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ANT BREAKS DOWN...



'I've put Lisa through hell'

TWIN HEARTBREAK



Inside two silent worlds



KATE SNUBBED

- TEARS OVER WEDDING LIST
- AND MEGHAN'S FIGHT TO FIT IN

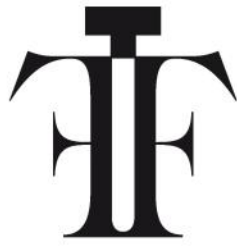


FROM THIS TO THIS

'I LOST 10ST... AND 10 YEARS'



H
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6 FEBRUARY 2018 ISSUE 05



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Contents



Glowing at the NTAs

Gloria Hunniford is one of my dearest friends.

Maybe it's the Irish in me, but my Glow can do no wrong in my eyes. When I called her last week to say how chic she looked at the National Television Awards, she burst out laughing. 'Stop,' she cried. 'I look *sooo* tiny next to Penny Lancaster!' Well, maybe just a smidge, but great things come in small packages...

I told Gloria about our travel piece on Belfast in this issue (page 54) and asked if she had anything to add.

'It's a new city,' she said. 'So vibrant! Brilliant shops, fantastic restaurants. I go back all the time. No more bombs, bullets and barricades.'

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

EXECUTIVE EDITOR
SIOBHAN WYKES



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START YOUR week with a smile

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1

PIGCASSO!

Thankfully saved from the slaughterhouse as a piglet, this little piggy, now known as Piggasso, is famed for her abstract *pigtures*, which sell for up to £3,000 each! Seriously, she's hosting her own art exhibition, which can currently be seen in Cape Town, South Africa, before it comes to London. With all proceeds going to a rescued animals' sanctuary, we may just have to trot along to her show!



4

The bromance is back!

With auditions for 2018's *Britain's Got Talent* well under way, it would seem that Simon Cowell, 58, and our favourite funnyman, David Walliams, 46, have missed each other. Well, judging from their faces in this image, anyway! It's said a picture is worth a thousand words – we say it's the look of love...



Instagram / @aleshaofficial

WORDS: HELEN PIKE, MILLIE GOOCH, DANIELLE SOUTHWOOD
PICTURES: CATERS, FLYNET, GETTY, INSTAGRAM

CLOSE-KNIT COMMUNITY

3

When May Aitchison, 73, decided to recreate her home in wool, she had no idea what she was starting. A few months – and millions of stitches – later, May and her crochet club have stitched their whole village, Cloughmills in County Antrim, in yarn! The fluffy replica has all the local landmarks, including the pub. This definitely puts our occasional cross-stitch to shame!



Pretty in pink

With Valentine's Day around the corner, we think pink was the perfect way for these celebs to show some love at the Screen Actors Guild Awards in LA. While Laura Linney, 53, looked beautiful in a cape dress, Marisa Tomei, also 53, and Connie Britton, 50, proved sparkles aren't just for Christmas.



These beauties stole our hearts when they graced the red carpet in these romantic blush gowns



5



THE SWEET SMELL OF DIAMONDS

If you dream of owning an iconic blue Tiffany box but don't have the budget for diamonds, how about settling for just smelling expensive? Tiffany & Co. has launched its first fragrance, an eau de parfum, that costs £52 (for 50ml). With iris dominating the notes, its scent is clean and classic – just like the jewellery made so famous in *Breakfast At Tiffany's*.

START YOUR

week with
a smile

6 Lace disgrace

Halle Berry, what were you thinking? The 51-year-old Oscar winner's dress is more lingerie than luxury. If you're going to embrace lace, take style tips from Emilia Fox, 43, who looks beautiful and elegant in this butterfly gown. *Berry bad choice, Halle!*



Halle's dress is better suited to the bedroom than the red carpet, while Emilia keeps it effortlessly elegant

SHE'S STILL GOT IT

There's no stopping Debbie McGee. At 59, she looks incredible and has just embarked on *Strictly Come Dancing The Live Tour*. It looks like she and her dance partner, Giovanni Pernice, 27, are off to a 'kicking' start! (Sorry, we had to...)

8



As the *Strictly* tour gets under way...

... Debbie shows off her impressive pins

WORDS: DANIELLE SOUTHWOOD, KELLY ALLEN, MILLIE GOOCH PICTURES: BACKGRID, GETTY, REX

THE ROYALS GET DOLLED UP!



7

Who's this flame-haired Prince Charming and his stunning brunette bride? Harry and Meghan, of course! Can't you tell?

The dolls, 18in in height, have been created by US designer Shirley Corsey to mark the royal wedding. They're Shirley's second attempt – the first was criticised for looking nothing like the couple. So in this new version, Harry has been made extra-ginger (unlike Wills, see below, who's had the chop!) and is wearing the uniform of a Royal Marines captain. The dolls are available from etsy.com, priced at £131. We wonder if any of Harry's pals will splash out on them as a wedding gift?



Harry and Meghan, or Chucky and his bride?



Prince William gets the chop

9

The royal number one

Prince William is sporting a dramatic new hairstyle after going for a number-one buzz cut. The prince, 35, sought the advice of his wife Kate's hairdresser, Richard Ward, taking the plunge after brother Prince Harry teased him about going bald. Wills was rumoured to have paid £180 for the chop, but insiders say he laughed at the idea, saying he didn't have enough hair to justify that price!



10



LET FEBRUARY BE-GIN!

Hurrah, Dry January is over! And we're celebrating with this amazing new range of flavoured gins from Whitley Neill. At £26 a bottle from Morrisons, the price is a little steep, but we can personally recommend the Rhubarb & Ginger variety. Let's face it, after a month of sobriety, we deserve it!

The estranged couple try to move on with their lives after their shock split

Ant breaks down... as Lisa moves out

WORDS: KELLY ALLEN

Best were at the National Television Awards last week, to witness first-hand an overwhelmed Ant McPartlin scoop three gongs with TV partner Declan Donnelly.

He told us backstage, 'The past year has been particularly emotional,' obviously referencing his sad divorce from his wife of 11 years.

Single Lisa Armstrong was notably absent from the event – for the first time in a decade. The make-up artist, 41, was spotted puffing on a cigarette while walking their Labrador, Hurley, as she debuted a new blonde look. She'll certainly be hoping blondes have more fun,

after moving out of the marital home earlier this month.

Lisa has reportedly told friends she wants to make a 'clean break' from Ant, who previously admitted to putting her 'through hell'.

Sources claim she and Ant have been battling over who keeps the five-year-old pet. One explained, 'Ant adores Hurley. He is like his child but, obviously, so does Lisa. She calls him "my boy".'

While Lisa updated her look, Ant, 42, is looking weary. He's thrown himself into work since the announcement, and put on a brave face while filming the auditions for *Britain's Got Talent*.

Away from work, the pressure



Struggling to keep it together

of the split is showing. Dressed casually in a Newcastle Utd woolly hat, the TV host looked stressed and pensive recently as he took his beloved dog for a walk with his mum.

It's thought Lisa, who is the head make-up artist on the *Britain's Got Talent* spin-off show, will have one of the

biggest divorce settlements in UK history. It's believed she stands to walk away with £31 million, half of Ant's fortune, in order to end their 11-year marriage

away from court.

The couple had been living separately since Ant checked into rehab last June, after confessing to problems with substance abuse, prescription pills and booze. He was discharged in August, but never moved back in with Lisa, instead renting a £1.6 million mansion nearby. Apparently Lisa has now moved into Declan Donnelly's ex Clare Buckfield's home, in a bid to come to terms with the heartbreaking split.

But, with Lisa working behind the scenes on *Britain's Got More Talent* and Ant one of the main show's hosts, the estranged couple may have some awkward encounters...



The couple were married in 2006



Lisa debuts her new blonde style



Ant looks gaunt and tired

'Away from work, the pressure of the split is beginning to show... Ant is looking weary'



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KATE SNUBBED!

Kate Middleton is preparing for baby number three, but a stylish American actress and a certain royal wedding may well be preoccupying her thoughts...

While the Duchess of Cambridge (already mum to George, four, and Charlotte, two) is preparing for the birth of her third child, all the attention is on Prince Harry and Meghan Markle's wedding in May. Whichever way you look at it, Meghan and Harry's big day is set to be the party of 2018 – and there's nothing like a party for offending people!

According to royal expert Katie Nicholl – author of *Harry: Life Loss And Love*, published this spring – Harry and Meghan, who are currently drawing up the guest list, are keen to keep the ceremony as intimate as possible.

Though Windsor Castle's St George's Chapel holds up to 800, they don't intend to fill it – quite the contrast to Kate and William's epic wedding in 2011, which was attended by 1,900 people.

And it's thought that some of Meghan's relatives could be the source of tears and complications in the coming weeks.

Will Meghan's estranged half-brother, Thomas – who was arrested in January – be there?

'It's doubtful,' says a source. 'They're thought not to have spoken in two years.'

It's also highly unlikely that Meghan's half-sister, Samantha Grant – who's writing a tell-all book about Meghan – will be

invited, either. And Meghan's old friend, Ninaki Priddy, who went public with unflattering stories of their friendship, most definitely won't be getting an invite, despite having been matron of honour at Meghan's first wedding to TV producer Trevor Engelson.

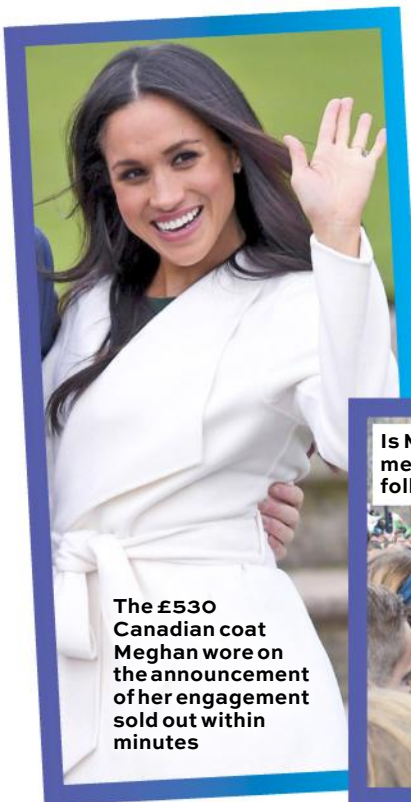
Katie says, 'As far as Meghan is concerned, she has betrayed her trust and is persona non grata.'

Meghan's father, Thomas, who lives an almost-reclusive life in Mexico, has said that he would 'love to' walk Meghan down the aisle, so it's likely he will be there. He is not believed to have yet met his future son-in-law, however, so the job could still fall to Meghan's beloved mum, Doria.

The American actress will most certainly bring some big celebrity names to Windsor, with high-profile friends like tennis champ Serena Williams and former *Made In Chelsea* star Millie Mackintosh, not to mention her old colleagues from hit TV series *Suits*.

The affair will certainly be more showbiz glitter than royal occasion – very different to Kate's wedding. In fact, it's becoming increasingly apparent that, when it comes to their personal styles, Meghan and Kate are poles apart.

On a recent walkabout at Cardiff Castle, Meghan signed autographs and posed for photos – both no-nos according to royal protocol, and not seen as appropriate behaviour for a future



The £530 Canadian coat Meghan wore on the announcement of her engagement sold out within minutes



Is Meghan royally messing up by not following protocol?





Before Meghan, Kate's red Boden coat would have been a guaranteed sell-out...

'Kate's watching Meghan with interest – a bit like the Queen'

Who's fretting about Meghan?

An inside source told *best* that one woman who may be worried about the Duchess of Cambridge being overlooked and sidelined is her own mother – former air hostess Carole Middleton. 'She is worried about Kate being forgotten in favour of the glamorous new star.'

While the light may not be shining on Kate for a few months, it's doubtful she will be forgotten, although it would be understandable if her famously proud and protective mother were watching goings-on with a pang of anxiety. Carole will



Carole's concerned

certainly be hoping any negative press focuses on Meghan's relatives and not her own, too – such as disgraced uncle, Gary, who was recently pictured staggering down London's Regent Street.

duchess. At one stage, Meghan joined a group hug, leading Harry to joke, 'Release her, she's mine!'

But while Meghan seems determined to do things her own way, not all were impressed – one person commented online about the visit, 'It is the "Meghan Markle Show" ... messy celebrity hair, PDAs, over-effusiveness, signing autographs, posing for selfies, wearing skinny jeans and drop-shouldered jumper: none of these seem "royal engagement behaviour". Meghan just seems so "actressy".'

Another went further, calling Meghan a 'sham'.

Meghan is a far cry from Kate, with her more formal, restrained demeanour. But, according to Katie Nicholl, Kate is 'braced' for comparisons between herself and the Duchess-to-be.

Some are even asking if the similarity to a former US divorcée, Wallis Simpson (who won Edward VIII's heart in the 30s), may also be why some Brits are not warming to Meghan.

Another thing setting Kate and Meghan apart is their style. Elegant English rose Kate is used to whatever she wears flying off the shelves hours after she's snapped wearing it. However, the 'Kate Effect' has lost a little effectiveness recently – when the pregnant Duchess stepped out in a £220 red Lena Coat from Boden on a visit to Great Ormond

Street Hospital, the expected rise in sales failed to materialise.

There is, of course, a new royal clothes horse in town – in the yoga-honed shape of Harry's fiancée. Katie Nicholl tells *best*, 'We all know about the "Kate Effect". But now we're seeing the "Meghan Effect", which is, more often than not, more accessible.'

Indeed, Meghan's edgier fashion choices have included skinny jeans for a walkabout, and a jumper from M&S for a visit to a London radio station – which sold out in hours. It might be a sign that Kate, who has found her fashion feet of late by turning to cutting-edge couturiers and showing she can be on-trend, might need to up her game.

'She knows she's going to have to step things up with Meghan on the scene,' says Katie.

