

ONLY
69^p



MUM'S ANGUISH

**'What Will I Tell Her
When She Wakes Up?'**

4 Jan 2018 69p

Pick Me Up!

**My Fella
Died
With A**

**SHOCKING
SECRET**



**Love Me, Love My
BRIDESMAIDS**

**Murdered &
Mutilated By
Killer Sisters**



**TOTS WITH
TATS...**
Too Much
Too Young?



Evil

**MY RAPIST
POUNCED**

**On The Walk
Home From
School...**

Italy €2.40 Spain €2.20 Greece €2.10 Australia \$3.99
0 1 >
9 7717461056194

— THE —
CREATIVE
CRAFT
SHOW

Manchester,
EventCity
1-3 February

Glasgow,
SEC
8-11 March

Birmingham,
NEC
15-18 March

London,
ExCeL
19-21 April

The **Stitching, Sewing & Hobbycrafts** Show back with a brand new look

Book now
and save £4*
on the door price
using code

TM10

Sewing • Stitching • Papercraft
Knitting • Jewellery & more!

Buy tickets at www.ichfevents.co.uk
or call Ticket Hotline 01425 277 988

   #CreativeCraftShow

*All prices relate to a one day adult on the door ticket. Manchester one day tickets cost £10, Glasgow one day tickets cost £10.50, Birmingham one day tickets cost £14, London one day ticket cost £12. Phone lines open 9am to 5pm Monday to Thursday (4.30 Friday) - standard tariffs apply. Offer valid until 5pm on the Monday prior to the show, & cannot be used in conjunction with any other offer. Use code TM10 at checkout

WORKSHOPS



DEMONSTRATIONS



DISPLAYS



Our Pick Me Ups!

Welcome To Your Thursday **PickMeUp!**

On The Cover

- 6 My Rapist Pounced: On The Walk Home From School...
- 10 My Fella Died With A Shocking Secret
- 14 'What Will I Tell Her When She Wakes Up?'
- 26 Love Me, Love My Bridesmaids
- 32 Tots With Tats...
- 40 Murdered & Mutilated By Killer Sisters

More Real Life

- 20 Killer With A Broken Brain
- 28 Bingo Winners!
- 38 My Fall Was Just The Start...
- 40 World Of Crime
- 42 Little Pick Me Ups!
- 46 No More Big Mo!

PMU Value

- 13 Our Bargains!
- 22 Genius Or Bonkers?

From You

- 4 Your Pick Me Ups
- 12 Your Brainwaves

Feelgood

- 16 Your Dilemmas
- 17 Health & Happiness: I Fall Apart Every Day! + Blind Determination
- 23 Eat Me Up!
- 25 Etc Etc Etc...! Lists, Facts
- & 37 And Fun Stuff
- 35 Make Me Up!
- 36 Shape Me Up!
- 44 Style Me Up!
- 51 Your Stars!

Puzzles

- 3 Ed's Test
- 8 Win £1,000!
- 22 Win £300!
- 23 Win £50
- 32 Win £25!
- 32 Win £25!
- 46 Win £100!
- 46 Win £25!
- 49 Puzzles Entry Form
- 50 Win £1,000!

What A Week!



Sophie Day, Senior Designer

What A Comeback!

So *Sabrina The Teenage Witch*, which I loved, is coming back - but in a darker version than the original starring Melissa Joan Hart. Check out a list of surprising celebs who starred in it at: lifedeathprizes.com/sabrina-teenage-witch

7

...that's how many *Game of Thrones* seasons me and my fella caught up on in a matter of months. It was definitely worth the hype!

What A Cutie!

Welcome to the world - my new niece Heidi. What a beauty she is! I'm loving being Auntie Sophie for the first time.



Ed's Test

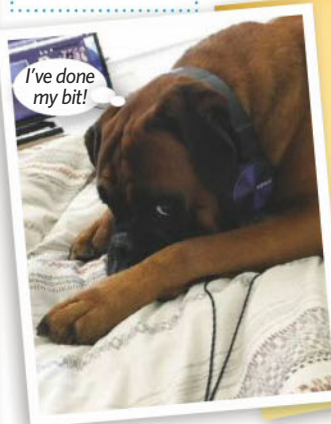
£25! WIN PUZZLE 1

Can you unscramble this 10-letter anagram to find somewhere Sophie visited? Enter on page 49.

LOYLILCLEH

What A View!

I'm fortunate to live near some fabulous countryside. Just look at this beautiful view of Colley Hill in Reigate, Surrey. You can't beat a lovely, brisk walk in fresh, wintry air on a Sunday afternoon.



I've done my bit!

What A Helper!

Luckily for one of my friends, they get to have a 'helper' when they're working from home! Not sure how much aid boxer Chief actually gave on this occasion, though!

Sneaky Peek At This Week!...



p45



p45



p35

Bedroom Secrets



p45



p35

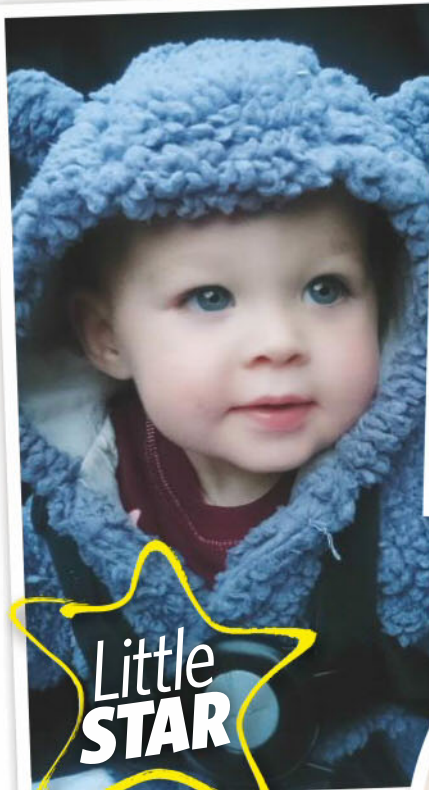
Made With Lentils!



p23

Your Pick Me Ups

Share your pics and videos with us and receive a **£25 CASH** pick me up!



Little
STAR

My 17-month-old daughter Annabelle Rose is as snug as a bug in a rug!
Nikki Milam, Rudgwick



Three's a party

I had an amazing time celebrating my 60th birthday with my beautiful daughters Heidi and Amy.
Angela Wakeham, Paignton



Tea for two

There's nothing like a nice cup of tea to get the day started. As you can see, my pooch Frenchie agrees!
Angela Garvin, Chadwell Heath

 Your Facebook

WHAT YOU'RE TALKING ABOUT ON FB...

What would you hate to hear during sex?

'The ceiling needs painting!'
Anne Stanley

Your partner coming home!
Lindsay Magee

My alarm waking me up!
Nicola Mary Cox

Snoring!
Leyna Schabowski

Join in at www.facebook.com/pickmeupmag

Get in touch

If you've got a story for these pages, send photos and letters with all names and ages, plus a daytime phone number and full address, to the address below and

GET BIG MONEY

E-mail pickmeup@timeinc.com

Call 020 3148 6460

Write to Pick Me Up!, 161 Marsh Wall, London E14 9AP

Twitter twitter.com/pickmeupmag

Facebook facebook.com/pickmeupmag

Time Inc. (UK) Ltd reserves the right to reuse any submission sent to Pick Me Up! magazine, in any format or medium. Unfortunately, we can't return photos without a stamped sae. Letters/photos must not be sent to any other publication.

LIFE! DEATH! PRIZES!

Check out our website:
www.lifedeathprizes.com



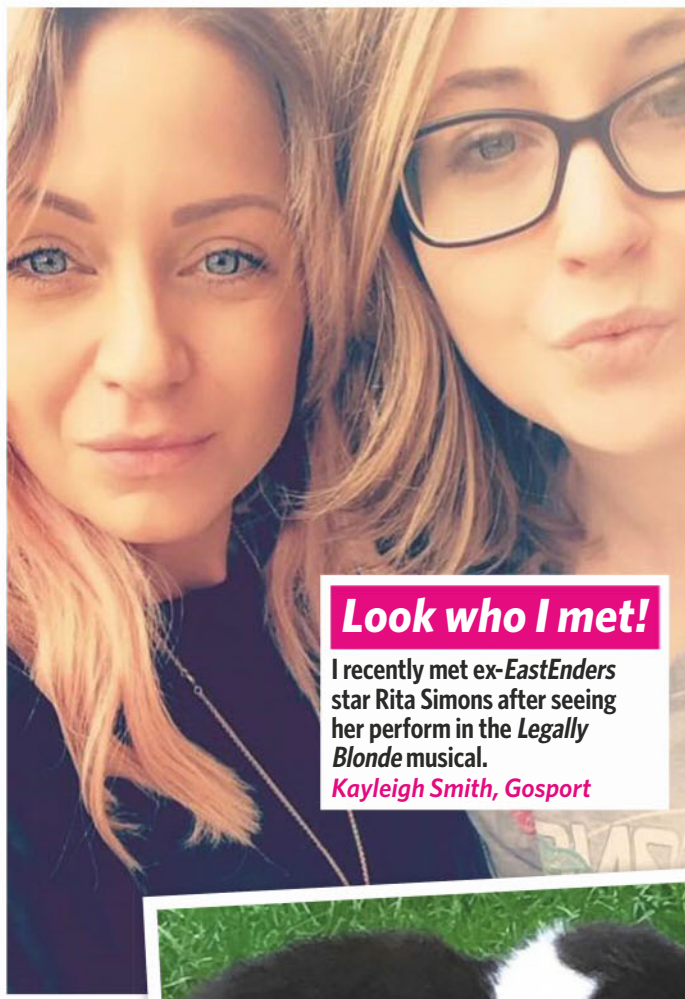
Lookalikes!

My 80-year-old grandfather found his Mini-Me in Ireland! The resemblance is uncanny, but luckily he saw the funny side!
Deborah Johnston, Stevenage



Dressed to impress

Here's me and my lovely mum all dressed up. Doesn't she look amazing?
Sarah Myers, Bracknell



Look who I met!

I recently met ex-*EastEnders* star Rita Simons after seeing her perform in the *Legally Blonde* musical.

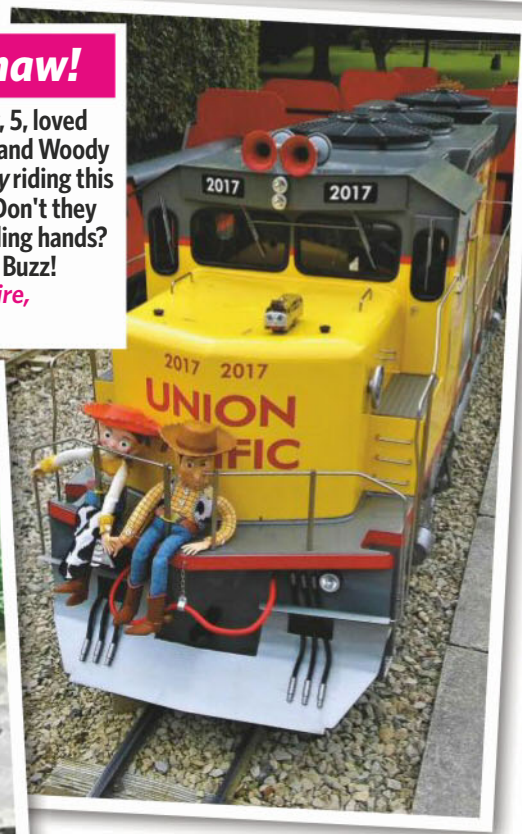
Kayleigh Smith, Gosport



Snowed under

It snowed so heavily the other night that the next morning my husband and I couldn't find our cars!

Kendra Seville, Prenton



Yee-haw!

My son Bailey, 5, loved seeing Jessie and Woody from *Toy Story* riding this mini railway. Don't they look cute holding hands? Just don't tell Buzz!

Karen McGuire, Cleethorpes



Brave mouse

I found my cat having a stand-off with a mouse this morning. Neither backed down, so I left them out there!

Amanda Wickens, via e-mail

HAIR Of The Week!

We love this - hope you do, too...

This lady's 90-inch locks weigh over 2kg and take a whole day to dry!



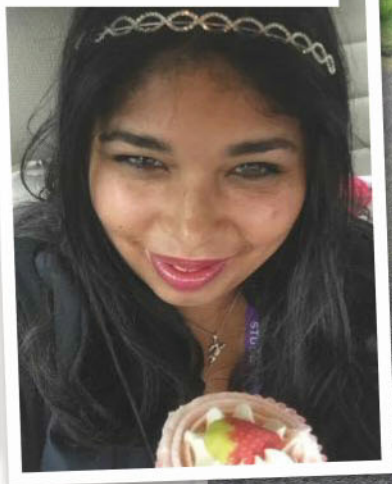
LIFE! DEATH! PRIZES!

See our website www.lifedeathprizes.com/real-life-rapunzel

Cakes for all!

I had great time doing my bit for Macmillan Cancer Support at a cake sale!

Janet Bell, Farnborough



Parky playtime...

Cold winter weather couldn't stop my boys from enjoying their trip to the park.

Nicole Ogden-Campbell, Bridlington



RAPED AS I BABYS

- Just 13 years old...
- He was a family friend
- A long road to justice



Kerry Marriott, 38, Wellingborough

Holding my mum's hand, I skipped along happily beside her.

We were on our way to her best mate's house.

Aged 7, I loved going there.

Mum's mate and her partner, Colin Darlington, then 21, always made a fuss of me.

'How you doing, kid?' Colin said, ruffling my hair when we arrived.

I flashed him a cheeky grin. 'Aren't you a pretty little thing!' he winked.

Mum's mate and Colin were always over at our place, too.

I saw them most days. They

were like an aunt and uncle.

But when I was 11, everything changed.

One day when Mum wasn't looking, Colin touched me between my legs.

Too young to understand it, I brushed it off.

It didn't stop Colin from doing it again, though.

And again, and again...

'If you tell anyone, you'll get into trouble,' he warned.

I hated him touching me.

But, just a kid, I believed his threats.

Colin abused me whenever we were alone together.

I couldn't tell

Months on, I moved in with my nan as Mum wasn't coping.

Finally out of Colin's reach, the abuse stopped.

But shortly after that, I went back to live with Mum again.

And that meant Colin was back in my life.

Scared to be alone with him, I'd follow Mum everywhere like a shadow.

'Give me a bit of space, love,'

Mum sighed, not understanding why I was so clingy.

I desperately wanted to tell her about Colin.

But I was terrified she wouldn't believe me.

Then one evening Mum

popped out, leaving me in charge of my younger siblings.

'I won't be long,' she promised.

But 10 minutes after she'd left, Colin turned up.

'Your mum wanted me to check on you,' he said.

'We're fine,'

I replied. 'Please leave.'

I just wanted him out of the house. He made my skin crawl, I couldn't bear to be near him.

But Colin fixed his beady eyes on me.

And when my younger siblings were asleep, he pinned me down on the sofa.

'Get off,' I choked between my sobs.

But Colin ignored my pleas, climbed on top of me.

And anally raped me.

The pain was indescribable. Frozen with fear, I didn't know how to make it stop.

I was just 13. And Colin had

I wanted him out of the house. He made my skin crawl

Now I'm gradually moving on


Pick Me Up!
BIG STORY
AT
ABUSER: DARLINGTON

Darlington, 51, appeared at Aylesbury Crown Court.

He denied everything, forcing me to give evidence from behind a screen.

I was shaking like a leaf but I held my head high.

Darlington was found guilty of two counts of rape of a female child under 16 between January 1993 and February 1995, and seven counts of indecent assault between January 1990 and March 1995 against me and another victim.

He was jailed for 20 years, put on the sex offenders register indefinitely.

It's the least he deserves.

Last August, he was convicted of rape and indecent assault charges against two others. He was jailed for another 10 years, to run consecutively.

I'm slowly moving on.

For a long time, I felt dirty and ashamed of what happened to me.

But the only person who should feel ashamed is that pervert.

He deserves to rot.

MY INNOCENCE WAS BRUTALLY STOLEN FROM ME

brutally stolen my innocence.

'Nobody will believe you,' he smirked afterwards.

I just curled up in a ball and sobbed my heart out as Colin left.

When Mum got home, I couldn't bring myself to tell her.

Feeling dirty and ashamed, I bottled it up.

Colin continued to rape and abuse me.

Until, one day a few months on, I was walking home from school across a field when I spotted Colin.

Waiting for me.

'Come here,' he whispered, leading me to a secluded spot.

He started touching and groping me.

I was in such a state after that, I ran home in hysterics.

'What on earth's wrong?' Mum asked.

I blurted out everything.

Mum was stunned.

'We need to phone the police,' she cried.

When they arrived, I made a statement.

Colin was questioned.

Thankfully, the sick pervert

hadn't hurt any of my siblings.

But we were told there wasn't enough evidence – it was my word against his.

He'd always said I wouldn't be believed.

'He was right,' I cried as Mum held me.

After that she banned Colin from visiting and I didn't see him again.

In time, I heard he and Mum's mate had split up.

He even went on to have kids, then married someone else.

Colin was getting on with his life – but, while I tried to forget, the abuse plagued me.

I suffered from nightmares, struggled to trust people.

At 17, I became a mum to my son, now 21.

A few years later, I split from his dad. I threw all of my energy into caring for my boy.

In time I had another son, now 11.

And a few years later, I met

someone on a night out.

He was kind, caring and

I opened up to him.

'I was abused when I was a kid,' I explained.

He was so understanding and became my rock.

In 2011, I fell pregnant with our little boy, now 6, and we tied the knot.

Police visit

Then, out of the blue – in 2014 – two police officers knocked at my door.

I knew instantly what it was.

Colin.

'We've arrested him,' an officer explained.

