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# Woman's Own



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**'I don't want to get divorced'**



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## Holly & Phil



# DIET WARS!

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The ex-Spice Girl with host Rob Beckett



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# Lisa: I don't want a divorce!

*As they prepare to battle it out, Ant's wife Lisa is less than happy*

**W**hile Ant McPartlin seems to be doing a great job of moving on from his 11-year marriage to Lisa Armstrong, which came to an end this month, she's feeling bitter after being dealt a pretty rubbish card.

Although make-up artist Lisa is said to be getting £31m from the divorce, Ant's announcement that he was ending the relationship failed to mention how his soon-to-be ex-wife was feeling about the situation.

It was an uncommon move, with split announcements usually coming from both parties, leading fans to speculate that Lisa, 41, was far from pleased about the decision. She appeared to confirm this, after liking a tweet that read, '@lisaAmakeup has stayed classy to the end. She hasn't deserved any of this.'

And then there's the matter of who'll get custody of their beloved dog Hurley, with reports suggesting Lisa is refusing to budge on the matter, and their close friends – including Dec Donnelly – being forced to take sides.

Following the news that Lisa has been moved from *Britain's Got Talent's* main show – which Ant and Dec host – to work on the spin-off, it seems obvious who's going to come out on top in all of this. Stay strong, Lisa.



Ant released a statement to announce the split



Ant and Lisa with Dec and his wife Ali in 2016



## Looking for love!



Susanna has no shortage of admirers

**She's won over an army of admirers on *Good Morning Britain*, and now Susanna Reid admits she's back on the market.**

Speaking on the ITV show, Susanna – who announced her split from partner Dominic Cotton in 2014 – said, 'I never wanted to be married and don't want to change now... That's it. I think I'll probably at some stage hopefully have another relationship, but not marriage.'

After the 47-year-old made her confession, swarms of fans asked her for a date. One user wrote, 'I would marry you Susanna,' while another added, 'I'd like to date you Susanna.'

Form an orderly queue, gentlemen...



Richard and Judy with their children Jack and Chloe

**OMG!**  
Coleen Nolan has announced she's going to front a female version of ITV's *The Real Full Monty*.



Lisa has been married to Ant for 11 years

## Denise's heartbreak

She was once known as a wild party girl thanks to her drunken antics, but since overhauling her lifestyle Denise Welch has been sober for six years.

However, Denise, 59, recently opened up about her heartbreak that her mother Ann – who passed away in 2012 – is not around to see how she has transformed her life.

'My one thing is that I wish my mum was here to see my sober life,' she revealed. 'But she was alive for three weeks after I'd given up, so I feel like she went knowing I was on the right path.'



Denise wishes her mum could see her now

## Alan Carr

The funnyman married fiancé Paul Drayton after 10 years together. Yay!



## Mary Berry

The baking goddess is said to have earned £400,000 in her first year since leaving *Bake Off*. Ker-ching!

**YAY!**

Strictly's Debbie McGee has revealed she's becoming a *Loose Women* panellist one day a week.



## Fern's relationship confession

We all love a cosy cuppa in bed, and no-one more so than presenter Fern Britton.

Fern, 60, recently confessed she enjoys it more than some romantic time with her TV chef husband Phil Vickery.

She revealed, 'Sex is great, but a cup of tea is great, too.'

There's nothing nicer than getting into bed with a cuppa and having a hug and a chat – that's love.'

## Judy's failure

TV star Judy Finnigan has opened up about her ordeal during all four of her childbirths.

In a frank chat, the 69-year-old admitted that she felt as though she'd failed as a mother because she had all of her children via Caesarean.

'One set of twins [from her first marriage]; one ovarian cyst which medics feared would hinder the progress of my next son [Jack]; and the fear of rupturing my uterus when my last baby [Chloe] was born barely a year after,' Judy revealed.

'I was fed up that I never had that natural birth. I felt I'd somehow failed. Now I count myself lucky that we all survived.'



Good week

Bad week



## Bruno Tonioli

*Strictly Come Dancing* judge Bruno accidentally blurted out a swear word live on *Loose Women*. Oops!

## Lorraine Kelly

Awkward! The host had an embarrassing moment when her puppy Angus pooped on her set.



WORDS: GRACE HENRY AND CHLOE ANDREWS  
PHOTOS: BACKGRID, EROTEME, GETTY, REK, SPLASH NEWS



# Holly & Phil's diet wars

Are *This Morning* stars Holly Willoughby and Phillip Schofield in secret competition?

Exclusive chat

**T**V star Holly Willoughby has been turning heads thanks to her amazing body transformation.

But now that Holly's *This Morning* co-host Phillip Schofield appears to have also lost weight, it's prompted speculation that they're locked in competition to be the slimmest.

When Phil, 55, recently posted a photo of himself backstage at ITV's *Dancing on Ice* wearing a grey turtleneck top and slim-fit suit that showcased his slender physique, fans asked whether he and Holly, 36, are in a diet war.

One said, 'Is he going into competition with Holly as to who can be the skinniest?' 'Same diet as Holly?' another asked. 'You're losing more weight than Holly Willoughby,'

a third added. Others commented that Phil's picture looked exactly like the photos of the outfits Holly wears to present *This Morning* that she posts each day. 'You and Holly in competition for outfit of the day... strike the pose!!!!' one wrote. While another described their snaps as the 'war of the poses'.

Even the pair's close friend, TV presenter Davina McCall, commented

**'Fans have described Phillip as too thin'**

on the similarity between the two, saying, 'Well, u r giving Holly a run for her money there!!!'

Yet, while Holly has mostly been receiving compliments on her

leaner look, *This Morning* fans have aired their concern at Phil's shrinking body, describing him as 'too thin' and asking if he has changed his eating habits. And although Holly

has remained tight-lipped about how she has dropped the weight – thought to be thanks to a combination of healthy eating, Pilates and boxing – Phil recently let slip his diet secrets to *Woman's Own*.

## Secrets

In an exclusive chat, Phil told us he has recently ditched the 5:2

Holly's been attracting compliments



Holly and Phil snack during the show

diet, where you eat 600 calories two days a week. He explained, 'I did the 5:2 and shrunk my stomach down. I love food but I don't have a massive appetite.'

Revealing more about his eating habits, the dad-of-two said, 'Three

Scrubbing up beautifully for *Dancing on Ice*





Backstage and looking sharp!

**'Phil and Holly race each other to the studio!'**

slices of toast are delivered. Then I don't eat very much. I might have a bite of something but I don't really do three meals a day. I have a taste of the food that's made on the show but that will last me until it is time for supper.'

**Competitive**

Phil, who recently revealed he enjoys weekly Pilates sessions at home, as well as workouts on his stationary bike, continued, 'I exercise – not excessively and not as much as I should.'

But it sounds like he and mum-of-three Holly get an active start to the day, as they race each other to the studio!

He confessed, 'We walk into the studio, normally together – it's a bit of a race as to who gets in first. Holly sees it as a bit of a competition, I'm happy for her to have it.'

But will Phil be as happy if Holly is crowned the winner of their diet war? Only time will tell. ●



# Showbiz's most expensive divorces

As Ant McPartlin is set to give Lisa a £31m divorce, we look at some other pricey separations!



## Ashley Cole & Cheryl

Following allegations that the footballer cheated on Cheryl, the pair called it a day in 2010, after nearly four years of marriage. It's thought that they settled on a 50/50 split of their assets.

## Ingrid & Chris Tarrant

After the *Who Wants to Be a Millionaire* host's alleged affair, Ingrid and her former husband endured an 18-month divorce battle. The couple finally settled and Ingrid left with a nice sum of £12.5 million in her pocket.



## Guy Ritchie & Madonna

The Material Girl and director husband Guy both had rather impressive incomes to start with, but it's thought Madonna dished out an estimated £50 million when they ended their eight-year marriage in 2008.



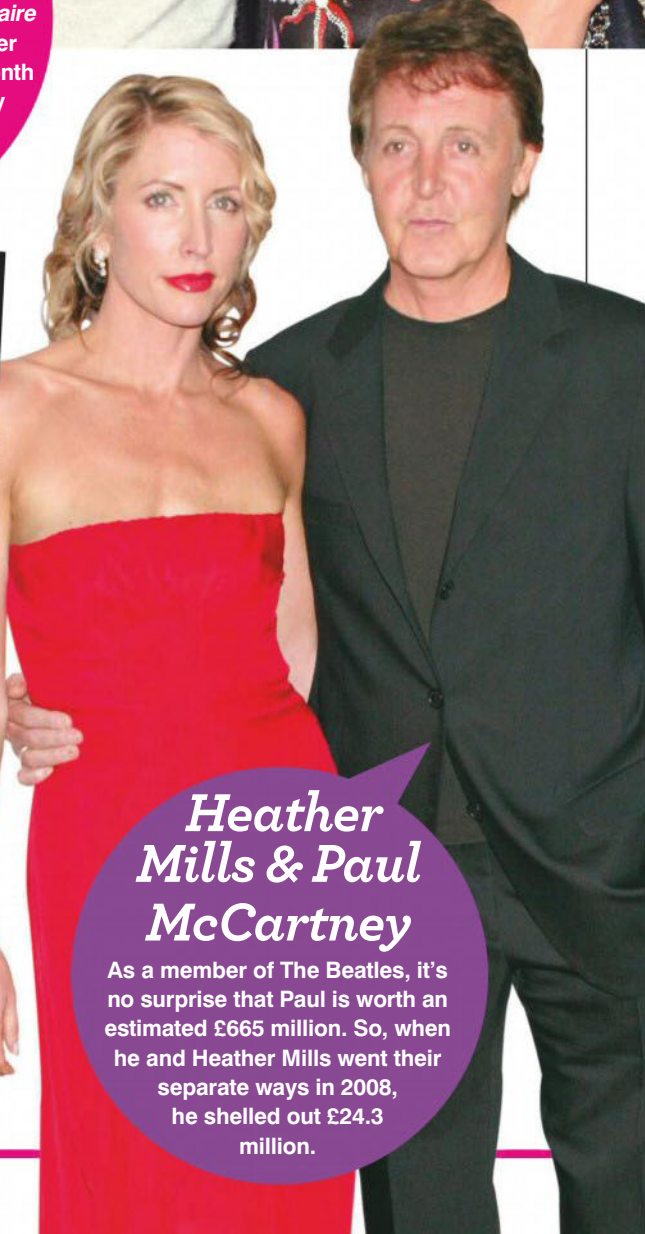
## Ronnie & Jo Wood

They were married for 24 years, but when the couple decided to call it quits back in 2009, Jo was given a healthy sum of £6.5 million from the Rolling Stones rocker.



## Heather Mills & Paul McCartney

As a member of The Beatles, it's no surprise that Paul is worth an estimated £665 million. So, when he and Heather Mills went their separate ways in 2008, he shelled out £24.3 million.







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Woman's Own  
**Sally  
Lindsay**  
exclusive

# 'I wouldn't go back to Corrie!'

**S**ince her days on the Corrie cobbles, Sally Lindsay, 44, has been a regular on our screens and this week she's back on the box with BBC daytime drama *Moving On*. Here, the down-to-earth star chats raising her seven-year-old twin sons Louie and Victor with her husband, drummer Steve White, joining the gym and famous friends



**Tell us about your role as Cath in *Moving On*...**

It was a lovely little bit of drama that seemed very light on the surface but was quite dark. Cath and Debs [played by Sarah Niles] are best friends from school, who live opposite each other, go to Weight Watchers together and to bingo straight after. The deal is that every time they win at bingo, they share the winnings, but when Cath wins the £46,000 jackpot, her husband, who is played by Shaun Williamson [Barry Evans from *EastEnders*], convinces her not to split it with Debs. You have to see what happens to their friendship...

**Are you into weight-watching and healthy eating like Cath?**

I have my cholesterol checked and eat green veg and use a cholesterol-lowering spread, but you just know when you've eaten too much. I cook from scratch – I was brought up in a working-class household where fast food was too expensive. I think clean eating is nonsense – your liver and kidneys clean all that for you. It's just a multimillion pound industry to take your money. I started going to the gym last month too, but don't get excited – I like to start as I mean to go on, but...

**Georgia Taylor recently returned to *Corrie* as Toyah Battersby. Would you want to walk the cobbles again?**

They haven't asked me, because they probably know what the answer would be. *Corrie* was a brilliant place and I loved it, but I left so long ago, it seems like a different



With former *Corrie* co-star and friend Suranne Jones



On a night out with Alan Carr

lifetime. There's nothing wrong with going back, but I'm happy on this side of the fence.



Pulling pints as Shelley in *Corrie*

**You and your former *Corrie* co-star Suranne Jones created *Scott & Bailey* together.**

**Did you give her advice on being a mum now she has a son? Do you hang out? Absolutely!**

You need your mates around you when you have a new one and she's played a blinder as a mum. We meet up with our kids sometimes. My boys love him and little ones love older kids. It's nice to get the kids



Sally with husband Steve and their twin sons

**On good friends**  
**'Alan and I did stand-up together!'**

together and not talk about work. We're also always trying to cook up new TV ideas, but not on a family day!

**When was your last big night out?**

Steve and I recently went to the big panto in Canterbury – it was a sort of work do as well – and had a few drinks afterwards, so we turned it into a date night. We hadn't had one for ages – our kids are our priority and we find we're falling asleep on the sofa at half nine, so we thought, 'This is silly. We need to go out sometimes,' so we've booked in another date night.

**What's the secret to your 14-year relationship with Steve?**

I think we've always understood each other. I've just finished doing panto in Dunstable, so he had to take less work then and now he's back on fire. So it's like a seesaw. Steve makes me laugh, he's ace and he's my best friend. I adore him and I don't know what I'd do without him. He's brilliant at presents – he'll buy me something I said I liked six months ago. That's mental – I'm rubbish at presents!

**Why haven't we seen you on a reality TV show?**

Because work takes me away from the boys, so if it isn't a brilliant drama or comedy, I won't do it. A reality show would just be me showing off and that's not good enough when your kids are asking, 'Where are you, Mummy?' I'm bringing up two men to be feminists, who know that women work, that Mummy and Daddy both work, and me going out to work is not a problem.

**Who would be at your ideal dinner party?**

My amazing friends, some of whom are famous, like Gok Wan, who designed my wedding dress, and Alan Carr. We've known each other for years – we did stand-up together. ●

**5 things you never knew...**

- 1 Sally is super flexible and can do the splits.**
- 2 The actress was originally picked to play DC Janet Scott in *Scott & Bailey* but her pregnancy meant that she handed the role to Lesley Sharp.**
- 3 Her biggest career regret is turning down *Stars In Their Eyes*.**
- 4 In 1980, aged seven, Sally had a Christmas No. 1 single, *There's No One Quite Like Grandma*, with her Stockport school's St. Winifred's Choir.**
- 5 Sally used to be a stand-up comedian, before swapping to acting.**

● ***Moving On*, 5-9 February, 2.15pm, BBC1 and BBC iPlayer**



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# Richard Arnold

The showbiz expert with all the goss just for you

## Hello, Dolly!

Corrie's Dolly Rose Campbell reveals all about her knight in shining armour!

**So there's heartbreak for Gemma on the cobbles this week?**

Chesney overhears Henry chatting with his friends in the bistro that the pair of them had a bet to see which of them could get the 'chavviest' girlfriend and go out with them for the longest, and of course he tells Gemma.