It's doubtful Kate will update her style overnight, but it's likely she felt a little snubbed when sales of her coat didn't go up.

'I'm sure there's a small part of Kate feeling daunted by Meghan,' says Katie. 'Until now, all the attention has been solely on her. But Kate's a very confident, classy woman who doesn't measure herself against others.'

As Kate prepares to welcome her third baby, 'it will all be about Meghan and Harry' according to Katie. 'Kate's ready for all of this. She's watching with interest – a bit like the Queen.'

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TOP TIP
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TOP TIP

Clash your prints if you are feeling particularly fashion forward, or play it safe with a white shirt.

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Top, £49, Phase Eight
Skirt, £68, Next
Belt, £5, Primark
Heels, £22.99,
New Look

Centre:
Top, £38, Next
Trousers, £24.99,
H&M
Earrings, £6.99,
New Look
Bag, £20, Next
Heels, £35, M&S

Right:
Dress, £130,
Phase Eight
Headband,
£15.99, Zara
Corsage, £6.99, Fan
New Trimmings
Heels, £35, M&S

£15.99

£6.99

£130

TOP TIP

Banish the bingo wings with sheer sleeves. This figure-flattering dress will look gorgeous all season.

£35

'Is there no end to this misery?!'

We are a nation of drinkers. But one of our favourite TV presenters, GMB's Kate Garraway, admits taking a month off the booze meant some of her friends actually ditched her! Charming...



Over three million well-intentioned Brits pledged to do Dry January this year, and Kate Garraway was one of them.

The 50-year-old *Good*

Morning Britain presenter signed up to 'Lose the Booze', alongside Lorraine Kelly, in a bid to be healthier. And it's turned out to be harder than she thought, with her having a blip 22 days in.

But, back on the wagon, the mum-of-two tells *best* that being sober has led to her becoming, well, a bit of a social pariah... with even her *GMB* co-host Piers Morgan dubbing her 'smug and irritating'! Oh, dear...

Hi, Kate, Dry January's nearly up, but you caved!

I blew it! It wasn't my fault, though – I thought this passionfruit cocktail was 'soft', but it had vodka in it. Although I didn't have

to finish the glass! I don't think I drink that much, but that's not to say I don't love to indulge if I get the chance. I tend to drink in 'party mode' as opposed to the much more grown-up style of having a simple glass of red wine with your evening meal.

Why did you decide to cut out the booze, then?

Oh, it was in that period between Christmas and New Year when you've been drinking a lot. When you completely cut it out, you really do start to notice all the times people around you say, 'Oh, shall we have a glass?'

Do you feel better for it?
It's made me mindful about



Kate and Derek have been married for 12 years



Co-host Piers Morgan winds Kate up about her month of being sober



Kate has gone dry for January

I've had friends cancelling lunch because I'm not drinking

food and exercise, and everything isn't as tight around the middle! It's put me in a healthy frame of mind. I've been so good about not drinking that I don't eat that massive bar of chocolate, either! Viewers have been telling me my skin looks amazing and my hair is more bouncy, which is nice. My make-up artist has complimented me about how fresh I look, too. Well, as fresh as you can be at 3.30am!

The lack of hangovers must be a plus...

Oh, yes! And the only thing worse than a hangover is a really early start with a hangover! When I started

at *GMTV*, Penny Smith told me that if I was ever having a few, I should get drunk at lunchtime then go home, so I could get up for the show – otherwise, it's torture.

You had your liver tested earlier this month. Is it damaged?

Yes – and there is a high-fat content thickening of the liver. That's an indicator that my liver is struggling to process poisons, of which alcohol, of course, is one. After Christmas, I wasn't particularly surprised to find that it was sky-high. I'm hoping that not drinking alcohol in January will have helped to clean it out.

Less drinking, less risk

Dr Ellie Cannon says, 'Unfortunately, "fatty liver", as it's termed, is now a common condition among women of all ages, and is something I see a lot in clinic. 'It can make liver blood results abnormal and cause a great deal of worry. 'It can be related to alcohol and diet, but having a month off



Help your liver: Ditch the booze!

alcohol and adopting healthy dietary changes for January can really help improve the condition.

'It's great that Kate is trying to reverse these changes by doing Dry January.'

Have you had any withdrawal symptoms?

I've had a withdrawal of friends! It's really opened my eyes to what an extraordinary attitude we have to social drinking. I've had friends cancelling lunch because I'm not drinking and they feel like they can't relax. If I said I'd given up smoking, everyone would be full of praise. Friends say to me, 'Oh, just have one, no one will know...' But that's not the point. It's a really strange thing. There's a feeling that if you aren't drinking, you're judging them. Or, maybe, I'm just dull when I'm sober? I think I'm still good fun!

Do you think Brits drink too much compared to the rest of Europe?

Well, in this country, we drink in a different way. My French friends make their dinners last all evening but they do like a drink while they are eating their meal. We Brits have dinners quickly, then we crack on with life. I suppose we shouldn't feel the need to still be going at four in the morning, though...

What has been your biggest test?

Recently, my husband, Derek [Draper], and I were at dinner, and the waiter poured us Champagne. I had to say, 'Oh, no, I can't.' It probably isn't much fun for Derek, bless him. Sometimes you almost forget. People like Piers are determined to make me suffer, though. He's always winding me up.

Will you go back on it?

There's an album launch with Smooth Radio, where I do a show, on 2 February, so I'm going out to celebrate that with a few lagers and sambucas.

What are you like drunk?

I'm ludicrous. I go from nice tipsy fun to ridiculous! When the sambuca shots come out, there's a 20-minute window before I just really need to get home and go straight to bed.

Are you going to do Sober October?

They do another one? Why is there no end to this misery?! [Laughs] I'm definitely not going to make any promises. We'll see...

One day, my boys will find their voices

Ana Bonasera's twins, Jude and Luca, are locked in two separate and often silent worlds, but she's determined to help them find a way out...

Watching my twin sons bouncing around on the trampoline in the garden, I feel like the proudest mum on Earth. But as they jump happily without saying a word, and crash into one another as if the other doesn't exist, I feel overwhelmingly sad, too.

In May last year, my precious boys, Jude and Luca, were diagnosed with autism.

Both are trapped in their own worlds of almost total silence. Luca has never spoken, while Jude can only say a few words, and they both prefer their toys to people.

They're unaware of their surroundings and regularly walk into people and things.

It breaks my heart when Jude notices numbers on doors but doesn't realise a car is coming when we go to cross the road.

When I found out from an early pregnancy scan that I was expecting twins, I was over the moon. It was a daunting prospect as I already had Nathaniel, now five, and my relationship with the boys' dad wasn't working. But nothing is as special as the gift of a baby and I knew, whatever the future held, my children would be loved.

On 4 January 2014, the twins were born. They were such good babies. They slept lots and rarely cried. But when I look

back, I can see that even then they were in their own little worlds. They didn't even seem to notice each other, and they didn't react when people cooed over them.

But it wasn't until they reached their second birthday, my health visitor said she was concerned that they hadn't started talking. To be honest, they didn't communicate at all. They didn't even gaze at me, never mind try to talk. They didn't point at what they wanted and they didn't even grab at toys!

I tried to push any fears to the back of my mind. After all, kids do things at their own pace, don't they?

As months went by, even I felt it was time to find out if there was a deeper reason for my beautiful boys staying so silent.

The health visitor referred us for a hearing test at Witney Hospital in Oxfordshire, but the boys' hearing was fine.

Then she referred us to a speech and language therapist, who concluded that the twins weren't responsive to touch and didn't seem to understand instructions. It was possible the boys



Nathaniel is a loving brother

were slow developers, but I wanted answers from a senior medical professional.

The health visitor referred us to a paediatrician at the hospital, but in the three months we waited for the appointment to come through, Jude and Luca grew increasingly frustrated.

It was like they were trying to break out of their silent prisons but didn't know how. They started throwing tantrums, screaming and thrashing about on the floor. I desperately tried to read their minds, to help them.

When the appointment finally came through to see the paediatrician, the boys were two years and eight months old. The results were as before; she couldn't get them to engage and declared the tests were 'inconclusive due to a lack of communication'.

I felt like I was going round in circles, it was so frustrating.


The tests went on for two



WORDS: ELLIE WHITE, KIM WILLIS PICTURES: MILENA MICHNO



Jude and Luca have never interacted



Ana hopes her boys will be able to lead as normal a life as possible

agonising years, to see why they weren't speaking.

Then in March 2017, I met Jordan on Tinder. He worked as a chef and had been at my friend's hen do a year earlier, and when we 'matched', I remembered how nice he had been.

I warned him that my home life was chaotic and stressful, but he took it all on board. He seemed to have no issues with the boys' routines – he gave them space but played with them when they wanted to. And they loved him for it.

In time, Jude developed a few words, such as 'Woody' and 'Buzz', characters from his favourite film *Toy Story*. But Luca remained silent.

I tried talking to him and reading to him, but nothing worked. I felt helpless, but there was nothing I could do. He just wouldn't speak.

Finally, in May 2017, when

the boys were three years old, tests concluded that they were both on the autistic spectrum.

I felt as if I'd been punched in the stomach but, when the initial shock subsided, I felt relieved that we finally had a diagnosis.

I wanted to deal with the news practically and decided to go on a course to learn all I could about autism. If my boys couldn't enter my world, then I was determined to enter theirs.

I learned that being autistic means so many different things – even between Jude and Luca. Jude likes patterns, numbers and letters, and can spend hours staring at a clock saying, 'One o'clock, two o'clock, three o'clock...'

He'll say all the numbers he sees when we're out – on doors, bins and street signs. He doesn't pay a lot of attention to other kids,

but gets very upset when Jordan leaves for work.

Luca, on the other hand, enjoys the company of kids his own age and he loves his Postman Pat, Batman, Woody and Buzz figures!

I won't deny that being a mum to Jude and Luca has its challenges, but I'm lucky to have a tremendous support network around me.

Their dad is great and sees the boys every other weekend and during the week, plus our families live close by, too.

I run my own business as a fitness instructor, which is great for helping me unwind.

Nathaniel is so patient, too. He doesn't make a fuss, no matter how much of my time the twins demand.

We all love going to soft play together – all the kids jump around and bump into each other, and when I'm sitting there and look around the room, I feel just like any

other mum.

Jordan and I are engaged and expecting a baby in June. I'm so excited to meet our new baby.

The boys have progressed enough to go to a mainstream pre-school. I think it's important they learn about the world and mix with other people.

They have a keyworker who gives them one-to-one time each week for a few hours. To me, it's the best way to help my sons eventually lead as normal a life as they can.

Luca is still silent, and Jude only has a few words, so we are all going to learn Makaton, a form of sign language.

My boys may have autism, but I'm determined to help them realise their full potential and one day, find their voices.

Health truths and myths



SOMETIMES, IT'S DIFFICULT TO KNOW WHICH HEALTH RECOMMENDATIONS WE SHOULD BE LISTENING TO, BUT DR ELLIE CANNON HELPS US DETERMINE WHAT'S IMPORTANT...

We've all heard old wives' tales about what's good for our health and what isn't. Nowadays, we seem to be bombarded with health advice from the TV and internet, and it can be hard to know what to listen to. Should you be eating an apple a day? Is it right to starve a fever? Here's the real advice you need!

CORE VALUES

An apple a day keeps the doctor away! Probably quite true, although it's not a guarantee. Fruit, particularly apples, are packed with vitamins and high in fibre so, theoretically, they prevent a range of bowel issues, including constipation. Apples are a great alternative to a processed snack – still providing that satisfying 'crunch', without the bad ingredients. Aim for plenty of other fruit and veg throughout the day, too.

WATER LOAD OF RUBBISH!

You need to drink eight glasses of water a day, we're sometimes told, but it's not strictly true. You do need plenty of fluid during the day, but it doesn't all have to be water: in fact, there is plenty of fluid in certain fruits and vegetables, such as cucumber and melon, for example, so the amount of water you need to drink is a lot less than eight glasses a day.



ALCOHOL AVOIDANCE

It's commonly believed you should avoid alcohol when you take antibiotics. While this seems sensible, it's not always a medical necessity. There are one or two antibiotics with which you must avoid alcohol; the only commonly prescribed one is metronidazole. Other common antibiotics don't cause a problem. But, if you are on antibiotics, the truth is you may not fancy a drink in the first place.

NIGHT VISION

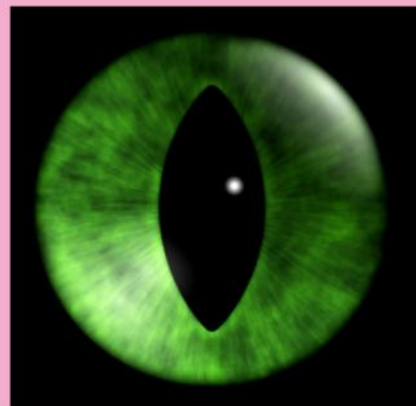
It's said that eating carrots will help you see in the dark but, sadly, it probably won't. They are still a great food and snacking option, though! Carrots contain beta-

carotene, giving them their lovely colour, and the body converts this to a vitamin known as retinol or vitamin A. This is essential for eye health as well as your immune system, but eating vast quantities won't enhance your night vision.



MADE WITH LOVE?

The saying goes that chicken soup will cure flu! Flu is caused by a virus, for which we don't have the cure. We advise plenty of rest and fluid intake. It takes time for the flu to pass naturally. Chicken soup isn't a cure, but it's a great addition to that TLC. The soup will provide essential fluids, and it's likely to be nutrient rich, too. Even better if someone has lovingly made it for you!



Look younger with Lesley



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

What does this year have in store for surgery? Look out for a surprising shift, with rejuvenating, not reversing the signs of ageing, becoming the key to looking good.

