220C, Gas 7. Put all the potatoes into a roasting tin. Pierce, drizzle over 1tbsp olive oil and sprinkle with 1/2tsp sea salt. Bake for 40 mins until sweet potatoes are tender. Remove them and cook the others for 15 mins.
2 Pour 2litres boiling water into a pan. Add the stock pot or cube and the ribs. Bring to the boil, then reduce the heat, cover and simmer for 30 mins.
3 Cut all the potatoes in half and scoop out the centres, leaving a border of potato. Cut the sweet potatoes in half again and return to the roasting tin with the potato shells. Drizzle over the remaining oil and sprinkle with a little salt. Reduce oven to 200C, Gas 6 and roast for 45 mins.
4 Drain the ribs and put in separate roasting tin with the onion, garlic and barbecue sauce. Mix well and roast for 30 mins with the potatoes.
5 For the dips, mix together the sweetcorn, mustard ketchup and cucumber. In a separate bowl mix together the onions, capers, basil, mayonnaise and soured cream. Serve.
Per serving: 662 cals, 24g fat (6g saturated), 68g carbohydrates

Food Ed's tip
Save the scooped out potato and sweet potato flesh and use for mash the next day.



COMPILED BY: NICHOLA PALMER. PHOTOS: TIMEINC/CONTENT.COM

Thank you for letting me be your mum

In these moving letters, Regina Freedman and her daughter Megan reveal their very special bond

Dear Megan,

When I scan through our family photo albums, flicking through memories of sun-soaked holidays and children's birthday parties, I'm always reminded of the very first picture I saw of you. It was in black and white, sent via an ancient fax machine on grainy paper. But as soon as I saw your big eyes and chubby cheeks, I was certain of one thing – I was meant to be your mum.

Your dad and I had been married for two years when we started trying for a baby, but with each month came more disappointment. Perhaps a part of me knew, even then, that we weren't meant to conceive naturally. Maybe that's why I thought of adoption. If we couldn't start a family of our own, it made sense to take in a child who needed a home.

After visiting the GP, it was December 1998 when we learnt that your dad was infertile. But rather than feel upset, we knew exactly what we were going to do. I called an adoption agency.

First glimpse

What followed was years of interviews, background checks, and paper work. We put the process on hold in order to move into a bigger house in a leafy neighbourhood – the perfect place to raise a family. Finally, in September 2003, we were approved as prospective parents.

It was a month later when they sent us

that photo of you, then four – and another picture of your older sister, Lily, then five. I can still remember the way my heart seemed to ache as I gazed at you both – there was something about you that was so familiar. Looking at your dad, a huge smile on his face, I knew he felt the same.

Testing times

Yet more appointments with social workers followed. We learnt that your mother was an alcoholic, and your early years had been marred by neglect. When we were told you'd been passed around between foster carers, I was desperate to give you a stable home.

We finally met you in March 2004. My heart was pounding as we knocked on the door of the foster home you were living at. 'They're here!' came the sound of your cries. And then the door opened, and there you were – even more beautiful than your photos. You smiled sheepishly, and led us into the living room. While you danced around in a princess costume, Lily was desperate to please – she kept offering me tea and biscuits!

I remember being afraid. I hadn't carried you for nine months like most mothers do. You weren't a tiny baby – you were a fully formed person and you'd been through so much. Would you ever trust me?

I had 10 days to prepare a bedroom for you and Lily. We bought you a doll's house and a teddy bear each. But then you arrived – and it was chaos. You and Lily would

Megan treasures everything her mum does for her

scream for hours and throw your food across the room. When we took you to the theatre, you tried to climb on to the stage halfway through the performance. At the swimming pool, the both of you ran away. I hardly took a breath until we found you again – 10 minutes later – hiding in the changing room cubicle.

All in a word

The problem was you and Lily assumed that – like the other adults before us – we'd abandon you. You'd even learnt to look after yourselves. Still so young, you could make yourself a sandwich, and get dressed on your own. Your dad and I were overwhelmed – though we didn't talk about it. Instead, we'd collapse into bed at night, holding each other, praying that one day it would get better.

And while it took time, it did get better. You'd been living with us for three months when the health visitor came to check on you. She heard you call me by my first name, and she froze in shock. 'No,' she said to me, sternly. 'You're their mummy.' So that afternoon, I told you that from now on, I was 'Mummy'. While it may seem like a small change, it had a big effect. That one word was proof that I loved you.

**'I CALLED AN
ADOPTION
AGENCY'**



Megan and her sister Lily were adopted



As the months – then years – passed, we faced new challenges as a family. Megan, you often wake in the night. You struggled with recurring nightmares about being abandoned, and you'd have flashbacks, too.

But the bad days were far outweighed by the good. Like the first time we took you on a plane when you were aged just eight. I'm terrified of flying, but hearing your excited giggles as the ground fell further and further away made me laugh, too.

Legacy

Over the years, we created our very own family traditions. Each year, we celebrate Adoption Day – the day we officially became your mum and dad. Whether it's a meal out or a movie night, I always treasure that special day.

Megan, now you are aged 18, and I'm so proud of the person you've become. You're hard-working and thoughtful. You bring me flowers, just because. I wouldn't change a thing about our family. I was so scared that you and Lily would never think of me as your mum. The fact that you do is an honour.

All my love, Mum

Dear Mum,

I still have memories from the time before we met. A messy house, the sound of shouting. But then, when I was aged four, I met the two most amazing people – you and dad.

To begin with, I was wary. What made you different? Why wouldn't you treat me like everyone else had – like a problem that needed to be solved? And yet, you never gave up. When I started school, my classmates would ask me questions about my birth mother. It was then I realised I didn't want to think about my past.

You're my mum. You lie with me until I fall back to sleep after a nightmare. There are no secrets between us, no problem I'm afraid to share. And Dad is my hero. He likes to embarrass me by playing practical jokes. How many times have we been sat in the car when he's paying for the petrol and he's dramatically tripped himself up in the forecourt? I love him for every cringe-worthy dad joke he tells. That's why I love Adoption Day. This year, we raised a glass of pink champagne and toasted to us.

You might have missed my first word and you didn't get to see me take my first steps, but those aren't the things that

make you my mother. It's the way you call me when I'm home late, make soup when I'm poorly, and buy outfits you'd think I like when you go shopping. I can't thank you enough for choosing me. One day, I hope I can adopt too and give my children the wonderful life that you've given me.

Lots of love, Megan

* adoptionuk.org



The happy family

TECH SAVVY

Our expert, Lara Lewington, gives her verdict on the latest innovations to make your life easier. Follow Lara on Twitter @LaraLewington



3 of the best...