**She must be gutted! But then Chesney wades in...**

He is very angry at Henry and knocks him out, which impresses Gemma. He's her knight in shining armour.

**Is there a spark between them?**

They are just good friends. They're always going to stick up for each other – I don't think there's anything more than that. Mind you, it is Weatherfield, so you never know!

**Gemma is irresistible – do you love getting transformed into her?**

I do! She's not like me at all. I chat with Wardrobe about her clothes. One



of the things I wanted was that they were just that little bit too small for her... and bright and extravagant!

**How are you finding being part of such a huge show?**

It is life-changing and I'm very grateful to be doing a job I love. I think there's so much more to Gemma. I love the little bits that keep getting revealed about her background. ●



Henry has some explaining to do...

## Wait... Ivana selfie

The last time I met the original Mrs Trump was in the 90s at a lunch with Shirley



Eternally glam – on the right

Bassey, among others. Then a mere infant, I likely sat there slack-jawed and dribbling. The same is often said of me at star-studded lunches now, but that's just my age.

## Ice gems?



Snow wonder I got his drift!

Ned Porteous, who plays Emmerdale cad Joe Tate, is all smiles in real life – but what if he hadn't caught the acting bug? 'I'd have done something like teaching snowboarding,' he tells me. I feel the same about my lapsed figure-skating career.

## Life of grime



But who will carry the poop bags?

Rapper Big Narstie caused a sensation when he came into GMB. I asked him if he'd help me do the BRITs red carpet this month. 'As long as I can bring my dog, too,' he said after meeting Clemmie at the studio. Best offer of a double date yet, then, for me and my pooch!

IT'S A SUGGS LIFE!

Clemmie cosies up with the Madness frontman in 'our house'.

## Instagram of the week...

A pre-makeup shot with my untamed bouffant! Not my best look for awards season!



It must be love

**Clemmie Cam!**

She's my access-all-areas pet pooch





# Did my night out

# kill our baby?

*Winnie Darkes only wanted to have fun – but now she's haunted by guilt...*

**S**eeing my son in an incubator, covered in wires, I felt the tears well in my eyes. I thought my instinct would be to scoop him up in my arms, instead I backed away. You see, while my son fought for his life, I knew it was all my fault.

Back in September 2015, already a mum to Skye, then three, Lexi, two, and Logan, two months, my partner, Lee, and I decided our family was complete. So, I went to the GP to get the contraceptive injection. 'It's over 99% effective,' he assured me.

## Strange side effects

But, two weeks later, I woke up one morning and had to run to the bathroom to be sick. At first, I thought it was a bug, but for the rest of the week, I was constantly dashing to the loo and I was so exhausted, I could barely muster the energy to breastfeed Logan. 'I haven't felt like this since I was pregnant,' I moaned

to Lee. As my words hung in the air, my gaze met Lee's – was I pregnant again?

Confused, I went back to the GP. But he explained that my body was simply adjusting to the new injection.

**'I hadn't drunk alcohol for months'**

Back home, the sickness continued, though, and by January 2015, I'd started suffering bladder weakness, too. The doctor said it was normal for a mum of three, but I was so down. I was only 28, and felt like an old woman.

I was sure nothing would lift my mood, but two months later, my friend, Zara, had an idea. 'Let's have a night out!' she said. I was still on maternity leave from my hairdressing job and hadn't drunk alcohol for months. But Zara, was insistent. 'I'll see you later,' she winked.

Lee said I deserved a night off, too, and as I got ready, I was excited. I



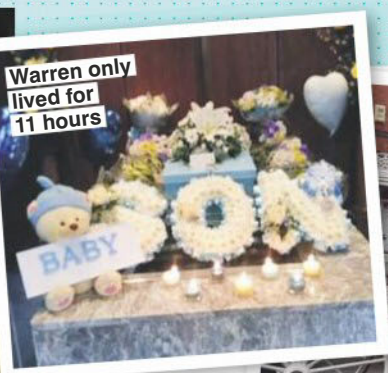
**Winnie hadn't had a night out in months**

slipped into my party dress and, though it felt tight, I assumed it was leftover baby weight.

Leaving the kids with Lee, I met Zara. The night passed by in a blur of out-of-tune singing, questionable dancing, and too many glasses of wine. When I stumbled home in the early hours, I had a smile on my face. Zara was right, I did feel better.

Only, as I collapsed into bed, I felt a strange sensation in my tummy. With Lee sleeping beside me, I tried not to wince as I peeled back the





replaced by fear. I thought back over the last few hours – drinking, flinging myself across a dance floor. What harm had I caused? And, the nurse's face suggested she shared my concern. 'You need to go to the maternity ward,' she said.

Zara went to watch the kids while Lee raced to join me. And a scan the next day showed I was 24 weeks pregnant. It didn't seem possible. And then they explained my supposed weak bladder was actually leaking amniotic fluid. 'You'll go into labour soon,' a doctor warned.

I was terrified. All I could do was stay in hospital, on the steroids that would encourage my baby's lungs to develop.

It was almost three weeks later, on 22 March 2016, that I woke in pain and knew my baby was coming. That afternoon, I gave birth to a boy, Warren, weighing just 2lb 1oz. He was immediately taken to the neonatal unit.

It was nine hours before I saw my son. He looked so fragile. As I stared at him, I felt so guilty. I was sure it was all my fault.

**'My son was dying and I was to blame'**

**Unbearable pain**

Nurses kept us updated and when they said he'd had a heart attack a

thought kept replaying in my head – my son was dying and I was to blame.

And just a few hours later, he had another heart attack. Only this time there was no bringing him back. At just 11 hours old, he passed away.

The pain was like nothing I'd ever felt. The sound of my screams filled the room, and I collapsed into Lee's arms. My darling boy had never even had a chance at life.

For three days, I stayed with

Warren in the bereavement suite. I tried to treasure those final cuddles and we took photos but I kept thinking how I'd robbed my older children of their little brother.

Doctors explained Warren's death wasn't my fault – my waters had ruptured early, before I'd even had my night out. But I kept wondering if I'd stayed in that night, would my son have had a fighting chance?

Lee tried to reassure me I wasn't to blame. 'How were you to know you were pregnant?' he kept asking. But I spiralled into depression. One morning, I even emptied a bottle of painkillers onto the kitchen table. Would it be easier to just end it all?

But then I thought about my other children. How could I hurt them so badly? And, when I told Lee, he urged me to go to the GP, who referred me to a counsellor. Thanks to her, I've learnt to cope with my guilt – but I know it'll stay with me forever.

Every mother will know the love you have for your child is all consuming. But losing Warren has shown me how deep that love truly is. Saying goodbye to him was most traumatic thing that's ever happened to me. But, while I couldn't keep him safe while he was growing inside me, I'll make sure I keep his memory alive. I won't fail him again.

● Little Heartbeats promotes awareness of preterm pre-labour rupture of membranes. For more info, visit [little-heartbeats.org.uk](http://little-heartbeats.org.uk)

covers. But as I looked down, there was blood on the sheets. I immediately thought of the injection. With all the other strange side effects, I assumed an irregular period was just another to add to the list. So, I crept out of bed, and went to the bathroom.

Only the bleeding didn't stop. Soon, Lee was knocking on the door. 'I need to go to hospital,' I told him.

**Shock news**

Not wanting to worry them, Lee stayed at home with the kids, and I called Zara, who drove me to hospital. Two hours and a few tests later, the nurse had some answers. 'You're pregnant,' she said.

Pregnant? I'd been told that was impossible! But then I thought of the sickness, exhaustion and weight gain, and it all made sense. For a moment, I felt excited. But then my elation was

**Winnie treasures her final photos with Warren**

**She's staying strong for her other children**





# Woman's Own Who wore it best?

Which celebrity nailed the latest look?

This week's trend is  
**stripes**



## Annabelle Wallis, 33

Star of *Peaky Blinders* and *The Mummy* opposite Tom Cruise, Annabelle stuns in sequined stripes – who doesn't love a bit of sparkle?! And the rose embellishment works too.



## Selma Blair, 45

Selma proves a striped statement skirt matched with a plain black top is the way to go.



## Meghan Markle, 36

We already know this royal-to-be regularly kills it in the style stakes, and this striped ensemble is no exception. Take the crop out of her top and suddenly it's a look we can all wear too!

Our fave look





**Cate Blanchett, 48**

We're head over heels for Cate's red carpet number. The colour combinations work a treat, and the lattice-look top hugs her slender frame to perfection.



**Ruth Wilson, 36**

Red carpet regular Ruth gives a Grecian silhouette an edge with multicoloured stripes, and we're even loving the butterfly motifs on the straps.



**Paris Hilton, 36**

Paris has never shied away from going OTT, so when she does stripes she does stripes! Still looks elegant though right?



**Fashion Ed's tip**

It might work for the red carpet, but all-over stripes are a bit much for everyday wear

**Claudia Schiffer, 47**

Hmm... This stunning supermodel is usually up there with the best-dressed, but we're not convinced about the 15 deniers, monochrome and mesh in this look.



# Chic for your shape

*Flattering clothes and accessories to help you feel great, whatever your size!*

## Up the volume

Balance out a smaller frame with a bold sleeve. Avoid this style if you are top heavy as it will result in you feeling bigger than you are.



£18, sizes 8-22, Nutmeg at Morrisons



£28, sizes 8-24, V by Very



£49.99, sizes s-l, Mango



£22.99, sizes 8-20, New Look



£32.99, sizes 8-24, Bon Prix



Top, £18, jeans, £16, both sizes 6-26, George at Asda



## Shift focus

Statement earrings are here to stay and we're loving this season's bolder designs. They work wonders in drawing attention away from wobbly bits.



Earrings, £9.99, blazer, £34.99, sizes 8-20, both New Look



£15, Butterfly by Matthew Williamson at Debenhams

£12.99, Mango

£8.50, Next

£16, Oliver Bonas

£45, John Lewis



Coat, £34.99, sizes 8-20, New Look Tall



Tired of your trousers being ankle swingers? Choose clothing that has been designed with your height in mind to get the best fit.

Jumpsuit, £68, sizes 6-22, Next



Dress, £26, sizes 8-18, Topshop Tall



Jumper, £24, sizes 6-22, Dorothy Perkins Tall

Available in XL length



Jeans, £40, sizes 8-18, Next



Top, £55, trousers, £55, sizes 8-24, shoes, £60 all Long Tall Sally

## Take wide strides

Hide your thighs in this flattering style of trouser. A high-waisted style will even give you the illusion of being taller.



£39.50, sizes 6-22, M&S



£45, sizes 18-28, River Island plus



£49.99, sizes s-l, Mango



£45, sizes 6-22, Next



£45, sizes 6-18, River Island



Jumper, £39.99, trousers, £39.99, both sizes s-l, Mango



# 6 tricks to healthier hair

More than 70% of us are unhappy with our crowning glory. Boost your confidence with these volumising buys to target hair loss and thinning



## Thicken up fine hair

As we age, our hair follicles get smaller and this causes your hair to appear finer and thinner, particularly around the front hairline and crown areas. Give your locks a boost with daily volumising treatments to temporarily thicken the hair shaft. We like **Nanogen Hair Thickening Shampoo, £7.95**, and **Conditioner, £8.95** ([nanogen.co.uk](http://nanogen.co.uk)), which contain ingredients to speed up hair growth as well as peptides to thicken up thinning strands.



## Speed up hair growth

If stress, ill health or poor diet have taken their toll and your hair feels lank and thin, nourish it from the inside with a hair supplement such as **Viviscal Maximum Strength (£49.95, Boots)**, which contains vital nutrients such as biotin and zinc, to help healthy hair growth.



## Protection perfection

Off on a winter holiday? White and grey hair has no pigment, so it's just as vulnerable to sun damage as your skin. To stop delicate strands getting damaged from sunlight, use **Wella SP Sun UV Spray (£18, [feelunlike.com](http://feelunlike.com))**, a non-greasy, leave-in protector containing UV filters to protect the hair from environmental damage.

## Caffeine hit

Just like your morning cuppa revs you up for the day ahead, caffeine has been proven to help give your barnet a boost, too. Hair loss can be a problem when the menopause hits, but **Plantur 39 Phyto-Caffeine Shampoo, £9.75**, has been proven to reduce it by harnessing the stimulating compounds found in coffee, getting them to the root of the hair to energise growth and protect from premature hair shedding.



## Treat your scalp

You can't have healthy hair without a healthy scalp. Detox the scalp at least once a week with products that gently cleanse, purify and stimulate – look for a formula that contains salicylic acid or fruit acids. **Grow Gorgeous Scalp Detox, £28**, [growgorgeous.co.uk](http://growgorgeous.co.uk), contains pomegranate fruit enzymes to melt away dead skin cells and remove product build up to encourage thicker, healthier hair growth.







### *Quick-fix hydration*

Just as our skin can get dryer as we reach the menopause, so can our hair, making it feel more brittle. But instead of costly treatments, replace lost moisture naturally. Just coat your strands in olive oil, pop on a shower cap to avoid ruining your pillowcase and sleep in it for luscious locks after shampooing out the next morning.

### *Get expert help*

Hair loss can be caused by lots of things, ranging from constant heat styling, as well as colouring with harsh chemicals, some medication and underlying medical problems such as diabetes or a thyroid problem. Before you do anything about your hair loss, consultant trichologist Iain Sallis advises you get a proper diagnosis from your GP, dermatologist or qualified trichologist. 'This way you won't spend money on products that may or may not help.'



# Your beauty month

Cheer up February with our round-up of tricks, treats and clever tips for every day of the month



## Cold weather protection

Treat your skin to a new day cream that will stop the big freeze playing havoc. We love the intensely hydrating **IT Cosmetics Confidence In A Cream**, £38, [itcosmetics.co.uk](http://itcosmetics.co.uk). In mere days, you'll be looking dewy skinned and fresh once again.

## Dew drops

A flash of golden highlighter works wonders on dull February skin. **Dot MakeUp Revolution Liquid Highlighter Luminous Gold**, £6, **Superdrug**, onto cheekbones and blend towards your hairline to give your skin a lift.



## Build up your lashes

Celebrate the end of Dry January by getting 'on the lash' with **Maybelline Falsies Push Up Drama Mascara**, £7.99. It'll lift and open up your eyes and layer up a few coats for a flutter that's worthy of a night out on the razz



## Mani moment

Ice cream hues are the biggest nail trend this spring and will add a splash of pretty colour on a dull February day. We love **Barry M Candy Culture Nail Paint** in Raspberry Sherbet, £3.99.



## Moisture boost

Load up on moisture, even in the shower, with **Sanctuary Spa Shower Burst 3 Day Long Lasting Moisture**, £7, which gives your skin enough hydration to last three days.



## Luscious lips

Brighten your day with a slick of crimson lippie. It will give you a confidence boost and make you feel ready to face anything.

## Pretty feet

Start getting your feet ready for spring. Each night slather on a nourishing foot cream and then pop on a pair of clean socks to help the cream sink in and soften hard, callused skin.



## Beauty sleep

Dive under the duvet early for a bonus hour of beauty sleep. And slather on **Mavala Skin Vitality Sleeping Mask 'Baby Skin' Radiance**, £21.75, [lookfantastic.com](http://lookfantastic.com), to brighten your complexion while you dream.