THE STEM-CELL BUST-BOOSTER

For years, the only way to boost your assets was with implants – but this non-surgical procedure offers good natural results with none of the downtime linked with a traditional breast augmentation. A doctor takes tissue from fatty

areas like the stomach or thighs (which are rich with stem cells) and, after it is treated, injects it into the breasts. It can increase size, restore sagging and soften wrinkles. Costs £6,500. Call the Harley Street Skin Clinic on 020 7436 4441.

BODY CONTOURING

Body-sculpting and skin-tightening procedures to achieve the appearance of a six-pack or honed thighs will be in demand this year. Viora Refit, for instance, uses a combination of radio-frequency energy and circulation-boosting vacuum massage, and is the first treatment of its kind to target the dermis at its deepest level. This triggers a boost in collagen production for better skin thickness and texture. Six weekly 20-minute treatments are recommended. Costs £995.



MICRO JABS

Microinjection techniques – using minute amounts of neurotoxins, like Botox, plus tiny amounts of filler to soften lines and minimise pores – will be the way forward this year.

Tiny injections in the upper layers of the dermis result in smoother skin and less oil production, so the face looks rejuvenated rather than 'done'. Results are seen within three to five days. From £350.

AND WHAT'S MORE...

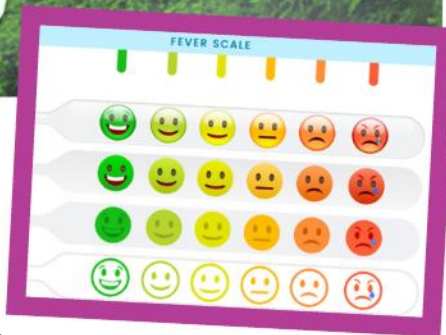
- Express treatments will dominate this year, with a trend for 30-minute facials, peels and tightening sessions. Try Hydrafacial Express, £45.
- Smarter ingredients will help guard against pollution, fade wrinkles and improve skin health. Probiotic-rich skincare, promoting the growth of healthy bacteria in the skin, will become popular.
- The buzzword will be 'clean', so look out for toxin-free skincare, as we're all becoming more aware of the effects of harmful substances. Some of my favourites can be found at rosinaslotionspotions.com
- Look out for body-focused at-home treatments – masks for the chest, arms and breasts are the next big thing.

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



REST AND RECOVERY

Your grandma probably always told you to feed a cold and to starve a fever. Neither is right. When you have a fever, it's important to drink water to stay hydrated, rather than anything you may eat. It's most likely true that you won't even want to eat with a fever, as your appetite is usually affected. Colds are caused by viruses, and to recover you need plenty of rest and water.



STRESS ISSUES

How many times have you heard stress can cause an ulcer? In fact, it's unlikely that stomach ulcers are caused by stress; however, there is certainly a common link between life stress, or any emotional turmoil, and other tummy issues, notably irritable bowel syndrome (IBS). Stress can cause dyspepsia (otherwise known as common or garden indigestion), the symptoms of which are acid reflux and heartburn – things that people commonly associate with ulcers.

JOIN THE CONVERSATION

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

Do our kids see enough strong women?

We're ALL TALKING about

Male characters still dominate the most popular books and TV shows for children. Analysis of last year's 100 bestselling books showed that the lads outnumbered the lasses and were twice as likely to take a leading role. It also found that males are generally represented as powerful creatures, such as dragons or bears, while females tend to be smaller, more vulnerable critters, like birds or insects.

As a generation that grew up on classics such as *Bill And Ben*, *Clangers* and Beatrix Potter's *The Tale Of Peter Rabbit*, has it done us any harm? Is it sexist to campaign for more strong female characters in kids' books and TV?



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

A pizza fruit

Just when you thought we'd hit peak 'clean eating' with cauliflower pizza, along comes an even quirkier trend. Introducing... watermelon pizza. Simply swap your usual dough base with slices of watermelon and adorn them with similarly fruity toppings. Vegan blogger Choosing Chia chose strawberries, blueberries, coconut yoghurt and kiwi fruit for a truly colourful creation. Will it fill you up like a classic Margherita, though?!



instagram.com/choosingchia



GOING VIRAL

Puppy love

Just when we thought French bulldog puppies couldn't possibly get any more adorable, a video was uploaded of these three huggable pups being happily carried around in a handbag!

The cute pooches appear to be very relaxed and, just occasionally, they peek out for a little look at their surroundings as they enjoy the luxury of being carried. To be fair, we'd rather be picked up than walk anywhere, too!

And French bulldogs – nicknamed 'Frenchie's' by their fans – are not only a hot fashion accessory, but are popular with the A-list, too. The Beckhams dote upon their Scarlet, Reese Witherspoon loves her Pepper, and Gary Fisher – the beloved companion of the late actress Carrie – has 192,000 followers on Instagram. See Instagram @lavishfrenchbulldogs



Instagram/@lavishfrenchbulldogs

WEIRD OR WONDERFUL?



Instagram/@lokokitchen

Pie-tastic

When looking at the culinary creations of Lauren Ko, aka @LokoKitchen, you'd be forgiven for thinking she was a fully-trained pastry chef. The reality is that the Seattle-based foodie just loves making beautiful pies. This pear pie, pictured, gives any other fruit pies a run for their money, and the rest of her work could also pass as art. It may take several hours to make, but we reckon we'd polish it off in minutes...



FIND US ON INSTAGRAM AT... @bestmagofficial

Hair comes Barbie!

Is it weird to be envious of a plastic doll? Well, we can't help it... just look at her hair! Brazilian artist Rafinha Silva has captivated audiences online with his magnificent makeovers of Barbie dolls' hair, giving them luscious locks of the tiniest proportions. Gorgeous!



Instagram/@welovetheroyaldolls

Trending on Twitter

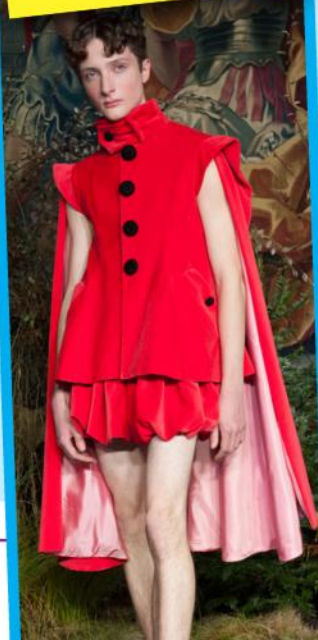
#MakeMoviesSorry

Thank goodness, January is finally at an end... those January blues are real! Even films were subjected to a sad midwinter makeover thanks to this hashtag, which went down a treat with the Twitter world...



FIND US AT... @bestmagofficial

EVERYONE'S DEBATING...



Gender-fluid fashion



From the *Celebrity Big Brother* house to the catwalks of Paris, the world can't stop talking about gender fluidity! Design house Palomo Spain wowed crowds at Paris Fashion Week recently, sending male models down the runway in mini skirts, gowns and suspenders. The designer, Alejandro Gómez Palomo, said his collection was all about 'liberation'. Revolutionary or not, would your hubby be up for this gender-neutral look?

Main image:
Jumper, £44
Skirt, £74,
 both Fenn
 Wright Manson

Below:
 1. Jumper, £40,
 Wallis
 2. Boots, £49,99,
 H&M
 3. Skirt, £45,
 Closet London
 4. Earrings, £20,
 Oliver Bonas
 5. Bag, £28, Next



best
 FOR SLIMLINE
 FIGURES

Pencil perfection

Ideal for day-to-night dressing!



Casual cool

Stay cosy and comfortable in slouchy trousers.

Main image:
Jumper, £75
Trousers, £45,
 both Damart
Shoes & accessories,
 stylist's own

Above:
 1. Jumper, £36, Wallis
 2. Trainers, £28, Wallis
 3. Trousers, £20,
 Bonmarché
 4. Scarf, £12, M&Co.
 5. Bag, £28,
 Accessorize



TAP THE APP
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 one place!

Right and below:

- 1. Jacket, £79, Topshop
- 2. Bag, £37, Accessorize
- 3. Bracelet, £7, Claire's
- 4. Dress, £24.99, H&M
- 5. Boots, £29.99, New Look



Main image:
 Dress, £159,
 Coast
 Heels,
 stylist's own

Below left:
 1. Dress, £58,
 Closet London
 2. Earrings, £18,
 Oliver Bonas
 3. Bag, £39, Dune
 4. Jacket, £49.99,
 H&M
 5. Boots, £35,
 Dorothy Perkins

Main image:
 Dress, £65,
 Closet
 London
 Accessories,
 stylist's own

All tied up
 Bows and straps can draw
 attention to the right places.

CELEBRATE YOUR SHAPE

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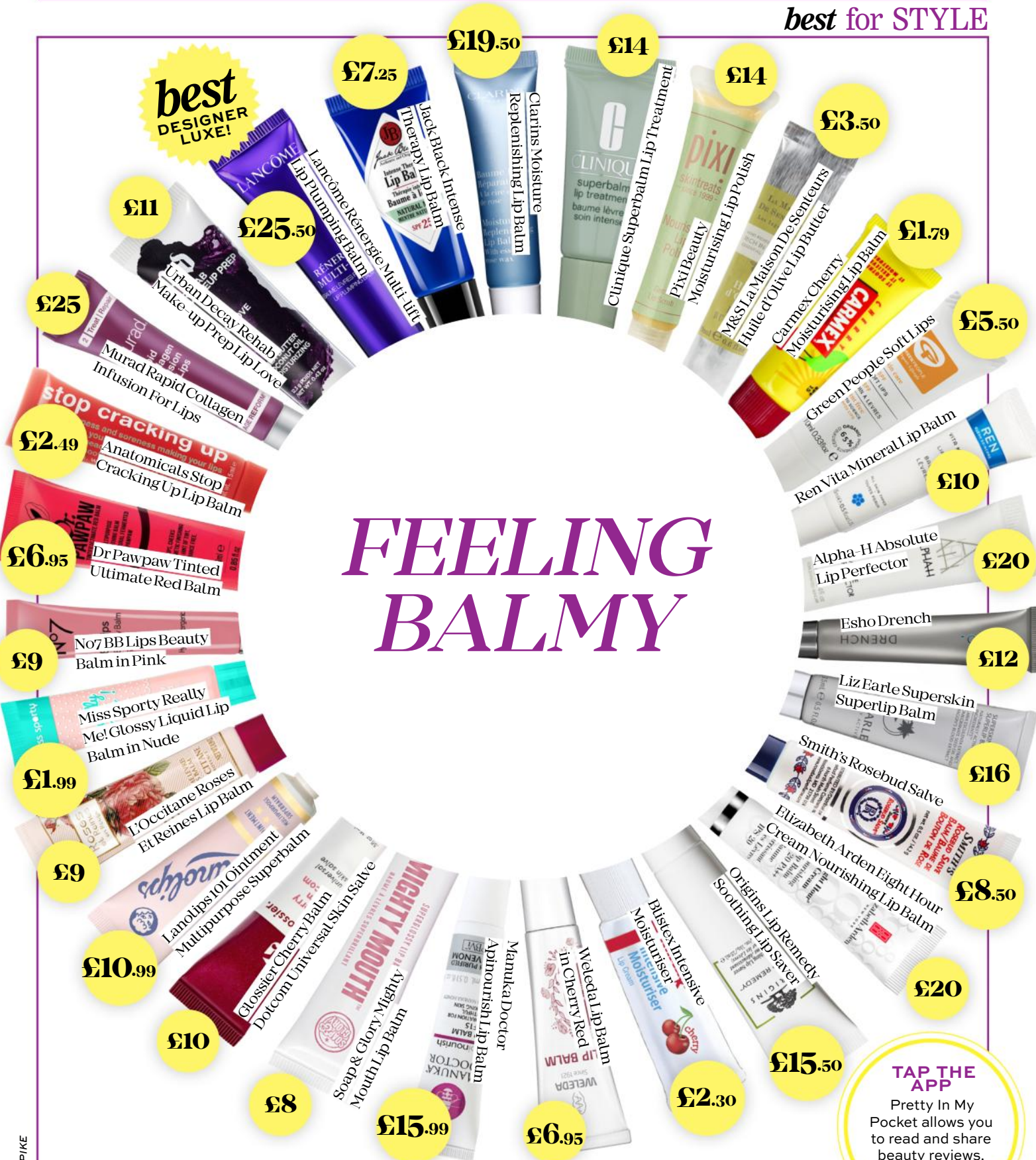
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Sweet dreams for living life to the full.

When Wendy Steele discovered New Nordic Melissa Dream™, she finally found her perfect revitalisation recipe.

Why I knew that I desperately needed a good night's sleep...

Problems had been accumulating over time. Our son was due to leave for university, but before he was able to do that, he had to undergo a difficult and traumatic operation which required intensive home care by specialist nurses as well as regular travel to hospitals abroad as part of the treatment process. As if all that wasn't enough, I was trying to complete a PhD while doing a physically demanding shift-based job, plus our house had been up for sale for months. Burn out was looming.

Life for me had turned into a state of near-permanent panic as I obsessed about all the problems facing me. I couldn't sleep, I lost my appetite and I often suffered from migraines, brought on by stress, poor eating and the lack of proper sleep. After reading about Melissa

Dream™ supplements in a magazine, I decided to give them a try and ordered a supply online. After only two days of taking the tablets, I noticed I am feeling more positive and revitalised. I was relaxed in a way that was totally different to how I had been for ages.

I've been taking Melissa Dream™ for a month now and my quality of life has improved.

My husband, family and friends have all noticed the difference – I'm back to my normal self and it feels great! I used to be a member of the GB athletics team and have rediscovered my love of running, cross country skiing and regular gym sessions.