APPS FOR WORKING ON THE GO

Whether at home or the office, these downloads should make your job just a bit easier...



1 DocuSign (Free, with subscription options, iTunes, Google Play, Windows Store)

Need to sign and send back a document on the go? This app lets you initial, sign, and date then send it back



without the need for a scanner, printer or postbox.

2 Evernote Scannable (free, iTunes)

If you have a document to scan, forget snapping it on your phone and being left with a dodgy angled shot and shadows. This app lets you photograph a document then



edit it to look professional and stores it as a PDF or JPG ready to send.

3 Docs To Go (basic free, paid upgrades available, iTunes, Google Play)

View, edit, and create Microsoft Office files, and view PDF files on your devices, with cloud storage



so you can sync between tablet and computer.

TECH STAT



Three quarters of us have had a smartphone-related injury, with half claiming a 'change in the appearance of their little finger' from holding their handset. Incidents include people bruising their foot, bashing their face and walking into objects!

THAT'S CLEVER!

Livall Smart Cycling Helmet (£99, Halfords)

A smart cycling helmet with built-in indicators and tail lights, as well as the ability to create an SOS alert to contact loved ones in the event of an accident. Its internal Bluetooth



speakers and microphone allow you to listen to music and take calls without blocking out sounds around you, too.

APP OF THE WEEK

Borrow My Doggy (free to browse, £44.99 per year for owners, £12.99 per year for borrowers)

Whether you're a dog owner needing a dog sitter, or would love a pooch but can't take one on full-time, this matches you with someone locally you can share doggie care with. Sign up includes insurance and a 24/7 vet line.

GADGET OF THE WEEK

CleanSpace Tag (£41.66, store.clean.space)

Monitor the quality of the air that you come into contact with through this smartphone sized gadget. It'll track carbon monoxide levels indoors and out and map where the readings were taken. It even works in your bag or pocket.



WHAT WILL THEY THINK OF NEXT?

Stikbox (£30, stikbox.com)
A phone case with a built in selfie stick - what more could you want? Available in Rose, Gold and Black.



GOING OUT

DON'T MISS A THING THIS WEEK

PERFECT FOR A bit of action

The BIG film

Thor: Ragnarok

Imprisoned on the other side of the universe, the mighty Thor finds himself in a deadly gladiatorial contest that pits him against the Hulk, his former ally and fellow Avenger. Thor's quest for survival leads him in a race against time to prevent the all-powerful Hela from destroying his home world. Starring Chris Hemsworth and Tom Hiddleston. **OUT 27 OCTOBER** ★★ ★★



Can Thor take on former ally, The Hulk?

PERFECT FOR A trip down memory lane

EVENT

Harry Potter: A History of Magic

Those who remember reading 'Harry Potter and the Philosopher's Stone' when it was first published may be shocked to learn that was 20 years ago! The British Library are pulling out all the stops on this celebratory exhibition, modelling each room around a subject of Hogwarts.

★ London, until 8 February. See bl.uk/events/harry-potter-a-history-of-magic



Keeeeep DANCING

Strictly Come Dancing: The Live Tour

See the technique of the dancers and their celebrity partners on this live tour, hosted by Ore Oduba. Celebrating all that we love about the hit TV series, this spectacle delivers entertainment on a breath-taking scale.

★ Venues nationwide, 19 January-11 February. Visit strictlycomedancinglive.com



Live in CONCERT



Collabro

Following a huge UK sold out tour this year, Britain's Got Talent winners Collabro have announced dates for their third nationwide tour.

★ Visiting major cities nationwide, until 2 December. To book tickets, visit officialcollabro.com

WORDS: HELENA CARTWRIGHT. PHOTOS: DAVE J HOGAN/GETTY IMAGES; ALAMY STOCK PHOTO, THE BRITISH LIBRARY

STAYING IN

Well, who



The big
5
TV'S top picks

I GONE TO POT

ITV
Cannabis use is legal in some parts of the US, so in this revealing series, UK celebs – ex footballer John Fashanu, former *EastEnders* star Pam St Clement, actor Christopher Biggins, darts

legend Bobby George and Loose Woman Linda Robson – head there to investigate the pros and cons of medical marijuana... and the drug's recreational use. The famous five ride around in a their own psychedelic 'mystery machine' meeting locals who use weed...

SOAP BUBBLE

EastEnders Veil of tears?

When Lauren catches Abi wearing her wedding dress, Abi admits she was in love with Steven. A huge row blows up, then over. But how will Lauren react to the news that her sister is carrying Steven's baby?



Abi puts off the maternity wear... for now

Corrie

Baby bombshell

Gary Windass is stunned when his returns from Milan and Anna mentions Nicola is pregnant. Will she admit that it's all true?

Emmerdale

Murder trail

Flowers and a cryptic apology note are found at the viaduct where Emma Barton died, and Pete soon suspects Gabby...

doesn't like a night on the sofa?

DON'T MISS A THING THIS WEEK

Best of the rest

2 STRICTLY COME DANCING SAT, SUN, BBC1

Craig Revel Horwood always has his fangs out on the judging panel, but now they'll be relevant as ghouls, werewolves and zombies take to the dance floor for Halloween week.



3 THE GREAT BRITISH BAKE OFF TUES, CHANNEL 4

The remaining contestants' eyes are on the prize as they whisk, stir and make beautiful bakes to impress judges Paul Hollywood and Prue Leith, who'll be turning up the heat in this week's grand final.



It's Paul and Prue's showstopper!

4 HARRY STYLES AT THE BBC WEDS, BBC1

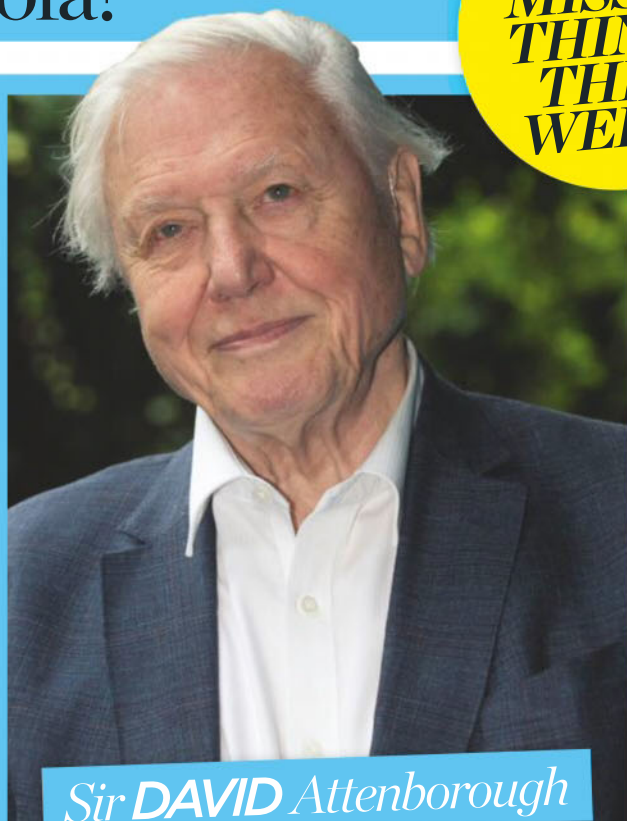
The former One Direction singer joins host Nick Grimshaw to perform live songs from his solo album, as well as talking about his career and life to date, including acting in the recent film *Dunkirk*.



