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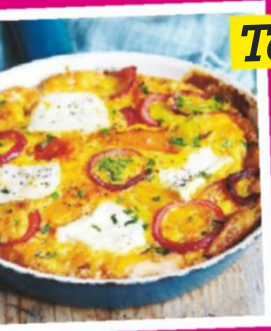
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This week we're loving...

Kat Slater!



Just when we thought *EastEnders* couldn't get any better – thanks to the recent brilliant storylines from returning boss John Yorke – Jessie Wallace has confirmed Kat Slater will be back on the Square. Despite fans fearing she and husband Alfie Moon had drowned during spin-off show *Redwater*, John revealed Kat will be back alongside Stacey's mum Jean, Big Mo and a brand new Slater. And it seems Kat hasn't changed one bit, as Jessie gave a glimpse into her character's wardrobe with some behind-the-scenes snaps and added, 'I'm home.' Great to have you back, Jessie!



Only Joan Collins make-up is good enough for Kat



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Is Coleen's marriage coming to an end?

The Loose Woman's relationship looks rocky

Coleen Nolan has always been open about her marriage woes with husband Ray Fensome – but this time it seems she's weighing up her options and thinking of the future.

A source has exclusively told *Woman's Own* that she feels defeated when it comes to trying to save her marriage.

'Coleen is feeling so low, she's admitted she feels like she's fighting a losing battle,' our insider says.

The *Loose Women* panellist, 52, previously revealed that she used her time in the *Celebrity Big Brother* house in 2017 as a trial separation from husband of 10 years, Ray. Inside the house she confessed, 'I do think I'm having

a midlife crisis, I don't think it's all him. I'm questioning everything – am I happy? I'm not putting all the blame on him.'

Sadly, it looks like in this case their time apart didn't make the heart grow fonder.

'Ray and Coleen have a lot of water under the bridge and it has never been addressed in a civil matter,' our insider admits.

'Their problems have been left to fester and now it looks like there is a lot of work to do to rebuild the relationship.'



Coleen and Ray married in 2007



In happier times, with sons Shane Jr and Jake

Holly oozes sex appeal

With the return of *Dancing On Ice*, we're all eagerly waiting to see what Holly Willoughby will wear every Sunday night. And the 36-year-old presenter sent fans into overdrive recently with her glamorous, thigh-flashing look. One user wrote, 'You absolute beauty,' while another commented, 'Wow, beautiful girl inside and out. What a fab figure.' Looking gorge, Holly!



She wowed fans in this racy dress



Full-length and fabulous

Nadia's dental

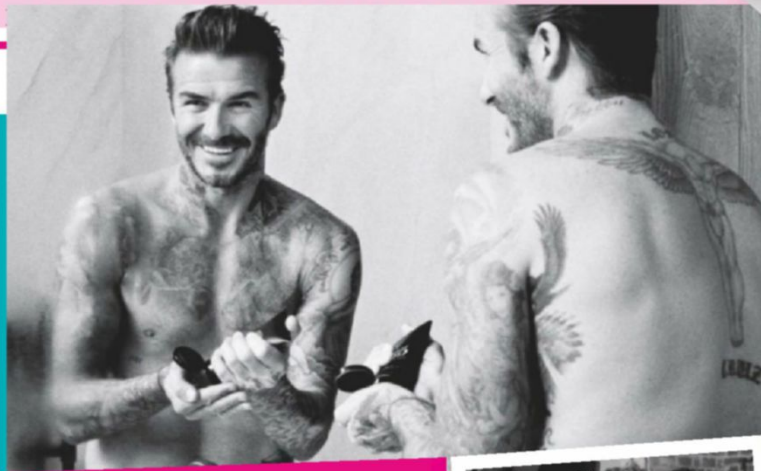
Her dazzling smile graces our screens on a daily basis, but Nadia Sawalha has made a shock confession about her dental health.

The *Loose Women* favourite has admitted that she hasn't been to the dentist for nine years. Yes, nine years!

In a candid video, Nadia, 53, admits, 'I haven't been to the dentist for about nine years. I feel a bit ashamed about that, I feel a bit embarrassed about that.'

She added, 'I'm almost too scared to go because I'm worried about what the dentist will think.'

Yikes! We think it's time you booked that appointment, Nadia.



David's beauty secret

There's no denying that David Beckham is ageing gracefully, but what is his secret to looking better than ever?

'One thing I do love is a face mask,' David, 42, admitted. 'You know, getting in bed, putting the telly on, and putting a face mask on. When you've had a rough day, it makes you feel nice.' And David, who has just launched his own grooming line,

House 99, isn't the only product-loving Beckham. Wife Victoria, 43, revealed that she spends a massive £1,204 a day on her beauty regime.

Well, it's alright for some, eh!

He loves a face mask



Looking well groomed in his new ad campaign



Cat Deeley

The presenter has announced she is expecting her second child with husband Patrick Kiely. Congrats!



Eamonn Holmes

The *This Morning* co-host has landed a drivetime radio show on talkRADIO. He said, 'I'll bring you serious news with a smile.' We'll be tuning in!

Good week

Bad week



Rachel Riley

Countdown's Rachel revealed she gets online abuse for her appearance, but she said, 'I just ignore it!'



Piers Morgan

The *GMB* host is often criticised, but this time he came under fire on *Coronation Street* – the soap's Eileen Grimshaw admitted he gives her a 'headache'.

Nightmare



Nadia's been avoiding the dentist

Linda's loo blunder

Loose Women panellist Linda Robson is always open and honest, but she just might have told us a little bit too much information this time around!

Recently on the show, Linda, 59, admitted that she wet herself at an event with her husband!

'I'd been to a ball with my husband, and I had Spanx knickers on. I had my tights on over the Spanx and went to the loo, but I forgot I had the tights on,' Linda revealed. 'You know they've got that little hole in the Spanx knickers? I had those on, so I had a little accident. I had to come out of the loo and tell my husband that we have to go home now because I've wet myself.'

You know for next time, Linda!

Her Spanx let her down



Meghan's drastic wedding

Meghan Markle is determined to be in her best shape ever when she and Prince Harry tie the knot – but has she gone too far?

diet

With their May wedding fast approaching, it's no surprise that Meghan Markle has decided to up the ante when it comes to getting her body into the best shape possible.

But, *Woman's Own* can exclusively reveal that friends close to the star fear Meghan's intense exercise and diet programme is taking its toll.

And, their concerns haven't gone unnoticed by fans of the actress, with many claiming that she's 'far too thin'.

After seeing her attend a royal engagement in Brixton with fiancé Prince Harry recently, one person said, 'Her legs are really too thin as they are,' while another added, 'She's certainly thin enough.'

So is Meghan taking her new weight-loss programme too far?

New year, new start

Christmas and New Year tends to be a time of overindulgence for all of us,



Fans commented on her tiny frame on a recent royal engagement

and it seems as though Meghan's festive season was no different.

'Meghan allowed herself to eat and drink what she wanted over Christmas, but she's regretted it since returning home,' our insider says. 'She now feels like she has to work even harder to look her best for the wedding.'

The 36-year-old has always been a fitness fan, previously admitting, 'Yoga is my thing, there are so many benefits that come with the practice of yoga. And, running, I need it as much for my head and to clear my head as I do for keeping in shape.'

But, with the world watching as she and Harry, 33, get married, Meghan understandably wants to make sure she looks as good as possible – and that means getting some help.

Wedding favours

'Meghan is determined to take her already-impressive appearance to the next level by the time the wedding comes,' a friend close to the actress says.

And, our source reveals that Meghan has enlisted Wimbledon tennis champ and good pal Serena Williams to whip her into shape.

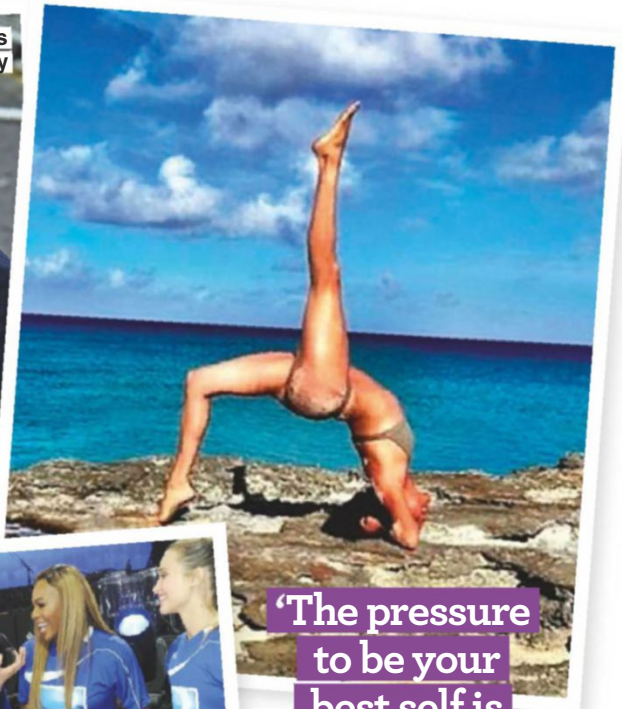




Friends fear the actress is 'far too thin'



She works out every day



'The pressure to be your best self is multiplied'

'Serena has recently just stepped back on the tennis court [since having her first child] herself, so she knows how tough it can be after a break to start working hard again,' our insider adds.

It's clear that Serena is putting Meghan through her paces with gruelling exercise regimes and certain foods being drastically cut from her diet.

'She's got Meghan into strengthening her core with up to 500 crunches every morning. It was agony at first but she's starting to get into the swing of it,' our insider says.

'Meghan's also started power running and her guilty pleasures – breads, booze and, most of all, smoothies – have been ditched.'

And, it seems like Meghan has no excuses when it comes to working out. We're told Harry's bodyguards have stepped in to act as unofficial personal trainers. Our insider adds, 'At least every other day they're going out for 10k runs and she's even using them as pacing partners.'

But, for a woman who already has an incredible figure, friends are beginning to question if this new lifestyle is doing more harm than good.

'Meghan's friends feel she's going too far with the weight-loss programme, she's already lost a dress size in just a couple of weeks,' our source says. 'She's normally famed for her strong physique, but she looked much more frail than normal on her most recent appearance in Brixton.'

Meghan's drastic weight loss is even beginning to affect the



Meghan is said to be worried how she will look next to Pippa and Kate

wedding, as we're told each time she tries on dresses, her measurements get smaller.

However, when your wedding is a worldwide event, the pressure to be your best self is multiplied.

Body insecurities

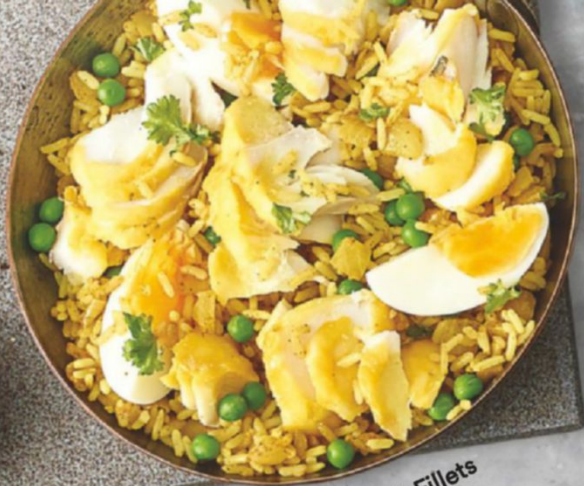
And, our source admits, that despite all of her hard work Meghan is feeling insecure about how she will look – especially alongside The Duchess of Cambridge and her sister Pippa.

'Meghan is pulling out all the stops to make sure she has a sizzling figure,' our insider confides. Which seems understandable in the light of the media storm that Pippa's physique caused on Kate's big day back in 2011.

And Meghan's time as a Hollywood actress could also play a part in any potential body-confidence issues she may have.

Previously opening up about her own 'insecurities' and 'self doubt', she admitted that she had been told she's 'not thin enough, not pretty enough, not ethnic enough, while also being too thin, too ethnic, too pretty the very next day'. ●





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The Power of Frozen

Jason Gardiner's iciest insults

We take a look at some of the waspish *Dancing on Ice* judge's most stinging put-downs



When presenter Holly Willoughby moved the judging on from Jason to fellow panellist Ashley Banjo, saying, 'Well it is only week one, Jason...' He barked, 'Because it's week one, that's why I'm giving her [Stephanie Waring] information!'



Tana with skating partner Stuart Widdall

See me after class

Tana Ramsay was observed as having the 'sensuality of a frigid schoolmistress'. Thankfully for Jason, her hot-tempered husband Gordon, was in the kitchen when he delivered the blow.

Howzat!

Jason, 46, cut straight to the point when it came to cricketer Dominic Cork and declared, 'The thing I like about your performance is when it's over.'



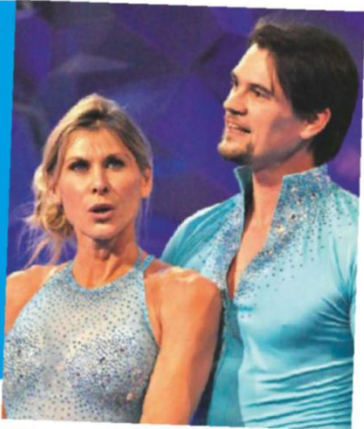
Lauren with partner Michael Zenezini

Tusk, tsk!

Clearly unimpressed with Lauren Goodger's skills in the rink, Jason told the former *TOWIE* star, 'There was no connection, no heart. It had the sensuality of a walrus on ice.' Strewth!

No lav lost

Taking the tone down another notch, Jason blasted ex-Olympian swimmer Sharron Davies' performance by comparing it to 'faecal matter that won't flush'.



Condition critical

Luke Campbell's routine to Ricky Martin's hit *Livin' La Vida Loca* was ridiculed by the judge when he branded it, 'Livin' la vida locked-in syndrome.' (We wonder if the boxer had a punchbag on standby.)



Luke with skating pro Jenna Smith

Vintage venom

Anthea Turner was referred to as 'cheap champagne'. We bet the bubbly TV presenter loved that!



WORDS: JULIE ANN TRAINER. PHOTOS: REX



Jennifer Hudson

It's crazy to think that Jennifer came 7th on US talent show *American Idol* in 2004. Since then she's won an Oscar and become queen of *The Voice UK* and US. Yes, Jennifer!



Olly Murs

The Essex cheeky-chappy started out on *The X Factor* in 2009 and, following a string of number one singles, he's landed himself a spot on the judging panel of *The Voice UK*. Good work, Olly.

From contestant to judge!

We take a look at some of the stars who have made the leap from wannabe to critic...



Ashley Banjo

Diversity were one of the most memorable dance acts to grace *Britain's Got Talent*, so it's no surprise that their front man has judged several TV dance shows, and is currently on the panel for *Dancing On Ice*.





**Alexandra
Burke**

She won *The X Factor* in 2008, but during a stint on the panel in 2011 she received viewer criticism for saying, 'OK.com, thank you,' to show veteran Louis Walsh. Awkward!



**Alesha
Dixon**

After lifting the glitterball trophy in 2007, Alesha took Arlene Phillips' spot on *Strictly Come Dancing* in 2009 for two years. She now puts her judging skills to use on *Britain's Got Talent*.



Cheryl

She started her career on *Popstars: The Rivals* in 2002, making it into *Girls Aloud*. Cheryl later judged on *The X Factor* from 2008 to 2010 and even rocked up at judges' houses in the last series. Will we see her rejoin the panel again later this year?



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Richard Arnold

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Through thick and thin...

Emmerdale's Natalie J Robb on why she's always ready and able with Cain!

What is it about Cain and Moira that has made them one of soap's most celebrated couples?

Are we?! Well, he's a bad boy... and she has an edge to her now because she's been through a lot – but then farmers have to be tough, so she's a different breed. He brings something out in her... she finds him sexy.

The chemistry between you and Jeff Hordley is adored by fans...

A lot of people I meet on the street tell me that, but they do have a fantastic spark between them and that's what's held them together. She certainly still loves him no matter how many times she tells herself she doesn't.