It turned out others had reported him for abuse.

Now, with the statement I'd made years ago, there was enough evidence.

I felt physically sick that he'd hurt other young girls.

I blamed myself.

'I should've fought harder to get him locked up,' I cried.

The bad memories returned.

But with the support of my hubby, I was determined to get justice.

In November 2016, Colin

We were told there wasn't enough evidence

Speak Up

If you're worried about a child, contact the NSPCC free helpline on 0808 800 5000 to speak to a counsellor. You can also make a report online at nspcc.org.uk. It's vital that you report your concerns. Don't let anything stop you from protecting a child.

WIN PUZZLE 2

Follow It!

£1,000!

Solve the puzzle to spell out a term related to the picture. The arrows show you where to put your answers. The answer is spelled in the yellow squares. Enter on page 49.



	Bistro		Foods such as butter and lard		West End district		Sampras, 1990s tennis star		State further		Metal in brass		Chilean rodent
	Obliterate						Chauffeur						
	Hoards secretly		Amount of spirit				Curative mineral spring		'Crude' fossil fuel		Mooring animals		Fishing poles
									Come about				
	Throw away		Cry of a kitten	Flair, style		Extravagant publicity		Arranged		Opposite of 'in'		Spookily odd	
Outdoor charity bazaar		Round-trip voucher (6,6)											
		Petrol company				Sacred							
								Cameo gemstone		Purposes			
Failures, flops		Create, beget				Sharp end					Scottish isle		Russian ruler
			Flat dish		Change					Woman's title	Take a chair		
Some		See photo				Eye greedily	In the past		Produces				
		Bike for two riders		Former Iran	Prankster						Colour, shade		All the same (4,2)
Enlarge		Dance style			Breakfast food			Lasso	Very steep				
				Sundown	Yearn					People in a play		Periods of time	One having false airs
Side-slip		Geek, anorak				Large snake	Fix in a position		Relinquishes				
			Hoagie				Versatile bean				Carol — Duffy, poet		
Newspaper article		Incidents							Authority (3-2)				
			Alias (inits)				Baby's bottle-top						

PHOTO: ALAMY



Today, another family like Hugo's will be told their child has blood cancer

Help us find a way of saving all children with blood cancer

Hugo is receiving treatment for leukaemia. Today, 4 out of every 5 children like Hugo survive in the long term thanks to research funded by Bloodwise. Now we're urgently researching treatments to save every child's life. Please will you help us?

bloodwise.org.uk/hugo

Bloodwise

The blood cancer research charity

YES, I will help Bloodwise cure blood cancer

Please accept my gift of **£25** **Other £** _____ Today's date Signature _____

Title _____ First name _____ Surname _____ Postcode _____

Address _____ Phone _____ Email _____

I enclose a cheque, made payable to Bloodwise **OR** please debit my Visa Maestro MasterCard CAF card

Card no Start date Expiry date Issue no

Please return this form, together with your gift: **Freepost RTRS-GCXY-SYKJ, Bloodwise, 39-40 Eagle Street, London, WC1R 4TH** 1710PAATIM

We'd like to tell you more about Bloodwise and how you can help beat blood cancer

Yes please update me by:

Email Text Phone Please tick here if you would rather not hear from us by post

If you wish to change your preferences in the future or prefer us not to contact you, please call us on **020 7504 2215** or email us on **hello@bloodwise.org.uk**



A Proposal From

BEYOND

When Kim's boyfriend died, she found proof of his love for her



Kim Fisher, 22, Wrexham

Scrolling through Facebook in June 2015, I saw a friend suggestion pop up.

It instantly caught my eye – Sam Standerwick was gorgeous.

The biggest smile, tanned skin, toned bod...

Nervously, I added him.

Shy, I'd never done anything like that before.

So forward!
Hi, thanks for the add. Do I know you? he messaged.

Not yet...
Feeling my cheeks blush, I started to type.

Soon, the conversation was flowing.

We only lived 40 minutes apart, had lots of mutual friends.

We both loved the gym, holidays, shopping and family.

From then on, we messaged constantly.

We should meet, Sam suggested.

A week after I'd sent that friend request, I drove to his family home.

The connection was

instant. Watching films and chatting, we got to know each other better.

We were both off on holiday a week later, me to Gran Canaria, him to Magaluf, and I already knew I'd miss him.

'Don't worry if anything happens while you're away, it's early days,' I lied, trying to be cool.

But he made it clear he was only interested in me.

We texted non-stop while

we were on holiday.

After, I stayed at his and he stayed at mine.

My family loved Sam, and his welcomed me with open arms.

Soon, dinner and shopping dates became romantic trips away.

We partied in Zante, had beach holidays in Marbella, stayed in a cosy log cabin for the weekend. We even went to Rome.

It was love.

Inseparable

In September 2016, Sam moved into my house.

'I'm going to marry you one day,' he told me all the time.

We talked about having kids.

Then, on 16 December, we

both had parties with friends.

I was out in Chester, he was in Liverpool.

Inseparable, we texted throughout the night.

'I'm going back to the hotel,' Sam said when I called around 2am.

We both said 'I love you,' then I hung up.

An hour or so later, I texted Sam once I'd got home.

No reply.

So I just assumed he'd fallen asleep.

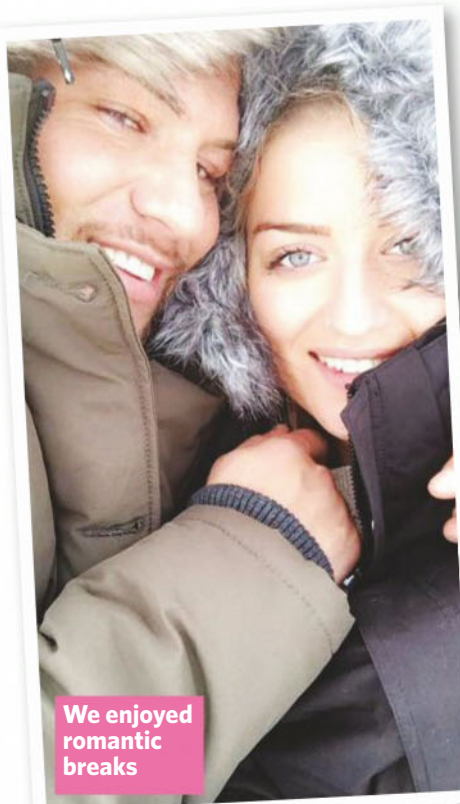
Waking around 7am, still nothing.

I tried to call but got no answer.

Knowing he had to check out that morning, I started to fret.

I phoned the hotel, but they wouldn't give me any information.

So I decided to



We enjoyed romantic breaks



Sam was really into his fitness



I'D HAVE SAID 'YES' TO SAM IN AN INSTANT....

try his mum, Deborah.
 'Have you heard from Sam?' I asked in a panic.
 She said she'd been trying him, too...
 An hour later, frantic, Sam's dad Adrian rang the hotel.
 It turned out there'd been an accident and the police were there.
 They couldn't say any more, though.
 I tried not to panic, I but couldn't bear the not knowing.
 I looked at my phone every minute, hoping for Sam's name to flash up on my screen.
 Then, hours later, at around 5pm, it finally rang...
 'The cleaners found Sam unresponsive in his hotel room,' his sister Amy explained.
 The man I loved was dead. He was just 25.
 So many questions needed

The man I loved was dead. I sobbed till I had no tears left.

answering. But most of all, *why?*
 I finished the call, not even saying goodbye.
 Pretended like it wasn't really happening.
 My mum Sharon and I sobbed until I had no tears left.
 Next day, I went over to Sam's parents' house.
 'I don't understand,' his mum cried.
 None of us did.
 We tried hard to piece together any information we had.
 Big on the gym and dieting, Sam was super healthy.
 He'd often suffered from heart palpitations and dizziness, though.
 Once, he'd passed out behind the wheel of a car...
 But after he was given the all-clear to start driving again, we assumed it had

just been a one-off incident.
 When the heart palpitations had returned more recently, Sam's mum tried to get him to go to the doctor.
 'I'll be fine,' he'd assure her. But he wasn't.
 Now I was still none the wiser as to what had happened. I was numb.
Broken.
Mystery box
 A week after Sam died, his parents and sister came round to pick out some clothes for his funeral.
 'We're looking for a blue shirt and white chinos,' his mum said.
 As we searched the room, we came across a box with a white stripe on it.
 Pulling it off the shelf, I realised it was a ring box.
 As I opened it slowly, his family's eyes darted from me to the box and back again.
 A gorgeous diamond

ring sparkled inside.
 'He was going to propose,' his sister said.
 Tears rolling down my face, I placed the ring on my finger.
 'I would've married him in an instant,' I whispered.
 Afterwards, I felt more alone than I ever have.
 On 4 January 2017, we laid Sam to rest.
 And, in February, we finally found out that Sam had suffered from heart failure.
 His heart had just stopped beating in his sleep.
 There was a 70 per cent blockage in his coronary artery, normally seen in people with major heart disease.
 Weeks passed, and the emptiness in my house and heart persisted.
 Even now, over a year on, our bedroom is exactly as it was before he died.
 Sam's clothes in the drawer, his shower gel in the bathroom, pictures of us on the walls.
 But I'm trying to move on. It's what Sam would want.
 I don't always wear the engagement ring, but I keep it for special occasions.
 Having it is bittersweet, but I'll treasure it forever.
 Sometimes it's a painful reminder of the future Sam and I should have had.
 Other times, it's proof of the incredible love we shared.

12 People A Week...

- Every week in the UK, 12 apparently fit and healthy people under 35 die from undiagnosed cardiac conditions.
- Cardiac Risk in the Young (CRY) offers subsidised screenings for people aged 14-35. One in every 300 of the young people CRY tests will be identified with a potentially life-threatening condition.
- In Italy, where heart screening is compulsory for all young people involved in organised sport, they have reduced the incidence of young sudden cardiac death by 89 per cent.
- To find out more, visit www.c-r-y.org.uk

Your Brainwaves.

Together, we've got it sussed! Earn **£25 CASH** for your brilliant tips!

A clean, empty double yogurt pot is an ideal container for kids to use to mix paints or wash brushes!

Frances Mason, Birmingham

Top Mum's Tip!



This pretty bow and stretchy band from a boxed beauty set makes a fab accessory for my hair!

Jennifer Sheldon, Leicester

Your Best **BLACK PEPPER** Tips

1 Natural anti-inflammatory

When washing cuts or grazes, sprinkle on some black pepper and apply pressure to reduce pain and swelling.

Shirley Lewsey, Downswood

2 Colour keeper

Sprinkle half a teaspoon of pepper in with your detergent when washing your clothes. The pepper will help to stop the colours from fading.

Natalie Hogarth, Legrave

3 Put off pests!

Mix some pepper with flour and sprinkle onto the soil around your plants - keeps them safe from critters and pests!

Ann Finley, St Asaph

4 Skin deep

Black pepper is a brilliant natural exfoliator. It helps remove dead skin cells and will leave your skin looking so much younger.

Gail Winbury, Newlyn



Put your carrots on some kitchen roll in the fridge to help keep them fresher for longer. It'll also help stop them getting soggy.

Paul Baldwin, Yeadon



Find it hard unwrapping clingfilm? Try storing it in the fridge. The colder it is, the easier it is to unravel!

Karen Hill, Caernarfon



Straighten crooked pictures by popping a loop of masking tape, sticky-side out, on the back of the frame. Even better, it won't damage the wallpaper behind.

Brita Bevis, Sleaford



If you don't like wearing bracelets, you can still rock those pretty bracelet charms by attaching them to your key ring instead!

Jan Savage, Ipswich

Our Bargains!



Tip of the Week

Decorate old plastic lids with paint and cardboard to make your own jazzy coasters!
Mitra Zehtabi, Bristol



Lie a tea towel over your food mixer while combining it into a mixture to stop clouds of white dust coating your kitchen!
Louise Cooper, Torrington

Snap Me Up!

We've done the research - you save the dosh!

Mums, Listen Up!

Struggling to keep the kids entertained? Download Hoop, the free app that lists over 50,000 children's events nationwide every month. Better still, **one in five activities on the site is free!**

HOOP

OUR TOP TIP



SAVING OF THE WEEK

Get In A Lather!

Phil Smith Be Gorgeous Cocolicious Coconut Water Shampoo is now **just £2.50** (normally £3.50) at Sainsbury's until 16/1/18. Great for nourishing dry locks.



Snack Happy

Made from wholegrain rye and containing just 23 calories each, Ryvita Rye Cakes are a great snack for busy days. Pick up a pack for **just £1** (normally £1.39) at Morrisons before 16/1/18.



Be Extra Sale Savvy

You could save even more money during the January sales by buying **discounted gift cards and vouchers** from Zeek. Available brands on the website (zeek.me) include Topshop, ASOS and Argos - so there are plenty of great bargains to get your mitts on...



Family Fun

Zip World in North Wales has launched an exciting offer, giving you **2-for-1 entry** on Mondays until 31/3/18.

Some exclusions apply. For all the details, check out zipworld.co.uk

OFFER OF THE WEEK



PMU's £££ EXPERT

New Year Savings

1 Set A Budget

Sounds simple, but the more you keep an eye on your spending, the more you'll save.

2 Quit The Gym!

We're all for a health kick, but how often will you really go to the gym? Is it worth paying for a contract? payasugym.com offers different daily passes, depending on area.

3 Leave Your Cards At Home

Keeping credit and debit cards in your purse makes it easier to get carried away with your spending. Carry cash, so you're not tempted to pay out more than you should.

4 Unsubscribe From All Those Mailing Lists

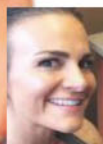
Don't be tempted to go mad with your online shopping - unsubscribe to the heaps of emails you receive from retailers.

WORDS: JESS BEECH

PHOTO: (POSED BY MODEL); ALAMY

Phoeni RISING

What on earth was wrong with Nicole's little girl?



Nicole Richey, 36, Alabama, USA

Gathering everyone round for a group photo, I couldn't help marvelling at my amazing family.

There was my husband Joey, 40, our children Phoenix, 9, Izrael, 4, Judah, 3, and my daughter Brooklyn, 20, who was from a previous relationship. 'Aren't we lucky?' I smiled

to Joey as we looked through the snaps afterwards.

But next morning, on 8 January 2017, little Phoenix was feeling ill.

'My throat's really sore,' she complained.

The doctor thought it was flu or strep throat, and told us to come back if Phoenix didn't improve.

But hours later, she was in dreadful pain, her temperature was sky-high, and her face was so swollen she was barely recognisable. There was also a small red rash on her neck.

Death's door

Frantic, I rushed Phoenix to Huntsville Hospital, Alabama.

After countless tests, a nurse came with grim news.

'Phoenix is in a critical condition, she may not survive,' she revealed. I was devastated.

Just 24 hours earlier, our happy, healthy little girl had been smiling for the camera.

Now we were being told she might actually die.

'She can't, not my Phoenix,' I sobbed to Joey.

'It won't happen,' he soothed. 'She'll get through this.'

Phoenix was diagnosed with Stevens-Johnson syndrome (SJS), a rare but serious condition affecting the skin, eyes and mucous membrane.

SJS often leads to toxic epidermal necrolysis, a potentially life-threatening disorder that causes the



BEFORE: BIG SIS

My amazing daughter

X
G

DETERMINED TO GET WELL



Poor thing looked like a burns victim

flown by helicopter to the Children's of Alabama hospital in Birmingham, so she could be treated in the Burns unit.

By this point, her swollen skin had begun to blister and weep – and, before long, actually began sliding off of her body.

Soon, she had lost 65 per cent of her skin, as well as her pigment.

'We have to let SJS run its course,' the dermatologist reassured us.

All doctors could do was to care for Phoenix while waiting for her skin cells to start regenerating.

Each day, after cleaning her wounds, nurses would change her dressings, wrapping her in gauze as if she'd been burnt.

It was tough, but Joey and I were determined to stay strong for our brave girl.

On 17 January, Phoenix was transferred to Shriners Hospital in Cincinnati for more specialist treatment. It

was almost 500 miles away.

I flew out there, while Joey stayed with the children.

Staying in hospital accommodation, I spent every day with Phoenix.

Poor love barely had any skin left. With no protective layer, she was at high risk of infection.

The lesions had also spread to her scalp, leaving doctors with no option but to shave off her hair.

It might not have seemed important in the scheme of things, but Phoenix's gorgeous Afro locks were her pride and joy. They were part of her identity.

Staff offered to save her hair for me, and I burst into tears when it was handed over.

'What will I tell her when she wakes up?' I sobbed.

On 25 January, I cried with joy as Phoenix finally started to respond.

'Hi, Mummy,' she mouthed over her breathing tube.

The next day, she was breathing all by herself!

Slowly, her skin began to grow

Her swollen skin had begun to blister and weep...

back, as did her pigment. 'Does it look ugly?' she wept after realising her hair was gone.

'You're beautiful,' I cooed.

Looking in the mirror was very emotional for her, but we encouraged her at every turn.

We finally brought her home on 17 February.

Judah and Izrael made a big fuss of their sister.

Phoenix was home-schooled while recovering.

And on her birthday, something great happened.

'Look out of the window,' I told her.

When she did, Phoenix saw 300 kids from her school, as well as teachers, wearing *Pray for Phoenix* T-shirts. They all sang *Happy Birthday*.

'They came for me?' she asked, welling up.

It was truly amazing. And in September, she was so excited to rejoin her classmates.

Inspiring

The main issue now is the damage to Phoenix's eyes. Having lost the layer of skin on her corneas, SJS has left her with scar tissue.

So I donated stem cells to help save her sight.

Surgery on her right eye was a success, though it's still healing, so Phoenix often has to wear protective sunglasses.