5 STRIKE BACK TUES, SKY1

In this sixth series of the all-action military drama, look out for former *Corrie* star Katherine Kelly (right), who's part of the new cast. This time

the Section 20 team are in the Middle East tracking down a notorious terrorist. Daniel McPherson, Roxanne McKee, Warren Brown and Alin Sumarwata also star.



Sir **DAVID** Attenborough

'We must do something about the plastic in our oceans... now!'

The TV legend returns to present *Blue Planet II*

It's been almost 20 years since the original *Blue Planet* series. What's changed with the world's oceans in that time?

Two things. One is rising temperatures and the second is plastic. While filming, we've seen Albatrosses come back with food for their young and you think it is going to be squid but it's plastic, so you know that chick is going to starve and die.

Are there still new things to discover?

We found so many new things, particularly when down in the deep in one of those submersibles. It's a cliché to say that the world is full of an infinite variety of animals, but it is!

Did you see anything that particularly surprised you?

It has to be in episode two, when we see eels diving

into what was a lake at the bottom of the sea. It takes a bit of time to get your mind around that sort of thing. How can there be a lake at the bottom of the sea? And then it explodes like a volcano - I mean, come on!

What understandings do you hope we'll come away with after watching the series?

That every one of us has a responsibility for our oceans and that what we do has a direct affect on them. I don't know what we're going to do about the rise in ocean temperatures, but we could do something about the plastic in our oceans right now - and I wish we would!

*** *Blue Planet II* starts Sunday 29 October, 8pm, BBC1**

STEAK-OUT

Sainsbury's has introduced a range of Taste the Difference restaurant-style steaks, including picanha, a classic Brazilian grill house cut. It's matured for 30 days for a full flavour and has a melt-in-the-mouth texture. **£5, 225g.**



Bag a bagel

New York Bakery Co's Everything Bagels, seasoned with poppy seeds, sesame seeds, onion and garlic, give a boost to a smoked-salmon-and-cream-cheese classic. **£1.50 for pack of five, Asda, Waitrose and Ocado.**





LIGHT-CRUST PIZZA

Ditch the takeaway and opt for Chicago Town The Pizza Kitchen pizzas instead. The new Deli Crisp Crust is light and tasty, like tiger bread. Just cook in the oven from frozen for 15 mins. Choose from Garden Vegetable, Roasted Chicken, Deli Pepperoni and Cheese Medley. **£3 each.**



HOT BUYS TO TRY



Try a trend

SALTED CARAMEL

We can't get enough of salted caramel. It's definitely the flavour of the moment for desserts, chocolate, ice cream, popcorn, coffee and cocktails. Keep a jar of Asda Extra Special Salted Caramel Sauce to hand for drizzling over pancakes, tarting up a bought vanilla cheesecake and for pouring over warm apple puds. **£2, 215g.**



Slow food

Slow cookers are often bulky and take up too much space, but this Morphy Richards 2.5ltr slow cooker is neat and compact and perfect if you're cooking for two or three people. **£24.99, morphyrichards.co.uk.**

Booze news

A few bottles of Asda's Blood Orange Bucks Fizz will set the scene nicely at any Halloween do. For extra horror, dangle some jelly snakes over the side of the glasses. **£2.48, 75cl.**



Not seen that before...

3 bangers for Bonfire Night



1 Extra long Build a jumbo hot dog to satisfy the heartiest appetite with Ashfield Farm Foot-Long Pork Sausages. On sale 2 Nov until stocks last, **£1.89 for 2, Aldi.**



2 Meat-free Roasted Mushroom & Red Onion Sausages with Mature Cheddar Cheese, Kale and Quinoa is from **M&S'** new Veggie range. **£3, 270g.**



3 Thai-style Low-fat and gluten-free, Heck's Thai-style Turkey sausages - flavoured with sweet chilli, coriander, ginger and garlic - add sizzle to roasted veg and noodles. **£2.99 for 10, Tesco.**

Books & puzzles



Fates and Furies by Lauren Groff, paperback, £7.99, Windmill Books

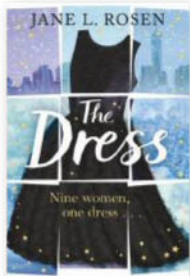
Every story has two sides and every relationship has two perspectives. At 22, Lotto and Mathilde are glamorous, madly in love and destined for greatness. A decade later, their marriage is still the envy of their friends, but behind closed doors things are more complicated than they have seemed. Lotto is blissfully unaware that the charmed life and marriage he takes for granted is down to Mathilde's ruthless machination, and that his wife's sad past is a lot darker than he thought. One for *Gone Girl* fans.

THIS WEEK'S HOT READ



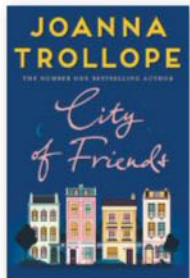
For more books information, see womanmagazine.co.uk/books

IF YOU LIKE THAT, TRY THESE...



YOU ARE WHAT YOU WEAR

The Dress by Jane L. Rosen
Legend has it that every season there is one dress. The dress that can make your career, ignite a spark with that special someone, or utterly transform your life. For Felicia, who has been in love with her boss for 20 years; for Natalie who has sworn off men since her ex dumped her - for them and for others, life is about to change.