## Brush up your act

Dirty make-up brushes harbour bacteria that, when smeared into your face can cause irritation and breakouts, so wash them in **Real Techniques Deep Cleansing Brush Gel**, £7.50, to dissolve make-up.



## Up your brow game

You can't beat **Benefit Goof Proof Brow Pencil**, £20. We love the angled tip and the brush on the end, which helps blend the pencil through for a more natural look.



## Try a glow-dation

The latest foundations are designed to give your skin a dewy finish. Try **Clinique Even Better Glow Light Reflecting Makeup SPF 15**, £27, which includes salicylic acid to remove dull skin and boost radiance.

## Cool it

Try turning down your shower by a few degrees. Not only will it make you feel more awake, it will stop your skin from getting so dry. Hot showers strip your skin of moisture and leave it prone to irritation and damage.



## Cheat a glow

If your New Year health kick has died a death, you can still fake that post-workout glow. Mix a little **Cover FX Custom Enhancer Drops in Candlelight**, £34, [beautybay.com](http://beautybay.com), in your foundation for a dewy, fresh, just-had-a-run complexion.



## Tone up

Revive your hair colour with a toner. It'll boost shine and intensify fading strands. We love **Infuse My Colour Wash**, £13.95, **Boots**, available in five different shades.

## Wide-awake eyes

Perk up tired, bloodshot eyes with a flesh-coloured kohl liner drawn into the water line of your eye. Simple!



## Skin detox

Double-cleanse before bed for clear skin. Swipe a cotton pad soaked in micellar water over the face and neck to dislodge dirt and make-up. Follow with a balm cleanser like **The Body Shop Camomile Sumptuous Cleansing Butter**, £10, which you should remove with a muslin cloth for clean skin.

## Tan time

A faux glow is always a good idea, even if the weather is lousy. We have tried many fake tans and think **Bondi Sands Liquid Gold Self-Tanning Dry Oil**, £9.99, **Superdrug**, is the best for streak-free, golden colour.



## Eye spy

Winter can make your eyes look older. The cold weather sucks out moisture, emphasising any lines and wrinkles. Hydrate with an eye cream containing hyaluronic acid to help leave skin feeling nourished. We love **La Roche-Posay Hydraphase Intense Eyes**, £11.25.



## Self love

On Valentine's Day, treat yourself to a relaxing bath. A few capfuls of **Radox Feel Relaxed Bath**, £1, in some warm water will leave you feeling chilled out and refreshed and your skin nourished, too.



## Massage

Fastest look-younger trick we know? Giving your face and neck a gentle massage when you apply your skincare. It boosts blood flow to encourage a healthy glow as well as stimulating the lymph which helps get rid of puffiness and any spots causing toxins, too.



## Treat your hands

For a manicure in minutes try **Beauty Kitchen Inspire Me 60 Second Manicure**, £9.99. Just massage into hands and nails for 60 secs and then rinse. Your hands will be silky soft and rough dry patches will just melt away.



## Pop a pill

Probiotic skincare is making waves in beauty, so try taking a daily probiotic supplement like **BioKult**, £9.49, **Boots**. It can treat breakouts, inflammation, lines and wrinkles, too.

## Brighten up your smile

Before you have a costly whitening treatment, swap your toothbrush. Going from a manual brush to electric – we love **Oral-B Genius 9000 Electric Toothbrush**, £89.99 – will lift stains and brighten teeth in a matter of weeks.



## Beat the breakouts

Do you suffer from hormonal breakouts? Try swapping your cleanser to one that contains glycolic acid like **Nip + Fab Glycolic Cleansing Fix**, £7.95, to help unclog pores and stop spots from forming.



## Strobe your hair

You've heard of strobing, where you highlight parts of your face. Did you know you can strobe hair, too? You place highlights where the light naturally hits to emphasise features like cheekbones.

Try **Garnier Nutrisse Crème Multi-Lights Kit**, £5.79, **Superdrug**.



## Love your neck

Don't forget to extend your day and night cream application down to your chest. We all tend to neglect it but it's one of the

first areas to show damage and ageing as there are fewer oil glands here than on your face.

## Frizz fighter

Treat hair once a week to a deep-conditioning treatment to replenish lost moisture, which tends to get depleted from things such as central heating and cold winter air. Try **L'Oréal Elvive Extraordinary Oil Coconut Hair Mask**, £5.09.

## Clean sheets

Sheet masks are the easiest and fuss-free way to give your complexion a boost. **Skin Laundry Hydrating Radiance Facial**

**Treatment Mask**, £10, **feelunique.com**, blends vitamins and oils to plump lines and wrinkles and detox the skin.





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£27.99, New Look



£19.99, H&M



£22, F&F at Tesco



£19.99, Zara



# ENERGY DRINKS

## Do you really know what they're doing to your kids?

Think they're a harmless after-school boost? Then think again...

**W**ould you let your kids guzzle two cups of coffee for breakfast, followed by 16 teaspoons of sugar?

This is what millions of children are effectively doing with just one energy drink.

Up to two-thirds of teens and a quarter of under-10s have drinks such as Red Bull and Rockstar, a European Food Safety Authority study found.

And with some at 25p – much cheaper than a Coke or bar of chocolate – these tins are the new pocket-money favourite.

### 'Akin to drugs'

Jamie Oliver believes the drinks are 'akin to drugs,' and is leading calls for a ban on sales to under-16s. The dad-of-five said, 'If the industry is telling us their products are "not recommended for children" on the cans, why can kids buy them?'

Teacher union NASUWT also called for a law change. But many parents are oblivious to their children's addiction, as youngsters buy the drinks on the way to and from school.

We asked three mums to record what happened when their children consumed just one energy drink at home under their watchful eye.

The results were shocking...

The girls see their active dad using energy tablets



## 'Both needed the loo, bickered and got chattier'

Vanessa Holburn, 48, from Reading, Berkshire, is mum to Cassie, 11, and Tula, nine. They tried Pink Bolt Zero, 250ml (33p) and Lucozade, 380ml (50p).

We're an active family – and the children regularly see my husband add energy tablets to water.

I've also had these products in goody bags after sports events and they've asked if they can have some. My answer has been no – because kids have enough energy.

They were thrilled to try the drinks, but within an hour both needed the loo badly. They didn't feel

**'They were thrilled they got to try them'**

energetic, they said, but got a lot chattier. There was bickering and singing – but that's normal.

I wonder if Cassie's large heart-rate drop was the 'crash' we expect after a sugar high. Her blood pressure rose. Tula's heart rate was the same and her blood pressure dropped a little.



**Cassie, 11 (Pink Bolt Zero)**

**Before**  
Blood pressure: 73/62  
Heart rate: 89  
**After**  
Blood pressure: 83/61  
Heart rate: 57



**Tula, nine (Lucozade)**

**Before**  
Blood pressure: 80/60  
Heart rate: 89  
**After**  
Blood pressure: 79/53  
Heart rate: 89



# 'I thought she was going to die'

Rebecca Jane, 32, from Clitheroe, Lancashire, is mum to Paris, 11, and Peaches, five. They tried Monster Energy, 500ml (79p) and Red Bull, 250ml (95p).

'Oh good God, I think I've killed my daughter.' That was my reaction when I took my 11-year-old's blood pressure and heart rate 20 minutes after giving her an energy drink. I was mortified.

I will be the first to admit I once had an addiction to Red Bull. I could drink six cans a day. I didn't think they had any effect on me, and my daughters saw it as normal.

Peaches isn't the most healthy child, being overweight. Paris is the opposite, exceptionally healthy and very active. They were both excited to

try their first energy drink in the name of research.

Both children sat there doing nothing – so watching the levels

rise was traumatic. The highest readings came between 20 and 35 minutes after consumption. I had severe concerns, and if they had gone any higher I was ready to march them to a doctor.

I was expecting the children to be bouncing off the walls. But, bar giddiness from both over the look of

**'They're not allowed more – my nerves won't take it'**



**Paris, 11 (Monster Energy)**

**Before**  
Blood pressure: 106/65  
Heart rate: 62  
**After**  
Blood pressure: 130/79  
Heart rate: 99



**Peaches, five (Red Bull)**

**Before**  
Blood pressure: 89/60  
Heart rate: 87  
**After**  
Blood pressure: 111/72  
Heart rate: 110



**The girls' blood pressure spiked, despite being inactive**

trauma on my face, they seemed perfectly normal. That concerns me most. If I hadn't monitored the findings I would have had no idea. I would probably have let them do it again.

Thankfully, Paris hated the taste.

Peaches only liked the smell, which she described as like 'seaweed'. This meant they were more than happy when I told them they will never be allowed another. Their young, underdeveloped systems and my nerves simply couldn't handle that again.

# 'He was flushed and tingling'

Claire Dunwell, 39, from Wakefield, West Yorkshire, is mum to Sam, 11, and Louie, seven. They tried Asda own-brand Blue Charge, 250ml (25p) and Rockstar Revolt, 500ml (89p).

It's 9am and Sam and Louie think I've lost the plot when I swap their glass of milk for an energy drink. Fizzy pop is usually out of bounds.

I start early or they'll be bouncing off walls come midnight. Sweet-toothed Louie guzzles his Rockstar in minutes, but Sam pulls a face at the Asda brand. It smells like Red Bull and turns my stomach, but I'm not surprised kids get hooked on the sickly-sweet taste.

Sam's cheeks flush and he says his body is tingling. After an hour, his heart rate has gone from 81 to 95. Louie is chatting

**'I suggest they read to calm down, but they laugh'**

nonstop and struggles to concentrate on his Xbox. When he gets the boxing gloves I usher them outside to burn off energy, but because of the constant noise I suggest they read to calm down, and they laugh in my face.



**Sam, 11 (Blue Charge)**

**Before**  
Blood pressure: 108/65  
Heart rate: 81  
**After**  
Blood pressure: 115/75  
Heart rate: 95



**Louie, seven (Rockstar Revolt)**

**Before**  
Blood pressure: 101/68  
Heart rate: 72  
**After**  
Blood pressure: 111/79  
Heart rate: 87



**Louie couldn't even concentrate on the Xbox**

At 2pm they're so strung out I stick on a DVD and bribe them to chill, promising chocolate later.

Normally laid-back Sam is irritable for the rest of the day. At 8pm, I sigh with relief when they flop into bed, blood pressure and heart rate back to normal.

Sam called the taste 'disgusting', but Louie says, 'I wish I'd drunk it before football – I could've scored more goals.'



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A problem shared

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



Contact Anita

Send your questions to [askanita@timeinc.com](mailto:askanita@timeinc.com) Follow her on Twitter @AnitaNaik Or go to [anitanaik.com](http://anitanaik.com)



# We can't stop arguing

**Q** I don't know what's wrong with us. My partner and I have been married for 20 years. We have two kids and a nice life, but we just can't stop arguing. We've always bickered as a couple, but over the years, this bickering has turned to constant arguments about the same things (the house, chores, our social life), which leads to stand-offs and days of not speaking. It's a horrible way to live and I feel exhausted by it.  
**Anne-Marie, 47, Essex**

**A** If you're arguing all the time about the same kinds of things, you need to think about what's really behind all the conflict. What are the common triggers for your fights and what does it all point to? Resentment, misunderstandings and feeling let down in some way are all common areas of conflict for couples.

What's important is to find a way to deal with these issues, rather than bringing them up over and over and hoping things will change. What can help is speaking to a mediator who is trained in this area. You can chat live to a marriage counsellor at Relate – visit them at [relate.org.uk](http://relate.org.uk).

**they have been calling her names and sending her 'jokes' on WhatsApp. I deactivated her account, but I don't know what else to do. She doesn't want me to approach the school. Name and address withheld**

## They're picking on my daughter

**Q** My 12-year-old daughter hates school. When she started secondary last year, she was teased because of her voice (there's nothing wrong with it, though!) I said ignore it. She did, but they carried on. Eventually, she said it stopped, but then I found out that

**A** As with all bullying, it will only stop when you tell someone what's going on. This means discussing what's been happening over the last year with the school. You were totally right to deactivate her account, but to stop these girls, you need to approach it from all angles, especially what might be happening at school. Bullying UK can also advise and help. Visit [bullying.co.uk](http://bullying.co.uk) or call them on 0808 800 2222.

## We've lost the romance

**Q** My husband and I have been married for 14 years. I still love him, but there's no passion. At weekends, he goes out with friends and when he comes back, we watch TV without talking. I hate it.  
**Heather, 42, Staffs**

**A** Everyday life has a way of rubbing the romantic edges off a relationship. That's why it's so important to keep making an effort. Make plans, do something new at the weekend and talk to your husband about how to spice things up.

One in three long-term couples have nothing to say to each other

## 3 ways to... better sex life

### 1 Try the Pillow Couples Intimacy app

This free iOS app promises to rescue any sexless marriage. Voiced exercises guide you through romantic and sexual endeavours, and it gets steamier as the weeks go by.

### 2 Set aside some time for closeness

Scheduling sex, special date nights, or time together might seem like it's contrived and boring, but making it a priority can help you to get your sex life back on track.



### 3 Talk to your GP

The menopause or underlying medical conditions can also result in a low sex drive. Get in touch with your GP if you're worried.

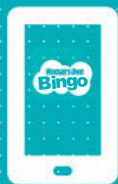
PHOTOS: GETTY, ANITA REGRETS SHE CANNOT ANSWER LETTERS PERSONALLY



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WO6KAD when you join ● Deposit £10 and we'll top it up to £35

**£25  
welcome  
bonus!\***

\*New customers only. Registration required. 18+, UK only. Offer in this issue ends 5 February 2018. Minimum £10 deposit. You must enter the code WO6KAD on registration and accept the Welcome Bonus when you deposit £10 to receive £25 Welcome Bonus to play. 250% Welcome Bonus max £250 bonus. Welcome Bonus must be wagered four times before withdrawals (including, but not limited to, any cash winnings or deposits related to the applicable bonus) from your member account. Wagering requirements apply. The Welcome Bonus will expire within 30 days if not used in its entirety. Cash out restrictions apply. See full T&Cs at [womansown-bingo.co.uk/terms](http://womansown-bingo.co.uk/terms). For 24 hour support, freephone 0800 458 0770. Please play responsibly. BeGambleAware, visit [begambleaware.org](http://begambleaware.org)

**18** gambleaware

PHOTO: GETTY

# You could be a winner too at [womansown-bingo.co.uk](http://womansown-bingo.co.uk)



# Good for you!

## 3 reasons to keep your house clean

Jess Levy, from household appliance retailer SharkNinja, tells us to dig out our rubber gloves

### 1 You'll avoid allergies

'Dust mites live in your home and feed off human skin cells. The dead body parts of these tiny creatures and their "waste" can cause serious allergic reactions.'

### 2 You'll beat the bugs

'Bed bugs might spread in your home if you don't vacuum your mattress. Bed bugs are blood-sucking critters that usually live in bedding, however, if you avoid the vacuum, the chances of them spreading can increase.'

### 3 You'll boost your immunity

'Mould can spread around the home and cause skin problems, respiratory issues and even a compromised immune system.' Find out more at [sharkclean.eu/uk](http://sharkclean.eu/uk).