Now we're waiting for treatment on her left, which was stitched shut for protection.

We still don't know how Phoenix developed SJS, but her recovery has been nothing short of inspirational. Her determination second to none.

During her recovery, she even managed to teach herself how to play the guitar by watching YouTube videos!

She's one tough girl, and we couldn't be more proud.

Our Phoenix is finally rising from the ashes.

Can You Help...?

Nicole and Joey have been fund-raising to pay for Phoenix's heavy medical bills, after the couple reached the maximum on their health insurance. Visit gofundme.com/prayforphoenix to find out how you can help.

TO KEEP UP WITH PHOENIX'S RECOVERY, FOLLOW HER FACEBOOK PAGE: PRAY FOR PHOENIX

Your Dilemmas

Can't make your mind up? Write to us at *Pick Me Up!* for good advice



Ask Her Not To Snort?

Samantha, 42,
Wolverhampton

A colleague who is otherwise a joy to work with has a pretty disgusting habit of snorting constantly and quite loudly. It's very unpleasant and she never blows her nose.

I find it very distracting, and know I'm not the only one in the office to be bothered by it. But none of us knows how to approach the situation. No-one wants to upset, embarrass or offend her, but I don't know how much more I can stand. So should I ask her to curb her bad habit?



YES

Pick Me Up!
reader Mhairi Griffiths-

Lansdown says, 'If she's as nice as you say, I'm sure she won't be offended. The person who gets on the best with her should say something, perhaps in jokey way at first.'

'If she doesn't stop after that, it might be best to take her to one side and have a quiet, private word. I wouldn't make a big deal about it, but I would definitely have to say something to her.'



NO

Pick Me Up!
reader Kelly Imrie says, 'If

it's something she does all the time, I don't think she'll be able to stop it, and she's likely aware of it anyway!

'There's no point bringing this up and making her feel bad. Everybody has habits others don't like, and it's not up to you lot to tell her how she should behave. As long as she's not being deliberately rude, leave her alone.'

Make Son Step In?

Joyce, 54,
Gainsborough, Lincolnshire

My son had a child at 17 and brought the baby boy home to live with us as social services were concerned about him living with his mother. He's really risen to the task and has proven to be a great dad.

Now 20, he's just fathered another child with a different mother, but this time he wants nothing to do with him. He was told about the pregnancy too late for termination, and social services are involved in this case as well. But my son still doesn't want to be involved.

It's none of my business, but I'm worried that my second grandson will end up in care and grow up without the love and care of his father. Should I urge my son to reconsider?



YES

Pick Me Up!
reader Michelle McGrath says,

'This is your grandchild, too. By not saying anything you'd be failing as a mother. He may be an adult, but he's never too old for an ear-bashing. He must take responsibility, like the first time.'

'You have to be honest and he needs to hear that his child's life is at stake. He may not thank you, but do it anyway. That's what makes you a good mum and grandmother. He needs a loud wake-up call.'



NO

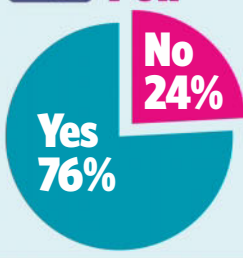
Pick Me Up!
reader Mandy Cooper says,

'You want the best for your son, but it's his decision. I'm glad social services are involved, as the boy will get the care he needs. You can't make your son

have anything to do with this child, and it could make him resent you.'

'Sometimes being in care and then adopted is the best thing for a child - and that's the main thing. Or maybe you could get involved and give the child a place?'

f Reader Poll



Advice Lines

● **Bothered by an issue in the workplace? Visit acas.org.uk to find out how to resolve it.**

● **The Family Lives helpline offers support and guidance on a variety of family-related problems. Call 0808 800 2222 to learn more.**

● **Relate offers advice on family and relationship issues. Visit the website at relate.org.uk or call the helpline on 0300 100 1234.**

HEALTH & Happiness

Real-Life **PLUS** Trends, Info and Advice

I Fall Apart EVERY DAY!



My lovely family



One step at a time...

The slightest movement can cause Anna agony



Anna Letras, 19, Croydon

Growing up with Ehlers-Danlos syndrome isn't easy. The condition affects connective tissue and causes joint hypermobility, which makes it very easy for joints to become dislocated.

I was 18 months old when my shoulder first popped out while I was playing.

Since then, I've had at least one dislocation a day – elbows, shoulders, collarbone... The slightest movement can cause a joint to come loose, leaving me in such bad pain, I sometimes pass out from it.

It's exhausting, too.

When I was younger, doctors thought I was making it up. Once, I fell to

the ground in agony during a PE lesson, only for the teacher to tell me off for messing around.

My mum, Barbara, now 48, knew something wasn't right. Referred to countless different hospital departments over the years, I was finally diagnosed with EDS at Great Ormond Street when I was 12.

The diagnosis was confirmed by genetic testing three years later. Though incurable, it was a relief finally to know what was wrong with me.

Doctors also found that my

body was overworking to regulate my temperature, causing tiredness, and problems with blood pressure and

adrenaline production.

'That must be why you pass out,' Mum suggested.

My condition was impacting on life so much that I had to be home-schooled, sitting my GCSEs in a pupil-referral unit.

The dislocations are still constant. I can pop my feet back in by myself, but need help with my shoulders, elbows and collarbone. My record is 18

FACT FILE

EDS is a rare genetic condition affecting the connective tissue that supports tendons, ligaments, bones and more. The main symptoms are stretchy and fragile skin, and an increased range of joint movement. Although here's no specific treatment or cure for EDS, it's possible to manage the symptoms. For more information, visit ehlers-danlos.org

dislocations in one day!

Luckily, I have an amazing family to look after me.

Once, I passed out and my little sister Isabel, 7, went to get me a pillow, blanket, a glass of water and a sick bowl.

So sweet!

My dad Jose, 49 and brothers Ryan, now 26, and Ben, 16, are always ready to make me laugh when I'm feeling down.

We recently had a fundraising day at the toddler group where Mum works, raising £120 for EDS UK.

But being independent is important to me. I want to be able to work and have my own place one day.

For now, though, I'm taking one careful step at a time.

It was a relief finally to know what was wrong with me

What's Normal What's Not!

Lower back pain

Over 30 million working days are lost due to musculoskeletal conditions, including back pain, each year, according to Arthritis Research UK.

Lower back pain is a common problem, usually

with no serious underlying cause. It often improves on its own after a few weeks.

Hot and cold compresses, painkillers and staying active can help recovery. If the pain doesn't improve, or gets worse and starts to affect daily life, see your GP.



Give Yourself A Lift

Cauliflower contains protective agents that reduce the risk of developing cancer. We can think of no better reason to tuck in. Bring on the cauliflower cheese!



INSTANT Appointment

With Dr Arabella Onslow

Dr Arabella Onslow has been a GP for 11 years and was Rosemary Conley's Health Professional Slimmer of the Year in 2012 after losing 10st.



Avoiding the sickness bugs

Q I'm really concerned that I might get norovirus. I had it last year and having projectile vomiting and diarrhoea was awful. What's the best way of preventing it?

Katherine, Scarborough

A Good hand hygiene and avoiding touching your mouth, nose and eyes is the best way to prevent transmission of the noro (and other winter) viruses as they infect via moist mucus membranes from infected individuals. But they're difficult to avoid completely.

Holiday pox

Q My daughter has chickenpox and we're going on holiday. I'm worried she's infectious. When is she safe to travel?

Lia, Warmley

A The chickenpox virus is in the fluid-filled spots, so it stops being infectious once the last spot has scabbed over. This is usually around 5-6 days after spots first appear.

Spots can last longer but if they're dry and scabbed, then they won't be infectious.



Winter heart attacks

Q Last winter, my husband had a heart attack and they said that it was more common at this time of year. How can he avoid something similar happening this year?

Beatrice, Aberdeen

A Cold weather makes the circulation work harder, putting more strain on the heart. Keep the house at 18C, watch the weather forecast, plus ensure he's well wrapped up when going out in the cold air and avoids sudden temperature changes.

CONTACT US

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

Health On Twitter Follow me @DrBellyButton



TRUE or FALSE

Laryngitis

1 This affects the voice box.

True False

2 Symptoms include swollen glands.

True False

3 The flu vaccine will prevent laryngitis.

True False

4 Surgery is the only way to treat it.

True False

1 TRUE Laryngitis is an inflammation of the larynx, or voice box, and is often caused by a viral infection or damage to the larynx.

2 TRUE Laryngitis has symptoms similar to flu or tonsillitis. This may include headache, swollen glands, runny nose, aches, fatigue and pain when swallowing.

3 FALSE While the flu vaccine can reduce the risk of developing the condition, laryngitis is a common viral infection, so it's not always possible to prevent it.

4 FALSE Most cases get better without treatment within a week or so. Drinking plenty and resting your voice can help to speed up recovery. See your GP if symptoms don't improve after two weeks.

Next Week NEUROMYELITIS OPTICA



BLI Determ

A rare condition has taken Anita's sight



Anita Hurton, 38, Cleethorpes

Sitting at home one evening in 2007 with my son Cameron, then 6, my vision suddenly went really strange.

I could see flashing and floaters across both eyes.

Next day, I still couldn't see properly, so I left Cameron with my mum Amanda, 58, while my dad Paul, 60, drove me to A&E.

I had an inkling of the cause, as nine years earlier, I'd been diagnosed with a rare condition called acute zonal occult outer retinopathy (AZOOR) after my optician found inflammation in my right eye.

As I wasn't suffering any obvious symptoms then, I carried on as normal.

Referred to Royal Hallamshire Hospital, I was told AZOOR had now caused deterioration in my left eye.

'But I only had it in my right eye before,' I protested.

I had read previously that

15%

...that's the percentage of extra deaths in winter compared to other seasons, according to the Office for National Statistics.

ND mination

in extreme cases, AZOOR can lead to blindness.

I was a single mum at the time...how would I cope?

Doctors assured me blindness was rare, but warned my sight would get worse.

Two years later, I couldn't see out of my left eye at all.

With



My boys
- Cameron
and Blake

vision in just one eye, I handed in my driver's licence and gave up my accounting job.

I'd lost some independence, but I was determined to make the best of the situation, for Cameron's sake.

Luckily, Dad was always there to take us to school, shops and our kick boxing classes!

In 2010, I met David, now 42, at the gym, started dating.

He was great with Cameron, and was always there to help me when I needed him.

Four years on, I gave birth to our son Blake.

I even went back to college and got a degree in Health-related Exercise and Fitness.

Then, last August, as Cameron, 16, was getting ready to sign up to the RAF, disaster...

A fog clouded my right eye and I couldn't see a thing.

'Sorry, but there's nothing we



David
- there to
help me...

can do,' the consultant told me I broke down.

Now I'd lost the sight in both my eyes.

'I can't be blind forever!'

I wept.

I was supposed to do the Great North Run in two weeks...that seemed impossible now.

Everything did.

But, later, I found the strength to not give in.

I ran the half-marathon tethered to my friend Sam, who acted as my guide.

Not only did I raise £1,700 for Fight For Sight, but I also crossed the finish line in two hours and one minute - a new personal best!

'I'm so proud of you!' David told me happily.

It gave me a boost, but I still have good and bad days.

I can't do simple things like cooking, cleaning or making a cup of tea without help.

But I'm learning my new 'normal', taking back my life.

I'm about to start training

to walk with a cane, and will hopefully have a guide dog further down the line.

I may not be able to see, but nothing will stop me and my family from living as normal a life as possible.

FACT FILE

Acute zonal occult outer retinopathy (AZOOR) is a rare eye condition in which the retina becomes damaged. The main symptom is blurred vision, but rare, severe cases can lead to total vision loss. AZOOR is more common in women in their 30s. The exact cause is unknown and there is currently no effective treatment.

WORDS: JAMES HANMAN, JAMIE MOUNTAIN

Men's Health

With Dr Arabella Onslow



Q I slipped over and landed really hard on my tailbone and it is very painful. I have a desk job and now I can't sit down comfortably.

Jim, Dartford

A Inflammation of the tailbone (coccydynia), can be aggravated by sitting. Take pain relief, move about as much as possible, and sit upright and forward. Hot and cold packs can help to ease the inflammation.

Mum Knows Best

Teenage hols



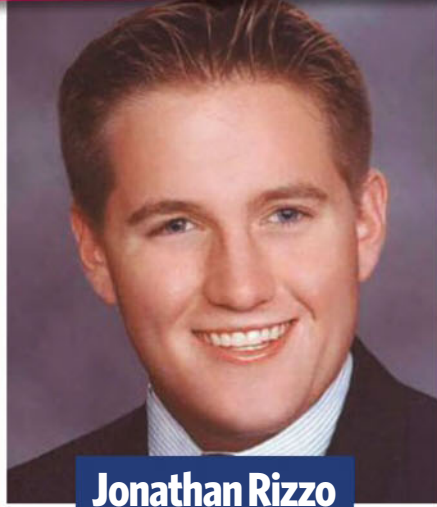
At 18, your kids are old enough to save for holidays with their mates. It's about being an adult and becoming responsible. But I'd only allow a younger teenager to go if I knew there was a responsible parent there and they stayed in regular contact.

Rachel McQueen, Peterborough

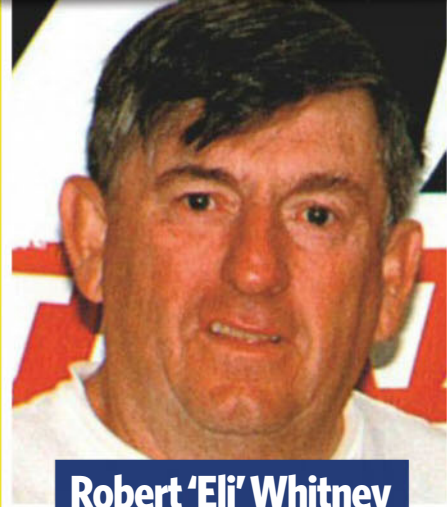
KILLER With



Philip McCloskey



Jonathan Rizzo



Robert 'Eli' Whitney

Why did Gary Lee Sampson slay three innocent men in a week?

Not many people receive a death sentence more than once.

Gary Lee Sampson, however, is an exception.

Last February, he was sentenced to death for a second time by a US district judge.

His crime? The brutal killing spree that saw him murder three innocent people in just one week.

On 24 July 2001, drifter and career criminal Sampson, then 41, began his reign of terror.

It started when the smartly-dressed hitchhiker was picked up by Philip McCloskey, a 69-year-old retired plumber and father of six.

After claiming he only wanted to steal his car, Sampson tied up Philip with a belt, and stabbed him 24 times.

His next

victim, three days later, was Jonathan Rizzo, a 19-year-old college student who was leaving his summer job at a restaurant when he stopped to help Sampson, who claimed he had car trouble.

But Sampson tied the lad to a tree, stabbed him repeatedly, put a gag in his mouth and left him to die in the woods.

Surrender

Three days on, on 30 July, Robert 'Eli' Whitney, a former Concord city councillor, fell victim after Sampson broke into his New Hampshire home.

Sampson stumbled across

Robert, 58, and strangled him with a rope.

Sampson later said he used rope because he was fed up with the blood from the last two murders.

The following day, after a man Sampson tried to carjack escaped, the killer himself called the police and surrendered.

Appearing at a Boston court in December 2003, Sampson was sentenced to death by lethal injection for the first two murders, and given life without parole for the third.

He subsequently appealed, and the death penalty was thrown out after it was found one of the jurors had lied. Only, last February, Sampson was sentenced to death for a second time.

Damaged?

Sampson was born in 1959 and raised in Abington, Massachusetts. In court, witnesses testified he suffered brain injuries when he fell down the stairs aged 4, and that these injuries had affected his mental health. Defence

lawyers at his second sentencing hearing referred to repeated head trauma and falls as a child, which prevented Sampson being in control of his behaviour.

He was also diagnosed with severe dyslexia at 7. His schooldays were troubled, with frequent evaluations by mental-health professionals, and run-ins with police.

It was suggested he'd used marijuana and drunk alcohol from the age of just 8, going on to abuse both as a teenager.

Sampson described his upbringing, and how he had a 'very violent, angry attitude as a young man.'

It seemed his later life was equally troubled, too, with more than one failed marriage, drug and alcohol addictions and a life of crime.

At Sampson's sentencing retrial, his brother Wayne described how, as a child, Sampson would get into trouble again and again.

'I don't think he ever saw the consequences,' Wayne said.

As a childhood friend explained, 'He didn't actually quite fit in. It always seemed like there was a piece of puzzle missing.'