BURIED SECRETS

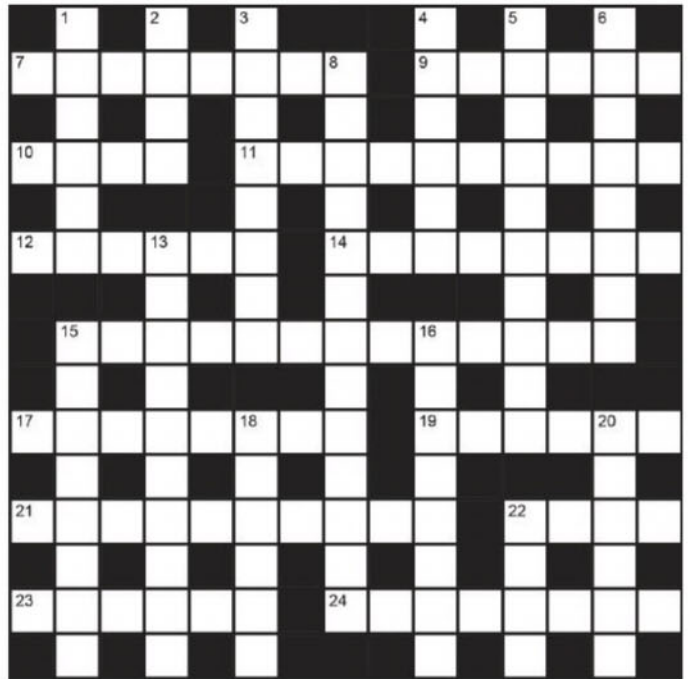
City of Friends by Joanna Trollope
The day Stacey Grant loses her job feels like the last day of her life. Or at least, the only life she'd ever known. As she starts to reconcile her old life with new, she at least has the girls to fall back on. But when Stacey's redundancy forces a betrayal to emerge that was supposed to remain secret, their friendships are pushed to the limit.



LOVE IN PARADISE

The Paradise Room by Belinda Jones
When Amber Pepper's boyfriend Hugh asks her to join him on a business trip to the islands of Tahiti, she'd rather stay at home in an oversized jumper. But the prospect of seeing her long-lost friend Felicity coaxes her on the 20-hour flight. Within hours of arriving, Amber falls in lust and a surprise proposal knocks her for six.

TRICKY CROSSWORD!



LAST WEEK'S TRICKY CROSSWORD ANSWERS ACROSS 7 Scrape 8 Critical 9 Forgiven 10 Needle 11 Entrance 12 Gather 13 Competition 18 Archer 20 Addition 22 Bitten 23 Inspired 24 Children 25 Eleven DOWN 1 Echoing 2 Kangaroo 3 Heaven 4 Midnight 5 Silent 6 Earlier 8 Concentration 14 Partners 15 Outlined 16 Freight 17 Covered 19 Hotels 21 Dishes

→ ACROSS

- 7 Make a felony worse in an enclosure (8)
- 9 No dire result when pressed (6)
- 10 Girl waving wand? (4)
- 11 Squashed, as air may be (10)
- 12 Writer with some open, ciliary arteries (6)
- 14 Molly ran wild, as a rule (8)
- 15 A reluctant dog trained and patted on the back (13)
- 17 You may put it up when it falls, naturally (8)
- 19 No! A yen disturbed nobody in particular! (6)
- 21 Considerable thought for light return (10)
- 22 Feature of architecture in the beginning (4)
- 23 Some chaps help even military exercise leaders to plan (6)
- 24 Ten years with one fewer restrictions (8)

→ DOWN

- 1 Small firm climbing in another tale in place (6)
- 2 Start with no lady swan (4)
- 3 Strong rum Lucas distilled (8)
- 4 Newspaper, the source of 21 Across? (6)
- 5 New York briefly lost. Can't move non-stop (10)
- 6 Exposed meat in the long grass (8)
- 8 Display of protest or display of sales effort (13)
- 13 Tell condor off, though sober? (10)
- 15 Coerce with decoration within trade (8)
- 16 At an angle with ringleader held for education (8)
- 18 Shown friendship by a dog which is beaten! (6)
- 20 Commonly stolen though marked with a notch (6)
- 22 Plays a role in a change of cast (4)

Editorial Complaints


We work hard to achieve the highest standards of editorial content, and we are committed to complying with the Editors' Code of Practice (<https://www.ipso.co.uk/IPSO/cop.html>), as enforced by IPSO.

If you have a complaint about our editorial content, you can email us at complaints@timeinc.com or write to Complaints Manager, Time Inc. (UK) Ltd Legal Department, 161 Marsh Wall, London, E14 9AP. Please provide details of the material you are complaining about and explain your complaint by reference to the Editors' Code.

We will endeavour to acknowledge your complaint within five working days and we aim to correct substantial errors as soon as possible.

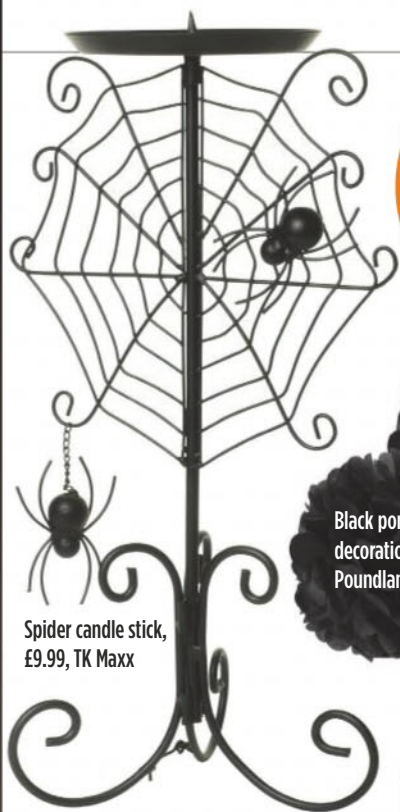
TRICK OR TREAT

Ghoulish buys and frightening ideas to fill your home this Halloween



Boo light decoration, £15,
tombstone, £5, spider cloche,
£10, table confetti in trio of
bottles, £2, skull goblet, £3.50,
small light-up pumpkin, £2,
black tinsel kitten, £2, boo
pumpkin, £7, all Sainsbury's