You can find Melissa Dream™ in Holland & Barrett and Leading Independent Health Stores. For an information leaflet call **0800 389 1255** or purchase online at www.newnordic.co.uk



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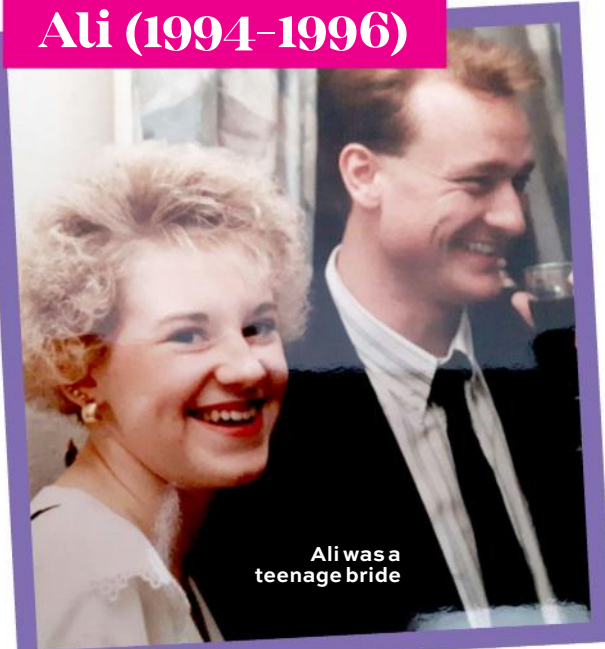


What have we all got in common?

These three women are friends and live near each other in Poole, Dorset, but can you guess what special bond ties them together?

TURN OVER TO READ THEIR STORY

Wife number 1: Ali (1994-1996)



Ali was a teenage bride

‘Carly and I bonded when we had our sons’

Hairdresser Ali Newbury, 43, and her ex-husband, Miles Newbury, have a son, Ashley, now 21. Ali has two other children – Reece, 15, and Anya, 13. She now has a new partner, Peter.

‘I was 16 when I met Miles through family friends. We married when I was 19 and I had Ashley at 21. At first, I was very happy, but we became more like siblings than lovers.

Telling Miles I wanted to end our marriage was heart-breaking but, although I moved out with Ashley, we always shared custody. Soon afterwards, I met someone new and Miles met Carly. I was wary of her at first, but I trusted Miles and knew he’d never prioritise anyone over his child.

At first, Carly stayed in the car when Miles brought Ashley home, but then she started

dropping him when Miles was busy. It went from stilted conversation to Carly coming in for coffee.

A few months after my son Reece was born in 2002, Carly had Ben with Miles, and that’s when we really bonded. There were surprised faces at the toddler groups when we explained why we were both Mrs Newbury!

Now, we’re godmothers to each other’s children and have even agreed to look after the other’s kids if either of us dies.

We both wanted Miles to find someone new, and his third wife Julie fits in brilliantly. I’m not as close to her as Carly, but I really like her, Miles is happy and the kids get on with her. It’s a great set-up for all of us.’

The three wives of Miles: Carly, Ali and Julie



We all m the sam



Miles, Carly and son Ben

Wife number 2: Carly (2000-2007)

‘Ali, Miles, Julie and I are all friends’

Retired civil servant Carly Weldon, 41, married Miles in 2000. They have a son, Ben, now 15. She’s now married to Lewis, 31, and they have a son, William, aged seven. ‘Ali and Miles had only been



married the man!

apart for a couple of months when I met him through work. I can understand why people might think I'd be jealous, as their split was recent – but I never have been. Their relationship was over, or Miles wouldn't have been with me, and he never gave me any reason to doubt that.

I got two amazing things from my marriage to Miles – my son, Ben, and a best friend! Ali and I hit it off when we met, and the shared common ground of both having a tiny newborn son

bound us even closer.

We do everything together now. I can tell what she's thinking just by looking at her, and we have the same views on how kids should be brought up.

When I married Lewis, Ali was single. Lewis would call her his 'second wife', as we spent so much time together.

Ali, Miles, Julie and I are all friends. It makes life so much easier. When I married Lewis, my ex-husband was there, plus his ex-wife, his present wife and all the children – it was a very special day.'

Wife number 3: Julie (2011-now)



Julie fell for Miles's family values

'We have a good old laugh and a gossip'

Julie Newbury, 50, met Miles in 2009 and they married in 2011. She has two children, Ellen, 21, and Jess, 19, from a previous marriage.

'When mutual friends introduced me to Miles, they mentioned that he'd been married twice before and that his ex-wives were firm friends. It seemed unusual, but didn't put me off!

We met at a friend's party, and it was love at first sight. I valued the fact that Miles was upfront about how much he adored his children.

Rather than find it threatening, I was pleased that he recognised how important children are,

as I have two daughters of my own.

That was January 2009, and, by April of that year, we'd moved in together. Over eight years on, we're still as in love as ever.

It wasn't quite so easy with Ali and Carly. At first, I felt tense around them, a bit like it was two against one. But it all got much easier after Carly had William. She got an infection and we all rallied round, helping with the boys, which really broke down the barriers.

Since then, it's all been very friendly. I really enjoy their company and appreciate that we get on at family occasions.

We're always laughing and having a good old gossip together.'

MILES, 50, WHO WORKS FOR THE ALZHEIMER'S SOCIETY, SAYS:

'I'm sure most men would rather poke their eyes out than spend time with their ex-wives. But I'm lucky, because Ali and Carly are very nice women, who I still get on with, and I have a wonderful wife in Julie. We all want what's best for the children, and that's parents who get on. Naturally, we disagree sometimes, but we make sure we work it out and never let things build up.'

Breaking the Ice

Matt Evers gives you the insider's guide to the coolest show on TV...

With DANCING ON ICE'S MATT

PRO NUMBER

This weekend, we've got a huge opening number called *Dancing In The Street* – you'll love it! It's the send-off for the Olympians, so the whole theme is British. We have a 60ft-long table in the middle of the ice, like a big street party complete with bunting, plus two very special guests! I love those big production numbers.



FUN AT THE NTAS

The National Television Awards with Candice [Brown] were a blast. Great to see Kem [Cetina] co-hosting with Chris [Hughes]. It's got pretty messy in past years, but I played it safe this time. I had to be at the rink by 8am next day!

'Our ice pros can get up to speeds of 40 miles per hour!'

Wardrobe mishaps

Pro skater Brianne [Delcourt] had sequins coming off her outfit the other night, landing all over the ice. Our wardrobe department has taken note! Once anything hits the ice, it can stop your blades in their tracks, with potential for serious accidents. People forget how dangerous this sport is. Our pros can get up to 40 miles per hour!



I'M GOING TO GET HOLLY ON THE ICE!

Isn't Holly Willoughby looking great in all those fabulous dresses? What I really want to see her in is a pair of skates, though. That's my current mission. She always looks a bit terrified when I suggest it but, by the end of this series, I WILL get Holly Willoughby on the ice. You never know, we might even try a headbanger!



GET YOUR SKATES ON, HOL!



Taking a tumble

I'm playing Switzerland here, but I really don't know where I stand on singer Lemar staying in after his tumble. In previous series, it was 'stumble or fall and you're out', which happened to me and Pamela Anderson in 2013 (left) – and she was one of the best female celebs we've ever had! But on the new-look show, it's more about who's showing potential.



WORDS: MATT EVERS
PICTURES: BIGSTOCK, GETTY, ITV





best READER OFFER

WIN!

A SKATING LESSON WITH MATT!

Do you dream of gliding round the ice in the expert arms of a professional skater? Well, now you can! Our handsome columnist, Matt Evers, part of iconic show *Dancing On Ice* since it first started, is offering his skills for a one-to-one, one-hour skating session with a *best reader* at Queens Skate Dine Bowl in Bayswater, London, on 27 February 2018. You could be the lucky reader that wins the chance to meet Matt and pick up some top tips from the King of the Rink, as well as enjoying an overnight stay at a central London hotel, with dinner and breakfast included. So, get your skates on and enter our fabulous competition!

HOW TO ENTER

POST: Send a postcard with your name, address, phone number and email address to: Matt Evers Giveaway, GVBSTN17992, Hearst Magazines UK, The Data Solutions Centre, Worksop, S80 2RT. The closing date for postal entries is 16 February 2018.

PHONE: Call 0901 027 2714 by midnight on 13 February 2018. Calls cost 30p per minute, plus your telephone company's network access charge, and will last no longer than two minutes. Calls from mobiles may cost significantly more. Phone line closes at 23.59 on 13 February 2018. If you call after this time, you will not be entered but you may be charged.

T&Cs: The winner will be selected at random from entries received by phone/post. Data protection: We will use the information you supply to process your giveaway entry. For Hearst Magazines UK's data policy, visit hearth.co.uk/dp. For full terms and conditions, see below*.

***FULL TERMS & CONDITIONS** Open to UK residents only aged 18+. Phone entries must be received by midnight on 13 February 2018. Postal entries must be received by 16 February 2018. Winners will be contacted using the details provided within 30 days. UK service provider: Spoke (0333 202 3390). ROI service provider: Phonovation/Spoke (01437 8815). Entries in the incorrect format will not be considered. Entrants will be deemed to have accepted these terms, and to have agreed to be bound by them. The terms and conditions apply to the following competition as seen on page 30: Matt Evers skating competition (one winner). Competition is not open to any employees of Hearst, or anyone else connected with the creation and administration of the competition. Hearst's decision is final in every situation with no appeal. Hearst shall be permitted to exclude or disqualify any entrant at any time at its sole discretion, including, but not limited to: spammers, late, incomplete or multiple registrations, or registrations made by third parties or agents. Hearst accepts no responsibility for late/lost entries. Proof of sending is not proof of receipt. The name of the winner will be available by sending a stamped, addressed envelope to Hearst Magazines UK, 72 Broadwick Street, London W1F 9EP, indicating the name of the competition. No purchase is necessary. Winners must be available to travel to London on Monday 26 February 2018 to stay overnight with a guest, with dinner and breakfast included, and then a one-hour skate session with Matt Evers on Tuesday 27 February at 2pm at Queens Skate Dine Bowl in Bayswater, London. The prize includes travel to and from the competition winner's nearest train station to London, as well as travel to and from the rink. Once entered, entries cannot be returned/withdrawn. Prizes must be taken as stated and cannot be deferred, although Hearst reserves the right to change the prize. No cash alternative. By entering the competition, you agree to the terms of the privacy policy. Hearst may pass your personal information to promoters of the competition (where it is not Hearst) and their data processors. However, we always demand that any such parties adhere to the same security procedures. Hearst reserves the right to (i) cancel/withdraw this competition and/or (ii) amend these terms, at any time without notice. Where Hearst runs a competition with a promoter, such that the promoter is responsible for the selection and/or the provision of prizes, then Hearst shall not be responsible for, or have any liability for, the provision of such prizes. To the fullest extent permitted by applicable law, in no event will Hearst be liable, whether in contract, tort (including negligence), breach of statutory duty, or otherwise, for any loss, damage or injury arising under or in connection with this competition. These terms are governed by English law, and entrants agree to submit to the exclusive jurisdiction of the English courts in relation to all matters arising under, or in connection with, these terms.

WORDS: HELEN PIKE

Banish your bad hair habits

... and get stronger, healthier locks. Here's how

We're all guilty of them – those little lapses in hair-care routine that make life easier when you're in a hurry. But the consequences of those naughty habits can build up over time and, boy, will your hair suffer! It's time to break the bad habits and start following these healthy hair rules – your locks will thank you for it!

Fake it yourself

Damage rescue

Indulging in even one of these habits regularly can have an adverse effect on your hair, leaving it brittle and prone to even more damage long term. A little weekly TLC will help restore hair health and you don't need a spa budget to achieve this.

To build strength, mayonnaise is a great hair moisturiser. It's full of protein and oils (our locks are made of keratin, a form of protein, so this staple of the sandwich bar feeds it well). Apply from roots to tips (the amount to use depends on the length of your hair – ensure you cover it thoroughly), leave for 20 minutes, rinse with lukewarm water, then shampoo as normal.



1 Brushing wet hair

Taking tools to wet hair is the ultimate no-no. 'Your hair is at its most fragile when it's wet, and brushing can cause strands to break off,' warns Andrew Jose, award-winning hairdresser and Salon Science ambassador. 'Ideally, hair needs to be towel-dried until it's 60 per cent dry before you do any brushing at all,' he adds. *best* loves the **Wet Brush**, £12.99, which is gentle enough to use on damp hair without it snagging.



2 Not protecting against heat

Spraying on product before you reach for the heated tools may feel like a faff, but skipping this step opens up your hair to all manner of problems. 'Your hair will be exposed to extreme levels of heat with no barrier to prevent damage, such as breakage and split ends,' explains Andrew. **Superdrug Argan Hair Therapy Heat Protection Oil**, £4.99, both prevents and treats tress traumas.





3 Causing trauma with hair-ties

Something as simple as tying your hair up can lead to breakage. It's all down to what you use. 'Ties with metal ends are the worst offenders,' says Andrew. 'They catch on strands, causing hair to snap.' Fabric versions, like **Kitsch Hair Ties, £6.72 for five**, are kinder. 'Plus, using hair bands in the same place frequently leads to recurring damage,' he adds. So, switch up where you put your pony.



4 Using cheap shampoo

The lure of the offers aisle may be tough to resist, but choosing budget products over quality can come at a price, especially if you colour your hair. 'Cheaper shampoos are sometimes diluted with fillers, which can make hair feel soft, but leave behind a waxy residue,' says Andrew. Cactus-infused **Salon Science Hydraluxe Shampoo, £12**, soothes dry scalps while gently removing impurities.



TAP THE APP
Feel Unique MakeUp Live lets you try looks virtually before you buy. Free for iPhone and Android.