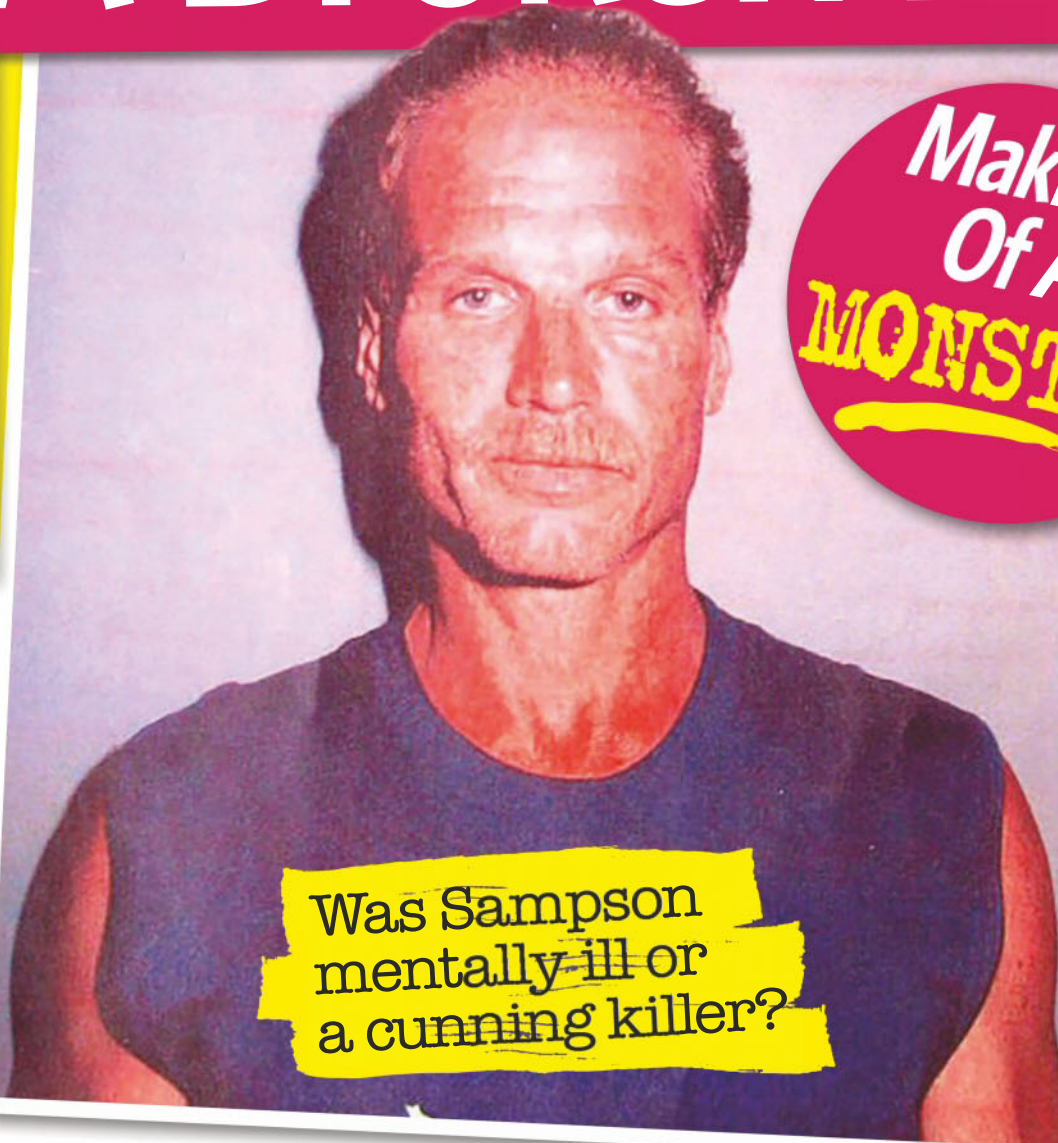
Education experts spoke of

Sampson received the death penalty a second time



Jonathan Rizzo's grieving mother

A Broken Brain



Making
Of A
MONSTER

Was Sampson
mentally ill or
a cunning killer?

Sampson excelling at Music and Art, but struggling with reading comprehension, phonetics, and the alphabet – all of which pointed to possible brain damage.

Drop-out

Sampson's brother spoke about him dropping out of school and being jailed.

But he'd then seemed to get his life back on track, getting married and having his son, before going off the rails again.

'His brain has been broken for a very long time, since

childhood,' one of Sampson's lawyers told the court.

His lawyers also described him as 'mentally ill', and with a history of brain trauma, not to mention a damaged upbringing and an emotional breakdown before the killings.

Prosecutors, didn't agree, however. They painted Sampson as a cunning and manipulative killer who had feigned mental illness.

They described a cold-blooded murderer who could

persuade victims to help him, women to marry him, and doctors to believe he was mentally ill. They also detailed the numerous violent incidents associated with Sampson while he was in prison.

No consolation

In 2016, after over a decade of trials and court proceedings, Gary Lee Sampson addressed a court and made a statement about the brutal slayings that ripped apart the lives of three families.

'It hurt me to know I took his life, a life of a young man,' he said, referring to his second unwitting victim, the teenager

Jonathan Rizzo.

Talking about Philip McCloskey, Sampson added, 'I took his life and destroyed his family. I hurt his family and so many more.'

Finally, referring to Robert Whitney, Sampson admitted how he 'destroyed another family for no good reason.'

Whether these statements are an indication of his genuine regret and remorse is impossible to tell.

Regardless, it's of little consolation for the mourning relatives of his innocent victims.

Maybe Sampson's childhood injuries and addictions did indeed shape his later life.

However, for the two sets of jurors, it wasn't enough.

They didn't see him as a victim of circumstance, but as a monster responsible for his own fate, as well as for the untimely, horrific deaths of the three people he murdered.

Previous Executions

Massachusetts does not have a death penalty, but Sampson was charged with federal crimes that allow for capital punishment. It was the second time a jury in Massachusetts has issued a death sentence in the last two years.

The last time a person was sentenced to death in Massachusetts was in the early 1970s, and the last time someone was executed in the state was in 1947.

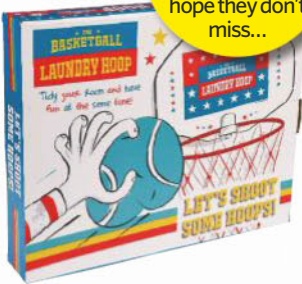
Genius Or Totally Bonkers?

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

Basketball Laundry Hoop, £14.99, prezzybox.com

Encourage your kids to put their dirty clothes in the washing basket with this fun laundry hoop.

Attach to your bathroom door with the handy hooks.



Verdict:
BONKERS!
You'll have to hope they don't miss...

Closca Foldable Bike Helmet, £110, bearandbear.com

Designed for anyone who pedals their way to work, this collapsible helmet folds down to half its original size - making it easy to store.



Verdict:
GENIUS!
This really is a-head of its time!

Below The Belt Grooming Fresh & Dry Balls, £5.95, Boots

It's not a problem us ladies have to worry about, but this gel has been specially designed to keep your fella's bits nice and fresh.



Verdict:
BONKERS!
But could come in handy for gym bunnies!

WIN PUZZLE 3 £300!

Crack It!

Work out which letter each number represents. When you've filled the grid, put the correct letters into the Prize Answer boxes at the bottom to spell out a word. Enter on page 49.

21	1	21	12	20		18	15	3	24	20		8	
9		5		17		2		21		1	18	7	14
16	24	21	4	20	17	17	20	24		8		23	
17		8		4		8		23	18	16	16	20	23
13	20	7		21	7	5	20	17				22	
		10		16		20		8	7	10	16	8	17
3	18	16	3	20	21	23		7		11		7	
	4		13				9	20	16	6	7	8	21
24	20	15	20	8	9	16				21		16	
	24		7		21		10	6	2	16	17	20	24
21	17	14	21	17	8		9		24		21		
	18				7	18	8	10	20		1	21	16
26	21	15	14	20	16		7		20		9		6
	23		8		2	18	21	24	23	24	18	18	1
7	20	19	10		18		15		20		18		1
	23		10	8	25	16	3		24	6	7	7	13

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

1	2	3	4	5	6	7	8	9	10	11	12	13
M						N						
14	15	16	17	18	19	20	21	22	23	24	25	26
K				O								

PRIZE ANSWER

23	20	15	21	13	20	23
----	----	----	----	----	----	----

Eat Me Up!

Great grub and top foodie treats for you and your family

Treat of the Week

Beluga Lentil Brownies

92p per serving

Makes: 8 Prep: 25min Cook: 25min

- 300g golden caster sugar
- 150ml water
- 30g cocoa powder
- 1 x 250g pouch cooked beluga lentils, such as Merchant Gourmet
- For the brownie mix:
 - 200g unsalted butter, plus 20g for the tin
 - 200g dark chocolate (70% cocoa solids)
 - 3 large eggs
 - 250g golden caster sugar
 - 65g cocoa powder, plus 15g for the tin
 - 60g plain flour

1 Pre-heat your oven to 180C/Gas 4. Put sugar, water and cocoa powder into a small saucepan. Bring

to the boil. Add lentils. Bring back to the boil. Take the pan off the heat and leave for 10 min.

2 To make the brownies, melt butter with chocolate in a bowl over a pan of simmering water. Once melted, stir until mixture is smooth. Leave to cool until just warm, but don't allow to go cold.

3 In a separate bowl, use an electric mixer to whisk eggs with sugar for about 5 min, until doubled in volume.

4 Sieve cocoa and flour over top the egg mixture. Fold together until smooth, then briskly fold this mixture into the just-warm chocolate.

5 Strain lentils through a sieve, reserving chocolate syrup, then stir into mixture.

6 Line a 20cm baking dish with butter. Use

a rubber spatula to transfer brownie mixture into dish. Bake for 25 min.

7 You can either eat the brownies gooey and warm from the oven with chocolate syrup poured over, or set them in the fridge overnight to cut into squares.



Recipe and image: Merchant Gourmet, for more visit merchant-gourmet.com/recipes/

WIN £50 PUZZLE 4

Bitesize!

1	2	3	4
5			
6			
7			

Across

- 1 Intelligent
- 5 Edible material
- 6 Firmly against
- 7 Put your feet up

Down

- 1 At a distance
- 2 Dog's treat
- 3 Large amounts of something
- 4 Abridge (a text)

Read down the shaded squares for the prize answer. To enter, see p49.

I WANT ONE OF THESE...



This clever Lekue Green Deep Steam Case (Lakeland, £19.99) offers a cleaner, quicker way to cook than with pots and pans. Microwave steaming retains nutrients and flavour, as well as saving time on the washing up!

Pick Me Up! FOR LESS



HALF PRICE

(£1.94, usually £3.89) from 28/12/17 to 16/1/18

Bag A Bargain

Burton's Crisp 'n' Fin Salt & Vinegar Snacks, £1.59, Sainsbury's

These thin and crispy snacks are baked, not fried, but have that vinegary, chip-shop taste we all know and love. Available in individual and larger sharing bags.



Soreen 5 Apple Lunchbox Loaves, Tesco

These new apple malt loaves from Soreen are a satisfying sweet, high-fibre treat containing real fruit. The apple flavour is suitable for both vegetarians and vegans. Just the thing to fill a lunchbox!



QUICK & EASY RECIPE



Warming & Hearty

£1.42
per serving

Sausage And Apple Tray Bake

Serves: 2 Prep: 15 min Cook: 40 min

- 400g pork sausages, cut in half
- 2 red onions, cut into wedges
- 2 red apples, such as Gala, cut into wedges
- 1 bunch of sage
- 3tbsp olive oil
- 2tbsp honey
- 2tbsp wholegrain mustard

1 Preheat oven to 180C/Gas 4. Add sausage halves, onion and apple wedges to a large baking tray and scatter over sage leaves.

2 Whisk together olive oil, honey and wholegrain mustard in a small bowl, then drizzle over sausage, onion and

apple mixture.
3 Roast for 35-40 min, or until golden-brown and sticky. Serve with creamy mashed potato, if you like.

TOP TIP

This recipe uses pork sausages, as the flavours of pork and apple work really well together. If you don't eat or don't like pork, you could use any other type of sausage. You can easily make a separate portion using vegetarian sausages if catering for a veggie, too!

Recipe from Great British Apples. For more information and recipes, visit greatbritishapples.co.uk

3 of the Best

Pick Me Up!
VALUE

We test 3 products so you don't have to. This week: **CHOCOLATE AND HAZELNUT SPREAD**

1 Pip & Nut Chocolate, Coconut And Hazelnut Butter

Smooth and nutty, this spread is made from all-natural ingredients, with no refined sugars and no palm oil. It's a little pricey, but worth it for some guilt-free indulgence!



2 Nutoka Hazelnut Chocolate Spread

Lovely and nutty, and a great budget option. Although not as luxurious as the others, it's just what you want from this continental favourite. Perfect for spreading on toast or drizzling over pancakes.



3 Morrisons The Best Crunchy Hazelnut Chocolate Spread

This version takes chocolate and hazelnut spread to the next level and adds a luxurious feel. We love the crunch of hazelnuts combined with the rich, smooth chocolate.



Make it yourself...
Chocolate, hazelnut and coconut butter

PLUS
How to whip up your own at home!

Servings: 20tbsp Prep: 20min Cook: 5min



- 300g hazelnuts
- 50g cocoa powder
- 1-2tbsp maple syrup or honey, to taste
- 1tbsp melted coconut oil

1 In a food processor, blitz hazelnuts until they release oil and form a smooth, glossy paste.

2 Add cocoa, coconut oil, and syrup or honey, and blend until smooth. Add a pinch of salt for balance the flavour, if you like.

3 Store in a sterilised glass jar in the fridge. It'll keep for up to a month - if there's any left by then!

ETC etc etc..!

Did you know...?! (Random lists, facts and stuff to impress your mates...)

Baby giraffes can stand just half an hour after birth!

Pants Reveal All

What does your underwear say about you?



BOY SHORTS

You're sporty, flirty, easy-going, social and ambitious.

THONG

You're a straight-talking friend and the leader of the pack. Sexy, organised and not afraid to say how you feel.

BIKINI

With a box set on the sofa - that's where you're often found. A relaxed, free spirit.

GRANNY PANTS

Comfort is key - who cares what anyone else thinks? You're cool and quirky, and dating isn't a priority.

COMMANDO

Wearing no knickers means there's less washing to do. You're easy-going, positive, a problem-solver and a fun person to spend time with.



70s FILM CLASSICS

If you were a child or teen in the 70s, these films will mean something special to you...

- | | | |
|------------------------|--------------------------|---------------------------------------|
| 1 The Muppet Movie | 4 Picnic At Hanging Rock | 7 Bedknobs And Broomsticks |
| 2 Bugsy Malone | 5 Star Wars | 8 Watership Down |
| 3 The Railway Children | 6 Saturday Night Fever | 9 Willy Wonka & The Chocolate Factory |



DID YOU KNOW..?

TEQUILAAA!

Tequila is made from the blue agave plant. If there were no bats, there would be no tequila - the agave plant is pollinated by bats. More than 900 brands of tequila are currently made in Mexico. The most expensive bottle of the stuff is the Ley .925, selling for \$3.5m (£2.6m). The platinum bottle was studded with 6,400 diamonds. In Mexico, tequila is traditionally enjoyed neat. That's no lemons or limes, and no salt. And it's sipped, not downed!

If you want to experience the **REAL** London, try these ideas...

WHEN IN LONDON, DO AS THE LONDONERS DO!

- Take the Tube at rush hour or ride the night bus
- Go for a curry in the East End's Brick Lane, or a Chinese in Chinatown
- Grab a drink in a back-street pub
- Take a dip in Hampstead Heath Ponds
- Go for a stroll along the South Bank
- Picnic in Regent's Park



WORDS: MISHAAL KHAN. PHOTOS: ALAMY, GETTY IMAGES

The Bridesmaid FACTORY!

It was a case of spot the bride when Sarah got married!



Sarah Hellyer, 37, Poole, Dorset

Family means everything to me. Well, I did grow up as one of 12!

Over the years, my siblings all married and started having babies.

Our family got bigger, closer. 'I'll have them all as bridesmaids,' I laughed, cuddling one new niece after another.

I'd always dreamt of a huge wedding.

Then, in 1999, it was the turn of my sister Ruth, now 41.

Her day was beautiful – but as I watched her walk down the aisle, I couldn't help thinking... *Will it ever be me?*

Then her new husband Duncan introduced me to his best mate.

'I'm Matt,' a dark, handsome man grinned.

Just my type!

During the wedding reception we were chatting,

but I kept getting pulled away by the kids.

I would've liked to spend more time with him...

It felt like we'd known each other for years.

When the night ended, we parted ways.

Matt, now 46, chatted to me through Duncan if ever I was on the phone to him.

I moved to London, worked hard at my teaching career, while Matt was in the Army.

Then, four years later, I got a call out of the blue.

It was Matt!

'I'm in London for work, fancy a drink?' he said.

He'd got my number from Duncan!

We met, and it was like we hadn't spent a day apart.

It was long distance at first. I went to Madrid to teach, Matt was often away with the Army.

But it made my heart grow fonder... I knew he was The One.

In 2005, we moved

in together in Hereford.

Then on New Year's Day 2007, Matt proposed.

It was perfect! 'But I'll only marry you on one condition,' I said.

Matt's face dropped.

'I want all my nieces to be bridesmaids!'

He looked shocked, but started laughing.

Matt knew how much family meant to me.

By this time I had 20 nieces!

We didn't throw ourselves into wedding planning. We had to save up for the big day.

And I meant **big!** Time ticked by...

Whenever we had time to think about the wedding, something else would come up.

Before we knew it, a decade had passed.

Over those 10 years, eight more nieces were added to the bridesmaid list.

Finally, last April, we



A very special day

decided to get hitched.

We set a date for 8 July – just three months away!

Hit the shops!

We picked a venue, then it was time for dress shopping.

By now, I had 28 bridesmaids aged 2 to 25, so it was quite a challenge!

A quarter of them came shopping with me.

The only thing I knew for certain was that the dresses had to be baby pink

Bridal shops were so expensive, and the poor sales assistants were overrun with our special request.

Thankfully, my sister Mary, now 42, found some gorgeous

A decade passed and eight more nieces were added





ALL ABOARD THE LOVE BUS!



PHOTO: BARCROFT MEDIA

baby-pink gowns online.

They were long, multi-way dresses – and only £50 each.

Problem was, there were hardly any sizes left, so I snapped up 20 of them.

For Hannah and Isabel, both

25, Emily and Joanna, 23, Abi, Anya and Fiona, 22, Molly, 21, Esther, Chloe, Jade, Rachael and Victoria, 20, Maria, 18, Anna, 17, Carly and Naomi, 16, Ellie, 15, Rosa, 14 and Lucie, 13...

Phew!

Thankfully, they fitted. Some wore them strapless, backless, off the shoulder...