He has revealed a different side when he's with Moira, hasn't he?

She has tamed him in an emotional way. He's realised that he can't live in



a reckless way any more and that she's enough for him. When he was younger he wouldn't have settled for that.

It must be fun playing opposite him!

We are in stitches. We keep the script fresh by adding wee things and trying new things out. They have a familiarity with each other that translates into people really believing in the couple, I think. **Emmerdale, weeknights, ITV** ●



The Dingles keep things simmering

Judge me not!

Judge Rinder has suggested that we do a radio show together. Think Hinge and Bracket on the airwaves. I'd love to give it a shot, safe in the knowledge that he'd keep me on the right side of the law when our verbal gymnastics took a fruity turn!



No 'dead air' with us two!

Bird song!



When lip-synching saves lives...

Actor Robert Powell, pal Linda Robson and I attended a charity concert to raise much-needed funds for a good cause. She's got a cracking set of pipes on her, has our Linda, although as soon as headliner Patti Boulaye took to the stage, we opted to mime. It was for the best...

Instagram of the week...

On hols down under as Mum Dorothy finishes off her tour of Oz by hitting a top note at the Sydney Opera House!



Well, she's got his grin to a tee



Clemmie Cam!

She's my access-all-areas pet pooch

PAW SHOW?

Clemmie does her best to make a good impression on Jon Culshaw.

Body beautiful

I never know what they'll put me in next at GMB. I've been going to a military bootcamp to keep trim but it's not enough for my bosses apparently, hence the padded bodysuit they left in my room. Frankly, I'm just grateful for the warmth.



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Remembering James

Twenty-five years after her son was abducted and murdered, Denise Fergus describes what James – the little boy behind the headlines – was really like...

Twenty-five years ago, my son James was a couple of months shy of three. He loved Salt 'N' Vinegar

Chipsticks, toy trains and entertaining his dad Ralph and me with his Michael Jackson impersonations. He was lively and mischievous, and would always share his sweets – even if they were his favourite Milkybars.

These are the memories I have of the boy called James Bulger. But you probably have some other ones – the news stories telling of the horrors he endured. But I want people to know and remember him for the special little boy he was, instead of for what happened to him. And, to truly understand that, you'd need to read beyond the headlines.

Incredible bond

James Patrick Bulger came screaming into this world on 16 March 1990, and he didn't stop crying for the first four months of his life. He suffered from terrible colic. Most nights I'd pace the living room cuddling my baby boy to my chest.

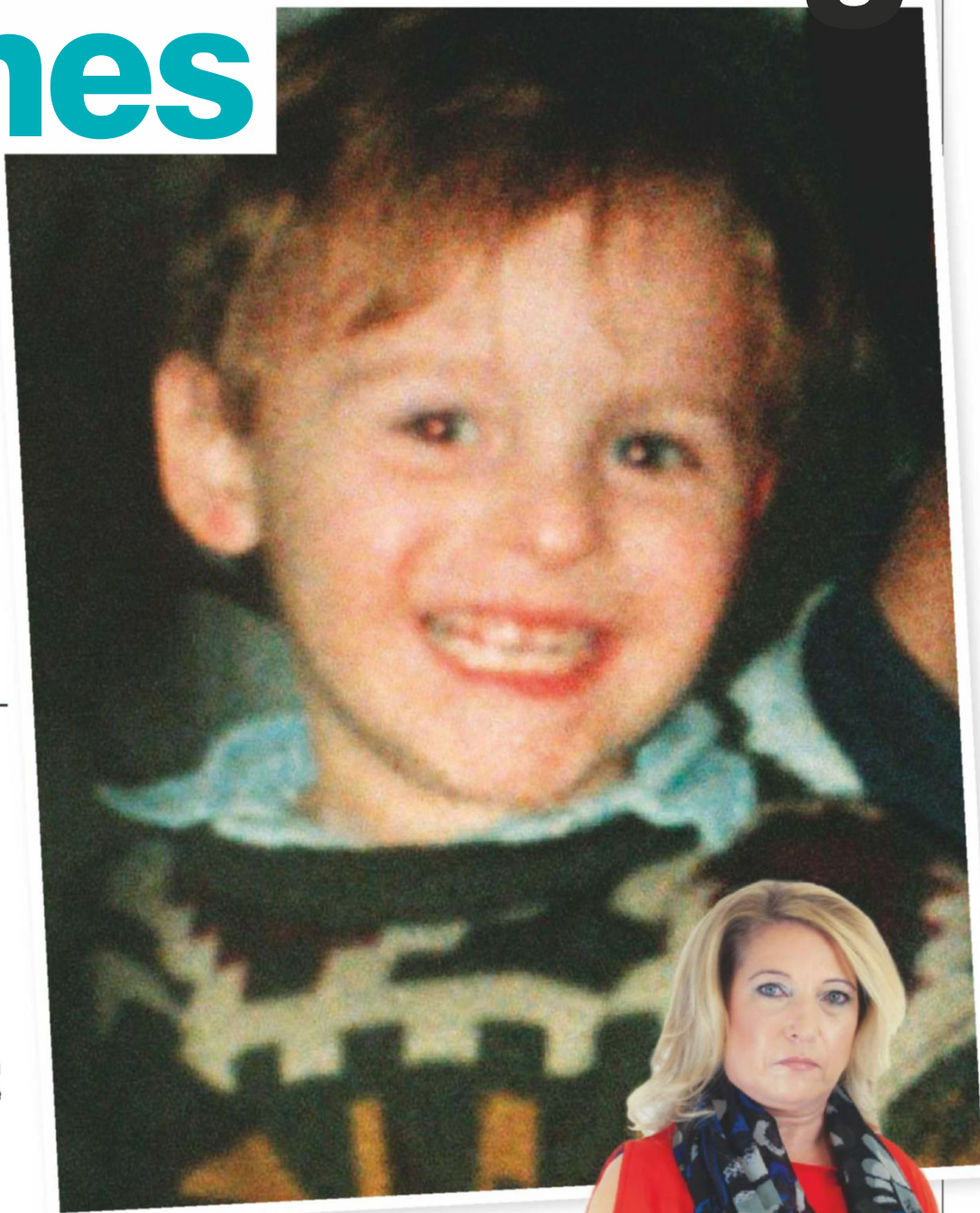
It doesn't sound like the fondest memory, but for me it was. After

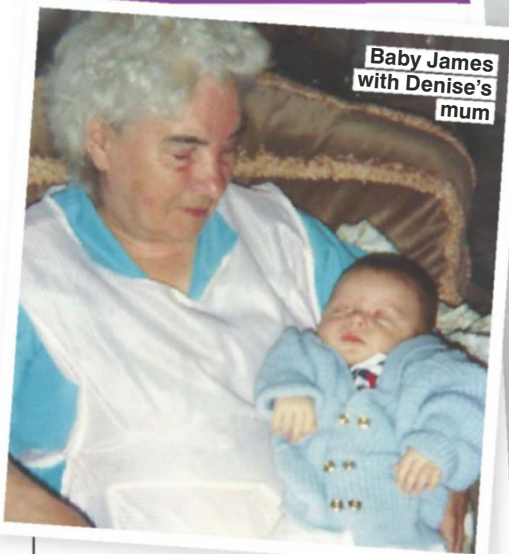
losing my stillborn daughter Kirsty just a year before, James gave me the strength and the focus I needed to carry on. He was my saving grace.

Once his colic cleared, he was a different baby, so happy and smiley. After all of those late-night cuddles, James and I had forged an incredible bond. So even when he turned two, and became this boundless ball of energy, he rarely left my side. We were always together. I remember how our flat in Kirkby, Liverpool, was

James was nearly three when he was murdered. Mum Denise (right)

'After having lost a baby James was my saving grace'





Baby James with Denise's mum



Denise wants people to remember James for the happy boy he was



A break in Wales shows James' first – and last – holiday

always filled with the sound of his laughter. One day I found him standing in the living room launching Chipsticks at the curtains like darts – and laughing hysterically when they became stuck in the fabric. But for all his mischief, he looked like a little angel with his bright blue eyes and blond halo of hair.

We were a big family, and James loved playing with his cousins. So when on 12 February 1993 Ralph offered to help my brother Paul put up some wardrobes, Paul's fiancée Nicola and I decided to drive to the New Strand Shopping Centre in Bootle with James, and my other brother John's daughter, Vanessa, then two.

Our last stop was the butcher's, AR Tyms, at around 3.30pm to pick up some chops for tea. I was holding James' hand as the butcher wrapped up the meat and told me what I owed.

'Now you stand right there,' I said, pointing to my side. I let go of James' hand as I pulled my bag from my shoulder to get my purse out. As I snapped open the clasp, I looked down again. It was then I realised my boy was gone.

'Where's James?' I said. There was no-one else in the shop apart from Nicola and Vanessa. 'Don't worry,' said Nicola. 'He's probably playing outside.' But as I rushed to the doorway, I couldn't see him. Desperately, I started dashing from shop to shop, asking if anyone had seen him. But it

wasn't until 40 minutes after my son went missing that the first police officer arrived. I was hysterical, but everyone else seemed so calm. Didn't they realise how serious the situation was? As night fell the tension started mounting. An army of volunteers were sent out to comb the streets of Bootle, while officers sifted through the reams

of CCTV footage from the shopping centre.

By now I'd been driven back to the police station. After a few hours Ralph appeared, his eyes sunken and his

face grey with worry. Rushing towards me, he scooped me in his arms. 'I'm so sorry, Ralph,' I cried. 'I only let go of him for a second.'

Searching

Ralph was allowed to join the search, while I waited in the station. It was torture. I stayed there all night, apart from a couple of trips back to the shopping centre to retrace my steps. But it was clear my baby wasn't there anymore. The next morning, I was told the police had found a blurry CCTV image of James holding hands with an older boy while another,

roughly the same age, skulked ahead.

The first time I saw it a part of me was relieved. It wasn't some menacing man – a paedophile or a murderer – who had my son. It was a couple of kids. But even when I appealed to James' captors in a press conference on Saturday morning, still nobody came forward. I spent that night lying on the floor of my mum's living room with my hand on the phone. But it wasn't until the next afternoon that the call came. I was taken to the family room of the police station – Ralph was still out searching – where I waited for the lead officer to arrive. Finally he did but, standing next to me, he uttered the words that would shatter my world. 'I'm sorry.'

I don't remember anything after that. Not a single detail remains of the day I found out my baby had been found dead on a railway track in Walton, a few miles from Bootle. But I was told later I screamed like an animal. At some point, I was driven back to Mum's house. After that, life passed in a trance. I didn't eat. I didn't

'I was hysterical but everyone else was so calm'

Timeline of horror

Friday, 12 February 1993
3.39pm CCTV shows James running out of AR Tyms butchers into the New Strand Shopping Centre, Bootle.
3.40pm Realising James was missing from her side, Denise rushes outside but devastatingly turns

left in the wrong direction.
3.42pm Another CCTV camera on the upper floor shows James holding hands with an older boy.
3.43pm The final CCTV frame shows James, Venables and Thompson leaving the centre.

That evening The boys took James on a two and a half mile walk along the Leeds and Liverpool Canal before they arrived at Walton.
Sunday, 14 February 1993 Teenagers playing near Walton railway line found James' body and alerted the police.



Chilling CCTV shows the moment James was abducted by Robert Thompson and Jon Venables



He was so inquisitive



sleep. I didn't talk. I only left the bedroom to go to the bathroom. A few days later, I overheard the radio of an ice cream van outside. A newsreader announced that a missing two-year-old had been found dead. 'His poor mum,' I thought. 'She must be in bits.' My mind was so fogged I hadn't connected that it was James they were talking about.

Returning to the flat where we lived was impossible. I couldn't bear to see James' go-kart cluttering up the hall ready for a trip to the park, the beige corduroy suit he wore on Christmas Day hanging in the wardrobe, or the faded stain on my white carpet where James had pressed his chocolate-covered hands into it.

We decided to stay with Mum for the time being and Ralph and my brothers packed James' things into boxes and put them in the loft – apart from one brown jumper. I kept it folded in the drawer under my bed so a part of him was always near.

On 20 February 1993, police charged two 10-year-olds, Jon Venables and Robert Thompson, with James' murder. I just couldn't get my head around the fact these two were only seven years older than my baby. How can anyone – let alone children that young – have the malice to take

another life? Just a month later, I found out I was pregnant again. I hoped in the same way James rescued me after losing Kirsty, this baby would do the same. But every day was a struggle.

In November 1993, Venables and Thompson were convicted. Of course, all the terrible details of James' death emerged during the trial. Although I've heard a lot, I've chosen never to find out what was true and what wasn't. I know how much my heart can take. But when the judge recommended a maximum sentence of eight years each, it felt we had lost James all over again.

Guilt-ridden

I was sickened. They'd robbed my baby of his life and now they'd get to walk free at 18? I just couldn't accept it. So after my son Michael was born in December, I campaigned for an increase in the minimum term to 15 years. Finally, in July 1994, the Home Secretary Michael Howard agreed. Although I was proud of our achievements, I realised nothing would bring James back. Although I wanted to give my baby the life he deserved, every milestone left me guilt-ridden, like I was leaving James behind. In the end, I told myself I needed to lock up my memories of James, to push them to the back of my mind, so I could concentrate on being a good mum to Michael. But still the grief tore through me and Ralph. And, rather than uniting us, it drove us apart. A few months after Michael was born, we split. In 1996, I met my partner

James' first birthday: He would have been 28 this year

Stuart and slowly I started to realise that in trying to control my memories of James, I was at risk of losing the good as well as the bad. Slowly, I let myself think about him again, and we found ways to celebrate his life as part of our family. I went on to have two more sons, Thomas and Leon, now aged 19 and 18. James is part of their lives. Although they never met him, I've brought them up knowing he was here. Even now people stop me

in the street to talk about James. The truth is my loss will never be private. But I don't see it as an intrusion. I'm touched people still care. It's thanks to this ongoing public support that we've been able

to achieve so much through the James Bulger Memorial Trust.

Although it's impossible not to wonder what James would be like now if he were alive, aged 28, to keep going over the what ifs is too torturous. Instead, I take comfort in remembering him for who he was. As the little boy who would only ever eat Frosties for breakfast, and loved cuddling up to his mummy to watch *Teenage Mutant Ninja Turtles*. These are the things that defined my son, and that's how I hope we'll all choose to remember him. ●

'We've found ways to celebrate James' life'



● ***I Let Him Go* by Denise Fergus (£16.99, Blink Publishing) is out on 25 January. To donate to the James Bulger Memorial Trust, text JBMT00 £2/£5/£10/£20 to 70070 to donate your chosen amount**

Woman's Own Who wore it best?

Which celebrity nailed the latest look?

This week's trend is shades of blue



Our fave look

Naomie Harris, 41

We love the bright blue shade of Naomie's dress, and the embellished neckline really completes the look.



Fashion Ed's tip

Accessorise an all-out blue look with neutral toned pieces like tan, nude, black or white

Myleene Klass, 39

Myleene's cobalt blue number is super flattering – it's figure hugging at the top to show off her tiny waist, then skims her hips for a floaty finish.



Kristen Bell, 37

She may have voiced Elsa's sister Anna in Disney's hit *Frozen*, but Kristen looks quite the ice queen in this deep V creation.



Rosie Huntington-Whiteley, 30

Rosie looks every inch the Hollywood bombshell in her silky cornflower blue frock. We're not sure what we think of the bows but the rest is spot on.



Leona Lewis, 32

Wow, talk about a ballgown! Leona's blue dress is a little OTT for us, but, hey, top marks for effort.



Jane Seymour, 66

This simple pencil dress is understated and makes Jane's glossy locks the star of the show.



Amal Clooney, 39

White and blue is one of the all-time classic colour combos, and Amal makes the most of it in her bandeau maxi – a great look if you want to flaunt your shoulders!