5 Overdoing it

Caught in a cycle of blow-drying and straightening? Even if you condition after every shampoo, your hair needs extra help to counteract damage, and a weekly treatment will give it an intensive hit of nutrients. **Pureology Strength Cure Superfood Treatment, £26.50**, nourishes locks and protects against breakage.

PICTURES: BIGSTOCK, GETTY

Dear Gloria



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



My daughter doesn't like me

I've come to the conclusion that my own daughter dislikes me. Two years ago, I wanted to downsize, and she then announced she was splitting from her husband, so we could live together along with her two children. I bought a house large enough for us all, expecting to embrace family life (I rarely saw

my grandchildren before). How wrong I was! I have my own rooms on the first floor and they have theirs. I spend most of my time on my own, and she likes me to keep my door closed, so that I don't disturb them. She's out all the time with her friends. She just doesn't care...

Susan, Carlisle

From what you tell me, the house belongs to you, so remind your daughter that you want to share it as a family. She has no right to tell you to stay in your room. You need to stand up for yourself and say just how unhappy you are with this situation.

I feel like I've let my son down

My husband and I have worked hard our whole lives, and we have three boys who we love dearly. Our eldest has recently moved to London. He can't afford to buy a place, and he wants our help with a deposit. My husband isn't keen to give all our savings to our son - he says it would leave 'The Bank of Mum & Dad' empty, and he's worried the other two boys will expect the same. But I feel so

guilty, because his friends have all been helped to buy flats by their parents.

Kim, Solihull

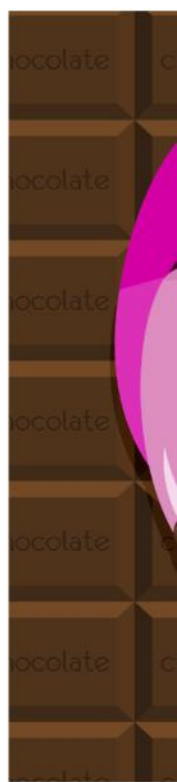
I agree with your husband, as you never know what is around the corner and you need to keep 'The Bank of Mum & Dad' stocked with enough funds for your needs as you get older. I accept that buying a property is a real problem for young people these days, but it's also good training for life to start saving money, not spending it all on holidays and going out. My husband and I often talk about how we got no financial leg-ups in our youth. Just be as generous as you can without compromising.

I'm scared of her getting skinny

Admittedly, my best friend and I are both a bit overweight. We're both chocoholics! But my friend has decided this is the year she wants to lose weight. I've tried before, but it makes me miserable, and I'm happy the way I am. I know it sounds awful, but I'm really jealous that she's starting to slim down. I even try to sabotage her by bringing her chocolates when I visit. I know it's wrong, but I can't help it. What can I do?

Claire, Brighton

I don't really believe you're happy with the way you are, because you are feeling jealous of your friend for slimming down. Instead of trying to sabotage her, why not join her? Then you'll keep your friendship and lose weight, too. Put those chocolates down, Claire!



PICTURES: BIGSTOCK, GETTY



THOUGHT OF THE WEEK

Success is not tomorrow. Success is today. Do it now! Get it done! Success is on the way.



Your Stars

with Russell Grant

For the week 30 Jan - 5 Feb

MICHAEL SHEEN IS AN AQUARIAN

21 January - 19 February
Aquarians don't settle for half-hearted efforts. They'll give a flawless performance however tough the job.



PISCES

20 February - 20 March

When other people are stuck for ideas, they come to you. They know how creative you can be and respect you for it. You find simple solutions to complex problems, and the word is spreading. There's a lot going on, with new scenes and new faces to enjoy.



ARIES

21 March - 20 April

There is a strong mood of progress and optimism around you. While everything is going so well, make the most of this chance to get ahead. Your positive attitude could be rewarded with a promotion. Those who matter will put in a good word on your behalf.



VIRGO

24 August - 23 September

Your family may have some great ideas for a holiday. You may ask for time to think it over, but why not go with your initial reactions? Acting on impulse will take others by surprise, and you'll enjoy the spontaneity. Good communication is key.



TAURUS

21 April - 21 May

If problems have been weighing heavily on your mind, you can now view them in a better perspective. Some things aren't as hard to resolve as you thought. You're feeling refreshed in mind, body and spirit, and friends will see a new, elated side of you.



LIBRA

24 September - 23 October

Plans you are making will impact on your closest relationships. You'll learn a thing or two about yourself and your friends as you step into a more exciting social phase. There's nothing predictable about the week's events, and change will be for the best.



GEMINI

22 May - 21 June

Your charisma makes you popular. Even your boss may ask you for help with a personal problem. Strong bonds are forged by greater understanding. Mentally and physically, you're on top form, keeping up with those who want to race through the week.



SCORPIO

24 October - 22 November

Spending quality time together puts you in tune with your loved ones' needs and feelings. Talking things over with your special someone will make you more content and hopeful for the future. Signing a contract will bring emotional security.



CANCER

22 June - 23 July

The general pattern of your life is about to change. At last you will see the end of a difficult project, making room for other, more exciting plans. You naturally feel apprehensive, but the good news is, very soon you will know you are doing the right thing.



SAGITTARIUS

23 November - 21 December

Time to let bygones be bygones. Look for a compromise in a family or workplace dispute that's dragged on for ages. Refuse to let this clash come between you any longer. Co-operation will help with domestic life and romantic relationships.



LEO

24 July - 23 August

You've always been able to go after what you want. You have your sights set on your goal, doing it in your own way and your own time. Your creative vision sets you apart from the competition. They'll try to hold you back, but no prizes for guessing the winner.



CAPRICORN

22 December - 20 January

Financially, this could be a bumper week, with money from a legal settlement, refund or bonus arriving shortly. Put it towards an overseas holiday or home improvements. Family interests will centre on DIY, with housemates giving willing support.

Far from slowing down, Fern Britton is going all out to make her landmark year one to remember...

WORDS: RACHEL CUNNINGHAM

Fern bares all: naked at 60!

'My daughter said, "Mum, your bosoms are like a tyrannosaurus's arms." You've got to laugh!'

Some of us at 60 may decide to take up a new hobby, or go on an exotic holiday. For Fern Britton – who reached the milestone last July – it was the year she decided to strip off for the stage.

The former *This Morning* presenter, married to TV chef Phil Vickery, appears alongside Denise Welch and Ruth Madoc later this year in

a UK tour of *Calendar Girls: The Musical*, based on the 2003 film version.

Starring Julie Walters and Helen Mirren, *Calendar Girls* told the true story of a group of Yorkshire women who stripped naked to pose for a charity calendar.

Fern plays Marie, the snooty, disapproving head of a local branch of the Women's Institute, who is adamantly against the ladies losing their clothes. But that didn't stop Fern stripping off for a risqué publicity shoot for the upcoming musical!

Sharing a shot on Twitter with the cast, Fern captioned it, 'Just hanging with my mates,' adding, 'Mine hanging a bit lower than the others...'

It's not the first time Fern's shown a wry sense of humour about gravity taking its toll. She revealed in 2015 that, when her youngest daughter, Winnie, 16, commented that her mum's 'bosoms are like a tyrannosaurus rex's arms', Fern had a giggle about it.

'It was hilarious. You've got to laugh at yourself!' she said.

This positive attitude about her body must have been bolstered after surviving a health scare 18 months ago. The mum-of-four contracted sepsis after a hysterectomy, leaving her fighting for her life.

Later admitting that she'd 'resigned herself to death', Fern made a full recovery, but said recently she's 'still processing it'.

Hubby Phil, 56, clearly shares his wife's approach to life's dramas, as she revealed, 'He says to me, "You're like a cockroach. People try to kill you but you never die."

'He walks past me, singing, "I get knocked down, but I get up again..." Isn't that lovely?'

● ***Calendar Girls: The Musical* begins in Leeds on 16 August. Visit calendargirlsthemusical.com**



In her *This Morning* days, Fern posed for this pic...

Did you know?
Fern recently shared the secret to wedded bliss – a brew in bed! 'Lust is great, but when you really love someone, and you're in bed together drinking tea and chatting, that's a true relationship.'



... now she's losing clothes again for *Calendar Girls*

THE WAY I SEE IT...

Wise words from our feisty, fearless and funny columnist

The hairdresser's?

What a palaver!

I'd forgotten what an ordeal it is going to the hairdresser's after two long years of growing out my short, pixie crop that materialised post chemotherapy.

The other reason I put it off is because good stylists are difficult to be unfaithful to. I have a ridiculous loyalty to mine of more than 10 years, even though I literally can't get an appointment with him.

Also, it's so difficult to find a replacement, especially one that doesn't cost the earth and will only do what you ask them to. What if my two years of looking a mess ended up looking even worse?

When I had it cut before, the stylist obviously thought I was 22 and landed me with an edgy style – just like the one on the nubile teen on the poster in the trendy salon.



FACING MY FEARS

I looked ridiculous. What's more, I don't enjoy the experience. It's boring, you get covered in itchy hair, the lighting is always harsh, and I don't want to look at myself wearing a silver paper wig for three hours. I know some women love it, and spend fortunes on weekly £100 blow-drys, or even bigger fortunes on hair that's not even theirs! The very thought of that makes me bilious.

So, I'm pleased to report that I faced my fears and got lucky. It's been cut into shape, coloured a bit lighter, and I'm looking like me again. I'm hoping my new look lasts at least two years!



I DON'T GET IT

I'm loving...

SURGEONS

It can be a bit graphic and gory at times, but BBC Two's *Surgeons* is compelling, informative, reassuring and mind-blowing all at the same time. I'm in awe of the supremely clever, almost superhuman people it features, doing miraculous work at the highest levels and under intense pressure. I thought it would put me off future surgery, but seeing how confident they are, and how easy they make saving lives look, it's done the exact opposite.



A CUT ABOVE!

I'm loathing...

SOCIAL MEDIA INFLUENCERS

Can someone please tell me what a 'social media influencer' is? And how you become one? Ashley James, who is in *Celebrity Big Brother*, says she's one, and every other day I read about another unheard-of young person claiming to be one. Who exactly are they influencing? Are their followers really hanging on their every recommendation, even though it hasn't cost them a penny? Isn't it just the go-to job title for those who haven't actually got one?

Alex Foster-Pegg lost 10st so she could be the mum she wants to be...

Finally, I'm a yummy mummy!

Our daughter, Ella, was just a day old when both sets of grandparents came to visit.

"She's beautiful," cooed my father-in-law, John, snapping away with his camera at our home in Sherborne, Dorset.

When it was Mum's turn to pose with her new granddaughter, I hovered in the background, thinking he'd want to capture us together – three generations of women in the family.

But my mother waved me away. "You don't want Alex in the picture," she said.

I was stung. I knew exactly what she meant: "You don't want fat Alex in the picture."

Mum didn't mean it hurtfully. I'd moaned to her about my weight and about seeing photos of myself fat. But her words festered.

Finally, in December 2015, when Ella was three months old, I made a pact with myself to lose weight.

Growing up, my weight was always an issue. Being bigger made me shy, and I avoided

having my picture taken.

I'd tried every diet going. A career as a chef didn't help. I loved cooking, and making plates of Thai and Chinese food or pies and pastries. I also ate chocolate bars like they were going out of fashion.

When I met David, now 50, in November 2012, food was a part of our relationship. We'd go out for slap-up dinners, and I loved cooking for him.

By the time we got married in June 2014, I knew I was unhealthily overweight. I also knew that being big wouldn't help me get pregnant. Having been in previous long-term relationships where we were step-parents to our partners' children, both David and I yearned for kids of our own.

I had polycystic ovary syndrome (PCOS). I'd had a miscarriage when I was 21 and several rounds

of unsuccessful fertility treatment, so it seemed unlikely I'd ever conceive.

But in-between Christmas and New Year, we had an amazing surprise. "I'm pregnant!" I said to David. We were overjoyed but, of course, any weight-loss plans went on hold.

In the first three months of my pregnancy, I suffered from terrible morning sickness. David took on the cooking, so we lived on convenience food such as chicken Kievs, chips and ready meals.

Every evening, I'd eat a sharer pack of peanut M&Ms by myself.

Agonising pelvic pain in the later stages of pregnancy left me



Alex was a whopping 20st 5lb before deciding that enough was enough

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

'Decide what your motivation is and never let it out of your sight.'

WORDS: ELLIE WHITE, HARRIET ROSE-GALE PICTURES: GETTY, NEIL MACKENZIE MATTHEWS STYLING: MILLIE GOOCH HAIR & MAKE-UP: CARL STANLEY, LINDSAY BOWN ALEX WEARS JUMPSUIT JD WILLIAMS EARRINGS CLAIRE'S HEELS SIMPLY BE

‘Every time it got tough, I only had to look at Ella and think, “I’m doing this for you”’



in tears when I tried to walk.

I was enormous, but if you can’t be fat when you’re pregnant, when can you be?

Ella was born in September 2015 at Yeovil Hospital. And then my mum, Pauline, made that fateful comment...

In January 2016, I went to my first Weight Watchers meeting. I was terrified, and sat outside in the car for ages.

Hearing Ella making cooing noises in the back, I picked her up and forced myself to go into the meeting.

Throughout my pregnancy, I’d told my midwife not to tell me my weight. So, when I found out I was 20st 5lb, I was shocked and, if I’m honest, ashamed.

After a good sob at home, I spent the evening planning meals to cook from my new SmartPoints eating plan.

Over the following weeks, I cut out pasta, potatoes and bread, and started eating loads more veg.

I cut down my portions, cleared out my half of the treats cupboard and filled it with chocolate-covered rice cakes.

I also began getting up early and walking 5km with Ella in the buggy before having breakfast.



The pounds started to shift. And my energy was on the up.

I’m not saying it was easy to change bad habits but, every time it got tough, I only had to look at Ella and think, “I’m doing this for you.”