Younger girls Miranda, 13, and Daisy, 8, wore different £50 ones, still looking gorgeous.

And for the six littl' uns, I found ivory dresses at £61.50. Maisie, 6, Erin, Lily, Juno and Ella, all 5, and Willow, 2, loved twirling in them.

As for me, I chose a beautiful, fitted white

lacy gown for £950.

I felt incredible.

Even more so that I'd bagged all 29 dresses for under £2,500. Some women spend that on just one!

'Are you going to buy bridesmaids' presents for them all?' Matt asked.

You're joking! I thought.

Turns out it was a tradition I didn't know about.

So Matt helped me get 28 jars of sweets, each

personalised with their name. On the day, my gaggle of bridesmaids all got ready at the home of my brother Phil, 47.

It was like a bridesmaid factory! Each room was different – one had a buffet, one was for hair, another

make-up, and a dressing room. It's as mad as a box of frogs in there!

my photographer joked.

We'd arranged a vintage double-decker bus to take them all to the ceremony.

I got ready with my mum Ann, 79, and dad Peter, 84.

Then I travelled in style in a fancy car, with Dad and my brother Paul, 57.

So emotional

When I arrived at our church, my troupe was waiting.

We all held back the tears. 'You girls look incredible,' I sniffed.

It took a few minutes for them all to walk down the aisle.

Then it was my turn... 'You look beautiful,' Matt whispered.

I married my soul mate with my favourite people around us. Now Matt and I are loving married life.

I'd do it all again, if just to get more pictures. It was crazy trying to get all 28 of

them looking the same way.

Maybe in 10 years we'll renew our wedding vows.

Imagine how many bridesmaids I'll have by then!

Wedded To The Idea

New Yorker Jen Glantz, 26, decided to become a professional bridesmaid – for strangers! Find out more at www.lifedeathprizes.com/videos/amazing-people/professional-bridesmaid



It took a few minutes for them to walk down the aisle

A queue for the church



**Pick
Me
Up!**
Bingo

We All Bag

JACKPOTS La



**£1,000
LIKE TH**

Linda splashed out on decorating her house...

**Linda Lewis, 57,
Ferdale, Glamorgan**

I started playing bingo online back in the Noughties after my daughter Anna, 29, and my son Jamie, 27, showed me how to get online. Pick Me Up! Bingo had

**I'VE WON
FIVE TIMES!**

17

Karen won nearly £11,000 in just over a year!

**Karen Chambers, 49,
West Wickham**

Unwinding with a few relaxing games of Pick Me Up! Bingo is perfect.

I'd recently been playing Bingo Lounge and, while I chatted with my bingo buddies, I let the games play out.

My numbers were automatically dabbed off, one by one. Then I realised I only needed one more number to scoop the jackpot.

A winning message and

confetti filled the screen – I'd scooped £3,223!

This wasn't the first time I'd hit the jackpot. It was my fourth big win in just over a year!

In February 2016, I'd won £1,691 playing Speed Bingo.

Then, in October, I won again while playing Session Bingo – a whopping £2,908!

After two big wins, I didn't think it'd happen again. But, last January, I scooped £1,209 playing Bingo Lounge. As before, I didn't expect to be a

winner so soon. But I still liked to play the odd game of bingo.

And, last May, I won yet again – my fourth win!

Then, just two weeks later, I decided to have a game of bingo after work.

I hadn't played since my last win and I fancied having a good old natter with the roomies. As the game finished playing out, a message appeared. *Congratulations*, it read.

I'd won another £1,933! It was the best feeling. More than £5,000 in just two weeks!

'It's unbelievable!' I gasped.

I've decided to save the cash for my 50th this year. I'll have a big party, complete with over-the-top decor, a DJ and bubbly.

The crazy thing is, I only play occasionally for a bit of fun. I never thought I'd be a five-time winner. But if it can happen to me, it can happen to you, too!

**I WON
£1,024!**

Amira treated her husband and kids with her winnings

**Amira Khanom, 28,
Birmingham**



gged BIG

st Year!

JUST AT

looked like fun, so I'd signed up.

Over the years,

I'd had a few wins, and I once scooped over £3,000 in one week!

Last May, I won a few quid on a slot game. So I pre-bought tickets for Emerald bingo, then logged out. Your numbers are automatically marked off.

Later, I checked and *You've won £1,000* flashed up. It must've happened earlier! So



I put the winnings towards doing up the house. The kids helped and it looks fab.

Plus I bought clothes and got the kids some bits and bobs.

So, thanks very much, Pick Me Up! Bingo – my latest win's just wonderful!

I joined Pick Me Up! Bingo in 2015. I used to go to bingo with Mum but, now I had the kids, I rarely found time.

Life as a full-time mum to four littl'uns was busy! But, when I did have a minute, I played Pick Me Up! Bingo.

My favourite game was Bingo Lounge, in a 75-ball bingo room. And I enjoyed playing the slot games, too.

I also loved the chatrooms. I'd made so many friends. We'd arrange to play the same games at the same time to enjoy them together.

In December 2016, it was early morning, my husband

Salam, 36, was asleep, along with all the kids – but I was wide awake.

Switching on the kettle, I thought I'd play a few games of bingo. on my laptop. So I bought a ticket for Bingo Lounge and, as the game played out, I made a cuppa.

When I looked at my laptop, a message was flashing. I'd won the jackpot of £1,024!

I ran upstairs and saw Salam was awake. He was so pleased when I told him.

We bought the kids some new toys and clothes, I treated Salam to a new mobile, and I took the kids out for a lovely meal.

And all thanks to my win on Pick Me Up! Bingo.



47

Play Your Way To 4 Box Bonanza Game!

We're going box barmy with the chance to unlock four fantastic chances to win cash!

Simply opt in, and the more tasks that you complete between Friday 5 January (00.00) and Thursday 11 January (23.59) 2018, the more Box Bonanza games you'll unlock.

- Play £5 on Blox Blitz
- Play £10 on Bouncing Wilds
- Play £20 on Bubbling Falls
- Play £30 on Double Bubble

18+. UK Only. opt in required, Wagering requirements apply. T&Cs apply

Join The Fun!

TURN OVER FOR MORE WINNERS

18+. UK only. Registration and deposit required. T&Cs apply.



JOIN NOW AT

pickmeupbingo.com

gambleaware 18

Pick Me Up! Bingo

We're All Celebrating A Fab New Year

TO PICK ME UP BINGO

I WON THE £1,000 JACKPOT

Theresa spent her winnings on a luxury holiday with her friend

game. And I loved the slot game Rainbow Riches, too.

Then, one day in May 2016, I won £5 on the site. So I bought a few tickets for Sapphire and, before I knew it, I was in the lead to win.

Suddenly...I won £900!

I'd just booked a holiday to Tenerife with a friend so, while we were away, I treated us to some cocktails by the pool.

We had such a lovely time, wanted to go again.

Meanwhile, I still played bingo every now and then.

Then, in August 2016, I bought tickets for Sapphire.

But, while the games played out, I started tidying up and I forgot all about them.

A few hours later on, I remembered my tickets. When I looked, I couldn't believe it!

I'd scooped the £1,000 jackpot. I couldn't stop smiling.

So I used my bingo winnings for another lovely holiday in Tenerife with my friend.

Sun, sea and sangria. Perfect! Cheers, Pick Me Up! Bingo.



Theresa Feve, 54,
Scunthorpe

Years ago, I used to play bingo with my mates. But life as a mum-of-four was busy and I'd found less time to play.

Now the kids were all grown up, with lives of their own.

So I had more time to spare and joined Pick Me Up! Bingo. Sapphire became my favourite



1P TICKETS £1,402 W Shirley scooped the jackpot!

Shirley Davis, 59,
Bedford

I listened as my mum Rose, 80, told me how she'd won a few quid at the bingo hall.

I play online, joined Pick Me Up! Bingo in June 2013.

Last August, I had a bit of me time...cuppa and Pick Me Up! Bingo. I bought a

I SCOOPED £2,000!

Laura bought a fab new trailer tent!

Laura Reid, 30,
Bideford

You can't beat family time. Me and my partner Mike, 29, love to have fun with our kids.

One evening last July, Mike was watching TV, so I logged into Pick Me Up! Bingo. I joined

in March 2012, and I'd had a few wins.

I had a giggle in the chatroom and later,

I decided to have a few games of bingo before bed.

I bought three 10p tickets for the 9pm Sapphire linked game and my numbers were checked off one by one.

And, suddenly - I'd won the £2,000 jackpot!

The kids love camping, so Mike and I bought a fab trailer tent and, the following weekend, we set up our tent at a lovely campsite in Cornwall.

We're planning lot more trips now - our tent's such a treat.

We're so thrilled to have won on Pick Me Up! Bingo!

Celebrating Year, Thanks GO!

47

TS FOR A WIN!

few 1p tickets for Tiki and, as the games played out, I watched the telly.

I checked later and saw that I needed two numbers to win the house. Then one!

'Come on, 85!' I cried. And... Yes! I'd scooped the huge £1,402 jackpot!

When I told Mum, she was so pleased, couldn't stop smiling.

Later on that night, I had a bit of a think about what to spend my winnings on.

And I treated us to a new boiler, so we'd be cosy all winter. It was lovely - and all thanks to Pick Me Up! Bingo.



JOIN NOW AT

Winners Round-Up

2017**

61 Over £20 million won on progressive jackpots!

33 Over £4 million won on bingo!

1 There were 5,295 Progressive Jackpot Wins across all games!

17 Over £16 million won on slots!

47 There were 4,753 Progressive Jackpot wins on bingo!

This
Could Be
You In
2018

**Period 1 November 2016 and 31 October 2017 as part of the Jackpotjoy Network

PROMOTION

NOT A
MEMBER YET?

Get £35

To Play When
You Deposit £10*

THAT'S
3,500
CHANCES
TO WIN**

How to claim:

1 Visit pickmeupbingo.com

2 Enter promo code **PMUK1**

3 Deposit £10 and we'll top it up to £35*

Bingo,
Slots &
More!

*New customers only. Registration required. 18+. UK only. Offer in this issue ends 5 January 2018. Minimum £10 deposit. You must accept the welcome bonus and join using promo code PMUK1 when you deposit £10 to receive £25 welcome bonus to play. 250% welcome bonus - max £250. Welcome 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. Wagering requirements apply. The welcome bonus will expire within 30 days if not used in its entirety. Cash-out restrictions apply. See full T&Cs at pickmeupbingo.com/terms. For 24-hour support, freephone 0800 458 0770. Please play responsibly, BeGambleAware, visit begambleaware.org

**3,500 chances to win based on 1p games.

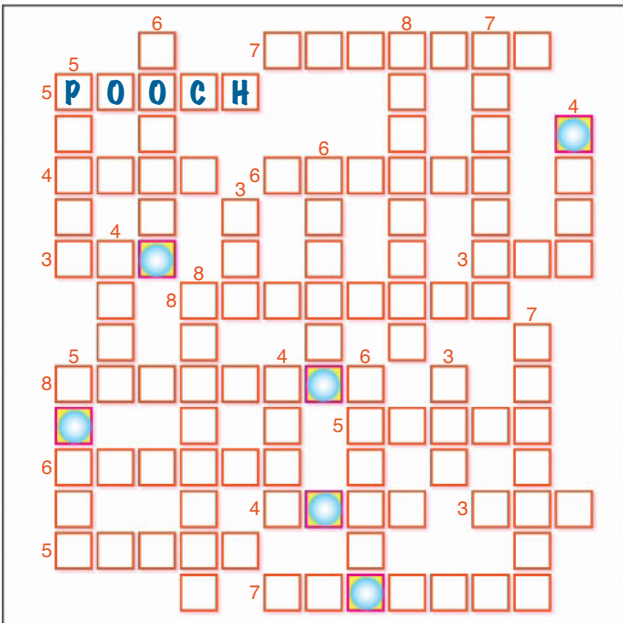
pickmeupbingo.com

gambleaware 18

WIN
PUZZLE 5

£25!
Cross It!

Solve the puzzle to find a word. Fit the words back in the grid and the letters in the highlighted squares spell out the answer. We've put in one word to help.
Enter on page 49.



3 letters	4 letters	5 letters	6 letters	7 letters	8 letters
Ash	Dome	Frill	Asthma	Anthill	Highbrow
Fur	Flog	Pesto	Coarse	Illness	Primrose
Lag	Newt	Pouch	Summon	Lovable	Puffball
Ode	Omen	Resit	Trowel	Wetness	Seafront
Tea	Sire	Snuff	Unable		

WIN
PUZZLE 6

£25!
Sudoku!

To solve the puzzle, each 3 x 2 box, each column and each row must contain the numbers 1 to 6. Solve the puzzle, then read down the numbers in the highlighted squares for the prize answer.
Enter on page 49.

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

HOT TOPIC

Tots

TAT

Is there any harm in kids with realistic fake tattoos?

Gateshead saw the idea in the US and decided to bring it across the pond.

Vicky told the *Newcastle Chronicle*, "They are only young, but the little kids love getting their tattoos to look like their mams and dads.

"To see their faces when they look in the mirror is priceless. They absolutely adore their airbrushed tattoos."

It's illegal to tattoo anyone under the age of 18.

So why are we seeing so many kids with an arm covered in artwork?

It'll definitely make you look twice, seeing a 4-year-old with a full sleeve.

Only, this new trend may look like the real thing, but it's legal, pain-free and washes off.

It's the spray-on tattoo. Vicky McAdam from

Vicky, who doesn't have any real tattoos herself, has been inundated with requests to do work on both adults and children.

New craze

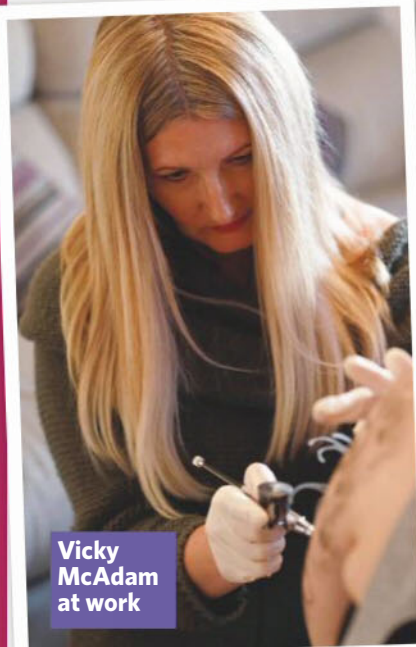
Nikki Toman, 31, is one of many mums who've let their kids embrace this new craze.

She has a full sleeve herself, along with 14 other tattoos all over her body.

Nikki, a teaching assistant, was 20 when she had her first tattoo, but her daughter Tiana, 6, is already interested in getting one of her own.

"Tiana started noticing and admiring my tattoos when she was about 2, often drawing on her arm with felt tips," Nikki says.

"One of my friends posted something on Facebook about it and I decided to take Tiana along to see Vicky. "Tiana loved it



Vicky McAdam at work

WORDS: BESS BROWNING. PHOTOS: NCIMEDIA

With

S



Just like Mum! Tiana and Nikki

from the off, first of all getting a design showing unicorns, fairies and skulls – but, soon after, she wanted her sleeve design to be just like mine.’

Now, Tiana always opts for the design most like her mum’s.

They get lots of attention, with many people questioning whether Tiana’s tats are real.

But Nikki admits she has faced some criticism.

When they both appeared on ITV’s *This Morning*, it sparked a debate on social media.

One Twitter user wrote, *The tattoo thing is just so wrong, let kids have the transfer by all means, but full fake sleeves is*

WHAT DOES THE LAW SAY?

Under the Tattooing of Minors Act 1969, it is an offence to tattoo a person under the age of 18, even with parental consent. Offenders face a fine.

too much and very tacky.

But the majority of people offered their support.

Another tweet said, *No harm in kids having these spray-on tattoos. No different than kids having their face painted.*

The tattoos are made using

stencils, costing around £30 for a sleeve that lasts a few days.

So what does Nikki think about Tiana having a real tattoo?

Party time

‘One day, when she’s old enough, she’ll probably turn around and tell me she’s having one, but that’ll be entirely up to her as an adult.’

It’s not just behind closed

doors kids are getting this done. Forget cake, party bags and bouncy castles, a number of companies are now offering airbrush tattoo parties.

One website, describing its parties, says, *Face painting is so 1990s, how boring! Children these days want something fun and exciting, just like their parents’ tattoos.*

They add that it’s suitable for any age and there are over 300 designs.

Today, an estimated 20 million Brits have at least one real tattoo, and it remains a multimillion pound industry.

However, statistics show there has been a 440 per cent increase in revenues from removing tattoos. Will these tots getting spray-on tats be joining the queue to get real ones removed in the future?

Maybe fake tattoos are the answer – for adults as well as kids.

Here’s What You Say...

‘I don’t like them, but each to their own... I wouldn’t call someone out if they chose to dress their child in them. Just as I hope no-one would judge me for how I choose to dress my children.’

Natasha Watts



‘No issue here. Would people complain if the child was wearing a wig with bright, colourful hair? Or would they laugh and call them cute? It comes off. It’s not like the parents are hurting the child. My parents put me in some ridiculous outfits when I was younger!’

Bethany Short



‘I don’t like seeing tattoos on anybody, especially young children. I know they are only fake but surely it will encourage them to have real ones when they are older. It is up to their mothers, of course, but I don’t see the necessity.’

Colleen Brunton



Make Me Up!

Our Jess helps you get gorgeous!



ASK JESS

Q The combination of cold weather and burning the candle at both ends has left my hair dry and my nails brittle. Is there anything I can use to fix them?

Jane Morris, 31, Salisbury

A Pretty Gorgeous Beauty Formula, £24.99 for a 30-day supply from Holland & Barrett, contains argan oil, biotin, zinc and vitamin C to restore both your hair and your nails to their former glory. Not cheap, but worth it!