One stop shop

All under £30

Check out what's hitting stores this week

Tu Clothing



£14
Hat



£22
Dress



£22
Cardigan



£25
Ankle boots



£14
Scarf

Team with tights

Top, £16, scarf, £18, trousers, £16, boots, £26, all Tu Clothing



Fashion Ed's tip
Mix textures and fabrics for a standout look

Simply Be



Top, £24,
jeans, £26,
Simply Be,
heels,
stylist's own



£28
Trousers

Suits
all skin
tones



£20
for 2 camis



£28
Top



£16
Jumper



£22
Shoes

Also in
extra
wide fit

10 Store



£7
Dress



£6
Jumper



£4
Hat

Dress
up or
down



£10
Jacket



£10
Bag

Dorothy Perkins



£25
Trousers



Feminine
florals

£28
Blouse



£28
Skirt



£19
Bag



£6
Belt



DIY dye

Everything you need to know about getting salon-style colour at home

DIY rules

Doing an at-home colour job? Here's how to make sure it goes smoothly...

1 BE PREPARED

Yes it's obvious, but always read the instructions and do a strand and allergy test to make sure you're not allergic.

2 A CLEAN SWEEP

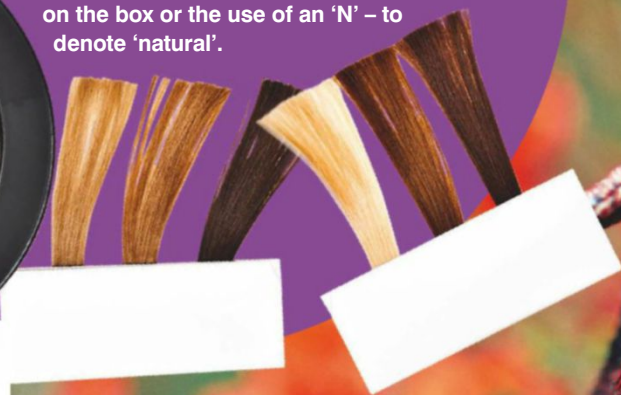
Wash your hair the day before you colour it with a clarifying shampoo to remove any build-up of styling products and oils that might act as a barrier to the colour developing. And don't wash hair on the day you plan to colour it. The natural oils on your scalp help prevent the colour chemicals from sensitising your skin.

3 STOP STAINS

Hair colour will stain your skin as it develops. Stop this happening by applying a thick layer of cream or Vaseline around your hairline before you apply the colour.

Know your tone!

Choosing your box of colour? The biggest mistake many of us make is simply not understanding whether we are cool or warm toned. If you feel you might be cool-toned, you should always select colourants that contain an ash tone (labelled C on the box) to neutralise warmth. If you feel you are warm-toned, selecting golden-toned colourants (labelled W on the box) is your best bet. If you are unsure, always select colourants that feature no tone. These are known as neutrals and are recognised by a '.0' next to the base number on the box or the use of an 'N' – to denote 'natural'.



Brilliant balayage

Move over highlights, this freehand painting technique is taking the UK by storm thanks to the natural, flattering effect it gives your hair. It works on all hair colours – from blondes to brunettes – and unlike with highlights, no foils or cotton are used.

The colour is painted directly on to the hair with a brush to give a subtle, blended look. Want to try it? Here's how...



Paint diagonally for a more natural look



Colour care heroes

Keep that just-coloured freshness with these nifty new at-home treatments for great looking, long-lasting colour...

1 GENTLE CLEANSING

Washing your hair with a harsh shampoo can fade hair colour fast. Try **KMS California ColorVitality Shampoo**, £10.75, lookfantastic.com, which seals in colour to make it last up to three times longer and preserve its vibrancy too.

2 BEAT BRASSINESS

Between colour applications, a violet-toned conditioning treatment helps to stop blonde tones in your hair turning brassy. Use **Phil Smith Be Gorgeous Bombshell Blonde Radiance Intensive Conditioner**, £3.50, [Sainsbury's](http://Sainsbury's.com), once or twice a week, which stops your colour turning

yellow, brassy and dull, as well as keeping blonde strands looking bright and shiny.

3 A WEEKLY TREATMENT

A regular intense treatment will keep your colour glossy, in great condition and looking fresh for longer. **Pureology Colour Fanatic Mask**, £23, pureology.co.uk, is a multitasking treatment, blending antioxidants and UV sunscreens to protect hair from heat-styling and environmental damage to keep your colour looking vibrant.



1 To keep your highlights looking soft and natural, begin painting highlights on the mid-lengths of your hair and then feather the brush upwards towards the roots.

2 Make sure to stop the application about 2in away from your scalp. This will help the highlights look more natural and blend with your own hair colour.

3 Try creating a diagonal angle as you paint up towards the root. The angling helps the highlights to grow out more naturally and helps avoid harsh lines at the

roots. If you paint in straight lines, it will look too harsh.

4 To smooth out the top diagonal line of the highlight, use your finger to blend out the colourant.

5 Finally, after painting the mid-shaft up, paint the colour down towards the ends of the hair. You can use ready-mixed dye and a brush to create your balayage highlights or try a kit like **Colorista Effect Balayage Hair**, £7, or **L'Oréal Paris Preference Wild Ombre**, £6, [Superdrug](http://Superdrug.com).



For smoothing wrinkles

Want something that targets those lines quicker than a cream? **Beauty Complex**, £49.95, reviveactive.com, has been shown to give visible results in 14 days. The potent blend of skin-plumping ingredients include marine collagen, hyaluronic acid and phytoceramides, alongside vitamin C, E, copper and selenium. The sachets can be mixed with juice, water or your morning smoothie and get to work faster than a pill.



For hydrating your skin

Hyaluronic acid occurs naturally in our bodies. But as we age, our HA levels deplete, leaving our skin drier and less plump. For a moisture boost, try **The Hyaluronic Complex**, £30 for 60 capsules, potionlondon.com. You'll feel silky smooth from head to toe.



For radiance

Astaxanthin is a powerful antioxidant that contains a naturally occurring carotenoid that gives salmon their pale pink glow. It's also high in nutrients that are proven to improve the skin's health, elasticity and may even protect from UV rays. Try it in **Pretty Gorgeous Skin Astaxanthin Formula**, £15.99 for 30 capsules.



For luscious hair

If your hair feels thin, brittle or lank, try a protein supplement to give it a boost from the inside out. Try hair must-have **HairJelly**, £29.95, hairjelly.co.uk, which is enriched with amino acids (a type of protein found in hair) and has been formulated by trichologists to help your locks grow stronger as well as combatting the effects of thinning, brittle, dry and lifeless locks.

For better beauty sleep

When we're asleep our body repairs itself from damage done during the day. **Dr David Jack Sweet Dreams**, £45, intergrativebeauty.co.uk, helps your body develop a healthy sleeping pattern. Combining zinc, magnesium, vitamin B6 and C, take this supplement at night to enjoy regenerative beauty sleep.



Can a supplement really make you look better? These ones will...

Pop a pill

For stronger nails

If you struggle to grow your nails past a certain length, try **Health Plus' Perfect You Hair, Skin & Nail**, £12.95 for 90 tablets, healthplus.co.uk. It's a multivitamin and mineral formulated to help nails stay strong, thanks to L-Cysteine, a vital part of keratin from which hair and nails are made.



Buy this... try this!

Four stylish ways to wear one on-trend piece

Day out



Trousers, £28, sizes 8-18, Very

Scarf, £20, Accessorize

Trench, £42, sizes 6-22, Next

Bag, £14, Matalan

Shoes, £30, JD Williams

Drinks with friends



Coat, £60, sizes 8-22, Tu at Sainsbury's

Earrings, £7, M&Co

Jeans, £16, sizes 8-22, Tu at Sainsbury's

Bag, £29.99, Zara

Boots, £39.50, M&S

Sunday lunch



Jeans, £29, sizes 8-22, M&Co

Take this blouse
£29.99, sizes xs-l, Zara

Bag, £14, Matalan

Bracelet, £19.50, Oliver Bonas

Shoes, £65, Dune

Out for dinner



Skirt, £25, sizes 4-16, Miss Selfridge

Bag, £65, Dune

Shoes, £25, Simply Be

Earrings, £9.99, Mango

We found success after failure

Having the chance to learn from setbacks means you can turn them into a positive experience, says a study. These women prove just that...

'We have a turnover of £600,000 a year'

Lisa Suswain, 37, lives with her husband Jim, 37, and daughter Eliza-Grace, six, in Fordingbridge, Hampshire. Together, the couple now run Wagging Tails, connecting dog owners who want one-on-one dog-sitting with vetted carers.

I had always wanted to be a ballet dancer. At 16 I joined The Royal Ballet School, but just five years into my career, I seriously injured my back. I was performing in the West Midlands and dancing with an inexperienced partner. He did a lift which went horribly wrong, and the audience gasped because of the loud cracking noise. At A&E, doctors told me I'd torn multiple ligaments in my lower back and pelvis.

I had to quit ballet and was left feeling lost. It got me thinking about my love for dogs. I knew all the dogs

Lisa gives canines a warm welcome



'I sent each dog home with a video of their stay'

in the village and always stopped to chat to owners. Was there something I could do to combine that passion with a business?

I looked into companies that offered boarding for dogs, but they had registration fees and wouldn't let the owner see the home the dog would be staying in, or meet the carer. I was shocked. Having a dog is like having a baby, and you wouldn't send your baby to a nursery without seeing it or meeting the caregivers.

I knew I could do better, so I took just one dog at a time and sent them home with a video and pictures of their time 'on holiday' with us. Owners were thrilled and word spread. I was inundated with bookings, and within six weeks I had to take on other trusted dog carers. In 2012, Jim quit his job to work full-time with me, and we now have 20 UK franchises, with a turnover of £600,000 a year.

Now when I think back on my ballet career, it's like somebody else's life.

● waggingtailsuk.co.uk



With husband Jim and Eliza-Grace

Dog-sitter

'Our family home was repossessed'

Maxine Clancy, 49, lives with her children, Daniel, 15, and Amber, 13, in Mortlake, London. She is a divorce coach.

When I found out that my husband Allan was having an affair, my world crumbled. This was the man who was my soul mate, the love of my life and the father of my children. I couldn't believe it.

Our lovely family home had been repossessed. I was a single mum and felt like there was no hope.

So on New Year's Eve, I set goals for the years ahead. I realised I wanted to use my previous training as a psychotherapist to help other people going through divorce. I wanted to turn this horrible experience into something that was positive.

Last year, I set up the Divorce Detox, a four-week online healing and coaching course for people going through a split.

Clients from all over the world have given me feedback on how effective it is, and I'm really pleased to be able to help others through what I know can be a dark and isolating time.

I've now also got my own company, Maxine Clancy Coaching.



With her kids Daniel (above) and Amber



'I'm pleased to help others through dark times'

I feel proud of how far I've come, and Allan and I are on good terms now too. What happened was a huge trauma for me, but it doesn't have to be like that if you have the right tools to help you cope.

● maxineclancy.com

Divorce coach

'I was determined to give my daughter the best life'

Charlotte Armitage, 34, lives in Leeds with her daughter Lilia, four. She is the managing director of the Yorkshire Academy of Film and Television Acting (YAFTA).

I'd finished my Masters degree in 2010 when I met a businessman, and we bought four local hairdressing salons.

Our romance and the business grew quickly, until we employed 30 staff. Then we set up the fifth salon from scratch and everything began to unravel. The others were not making enough money to support the start-up salon and it became clear the chain was going under.

By now I was pregnant, and my relationship broke down. A month after Lilia was born, I was forced to file for bankruptcy. I lost my home and everything I'd worked so hard for.

I moved into a smaller house and

tried to turn my hobby of acting into a money-maker. My parents looked after Lilia while I went to auditions and classes, and I got three roles in *Coronation Street* and *Happy Valley*.

But I realised my place in the industry wasn't acting any more, but helping others get into it. In 2013, I recruited teachers who had good qualifications, choosing people

I would want to learn from myself, and my acting academy took off.

Now I have 10 staff teaching 200 pupils. The academy is across the road from the *Emmerdale* set in Yorkshire, and it's inspiring for our students to see that famous sign every day. Many have gone on to secure roles on mainstream TV.

I turned over £350,000 last year. I've bought my dream house in Leeds, and a holiday home in Spain.

Being a single mum and dealing with everything I did has taken its toll on me physically and emotionally. But my determination to give Lilia the best life meant I turned my failure into success.

● yafta.co.uk

Acting school boss



With four-year-old daughter Lilia

'I chose teachers I'd want to learn from myself'

A problem shared

Mum-of-two Anita Naik has been an agony aunt for 25 years



Contact Anita

Send your questions to askanita@timeinc.com Follow her on Twitter @AnitaNaik Or go to anitanaik.com

Lied to about my secret sibling



Q When I was a child my mother left. The story was that she was unhappy and wanted to be on her own. I was only nine at the time and five years later my mother died. I love my father but the situation affected our relationship. Now, at the age of 40, I've discovered that my mother really left because she had an affair and I have a 30-year-old half brother. I feel devastated and so angry, but I don't know how to deal with it. Name and address withheld

A Parents do all kinds of things to protect their children. When things went wrong between your parents they made a decision to protect you, not really thinking about

how they would make it right when you were older. Now, at 40, you have discovered the truth and it's no wonder you feel so angry. Sadly, this is not something that can be solved overnight or by anyone in your family. You really need to talk to a counsellor who can help you to find your way through all that's happened. Contact the British Association for Counselling and Psychotherapy on itsgoodtotalk.org.uk/therapists and find details of a family therapist in your area.

but after our second child was born we drifted apart. Now we rarely talk to each other, never have sex and generally only interact through the kids. I know he's as unhappy as me but I can't bring myself to face what's happening to us. Sonia, 38, Sussex

A It's very easy in a marriage to let issues slide when you have a busy job and kids to deal with. However, the fact that you're both so unhappy means you really need to face up to this. Things won't get better on their own, but being honest and talking about how you feel and really listening to what your husband has to say will start making inroads to changing this situation for the better.

Unhappy marriage

Q My marriage is failing. I'm 38 have two kids aged nine and seven and I work full time. I have been with my husband for 10 years

I've never liked sex

Q I'm 55 years old and have never liked sex, due to a bad marriage. I'm now divorced and have recently met a new man. I'm keen to see if I can enjoy sex this time round, but is it too late for me? Karen, 55, Kent

A It's never too late to improve your sex game – good sex is not the domain of the young. What you need to do is start thinking about it in a positive way. Consider what gets you excited, what you might enjoy and also what your version of enjoyable sex is. All these elements will help you to start talking about it honestly with your new partner – the very key to having a great love life.

59% of over-50s say they enjoy their sex life

3 ways to be... more efficient

1 Use the Awesome Note 2 app (£3.99 iOS)
Manage your calendar and reminders in one, check to-do lists, receive notifications for events and easily manage everything from birthdays to important meetings.

2 Learn to delegate
Whether managing your home or getting on at work, the most efficient people delegate certain tasks to others so that they can focus their time and energy on things that need to take priority.

3 Stop worrying
You don't have to be perfect at everything, but you do need to get things done. Focus, be confident and move ahead.



PHOTOS: (POSED BY MODELS) GETTY IMAGES; ANITA REGRETS THAT SHE CANNOT ANSWER LETTERS PERSONALLY

Good for you!

How to help alleviate Raynaud's



80% of sufferers are not aware they have the condition, according to Raynaud's UK

Raynaud's is when blood supply to the extremities is interrupted. Symptoms include pain and tingling in fingers and toes, which change colour to white, blue then red. Here's some advice from Jagdeesh Cheema from allcures.com:

1 Stay warm and active

Gentle exercise can improve blood flow to hands and feet, while layering up clothing, and avoiding cold food or drinks will help.

2 Be calm

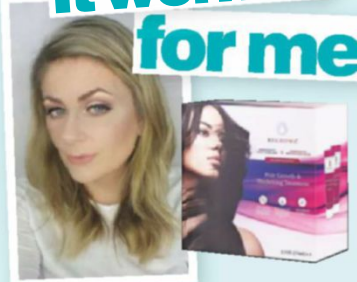
Stress levels can make symptoms flare up, as can smoking, because it impacts on your circulation.