A year after I started, I’d lost 10st and gone from a size 22-24 to a size 8-10. Now, at 43 and 5ft 5½in, I weigh 10st 1lb and am following the new Flex plan.

Finally, I feel I’m the mum Ella deserves. David says he feels like he has a new wife, and Mum is so proud of me.

Now when the camera is out, I’m the first to pose!

Typical day, before

BREAKFAST: White toast, butter and jam

LUNCH: Cheese and pickle sandwich

DINNER: Pizza, sweet and sour pork balls with rice

SNACKS: Crisps, biscuits, chocolate

...and after

BREAKFAST: Porridge

LUNCH: Homemade tomato soup or a tuna sandwich

DINNER: Chicken tikka masala with cauliflower rice

SNACKS: Apple, boiled egg





Cook yourself slim!

Following the new Weight Watchers Flex plan? These delicious recipes will fill you up while you watch your weight



Recipes from Weight Watchers Flex Cookbook (£14.95, available from weightwatchersshop.co.uk)

Turkey and mushroom lasagne

This pasta-free turkey lasagne is full of flavour but low in SmartPoints.

Serves 4

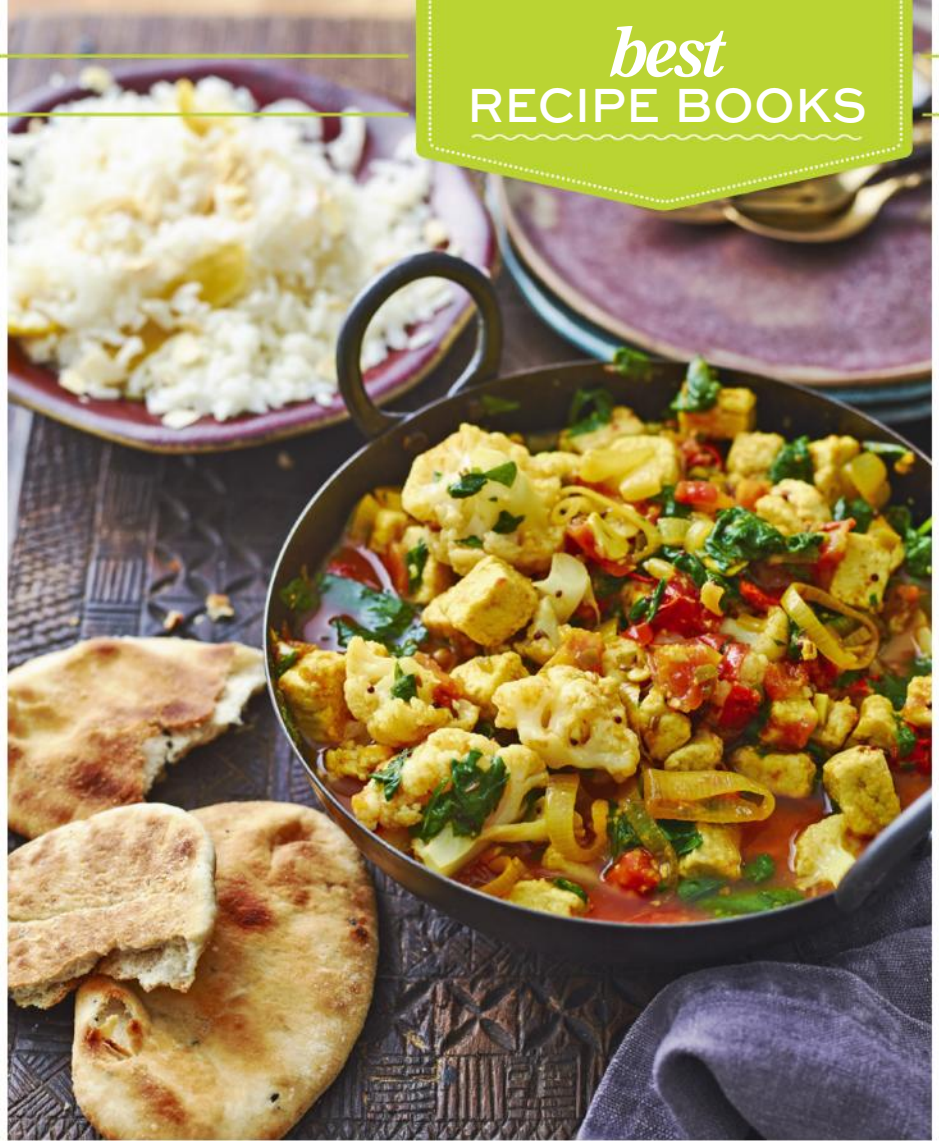
Prep time: 25 mins

Cook time: 35 mins

3 SMARTPOINTS PER SERVING

1 butternut squash, peeled, deseeded and thinly sliced
Calorie-controlled cooking spray
1tbsp rapeseed oil
1 onion, finely chopped
1 carrot, finely chopped
1 stick celery, finely chopped
400g turkey breast mince (2% fat)
½tbsp tomato purée
2 x 400g tins chopped tomatoes with onion and garlic
100g dried green lentils
Small handful fresh basil, leaves picked and torn
6 sprigs fresh thyme, leaves picked and roughly chopped
200g baby button chestnut mushrooms, sliced
100g natural cottage cheese
20g Parmesan cheese, finely grated
1 egg yolk

1 Preheat the oven to 200°C/fan 180°C/gas 6. Put the butternut squash slices onto non-stick baking sheets and mist with cooking spray. Season to taste, then bake for 20 mins, until just tender.
2 Meanwhile, heat the oil in a large pan over a medium heat. Add the onion, carrot and celery and cook for 5 mins. Add the turkey mince, turn up the heat and cook for 5 mins, stirring. Add the tomato purée, tomatoes, lentils, basil, thyme and 400ml water, bring to a simmer, cover and cook for 15 mins. Add the mushrooms and cook for a further 10 mins.
3 Whizz the cottage cheese, 15g of the Parmesan and the egg yolk in a mini food processor until smooth.
4 Put half the turkey mince mixture into the bottom of a rectangular baking dish and top with half the butternut squash slices. Spoon over the remaining turkey mince mixture and arrange the rest of the butternut squash slices on top. Spoon the cottage cheese mixture on last, scatter over the remaining Parmesan and bake for 15 mins, until golden.



Quorn, cauliflower & spinach curry

An easy curry that's great served with rice or naan bread.

Serves 4

Prep time: 15 mins

Cook time: 50 mins

2 SMARTPOINTS PER SERVING

1tsp cumin seeds
1tsp mustard seeds
1tsp ground coriander
½tsp ground ginger
½tsp ground turmeric
1tbsp vegetable oil
1 onion, finely sliced
2 garlic cloves, finely sliced
1 green chilli, deseeded and finely chopped
1cm piece fresh ginger, grated
4 tomatoes, roughly chopped
½ head cauliflower, broken into small florets
350g Quorn pieces
250ml vegetable stock, made with 1 stock cube

120g young leaf spinach
Handful of fresh coriander, roughly chopped

1 Toast the cumin and mustard seeds in a dry frying pan over a medium heat until they start to pop. Crush using a pestle and mortar and mix with the other spices.
2 Heat the oil in a large frying pan and cook the onion for 6-8 mins, or until soft. Add the garlic, chilli and ginger and cook for a further 2 mins, then add the spice mixture, along with the tomatoes. Cook for 4-5 mins, then add the cauliflower and Quorn. Stir to coat, then add the stock. Bring to the boil, then reduce to a simmer. Simmer for 15 mins, partially covered, or until the cauliflower is tender, but not too soft.
3 Stir through the spinach and cook until it wilts. Season to taste, stir through the coriander, then serve.



Pork, apple and white bean stew

This easy one-pot dish is great when you're having guests for dinner.

Serves 6

Prep time: 20 mins

Cook time 50 mins

5 SMARTPOINTS PER SERVING

2tsp olive oil
 500g pork tenderloin, trimmed of fat and cut into chunks
 1tbsp plain flour
 5 shallots, halved
 2 garlic cloves, finely chopped
 3 Granny Smith apples, peeled, cored and cut into chunks
 500ml chicken stock, made with 1 stock cube
 400g tin haricot beans, drained and rinsed
 2 sprigs of fresh rosemary
 1tbsp roughly chopped sage
 200g sourdough bread, torn into chunks

1 Put 1tsp of the oil in a flameproof lidded casserole dish and set over a medium heat. Toss the pork in the flour and fry for 4-5 mins until browned, but not cooked through. Remove from the casserole dish and set aside.

2 Add the shallots to the casserole dish and cook for 5 mins until they begin to brown – add a splash of water if it starts to stick. Add the garlic and apples and cook for 1 min.

3 Add a little of the stock and stir with a wooden spoon to deglaze the casserole dish. Stir in the remaining stock, then return the pork to the casserole dish, with the beans, rosemary and sage. Bring to the boil, then reduce the heat and simmer, uncovered, for 15 minutes.

4 Preheat the oven to 190°C/ fan 170°C/gas 5. Toss the bread with the remaining oil and season to taste. Top the stew with the bread and bake for 15-20 mins, until the bread is golden brown and the stew is bubbling.

Sausage and sweet potato bake

Once you've done the preparation, this tasty one-tray dish looks after itself.

Serves 4

Prep time: 15 mins

Cook time: 45 mins

6 SMARTPOINTS PER SERVING

8 reduced-fat pork sausages
 2 sweet potatoes, peeled and cut into thin wedges
 2 red onions, cut into wedges
 1 red pepper, deseeded and cut into strips
 1 yellow pepper, deseeded and cut into strips
 4 garlic cloves
 1tbsp wholegrain mustard
 ½tsp smoked paprika
 Calorie-controlled cooking spray
 220g cherry tomatoes

1 Preheat the oven to 200°C/ fan 180°C/gas 6. Put the sausages, sweet potatoes, onions, peppers and garlic in a large bowl.

2 Add the mustard and paprika, then mist everything with cooking spray and mix together with your hands until everything is coated.

3 Spread out the sausages and vegetables in a large roasting tin and bake for 30 mins. Add the tomatoes to the tin and bake for a further 15 mins or until the sweet potatoes are cooked through.



Prawn katsu burgers

These Japanese-style prawn burgers make a delicious change from meat.

Serves 2

Prep time: 15 mins,

plus chilling

Cook time: 8-10 mins

10 SMARTPOINTS PER BURGER

300g raw peeled king prawns
½tbsp cornflour
1 egg white
2 spring onions, trimmed and finely chopped
1tsp freshly grated ginger
50g panko breadcrumbs
2tsp rapeseed oil
2 seeded burger buns
100g Savoy cabbage, finely shredded

For the katsu sauce

1½tbsp tomato ketchup
½tbsp Worcestershire sauce
1tsp soy sauce
1tsp mirin
½tsp Dijon mustard
Pinch of garlic granules

1 Put half of the prawns in a food processor and blitz to a chunky paste. Roughly chop the remaining prawns and put in a bowl with the cornflour, egg white, spring onions, ginger and prawn paste. Mix well to combine all the ingredients, then shape into two burgers.

2 Spread the panko breadcrumbs out on a plate and press the burgers into the crumbs until they are well coated. Cover burgers and chill in the fridge for 30 mins to firm up.

3 Heat the oil in a shallow non-stick frying pan and cook the burgers for 4-5 mins on each side, until golden brown all over.

4 Meanwhile, whisk together all of the ingredients for the katsu sauce until smooth and combined.

5 Halve and toast the burger buns, and fill with the shredded cabbage, prawn patties and katsu sauce, then serve.



Food in a flash

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

Plum pickings

Pick up a bottle of Rekorderlig Spiced Plum Cider, £1.90, if you are looking for a winter-warming tippie. The plum, cherry, clove and cinnamon flavours mean it's perfect to serve hot with a lemon or orange slice. Available at Tesco or Asda.



WAIST-FRIENDLY DISHES

Night on the town

For the ultimate comfort-food fix, pick up the Chicago Town Mac 'n' Cheese with Bacon Deep Dish Pizza, £2.99. It's definitely an option when you're having a day off the diet.



Fill up as you slim down

Lasagne doesn't have to be off the menu, especially if you are following the Slimming World plan.

Iceland has introduced new dishes into its ready-meal range. The Beef Lasagne, £3.50, tastes homemade and will fill you up. Or give the Vegetable Lasagne, £3, a try if you fancy going meat-free.

GOOD FOR GRAINS!

While good for you, grains can taste a bit bland. Thanks to M&S, you don't have to add additional ingredients for a flavour hit. Simply stir in the Fragrant Coconut Grain Dressing if you fancy an exotic twist, or the Preserved Lemon and Mint Grain Dressing when you want a citrus burst. Each costs £1, and they're in store now.



Theo's meals in 20 mins

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



£2.15 PER SERVING

Hot lamb & pitta

I love this dish – it has all the Greek headline flavours: oregano, lemon, charred lamb, tzatziki. Wonderful!

PER SERVING
CALS 590 FAT 24.5g
SERVES 4

FOR THE TZATSIKI
½ cucumber, grated
200g Greek yoghurt
10g fresh mint, chopped
Salt
Olive oil
1 lemon, halved

450g boneless lamb leg steak
1tbsp dried oregano
Pinch of chilli flakes
Black pepper
2 red peppers, cut into thick strips
2 courgettes, cut into half moons
6 pitta bread, lightly toasted

1 Start by making the tzatziki; squeeze all the excess moisture from the cucumber gratings and combine with the yoghurt, chopped mint, a pinch of

salt, 1tsp olive oil and a squeeze of lemon juice. Mix, and put to one side.
2 Rub 1tbsp olive oil over the lamb steaks and then dust them with oregano, chilli flakes, salt and black pepper. Bring a griddle pan to a high heat, and cook the steaks for about 3 mins each side. Leave them to rest.
3 Coat the red peppers and courgettes with 1tbsp olive oil, and griddle the veg for a few minutes all over, then remove.
4 Finally, cut the lamb into thick pieces, and scatter with the griddled vegetables. Squeeze over the remaining lemon juice, and season once again. Serve with the tzatziki, and warm pitta bread.