It's the season of spooking



Spider candle stick, £9.99, TK Maxx



Black pom-pom decorations, £1, Poundland



Trio of Halloween characters, £2, Flying Tiger



Ulster Weavers spooky house tea towel, £8, Amaroni Home

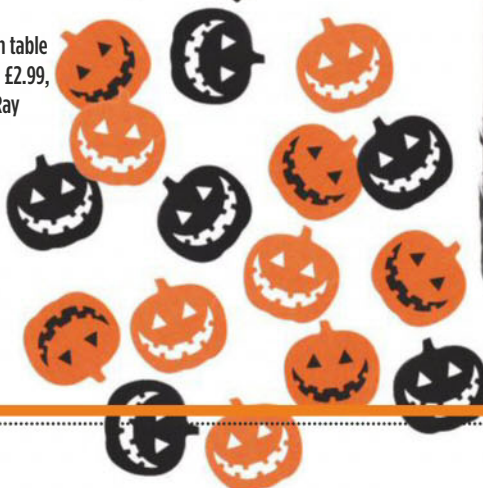
Confetti balloons, £5.99, Candle & Cake



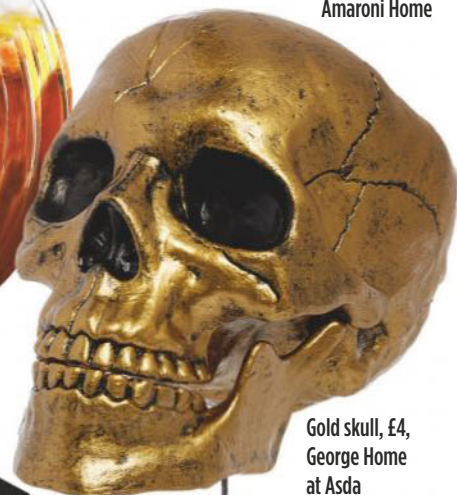
Creep it real napkins, £3.49, Talking Tables



Pumpkin table confetti, £2.99, Ginger Ray



Pumpkin drinks dispenser, £35, Amaroni Home



Gold skull, £4, George Home at Asda

Copper glitter pumpkin, £2.50 for three, George Home at Asda



Crow cage, £10, George Home at Asda

COMPILED BY: ESME CLEMO

STARSCOPE

Your stars for next week by Penny Thornton



ARIES 21 Mar – 20 Apr

You can form new alliances now, but with the understanding that they will not conform to a stereotype. However, it is not the best time to make a binding commitment. Keep it loose.

For your reading ☎ 09058 172557



TAURUS 21 Apr – 21 May

Let the full moon in Taurus empower you. This is a time to celebrate the differences in life and love, and a time to make new beginnings. Have the courage of the heart, not the doubts of naysayers.

For your reading ☎ 09058 172558



GEMINI 22 May – 22 Jun

The element of surprise could serve your cause, although by the same token, someone could catch you unawares. Not everything will pan out as expected.

For your reading ☎ 09058 172559



CANCER 23 Jun – 23 Jul

Attractions sparked now should expand your world in ways you never expected. However, do your best not to see a new love connection as a permanent state of affairs.

For your reading ☎ 09058 172560



LEO 24 Jul – 23 Aug

It is not about what you are leaving behind but where you are going. Have no regrets about what goes in this period: it is part of a much grander plan that you cannot as yet appreciate.

For your reading ☎ 09058 172561



VIRGO 24 Aug – 23 Sep

Your plans may be on hold because you are waiting for someone to be in touch with you. If you have not received an answer by the weekend, start making moves of your own.

For your reading ☎ 09058 172562



LIBRA 24 Sep – 23 Oct

Should you have been putting up with a less than satisfactory relationship, the hands on the cosmic clock are pointing to liberation. Stop dithering, make a decision based on what you want.

For your reading ☎ 09058 172563



SCORPIO 24 Oct – 22 Nov

Anything that falls by the wayside is impeding your progress. Not that this gives you carte blanche to sabotage perfectly good situations. Recognise those things that are not going anywhere.

For your reading ☎ 09058 172564



SAGITTARIUS 23 Nov – 21 Dec

Even if you believe you're on top form, avoid pushing yourself too hard and instead recharge your physical, emotional and psychic batteries. Avoid those who press your buttons.

For your reading ☎ 09058 172565



CAPRICORN 22 Dec – 20 Jan

Should you be completing a project or bringing something new into being, life may never be the same again, but if you're hanging on to a situation, you may have no choice other than to let it go.

For your reading ☎ 09058 172566



AQUARIUS 21 Jan – 19 Feb

While you may not be able to change someone's mind, rather than dig your toes in, you can adapt to a new set of circumstances. Allow yourself to be taken by the hand into new territory.

For your reading ☎ 09058 172567



PISCES 20 Feb – 20 Mar

With self-belief you can achieve wonders, and if someone does not believe in you and is making life very difficult for you, ask yourself why you continue to put up with it.

For your reading ☎ 09058 172568

Newmarket
Holidays

2018 Ocean Cruise Offers Save up to 30% plus Buy One, Get One Half-Price*

There's nothing finer than a holiday that combines fascinating days and exciting nights in a variety of interesting destinations with time spent in the company of friendly faces and all the comforts of a good hotel. Book by October 31, 2017 to take advantage of our great value save up to 30% plus Buy One, Get One Half-Price offer on a choice of wonderful no-flying cruise holidays to some stunning destinations. Please see our website for our full range of itineraries and offers.

All cruises include:

- Full board accommodation based on two people sharing
- A wide range of on-board leisure facilities
- First-class on-board entertainment
- Service from an attentive crew
- Fascinating ports of call at which a wide range of optional shore excursions are always offered
- On-board prices in sterling*
- Full-board cuisine
- Informative guest speakers

A few of our amazing value offers...

Baltic Cities & St Petersburg

15 day cruise sailing from Newcastle on board Magellan
Departs 19 May 2018 now from £1,499 first person, £750 second person

Mediterranean Odyssey

16 day cruise sailing from Bristol on board Magellan
Departs 22 Sept 2018 now from £1,459 first person, £730 second person

Grand British Isles Discovery

13 day cruise sailing from Tilbury on board Magellan
Departs 7 April 2018 now from £1,229 first person, £615 second person

Majestic Fjordland

8 day cruise sailing from Tilbury on board Magellan
Departs 19 April 2018 now from £829 first person, £415 second person



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I spoiled my family with £1,000'

Claire Stonell, 48, from Sussex, was thrilled to hit the jackpot with prize bingo tickets



The funny thing is that I have never stepped foot in a bingo hall, but a few years back I joined *Woman Bingo* online and I am so glad I signed up. Now not only am I a big fan of the site, but I'm a winner too!

My big cash prize came in December 2016. I was playing traditional bingo in the Sapphire room when I won a small cash prize, plus 24 free tickets for a game called Playoff Palace. I was very excited because Playoff Palace is only held once a week, every Sunday at 9:15pm. It feels like a special event because it's just for those players who have won tickets for it during the week on Sapphire.

On Sunday evening I logged in to join Playoff Palace. And I had not been playing long when my numbers came up... I was a jackpot winner from my prize tickets – and what's even better is they were free!

I sat in shock for a moment – surely I hadn't won the jackpot?

Huge selection

My account balance was £1,000 better off, and the chat room was abuzz with other players offering congratulations.

The win came just a few weeks before Christmas and with my daughter and her husband visiting us from Canada, it meant I could spoil them with more presents and splash out on nice food for the family.

When I told my husband and friends I had won, I still felt like I had to pinch myself.