3 Take a herbal remedy

Padma Circosan, £16.95 for 60 capsules, allcures.com, uses a Tibetan recipe with polyphenols, bioflavanoids and essential oils to help relieve symptoms.



It worked for me



Jay Chapman, 34, from Somerset

'When I was pregnant my hair started falling out in clumps – it was so scary and I felt it would never stop. Regrowz For Women (£39.95, regrowz.com) came at the right time. My hair is growing back thick and fast. I would recommend it to any woman, even if she doesn't suffer with hair loss and simply wants to improve the texture. It works.'

Better brew Swap this



Hot water and lemon

For this



Standard cuppa

WHY? The citrus choice might be great at flushing out your system but the British Dental Association warns that lemon's acidity can cause enamel erosion. So a cuppa is more tooth-friendly (although watch for staining with black tea). And if you want to stick to lemon water, drink it through a straw.

56%
The number of people who don't venture out at weekends to see daylight, according to Healthspan

Have you heard about... Zero-carb wine?

For a top tippie that won't make you pile on the pounds, try new SlimLine Wine – it has zero carbs and zero sugar, but still 10.5% ABV. Plus, each bottle is only 373 cal. Cheers! From £8.99, slimlinewine.com.



Is housework harming your health?

YES... if you're overreaching during vacuuming, kneeling while emptying the dishwasher or using just one arm when washing windows. 'Prolonged or regular activity in the incorrect position can have a huge impact on your health and mobility,' says Jon Bongcawel, senior physiotherapist at Physio Med. 'Maintain a straight back as much as possible and bend your knees.' Find out more at physiomed.co.uk.

10 ways to ease IBS

One in five* of us is affected by irritable bowel syndrome, and for many the consequences of overindulging at Christmas can last for months. Here's how to get help fast

1 Banish certain foods

'Avoid onions, cauliflower and lentils. They contain fructans, which some people with IBS find hard to digest,' says nutritionist Fiona Hunter. 'They pass undigested into the large bowel, producing gas. If fruits like plums and apples cause cramping, removing the peel can make them easier to digest.'

3 Try humming

'For many IBS sufferers, stress can be a key trigger of symptoms,' says meditation expert Emma Mills. 'Try humming – sit comfortably, and on your next out breath close your mouth and make a little humming sound. This can be very relaxing on the digestive system and restore a sense of harmony.'

Have I got IBS?

IBS specialist dietician *Laura Tilt* (tiltnutrition.co.uk) gives us the lowdown

- Symptoms vary, but typically include tummy pain or discomfort, bloating, wind and a change in bowel habit – so that might mean you going to the loo more or less often than you used to (diarrhoea, constipation, or both).
- It's tempting to self-diagnose, but speak to your GP because the symptoms of IBS are similar to conditions like inflammatory bowel disease and coeliac disease, and it's important to rule these out first.
- IBS is known as a chronic condition – meaning that it lasts long-term. But many with IBS go for months or years with their symptoms well controlled.
- Find out about IBS on Laura's podcast

The Gut Loving Podcast
(free, iTunes).

4 Eat slowly

'Don't eat your meals on the run,' urges Love Your Gut ambassador Dr Joan Ransley. 'Effective and comfortable digestion only takes place if you relax and allow yourself time to enjoy your food. Eat slowly, savouring each mouthful.'

5 Keep a food diary

'As everyone's experience with IBS differs, keep a diary and monitor when you notice your symptoms are triggered,' says Dr Anthony Hobson from The Functional Gut Clinic. 'Symptoms may not appear until 48 hours after eating the culprit food, however,' adds Dr Sarah Brewer.

2 Exercise more

'Gentle exercise can help speed up sluggish digestion,' says dietician Helen Bond. And it can be a pain reliever, adds Dr Sarah Brewer (drsarahbrewer.com). 'Exercise can reduce pain perception by increasing production of brain chemicals (endorphins) that lift mood and have an opiate-like pain-killing action.'

62%

of people say IBS affects their desire to be intimate with their partner, says a survey by the IBS Network.

Did you know?

Some sugar-free mints and gum can cause bloating and diarrhoea. Avoid ones containing sorbitol, mannitol and xylitol.

These top products are worth a try...



● **Buscopan IBS Relief**, £3.49 for 20 tablets. Relieves abdominal pain during flare-ups.



● **ProVen Probiotics**, £13.95, Holland & Barrett. A high-strength friendly bacteria supplement.



● **Senocalm**, £5.99 for 20 capsules. Helps gas-related symptoms.

● **Pukka Organic Aloe Vera Juice**, £19.95, pukkaHerbs.com. 'Helps to calm inflammation and heal the gut lining,' says nutritionist Cassandra Barns.



● **Peppermint Liquid Extract**, £5.99, Holland & Barrett.



'Peppermint has anti-spasmodic properties,' says nutritionist Elizabeth Wall.

● **Silicolgel**, £8.29, silicol.co.uk. Works well with stress-related IBS symptoms.



● **A2 Milk**, £1.39, a2milk.co.uk. A2 milk is much easier to digest than regular milk.



● **A. Vogel Digestisan Oral Drops**, £9.75, avogel.co.uk. A blend of peppermint and artichoke to ease feelings of fullness and bloating.



63%

of people have experienced a persistent gut or abdominal problem and half haven't sought professional help, according to the Love Your Gut campaign (loveyourgut.com).

6 Visualise away symptoms

'Picture your digestive tract as a long, calm river that flows gently, passing through the throat and into the tummy. Feel the "river" gently cooling the soft walls of your tummy, working to cleanse and heal your body,' recommends meditation expert Emma Mills.

7 Forego fizzy drinks

'Carbonated and caffeine drinks are likely to cause diarrhoea and gas,' says dietician Helen Bond. 'And go easy on the booze,' says nutritionist Fiona Hunter. 'Up to one third of people with IBS say that alcohol worsens their symptoms.'



9 Stay hydrated

'Don't ignore when you feel thirsty, says Dr Joan Ransley. 'Making sure you drink enough helps with digestion, ensures you are hydrated and may help prevent constipation.'

8 Sip on artichoke tea

A 2016 review published in the *Electron Physician* found that artichoke leaf extract had a positive effect on IBS, with 96% of subjects in one study describing it as equal to or better than their current treatments. Try Natur Boutique Artichoke Organic Tea, £2.99 for 20 sachets, Holland & Barrett.



10 Boost your good bacteria

'Naturally increase your levels of tummy-friendly bacteria by eating veggies high in prebiotic fibres like bananas, leeks and asparagus, which work to selectively encourage the growth of the "good" probiotic bacteria,' says Fiona Hunter.

Did you know?

Around twice as many women are affected by IBS than men, say NHS stats.

We'll never forget her brave smile

Charlotte Mead, 39, explains how their little girl touched their lives and left them the greatest gift

Lying in my hospital bed with my baby daughter Annabelle cradled in my arms, I gently stroked her hand. Suddenly, her big blue eyes opened and a gorgeously gummy smile spread across her lips.

'Lee,' I gasped, looking up at my partner, who was trying to get settled in the plastic chair by my bed. 'It looks like she's smiling!' Of course, I knew it couldn't be a real smile – Annabelle was only two days old. But in that moment, it was exactly what I needed to see – that smile proved that my girl was a fighter.

Lee and I met in March 2011 and right away we talked about starting a family. Within a month we'd moved in together and by November I was expecting. But when I miscarried at four weeks, the loss left us

reeling. It took just over three years before I finally fell pregnant again. By then I was 37, and well aware that my window for having a baby was fast disappearing. So seeing those two little lines was like a blessing.

Calling Lee at his job as a roofer, we both screamed with excitement. 'It's a girl,' I told him. 'I just know it.' In fact, I was so certain that by the time our 12-week scan arrived in April 2015, the rails in my wardrobe were bending with the weight of all the pink baby clothes I'd bought.

Although the memory of the

miscarriage loomed over us, we refused to let it ruin our happiness. But then the scan showed our baby had an unusual gap between its toes. 'It could be an indicator of Down's syndrome,' the sonographer said, referring us for a second scan at Royal Brompton Hospital, 40 miles from our home in Chelmsford, Essex.

Something wrong

I knew I'd cope if our baby had Down's. After waiting so long to fall pregnant, being healthy was all I wanted for our baby. Only the next day, as the doctor examined the scan, it became clear there was something

'Whatever it took I was going to fight for Annabelle'

far worse going on. It was called complete atrioventricular septal defect. 'It's a rare condition where the heart only develops one chamber instead of four,' the doctor said. If our baby made it to full term, and got to a good weight, it might be strong enough for open heart surgery once it was born. 'Then we might have a chance,' the doctor said.

Lee squeezed my hand, his way of telling me it was going to be OK. But as we left the hospital with a full roster of scan appointments for the months ahead, I felt sick with fear. When we got home, seeing my baby's crib leaning against our bedroom wall, still unassembled, drove the reality home. We'd barely had a chance to get used to the idea of being parents and

already the world was threatening to take my beloved baby away from me.

At 20 weeks, we found out we were expecting a little girl, just as I'd predicted. We chose the name Annabelle Hope, and my anger turned to determination. Whatever it took, I was going to fight for my daughter. And it seemed she was fighting too. Every month we returned for our scans her heartbeat thumped loudly through the monitor.

Then on 16 October 2015, at 38 weeks pregnant, I was sitting at home on the sofa when my contractions started. Lee took me straight to hospital. At first it seemed the birth was going to plan, but at 12pm the next day alarms starting sounding all around me. 'Who are those for?' I asked, delirious. 'Your baby's heart rate has dropped,' a nurse explained. 'You're going to need an emergency caesarean.' As she inserted a drip into my hand, I fell into unconsciousness.

The next thing I remember is waking to the sight of Lee's exhausted-looking face.



Annabelle's gorgeous smile melted everyone's hearts



Charlotte comforts her baby daughter after surgery



Beaming Annabelle touched so many in her short life

being sick. We were discharged, and told to keep an eye on Annabelle. But by 3 March, I'd spent so many sleepless nights soothing my poorly baby that my mum offered to take her for the night. She only lived eight doors down and she and Dad said they'd ring if there were any problems. The next morning, at 7.30am, I was woken by Dad knocking on the door.

Utter despair

'It's Annabelle,' he said. 'She's not well.' Lee had already left for work and I charged from the house, still in my pyjamas, and found my baby girl sitting in her bouncer, her eyes open but lifeless. I bent down to pick her up. 'She's not breathing,' I cried.

Dad tried to perform CPR as Mum called the ambulance. When the paramedics arrived, I went with Annabelle in the ambulance. They worked on her all the way to the hospital but by then, even I knew, it was no use. My baby girl was dead, aged just five months. I remember screaming and screaming. No-one could calm me down, and when Lee arrived at the hospital, we clung together not believing that our girl could have lost her brave fight.

The post mortem had revealed she'd died from an infection she'd contracted before the surgery. It seemed the cruellest twist of fate. I was so lost in grief that over the next weeks, I didn't worry when my period was late. Only then I started feeling sick. At the beginning of April, I found out I was pregnant again.

Lee gasped in shock when I told him. It was the last thing either of us expected, but then I saw the way his face lit with happiness. I didn't think either of us would ever smile again, but here we were. And I realised this baby would be our saving grace.

Not that it made it any easier having to bury Annabelle. It was the hardest day of my life, but I knew I had to stay strong for the baby growing inside me.

Scans showed my due date was late November 2016, which meant my baby was probably conceived the very night before Annabelle had died. I cried when I learnt that. It was as if it was Annabelle's parting gift to us and when, on 27 November, I gave birth to Ronnie, I said a silent thanks to the brave daughter whose little life had touched us so much. I see so much of Annabelle in him and I take comfort that this little boy was given to us by such a very special little girl. ●

'Where's the baby?' I said. Lee explained she was OK, and that she'd been taken to the neonatal unit. I was allowed to see her nine hours later and all I could think was how beautiful she was.

Then doctors confirmed that she did have Down's syndrome. All that mattered to me was that she was alive. Yet at just 5lb 10oz, she was too small for the life-saving surgery. We needed to get her weight up quickly. It seemed so many odds were stacked against her but then, at two days old, I saw that smile and I felt an inner calm. Annabelle wasn't giving up.

We were allowed to take her home and she was fed high-calorie milk. Because her little heart was working so ferociously to pump blood around her body, she was always exhausted. She didn't even have the strength to cry. But by January 2016, she'd reached 8lb 10oz – enough to be admitted for her operation. On 5 February I sobbed as she was wheeled to theatre. 'Just let her be all right,' I willed. The operation

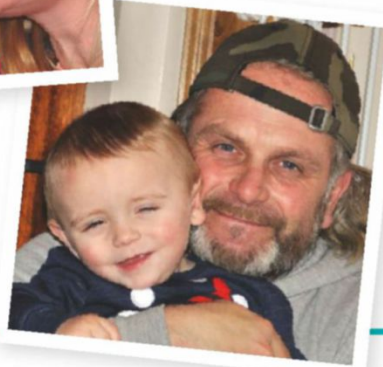
'She didn't even have the strength to cry'

took nine hours as surgeons worked to rebuild the chambers in her heart. Afterwards, the doctor came to see Lee and me. My own heart was racing with fear but then the doctor smiled. 'It's been a success,' he said. When I saw Annabelle, I marvelled at how pink her skin was. 'And she feels warmer,' I cried, delighted. But

immediately afterwards she started suffering with sickness and diarrhoea. The doctors thought it was because of the antibiotics, and reassured us she would get better with time. But I couldn't help but worry when two weeks later she was still



Charlotte and (right) Lee with their son Ronnie, who they believe is a parting gift from Annabelle



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Coupons saved me £17,000

Managing finances in the new year can be tough, so why not take a tip from mum Jennifer Drew?

Bagging up the last of my shopping, the cashier smiled and tapped away at her checkout screen.

'That'll be £100,' she said. 'And how will you be paying?'

Sheepishly, I handed her a fistful of coupons. 'With these,' I said, watching as her smile switched to a look of horror. This was the first time I'd ever paid with coupons. But with just £30 in my bank account, it was the only way I could walk out of this shop with all these groceries.

It was December 2012 and my husband Neil, then 35, had been made redundant from his job as a plasterer a week before. I was also nine months pregnant, about to give birth to our first child. So I really had no other choice.

Supermarket sweep

Thank goodness I'd accidentally flicked on to an American TV programme called *Extreme Couponing* the night before. In it, a woman used online coupons to buy \$1,000 worth of shopping for less than a dollar.

Amazed, I started searching for UK coupon websites. Within a few hours, I'd printed out over 100 coupons for all kinds of different money-saving deals.

That's how I ended up at the supermarket that cold December morning to try them out. I stocked up on everything from nappies and baby lotion to tuna and bread.

Heaving my laden trolley to the checkout, I prayed the cashier would accept them. While it was awkward

making the other customers wait as the cashier checked each coupon, making sure it was in date and subtracting it from my receipt, when I walked out of the shop with £100 worth of shopping for just £20, my embarrassment melted away.

I became an avid coupon collector. It was a lot of work, especially after my baby boy Nicholas was born. But even then, I made sure to set aside three hours a week so I could print out coupons and scour price comparison websites to find the best store deals.

Looking back, perhaps I got a bit overexcited. By the time Nicholas was a month old, I already had 200 packs of nappies and over 100 bottles of baby lotion. There was so much, Neil had to build shelves lining the walls of the garage. We started to call it 'the shop', and showing our friends just how much we'd stockpiled, you could tell they thought we were crazy.