TRIED & TESTED

This week: Eye creams

1 Neutrogena Hydro Boost Eye Awakening Gel-Cream, £12.99, Boots

The skin around your eyes is really delicate, and can be one of the first places to show signs of dryness when the weather gets colder. I used this morning and night, and found my skin was much softer after just a few applications.

2 Nivea Q10 Plus C Anti-Wrinkle + Energy Eye Treatment, £10.95, Tesco

If I get anything less than eight hours' sleep, I wake up to puffy eyes with dark rings around them - lucky me! This treatment made a real difference to both, and sank in quickly, so it was easy to apply concealer over the top.

3 Beauty Kitchen Abyssinian Oil Intensive Eye & Deep Lines Serum, £14.99, Holland & Barrett

This light, fragrant formula packs a serious punch, using natural ingredients to plump skin and reduce the appearance of fine lines. I'm lucky enough not to have developed wrinkles just yet, but my skin was noticeably smoother after using this nonetheless.



Our Fave!

READER'S TIP

Swap black liquid eyeliner for brown pencil for a softer look.
Lydia Smith, 56, Leeds

3 New Year's Beauty RESOLUTIONS...

1 Take your make-up off before bed...

Guilty of sleeping in your make-up? Serial offenders should keep Source of Nature Facial Wipes by the bed for a quick once-over. Better than nothing until morning!

2 Stop squeezing your spots...

However tempting, squeezing spots will not only increase your chances of more erupting, it could also cause scarring. Apply Eucerin DermoPurifyer Cover Stick to hide - and heal - zits.

3 Clean your make-up brushes regularly

Make-up brushes daily should be washed weekly. Johnson's Baby Shampoo, £1.50 from Superdrug, works as well as pricier balms to cleanse brushes without losing shape or softness.



£9.20 Superdrug



£1.50 Sainsbury's



Jess' Beauty Hero

Now with twice as much natural almond oil, Nivea Rich Nourishing Body Lotion, £5.99, from Boots, keeps skin soft for 48 hours.

Pick Me Up! FOR LESS

Buy one, get one half price on Naughty Haircare products at Superdrug until 2/1/18.



Shape Me Up!

Get Moving!

The Flexible Body, £14.99, Pavilion Books, amazon.co.uk
Male model Roger Frampton is on a mission to help you make the most of your body, guiding you through a series of stretches and balances to help you regain the flexibility you had as a kid. You don't need any specialist equipment - but we're not sure we'll be trying the move on the cover..!



Flattering Fashion

The tie-waist on this gorgeous navy coat will help to nip you in at the middle, creating a slinky, hourglass silhouette.



£65
JD Williams

Pick Me Up!
FOR LESS



Weight Watchers Italian Bolognese Bake is now
£1.75
(normally £2.50) at Asda until 22/02/17

Food Swaps



Swap
...WOTSITS CHEESE SNACKS GRAB BAG...
196 CAL PER 100g

For
...WALKER'S OVEN BAKED SEA SALT CRISPS...
163 CAL PER 100g



Save... 33 cal

Try this...

Some Body Cocoa & Orange Natural Bar, £1.49, Superdrug
As part of Superdrug's new health range, these tasty protein bars are made from 100% natural ingredients, with 121 calories per serving.



Mini Babybel Light, £1.95 for pack of 6, Tesco
Containing just 42 calories per cheese and 50% less fat than the original mini Babybel, these are a great snack for the whole family.



3st
3lb

LOST



THE SECRET OF MY SUCCESS

NAME: Katherine Howells, 37, Midsomer Norton
VITAL STATISTICS: Before I got pregnant in March 2015, I was a size 10. But somehow I put on five stone during my pregnancy. I hoped it would melt away as soon as the baby was born, but 18 months later I was still a size 18 and really unfit.
MY MOTIVATION: Determined not to be a 'fat' mum, and spurred on by unflattering photos from a family holiday, I had to do something.
MY ACTION PLAN: I have a SlimFast shake mid-morning, then treat myself to three 100-calorie snacks, like the SlimFast Pretzels, throughout the day. In the evening, I eat a 600-calorie meal of chicken or fish and veg.
LOOK AT ME NOW: I'm back in my pre-pregnancy jeans and weigh 10st. I thought SlimFast only worked as a quick fix, but I have been really surprised at how well it works as a long-term diet. I'd recommend it to anyone.

● slimfast.co.uk

Take 3...



Tesco Strawberry Jam... 39 cal per tablespoon



Tesco Duo Chocolate Spread... 85 cal per tablespoon



Tesco Crunchy Peanut Butter... 95 cal per tablespoon

ETC etc etc..!

Did you know...?! (Random lists, facts and stuff to impress your mates...)

A Florida man of 41 has a collection of Barbie dolls worth over £60,000.

WORDS: SARAH FINLEY. PHOTOS: ALAMY, GETTY IMAGES, REX/SHUTTERSTOCK

NAME GAME Match The Real Name To The Celebrity!

 Q1 DECLAN MACMANUS	 Q2 REGINALD KENNETH DWIGHT	 Q3 MARION MITCHELL MORRISON	 Q4 FARROKH BULSARA
Elvis Costello Declan Donnelly Dean Gaffney	Kevin Costner Justin Bieber Elton John	Michael Douglas John Wayne Russell Kane	Fred Astaire Farrah Fawcett Freddie Mercury



GUESS THE YEAR

- Kylie Minogue releases her first single *I Should Be So Lucky*.
- Rick Astley has a hit with *Never Gonna Give You Up*.
- The Great Storm kills 23.
- Black Monday wipes £50bn off the Stock Exchange.
- IKEA opens its first store in Warrington.

Answer: 1987



UP IN SMOKE!

Two Mysterious Cases Of Spontaneous Combustion

Bus passengers in Lambeth, south London, in 1967 noticed blue flames in the window of a derelict house, and called the emergency services. Inside the building, they reportedly found the body of Robert Francis Bailey, a homeless man. A fireman reported seeing blue flames coming out of a slit in the man's abdomen. The house and its contents weren't damaged. The only thing on fire was the body of Bailey himself.

Henry Thomas, 73, was found burned to death in his council house on the Rassau Estate, Ebbw Vale, South Wales, in 1980. His entire body was incinerated, leaving only his skull and his legs below the knee, which were still covered in the cloth of his trousers. Half of the chair he'd been sitting in had also been destroyed.

4 Out Of Style Fashion Terms That Get Lost In Translation

-  **1** 'Wearing your pants out in public'
Don't worry - you won't be seeing people wandering around in their drawers. Those crazy Yanks call trousers pants.
-  **2** 'Getting your bangs cut'
Sounds like gibberish, doesn't it? But bangs are the American word for a fringe, so your hairdresser will be the one cutting them.
-  **3** 'Showing your fanny pack'
A fanny pack isn't as rude as it sounds... It's actually the American term for what we call a bum bag.
-  **4** 'Slip your feet into your thongs'
No, not skimpies on your feet... Aussies call flip-flops thongs.

Answers: 1. Elvis Costello 2. Elton John 3. John Wayne 4. Freddie Mercury



ME AND MY LOVELY PJ

Abbie's freak horse-riding accident left her at death's door



Abbie Vinton, 19, Rainham, Essex

My greatest love has always been horses. I've been around them since the day I was born.

My mum Lucy, 41, was a local showjumping champ, and, as a little girl, I'd watch her perform.

'I want to do that!' I gasped to my dad Brian, 41, awestruck.

Winning team

Before I started school, I was riding. My favourite horse was Cloud – she was beautiful!

While at primary school, I entered my first shows.

I didn't win at first, but caught the competing bug! The excitement, the crowds...

From there, I entered loads of competitions, and won

many showjumping medals on PJ, my competition horse.

Sometimes, I'd make a silly mistake, fall off. But it was never anything serious, and I always jumped right back on.

But then, in April 2015, I was competing at Thurrock Showground when, as I was coming to the final jump, something spooked PJ, and he started bucking out of control.

Suddenly, I was flying through the air. Then...

Thump!
I landed hard on my left arm and neck. Pain jolted through me, and white lights flashed before my eyes.

Everything went hazy, and the crowd fell silent.

In shock, and determined not to make a fuss, I got up, jumped back on PJ and

finished the round. After, my worried parents rushed over. 'Are you OK?' Mum cried.

'I just need to sit down,' I said, my vision blurry.

In truth, I was in the most horrendous pain. But I had my helmet and protective gear on.

It can't be serious, I thought.

Still, Mum took me to Queen's Hospital to get checked, and X-rays showed I'd broken my arm.

Doctors kept me in overnight for brain scans, just in case. But they came back clear, so I was released the next morning with my arm in a cast.

After six weeks, the cast was removed. Only, just two days later, I was brushing PJ when I caught my wrist.

I yelped in pain. My wrist had snapped again!

I was rushed back to hospital, my arm re-plastered.

'It'll be brittle from the last break,' the doc said, so I didn't think any more of it.

But, that October, I fell really ill.

Cold, shaky and vomiting, I was

rushed to hospital, where doctors suspected appendicitis, and put me on antibiotics.

My bladder stopped working,

too. I just stopped peeing and was in agony.

But tests couldn't find anything wrong. It seemed that my appendix was fine.

Relapse

Two days after I was sent home, I fell ill again – with headaches and nausea.

This time, doctors diagnosed encephalitis – a brain inflammation that causes flu-like symptoms.

'Probably from the accident,' the doctors told me.

I was given antibiotics and admitted into hospital until Christmas Eve.

But I was so run down, I could hardly eat anything.

Then, in January 2016, my bladder was removed and I was fitted with a catheter.

But things went from bad to worse until the October, when I was diagnosed with a disease called Fowler's syndrome.

The condition makes

I'm determined to get back in the saddle one day...



ALL ust art...



Learning to walk again



This helmet protected me from infection when my immunity was low

passing urine impossible because the bladder's sphincter muscle doesn't relax to allow its passage out of the body.

As well as a long-term catheter, doctors fitted a wire from my stomach to act like a bladder.

But my health continued to decline.

The next month, I grew extremely ill and was

in horrendous pain. 'I feel like I'm dying,' I sobbed to Mum.

Back in hospital, doctors discovered I had sepsis. I was put into an induced coma, from which I didn't wake for weeks.

My parents had been beside themselves.

Turns out I'd contracted pneumonia.

I battled through, was out

of hospital for Christmas, but was back in again on New Year's Day.

This time, I really did have appendicitis.

Fighting

'What's wrong with me?' I sobbed.

I'd always been active and healthy, but now I was constantly at death's door.

Doctors transferred me from Queen's to specialists at King George Hospital - but, on arrival, I was vomiting blood.

An endostomy to examine my small bowel and find out where the bleed was coming from was inconclusive.

To be sure, I had an operation to change the wire from my bladder. But, after surgery, I got up to the toilet and blacked out.

That night, I was put into an induced coma, and I suffered sepsis and pneumonia. *Again.*

This time, my family was told to expect the worst.

Coming out of my coma, my body was exhausted from all

the pain I'd endured.

It took months for me even to find my voice, and I had to relearn to walk.

I came home last March, but I was bedridden, had to quit college.

Then, in August, yet again, I fell ill and fought sepsis.

Doctors have no idea why I keep getting it. But they think it was probably triggered by my freak accident.

I've recently been diagnosed with complex regional pain syndrome (CRPS), too.

Sometimes I awake in agony, other days my left side is dead.

And, in June, doctors found some bleeding behind my eyes and brain.

I need more tests. It's relentless.

I'm hoping to have a urostomy op, where surgeons will replace my bladder with a plastic bag. Hopefully, that'll ease my pain.

Sadly we've had to give PJ back to his original owners - I'm in too much pain to ride.

I cried for weeks, heartbroken to lose him.

But I'm determined to fight this, get my life back.

And, one day, I will get back on a horse again.



Showjumping was my passion

So What Is CRPS?

Complex - or chronic - regional pain syndrome (CRPS) is the term used to describe a pain condition lasting longer than six months. It often affects just one limb after an injury, and can cause damage to or malfunction of the central nervous systems. Side-effects can be burning, stabbing or tingling sensations in the affected limb. There is no known cure for CRPS.

RELATIVE EVIL

These killers committed the ultimate crimes with their brothers and sisters...

USA: MURDERING MUM & DAD

Erik and Lyle Menendez lived with their parents, Jose and Kitty, in Beverly Hills, USA.

The family enjoyed a lavish lifestyle in a big house with flash cars and expensive holidays.

But one night in August 1989, all that changed forever...

Jose and Kitty settled down to watch a James Bond film.

Around 10pm, Lyle, then 21, and Erik, 18, crept into the room and shot their dad in the back of the head.

They then shot Kitty in the



Jose and Kitty were gunned down

leg as she tried to escape.

Finishing their parents off, the brothers continued to fire at them before they

called the police.

'Somebody killed my parents,' Lyle cried down the line.

In the six months after, it was reported the brothers spent \$1million of their parents' cash (around £750,000) on penthouses, cars and designer watches.

But it wasn't until 1990 that the boys came unstuck.

Lyle confessed the crimes to his psychologist, who

went on to tell his mistress.

When the mistress went to the police, they immediately arrested the brothers.

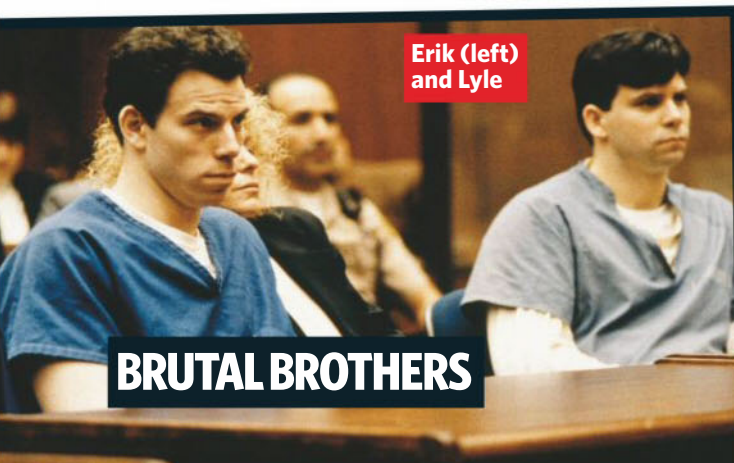
The pair claimed they'd killed their parents after suffering years of emotional and sexual abuse.

However, other family members disputed this.

And many believed they'd committed the crimes to gain control over their parents' considerable wealth.

In the end, the brothers were found guilty of murder and conspiracy to commit murder.

They were each sentenced to life behind bars.



Erik (left) and Lyle

BRUTAL BROTHERS



Linda (left) and Charlotte

MEXICO:

Delfina and Maria de Jesus Gonzalez were two sisters who ran brothels to the north of Mexico City.

During the 1950s and 60s, they lured young girls living in poverty to the city, with the promise of work as housemaids and waitresses.

But many of the girls were force-fed heroin and cocaine, and pushed into prostitution.

Kept as sex slaves at the sisters' brothels, their only way out was death.

As soon as the girls stopped



WORLD OF CRIME

IRELAND: SCISSOR SISTERS



THEY SPENT HOURS CUTTING UP THE BODY

In March 2005, the leg of a man, still wearing a sock, was found floating in a canal in Dublin.

In the coming days, more body parts were discovered...

The victim was identified as Farah Swaleh Noor, 38.

He'd been brutally murdered and dismembered.

But by who?

Months on, in August, two sisters were

arrested - Linda and Charlotte Mulhall.

Noor had been in a relationship with their mother Kathleen.

Suddenly, the horrific truth emerged.

It turned out the sisters had killed Noor



Noor was stabbed at least 27 times

at their mum's flat on 20 March. They claimed he'd touched

Linda, then 30, in a sexual way, which caused a row.

Charlotte, then 21, had grabbed a Stanley knife and struck Noor across the throat.

Linda then used a hammer to hit him over the head.

It was reported that Noor had been stabbed

at least 27 times.

The sisters then spent hours cutting up his body in the bathroom, before dumping his remains in the canal.

Because of this, the media dubbed them the Scissor Sisters.

In 2006, Linda was found guilty of manslaughter and sentenced to 15 years.

Charlotte was found guilty of murder and jailed for life.

Meanwhile, Kathleen had fled to England.

But in 2008, she returned to Ireland. She was later jailed for five years for helping to clear up the bloody crime scene to hide evidence.

Linda had used a hammer to hit him over the head



Mum Kathleen hid evidence

WORDS: CHER HEASMER. PHOTOS: COLLINS PHOTO AGENCY, GETTY IMAGES, PA PHOTOS

SEX SLAVE SIBLINGS

making the sisters money, they were brutally killed.

Girls who fell pregnant were made to have abortions.

And those who became ill or caught STIs were beaten or starved to death.

The brothels were frequented by men of all professions, including lawyers and police officers.

But those men with large wallets would also be killed by the wicked sisters, for their

cash. Their bodies were then buried in the brothel gardens.

For years, the sisters' work went undetected.

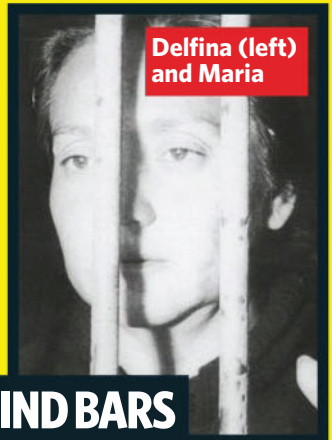
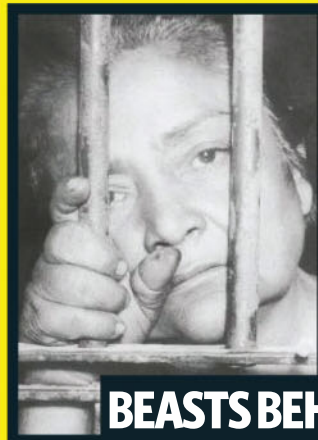
It was only exposed when one of the prostitutes managed to escape and report it to the police.