**90%** of UK dishcloths tested in a Dettol study were heavily contaminated with bacteria. Yuck.

## It worked for me



**Giselle Parker, 41, from Hertfordshire**

'I've been using Blistex Cold Sore Cream (RRP £6.99) for nearly four years. I apply the cream as soon as I feel a tingle and now very rarely suffer from cold sores, after years of having the embarrassment of them appearing at what always seemed the worst possible time. It really is a miracle cream, and I always have one in my bag just in case!'



## Smart swap

### Swap this

Your usual Greek-style yogurt



### For this



Yeo Valley Bio Light, 4 x100g, £2.50, supermarkets

**WHY?** Rich, creamy and organic, these fruity picks are the ultimate guilt-free treat. Not only are they 0% fat and high in protein – but they are also only 65 cals per pot! And with 30% less sugar than the standard range, they are perfect post-work or packed in a lunch box. We love.



## Have you heard about... the new migraine jab?

If you suffer from migraines, you'll know how much misery they can cause. But this is set to change, as scientists have developed a monthly injection called Erenumab, which can halve the number of attacks. 'This is the first drug that has been designed for migraines based on our understanding of what causes it,' says Peter Goadsby from King's College London. 'It's a big deal.' Watch this space!

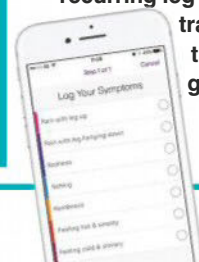
**81%**

of women fear their frenetic lifestyles could lead to health problems, according to new research by Kira Hormonal Balance.

## App of the week

**Medopad Patient Monitoring, free (App Store)**

Launched in conjunction with the Leg Ulcer Charity, this app is designed for the 500,000 people in the UK suffering with recurring leg ulcers. It helps to track symptoms and treatment, plus it's great as an ongoing record to show your doctor.



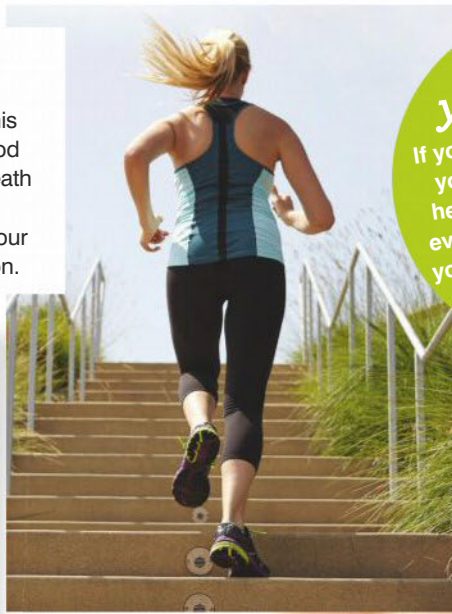


# Can you pass a health MOT?

These simple tests and checks could save your life

## How are your lungs?

Run up two flights of stairs briskly. If you can do this without pausing to rest, your lungs are in fairly good shape. If you experience extreme shortness of breath or have to stop, it's a sign your lungs are suffering some degree of distress, which could be due to your lungs or heart. See your GP for further investigation.



**Did you know?**  
If you're aged 40-74 years, you're entitled to a free health check by your GP every five years to assess your risk of heart disease, stroke, diabetes and dementia.



## Check your iron levels

Hold out your hand, palm up, and push fingers back. Your palm will become pale, but if the deep lines go white too, this could be a sign of anaemia – most commonly caused by a lack of iron in your diet. Ask your doctor for a blood test.

## Heart helper

Find your pulse by putting your middle and index finger on the inside of your wrist. Count how many beats you feel in 20 seconds, and multiply by three for your resting heart rate. A normal resting heart rate is between 60 and 100 beats per minute. See a doctor if your resting pulse is over 100 or below 60, if it skips beats or doesn't keep a regular rhythm.

**Worried about bowel cancer?**

A free screening kit is offered by the NHS every two years for 60-74 year olds, but people over 75 can also request a kit.

## Female health fears – sorted

The Canestest Self-Test for Vaginal Infections, £9.99, gives 90% accuracy to diagnose common vaginal infections, such as thrush. Smear tests help prevent 5,000 deaths a year in the UK\* but many of us still skip them. Women aged 25-64 will be asked to attend a screening every three to five years by their GP (if you had the cervical cancer jab, you only need three tests over your lifetime).





## Manage pain

LloydsPharmacy offers a free Pain Management Service – a one-to-one consultation with either one of the healthcare team or a pharmacist. 'If you're struggling to find medication that works, drug-free alternatives may be for you,' says pharmacist Anshu Bhimbat. 'There are also psychological approaches which can help.'

**Don't forget to...**

Ask your dentist for a free throat exam during your appointment to check for throat cancers.



## The breast check

Despite criticism that the test gives false results, cancer charities maintain mammograms save up to 1,400 lives a year in England alone. An invitation will be sent out for screening when you're 50-53 years old, then every three years until you're 70, but ask your GP at any age if you're concerned.

## Arteries analysis

Lie on your back on a bed and elevate both (bare) legs to a 45-degree angle on cushions. Hold them there for one minute, then quickly hang your legs down over the side of the bed. This checks for peripheral arterial disease (PAD), where arteries that supply the leg muscles become furred up and can cause high blood pressure, high cholesterol and diabetes. If one or both of your feet or legs become very pale when elevated and take several minutes to return to their normal colour, or become bright red when hanging, see your GP.



## Look into your eyes

Pale rings that appear to be around the iris, or yellow markings on your lids could be a sign of high cholesterol. Speak to your GP, who will offer you a blood test. Worried about failing eyesight? You'll be given a free NHS eye test if you're over 60 years (or over 40 with a parent, sibling or child with glaucoma), or if you're diabetic or partially sighted/blind.

## Diabetes danger

It's thought that 549,000\*\* of us could have diabetes without knowing it. 'When identified early, and correctly managed, people can reverse the condition,' says pharmacist Anshu Bhimbat. 'LloydsPharmacy can help you identify your risk by completing a questionnaire and, if necessary, measuring your blood pressure and taking a finger-prick sample of blood to measure your blood glucose level.' If the results indicate you're at risk, you will be referred to a doctor but can use the pharmacists for on-going support.

## Skin worries

Skin concerns, such as eczema, can be assessed with a LloydsPharmacy free skin test. 'With each mini test you'll receive a printout of the scientific results, which detail your skin type and actions you can take to achieve healthier skin,' says pharmacist and skincare expert Jo Carey.

**Trouble hearing?**

Specsavers offers a free hearing test for the over-50s.



# Why I'm fighting to keep my husband's ex alive

*Stepmum Clare Hitchen, 45, tells how a terrible tragedy has led to the deepest bond...*

**T**here it was again, another 'thud' as little Jake – sat behind me in the car – kept kicking the back of my seat. I gritted my teeth.

It was February 2010, and I'd just spent my first weekend with my new partner, Andy, then 41, and his two boys, Joe, six, and Jake, five.

They were typical boys, boisterous, but sweet too. I was so happy when Andy – who I'd been with for two months – had introduced me to them. But it'd been a long weekend, and with work next morning as a student nurse, I was realising that being a stepmum wasn't going to be easy.

In the past, if my own kids, Abbey, 16, and Lewis, 18, had been acting up I'd have soon told them off. But with Joe and Jake, it wasn't my place.

## First meeting

Finally, we arrived at the boys' mum's house in Chester. They clambered out of the car and ran to where a blonde woman was waiting at the front door. It was Andy's ex-wife, Niki.

I pretended to look at my phone. But I was curious. They'd split a few years before, but had been together for eight years. I was feeling a bit insecure. And to make it worse, she looked nice – blonde, pretty and kind.

She smiled at me and I grinned stupidly, suddenly feeling awkward.

As the weeks went on, Andy and I

grew closer. Then, in May 2010 we moved in together in Warrington, Cheshire.

Andy had the boys over every weekend, taking them to football or shopping for Xbox games. In the evenings, we'd settle down to watch a film. When the boys weren't rolling around on the floor fighting each other, they were adorable.

'Can you come and see my football game today?' Joe asked me one Saturday.

'Sure!' I smiled. Only, as we set off in the car, I suddenly realised Niki would be there. Andy sensed my nerves. 'Just be yourself,' he said.

As soon as we arrived, Niki came over. 'Hi!' she beamed, wrapping her arms around the boys. Joe ran onto the pitch and to my annoyance, Andy found another dad to chat with about computers while Jake played with a friend. It left Niki and me alone.

'So...' I started, trying to think of something to say. We spoke about the boys, but I was still pleased when the referee called full time.

In June 2013, Andy and I jetted off to Crete to get married and over the next months, as Joe and Jake grew older, we became more of a family



Clare and Andy got married in Crete in 2013

'She looked nice – blonde, pretty and kind'

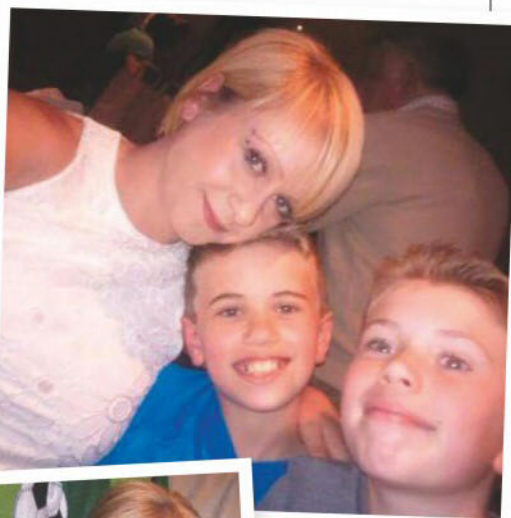
unit. In turn, conversation between Niki and I became less forced.

In March 2014, I gave birth to our own daughter, Olivia. Joe, then 10, and Jake, nine, adored their little sister and when Niki came to pick up the boys for the weekend, she popped her head round the door. 'Oh, can I have a cuddle?' she said, seeing me with Olivia. I smiled. 'I'll put the kettle on,' I said, handing over the baby. And soon, over cups of tea, we were chatting away.

The next few years were happy. But in March 2017, the boys' carefree lives were shattered. 'It's Niki,' Andy said, coming off the phone. 'She has cervical cancer. It's stage two.'

I couldn't believe it. I hadn't even known anything was wrong. We were both just so shocked and the next day, Andy and Niki had the heartbreaking task of telling the boys. But Niki was determined to be positive. 'I'll fight this all the way,' she





**Above: Niki is devoted to her boys Joe and Jake**

showed she was responding well.

When she returned home, I took Olivia, then three, to see her.

Wrapped in a blanket, she looked frail. 'Andy told me the treatment went

well,' I said, sipping on my tea.

She nodded. 'But it's just so much money,' she replied saying how each round cost £50,000.

Then I had an idea. 'We could set up a Just Giving page,' I said. 'That way we can get your story out to everyone. I'm sure people will help.' Niki looked shocked. 'Why would people give me money?' she said. I smiled. 'Because you deserve it,' I replied.

That night, Andy and I set to work on Niki's Just Giving page. 'The treatment is her last chance to see her boys grow up,' I wrote. People might have thought it odd – me fundraising for my husband's ex-wife. But over the years Niki had become so much more to me than that. She was my friend and the mother of my gorgeous stepchildren.

Sure enough, within hours, dozens of people – from relatives to total strangers – had donated.

Niki was so touched and by that November we'd raised £50,000, enough for her to fly out for another round of treatment.

Now, two months on, we're still fundraising and determined to do all we can for her. Niki – and her boys – deserve every chance. She's my family, and I'll do anything to help. ●

● [justgiving.com/crowdfunding/nicola-hitchen](https://www.justgiving.com/crowdfunding/nicola-hitchen) or [facebook.com/Nikistreatmentfund](https://www.facebook.com/Nikistreatmentfund)

told me. I felt such admiration for this brave, incredible woman.

Niki started chemotherapy, moving in with her mum. Andy and I did what we could, offering to ferry the kids to school, having them over more, but in truth we felt powerless. This was so hard for everyone.

### **A turn for the worse**

Then one night, I spotted Jake sitting on his own. 'Are you alright?' I asked. He didn't answer but I gave his hand a squeeze. 'Your mum's going to be fine,' I promised, praying my words would be true.

But seven weeks after her diagnosis, Niki's cancer had progressed to Stage 4, spreading to her lungs. 'The doctors say there's nothing more they can do,' Andy said, horrified.

'Poor Niki,' I gasped. 'But she has to be OK, those boys need her.' Andy explained that Niki and her mum had talked about a clinic in Turkey offering

### **The cancer treatment left Niki so weak**

special chemotherapy treatment called ChemoThermia. 'It's had good results for cancer patients,' Andy said.

It was a lifeline and in July 2017, Niki and her family pooled their savings and raised £80,000 for a round of treatment, flights, accommodation and aftercare.

Niki flew out to the clinic to begin treatment and by October, a CT scan

## **What is ChemoThermia?**

The name comes from chemotherapy and hyperthermia, where the body's temperature is raised to 40°C. The two are applied jointly and separately. This strategy is used to improve results while strengthening a person's body with the goal of eradicating the cancer and protecting it against reoccurring.



# Microwave meals

## in a mug!

These micro meals-in-minutes are the perfect thing for a winter's night, saving you from slaving over a stove



**Tip**  
Try adding some shredded cabbage at the start for a heartier meal.

### Borscht – beetroot and sour cream soup

Serves 1 Cooking time 4mins

Contrast the seductively deep red of fresh beetroot with a white swirl of sour cream – flavoursome *and* easy on the eye.

#### You will need

- ½ clove garlic, sliced
- ½ spring onion, sliced
- 1½tsp olive oil
- 6g celery, diced
- 6g leek, diced
- 6g carrot, diced
- 25g fresh beetroot, peeled and grated
- 1 cherry tomato, diced
- 250ml stock

- 2tsp cornflour
- Pinch of ground cumin
- ½tsp balsamic vinegar
- Fresh dill, sour cream and a pinch of nigella seeds, to garnish

#### How to do it

- 1 Add the garlic, spring onion, olive oil, celery, leek, carrot, beetroot, tomato, seasoning and

2tbsp stock to a mug, combine thoroughly and microwave, covered, for 3 mins.

- 2 Add the cornflour and mix thoroughly, followed by the cumin and remaining stock (to just fill the mug) then microwave uncovered for 1 min.

- 3 Add the vinegar to taste and garnish with dill, sour cream and a pinch of nigella seeds.

**Calories** 16  
**Fat** 8g  
**Sat fat** 11g



# eals...

## Crushed pea soup with feta

Serves 1 Cooking time 7mins 30secs

This isn't a smooth pea purée, but rather a chunky pea soup that tastes fresh and vibrant, with something to chew on!

### You will need

- ½ clove garlic, diced
- ½ spring onion, sliced
- 2tsp olive oil
- Seasoning
- 75g frozen peas
- 185ml stock
- 2tsp cornflour
- 3 chopped fresh mint leaves
- 15g feta cheese, crumbled

### How to do it

**1** Add the garlic, spring onion, olive oil and seasoning to your mug and microwave uncovered for 1 min.

**2** Add the frozen peas and 4tbsp of the stock to your

mug, then microwave, covered, for 5 mins.

**3** Mash the peas as much as you can with the back of a fork – they won't mash to a smooth consistency, but that's OK as this is meant to be a chunky soup. Add the cornflour and the remaining stock, mix thoroughly, then microwave uncovered for 90 seconds.