But as the months passed, I realised it would have been impossible to live on my pay alone. As a teacher I had a good salary, but on statutory maternity pay it dropped to £80 per week. We had savings, but they soon depleted. And although Neil set up his own plastering



Jennifer, 34, with some of her bargain buys and, below, with son Nicholas

'You could tell our friends thought we were crazy'



business, the couponing helped us survive as he got established

By Christmas 2013, I'd become an expert at hunting out deals, and used coupons to buy presents, too. For Neil, I bought an audio soundbar for £4 that should have cost £99. I bought a locket for my mum from H Samuel that should have cost £200, but I only paid for the gift wrapping.

'This is fantastic,' said Neil, hugging me when he saw all the Christmas food I'd bought for next to nothing.

I only ever used the coupons for stuff we really needed, though. And if a coupon was about to run out, I'd leave it on the supermarket shelf next to the product it was for. 'Someone else can use that,' I'd smile.

By 2014, we'd managed to build our savings back up, and even set up an ISA where we put aside extra cash. I worked out I saved £60 or more a week on food – once, at Morrisons, I got a £140.27 shop for just 39p – and altogether I've saved over £17,000.

We're hoping to put a deposit on a house this year, and I've now found out that I'm expecting twins. Thank goodness I've still got hundreds of nappies in the garage!

Some people might be embarrassed to admit they rely on coupons, but I'm proud of my savvy-shopper ways. I don't have any debt. And it's all because of my coupon obsession. ●

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18 GambleAware

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You could be a winner too at womansown-bingo.co.uk

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Buy it Cook it

Salted-caramel popcorn blondies
Metcalfes Salted Caramel Popcorn Sharing Bags
 Combine 170g **butter**, 170g **light brown sugar** and 110g **granulated sugar**, then add 1 **egg** and 1tsp **vanilla**. Fold in 350g **plain flour**, 200g **chocolate chips** and 150g **honey-roasted peanuts**. Pour into a lined tin, cover the surface with **salted caramel popcorn** and drizzle with **caramel sauce**. Bake at 160C for 20-25 mins.



Was £1.49
 Now £1

Try a trend

Matcha lattes are so in vogue, and you can try making your own at home with these matcha kits from Teapigs. The sets include 10 sachets and are available in warming chai, comforting cocoa, and health-boosting turmeric flavours. Teapigs Matcha Latte

Was £9.99
 Now £7.99

Sachets (teapigs.co.uk)

Bargain booze

This Italian white wine is packed full of lemon and peach flavours, topped off with zingy citrus aromas. It pairs really well with seafood, so why not try serving with herb-crusted fish and homemade chips? **I Heart Pinot Grigio (Tesco)**



Was £5
 Now £4.50

Get cooking

La Classica Passata is made from pure Italian tomatoes, crushed and bottled to make a fresh, ready-to-use ingredient. This base will add an authentic and delicious flavour to sauces and stews. Cooking them from scratch is healthier too! **Cirio La Classica**

Was £1.25
 Now 84p

Classica Passata, Tesco



3 of the best... basket buys



Saucy supper

This ready-to-cook frozen fish comes with an oriental sauce, meaning it's perfect for an easy – yet super-tasty – midweek meal. **The Saucy Fish Co. Frozen Salmon with Chilli, Lime & Ginger Dressing, Tesco**

Was £4 **Now** £3



Sunday roast
 Butcher's Selection Large British Chicken, Asda.

Was £3.49
 Now £3.20



Toast topper
 Flora Original spread, Asda.

Was £1.70
 Now £1



Caffeine fix
 Nescafé Azera Instant Coffee, Co-op.

Was £5.99
 Now £3

Meals in

minutes

Who likes to wait ages for dinner? These weeknight winners are all ready in under half an hour



Squash, chorizo and goat's cheese omelette

Serves 2 Takes 25 mins

Combining sweet and savoury ingredients, this one-pan recipe makes for a moreish meal.

You will need

- 2tbsp olive oil
- 1 sliced red onion
- 350g diced butternut squash
- 120g diced chorizo
- 6 lightly beaten eggs
- 120g sliced goat's cheese
- 3tbsp chopped chives

How to do it

- 1 Heat the olive oil in a non-stick frying pan. Add the red onion and butternut squash and fry for 10 mins until soft. Add the diced chorizo, then pour in the lightly beaten eggs. Cook for 5 mins.
- 2 Meanwhile, preheat the grill. Add the goat's cheese and chopped chives to the eggs in the pan, fry on a low heat for a couple of mins, then pop under a hot grill for a few mins until firm and golden.

Calories
871cals
Fat 63g
Sat fat 24g
Freezable No
Cost per serving £1.39

Tip

If you don't like goat's cheese you could try any other soft cheese, like feta or Brie.

Spanish-style fish stew

Serves 4 Takes 30 mins

Adding just a little smoked paprika to this tomato-based stew gives it a rich, fragrant flavour, making the sauce the perfect thing to mop up with bread.

You will need

- 240g rice
- 400g fennel, sliced and the fronds removed
- 1tbsp olive oil
- 4tsp sweet smoked paprika
- 500g tomato passata
- 500ml hot vegetable stock
- 400g cod, cut into chunks
- 300g fresh king prawns
- Zest and juice of 2 lemons, plus a little extra juice
- 160g green beans

mins until cooked. While the rice is cooking, gently fry the fennel in the oil until soft. Add the paprika, passata and stock to the fennel. Cook for 5 mins until thickened.

2 Add the cod and prawns, and simmer for 10 mins, until both are just cooked through. Season to taste and add the lemon zest and juice.

3 Cook the green beans in the boiling water for 3-4 mins until just tender. Drain the rice and serve with the stew.

Calories 437

Fat 5g

Sat fat 1g

Freezable No

Cost per serving £2.63

How to do it

- 1** Cook the rice in a pan of simmering water for 10-15



Tip

For a reduced-carbohydrate meal, serve with cauliflower rice rather than basmati

Tip

Add some cooked chicken or king prawns for a hearty family meal. Stir in 5 mins before the end until piping hot.

Satay & coconut vegetable stir-fry

Serves 4 Takes 25 mins

Use mainly store-cupboard ingredients to whip up this tasty dinner – a pack of stir-fry veg may be all you'll need to buy.

You will need

- 50g dessicated coconut
- 4 egg noodle nests
- 6tbsp crunchy peanut butter
- 2tbsp lemon juice
- 4tbsp light soy sauce
- 4tsp brown sugar
- 2tbsp vegetable oil
- 600g pack stir-fry vegetables

How to do it

- 1** Put the coconut in a bowl, pour over 200ml hot water and set aside. Place the egg noodles in a large bowl and pour boiling water over them to cover. Stir gently to separate,

leave for 5 mins, then drain.

2 Meanwhile, mix together the peanut butter, lemon juice, soy sauce, sugar and dessicated coconut plus the soaking liquid.

3 Heat the oil in a wok. Add the stir-fry veg and cook for 5 mins before adding the noodles for a further 2 mins. Stir through the peanut sauce and toss well to coat before serving.

Calories 558

Fat 26g

Sat fat 10g

Freezable No

Cost per serving £1.03



How could I be a FAT bridesmaid?

Leah Spencer, 34, was desperate to lose weight, but then she got a special invite that changed everything...

Ripping open the wrapper, I greedily tucked into my third Mars bar of the day – while trying to ignore the incredulous looks of my colleagues.

I couldn't blame them. Most people swerved the snacks table at work, but I'd regularly gorge on three or four Mars bars a day, before stopping on the way home to stock up on more.

I tried to convince myself that my growing waistline didn't matter, but deep down I knew it was a sign I had a real issue with food. After all, I hadn't always been this big.

In my early teens, I was a size 14. But as soon as I turned 18 and started work as an admin assistant, I'd find myself eating chocolate, before opting for frozen ready meals for dinner.

It's not as if I didn't have the option of eating healthy meals. I still lived with my parents in Hertfordshire, and Mum was always cooking shepherd's pie and stews. But for me, after a

stressful day, there was nothing as satisfying as cutting into butter-filled chicken Kiev with crispy oven chips.

Eating for comfort

Then in October 2007, my dad died from an aortic aneurysm. I was 24, and while my mum and two older sisters found their own ways of coping, I turned to food. And my eating habits became even worse.

Sitting in front of the TV, I'd shovel Cadbury Buttons into my mouth, unaware of just how many sharing bags I was eating all to myself.

Although my best friend Laura tried to support me in my grief, texting me every day to check I was OK, eating was an easier way to get a lift.

Eventually, it became a normal way of life, so that by 2011, I was a size 24.

Then the next year, aged 29, I missed my period. At first, I wondered if it had something to do with my weight. I was just shy of 19st now.



So happy on Laura's big day (above), and with her brother Karl and little boy Jacob (left)



Leah did it this time!

But a few weeks earlier, I'd also started seeing a new man. So when I did a test and found I was pregnant, I let him know. Although I wasn't surprised when he said he didn't want to be involved.

'Whatever,' I told myself, pretending not to care. 'I don't need him to bring up my baby.'

For the next eight months, I threw myself into preparing to be a mum. My family were supportive, but my size caused difficulties with my pregnancy. The sonographer often struggled to get a clear image, so I'd pull my flab flat to help her.

I cut out Mars bars and tried to eat better. But I was already so big that the added baby weight meant I'd get breathless walking up stairs and bending.

Taking action

Laura was amazing, driving me to my appointments and helping me to shop for baby things.

Then on 14 March 2013, my beautiful boy Jacob arrived. Holding him, I was besotted.

But back home, I was soon tucking into fast foods and snacks again. To me, my baby came first. There was no time to be worrying about home-cooked dishes.

By the time Jacob was one, I was the heaviest I'd ever been at 20st 11lb and a size 32. At 5ft 5in, it panicked me. I signed up to Slimming World, seeing that as a way to change.

But I didn't go to the meetings. It was easier to stay at home gorging on all my favourite foods.

Then in May 2015, Laura sent me a text. Reading it, my eyes filled with tears... 'Leah, as my best friend, I wanted you to be one of the first to know I'm getting married!' it read. 'And I want you to be my bridesmaid.'

I was thrilled. Laura had been seeing Shaun for a few years.

They were just perfect together.

'Yes of course I will!' I texted back.

But then my stomach churned with dread. How could I possibly be a bridesmaid when I looked as fat as I did? I'd ruin all the pictures!

I was still a member of Slimming World, and I decided this was the push I needed.

First, I threw out my chocolate bars and restricted myself to just two portions of carbs a week.



'You'll look beautiful whatever size you are,' Laura reassured me.

But I wasn't convinced.

Gradually, the weight fell away and my energy levels increased. Before, I'd struggled to walk to the end of the street with Jacob, then two. Now, I could take him all the way to the park.

By August 2015, I'd already lost four dress sizes, taking me down to a size 22. That month, Laura messaged me about the bridesmaids' dresses. 'What size are you, Leah?' she asked.

I took a deep breath. 'Order me a size 14,' I replied. It meant I'd have to drop a staggering four sizes in nine months, but if I set a target, I knew I'd commit.

I began exercising every day, alternating between aerobics videos, kettle-bell lifts and a fun hula-hooping class. And I weighed and measured myself every week, making sure I stayed on track.

By the time the dresses were delivered in March 2016, I could just about squeeze my hips into my size 14. But the zip still didn't do up completely.

Then finally, in May 2016, it was Laura's wedding. By now, I'd lost even more weight and the pale blue bridesmaid's dress slipped on easily.

When Laura saw me she burst into tears.

'You look amazing!' she shrieked, hugging me.

'Hang on, I'm supposed to cry when you try on your dress!' I replied, welling up.

As I walked down the aisle with her, I couldn't stop smiling. In just 12 months, I'd lost 8st 9lb.

Since then, I've stuck to my healthy eating regime. When I show Jacob, now four, photos of how I used to look, he doesn't believe it's really me.

Walking down the aisle was one of the happiest days of my life – and it wasn't even my wedding! ●

Leah's swap

BEFORE

Breakfast: Sausage roll, Mars bar

Lunch: Burger King meal, Mars bar

Dinner: Pizza or kebab takeaway, Mars bar

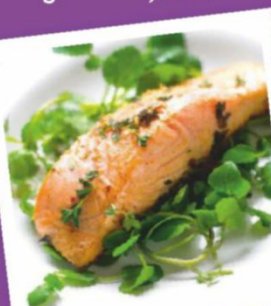


AFTER

Breakfast: Porridge and fruit

Lunch: Chicken salad or an omelette

Dinner: Salmon and vegetables, fruit



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- **Create a rewards system** Log journeys and when you reach goals e.g. six journeys or 5 miles, then reward yourself
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- Fat-free plain yogurt
- All unsmoked fish and seafood



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Drop the pounds and still enjoy deliciously healthy food

RECIPES

Using these meal ideas, create a menu based on a daily SmartPoints allowance of 23. SmartPoints is a simple counting system which is even easier to use now we have extended the zero Points foods list. Your SmartPoints total will alter depending on your age, sex, weight and height. For good health we recommend you include **½ pint of skimmed milk** every day (**4 SmartPoints values**) to be used over

the day as it suits you, for example in tea or coffee, with cereal, or purely as a drink.

We've included a variety of fresh fruits and veg throughout the meal planner but switch them for your favourite seasonal fruits and vegetables if you prefer. We also recommend you drink plenty of fluids throughout the day- between 6-8 glasses. This can include coffee, tea, milk, low sugar/no sugar squashes, diet drinks and, of course, water.



Start the day with a breakfast frittata

BREAKFASTS

● FRUIT AND OATS

Serves 1

3 SmartPoints per serving

Combine **strawberries** and **banana** with **30g porridge oats** and top with **0% fat Greek yogurt**.

● BREAKFAST FRITTATA

Serves 4

5 SmartPoints per serving

Using calorie-controlled cooking spray, fry **1 chopped onion**. After 5 mins, add **250g sliced mushrooms** and cook 6-8 mins. Add **200g sliced cooked Weight Watchers Reduced Fat Sausages**, **225g diced cooked potatoes** and **75g halved cherry tomatoes**. Season and stir. Whisk **6 eggs** with **80g grated half fat cheddar cheese**, season, then pour into pan. Arrange **75g halved cherry tomatoes** on top. Cook 5 mins, then grill 2-3 mins.

● MUESLI MUFFINS

Serves 10

2 SmartPoints per serving

Pre-heat oven to **200°C/180°C fan/Gas 6**. Line muffin tin with 10 paper cases. Whisk **1 egg**, **175g 0% fat natural Greek yogurt**, **1 ripe mashed banana**, **30g melted low-fat spread** and **1tbsp honey** together. In a separate bowl, combine **100g no added sugar or salt muesli**, **45g plain flour**, **45g wholemeal flour**, **¼tsp bicarbonate of soda**, **¼tsp baking powder** and **grated zest of half an orange**. Combine wet and dry ingredients. Spoon into the paper cases and bake 20 mins. Heat **1tbsp honey** and **3tbsp orange juice** in a pan until honey has melted, then bring to the boil for 2 mins until reduced slightly. When the muffins are cooked but still warm, brush the glaze on. Cool on a wire rack.



Muesli muffins

Turn over for more recipes

SNACKS

Chopped apple with 15g almond butter	3 SmartPoints
150g 0% fat Greek yogurt with fruit and 3 chopped pecans	4 SmartPoints
2 boiled eggs with spinach	0 SmartPoints
1 Belvita Yogurt Crunch Honey & Live Yogurt Biscuit	4 SmartPoints
Ready to eat no added sugar jelly	0 SmartPoints
Walkers Squares Salt & Vinegar	3 SmartPoints

LUNCH

● CANNELLINI BEANS AND CHORIZO ON TOAST

Serves 2

6 SmartPoints per serving

Fry **60g cubed chorizo** until golden. Add **1 sliced onion** and cook until soft. Add **1 garlic clove** and **½ chopped red chilli**. After 1 min, add **2 chopped tomatoes**, lower heat. Cook 2 mins, add a **can of drained cannellini beans**, **1tbsp tomato ketchup** and **100ml water**. Cook 10 mins. Season. Mix in **2tbsp chopped fresh parsley** and **2tbsp chopped fresh coriander**. Serve with **2 toasted slices Weight Watchers malted Danish bread**.