Sometimes my husband has a few games on the site, buying bingo tickets every few months. It took me years to teach him how to use the laptop, but even he finds the site easy to navigate!

I had tried a few other sites, but hadn't liked them, so when I heard about *Woman Bingo*, I thought I'd give it a whirl.

It wasn't long before I found which games I loved the most. There is a huge selection including slots and bingo games. My favourites there are the bingo games because they are so varied, and the one

HOW DOES IT FEEL TO HIT THE JACKPOT?

Part of you doesn't believe it, and part does, so you feel overwhelmed and pleased.

I probably play the most is Sapphire bingo.

It's not just the games either – with *Woman Bingo*, there are chat rooms that run alongside.

It makes the site so sociable – sometimes I log in just for a natter! You get people talking

about all sorts. It's fun to just read all the conversations, even if you don't take part!

Going to a bingo hall would mean catching the bus or driving into town, as well as needing a friend to commit to the night with you. But when you play online, you still get the chance to socialise, have a laugh and you can do it whenever suits

you. I love being able to play from the comfort of my bed!

I log in a couple of times a week and make the most of the daily free games, which you can play after you have made your deposit and on

which you can win cash and free spins.

In the time that I've been playing on the site, I've seen lots of other people win huge jackpots, many of them even bigger than mine. Sometimes I let my mind wander as to what I would do if I won £5,000 or £10,000. I would love to take my family away somewhere, escaping the horrible British weather and booking into somewhere hot to relax for a couple of weeks. Who knows, maybe one day it'll happen. You have to be in it to win it!

'SURELY I HADN'T WON THE JACKPOT?'



PLAY BINGO ON YOUR MOBILE

Choose between Sapphire, Bingo Lounge and Emerald! Nothing to download, it is all safe and secure. You could be a winner any time, anywhere!

TURN OVER FOR ANOTHER WINNER'S STORY PLUS A CHANCE TO WIN A LUXURY HAMPER

womanBingo.com

gambleaware.co.uk

*T&CS APPLY: 18+ UK ONLY. DEPOSIT AND WAGER REQUIRED.

Woman Bingo promotion

'I went to Italy with £4,129!'

Elizabeth Huntley, 48, from Kent, had an adventure when she hit the jackpot with Woman Bingo on a 1p ticket...

When I heard you could play online with Woman Bingo, I just couldn't wait to sign up. That was 11 years ago now, and I haven't looked back.

I have played bingo in a hall a couple of times, but it's so much fun to play online, and so convenient – you can play from your sofa or anywhere you want to!

I usually log in around once a week, playing on my laptop. It tends to be on a Friday or Saturday night, after another busy week has come to an end.

In the years since I've joined, I've had loads of wins, from £5 to £50 to £900 back in 2015. I matched three lines on one of my games and was gobsmacked when I nabbed £900! Then, in July this year, I had an even bigger shock when I hit a larger jackpot...

It was a Tuesday night and I was playing my favourite game, Speed Bingo. It's 1p per card and as the name suggests, it's a very fast game! That night, I looked

at the jackpot and thought I'd buy some tickets. I was on my second game, waiting for my numbers to be called.

I wasn't really expecting to win. A win is a bonus but I find that I just like playing because it's such fun and the community on the site is so friendly.

'I NEVER THOUGHT I'D WIN!'

But that night, my numbers were being called thick and fast, and before I knew

it, all of my numbers had come up. The screen began to flash with my username and the words 'you're a winner!'

'Oh my God, oh my God,' I cried.

Even though I had seen the winning screen before, I refreshed the page to make sure I wasn't dreaming.

Sure enough, my balance – which had rocketed to £4,129 – remained the same. I really had hit the jackpot! My partner came rushing in to see what was going on.

'I've just won the jackpot!' I cheered. My kids asked: 'Can we go to New York?' New York was a fun idea, but I was really thinking of a holiday a bit closer to home.



Elizabeth was ecstatic when she won the jackpot

HAVE YOU TOLD ANYONE ABOUT YOUR WIN?

The first person I told was my partner when he came rushing in to see what I was making such a fuss about! I've also told some friends who've signed up to the site for themselves as a result of my news.

We hadn't been planning to go away, but I started looking at trips to Lake Como in Italy. My youngest son is 15, so I was unsure there

would be enough to keep him entertained, but with boat trips, day excursions and a train going around the lake, I soon clicked the button to book.

Holiday time

We went to Lake Como in August this year for eight days and it was fantastic. The weather was absolutely amazing and there was certainly enough to keep us all busy! Sitting in the sun, reading books and going out on boat rides across the beautiful lake was amazing.

Back at home, I still had plenty of my winnings left over. Having the money in

TRY OUR SPEED BINGO ROOM FOR SOME FAST FUN!

That's how Elizabeth won her big jackpot prize. Tickets are just 1p and with games every 30 seconds, you could be a winner in a jiffy!



NEW MEMBER BONUS*

DEPOSIT £10 PLAY WITH £35*



- 1 Visit **womanbingo.com**
- 2 Join, entering promo code **WOMANJ44**
- 3 Deposit **£10** and play with **£35!***

JOIN TODAY!

gambleaware.co.uk **18** **Terms and conditions** *18+, UK only. Registration required. New members only. You must enter the code WOMANJ44 on registration. Minimum £10 deposit. Welcome Bonus: You must accept the Welcome Bonus when you deposit £10 to receive £25 bonus play. 250% Welcome Bonus - max £250. Bonus must be wagered four times before withdrawals (including, but not limited to, any cash winnings or deposits related to the applicable bonus) from your member account. Wager and cash-out requirements apply. The Welcome Bonus will expire within 30 days if not used in its entirety. Except as set out here, cannot be claimed in conjunction with any other offer. Offer this issue ends 30 November 2017. See full T&Cs at womanbingo.com. For 24-hour support, freephone 0800 458 0770. Please play responsibly. gambleaware.co.uk.

woman *Bingo.com*

the bank ready to spend on spontaneous days out or family fun is great. Though my partner has other ideas...

A new set of wheels

He's keen to build a workshop at the end of our garden, as he's always building and making stuff. But I am thinking about getting a new car, trading mine in for a newer model. We haven't decided what to do yet, though!

Meanwhile, I still log in once a week for a few games of bingo. My favourite games are Speed Bingo and another one called Bingo 20, but I also play the scratch card games and

sometimes the slots. There's a lot of choice and something to suit everyone.

There are chat rooms on the site too, so if you want to have a natter while you play, you can! There's also a daily free game, which I play if I have time. There are three games you can play for free once you have made your first deposit.

I vary my game from week to week, and you can often win free spins or a cash bonus.