**4** Finally, stir through the chopped mint and crumbled feta, saving a little of both to garnish.

**Calories** 206

**Fat content** 12g

**Sat fat** 3.5g

### Tip

If you want to turn up the heat, try adding a few chilli flakes for some extra zing!

## Salmon and turmeric soup

Serves 1 Cooking time 1min 45 secs

Such fresh vibrant ingredients, the addition of turmeric gives this soup a subtle earthy note and a beautiful golden colour.

### You will need

- 1 spring onion, sliced
- 2.5cm fresh root ginger, cut into julienne strips
- ½ lemongrass stalk, finely chopped
- ¼tsp ground turmeric
- 1tsp olive oil
- 1tsp sesame oil
- Pinch of dried chilli flakes
- 100g salmon, roughly cut into 2.5cm squares
- 185ml stock
- 1tsp lime juice
- Fresh coriander sprigs, to garnish

### How to do it

**1** Combine all the ingredients except the stock, lime juice and coriander in a mug, then microwave, covered, for 1 min.

**2** Add the stock and lime juice, gently combine the ingredients and microwave uncovered for 45 seconds.

**3** Garnish with the fresh coriander and extra sliced spring onions, if you like.

**Calories** 287

**Fat content** 2 2g

**Sat fat** 3.5g

### Tip

If you are using hot stock, then you may not need to microwave for a second time.



# I lost 8 stone

## and made £200,000!

*A terrifying moment at a friend's wedding told Sonya McAllister, 41, that something had to change...*

**S**weating profusely, I fidgeted nervously in the passenger seat of my husband Liam's car. Ahead, I could see a grand manor house under the blistering sunshine, and dozens of people all dressed up looking fabulous.

Like us, they were going to the wedding and, as we drove closer, my eyes were drawn to the tanned legs of slim women in colourful dresses. I looked down at my outfit – a black, baggy top and dark trousers. I'd hoped these clothes might mask the rolls of fat beneath – at 22st I was the biggest I'd ever been – but of course, they didn't.

### **Panic attack**

'What must Liam think of me?' I thought to myself. The wedding was one of his colleagues' from the care home where he worked. Surely he was comparing me to these beautiful women in their skimpy frocks, wishing he had a partner he could show off? Those thoughts whirred in my head and the more they did, the more I could feel my heart hammering.

'Sonya, are you OK?' Liam asked, pulling the car over. But I could barely breathe. Suddenly, I began to hyperventilate. 'You're having a panic attack,' Liam said. As a nurse he knew exactly what to do. Rummaging in the car, he found a paper bag. 'Breathe into this,' he said. I did as instructed, and as my

breathing slowed, I felt my heart rate ease back to normal. But I couldn't hold back the tears. 'I can't go in there,' I sobbed. 'I'll be the fattest woman there, I always am.' Liam looked at me, distraught. 'I love you no matter what size you are,' he said. But I wouldn't listen. 'Please can we go home?' I asked. It meant having to miss the wedding, and of course I felt guilty. Thankfully, Liam understood and called to say I was feeling poorly. We rang the babysitter, who was looking after the kids, Dylan, then 15, from a previous relationship, and our two, Katie, then seven, and Molly, two, to say we would be back early.

As we drove home, I felt such shame and right then I knew I had to get healthy. It was June 2008, I was 29 and I needed to change. What I didn't know, though, was that it wouldn't just be my body that got an overhaul – but my career too.

### **Stuck in a rut**

I'd been overweight since I was a teenager. By 19, I was 16st and a size 20. At 6ft tall, I felt huge. A single mum to my little boy Dylan, I'd make him healthy meals and then order a takeaway when he was in bed. I knew I was overweight, but I felt stuck in a monotonous routine. Then, when I was 23, I met Liam. I joined the care home where he was a nurse and we soon became friends.

After a year of his flirting, I realised



**Sonya and Liam on their wedding day – she had chosen a dress to hide her size**

I had stronger feelings for him than I'd let on. 'You're beautiful,' he told me one night at after-work drinks. It was the first time in years I'd received a compliment. Liam seemed like

**'I hoped my baggy clothes would mask the rolls of fat'**

the only person who saw beyond the fat. But as we started dating I slipped into bad habits, rewarding myself with cake and doubling my portions.

I told myself Liam loved me for who I was and it didn't matter how big I was getting. Then in 2001, aged 24, we found out I was pregnant. We were so happy, but I took the saying 'eating for two'





Liam and Sonya  
with their girls  
Molly and Katie

far too literally. Liam never mentioned my weight, but soon I struggled to do up the button on my jeans.

After our daughter Katie was born, I was diagnosed with post-natal depression and turned to snacks for comfort. I was now 21st, too embarrassed to undress in front of Liam.

When we decided to get married, I dreaded shopping for the dress. In the end,

I picked one that covered as much of my body as possible, and in February 2008 I walked down the aisle like a nervous schoolgirl. I spent the day feeling so awkward in front of the camera. Still, it wasn't until my panic attack four months later that I decided to take control.

Over the next few days, I only bought healthy ingredients and left out the chocolate, crisps and processed food I'd usually load into my supermarket trolley. The food I started to cook was substantial and tasty, but low in calories and carbohydrates. Within days, I had a newfound energy I'd not experienced in years. I hadn't told anyone my plan, but Liam noticed the change in my mood. 'You look great,' he said.

I went from almost 22st to 19st in six months. I kept slimming, and set myself a goal – 14st.

Friends messaged me on social media, asking for tips. So I started to post photos of me and the food I made. They loved the fact I was losing weight with meals that were tasty and filling. I even set up a new page dedicated to sharing details

of my weight-loss journey. I posted 'before' and 'after' snaps, recipes and pictures of food, and soon I had hundreds of followers.

By the beginning of 2010, I weighed 14st, and when I posted a photo of myself, lots of people sent back their congratulations. 'Why don't you set up your own slimming group? You're an inspiration,' my followers suggested. So I arranged a meet-up for everyone in my online community in a friend's restaurant.

In April 2013, I was stunned when 65 people, some travelling 50 miles, streamed through the door. I shared my story and cooked up a healthy curry to demonstrate one of my recipes. And as a result, We Slim Together was born! 'This is the start of something special for you,' Liam said.

By September 2013, I'd used my savings to open two franchises, and decided to quit my job and run the business full-time. I now have 17

**'I had an energy I hadn't felt in years'**

franchises worth £200,000, employ 11 people and have more than 4,000 members worldwide. The success has meant that Liam and I have even been

able to buy our dream family home.

At the time, that panic attack all those months ago made me feel like my life was ending. But I now realise, instead, it was just the beginning. ●

● For more information, visit [wstcommunity.co.uk](http://wstcommunity.co.uk)

Sonya turned her problems into success



## Sonya's food diary

### Before – 22st

**Breakfast** Coffee

**Lunch** Skipped, just litres of cola throughout the day

**Dinner** Spag bol or Irish stew

**Supper** Crisps, cheese and biscuits, chocolate, Chinese takeaways or chippy teas

### After – 13st 8lb

**Breakfast** Fruit and quinoa, or scrambled eggs

**Lunch** Homemade soup

**Dinner** Healthy chicken curry with rice and veg

**Snacks** Fat-free yogurt, fruit

**Treat** Chocolate, cheese, glass of wine or dessert



**Lose  
5lb in a  
month**

# Easy comfort

*Angela Dowden's plan is full of warming meals to keep you on track*

## What to do

*Simply choose one breakfast (about 300 calories) and lunch (400 calories) daily, plus enjoy one of our easy one-pot recipes for your evening meal. You're allowed a snack of up to 200 calories as well (see our list for some ideas) and should drink 200ml semi-skimmed milk (100 calories) daily too.*

## Why it works

*Our plan is carefully calorie-controlled so you still lose weight, but without passing up your favourite foods.*

## Keep it going

*It's fine to carry on as long as you want. Just stick to the suggested calorie counts if using your own dishes.*

## Lose weight during long cold



### Breakfasts

- 2 large eggs scrambled with a big handful of mushrooms, 1tsp of butter and dash of milk. Half a large grapefruit
- Sachet of Ready Brek Chocolate with 10g chopped hazelnuts and a chopped banana
- Half a wholemeal bagel topped with 30g soft cheese and 50g smoked salmon. Small apple
- Slice of seeded toast with a 20g tbsp of peanut butter. Bowl of berries with a rounded tbsp 0% Greek yogurt
- 50g fruit and nut muesli with 150ml semi-skimmed milk and half a chopped banana



### Lunches

- Bowl of New Covent Garden Chicken & Root Vegetable soup with a slice of toast topped with 30g soft cheese. An apple
- 120g can sardines in tomato sauce on a slice of seeded toast. A banana
- 3 fish fingers in a standard size (60g pitta) with a splodge of ketchup and peas
- Microwaved baked potato (200g uncooked weight) with 120g can no-drain tuna in sunflower oil, bagged salad and 1tbsp. reduced-fat mayonnaise



**Top tip**  
**'To help keep your mood boosted, make sure to choose 1-2 meals of omega-3 rich oily fish a week'**

## One-pot evening meals

### ● SAUSAGE CASSEROLE

For each person, use three 50% lower-fat sausages (e.g. Sainsbury's Butcher's Choice Reduced Fat), a small handful of chopped onions, ¼ can cannellini beans, ½ can



**Approx  
500  
cals**



# Port food diet

days with our tasty and filling meal plan

Approx  
500  
cals



tomatoes and 1tbsp of barbecue sauce per serving. Brown the sausages in a brush of oil in an ovenproof casserole dish. Add the onion, stirring until softened, then the beans, tomatoes and barbecue sauce. Cover and place in a medium oven for 25 mins, or until sausages are cooked through. Serve with broccoli and 40g French stick.

## ● SALMON TRAY BAKE

For each person, use one 150g salmon fillet, 110g cherry tomatoes, ½ red onion, ½ red pepper, ¼ yellow pepper, ½ small courgette and 2tsp olive oil. Chop all the veg apart from the tomatoes and tumble in the olive

oil in a shallow roasting tray. Roast for 20 minutes, then place the tomatoes and salmon fillets on top. Return to the oven for 15 minutes until everything is cooked. Serve with 125g boiled new potatoes.

## ● CHILLI PRAWN PASTA

In a big pan, boil 75g ribbon pasta per person. When cooked al dente, drain and stir through 100g prawns, 50g sundried tomatoes in oil and some chilli flakes to taste (per person quantities) and warm through. Just before serving, wilt through some rocket or spinach.

## ● CHICKEN CASSEROLE

For each person use 150g chopped boneless chicken thigh meat, one spring onion, ½ stock cube, ½ large carrot,

120g potatoes, 1tsp oil and 50g peas. Brown the chicken in the oil in a lidded pan. Stir in the chopped spring onion with the stock cube and enough water to cover. Put in the sliced carrots and potatoes, bring to a simmer. Cover and cook for 25 mins, until the thighs are cooked through. Add the peas, adjust liquid and thicken with flour if required. Follow with 100g raspberries with 2tbsp cream.

## ● EASY LAMB TAGINE

In a pan brown 150g lean chopped lamb and ½ onion per person, add 30g dried apricots, 125ml stock, ½tbsp tomato paste and a pinch of cinnamon and ginger. Simmer for 45 mins. Serve with 2tbsp couscous.

## Treats

Choose one per day

- 1 x 150ml glass of wine and a packet of French Fries
- 30g Cheddar and 100g grapes
- ½ small avocado and prawns
- 80g reduced-fat houmous with carrot sticks
- 25g bag sugar and salt popcorn and a banana
- 1 chocolate digestive, two satsumas and a small apple
- 30g peanut butter on celery sticks





# Take Me Out

## 10th anniversary

*It's responsible for seven weddings and three children! We take a look at some of the success stories...*

**T**ake Me Out has returned for its 10th series, making Paddy McGuinness the King of Dating.

While Cilla Black saw three weddings over 19 series of *Blind Date*, *Take Me Out* is responsible for seven weddings and three babies, with two more on the way. Host Paddy, 44, believes it's

the most successful dating show ever. He says, 'I'm really proud. I met a little girl the other day whose parents were contestants and I sat there thinking, 'This person would not be here if Mum and Dad hadn't met on *Take Me Out*.'

So, who are the couples who found love after the Isle of Fernando's?



### 'What a wife I have! So proud!'

Adam Ryan, 33, had already appeared on *The Only Way is Essex* before he tried his hand at *Take Me Out*. But despite being a reality show regular, things didn't run smoothly as Adam and hairdresser Beckie Finch, 30, from Surrey, went on dates with other people.

But they soon got together

through Facebook, and Adam popped the question just six months later on stage at *The Play That Goes Wrong* in London.

The couple tied the knot last April, choosing the same church in which Beckie's parents got married in. And in October, they shared the news on social media that they are going to be parents.

They posed on a sofa holding up balloon letters that spelt out baby. Businessman Adam also shared a picture of a scan, a baby-gro and baby shoes.

He wrote on Twitter, 'What a wife I have! So proud! We are absolutely over the moon to announce we are expecting Baby Ryan on the 3 May 2018.'



The happy couple with Paddy

**Adam and Beckie**

WORDS: TAMMY HUGHES © MIRRORPIX. PHOTOS: SWNS, FAMEFLYNET, MIRRORPIX.





## 'We met in the kitchen!'

They were contestants on separate episodes but they met at the wrap party at the end of series three.

Kerry Beacom said, 'We met in the kitchen and I just thought he was gorgeous and for me. It was love at first sight. Greig was on *Take Me Out* two days before me and whisked a girl off to the Isle of Fernando's but, luckily for me, his love match didn't work out.'

Greig and Kerry



Kerry wasn't even on the same episode as Greig

Vet Kerry, 30, from Belfast, and car salesman Greig Senior, 35, from Norwich, got engaged on holiday over Christmas 2013. They used *Take Me Out* as the theme for their wedding in Northern Ireland in 2015, including a specially designed cake decorated with the show's pink and red logo, sporting little fondant contestants.

Wedding tables were named after host Paddy's comical catchphrases, with the top table labelled 'Let the Mr see the Mrs'. The couple's three boxer dogs were ring bearers at the ceremony.



## 'I only went on the show for a bit of a laugh'

Dan Nash didn't hesitate when air hostess Dawn Edwards left her light on for him on the show back in November 2010.

Dan won over Dawn by playing Cream's *Sunshine Of Your Love* on his electric guitar in front of all 30 single women. Their trip to the Isle of Fernando's went swimmingly, and the following year Dan, from Herts, and Dawn, from Derby, moved in together. Interior designer Dan romantically proposed on Christmas Eve 2010 and Dawn said,

Dan and Dawn



The moment they met on the show

'I didn't have any doubt. I said yes straight away.'

Dan said, 'I only went on the show for a bit of a laugh, but I ended up meeting someone and falling in love. We chatted easily once the cameras were off and we went for a meal.'

'I knew I just had to kiss her. It was amazing and it was obvious we were desperate to see each other again once we got back. For me, the spark was instant.'

The loved-up pair, both 32, walked down the aisle in May 2014, and baby Charlie arrived in October 2016.



# Supermarket Savers

ALL the  
best deals  
for you this  
week!