● STEAK AND PESTO PITTA

Serves 1

11 SmartPoints per serving

In a blender, whizz **10g toasted pine nuts**, **1 garlic clove**, **basil leaves**, **1tbsp lemon juice** and **2tsp olive oil**. Mix in **5g grated Parmesan**. Season. Using calorie-controlled cooking spray, fry **60g sliced lean beef** for 2 mins on each side. Spread pesto in a toasted Weight Watchers pitta and fill sliced tomato, rocket and steak.

● FARFALLE WITH PRAWNS, WATERCRESS AND CAPERS

Serves 2

7 SmartPoints per serving

Cook **100g farfalle pasta**. Drain well. Combine with **4 sliced spring onions**, **25g watercress**, **200g sliced tomatoes** and **150g cooked peeled prawns**. For dressing, combine **1tbsp chopped capers**, **2tsp chopped fresh dill**, **1tbsp lemon juice**, **2tbsp reduced fat mayonnaise** and **black pepper**. Serve pasta with dressing and lemon wedges.

● CELERIAC AND FENNEL SOUP

Serves 2

4 SmartPoints per serving

Using calorie-controlled cooking spray, cook **1 sliced onion** and **1 sliced garlic clove**. Add **500ml vegetable stock**, **½ cubed celeriac**, **100g cubed potato** and **300ml skimmed milk**. Boil and simmer until tender. Add **½ fennel bulb**. Using a blender, purée the soup, adding juice of **1 lemon** and a **pinch of nutmeg**. Season and serve with each **1tbsp reduced fat crème fraiche**.



Steak and pesto pitta



Farfalle with prawns, watercress and capers



Eating out options

Nandos

- Double chicken pitta – 6 SmartPoints
- Spicy Rice, Regular – 7 SmartPoints
- Supergrain Salad – 10 SmartPoints

Pizza Express

- Pollo ad Astra Leggera pizza – 13 SmartPoints
- Pennette Bolognese – 19 SmartPoints

All Bar One

- Smoked Haddock & Mustard Fishcakes – 10 SmartPoints
- The Skinny burger with Chicken – 8 SmartPoints

Diet**A healthier you**

DINNERS

● BEEF RAGU WITH TAGLIATELLE

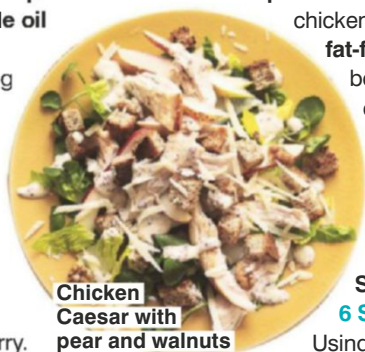
Serves 4**10 SmartPoints per serving**

Stir fry **400g extra lean beef mince** for 5 mins. Remove from pan. In the same pan, cook **1 tsp olive oil**, **1 chopped onion**, **2 chopped carrots** and **2 chopped celery sticks** over a low heat for 12 mins, adding **4 chopped garlic** and **½tsp dried oregano** for the final 2 minutes. Transfer the mixture to the saucepan. Add **1 bay leaf**, **400g tinned tomatoes**, **2 tbsp tomato puree**, **½tsp sugar**, seasoning and **500ml water**. Boil and then simmer for 45 mins. Cook **250g tagliatelle pasta** according to the packet instructions and drain, and serve with ragu.

● RED THAI COCONUT CURRY

Serves 4**10 SmartPoints per serving**

Blitz **2tsp ground coriander**, **1 tsp ground cumin**, **3 chopped red chillies**, **1 chopped lemongrass stalk**, **5cm piece and chopped peeled ginger**, **grated zest and juice of 1 lime**, **2 chopped shallots**, **3 chopped garlic cloves**, **1tbsp fresh coriander**, **1tbsp vegetable oil** and a splash of water to a rough purée. Using cooking spray, fry paste for 1-2 mins. Add **1 chopped broccoli** and **1 cubed aubergine**. Cook for 6-8 mins. Pour in **400ml tin reduced-fat coconut milk** and stir. Simmer for 10 mins. Cook **200g basmati rice**, and serve with the curry.



Chicken Caesar with pear and walnuts

Beef ragu with tagliatelle



Paella with chicken, seafood and chorizo

● CHICKEN FAJITAS

Serves 4**7 SmartPoints per serving**

Pre-heat oven to **220°C/200°C fan/Gas 7**. Put **1tsp paprika**, **½tsp ground cumin**, **¼tsp ground coriander**, **2 chopped garlic cloves** and **1tbsp olive oil** in a large bowl and add **450g sliced chicken breast**, **1 sliced red onion**, and **2 sliced peppers**. Turn well to coat and tip into large roasting dish. Cook in oven until chicken is cooked through. Heat **4 wholemeal tortillas** according to packet instructions. Divide **4tbsp fresh tomato salsa**, salad, the chicken and peppers, **4tbsp fat-free natural yogurt** between each tortilla. Scatter over some **coriander** and a squeeze of **lime juice**.

● PAELLA WITH CHICKEN, SEAFOOD AND CHORIZO

Serves 4**6 SmartPoints per serving**

Using cooking spray, stir fry

200g diced skinless chicken breast for 5 mins. Remove from pan and set aside. Mist with spray again and fry **1 sliced onion**, **1 sliced green pepper** for 5 mins, adding **2 crushed garlic cloves**, **25g diced chorizo**, and splash of water for the final 2 mins. Stir in **175g Arborio rice**, **400g tinned tomatoes**, **450ml chicken stock (2 cubes)** and the chicken. Simmer 25-30 mins. Add **250g mixed seafood** for 5 mins. Season. Serve scattered with chopped **fresh parsley**.

● CHICKEN CAESAR WITH PEAR AND WALNUTS

Serves 1**4 SmartPoints per serving**

Dry-fry **40g wholemeal bread cubes** until toasted. Combine **30g 0% fat Greek yogurt** and **1tsp wholegrain mustard with black pepper**. Toss a **chopped pear** in a little **lemon juice**. Top **50g Cos lettuce** and **watercress** with the chopped pear, **60g shredded cooked chicken breast**, the wholemeal croutons, **10g grated Parmesan**, **5g walnuts** and the yogurt dressing.

Free**Flex meeting, save £16.25****

WOMAN'S OWN TERMS & CONDITIONS JANUARY 2018

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weightwatchers.com/uk
or call **0345 345 1500**

**Terms and conditions: Attend a meeting in England, Scotland or Wales between 22 January 2018 – 5 February 2018 and the weekly meeting fee for that first meeting will be waived upon presentation of this coupon. Sign-up fee will also be waived upon presentation of this coupon. Weekly meeting fee payable for all subsequent meetings. *Fees subject to change and local variation, cost of a meeting in Scotland is £5.50. Coupon cannot be transferred, combined with other offers, applied to renewals, exchanged for cash or used with Monthly Pass or At Work. Available to individuals aged 18 years or older.

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weightwatchers.com/uk

*Terms and conditions: Sign up online before 5 February 2018 to the Weight Watchers Online 3 month plan and receive a 7 day Free Trial. After the 7 day free trial period you will be charged £38.85 for the 3 month plan. If you wish to avoid being charged £38.85 you should cancel your subscription prior to the end of the 7 day free trial period. The full term of the plans must be completed. Subscriptions will automatically renew at the end of the plan at the standard monthly rate (£12.95) until you cancel. Fees subject to change. Offer cannot be transferred, combined with other offers, applied to renewals, exchanged for cash or used with At Work. Prices are subject to change at any time. Statutory rights not affected. The Weight Watchers Online 3 month plan is only available to online subscribers in the UK (excluding Channel Islands & Northern Ireland) aged 18 years or older.



C1000000608

Focus on...

Turn your bathroom into a peaceful sanctuary with

Pastel



Mila wash bag, £4; tumbler, £5, trinket pot, £8, washed wood bath rack, £15, laundry bag, £10, Mila patterned towels, from £8, Egyptian cotton towels, from £6, painted jug, £30, all Dunelm

Monochrome



Mixed succulents, £5 each, large wire basket, £8, mustard circle towels, from £6, grey tumbler, £5, mirror, £8, all Sainsbury's



Cactus in ceramic pot, £25, M&S



Towels in mint, from £4, Christy



Ombre vase, £8, Wilko



Enamel tray, £19, Amara



Abbey grey set of drawers and baskets, £80, Kaleidoscope



Bath rug in blush, £20, Christy

Textured hand towel, £4, Wilko



Soap dispenser, £12.50, M&S



Plaited bathmat, £20, Debenhams

Hook, £16, Neptune



Essential four-piece towel bale in silver, £24, Kaleidoscope



Marble mirror, £25, John Lewis



Toilet brush and holder, £22, Kaleidoscope



Marble-look tray, £10, Sainsbury's



Tumbler, £16, Amara



Bathroom accessories, set of three, £20, Kaleidoscope

Bathrooms

From
£4

our pick of the best accessories on the high street

Coastal



Pedestal mirror, £12, wooden shelves, £35, white wash woven bin, £10, white wash woven basket, £12, whale object, £5, blue stripe bath sheet, £15, Riviera bath mat, £12, all Sainsbury's

Fusion



Native Earth four-piece towel bale, £29.99, 48ltr laundry bin, £39.99; four-piece bathroom set in sandstone, £24.99; Hammam bath towels in white and navy, £24.99 for set of two, Infusion bath mat, £10.99, all Argos



Storage baskets, £30, set of two, Debenhams

Lantern, £12, Debenhams

Trinket dishes, set of two, £5.99, TK Maxx

Coral object, £15, M&Co

Textured jug, £35, M&S

Whales, £12, M&Co.

Fish towels, from £9, Debenhams



Elephant print shower curtain, £15, Habitat

Wooden tile art, £75, JD Williams

Giraffe object, £8, M&Co.

Ceramic wall light, £126, Pooky

Sunbeam mirror, £180, Kaleidoscope

Bamboo standing mirror, £25, Habitat

Rubberised bamboo bathroom duckboard, £30, John Lewis

Towels, from £11, Debenhams

Have your say...

Get in touch

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 Twitter @WomansOwn Facebook [womansownmagazine](https://www.facebook.com/womansownmagazine)
 Woman's Own, Time Inc (UK) Ltd. 161 Marsh Wall, London E14 9AP

Did you know?
 Lemons contain more sugar than strawberries



Baby joy

I'm so pleased for Zara Tindall and her husband Mike that they are expecting their second child. It must have been devastating when she lost her baby in 2016. And their daughter Mia will make such a lovely big sister.
 Sharon Bevan



Your photo of the week...

Win £50 if we feature your picture - email, tweet or Facebook us at the addresses above

My beautiful tame barn owl Alba is fascinated with my children's toys!
 Laura Cooper, Devon

Cute Charlotte

Didn't the Duchess of Cambridge take a stunning photo of her little girl Charlotte on the first day of nursery? The little toddler looked simply adorable in her matching red coat and shoes - she's taking after her mum in the style stakes!
 Carolyn Bell



Charlotte is so stylish

Bullies should pay

I agree with the mum in your story 'My superhero son was killed by bullies' [8 January] who has started a petition to make bullying a criminal offence. Bullies don't always realise just how much devastation their actions can cause.
 Teresa Campbell

Wise words
 Someone else is happy with less than what you have



Shirley shocker

I got a shock when I saw Shirley Ballas on Loose Women recently. She wore jeans with the thighs and back missing and flashed far too much for my liking. She looks so much better in her Strictly dresses.
 Dawn Fletcher

With our expert astrologer Wendy Bristow

Your stars

Aries



21 Mar - 20 Apr
 On Saturday your ruler changes signs and everything shifts - including your emotions and focus. Out goes feeling intense and in comes feeling optimistic. You get your mojo back!

Cancer



21 Jun - 22 Jul
 Change is constant, so if an important relationship is shape-shifting now, you're only wasting energy if you resist or try to make someone change. Adjust with them and you'll be nicely surprised.

Libra



23 Sep - 23 Oct
 There's potential for fun, in the sarcastic sense as well as the literal. A family member could be messing about in a way that doesn't feel nice. Distract yourself by doing things that make you happy.

Capricorn



23 Dec - 20 Jan
 You still have communication planet Mercury in your sign helping you express yourself. This week he helps you speak about something that's hard to talk about. Find your voice around Wednesday.

Taurus



21 Apr - 20 May
 Need to get on with things? Around Wednesday you get the impetus to tackle all the stuff that needs doing. It's also a great time to set your own goals and go for them. You're on top form for taking action.

Leo



23 Jul - 22 Aug
 Psychologists talk about how important it is to recognise your own feelings - and other people's. The challenges of the next fortnight will be easier to handle if you apply awareness to your impulses.

Scorpio



24 Oct - 22 Nov
 If there's anything you need to assert yourself about or simply get done, you have until Saturday to take advantage of Mars's helpful influence. After that, he sails off and empowers someone else.

Aquarius



21 Jan - 19 Feb
 It's your birthday month and a significant one too. From the weekend any tension in a close relationship heats up and next week brings a moment of no return. It helps to be clear about your own position.

Gemini



21 May - 20 Jun
 You're headed for an encounter with the dark side around Wednesday - but that could just mean you enjoy a horror movie! Don't resist the pull of the forbidden. There's useful learning here.

Virgo



23 Aug - 22 Sep
 If a child or lover has been keeping a secret it pops out around Wednesday. Even if a nice surprise, there's a feeling of 'yikes' - like an unexpected pregnancy. Just go easy on the comments!

Sagittarius



23 Nov - 22 Dec
 On Saturday, buzzy Mars comes into your sign. Expect your energy levels to rise and your temper and attention span to shorten. You're headed for a busy time, so do your best not to take on too much.

Pisces



20 Feb - 20 Mar
 Our loved ones and oldest friends know us best and can sometimes deliver home truths we'd rather not hear. If that happens around Wednesday, don't reject it - at least think about what has been said.

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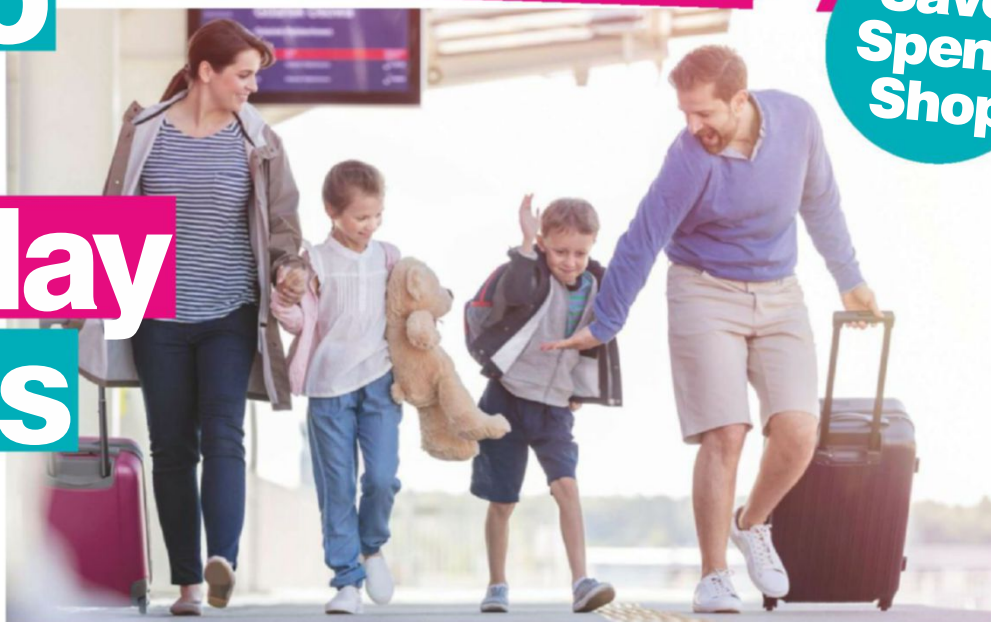
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Nifty & Thrifty

Save Spend Shop

How to book a holiday for less

Cut the cost of your next break with these handy tips



There's nothing like booking a trip away to lift your mood on a dreary January day, but it can be an expensive business. Our tips should help keep the costs down.

of the south east. And, while going away in the school holidays usually means price hikes, see if you can avoid them by flying from a part of the UK that has different term dates.