When I joined *Woman Bingo* all those years ago, I never imagined I'd win a jackpot as big as £4,129. The best thing about the site is how much fun it always is, and playing bingo on a Friday night on a friendly and fun site is unbeatable. **18**

WHAT DOES IT FEEL LIKE TO WIN A JACKPOT?

It's a strange feeling as you can see it happening, but it happens quite quickly and then you want to be sure you haven't just imagined it. I kept refreshing the page over and over to check!



WIN A LUXURY HAMPER OF YOUR CHOICE!

We've got two prize packages up for grabs and they are bursting with sweet treats and savoury delights - which one will you pick?

* Simply select your hamper from now until Sunday 29 October (23:59) and play a minimum of £2 on any games to earn an entry to win it. You can earn one entry per day.

*18+. UK only. Opt-In required. Min wager £2 required. Ends 29/10. See full T&Cs for details.

18 gambleaware.co.uk

Going for GOLD!

As Australia's Gold Coast prepares for 2018's biggest sporting event, we look at its medal-worthy attributes...

WHY GO?

Imagine strolling along the coastline, eyes peeled for dolphins and a salty breeze in your hair. This is the Gold Coast Oceanway, a 36km network of easy coastal paths. Just an hour's drive south of Brisbane, it's the perfect place to get active. So it's no surprise the Gold Coast is hosting the Commonwealth Games on 4-15 April, picking up the mantle from Glasgow, who hosted in 2014.

PEOPLE WATCH IN STYLE

Surfers Paradise, as its name suggests, attracts a sporty crowd, plunging out into the Pacific Ocean, hoping to catch some of Australia's best waves. It's also a glitzy resort of high-rise hotels. Spend your days here looking out over the sands from the terrace of laid-back Elston restaurant (8 Esplanade). The proper Aussie breakfast - poached eggs, fresh avocado and sweetcorn fritters, washed down with a strong flat white - is the ideal way to start your day.

BACK TO NATURE

Retreat inland and you'll find the Gold Coast's best-kept secret. Tamborine Mountain National Park is an area of protected rainforest, where the locals head when the coast gets too hot or too crowded. Here you'll find the enchanting Curtis Falls, reached on a 1.5km return walking track that winds through wet eucalyptus forest above a bubbling creek. Tamborine Mountain is also home to art galleries and boutique food producers. Stock up on Witches Chase goat's cheese and alcoholic fudge from Fudge Heaven, before returning to the coast.

Surf's up! See how it's done at Surfers Paradise beach - or why not try it yourself?

GET ME THERE!

Fly to Brisbane with numerous airlines, from around £1,000 return. Holidayextras (holidayextras.com) has a week's car hire from Brisbane airport from £114. The Island hotel (theislandgoldcoast.com.au) in Surfers Paradise has rooms from \$149.



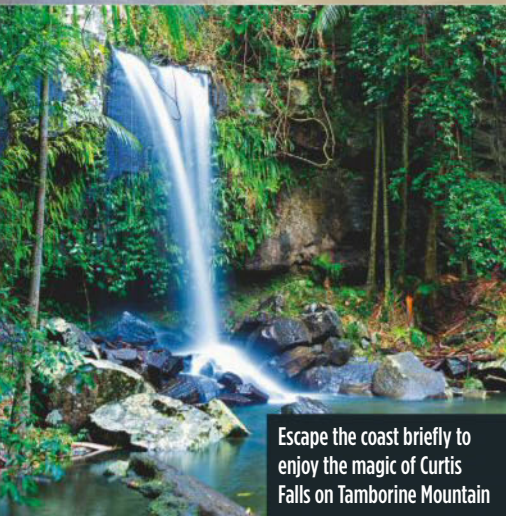
BEST BEACHES

The Gold Coast has dozens of great beaches. So where to choose? Here's our pick of the best...

MAIN BEACH Swerve the Surfers Paradise crowds with a dip at Main Beach, the closest surfing beach to the town of Southport at the Gold Coast's northern reaches. At low tide, there's a huge expanse of sand here, so you're sure to find a spot to yourself.

RAINBOW BAY In the far south of the Gold Coast is this lesser-visited beach, where local kids play cricket and natural rock pools provide a secluded place to swim. The 300-metre-long crescent of buttery sands faces north, so it gets the sun for most of the day.

BURLEIGH BEACH Burleigh is great for families, with a beachfront kids play park for the little ones and plenty of space on the sands for games and sandcastles. Surfers love it here too, for its reliable waves and you'll see plenty of hip locals out in the surf and in the nearby cafes. **11**



Escape the coast briefly to enjoy the magic of Curtis Falls on Tamborine Mountain

SEAFOOD SPECTACULAR

It's worth getting active on the Gold Coast, just so you can reward yourself with its local food. Seafood lovers should not miss the Moreton Bay bugs, a type of lobster from the nearby eponymous bay, served up barbecued at Omeros Brothers in Main Beach (omerosbros.com). The best cuisine, though, is at Social Eating House, a casual restaurant in Broadbeach that offers contemporary Australian dishes such as local Tweed river king prawns with garlic, cider and herbs (socialeatinghouse.com.au). Delish!



Britney, her boys and her mum Jean made Halloween a family affair when they got into the spirit of things.



Mariah Carey doesn't need a reason to dress up but she showed her devilish side with ex-hubby Nick Cannon and their twins.



Katie Price and daughter Princess looked 'purrfect' in their matching outfits.

HALLOWEEN

is becoming a family

Who says fancy dress is just for children? These celebrity grown-ups prove they



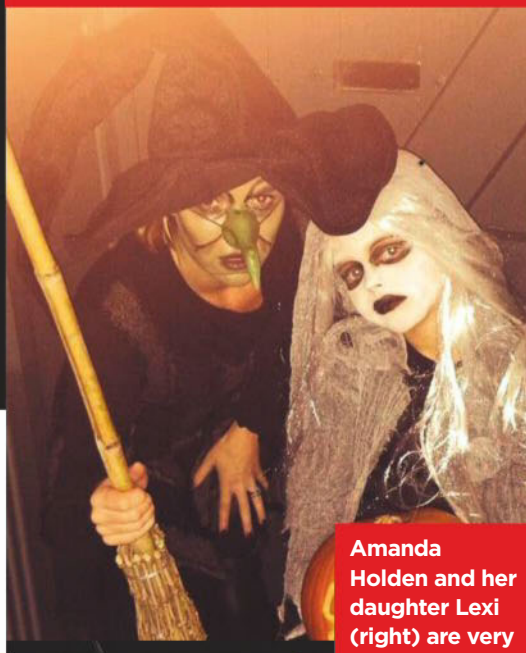
Vic Reeves (aka Jim Moir) and his family make a spooky arrival to a party - it seems Vic has let the dress-up go to his head!