## Buy it Cook it

### Vegan brownies

**The Groovy Food Co  
Coconut Oil (Tesco)**

Heat oven to 180C/  
Gas 5 and grease  
a baking tin with  
**coconut oil**. Blend  
**30g chia seeds** to form a  
powder. Add to a bowl with  
**90ml water** and leave for 5  
mins to absorb. In another  
bowl, combine **60g almond  
butter**, **45g coconut oil**  
(melted) and **45g coconut  
sugar**. Stir in the chia seed  
mix and **250ml oat milk**,  
followed by **30g coconut  
flour**, **25g ground almonds**  
and **33g cacao powder** until  
combined. Pour the batter  
into the tin and bake for 25  
mins. In the meantime,  
make the icing by mixing  
**2tbsp melted coconut oil**,  
**2tbsp almond butter**,  
**1tbsp maple syrup** and  
**1tbsp cacao powder**.  
Drizzle over brownie when  
cool then cut into squares.



**Was** £4.99  
**Now** £3.99



**Guilt  
free!**



### Super spuds

**McCain 4 Oven Baked  
Jackets 800g (Asda)**

Nothing beats a comforting  
jacket potato for a warming  
lunch or simple supper. These  
ready-baked spuds  
from McCain make this  
family favourite even  
easier. Microwave for  
5mins then add your  
favourite fillings.

**Was**  
£2.50  
**Now**  
£1.50

### Savvy scoop



**Kelly's of Cornwall Ice  
Cream (Co-op)**

These rich and creamy  
ice creams are made  
with locally sourced milk  
and Cornish clotted  
cream. The perfect indulgent treat!  
The offer includes the classic **Clotted  
Cream** flavour, as well as **Salted  
Caramel**, **Berry Eton Mess** and  
**Honeycomb Crunch** flavours.

**Was**  
£4  
**Now**  
£2.50

COMPILED BY: JESSICA FINDLAY

### Easter treat

**M&S Hot Cross Buns**

If you're a fan of these sweet and  
spiced Easter goodies then the  
good news is you don't need to  
wait till the spring to start enjoying  
them! You can get your hands on  
**M&S Luxury, Blueberry**, and the  
new **Salted Caramel Hot Cross  
Buns** for a bargain price!

**Was**  
£1.70  
**Now**  
£1



## 3 of the best... basket buys



**Dairy-free deal**  
Blue Diamond  
Unsweetened Almond  
Milk, Asda

**Was** £1.50  
**Now** £1



**Protein punch**  
Upbeat Protein  
Smoothies, Sainsbury's

**Was** £2  
**Now** £1



**More  
than milk**  
A2 Milk (1l), Tesco

**Was** £1.39  
**Now** £1



# WIN!

## A Product of the Year goody bag!

Fifty readers will get a selection of 2018's best buys to hit the shops...

**T**he annual Product of the Year awards are upon us once again, voted for by UK consumers just like you. They give the inside track on the most innovative and value-for-money buys around.

Covering everything from food and drink to health and beauty and household products, we've teamed up with Product of the Year once again to offer 50 lucky readers the chance to win a bumper bag of award-winning products – the biggest yet!



Worth over £235 each!



### Health & beauty

#### Skin care

**Garnier Natural 3 in 1 Balm, £11.99**

The new Garnier 3 in 1 Balm has been specially developed containing 96% ingredients of natural origin. It can be used in three different ways – day care, night care and as a mask – and comes in two fragrances.



#### Oral care

**Boots Universal Expert Replacement Dental Brush Heads, £11.99**

Naturally whitening and with five times better plaque removal and better cleaning, the bristles even tell you when to replace them.



#### Tooth care

**Oral-B 3D White Luxe Glam, £4.99**

Illuminate your daily routine with this enamel-safe formula, which gently removes up to 100% of surface stains on teeth in just three days.



#### Bladder weakness

**TENA Lady Discreet, £2.49**

These silky soft pads are now 20% thinner than before, yet just as secure. The asymmetric shape provides a 3D fit that moulds to your body.



#### Baby care

**Pampers Nappy Pants, £4**

Easy to pull on and tear off at the sides, these have three absorbing channels to distribute wetness.



#### Vitamins & supplements

**Seven Seas Perfect7 Prime 50+, £12.99**

The supplement's unique formula consists of a gender-specific multivitamin and omega-3 boosted with collagen.



#### Feminine care

**Always MYFIT Ultra Pads, £1.99**

Many women experience leaks during their period but these offer up to 100% leakage protection for every shape and flow.



#### Beauty mask

**Boots Ingredients Sheet Face Mask, £2.50**

Enriched with rooibos to help energise and revitalise the skin, these will leave skin feeling great in 15 minutes!



#### Feminine leg care

**Gillette Venus Snap Cosmo, £9.99**

This stylish compact features Venus' most advanced five-blade 'Embrace' razor technology on a mini handle for on-the-go touch-ups.



#### Men's razor

**Gillette Mach 3 Start, £5.50**

A winning combination of Gillette's new handle technology with stronger-than-steel blades and Aqua-Grip handle for total control.





# Food & drink

## Baby food

**Asda Little Angels Organic Fromage Frais, £1** Made with organic milk and fruit purées, these creamy, smooth fromage frais provide the lowest sugar content in the market, the highest protein and more fruit purée than any other organic fromage frais in the UK.



## Cheese

**Cathedral City Spreadable, £1.50** Delivers the same great Cathedral City taste as a convenient, spreadable cheese, perfect for a tasty snack or quick lunch. Try with crackers, crusty bread, in a sandwich or a hot dish, it comes in a range of Mature, Extra Mature or Light (with 30% less fat).



## Convenience food

**Goodfella's Thin Crust Takeaway, £3** New Goodfella's Thin Crust Takeaway pizzas are traditionally inspired Italian thin-based pizzas. With four flavours, from the Primavera to the Diavolo, we've added a pot of garlic dip for pizza-licious dipping!



## Cereal

**Weetabix Additions, £2.99** Now with fruit baked into every bite, Weetabix Additions is for everyone who wants to enjoy a delicious nutritious breakfast that's packed full of the natural flavours of fruit – offering the best of both worlds: great taste and a great start to the day. It comes in two tasty varieties.



## Pastry

**Asda Cookie Dough Range, £1** Ready-to-bake cookies with no mess and no fuss. Simply unwrap, slice, and bake for 10 minutes for tasty cookies whenever you feel like them! Comes in three delicious flavours.



## Spread

**Flora Buttery, £2.07** To celebrate the plant-based ingredients in Flora, Flora Buttery has a great new look and its richest ever buttery taste. It's delicious spread on toast or used for great fluffy cakes, but with 63% less saturated fat than butter it is the perfect spread to choose for that little bit of indulgence.



## Dessert

**Asda Make Your Own Ice Cream, £1.50** An exciting and fun way to make ice cream at home with the kids, with no need for an ice cream machine! All you need is an electric whisk and a bowl. Just add milk to the mix and whisk to create a rich, chocolatey ice cream for all the family to enjoy.



## Protein snack

**Asda Protein Pot, £1** Sometimes we want a snack that is low in fat and high in protein. These pots are just that and are full of flavour for every snacking occasion, with a range of three to choose from: garlic and herb turkey breast, chicken breast and piri-piri chicken.



## Healthy food

**Tilda Pulses & Rice, £1.39** Combines pulses with the finest basmati in a range of flavours, including Chickpea, Harissa & Lemon and Black Bean, Jerk & Coconut. Gluten-free, dairy-free and vegetarian they provide a source of plant-based protein and fibre.



## Sauces & seasoning

**Hellmann's Tomato Ketchup Sweetened with Honey, £1.89**



This is the first ketchup to be sweetened by honey only, containing no artificial colours, preservatives or flavours. Made with 30% less sugar and 36% more tomatoes than the market leader.

## Soft drink

**Ocean Spray Whole Berry, £2.99** Ocean Spray Whole Berry is made with whole cranberries to preserve the fresh taste and nutrients of the entire fruit. Tasty and satisfying and with no added sugar or preservatives, every 200ml serving contains 40 whole crushed cranberries to give maximum nutritional benefit.



## Confectionery

**Maltersers Teasers, £4** Maltersers Teasers have to be one of the most loved chocolates in the Celebrations collection. And now there's an entire gift box made of nothing but this favourite Maltersers treat. There are enough for the whole family to enjoy – or to give to a special someone who just loves their Maltersers Teasers.





# How to enter

**Just answer this question:**

Where are Prince Harry and Meghan Markle planning to marry?

- A** Edinburgh
- B** Windsor
- C** London

If you know the answer, go to [womansown.co.uk](http://womansown.co.uk), click Win and look for the comp. Closes 23.59pm on 28 February 2018.



**T&Cs** Standard Woman's Own T&Cs apply. For details go to [timeincuk.com/standard-competition-terms](http://timeincuk.com/standard-competition-terms). Entry implies acceptance to these rules. For website rules of play go to [comps.womansown.co.uk/rules](http://comps.womansown.co.uk/rules). The promoter is Product of the Year. There are 50 prizes to be won. The prize is a Product of the Year goody bag worth over £235, containing a selection of products featured on these pages (as shown above). Leave your mobile phone number or email address when entering, as this prize will be delivered by courier. The competition opens on 30 January 2018. Closing date: 23.59pm on 28 February 2018.



**Savoury snack**

**Asda Continental Snack Pack, £1** These new German or Italian snack packs offer a selection of two continental flavours consisting of sliced cold meats that are made to authentic recipes, paired with creamy continental cheeses and baked crostini – perfect snacking selection for any time of the day.



**Coffee**

**Taylor's of Harrogate Coffee Bags, £2.79** A delicious blend of fresh roast and ground coffee, perfectly suited for brewing in your mug in just four minutes. They come in three different coffee blends – Rich Italian, Hot Lava Java and Decaffe.



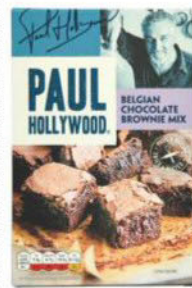
**Alcohol**

**Gordon's Premium Pink Distilled Gin, £16** Inspired by Gordon's original 1880 pink gin recipe, this is crafted to balance the refreshing taste of Gordon's with the sweetness of raspberries and strawberries and the tang of redcurrant. Made using the highest quality ingredients.



**Home baking**

**Paul Hollywood Belgian Brownie Baking Mix, £2.09** Bake up to 20 delightfully indulgent chocolate brownies in less than 30 minutes. Made with real Belgian chocolate, it contains no artificial colours, flavours or preservatives and are great for all the family.



**Tea**

**Yorkshire Tea Speciality Brews, £2.29** This trio of delicious new takes on a proper brew will suit your mood at different times of the day: breakfast time, break time and, finally, bed time.



**Yogurt**

**Müllerlight Kremas, £2.89** Kremas is the first whipped Greek-style yogurt that is fat-free! Deliciously creamy and less than 90 calories, Kremas is available in three flavours: Strawberry, Raspberry & Pomegranate, and Mango & Passionfruit.



**Potato**

**McCain ShakeShake Range, £2** Fancy something tasty for dinner? The McCain ShakeShake range is just what you need. Delicious crispy fries and wedges paired with a sachet of the tastiest seasonings to get that restaurant experience at home. Simply sprinkle in the sachet and cook.



**Sweet snack**

**Nutella B-ready, £1.99** If you love Nutella in a jar, here it is in a bar! Introducing new Nutella B-ready, a crunchy wafer shell baked to perfection, filled with delicious Nutella spread and sprinkled with puffed wheat crispies. Available in a single bar or a pack of six.



**Dairy & free-from drink**

**Arla Organic Free Range Milk, £1.75** Tasty and sustainable, this supports local farmers, and it's environmentally friendly too, so whether you're enjoying your milk on cereal, in a cuppa, or in a glass, you know it's good for the planet, as well as for you.



**Chicken**

**Birds Eye Inspirations Mini Chicken Fillets, £3** Succulent whole mini chicken breast fillets covered in crispy breadcrumbs and sesame seeds, these can be enjoyed in so many different ways; with wedges and a chilli dip, chopped up in a salad, in a gourmet wrap or as a filling snack at any time.



**Formula milk**

**Cow & Gate Ready to Use Follow-on Milk, 75p** Perfect for when you are out and about with your little one and you don't want to go home for a feed, as there is no need for hot water or to mix. Just pour into a sterilised beaker and it's ready to drink.



**Dairy-free spread**

**Asda Dairy Free Sunflower Spread, 85p** Blended with 22% sunflower oil this is a great option if you favour a plant-based diet but want to add the indulgence of a spread to your sandwich, cooking, or at mealtimes. It is a fantastic alternative to butter for those following a dairy-free diet.





# Home & pets

## Mattress

### SIMBA Hybrid Mattress, £399

Designed to support a hippo on one side and a mouse on the other, the SIMBA Hybrid offers the comfort of five luxurious layers of memory foam.



## Dog food

### Perfect Fit Dog Food, £3

Developed with vets and pet nutritionists Perfect Fit combines five benefits addressing common health needs through its unique Perfect Fit Total 5 formula.



## Kitchen roll

### Plenty The Original One, £1.85

Introducing new longer-lasting Plenty, the consumers' household hero for 20 years. The whole range now has double the number of sheets per roll.



## E-cigarette

**Logic Pro, £10** Simple and convenient, Logic Pro features a vapouriser tank system of pre-filled capsules with an integrated e-liquid heating coil, giving vapours complete satisfaction.



## Personal care

### Andrex Supreme Washlets, £2

Lightly moistened wipes with a touch of silk and a jasmine fragrance. Use alongside Andrex Supreme Quilts Toilet Tissue to leave you feeling cleaner and fresher.



## Toilet block

### Bloo Blue Active Toilet, £2.50

Using powerball technology, the formulation creates a foaming action, prevents limescale, protects against dirt and leaves a fresh scent.



## Cleaning spray

### Cif Power & Shine Range, £3.30

This effectively removes 100% of limescale, tough grease and encrusted soap scum to leave your shower and kitchen counters streak-free with its new water-repellent formulation.



## Kitchen appliance

### AEG Multifunction SteamPro Sous Vide Oven, £1,449

By incorporating steam into conventional cooking techniques, this is designed to help consumers create restaurant-style meals in their own homes.



## Household appliance

### AEG 9000 Laundry Series, £899

This ground-breaking machine offers SoftWater technology, which purifies the water before it enters the drum, allowing detergents to work at their optimum.



## General household

### Domestos Extended Power, £1.09

New Domestos Extended Power is the next generation of bleach, that kills all known germs, while preventing the limescale build up in your toilet.



## Household fragrance

### Febreze Heavy Duty aerosols, £4

Eliminate odour and leave a light fresh scent with the new OdourClear technology that doesn't just mask, but clears away odours – with two scents to choose from.



## Household paper

### Andrex Supreme Quilts, £2.50

Introducing new Andrex Supreme Quilts, now enhanced with a touch of silk for the ultimate in comfort and quality. It has four cushiony layers for a luxurious clean.



## Cat food

### Felix As Good As It Looks Doubly Delicious, £5.19

Doubly Delicious is an irresistible meal cats can't resist. With a combination of meat and fish varieties and with added veggies, this is available in a range of recipes.



## Laundry detergent

### Ariel 3 in 1 Pods Family Pack, £13

The new Family Pack features an enhanced child lock system that's been designed to be extremely challenging for kids under five to use, but easy for parents to master.