A cheaper break (even with kids!) is possible

3 BE FLEXIBLE

You could save a packet by being savvy about the day of the week you choose to go away. Research by travel website Momondo.co.uk has found that you can save up to 12% off flight prices by travelling on a Tuesday. And, if you're able to, why not consider taking your break in the 'shoulder season'? This is the period between the high and low seasons; not only will it be cheaper, but destinations are typically quieter, too.

1 DO TRAVEL

Be open-minded when it comes to which airport you fly from. According to research by Cheapflights.co.uk, people flying out of south-west England could pay up to £200 per person more than those departing out

2 GET SOCIAL

Follow your favourite tour operators and airlines on social media, as they will often post about their latest offers. Sign up for email newsletters, too – travel companies often offer exclusive deals to those who subscribe.

Deal of the week

Kids go free on short breaks at Legoland Windsor Resort this year if you book early. Enjoy an overnight B&B stay, plus two days in the park from £35 per adult. Book by 31 January 2018 at legoland.co.uk. Subject to availability. T&Cs apply.



Have you heard?

People buying new-build houses in England will no longer have to enter leasehold agreements, the government has said. Also, those buying a flat or house on a lease longer than 21 years won't have to pay ground rent. The news follows reports of people whose ground rent doubled every 10 years, while others found their freehold had been sold and they were being charged thousands of pounds to buy it.

IF YOU DO ONE THING THIS WEEK...

Save money on parking

When you're looking for a car park, don't just pick the one closest to where you are going or the one you know best, find out if there is a cheaper option by using an app like Parkopedia. Simply type in your destination and, when you want to park, it will display the different options on a map along with prices. You can pay via the app too. Genius!



7 things you must do in...

Edinbu

Dig deeper into this enchanting city with its picturesque walks, eateries and fascinating history...

Why go?

Edinburgh has all the makings of a perfect city. It is urban, yet rural. Historic, yet contemporary. Geographically small, yet culturally rich. Where else in the UK can you find beautifully gritty Gothic architecture set against the backdrop of rolling hills and an ancient volcano? Think you know Edinburgh? Think again.

1 Go west

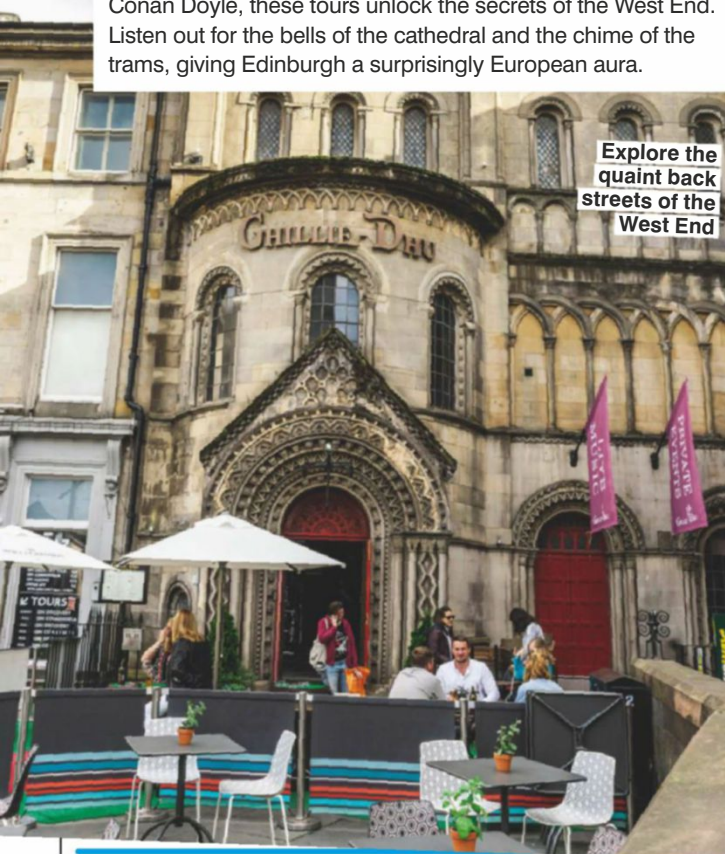
Shrouded in history yet recently rejuvenated, Edinburgh's West End is a hidden gem. One of the city's best-kept secrets, the cobbled shopping lanes of the West End are at the very heart of Edinburgh's fashion and culinary scene. Here, you are catapulted into a world of quaint boutiques and independent cafes. Discover the broad streets, crescents and Victorian terraces with one of three free Sound Walks (edinburgh-westend.co.uk/west-end-sound-walks), and discover the history of such characters as Dr Joseph Bell (the inspiration for Sherlock Holmes) and Elsie Inglis, a pioneer for women in medicine and a leading suffragette. Concluding with an audio-inspired scavenger hunt inspired by Sir Arthur Conan Doyle, these tours unlock the secrets of the West End. Listen out for the bells of the cathedral and the chime of the trams, giving Edinburgh a surprisingly European aura.

Explore the quaint back streets of the West End

2 Hit the Hay

Staying west, explore Haymarket. Known for its cafes, pubs and restaurants as well as the city's second train station, the area is currently nearing the end of an extensive redevelopment. At its heart lies the Haymarket Hub Hotel (haymarkethubhotel.com). Edinburgh lends itself to an explorer's mentality, and you will find yourself glued to your phone searching for hidden gems. The Haymarket Hub provides a smartphone (yes, a complimentary smartphone, really!)

Candlemaker Row is in the heart of the Old Town



rough



4 Get a taste of Scotland

You won't be short of great, authentic places to eat here. Whether you want to grab a light lunch, or settle down for the night in a hidden restaurant enshrouded by the city's cobbled streets, there will be something for you. Grab a light bite at Cairngorm Coffee in the heart of the West End. With coffee, pressed juices and probably the best grilled cheese in Scotland – what's not to like? For something more substantial, head to L'Escargot Blanc. Classic French food has been served here for 20 years. The restaurant offers impeccable French cuisine using the finest local produce.

There are eateries to suit every palate and pocket



5 Head outside

The backbone of the city is undoubtedly the serene Water of Leith. Take a stroll along this family, cycle and dog-friendly walkway, passing villages as it meanders its way through the heart of Edinburgh. Gorgeous even in winter, no visit would be complete without a stroll around the Royal Botanic Garden. Established in 1670, it represents one of the world's largest collection of plants, together with its sister gardens. The glasshouses and the Fossil Garden are not to be missed. And of course, no visit is complete without ambling up to the imposing Edinburgh Castle.

3 Find Harry

For children and adults alike, Edinburgh has become a place of pilgrimage for Harry Potter fans. Discover the history that inspired the famed wizarding world including Hogwarts Castle, Diagon Alley (Victoria Street and Candlemaker Row), and Greyfriars Kirkyard, where JK Rowling is thought to have found inspiration for names in the series. The Elephant House cafe is a must for Potterheads as Rowling is known to have written the books here, but beware, it is always busy!



The magnificent Palm House

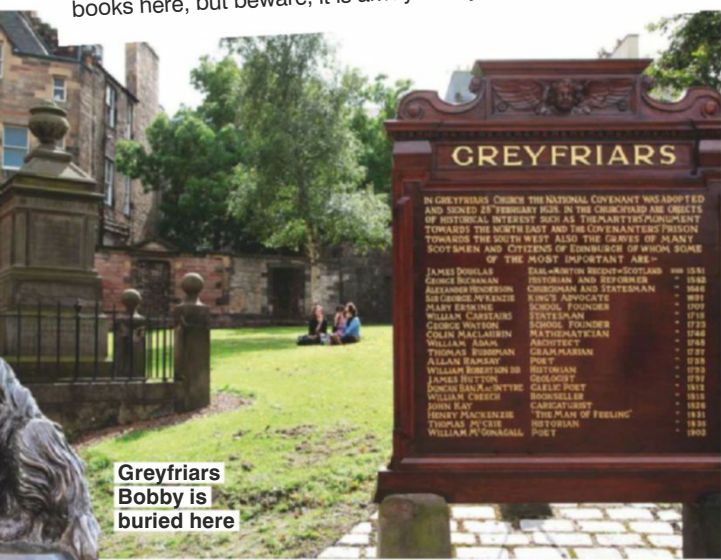


6 Take the underground

You'll also find a distinct part of Edinburgh's heritage by heading down into the depths. Take a tour of the Edinburgh Gin Distillery, nestled in the bustling centre. Discover the city's historic gin heritage, and taste it too! If you're more into your wine, then a visit to Whigham's Wine Cellars is a must. Its unique design offers a choice of settings, from intimate cellar snugs to more spacious open areas, marrying old world and contemporary styles.

7 Jubilant history

The winding side streets and narrow walkways are the veins of Edinburgh. No visit is complete without wandering around the Old Town and up the Royal Mile. Away from the high street, crossing the North Bridge feels like stepping back in time. As you head up Castle Hill, don't forget to stop for a dram.



Greyfriars Bobby is buried here

Got 10 minutes

Clues & arrows

Just for fun!

Fill in the clues in the direction of the arrows

One in a club Army vehicle	Plumps (for) ___ de vie, brandy	Limousine	Des Moines' location	Supply with weapons	Wordplay
		Ether		Indonesia's continent	Scottish isle
Dining table protector		Residents of Italy's capital Spicy			
Dense woody plant		Stage in development	1990s Lenny Henry sitcom	Elephant's proboscis	
Garland	Take a keen look at (3,2)	Abstruse-ness			
			Rabbit-like mammal		
Expeditions	Not level or smooth	Said formally	Had a meal	Academy Awards	Prompt
			Specific size and style of type		
Bolt fastener		Floor covering	Pool	Glide over snow	
		Waterproof coat		Overtake, in a race	
Location of Mount Everest	Become exhausted		To do with the countryside	Traditional pub drink	
Country bordering Saudi Arabia	Cooing bird			Mole	

Quick & Easy

If you really don't have much time to spare, give your brain a break with one of these

See if you can solve these in 10 minutes

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

Sudoku

To solve the puzzle, each 3x2 box, each column and each row must contain the numbers 1 to 6

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

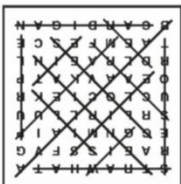
Wordsearch

The answer is the word missing from the grid

BALACLAVA
CARDIGAN
GLOVES
HAIR NET
MAKE UP
PURPLE
RED
SCARF

SILK
SMILE
STRAW HAT
TIE
TROUSERS
WHITE
WIG

WORDSEARCH



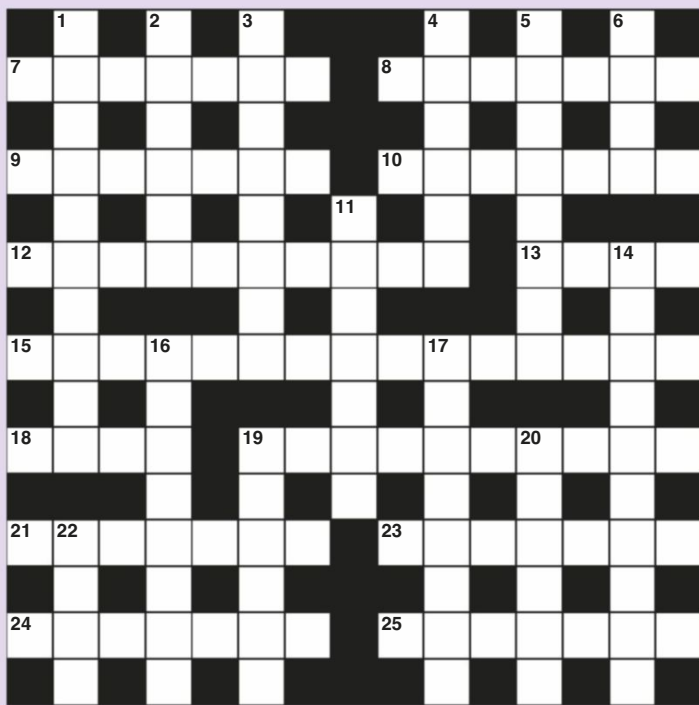
CLUES & ARROWS

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

CROSSWORD

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

Puzzle solutions



Crossword

Put your feet up and have a go at our classic crossword

ACROSS

- 7 Pickled herring (7)
- 8 Fragrant flower (7)
- 9 Shortly before (7)
- 10 Wrap up (7)
- 12 Short episodic TV drama (4-6)
- 13 Sibilant sound (4)
- 15 Mid-shoulders nape (6,2,3,4)
- 18 Pre-owned (4)
- 19 Debt of gratitude (10)
- 21 Illicit pleasure trip in a car (7)
- 23 Streetcar rails (7)
- 24 Chopped fried bread (7)
- 25 Extract (7)

DOWN

- 1 Break down, crack up (2,2,6)
- 2 Non-acidic substance (6)
- 3 Foil-like film of yellow metal (4,4)
- 4 Trademarks (6)
- 5 On-screen fund-raising epic (8)
- 6 Bathing beach (4)
- 11 Hidden danger (7)
- 14 Holy and protected (10)
- 16 Sell at a lower price than (8)
- 17 Tall apartment block (4-4)
- 19 Hot (favourite) (4-2)
- 20 Moderate (6)
- 22 Man-eating giant (4)

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T47551	incredibloom™ 1 x 100g Pack	£4.99		
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Woman's Own Bingo

'I won £10,786 on the day I signed up!'

Katrina Ansell, 42, from High Wycombe, bought a new car with her bingo win

I have always enjoyed going to the bingo hall. But after my youngest son Archie was born in 2012, it became harder and harder for me to get out. So, when I heard some friends saying that they played bingo online, I decided to give it a whirl. I tried different sites, but hadn't found one I liked. Then, in September 2017, I saw an advert for *Woman's Own Bingo*. I'd never heard of it before, but browsing through the website I was amazed at the variety of games on offer.

Once you were a member, as well as bingo, you could play slot games, and there were even chat rooms where you could talk to other players.

I decided to sign up immediately. The website was so easy

to use. Within five minutes, I'd set my account up and I didn't even have to open my laptop. I did it all from my phone.

The advert had been for *Wonderland*. Although I didn't usually play the slots, I was intrigued by all the fun, colourful illustrations of

roses and rabbits. And you could play from 25p per spin. So I deposited £10 into my account. To my surprise,

'I was amazed at the variety of games on offer'

Take a spin on



slot game!

There are four huge jackpots, plus lots of other big prizes to be won. Join Alice and friends in this colourful adventure and keep a look out for the bonus games: **Croquet, Mad Hatter**

Tea Party, Painting the Roses or The Queen's Court. Give Katrina's winning game a try and maybe you could be a winner too!

18+. UK only. Registration, deposit & wagering requirements. T&Cs apply.



I was immediately credited with a £25 welcome bonus. This is brilliant,' I thought.

I'd only been playing for about 20 minutes when I noticed the reels had stopped on one of the bonus games. Following the instructions, I began to play it through, then on my last click of the game the screen changed.

There in front of me was a huge £10,000 figure flashing away. At first I didn't realise what had happened and couldn't take it in. But when I checked my balance I was amazed to see it had an extra £10,786 in it.

I couldn't wait to share my good

You could be

Promotion
Join now



from driving to the shops to picking the kids up from school.

I'd managed to save some money over the past year. But now, with the help of my winnings, I could buy myself a new car even sooner. It was perfect timing just before the new school year started, so my kids didn't have to walk to school anymore.

I shared the rest of the money with my brother, who had also been saving to buy a car of his own. And I put some into a savings account for the children, so they could put it towards something important like university or a house deposit when they were older.

I also used some of it to treat the family to an extra special Christmas. I bought extra presents for everyone, and rather than get a frozen turkey from the supermarket I treated us to a fresh one from the local butcher's. Everyone was helping themselves to seconds!