Investigators soon found the decomposed bodies

of at least 91 women, men and fetuses that'd been buried.

In 1964, the sisters were

Girls who caught STIs were beaten or starved to death



Delfina (left) and Maria

BEASTS BEHIND BARS

convicted of the multiple murders and sentenced to 40 years each in prison.

Two years later, Delfina died

in an accident in prison.

Maria finished her sentence and eventually died of old age after her release.

**Little
Pick Me
Ups!**

A Duck Called

DAVE



I couldn't resist the little duckling

I REALISED THAT HE WAS IN FACT A SHE!

Rebecca made a feathered friend



Rebecca Hope, 25, Warrington

Walking through the door, my sister Sophie, 23, had something in her coat pocket. It was moving! 'I found it by the side of the road,' she said, gently opening her pocket. It was an adorable duckling the size of my palm. 'Awww!' I gasped. But the poor thing was shaking like a leaf. We gave it water, food and a hot-water bottle. 'We need to find its family,' my mum Andrea, 47, said. 'Let's try the park pond,'

I suggested. So we headed off together.

There were lots of other feathered friends there, quacking away. We set our duckling in the water.

But suddenly the others swarmed, pecking it and pushing its head down.

'Something's not right,' I fretted. Sophie said it was just nature, but I was worried.

So an hour later, I went back, hopping the fence as the park was closed.

The duckling was there, all alone.

Scooping it up, I took it home, named him Dave.

Dave slept in a warm, cosy laundry basket next to my bed.

He was like my shadow, following me around.

I fed him sweetcorn and peas, took him on walks,

bought him a paddling pool.

But when Dave's feathers started coming through, I realised that he was in fact a she!

Three months later, it was time for Dave to fly the nest.

Wanting her to be safe, I contacted my friend Allison, who owned an animal rescue farm.

She had lots of adopted ducks that would surely welcome her.

That September, I said goodbye to my darling Dave.

'She might forget me!' I wept. But when I visited three days on, she waddled straight over.

I often go back and sit with Dave. I miss her, but I'm happy she's found her forever home.

Even if that sounds quackers!

Suddenly, the other ducks pushed its head down

Natalie wanted to make him proud



Natalie Hogg, 35, North East London

As I boogied, other girls on the dance floor sniggered. Ignore them, I thought.

Only, then a stranger tapped me on the shoulder. 'This sticker was on your back,' they said.

Heavy load, it read.

Mortified, I ran out.

I was 20, a size-18. I'd always been big, was bullied at school.

'You're beautiful,' my dad Stephen would tell me.

At 21, I went travelling for a year. I really enjoyed it, perhaps a bit too much... I came

WA

Danielle took the plunge!



Danielle Rogers, 32, Sevenoaks, Kent

Work hard, play hard. You know the drill!

Except, since I was 18, it'd been all about work. I'd toiled away in investment management, climbed the career ladder.

By 30, I was managing a team and looking after accounts for millionaires.

The work was hard, the days long. Usually 14 hours!

I was proud of my career, but I barely saw my husband Tony, 37.

Then, in September 2015, we had baby Rory.

I dreaded going on maternity leave. But as it turned out, I loved it.

I adored being a mum.

When Rory was 4 months old, I discovered baby swimming lessons with Turtle Tots. They were incredible. Rory babbled

VISIT TURTLETOTS.COM/SELDONONBEXLEY

WATER BABY



away, splashing everyone.

Last September, I was due back to work. But I felt so torn. I'd be doing four days a week and would need to hire a nanny. I'd hardly see my boy.

And there would be more swimming lessons.

Then I got an e-mail from Turtle Tots - with the chance

to become a licensee. An instructor! I didn't need a swimming background.

Could I...?

'Go for it,' Tony smiled.

So I took the plunge and I quit my job that November.

My boss was surprised, but very supportive.

All I had to do was find a

pool and spread the word.

And in January 2017, I had my very first session.

It was a turtle success!

Lots of mums and babies came along to learn all about water safety.

And the tots took to the pool like ducks to water.

Now, I run my own business

as a company licensee.

I only teach a few hours a week, but I've got other mums under my water-wing.

There's even a waiting list to join my group!

I'm so much happier now, teaching my Turtle Tots.

Thanks to Rory, everything's going swimmingly!

DIETING FOR DAD

back a hefty size-22.

Still I stuffed my face. Dinner was something like a cheesy-tuna pasta bake with bread and pesto.

By April 2011, my bulk was causing me pain. I could hardly breathe.

So I joined Slimming World. At my first weigh-in, I was 16st 6½lb.

'You can do this,' Dad said - loved making me healthy meals.

By May 2016, I'd lost an

amazing 4st 7lb. My lovely dad was so proud of me.

But that month, he died of a heart attack, aged 64. I was devastated.

Turns out, his heart condition was hereditary. A ticking time-bomb.

There was nothing doctors could do to prevent it happening to me.

Losing weight might stop me dying like Dad, I realised.

So, despite my grief,

I focused on my weight loss. And last October, I became a Slimming World consultant.

Now I've lost 5st 7lb. I'm a size-8, weighing a trim 11st 7lb.

On the anniversary of Dad's death, I'm running a community 10k - called For a Big Man with a Big Heart. This is the second one to celebrate Dad's life. We'll be raising money for Heart Research UK.

I know my dad would be so proud. It's all for him.



Lovely Dad: my support



BEFORE



AFTER

NATALIE'S SLIMMING WORLD GROUP IS ON MONDAYS AT 5.30PM AND 7.30PM, AT HIGHAMS PARK SCHOOL, E LONDON

Style Me Up!

Primark

£10



£5



£9

£8

Click today: primark.com

George at Asda

£12 for set



£15 for set

Click today: george.com

New Look

£12.99



£14.99

£15.99

Click today: newlook.com

Debenhams

TIP

Mix and match with different tops and bottoms



£16.50 for set

Click today: debenhams.com

Studio

£12.99 for set



TIP

Personalise with your name for free!

Click today: studio.co.uk

Bluebella

£42 for set

TIP

You can't beat a classic pair of silky pjs for lounging around the house



£40 for set

Click today: bluebella.com

This week...

Nightwear



F&F at Tesco

TIP

Velvet isn't just for party season!



£16 for set



£14



Click today: tesco.com

Boux Avenue



£38

Click today: bouxavenue.com

Stay cosy and stylish with a new robe...

£14
George at Asda



£9.99
Studio



£29.99
New Look



£17.99
New Look



PickMeUp! Loves...

...a pretty cami top! You could almost wear this one on a night out.

Vest, £6,
bottoms, £9,
George at Asda

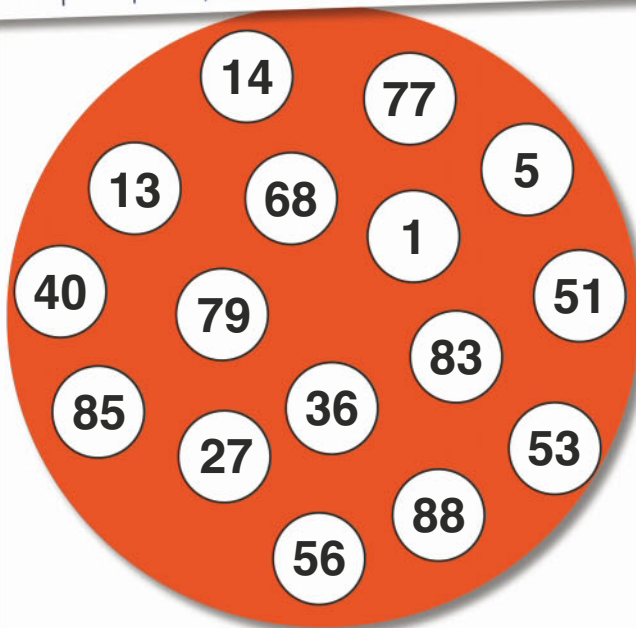
WIN £100!

PUZZLE 7

Strike It!

On your bingo card, cross out all the numbers that appear on the balls. Read the letters beside the remaining numbers on your card from left to right to spell out your answer word. To enter, complete the coupon on page 49.

	T		A	G		D		R
	13		30	45		68		74
N	I	M			O	N		Y
1	19	24			53	69		80
A			L		I		A	E
5			36		60		72	85



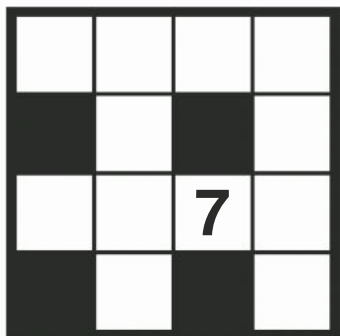
WIN £25!

PUZZLE 8

Number Fit!

Which one of the listed numbers won't fit in this mini grid? Enter on p49

- 3427 7439
- 4273 9372
- 4923



No More BIG M

Maureen's gone from tubby tum to fun mum



Maureen Parker, 33, Belfast

Slouching onto the sofa, I dug into a greasy takeaway. 'Long day,' I sighed to my boyfriend Frankie, 28.

I'd met Frankie at 18. After four years together, we'd fallen into a cosy routine. Takeaways for dinner and snacks on the sofa.

And working long hours at a call centre meant I had no set mealtimes and a bad diet. I'd grab food when I could, and it

was always of the junk variety. By the time I got home, I'd be craving more food – and it was never a salad. The pounds had piled on. Before I knew it, I'd hit 14st. At 5ft 7in, it was starting to show.

Eating for two

In June 2009, aged 25, I got married to Frankie.

I'd lost about a stone and a half before the big day, but it'd still been a struggle to squeeze into my size-20 strapless dress.

When I got the photos back, I was horrified.

Piling on more pounds, my weight crept up and up

'I look awful!' I gasped.

A month after the wedding, I fell pregnant. We were delighted.

But that gave me an excuse to eat for two – right?

Piling on more pounds during the pregnancy, my

weight crept up and up.

Mya was born in April 2010. I loved being a mum.

'Just one more bite,' I'd say to Mya, knowing I'd scoff her leftovers.

When I fell pregnant again in 2012, I was 16st.

Soon, Frankie and I were excitedly going for our 20-week scan.

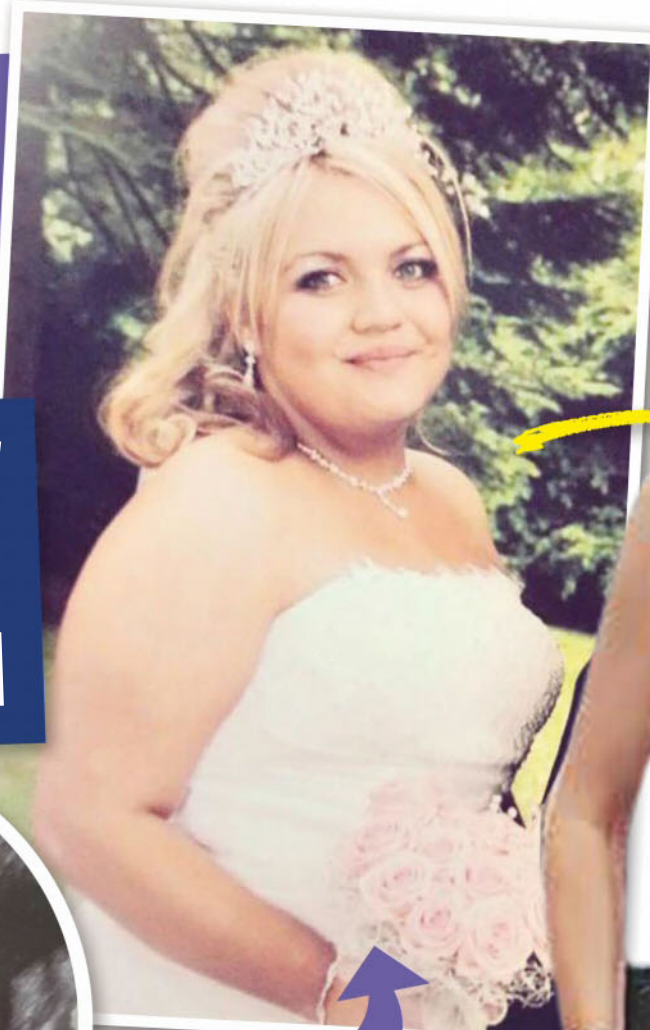
But, as the sonographer put the ultrasound stick over my stomach, she looked confused. She kept squinting at her fuzzy computer screen, pressing the scanner into my belly.

'Everything OK?' asked



Our two gorgeous girls!

ore MO!



HORROR: THOSE WEDDING SNAPS!

JOY: SCAN

Frankie, concerned. 'I can hear a heartbeat,' she replied. 'But I can't get a clear picture.' My rolls of flab were in the way. *I was too fat to see my baby!* The sonographer was mortified. So was I! To hide my shame, I made a fat joke. But I went home gutted – without a precious scan photo – and broke down. Frankie consoled me but I felt dreadful.

Wake-up call

It was another 10 weeks before our baby girl was big enough to see through my layers of fat. Yet it still wasn't enough to stop me eating. After Roise was born in May 2012, I was 17st 11lb – my heaviest ever. As soon as we put the kids to bed, we'd be exhausted. Food was our comfort as we

slobbered in front of the TV. Squeezing into a size-24, I was so embarrassed, I'd cut out the labels. But I was in denial. I pretended I didn't care – made jokes about my weight before anyone else could. And I called myself Big Mo. Then, two years ago, came the real wake-up call. It was just after the summer holidays, and Mya, 7, came out of school disappointed. 'Why aren't you like other mummies?' she asked. 'What do you mean?' I said. 'You're a boring mummy,' Mya replied. She told me her friends had all gone to water parks and swimming pools in the holidays. 'We didn't do any of that,' Mya said. I hung my head in shame. It was true. Because of my weight, I'd never taken the girls swimming. I was too embarrassed to squeeze into a swimsuit. Heartbroken, I knew I had to be a better role model. So in October 2015, I signed

up to my local branch of Slimming World. As I stepped on the scales, my cheeks flushed – I was 17st 11lb. I ditched the takeaways, made family meals with lots of veg and protein. The weight steadily slipped off – pounds turned into stones. After I lost a bit of weight, I joined a women's football team. Now Big Mo was slowly disappearing. We also got a Jack Russell called Daisy – the girls loved taking her for walks. Within a year, I'd lost 6st. So I kept going. After 18 months, I was 9st 7lb – could fit into a size-8! Friends barely recognised me, and Frankie was so proud. And I finally got to take my girls swimming, without feeling self-conscious. Eating well is second nature now. Big Mo has officially gone. And I'm not 'boring' any more. Now Mya, 7, and Roise, 5, think I'm the best mummy in the world!

Now I feel so confident

WORDS: JADE BEECROFT, SARAH FINLEY. PHOTOS: BELFAST NEWS & FEATURES

Cheapest Psychic Readings

Voted No.1 By Our Customers

If you're facing a hopeless situation, no matter how despairing, call us today **45p** per minute

0904 007 0469 Text for Answers **07441 908 961**

CHEAPER C/READINGS 01604 922761 TRUSTED-PSYCHICS.CO.UK

Service by LiveLines UK Ltd. We may send promo msg, call helpline: 0203002321 to opt out of these. Calls cost 45p + your phone company's access charge. Calls recorded. 18+ only. PSL:020 7196 9666. Payment@liveinlines.co.uk. For entertainment purposes only.

SPIRITUAL Visions Only **75p** per min

0906 615 0470

CREDIT CARD FREPHONE
0800 075 7389
Only £14 for 20 mins or £27 for 40 mins

18+ 09 = 75p per min + your network's access charge. Calls recorded. Entertainment purposes only. SP:PSL. Helpline: 0207 966 9646.

Chat & Date
0800 075 7073

100s of guys to choose from girls. **IT'S FREE!**

18+. Helpline: 0207 966 9686, 0800 = free. Live calls recorded. SP:4D.

LIVE 36p per minute
RELAX & ENJOY
XXX GIRLS at HOME

0909 860 9748
Mobs Call **69179** 60p per min

18+. Helpline: 0207 966 9616. *Standard network charges apply. Women: Network charges only. Send STOP to 69866 to stop. You may be sent free mktg msgs for similar services. Text NO INFO to 69866 to opt out. IP: X-On.

Chat or Date
100s of GUYS ONLINE NOW!
Women call FREE on
0800 075 7074

18+. Helpline: 0207 966 9686, 0800 = free. Live calls recorded. SP: 4D.

Text Chat
1st 5 msgs **FREE**
men: 'mpick'
women: 'epick'
gay: 'gpick' **69866**

18+. Helpline: 0207 966 9616. *Standard network charges apply. Women: Network charges only. Send STOP to 69866 to stop. You may be sent free mktg msgs for similar services. Text NO INFO to 69866 to opt out. IP: X-On.

CHAT OR DATE
WOMEN CALL FREE
0800 075 7299
0800 = Free

18+. Helpline: 0207 966 9686, 0871=15p per min + your network's access charge. Live calls recorded. SP:4D.