## Baby care

### Asda Little Angels Out & About Suction Bowl, £3

Practical piece that helps feed your baby when you're out as well as at home. A suction keeps the bowl in place and the flip-top lid ensures the spoon stays clean.



## Core fitness

### WonderCore Smart, £79.99

WonderCore Smart targets and defines your core giving you the abs you've always wanted. Suitable for beginners, the adjustable resistance lets you tailor your workout.







Expert **Rebecca Gamble** saves you serious cash  
Email Rebecca at [womansown@timeinc.com](mailto:womansown@timeinc.com)

# Nifty & Thrifty

Save Spend Shop

## How to spend mindfully

Stop wasting cash and save more by being better aware of your finances



**P**racticing mindfulness has become enormously popular and you can apply the principles when it comes to how you manage your cash. By being mindful with your money, you'll be less likely to splurge on stuff you don't need – and more focused on saving your hard-earned pennies. Here's how:

### 1 WRITE IT DOWN

The first step to being mindful about your money is knowing how much you have and planning how to use it. Use a journal and set a budget

each month for what you plan to spend and also what you will save.

Get into the habit of noting down your daily spending and if you see that unplanned purchases – large or small – are eating a hole in your cash, it will be easier to stay on track.

### 2 REFLECT ON YOUR VALUES

Spend time thinking about what really makes you happy. You might get a buzz buying boots in a sale, but if you don't wear them, how will you feel when you see them gathering

Be more savvy with your shopping

**Did you know?**  
Nearly four out of five Brits admit to impulsive online shopping\*

dust? If days out with your kids or going on holiday makes you most content, save up your money to spend on those instead.

### 3 DON'T DOUBLE UP

It's all too easy to make a rash purchase when you spot something you think you need – it can mean buying something you already own.

Before you head out to the shops, be aware of what you already have. So if you're planning to buy a white shirt, have a good look in your wardrobe first. You may already own one that you've forgotten about.

## Deal of the week

Gousto is offering new customers 50% off their first two recipe boxes, which means a family of four can order four meals for £23.86 per box with free delivery. Sign up at [gousto.co.uk](http://gousto.co.uk) using promo code WOMANSOWN50. Valid until 28 February. T&Cs apply.



## Have you heard?

Parents are facing fines of £60 if their child is late for school 10 times in a term. Staffordshire County Council says it may issue a fixed-penalty notice to families if children are repeatedly late without reason over a 12-week period. If fines aren't paid within 21 days it will double to £120 and court action could follow. Parents, who were previously fined if their child was late 20 times in 12 weeks, have criticised the move on social media.

## IF YOU DO ONE THING THIS WEEK

### Save money on parking

When you're looking for a car park, don't just pick the one closest to where you are going, look for cheaper options on app Parkopedia. Simply type in your destination and, when you want to park, it will display the different options on a map along with prices. You can pay via the app too. Genius!





Both these great British cities have much to offer, but which one is for you?

# Liverpool

'Liverpool is a city of surprises and contrasts'

## Liverpool

### Why go?

You can walk from Primark to Harvey Nichols in a heartbeat and drink champagne on the rooftop bar of hotel 30 James Street – the former HQ of the ill-fated shipping company that built the Titanic – while gazing out at the city's iconic Royal Liver Building. You can feast like a king on world-class cuisine or meander the lanes that throbbed to the beat of The Beatles. Liverpool is a city full of surprises and contrasts that'll make any weekend break one to remember.

### Check in

The Richmond Apart-Hotel in Hatton Garden (reservations@richmond



Liverpool ONE offers serious retail therapy

liverpool.com) is minutes from the shops and waterfront. Rooms are converted into smart apartments (from £56) complete with fitted kitchens and giant TVs. Particularly recommended are the superb full English breakfasts.

### Shop till you drop

Liverpool ONE is 42 acres of shopping heaven with all the topname stores and is the largest open-air shopping centre in the UK. For those who prefer something more niche, head to the Cavern Walks, where Vivienne Westwood nestles with fashion independents.

### Fab four

They're the city's most famous export and whether you're a fan or not, no visit would be complete without



A hearty feast awaits at The Smugglers Cove



Channel your inner pirate at The Smugglers Cove

a trip to the Cavern Club, where the magic of The Beatles began. The club itself is no longer there but you can still see the entrance in Matthew Street and have your photo taken next to a bronze statue of John Lennon. Alternatively, head to Albert Dock for The Beatles Story museum (beatlesstory.com) – fascinating!

### What's to eat?

At the Smugglers Cove on the waterfront, you can feast on food to warm your heart. Try the sizzling skewers washed down with a slug of one of its 151 rums (thesmugglerscove.uk.com). At the top of the city is Bistro Jacques (bistrojacques.com) for French cooking at its best.

● For more info go to [visitoliverpool.com](http://visitoliverpool.com)



# S Manchester

'The perfect spot for a weekend of shopping'



## Manchester

### Why go?

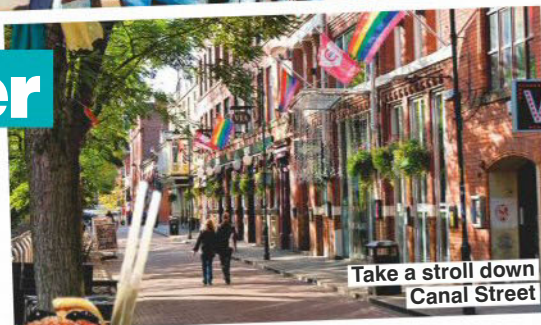
With trendy bars, museums and a crop of new boutiques, Manchester is attracting an increasing number of tourists. Thanks to excellent train and air links it's easy to get here, making it the perfect spot for a weekend of shopping with the girls.

### Check in

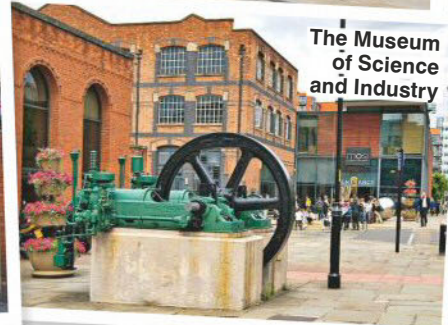
A five-minute walk from the city's main Piccadilly station, the luxe-looking Motel One Manchester Piccadilly hotel costs from £69 per room per night, including breakfast ([motel-one.com/en/hotels/manchester](http://motel-one.com/en/hotels/manchester)), and offers comfortable beds, modern bathrooms and free Wi-Fi. It's also a short stroll from Manchester's gay village on Canal Street and the trendy Northern Quarter. With a well-stocked bar and a good breakfast buffet, the options are much better than for most budget hotels.

### Shop till you drop

Selfridges, Harvey Nichols and the upmarket shopping streets are just a stone's throw from Motel One. But



Take a stroll down Canal Street



The Museum of Science and Industry



The best of British fare at Mr Thomas's Chop House

venture up to the Northern Quarter and you'll find lots of unique outlets. Rummage for vinyl at Piccadilly Records and window shop for art at the Richard Goodall Gallery. Shopping leaving you peckish? Stop for a cake and a cuppa at the Rosylee tea house.

### Culture vultures

You are spoilt for choice in Manchester, with The Lowry art gallery (over the river in Salford), Bridgewater Hall for concerts, and the Museum of Science and Industry. But unsurprisingly for the home of 'Madchester', the

nightlife is buzzing too, with everything from glam champagne bars near Deansgate to quirky cocktail dens in the Northern Quarter.



Take in the view from the city's ferris wheel

### What's to eat?

Manchester's foodie scene offers a plethora of choice. Mr Thomas's Chop House ([tomschophouse.com](http://tomschophouse.com)) serves classic British fare with a twist, while Australasia

([australasia.uk.com](http://australasia.uk.com)) is a favourite for its Asian-inspired cuisine and killer cocktails. A roast at boutique cafe Evelyn's ([evelynscafebar.com](http://evelynscafebar.com)) is the perfect way to while away a Sunday afternoon.



# Got 10 minutes

## Clues & arrows

Just for fun!

Fill in the clues in the direction of the arrows

Country on the Persian Gulf	University administrator	Set in working order	Hire charge for a house, van etc	That lady	Pale-faced
Put into service		Wrath, rage		Smallest amount	Flow rapidly
Grassed area	Causing displeasure to				
		Large oil company	Store away	Invites	Piece of prose
Level best	___ Brooks, film director	Groups of houses			
			Style of window		
Inuit dwellings	County Clare's neighbour	Fell down below the surface		Building constructed in advance	Upshot
			Corner-shop chain		
Jewellery hook	Feel ill	Canned meat product	Italian city with a leaning tower	Long time	Cereal grass
			Woodcutting tool		Falsehood
Cleaning with a cloth				Viral infection	
			Send a message via computer		
Carnivals	Catholic service			Wager	

## Quick & Easy

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

See if you can solve these in 10 minutes

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

## Sudoku

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

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

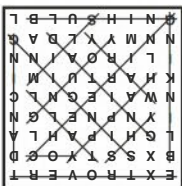
## Wordsearch

The answer is the word missing from the grid

BLINKING  
BLUSHING  
CHEERING  
COY  
DANCING  
DATING  
DRUNK  
EXTROVERT

HAPPY  
SHY  
SINGING  
SLIM  
TALL  
WARY  
YOUNG

### WORDSEARCH



### CLUES & ARROWS



### CROSSWORD



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

Puzzle solutions



## Woman's Own plant offer

### Breathtakingly Beautiful Magnolia

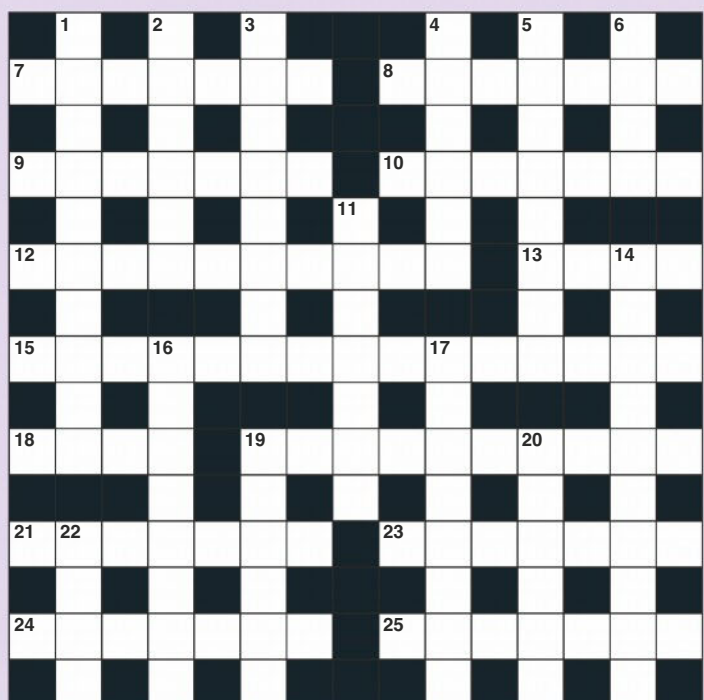
**BUY 1 FOR £9.99**  
~~Was £29.99~~

**P**icture perfect anywhere in the garden, this superb magnolia produces magnificent displays of rose pink petals that elegantly unfurl from downy, silver buds to form large, goblet shaped blooms. Grown as a standard, this low maintenance deciduous shrub reaches only 1.5m (5ft) high and is compact enough for a pot on the patio, or as a focal point in borders.

Supplied as a 1m (3ft) bare root plant.

Pot illustrated is not available for purchase.

- Buy 1 for only £9.99  
~~Was £29.99~~
- Buy 2 for £17.98  
~~Was £59.98~~



# Crossword

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

### ACROSS

- 7 Clashing (7)
- 8 Noisy to chew (7)
- 9 Warship (7)
- 10 Remedy (7)
- 12 Grass-court game (4,6)
- 13 One likely to inherit (4)
- 15 Showing off by strutting (5,2,1,7)
- 18 Indolent (4)
- 19 Voice amplifier (10)
- 21 Plant's climbing organ (7)
- 23 Travel to and fro (7)
- 24 Hospital machine (7)
- 25 Pungent (7)

### DOWN

- 1 Blonde (4-6)
- 2 Mythical fire-breathing beast (6)
- 3 Formal curse by a pope (8)
- 4 Oversights (6)
- 5 Lawless (8)
- 6 Smart, fashionable (4)
- 11 Early childhood (7)
- 14 Undependable (10)
- 16 Everlasting, eternal (8)
- 17 Fiscal, monetary (8)
- 19 Girl, young woman (6)
- 20 Boiled minty sweet (6)
- 22 Inscribe with acid (4)

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TCB11998A Magnolia 'Red Lucky' x 2	£17.98		
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TCA56850P Large Patio Pot & Saucer x 1	£9.99		
TCA59095P Large Patio Pot & Saucer x 2	£17.99		
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	P&P	£4.95	
	<b>GRAND TOTAL</b>	£	

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# Woman's Own Bingo

## 'I'm taking a gondola through Venice with my £1,000 win'

*Pamela Barlow, 63, from Manchester, is planning to experience la dolce vita*

**H**onestly, I'd never been much of a bingo player, and neither had my husband, Roy. It was friends of ours who first told us about playing bingo online, and how much fun the games were on *Woman's Own Bingo*.

They talked about all the different games you could choose from, their favourites, the huge jackpots and how entertaining they found the many chat rooms. Then in August 2015, a large group of us all booked a cruise together around the Mediterranean. It was a dream trip, one we'd always talked about doing.

Sitting around the dinner table one night, we were chatting and sharing stories, when our friends said they'd had a big win recently on the bingo.

### *It's fun*

'Oh, that's fantastic,' I said. 'If you don't mind me asking, how much did you win?' When they told me, I almost fell off my chair. 'Twenty-nine thousand pounds!' I exclaimed. 'That's incredible!'

Listening to their story, I realised you didn't have to spend loads, it was a lot of fun and you could actually win

big. I decided to join the site in April 2017.

Although I'm not great with computers, it was so easy to set up my account that I was playing my first game within five minutes.

I had made an initial deposit of £10, and after trying Tiki Bingo – my first bingo game, which I enjoyed – I came across another 90-ball bingo room called Sapphire. That quickly became my favourite.

Tickets only cost 10p, so it was affordable and you could easily budget what you spent. I started playing two or three times a week, and then in August 2017 I won £175.

We'd already booked a holiday to Torremolinos with my son Joe, 22, and his girlfriend. So we used the money to treat the family to meals out and shopping trips around the Spanish markets.

After that, I still carried on playing Sapphire Bingo for the enjoyment.

Then, in September 2017, I decided to have a few games of bingo while Roy was watching the football. There was a big £1,000 link



Pamela with her winning cheque

game coming up at 8pm, so I spent £1 and bought 10 tickets.

As I watched the numbers being called out, I was amazed as the

dabber began covering my numbers. The numbers kept matching mine, and I only needed one more number!

### *Gobsmacked*

It was taking so long to be called, that I thought this game was going to be won by another member. But then suddenly, a congratulations banner

flashed across the screen.

'I think I've won!' I cried, leaping so high off the sofa it made Roy jump. 'Are you sure?' he said. Checking my account, I was gobsmacked to find it had been credited with £1,000.

I called my son Joe and my daughter Kate, 38, immediately. Kate was ecstatic for us, but Joe didn't believe me! Only when I sent him a photo of the winnings did he

**'My son didn't believe me until I sent a photo'**

**You could be**



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congratulate me.