Myleene Klass frocked up as Morticia when she, her two daughters and her cousin transformed themselves into the Addams family, along with Cousin It.



Kimberley Walsh enlisted the help of son Bobby to make her scary witch costume as creepy as possible by having him pose as her spider sidekick.



Amanda Holden and her daughter Lexi (right) are very hard to spot under their spooky costumes.



Gary Lineker goes for ghoulish aviator chic alongside his ex-wife, Danielle, and family

W

y affair

are big kids at heart by joining in the fun!



My friend laughed when I told her I'd bought a vibrator... but now we're *both* smiling!

I enjoy a better sex life, enhanced libido and even better sleep since I bought my PicoBong Zizo from Jo Divine!

I'd been intrigued by Jo Divine's adverts for beautiful vibrators since they started advertising back in 2008.

Eventually, curiosity got the better of me and I phoned for a brochure, which they sent in a plain envelope. Jo Divine have been trading since 2007 and know a thing or two about discretion - they never send unsolicited post or sell on customer details.

I was impressed by the brochure. It is beautifully produced and very stylish! I settled on the slim PicoBong Zizo battery-operated toy. PicoBong's quality speaks for itself - they have sold over a million vibrators! A couple of days after ordering, a discreet plain box arrived in the post, within which was the Zizo. The vibrator is made from smooth silicone and is skin safe, powerful, quiet and 100% waterproof. Don't think that vibrators are just for use alone - I love to use mine with my husband and my Zizo means that I never have difficulty reaching orgasm.

Since my first purchase, I've been a frequent visitor to Jo Divine's web site (www.jodivine.com). There's so much free information and advice and it's all presented in a very pleasant manner - it has certainly made me feel much more confident about trying out new toys! Oh, and remember that friend who had a little giggle at my expense? Well, she's the very happy owner of a PicoBong Zizo too!

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This powerful skin-safe vibrator delivers intense stimulation. Powered by just 2 AAA batteries, Zizo is easy to use with multiple speeds and pulse patterns. Perfect for vibrator beginners, Zizo can also help with vaginal tightness. This waterproof vibrator has a full 1 YEAR GUARANTEE backed by Jo Divine.

PicoBong Zizo is available in pink, purple and blue. Quote WX31 to get a FREE pack of AAA batteries worth £2 (Expires end March 2018)



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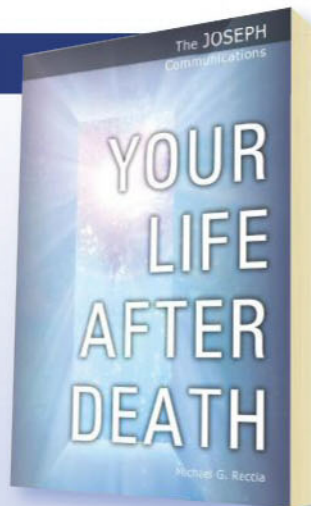
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Bloke at the back

Dales delight

He's best-known as *Emmerdale's* Cain Dingle, a role he's played for 17 years. But Jeff Hordley could not be more different to his terrifying alter-ego.

A devoted family man, Jeff, 47, lives in West Yorkshire with his wife of 14 years, Zoe Henry – better known as *Emmerdale* vet Rhona Goskirk – and their two children, Violet, 12, and Stanley, nine.

My kids would laugh to hear me described as a heartthrob. They'd find it funny if I tried the Cain Dingle stare at home, too. I wish I was a little bit sharper in my retorts in real life, but I'm very much the opposite. I'm actually quite nice and easy-going, but that's not a bad thing, is it?

Away from work, I love spending time on my allotment. My 20-year-old self would have laughed at the thought of having an allotment, but it's my relaxation and it's good to know where your food is coming from. I was diagnosed with Crohn's disease in my 20s and healthy eating has been a factor in stabilising it.

If I wasn't an actor, I'd probably have been a DJ. I've always had a passion for music and I love going to gigs and DJing. I've started moving into downloads, but I collect vinyl and CDs. I couldn't tell you how many records I have – thousands – too many!

Because I've been playing the hard man for so long, it's a comfortable thing to slip into. I instantly know how to play a script because I know the character inside out – sometimes better than the writer might know him.

Zoe and I have been together for half of my life. I was 24 and Zoe was 20 when we met, so we've been together for 23 years. We were at college and we knew quickly that it was for life. I knew within six months – I'm hoping she did too! ☺

*** *Emmerdale* is on Mon, Tues, Wed and Fri, 7pm, and Thurs, 7pm & 8pm, ITV**

WOMAN EXCLUSIVE!

Jeff HORDLEY

*The star on the one thing he wishes he had in common with his dark *Emmerdale* character Cain*



THE CASTING COUCH From flamboyant director to potential murderer, Jeff has certainly got range



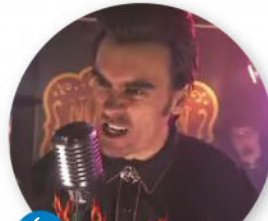
97 *Heartbeat* 'I was quite young at the time and played someone selling dodgy jewellery.'



98 *Coronation Street* 'I was a camp theatre director with Roy and Hayley Cropper.'



00 *Emmerdale* 'Cain is currently a murder suspect. He's great fun to play.'



07 *Northern Cowboys* 'I played the lead singer of a band – it was good to do something different.'

Say what? I like to do Joe Wicks' workouts from YouTube'

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Tried & tested
Here’s what a National Newspaper had to say after testing our claims:

Immediate Results
“To my amazement, my face appears really bright, youthful and less wrinkled than before. It is glowing and looks plumped up”

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Clinical trials show impressive results and customer satisfaction

My Perfect Facial has been subjected to rigorous independent clinical trials to prove the product’s effectiveness. And the results are astounding!

- 100%** of users reported an improvement in skin texture and smoothness!
- 96%** of subject reported an improvement in the appearance of lines and wrinkles!
- 92%** reported an improvement in skin hydration. And the same number of users reported improved skin elasticity!

- 100%** of participants reported that their skin looked brighter!
- 96%** reported that their skin felt firmer and noticed a reduced appearance of pores!
- 92%** agreed that My Perfect Facial was gentle on their skin!
- 100%** of participants reported that My Perfect Facial effectively lifted their skin and improved their skin’s softness!

Trials conducted by Ozderm Skin Testing and Dermatology Studies on participants aged 39-71.



AS TESTED BY MAJOR NATIONAL NEWSPAPERS 29.09.16



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