Psychic Sofa
The UK's best Psychics and Mediums

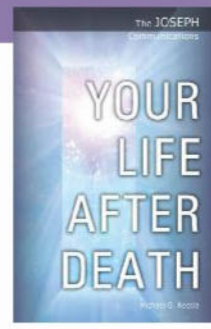
80p per min

0904 203 2017
CCards **0161 864 8508**
20mins=£16.80, 40mins=£28.80, 60mins=£42. All prices incl VAT

TEXT: SOFA + Question to 67755 (£1.50 PER MSG)

All Media P2P Box 4034 081 0511 *Calls to 0800 cost £0.06/min plus your network access charge. Over 18s. Calls recorded. Mobile calls may vary. For entertainment purposes only. We may send 2 promo msgs. To opt out of receiving promo 2107. All UK 07755 67755. Helpline: 0800 075 7074. Text cost £1.50 each to receive standard network rate (max 2 replies per message).

To advertise in Classified please call the team on **0203 148 2931**



The JOSEPH Communications

If you only read one spiritual book in your lifetime, make it this one.

OBLIVION OR OPPORTUNITIES AND WONDERS – just what, precisely, awaits beyond physical death?

Authored by 'Joseph' from an advanced reality 'beyond the veil', this internationally acclaimed book delivers arguably the most comprehensive, no-nonsense account ever written of what lies

'Thanks to Joseph I am having a fabulous old age – hope is one thing, knowledge another.'
Pauline Hutchins.

ahead upon leaving this world behind.

Revealing, inspiring, comforting... *Your Life After Death* dares to draw back the final curtain and demystify the mystery. Read it and you'll never look at the next life, or, indeed, this one, in quite the same way again.

'Over the years I have read many books on this subject but none have been more informative and in-depth.'
Peggy Sivyver.

AVAILABLE FROM: www.josephspeaks.com or amazon.co.uk or send cheque for £16.95 (includes p&p) made payable to Band of Light Media Ltd.
to: 10 Sparrable Row, Briercliffe, Burnley, Lancashire, BB10 3QW.

eBook versions available from:
amazon.com **BARNES&NOBLE** **Available on the iBookstore**

Readers are advised to take any necessary precautions before entering into arrangements with advertisers. Every effort is made to ensure that the advertisements in Pick Me Up are honest and truthful. Should you have any comments about the products and services you receive from these advertisements, we would be pleased to hear from you. Time Inc. [UK] LTD accepts no responsibility for loss or damage.

Pick Me Up! Reader Offers



LAKE GARDA

8 days from £379 Departing April to October 2018
Flying direct from London Gatwick, plus 13 further local airports

Enjoy a relaxed stay on the sun-blessed shores of this, Italy's largest, most spectacular and most popular lake. With clear blue waters fringed by stylish, elegant, colourful resorts, flanked by groves of citrus trees or olives, or backed by the wooded slopes of craggy mountains, this is a perfect picture-postcard scene which has drawn visitors down the years.

Tour highlights

- ✓ Seven nights' bed and breakfast accommodation at the Hotel Modena, Malcesine – a range of 18 other hotels in four resorts are available at a supplement
- ✓ Join optional excursions at a supplement to glorious Venice, medieval Verona, a tour of the lake or the Dolomite mountains
- ✓ Return flights to Italy
- ✓ Return airport-to-hotel transfers
- ✓ The services of a friendly, experienced

For a brochure or to book call **0330 160 7988** quoting code **PMU** or visit **www.newmarketholidays.co.uk/pmu11270**



Puzzle Entry

Issue 1, 4 Jan 2018 Closing date for all entries: **10 Jan 2018** (three working days later for postal entries).

PRIZE PUZZLE ANSWERS

Issue 49/50, 14 December 2017

Puzzle 1 Ed's Test p3

Final answer

Puzzle 2 Follow It! p8

Final answer

Puzzle 3 Crack It! p22

Final answer

Puzzle 4 Bitesize! p23

Final answer

Puzzle 5 Cross It! p32

Final answer

Puzzle 6 Sudoku! p32

Final answer

Puzzle 7 Strike It! p46

Final answer

Puzzle 8 Number Fit! p46

Final answer

Cross It!

```

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

Follow It!

```

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

Crack It!

```

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

PSKFTYVDUGIER
MNBZLXCXOAHWQ

Win Without Finishing

```

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

Bitesize! Sees
Sudoku! 4,4,5
Strike It! Crocodile
Number Fit! 709

Crack It! Shadows
Ed's Test Presents

GOOD LUCK TO ALL OUR READERS!

Full Name _____
Address _____
E-mail Address _____
Postcode _____
Daytime Tel _____

Pick Me Up!, published by Time Inc. (UK) Ltd, will collect your personal information solely to process your competition entry. We will not be using this issue's competition entries to send you special offers or to pass on to third parties.

4 WAYS TO ENTER



EASY TO ENTER ONLINE!

ONLINE It's free and only takes a moment to enter from your smartphone or on your laptop. Join our Pick Me Up! comp club now and enter your puzzle answers directly online at our new website below. Existing puzzlers and prizes members may need to reregister, just click on the 'Join now' button on the website.
lifedeathprizes.com/win



TEXT Simply text **PMUC** followed by your answers (spaces between answers please) full name, door number and postcode to **84988**. Eg: PMUC answer Chloe Smith 16 NN32 OPE. Texts cost 50p plus standard network charges. Max 160 characters. When you enter by text, you may in future get SMS marketing messages from Time Inc. (UK) Ltd and Pick Me Up! magazine, if you don't want to please end your text with TINOINFO.



CALL 0906 470 7005 Calls cost 65p per min plus your telephone company's network access charge and last approx 1 minute. SP: Spoke 0333 202 3390. Please ensure you provide your full name and address details as incomplete entries may be charged but not entered.



POST Send this coupon to **Pick Me Up! Puzzles, Issue 1, PO Box 502, Leicester LE94 0AB**
Closing date for entries is 10 January 2018 (three working days later for postal entries).

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 e-mail 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.

Terms and conditions

1 No purchase is necessary. All competitions open to readers in the UK, the Channel Islands and Isle of Man only, except employees of Time Inc. (UK) Rhapsody, Wyndeham Bicester, Spoke, their families, agents and any other company associated with the competitions.
2 Closing date for puzzle entries is 10 January 2018 (three working days later for postal entries).
3 All prizes must be accepted as offered. Prizes are non-transferable and there is no cash alternative. There can be no alternative awards, unless otherwise stated. Every effort

has been made to ensure that all prize details are correct at time of going to press. However, Pick Me Up! cannot be held responsible for incorrect details supplied by sponsors.
4 Proof of postage cannot be accepted as proof of delivery. No responsibility can be accepted for entries lost, delayed or damaged in the post. No correspondence can be entered into and no entry returned.
5 Entries on a postcard will be accepted if they are set out as the Entry Form. Only one entry per person.
6 The decision of the Editor is final. Entry implies acceptance of the rules. Winners will be

notified by post by way of an official letter after the closing date. Competition results will be published in a future issue.
7 Reasonable efforts will be made to contact a winner. Failure to respond and/or provide an address for delivery, or failure to meet the eligibility requirements may result in forfeiture of the prize. The promoter reserves the right to offer the prize to the next eligible entrant drawn at random.
8 Winners may be requested to cooperate with publicity arising as a result of winning a competition.

Pick Me Up!'s on Facebook and Twitter!

facebook.com/PickMeUpMag
twitter.com/PickMeUpMag

Check out our website!

LIFE! DEATH! PRIZES!
lifedeathprizes.com

Is Your Name Here?

Prize Winners, Issue 43, 26 Oct 2017

- | | | |
|---|---|--|
| £25 An Answer
S Bateman,
Folkestone. | Strike It!
S Bye,
Bristol. | Sudoku!
P Leake,
Sandwich. |
| Crack It!
J Hickman,
Witney. | Cross It!
K Serjeant,
Haslemere. | Number Fit!
G Wellstead,
Basingstoke. |
| Follow It!
M West,
Blackpool. | Ed's Test!
H Burn,
Newport. | Bitesize!
D Preston,
Lancaster. |

Published by Time Inc. (UK) Ltd, 161 Marsh Wall, London E14 9AP (tel: 020 3148 5000). Website: timeincuk.com Colour origination by Rhapsody. Printed in England by Wyndeham Bicester. Cover printed by Wyndeham Bicester. Distributed by IPC Marketforce. Pick Me Up! is a trademark of Time Inc. (UK) Ltd, and is sold subject to the following conditions, namely that it shall not, without the written consent of the publishers first given, be lent, resold or hired out or otherwise disposed of in a mutilated condition or in any other unauthorised cover by way of trade or affixed to or as part of any publication or advertising literary or pictorial matter whatsoever. Pick Me Up! does not assume responsibility for unsolicited manuscripts, photographs and illustrations. Time Inc. (UK) Ltd reserves the right to reuse any submission sent to Pick Me Up! magazine, in any format or medium. Pick Me Up! does not have any direct link to charities mentioned and money donated is at your own discretion.
© Time Inc. (UK) Ltd, 2018. ISSN no: 1746-0565.



WIN
PUZZLE 9

Win Without Finishing

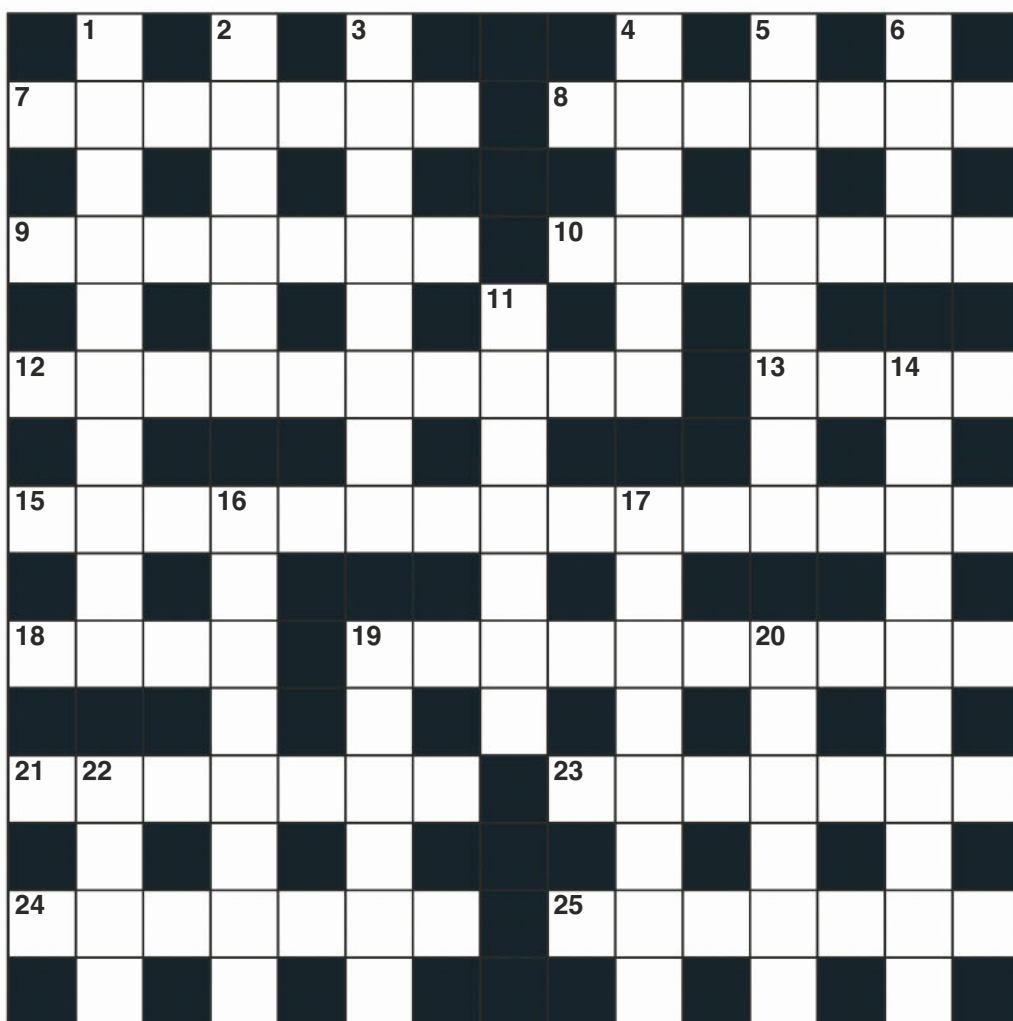
£25 for every right answer...

£1,000!

if you complete the lot!

How this special puzzle works:

If your entry is first out of the hat, you win £25 for every correct answer, and, if you've correctly completed the lot, we'll make the winning total up to £1,000! Fill in the coupon on page 49 and send the whole page to enter.



ACROSS

- 7 Very significant (7)
- 8 Misery (7)
- 9 Degree of suitability (7)
- 10 Absurd farce (7)
- 12 High, stiff shirt detail (4,6)
- 13 Bursts suddenly (4)
- 15 Lacking shock value (15)
- 18 Turn on (a switch) (4)
- 19 Set decider at tennis (3-7)
- 21 Enormously (7)
- 23 Rollicking (7)
- 24 Immigrant (7)
- 25 In a despicable way (7)

DOWN

- 1 Devoid of logic (10)
- 2 Yearning (6)
- 3 Perform (a task) (5,3)
- 4 Ship's mooring device (6)
- 5 Tent-supporting lines (3,5)
- 6 Consumed (4)
- 11 In every respect (3,4)
- 14 In a tranquil manner (10)
- 16 Facing (8)
- 17 Aural mufflers (8)
- 19 Helm (6)
- 20 Whichever way (6)
- 22 ___ *Petite*, Jackie Wilson song (4)



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



28 Dec 2017 - 3 Jan 2018 *Your Stars!*

7 days of hope & happiness with Claire Petulengro

ARIES

21 March-20 April

Success in any endeavour we undertake depends on the degree to which it's an expression of who we really are. For a long time, you were dancing to the beat of others' drums. This New Year, it's time to write your own song. Travel will help you find your true self.

Call: 09058 170 710*

TAURUS

21 April-21 May

Don't run away from your problems this New Year, Taurus. Instead, walk away from them with your head held high in a direction that has the sun pointing at your face. A childish mood could undo all of this, however, and flirting with those you're not interested in is a no-no.

Call: 09058 170 711*

GEMINI

22 May-21 June

Believe that you can have a good year ahead and you're halfway to achieving it. If you think you can, you will - and if you think you can't, you won't. You hold the ability to build up the self-esteem of others, so make the effort to see those you know need your time and attention.

Call: 09058 170 712*

CANCER

22 June-23 July

Children come to the fore and you may have to give them either more time, financial assistance, or both. Be thorough with all paperwork you do during January - it can make all the difference as to whether you get a yes or a no to something you want.

Call: 09058 170 713*

LEO

24 July-23 Aug

Money matters are a point of focus this month. You start to better understand where your funds went, but there still seems to be one outlay this week that you won't be able to avoid making. Breathe it in and think of a way you can celebrate your hard work.

Call: 09058 170 714*

VIRGO

24 Aug-23 Sept

Family tensions have taken their toll. I can see you've had to listen to both sides and you must've felt like piggy in the middle. Be patient as you enter 2018 with those who may owe you money, as Mercury has been playing games. Delays are unlikely to have been intentional.

Call: 09058 170 715*

LIBRA

24 Sept-23 Oct

Legal matters or forms and letters can go in your favour if you've been honest and straightforward with your words. Less is more this January, and you'll have been wise to stick to simple statements of fact. Contact from someone far away gives you a reason to smile.

Call: 09058 170 716*

SCORPIO

24 Oct-22 Nov

There are a lot of changes starting in your life that are likely to give you a feeling of excitement and fear all at the same time. Don't worry, Scorpio - as long as you have your heart in what you're doing, it's your destiny to succeed. Commitment is the key!

Call: 09058 170 717*

SAGITTARIUS

23 Nov-21 Dec

Appointments you make to deal with issues will go well throughout January, if you can understand what's expected of you and fulfil your part. To belittle others' roles will only make them standoffish and unhelpful. A flirtation begins that has long-term potential.

Call: 09058 170 718*

CAPRICORN

22 Dec-20 Jan

That tired spell comes to an end and is replaced by one that's bubbling with hope and inspiration. A better relationship also evolves with a close one, and you find out the real reason for their recent odd behaviour and lack of words. Gambles can pay off on Friday!

Call: 09058 170 719*

AQUARIUS

21 Jan-19 Feb

Follow your convictions and, most importantly, follow your heart. Listening to others may have seemed like a good idea, but it only lost you time and knocked your confidence. Short trips you make for business can be to your financial and professional advantage.

Call: 09058 170 720*

PISCES

20 Feb-20 March

Trusting yourself is the first secret to your success in 2018. Last month, you allowed others to sap your self-belief, but now you see with clarity who has your best interests at heart and who's been taking you for a ride. Tighten your circle and raise your standards.

Call: 09058 170 721*

*Starlines updated every Thursday. Calls cost 80p per min plus your telephone company's network access charge and last approx 4 mins. Callers must be 18+. You must have bill payer's permission. SP: Spoke 0333 202 3390.

In next week's **Pick Me Up!**

Aunt's **MURDER** Shared On **SNAPCHAT**



I Lost Half **MY HEAD!**



My Girl Died **Living Her Dreams**



On Sale Thursday **4 Jan**

PHOTOS: NORTH NEWS & PICTURES, MIRRORPIX, BELFAST NEWS & FEATURES

MIGRAINE? GET A HEAD START.



Traditional migraine medication can take time to kick in. And feel like an eternity.

Which is why many migraine sufferers get a head start with Kool'n'Soothe. The cooling gel sheet provides instant cooling relief, whilst you wait for traditional painkillers to take effect.

Applied to the forehead for up to 8 hours of cooling relief, shouldn't Kool'n'Soothe be front of mind for you?

Kool'n'Soothe. Get a head start.

Available from supermarkets, pharmacies and selected discount stores nationwide or buy online at [amazon.co.uk](https://www.amazon.co.uk)

Customer Enquiries: 0208 987 9976
www.kobayashihealthcare.co.uk



KOBAYASHI