TIP If you want to speed things up, you can always use pre-made tzatziki.

Financial expert Sara Benwell on how to handle your debts and stay on top...

Whether it's a maxed-out credit card, a mortgage or even a payday loan, most of us have outstanding debts. It's a scary word, but debt needn't always be a bad thing, and some debts are worse than others.

Financial expert Sara Benwell says that, by following five simple steps to clear bad debt and stay in control of the rest, 2018 could be the year you get back in the black.



2 STOP PAYING TOO MUCH INTEREST Almost everyone is paying more interest than they need to, and stopping is the first trick to getting debt-free. That way, there's more cash for you and less for credit card providers and banks. First, tackle the debts with the highest interest repayments – payday loans or unplanned overdrafts, followed by loans and any credit cards without zero per cent interest periods. Shift expensive debt on to a zero per cent credit card. Some let you go interest-free for up to 43 months, saving you thousands. There may be a transfer fee, but you'll still be better off.



1 WORK OUT WHAT YOU OWE Clarify what you're paying each month by gathering all your information in one place. Include everything – credit cards, overdrafts, store cards, mortgages and loans. Now, add it all up! Work out how much is left to repay, and also include your monthly repayment rates and the interest you're being charged. This can be a scary moment – most of us carry more debt than we thought. But don't panic... understanding what you actually owe is the first step towards dealing with it.

3

SET UP A RAINY-DAY FUND

Once your finances are sorted, consider the future. A rainy-day fund is important – otherwise, next time there's a crisis, you'll have to use your overdraft or credit card. Put away some money each month to avoid slipping back into debt.



5 steps to clearing your debts

4 OVERPAY WHERE POSSIBLE

It's easy to coast by paying the minimum on your mortgage, credit cards or car loans. But, if you can afford to pay more, you'll pay loads less interest. Start with the highest-interest debts and pay off as much as you can afford each month. You'd be surprised how much difference a moderate overpayment can make. For instance, if you owe £2,000 on a credit card at 18.9 per cent APR, paying just £50 a month instead of the minimum will save you 19 years and £1,700 in interest! Check the T&Cs first, though. Not all providers will let you overpay without penalties, or there may be a maximum limit for overpaying.



5 DON'T PANIC! If you're worried your debts are spiralling out of control, the vital thing is not to panic. The sooner you seek help, the more options you'll have. Start by ringing the National Debt helpline on 0808 808 4000, or visit stepchange.org.



PICTURES: BIGSTOCK, GETTY, SHUTTERSTOCK



£6.19

Whisk,
amazon.co.uk

Tea for one,
studio.co.uk

£9.99

Plate, Cath Kidston

£8



Tea Towels,
set of two,
Cath Kidston

£13

Pot grab,
Sophie
Allport

£8



Mixing bowl,
Mason Cash
at Littlewoods

£29.99



£16.24

Scales,
amazon.co.uk



TOP TIP
Don't forget
Pancake Day is
on 13 February!

Mug, £11
Jugs, from £16
Tea towels, £15
Oven gloves, £18
Hob covers, £13 each,
all from Sophie Allport

THE HEART

Transform your kitchen with



£8

Kilner storage jar.
Dunelm

Oven gloves.
Dunelm

£5



£20

Apron.
Cath Kidston



Silicone cupcake containers.
katie-alice.co.uk

£7.50



£14.99

Measuring spoons.
wayfair.co.uk



£59.99

Mixer.
studio.co.uk



£17.99

Rolling pin.
Mason Cash
at very.co.uk



Get the Look

OF THE HOME

pretty and practical buys

1

This week's must-see TV



1 **Citizen Rose** TUESDAY, E!, 8PM

American actress Rose McGowan's life was turned upside down when she accused Hollywood film producer Harvey Weinstein of rape in a series of tweets last October – igniting the huge global campaign #MeToo. This behind-the-scenes five-part documentary follows 10 tumultuous days, beginning with her accusing 'the monster', as she calls him, of taking advantage of her. 'I know I make people feel uncomfortable,' she admitted. But, on such an important subject, that may be the best way to make people listen.

2 **Endeavour** SUNDAY, ITV, 8PM NEW SERIES

Return to bygone Oxford to catch up with the adventures of young Inspector Morse, as this prequel to the classic series starring Shaun Evans as the grumpy ale-loving cop returns for a fifth series. Inspector Endeavour Morse has been promoted to Detective Sergeant, but still spars with mentor DI Fred Thursday, played by Roger Allam. Also back on-screen is Thursday's daughter, Joan, Morse's love interest.



2

Big Soap Story



EMMERDALE

It's the green-eyed monster for Paddy, as Rhona attempts to move on after a night of passion with Pete. Cain tells Moira how he feels in an effort to stop her leaving. Will he be successful?

Zeedan jumps to the wrong conclusion. After a dramatic collapse, Carla admits she needs help, while Phelan continues to wind people up.

EASTENDERS

Tensions continue to rise for those involved in Aidan's job. Mel issues Phil a warning, and Masood tries to make the most of his role at the chippy.

CORONATION STREET

Rana confesses she's been having an affair, and



3 **Animals With Cameras**

THU, BBC ONE, 8PM
Meerkats, penguins and an orphaned chimp called Kimbang are among the creatures fitted with a wearable camera to capture every second of their incredible adventures. Gordon Buchanan presents this fascinating TV series that gets you up close and personal with wild animals.

3

4 **CBB The Final**

FRIDAY, CHANNEL 5, 9PM
So, it's all over bar the shouting – and now it's the moment of truth as we find out who is emerging as the winner of this year's *Celebrity Big Brother*. Emma Willis will be on hand to reveal who is the king or queen of the house.



4



5 **Britain's Favourite Walks: Top 100**

TUESDAY, ITV, 7.30PM
Sit back and let Ore Oduba and Julia Bradbury do the walking, as they present the results of a huge survey into the best trails in Great Britain. Celebs including Cath Tyldesley and Janet Street-Porter (pictured above) share tips on their favourite locations.

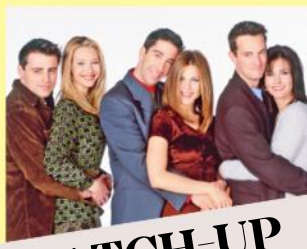
5



COMING UP

MELROSE

Benedict Cumberbatch takes the lead in this dramatisation of the misadventures of an upper-crust drug addict, trying to move on from his brutal childhood. Sky Atlantic.



CATCH-UP

FRIENDS

Well, it's less catch-up and more of a rewind to the 90s! Follow the adventures of the world's most famous flatmates from the very beginning, as all 236 episodes of the New York sitcom are now available on Netflix.

10 MINUTES WITH... PENNY SMITH ON...



...how she found *Celebrity 5 Go Bargaining*

Or, as I think it should've been called, '*Celebrity Goes Crashing*'! I loved it, we had a wonderful time. There were two barges – girls on one, boys on another – but I did crash and had to be rescued by Diarmuid Gavin.

...getting good at bargaining

Well, crashing aside, I did. And it was a real sense of achievement. I have already suggested to my mother we go on a barge holiday – there will be two Captain Smiths aboard!

...missing home?

Not really, as I am a keen backpacker. But I did make sure I took some Yorkshire teabags with me, none of this namby-pamby stuff – a brew in a big mug that's strong enough to stand your spoon up in, and darker than American tan tights!

...whether she still watches breakfast TV

Nowadays I don't, as I get up too late. I've turned my mornings and life around now. I'm having a pot of tea and a round of toast with pilchards. I have a new weekend breakfast show on Talk Radio, but at least I have to get up at 5am, not 4am like at GMTV, or 3am at Sky. I'm going in the right direction!

● *Celebrity 5 Go Bargaining* (in France), Friday, Channel 5, 8pm

THEY SAID WHAT?!

Denise Van Outen has revealed her toughest critic – Betsy, seven, the daughter she shares with her ex, Casualty star Lee Mead. 'A lady asked to have her picture taken with me the other day, and Betsy said, "You're not as famous as Daddy. He has people coming up to him all the time."' Ouch!





Peter Andre

60 Minute Makeover

Peter Andre has pulled the overalls back on again to make decorating dreams come true as his series *60 Minute Makeover* returns, for the first time in four years. The 44-year-old father-of-four (to Junior, 12, Princess, 10, Amelia, four, and 14-month-old Theodore), who is married to doctor Emily Andrea, 28, might not be the handiest around the house, but he's certainly good at making his guests feel at home on-screen...

BEHIND THE SCENES WITH *best*

'I'm a DIY disaster!'

What's it like being back on *60 Minute Makeover*?

It was really fun, but emotional, too. It's hard not to be. You think decorating someone's house won't change someone's life but, for these people, it does.

Do you ever help out?

A couple of times I've grabbed the brush and painted but, I must admit, I'm a bit of a liability. The professionals give me tips; their tip is to 'stay away'!

Are you handy around your own house?

I'm useless at DIY while Emily is brilliant at it. I've had loads of disasters. I tried to put up a TV once, and no matter what way I measured it or drilled it, it was still slanty. So, now, we watch TV with a crook neck and there's loads of holes in our wall.

Which of your celebrity friends has the best house?

Tito Jackson took me to the Jackson family home in Encino in California. They

had lots of memorabilia, and it's where Michael lived through the *Thriller* days. It was just amazing. My friend Gino D'Acampo has a fish tank between walls, and you see through it into another room. It's a cool idea.

You look better than ever – what's your secret?
I don't worry about ageing. I feel great, and I don't





'I must admit, I'm a bit of a liability'
Peter Andre

deny myself, but I do exercise. Sometimes, I can't be bothered, but I know I'll feel better once I do. Every night, I'll have pasta, chocolate... whatever I want. The balance works for me.

Tell us about your Hollywood break? I've got the script [to upcoming thriller *The Undoing*], and I'm going to LA in March. I've always wanted to do it. I actually excelled in drama at school.

● **60 Minute Makeover with Peter Andre**, Quest Red, weeknights, at 7pm from 5 February



DON'T MISS

THE CONFESSION
- JO SPAIN

Beginning with a brutal attack, this gripping novel is more of a whydunnit than a whodunnit, as it scrolls back in time to explain why Julie's husband, Harry, was murdered in front of her. Quercus, £12.99.



POCKET YOGA

Unleash your inner goddess with this handy yoga app on your phone. With over 27 routines and 150 poses, you can practise your downward dog wherever you are. Download from the iTunes App Store, £2.99.



DON'T MISS

PEAKY BLINDERS: THE COMPLETE SERIES 1-4 Fall for the adventures of the Brummie gangsters - led by Cillian Murphy. Helen McCrory and Tom Hardy co-star in this brilliant period drama series by the BBC. DVD, out now, £34.

OUT AND ABOUT



FILM

JOURNEY'S END

There's an all-star cast for this powerful and poignant big-screen version of the classic play set in the trenches of World War I. Sam Claflin and Asa Butterfield provide great performances, but it's Paul

Bettany who steals the show with his portrayal of a gentle school teacher trying to help out his younger comrades. Don't miss this one, and remember to bring tissues. **In cinemas on Friday.** ★★★★★

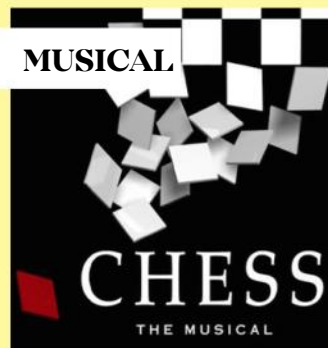


FESTIVAL

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for humans, Kaiser Chiefs, Jessie J and The Vamps are supplying the tunes. You're more than welcome to bring along your four-legged friend(s), too. **For more info, visit pdsa.org.uk**



MUSICAL

CHESS, LONDON COLISEUM, 26 APRIL - 2 JUNE

Benny Andersson and Björn Ulvaeus - from Abba - along with Tim Rice wrote the 1984 musical about an international chess championship, manipulated for political gains against the backdrop of the Cold War. Now, 30 years later, the show returns. **Visit, eno.org/whats-on/chess**

Tony Cowell



BEST'S CELEB INSIDER TALKS TO RUSSELL WATSON

He's called 'The People's Tenor', but it was his fighting spirit that took Russell Watson, 51, from the factory floor to an international career as one of the world's finest singers. In 2006 and 2007, at the height of his success, he battled brain tumours that nearly killed him. Here, he reveals why he has never dwelt on life's darkest chapters...

Hi, Russell! You have a pretty busy schedule this year, don't you?

Indeed. Last year was great, but 2018 looks as if it could be even better! I start touring again in February, and performing live is what I love to do. Even if I'm feeling a bit down or grumpy, the moment I walk out on to that stage, the light hits my face, I hear

the roar of the audience, and I feel alive again.

Are you as confident when you're off-stage?

Actually, I'm not! If I walk into a room that's full of showbiz people, I feel slightly uncomfortable with that. I tend to try to find myself a corner somewhere and keep my head down. I'd rather not be there. But put me on a stage in front of 10,000 people and I feel at home. The stage is my comfort zone.

Last August, Classic FM named you as the UK's most popular male classical artist. How did that feel?

Pretty good. It made me feel as if I still exist – that people still like my music. That's hugely important to me. I always feel as if I'm really lucky to have had this amazing career, and to still be here performing after all these

'Every day is a gift'

Opera star Russell Watson has survived two brain tumours, and his philosophy in life is to never look back

'The stage is my comfort zone,' says Russell



Donald Trump invited Russell to sing for him...



years. I'm doing something I genuinely enjoy, which is to sing, so I'm a lucky man.

You're very much a family man, aren't you?