I still play *Woman's Own* bingo twice a week in the evenings. Since hearing about my win, a few of my friends have signed up. They all say how fun and easy it is to play. Although we all prefer different games – there really is something for

news. When I told my daughter she didn't believe me at first. 'That's not real,' she said. But when I called customer support, they confirmed my win. 'Wow, congratulations,' a friendly voice said over the phone.

I was in shock. This was the first win I'd ever had online, and it happened so soon after I signed up. I couldn't believe it. I then called my mum to tell her the news. 'What's the

website?' she said. 'I want to sign up too!'

Two days later, my winnings were deposited into my bank account. I didn't need long to think about what I wanted to do with the money. Just a year before, my car had been written off in a road traffic accident. Although nobody was hurt, I was devastated to lose my vehicle. I relied on it for everything,

'I put some of my winnings into a savings account for my kids'

everyone – we always end up talking in the chat rooms and keep each other updated on how our evenings are going.

Being a busy mum, it's not always easy to find a bit of me-time for yourself.

But *Woman's Own* Bingo has been incredible fun, I am so glad I joined. ●

Not a member yet?

Get £35 of bingo for just £10*

Claim your bonus today

- Join the fun at womansown-bingo.co.uk
- Enter promo code W05K when you join
- Deposit £10 and we'll top it up to £35

£25 welcome bonus!*

T&Cs: *New customers only. Registration required. 18+. UK only. Offer in this issue ends 29 January 2018. Minimum £10 deposit. You must accept the welcome bonus and join using promo code W05K when you deposit £10 to receive £25 welcome bonus to play. 250% welcome bonus – max £250 bonus. 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 womansownbingo.com/terms. For 24-hour support, freephone 0800 458 0770. Please play responsibly. BeGambleAware visit begambleaware.org

18 GambleAware

a winner too at womansown-bingo.co.uk

Boost your 1 second heart

to see if you can help relieve
aching legs & swollen feet!

IF YOU OR A LOVED ONE SUFFER WITH tired, aching, heavy feeling legs or swollen feet and ankles it could be the result of poorer circulation in your lower limbs.

The pain and discomfort can affect you, and the simple things we love doing, like gardening, walking the dog or playing with grandchildren.

Poorer Circulation?

The muscles of the legs and feet contract and relax – acting like a second heart to help ‘pump’ the blood uphill from the feet and ankles, back towards the heart.

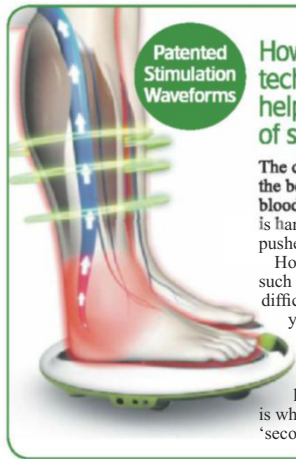
If you struggle to stay active, your leg muscles are less efficient at returning the blood, causing tired aching heavy feeling legs, and swollen feet and ankles.

Drug Free Solution

REVITIVE is a drug-free medical device designed to stimulate the muscles in your lower limbs to improve your circulation, which may help to reduce the swelling and, therefore, the pain and discomfort of aching legs, feet and ankles.

REVITIVE Circulation Booster has been designed and developed with leading UK universities.

After 3 years of successful clinical trials, Alun Davies, Professor of Vascular Surgery at Imperial College London, is



Patented Stimulation Waveforms

How REVITIVE technology works to help relieve the pain of swollen feet and ankles

The circulation of blood around the body is key to your health. Returning blood to the heart from your feet and legs is hard work, because this blood has to be pushed uphill.

However, with age, medical conditions such as diabetes or immobility, it can be difficult for your body to return blood from your lower limbs.

This can result in painful, swollen legs, feet and ankles. When you walk, muscles in your legs and feet help to pump blood upwards, which is why they are often referred to as your ‘second heart’.

continuing to lead a 5 year clinical trial program to investigate the positive effects REVITIVE is having in a range of patient groups including diabetes and circulatory issues common in an ageing population.

Proven EMS Technology

REVITIVE harnesses the power of clinically-proven Electrical Muscle Stimulation (EMS) technology which has been used as a medical therapy for almost a century. Imperial College London has conducted extensive clinical studies showing a very good increase in circulation in both healthy people

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Professor Jonathan Beard Consultant Vascular Surgeon:

“REVITIVE uses clinically proven EMS technology which I know works – family members have been using it for years so I have seen for myself just how much the REVITIVE Circulation Booster can help.”



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Judith Chalmers Travel Journalist & REVITIVE user



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Telly Talk

'I'm jet lagged a lot!'

Jack Davenport is currently playing Guy in ITV drama *Next of Kin*. Here, the former *This Life* star talks about the show and commuting here from Trump's America...

Show of the week

What drew you to *Next of Kin*?

The difficult subject matter. Terrorism is an issue of our times and there's no avoiding it. The writers addressed the subject by thinking about the wider families who inadvertently become involved. That's a very intelligent and interesting way to approach the unapproachable.

The show is very close to recent terror events. How did you feel about that?

Sometimes mass communication, in the form of a fictional TV drama, is a good way to present a really complicated idea in a way that speaks to people's hearts.

What was it like to work with Archie Panjabi, who plays Mona?

I've known of Archie for years and always thought she was amazing. It makes everyone's life more enjoyable when the lead actor is joyfully the captain of the ship. She set the tone.

You live in the US. How was it coming back to Britain to film?

Difficult! My son's at school now and I'm on a plane lots, so I'm jet lagged a lot. I mean, poor me! Before, my son would come along but that's not possible now. The running away to join the circus bit about being an actor is a hoot – until it isn't! Part of the reason I live in New York is just geography – it's halfway between London and LA, so it's slightly less brutal.

What's it like living in America?

Trumpy! But I live in New York – I think he only got six per cent of the vote there. But it's pretty much like you read in the papers... ●



Next of Kin
Mondays, 9pm, ITV



With actress wife Michelle Gomez



With *Next of Kin* co-star Archie Panjabi

PHOTOS: REX, ITV

Fix

Soap

Corrie

Can Toyah help Eva?

Toyah catches up with a stunned Eva at the abortion clinic...

Toyah follows Eva to the abortion clinic where things become heated. Will Toyah convince her to keep the baby? Georgia Taylor (right), who plays Toyah, tells us more...

When Toyah finds out Eva's pregnant how does she feel?

She has mixed emotions because



it's the one thing that Toyah has wanted for such a long time and the fact it's happened to Eva clearly by accident must be bittersweet. Toyah knows how emotional an issue this is, especially as it's Aidan's child and that makes things more complicated, but she's keen for Eva to think things through and not make any rash decisions.



Does Toyah plan to stop Eva having an abortion?

She doesn't have a formulated plan of how she's going to tackle this, she just needs to make sure Eva absolutely wants this and knows what she's doing. There's a lot of talk from Eva about how she doesn't want to be a single mum but Toyah tells her that lots of single parents do a brilliant job and that shouldn't be the basis for making a hasty decision that she might live to regret.

EastEnders



Aidan is determined to find the money – does Phil know where it is?

Aidan on the warpath!

The fallout from Aidan's New Year's heist that went spectacularly wrong continues for the motley gang of Mick, Phil, Vincent, Keanu and Billy.

The missing money shows no sign of turning up and a showdown is beckoning as Aidan goes to extreme lengths to get what he wants – to find out where the cash stash really is! Meanwhile, Kim is getting suspicious of what her shifty husband Vincent might have been up to as he's now having to sell The Albert.

Guess what?

Jonny Labey, who played the late Paul Coker, will be taking to the London stage in the musical Strictly Ballroom at the Piccadilly Theatre, 28 March-21 July.

Emmerdale

Paddy's love dilemma

Paddy finds out from Vanessa that Rhona is still in love with him, which is a bit awkward as he's still seeing Chas.

Poor Paddy is sent into a spin by the news, but then he's utterly confused when he later spots Rhona leaving Pete's still wearing her clothes from the night before. Meanwhile, David and Tracy are loved up on returning from their trip to Paris, with Tracy thinking the time is right to apologise to Priya for their recent falling out. Later, a flustered David can't find his phone as he heads off to a convention in Harrogate. Upon finding it, Tracy's gobsmacked to see a text from Leyla...

Who's in love with who? Paddy, with Rhona and Pete





Toyah offers support to pregnant Eva

If Toyah comes up with a plan, does it come out of the blue?

It's something that's been tiptoed around in the past. When the nurse comes to get Eva there's a surge of adrenaline – it's the emotion of the moment.

Toyah is keeping some pretty major secrets from Peter. Can their relationship survive?

Their relationship is based on secrets – and this could be the biggest secret of all...



Tracy can't believe what she's reading



7 shows not to miss this week

Top TV
On the box



1 All Together Now

Saturdays, BBC1

This new talent show is hosted by comedian Rob Beckett – look out for ex-Spice Girl Geri Horner, who'll be supporting the singing hopefuls aiming to win a cash prize by performing in front of a panel of 100 musical experts.

Sing out loud!

2 Vera

Sundays, ITV

It's the last in the series and DCI Vera Stanhope investigates murder of teenager Ethan Dewley. Ethan went missing before his body was found in a reservoir but few from his rural community are willing to help the investigation.

Missing teen



3 Inside No. 9

Tuesdays, BBC2

Zoë Wanamaker and Noel Clarke guest star in this story, which is set during a TV awards ceremony. As the jury ponders the performers on the shortlist, including a dame, a star and a young innocent, tensions run high...

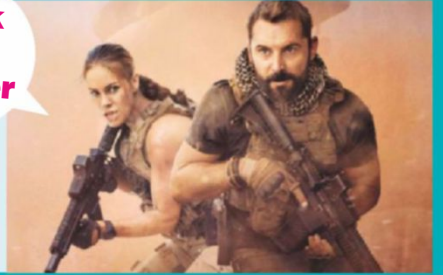
Awards mayhem

4 Strike Back

Wednesdays, Sky1

The Section 20 team continues its pursuit of the dangerous terrorist Jane Lowry, played by ex-Corrie star Katherine Kelly, as Strike Back resumes after a short break. Roxanne McKee, Daniel MacPherson and Warren Brown also star.

Back into danger



Teen terrors

5 The Young Offenders

BBC3

This six-part comedy follows Irish teenagers Conor and Jack, two best pals from Cork, who get into all sorts of scrapes at school and with the police. This wickedly funny pair are played by newcomers Alex Murphy and Chris Walley.

6 Death In Paradise

Thursday, BBC1

The Day of the Dead celebrations are ruined when Daisy, a member of the Saint-Marie Yacht Club, is killed. All members are suspected, including Daisy's partner Finn (Danny Rahim), secretary Charlotte (Pippa Haywood) and chairman Hugh (John Sessions).

Island mystery

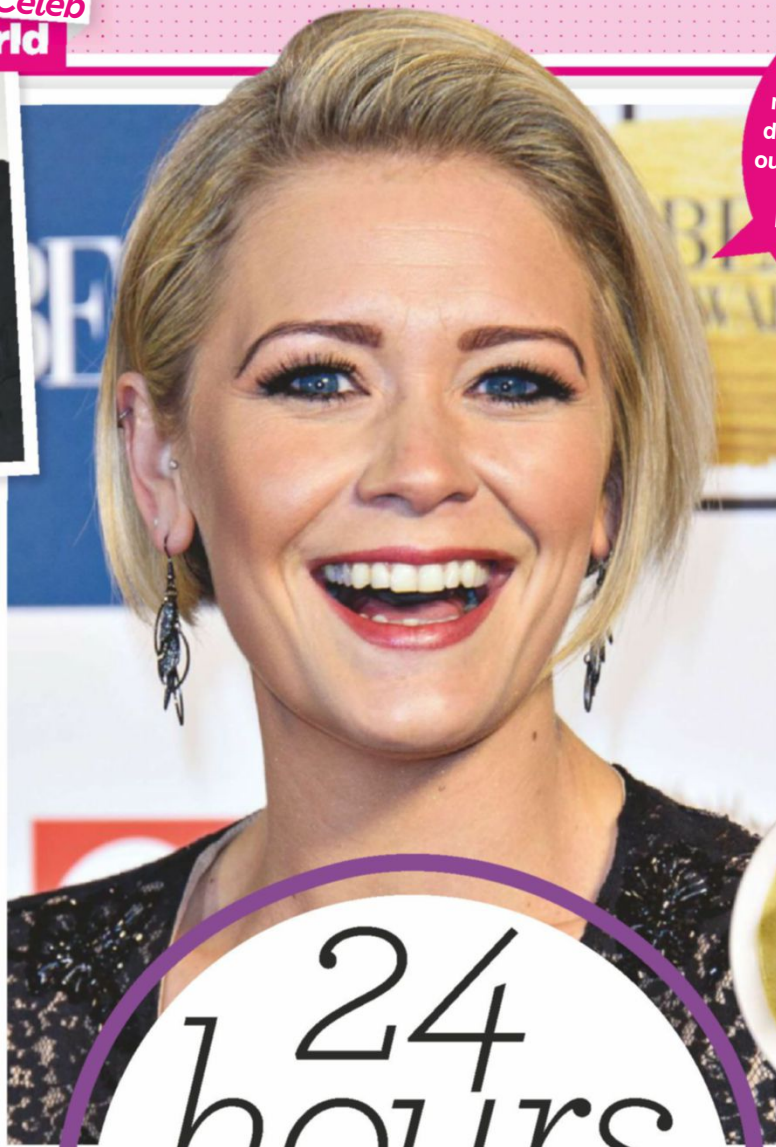


7 Winterwatch

Weekdays, BBC2

Martin Hughes-Games, Michaela Strachan and Chris Packham bring us more winter sights as Winterwatch returns from the Sherborne Park Estate in the Cotswolds. The estate is home to water voles and red kites, among others.

Wildlife news



1pm
Doing *Cinderella* over Christmas last year kept me in shape, but when I'm not doing pantomimes I try to work out as much as I can. So around this time in the afternoon, I'll do a little bit of exercise. Then it's back on the school run!

3.30pm
I pick Corey up and we'll head to one of his extra-curricular activities, like rugby or swimming. I spend a lot of time waiting around while the children do their activities. I'll usually squeeze in some reading, like a James Patterson thriller.



6pm

We finally get home, and I'll make dinner. I love cooking and my favourite dishes are Thai salad or a green curry. I like to use my slow cooker, but in the week we'll have something like sushi, which I make from scratch.

8pm

This is wind-down time for the family. I love to catch up on a nice American series like *The Good Doctor*, so I'll stick the telly on and just relax for an hour.

9.30pm

I don't really stay up these days after the children have gone to bed. Now Corey's older, his bedtime has been extended to 9pm, but sometimes I have to say to him, 'Do you mind if I go to bed, because I'm so tired?' He's always like, 'No, it's fine.'

5.30am

I have a two-year-old [Rafferty, with her fiancé Sam Greenfield] so I always get up early, hence my bloodshot eyeballs! I get breakfast started around 7am. We like poached eggs and smashed avocado – yummy.

8.30am

School run time! I drive Corey [Suzanne's older son, 13, from her previous relationship with singer Darren Day] to school and then I'm off for the day. If I've got to make cakes for a school fête the next day, I'll do it now.

10am

I'm so rubbish at baking I could burn fairy cakes, so I'll go and buy a cake mix. That's my go-to. It even comes with the icing, so I just put a load of sprinkles on top and turn up to school like, 'I was totally up all morning making these.' Funnily enough, Mary Berry only lives up the road from me. I've tried knocking!



12pm

Me and Rafferty will have lunch, then we'll take our maltipoo – called Dudley – for a walk. My son got him from Father Christmas one year. He wanted to call him Nigel and then changed it to Chris, and I was like, 'I can't go in the park calling out "Chris!"' But he then settled on Dudley.



24 hours

with

Suzanne Shaw

The former *Hear'Say* singer, 36, takes us through one of her days...

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