I am, yes. I hearken back to the dark days when I had my illness, and that time really strengthened my relationship with my family. I'm in a business that takes you away from your family a lot, but I never wanted to be seen as a failure as a parent. I always want to be with my children. That's why one of my daughters [Rebecca, 23] works with me, and my wife

[Louise, 29] comes on tour with me. I love having my family close to me every day.

How is your health – do you still need treatment?

I still have to take specific medication every day, because my body doesn't naturally produce hormones, so I have to inject them. Initially, it was a minefield, because I was taking this whole cocktail of drugs to stay alive. It used to get me down. I would get very depressed. I'd go to bed at night but wouldn't be able to get to sleep – I'd panic because I thought



Russell after brain surgery in 2007, with his daughters, Rebecca and Hannah



With his second wife, Louise

W Bush, Bill Clinton and Barack Obama. But, about 15 years ago, I sang at one of Mr Trump's hotels in New York, and he insisted on introducing me. He had nice things to say about me at the time.

You've sung for many famous people during your career. Who stands out for you as the highlight?

That's difficult. I've performed at the Vatican for Pope John Paul II, toured Japan and had dinner with the Emperor at the Imperial Palace. I gave a show for the Duke of Edinburgh in the garden at Buckingham Palace in 2013, and met the Queen, and was invited to sing at Dame Vera Lynn's 100th birthday tribute.

Any plans in the pipeline for a new album?

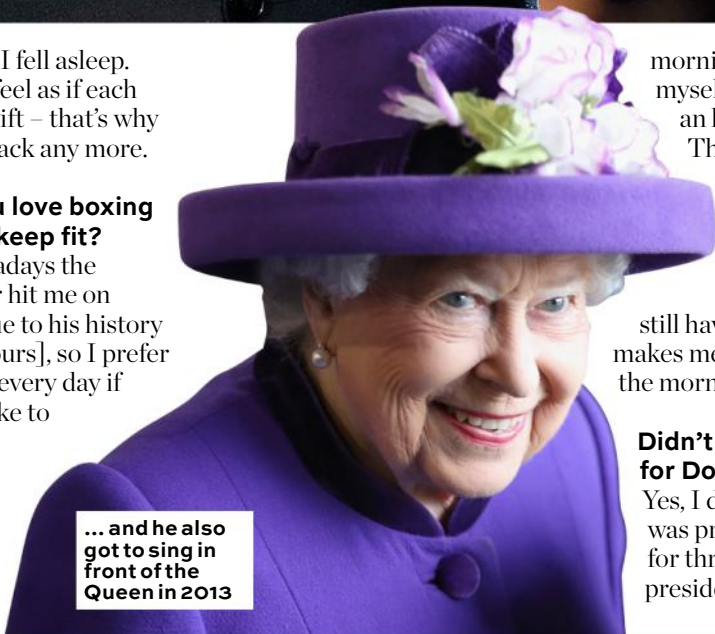
I probably already have enough new songs for two albums. I have a recording studio at home and, every day, I'll go in there for a few hours and work on ideas for new songs. I still have this craving to have more hit records. That constant desire never goes away – so, yes, I'm just waiting for the right time.

● To book tickets for Russell's 2018 UK tour, starting on 1 February, see russellwatson.com/dates

I would die if I fell asleep. Nowadays, I feel as if each new day is a gift – that's why I don't look back any more.

Is it true you love boxing as a way to keep fit?

It is, but nowadays the rule is, 'Never hit me on the head!' [due to his history of brain tumours], so I prefer tennis. I play every day if I can. I also like to do weights – I have to stay fit. [As for medication], when I wake up in the



... and he also got to sing in front of the Queen in 2013

morning, I have to inject myself, and then after an hour I can get up.

That's my routine now, but I'll never let that illness define me – I'll never let it beat me. I still have that drive that makes me want to get up in the morning.

Didn't you once sing for Donald Trump?

Yes, I did, but before he was president. I've sung for three other US presidents – George

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Meet the locals in former Victorian gin palace The Crown

Take in the murals on a Black Taxi tour

TAXI



TRAVEL SNAPSHOT

Belfast is a city that's steeped in history. Murals depict its heroes, both Catholic and Protestant, while the Europa Hotel acknowledges that it was once the most bombed hotel in Europe. But the capital of Northern Ireland is also fast becoming known for other attractions, such as being home to the Titanic museum and the setting for TV shows such as *Line Of Duty*, *Game Of Thrones* and *The Fall*.



INSIDER'S GUIDE

Belfast boasts great food and drink, plus the friendliest people. You can visit the Harland & Wolff shipyard, where the doomed Titanic was built. For more recent history, the 90-minute Black Taxi tour includes the Catholic Falls Road and Protestant Shankill Road, as well as the Peace Walls, which used to separate the two sides. You'll also see some of the best murals. The city is full of wall art, from depictions of celebrities to political statements.

Enjoy a tippie at Bushmills, the world's oldest working distillery, and take the short trip to the North Coast. Don't miss the Giant's Causeway which, legend has it, was built by an Irish giant...


The city is particularly good if you're after five-star dining on a budget



GETTING THERE

 Belfast has two airports, George Best Belfast City and Belfast International. George Best Belfast is more central, with British Airways and Aer Lingus flights from London from £50 each way. easyJet flights to Belfast International are from £20 each way.

WHERE TO STAY

 House Belfast is ideal for the Golden Mile of restaurants and pubs, and is within walking distance of the beautiful Queen's University and City Hall. The £28m Art Deco Titanic Hotel is the perfect place to soak up the atmosphere.

Shipshape: the luxurious Titanic Hotel



BEFORE YOU GO

Visitbelfast.com offers a comprehensive guide to what's on while you're there. One of the most welcoming cities in the UK, Belfast is also one of the cheapest for a weekend break, particularly if you're looking for five-star dining on a budget!



DON'T MISS

If you fancy a bargain, then check out St George's Market. Explore over 200 stalls with food and drink, antiques, local produce and handmade crafts, all set against a backdrop of live music.



FOOD AND DRINK

You'll be spoilt for choice in terms of where to eat. Mourne Seafood Bar has fresh local fish, or try authentic Mexican eatery La Taqueria. The Crown, a listed building, is worth popping in to for a drink for the décor alone, and be sure to check out the Cathedral Quarter, which is dedicated to the city's nightlife.

FAMOUS FACES



Northern Irish stars Liam Neeson, Eamonn Holmes, James Nesbitt and Christine Lampard all have homes in or near Belfast. Actor Liam first trod the boards at the city's Lyric Theatre, which got a state-of-the-art revamp recently and is well worth a visit. *Loose Women* regular Christine kicked off her TV career as a runner at BBC Northern Ireland, while *Lucky Man* star James has many fond memories of the NI capital. 'It was where I had my first drink in a pub, even if I wasn't quite old enough to do so legally,' he said. 'It's a thriving, wonderful town.' We love his top tip for a visit, too. 'Pack a warm jumper – when the wind's up in Belfast, it can be pretty cool. It helps to take a strong liver, too!'

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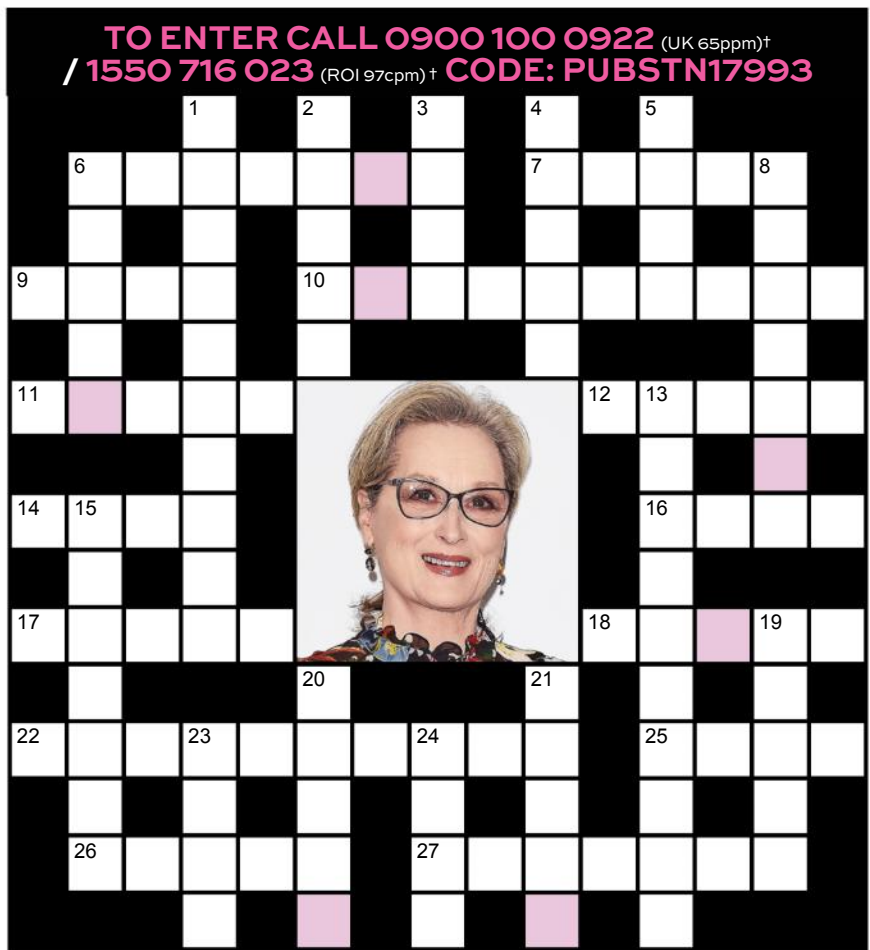
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STRAIGHT CLUES

ACROSS

- 6 Strict confidences (7)
- 7 Crawl (5)
- 9 Title (4)
- 10 Personalities (10)
- 11 Trousers supporters (5)
- 12 Normal (5)
- 14 Long-tailed mice-like rodents (4)
- 16 Large number of people or things (4)
- 17 Stage of development (5)
- 18 Circles of fabric, etc. (5)
- 22 Recalled (10)
- 25 Clear sky colour (4)
- 26 An opposing military force (5)
- 27 Crumbled with age (7)

DOWN

- 1 Biologists, e.g. (10)
- 2 Tree fruit (5)
- 3 Continent (4)
- 4 Vast sea (5)
- 5 Sum outstanding (4)
- 6 Allocate between members (5)
- 8 Possibly (7)
- 13 Male classmates (10)
- 15 Runner, e.g. (7)
- 19 GB currency unit (5)
- 20 Follows orders (5)
- 21 Official decree (5)
- 23 Regular (4)
- 24 Metal bars (4)

CRYPTIC CLUES

ACROSS

- 6 Cresset design showing mysteries (7)
- 7 Make slow progress as a sycophant (5)
- 9 Entitle in a mean sort of way (4)
- 10 Letters showing dispositions (10)
- 11 Hits supporters! (5)
- 12 Urgent! Something up, as lacking leaders with standard (5)
- 14 Top player making a comeback with unpopular creatures (4)
- 16 Hold a party for the army! (4)
- 17 A step of an unusual shape (5)
- 18 Playing pool's about types of aerobatics (5)
- 22 Thought about mere bed Mr E designed (10)
- 25 Unhappy varsity sportsman... (4)
- 26 ... three points ahead of my foe (5)
- 27 Went off for 10 years, we hear (7)

DOWN

- 1 Academic specialists making insects sit out! (10)
- 2 Cheap sort of description of a good-looking person (5)

- 3 Land mass forms part of the seas, I admit! (4)
- 4 Canoe is struggling in this one of the seas! (5)
- 5 Something owing to bad bet holding up start of Derby (4)
- 6 Hare's off ration! (5)
- 8 Rep involved with adjusting hasp, maybe? (7)
- 13 Choosy slob about to see male pupils (10)

- 15 Heat let loose in jumper, e.g.? (7)
- 19 Keep on hitting with a weight (5)
- 20 Yes! Former pupil surprisingly follows the rules (5)
- 21 Cited a change of declaration (5)
- 23 Flat and level, however (4)
- 24 Items of metal obtained from Harrods stores (4)

ANSWERS

MEGA CROSSWORD
 52/17 McMAFIA
ACROSS
 6 Slimmer 7 Crisp
 9 Late 10 Commercial
 11 Pedal 12 Empty
 14 Thou 16 Lids
 17 Ended 18 Wills
 22 Officially 25 Life
 26 Later 27 Runners
DOWN
 1 Literature 2 Smack
 3 Trim 4 Screw
 5 Zinc 6 Snake 8
 Planted 13 Multiplied
 15 Handful 19 Lifts
 20 Diary 21 Dying
 23 Into 24 Lord

PICTURE: GETTY

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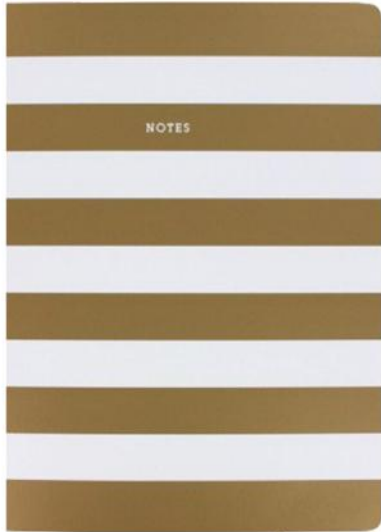
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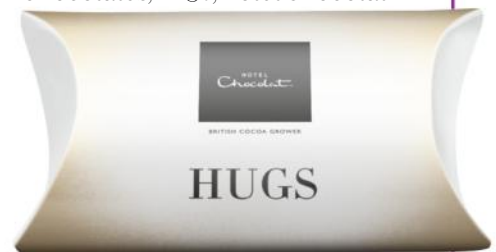
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