We'd already booked a European cruise with our friends for 2018, and one of the stops was for Venice.

I'd always dreamed of riding a gondola through the waterways

of the beautiful city.

'Well now we can,' said Roy, beaming widely at me. Our friends were so happy for us. And now I can't wait to experience Venice like a true Venetian!

She can't wait to see Venice from a gondola

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**L**ANDSCAPE GARDENER Stan Hitchen, believes that the properties of FX-Silica gel have made him pain free and independent once again. *GEORGE TAYLOR investigates.*

At the age of 63 you'd think that Stan Hitchen would start to think about taking life a little easier. However he's just finished a complete renovation of his new home and not content with that, he's also designed and landscaped his garden to create 'a little piece of heaven'. This is all quite amazing considering Stan has been suffering from crippling arthritis for the last eight years!

"Arthritis runs in the family... we've all suffered with it" Stan tells me as we sit on the decking in his garden. "I knew I'd get it and after forty years of gardening everyday it finally struck!"

# "Arthritis was crippling me... but FX-Silica has completely given me my life back"

by GEORGE TAYLOR

This is when Stan's arthritic pain became excruciating, to the point that he could hardly keep a grip on a hammer! And then, to make things worse, Jeannie fell from a ladder and broke her hip very badly. She spent eight weeks in hospital and all the work on their dream home came to a grinding halt.

It was during a visit to the hospital, whilst sitting in the cafeteria with his brother, that Stan's own medical problems were about to change. His brother Geoff, also suffered with the 'family arthritic curse' but had recently found remarkable pain relief by using a soothing gel called FX-Silica.

Stan had tried just about every pill and cream on the market. But Geoff assured him that FX-Silica was definitely worth a try, after all it had worked for him. It was a 'massive breakthrough' in his battle with arthritic pain.

Stan said he had nothing to lose so he ordered two tubes to give it a go. Two days after receiving them he ordered another four tubes!

## "WHY WAS HE SO IMPRESSED"

"Within minutes of applying the gel to my hands and knees I could feel such soothing relief. It was like the stiffness and pain was melting away. I was worried the sensation would quickly wear off quickly but for the next couple of hours I finished tiling the bathroom before visiting Jeannie. Even then, the drive to the hospital was the best feeling behind the wheel I'd had in years. No pain at all in my hands, knees and back."

Incredibly after years of pain, Stan is now free from his arthritic nightmare. He also had a derelict house and garden to get on with, and enough FX-Silica to keep him moving without



Stan Hitchen has finally broken the 'family curse' of arthritis.

pain. Over the next five weeks he worked all day long, as if he were 21 again! He finished off the jobs in the house and then completely landscaped the garden. He even found the time to build a den at the end of the garden for when his grandchildren come to visit.

## "LIFE IS JUST SO GREAT AGAIN!"

He had the house and the beautiful new garden all ready for when Jeannie came home from hospital. There's now a photo sitting proudly on the mantelpiece showing Jeannie's wonderful and tearful reaction when she saw

all the work Stan had done. Hearing Stan's story, it's clear that FX-Silica has changed his life. Gone are the bouts of depression and he now looks forward to enjoying his old age in the house of his dreams and tending to the garden that he loves with all his heart!

FX-Silica is available from Health Broadcast Ltd for £24.95. To order call their freephone 0808 208 0312. You can try FX-Silica without risk, as they offer a 90-day money-back guarantee policy. If you're not happy at any time within the 90 days you can simply return the tubes, even if empty or used and receive a full refund.

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Thin line

Victoria Beckham has come under fire over her use of a super-skinny model for her latest fashion range. I agree she shouldn't be promoting such thin women, but I fear all the backlash has got her just the attention she was after.

Jan Mannings

Your photo of the week...



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

This is my daughter, Lucy, 16, with this cool Stormtrooper in the Lego store in Manchester. Gillian Jackson, Todmorden, Lancashire

Did you know?  
 On average, people who complain live longer - releasing tension boosts health!



Big Mac

I'm loving BBC1's thriller *McMafia*. While I might not always follow what's going on in the plot, spending Sunday nights watching James Norton is just heaven.

Laura Reilly

Too early for Easter eggs

How come there are Easter eggs in the shops? We've just got through Christmas and it seems the stores all want us to spend even more money on Easter gifts. Give us a break, it's not until April.

Teresa Shaw



Return to Corrie

I was thrilled to read that Martin Platt (Sean Wilson) is returning to *Coronation Street*. Sean is now an accomplished cheese maker, so perhaps Martin will win Gail over with a lump of Wensleydale!

Fiona Brompton



Sean Wilson will be back on Corrie

Wise words  
 Gratitude changes everything

Aries

**21 Mar - 20 Apr**  
 You may be feeling all optimistic and sensible when most people are acting like they're in an episode of *EastEnders*. Don't get too bossy about it, though, or the soap opera will be all about you.

Taurus

**21 Apr - 20 May**  
 Work, relationships with women and your reputation could all be kicking off. You'll be surprised by what happens - and how it makes you feel. There's a huge opportunity here, don't miss it.

Gemini

**21 May - 20 Jun**  
 Important events around now need a lot of what therapists call 'processing', or thinking about. Fortunately, the more you think, the more you can make things work out well for yourself.

Cancer

**21 Jun - 22 Jul**  
 Lunar eclipses are always big for Cancers. Wednesday's one brings issues with women to the fore. It may mark a crisis point for a relationship, so put off big decisions until you're less emotional.

Leo

**23 Jul - 22 Aug**  
 Wednesday's important Leo eclipse intensifies themes around mothering, your role as a daughter or as a woman. It's an emotional reset when you can get things back in balance.

Virgo

**23 Aug - 22 Sep**  
 Virgos are meant to be brilliant at analysis and attention to detail, but after Thursday you do best by pulling back and getting things into perspective. The bigger picture is looking good.

Libra

**23 Sep - 23 Oct**  
 Children and lovers stir up big feelings and there may be an ending. If so, it's likely to be making room for something even better - like if your child is leaving childhood behind to have a baby.

Scorpio

**24 Oct - 22 Nov**  
 There could be drama or changes with the work keeping your family afloat. That or your mother needs extra attention. It may be a challenging week, but deep down trust that everything will be OK.

Sagittarius

**23 Nov - 22 Dec**  
 Mars in your sign makes you extra impatient. Channel that energy into getting things done, but don't throw your weight around, as the current mood of super-sensitivity might mean it'll blow back at you.

Capricorn

**23 Dec - 20 Jan**  
 Saturn's presence in your sign highlights your inner sense of security (or insecurity) - not feeling self-assured? Getting help with it now works wonders. Other Capricorns will feel full of confidence.

Aquarius

**21 Jan - 19 Feb**  
 Wednesday's eclipse highlights close female relationships. The actions of your own mother or daughter may make you emotional. There's an 'end of an era' feel, but not necessarily in a bad way.

Pisces

**20 Feb - 20 Mar**  
 In eclipse weeks like this one, emotions are heightened. Pisceans will feel like they're walking on air or ploughing through treacle. You won't know yet what it's all about so, for now be extra kind to yourself.

With our expert astrologer Wendy Bristow

Your stars

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# Telly Talk

## 'I play plenty of tennis and cricket'

**R**udolph Walker has played *EastEnders*' Patrick for 17 years. Here, he chats about soap life, his children's drama foundation and his love of sport

Show of the week

**You've been playing Patrick Trueman a long time. Are you still enjoying it?**

Very much so. I still get the same excitement I had the first time I walked onto a set as a teenager. That's a long time ago now!

**We can't believe you're 78, Rudolph! What's your secret?**

Ha ha, I really don't know. It must be in the genes. But I do try and look after myself. I still play tennis and a bit of cricket.

**Do younger members of the *EastEnders* cast ever ask you for advice?**

Yes, but I'm just as likely to ask them, too. I often call on my grandchildren to ask about the internet or help with my phone!

**Tell us about Rudolph Walker's Inter-School Drama Award**

Schools send in a video, explaining why they want to be in the contest and the panel selects the most promising ones. The students then get to act in and direct a play they've written themselves.

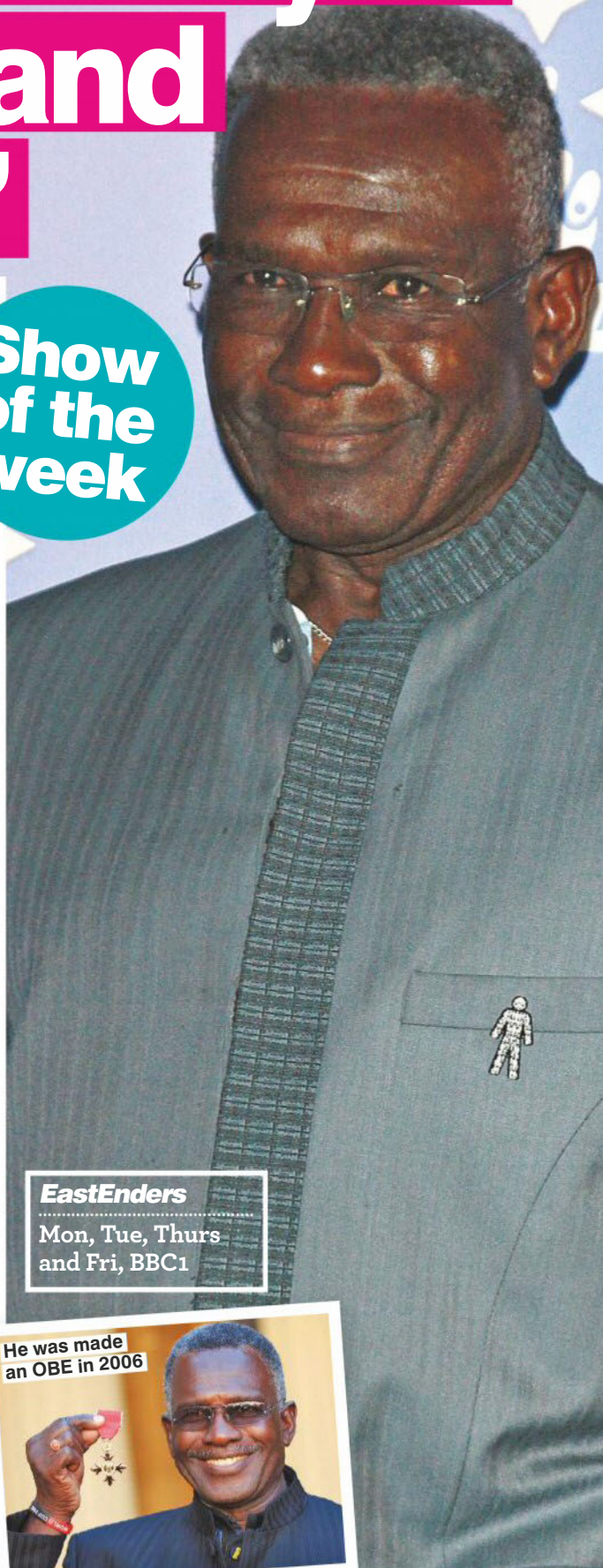
**What happens next?**

We bring in mentors – often actors the children recognise from TV, which makes them realise that people they may admire want to help them. The final takes part at the Theatre Royal Stratford East in London in July.

**Did anyone help you like that?**

People tended to laugh when I said I wanted to be an actor because it wasn't seen as a proper job! ●

Visit [rwisda.com](http://rwisda.com) for more details



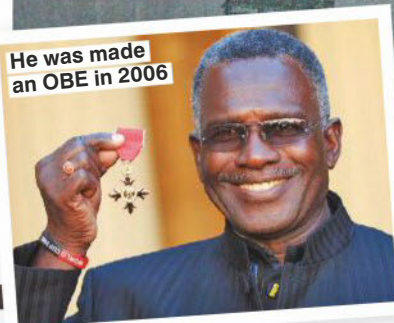
Rudolph is cricket mad!



He's been in *EastEnders* for almost two decades

**EastEnders**

Mon, Tue, Thurs and Fri, BBC1



He was made an OBE in 2006

PHOTOS: REX, PA, BBC

Turn for more TV →



# Fix

# Soap

**Corrie**

## Horror for Carla & Daniel!

*Their romantic fun is cut short when she collapses*

Following her surprise hook-up with Daniel the previous week, Carla goes back for more with her toyboy. But when the pair head to the Rovers, Carla – who is secretly battling kidney failure – collapses. Rob Mallard, who plays young lothario Daniel, reveals more about the pair...

**Is Daniel flattered by the attention Carla is giving him?**

Oh yeah – she’s Carla Connor! Also, she’s a woman of a certain age who’s shown an interest in him, and that will always get Daniel’s interest because of the void left by his mum.

**Their fling becomes public this week – how does his half-brother Peter react?**

Even though Carla isn’t his anymore, he does have this sense of ownership over her. There are codes between men – first that you don’t try to kill our dad, second that you don’t sleep with our ex-wife – and Daniel’s done both!

**How does Daniel feel when he discovers that Carla is ill?**

He’s side-swiped. It’s another woman who’s pulled the wool over his eyes. For someone who is so sharp, he can be amazingly dense!

**Is Sinead still the love of Daniel’s life?**

I really want to say yes, because everyone is rooting for them. But maybe they’re not as suited as they think they are, and really what’s pulling them together is the challenge of actually getting back together.

● **Coronation Street, ITV**



## EastEnders



Tina and Honey have a serious talk

## Honey rumbles Billy!

Billy thinks he’s just about got away with his one-night stand with Tina Carter, but secrets rarely stay that way forever in Albert Square, and this week Honey learns the truth about her husband’s infidelity.

Will she give the undertaker another chance, or tell him their marriage is over? And how will she feel if she learns it was Tina who

ran over their daughter Janet? Our guess is that there’ll be fireworks.

Meanwhile, Masood’s auntie and uncle, Mariam and Arshad, brace themselves for a big meeting with foster daughter Daisy’s potential adoptive parents. How will they feel about saying goodbye to the schoolgirl?

**Guess what?**

*EastEnders’ icon June Brown, who plays Dot, is taking part in ITV’s upcoming 100 Years Younger in 21 Days. She and seven other stars will try to roll back the years without surgery.*

## Emmerdale

### Acid attack on Ross!

As the Dingles continue their mission to get revenge on Joe Tate, Cain pays Holly Barton’s former dealer, Simon, to plant drugs on the scheming businessman.

When the plan is foiled, Debbie orders Simon to ‘mess up’ Joe instead, but things go horribly wrong. Later, when Ross is fired by Joe, he storms out of Home Farm and steals his car. As he arrives at Dale View, Simon mistakenly thinks he’s Joe, and throws acid in his face.

Meanwhile, Lachlan’s relieved when Rebecca wakes from her coma and remembers nothing about the car crash that killed Chrissie and Lawrence. But her memory soon starts to return...







The family gathers round a hospital bed



Carla's illness is discovered



Ross is caught up in the Dingles' scheme

# 7 shows not to miss this week

Top TV On the box



Snow contest!

## 1 Winter Olympics

From Friday, BBC1, BBC2 and BBC

Red Button

The world's best winter sports stars are in Pyeongchang, South Korea, for the Winter Olympics, beginning with a lavish opening ceremony. Team GB includes Lizzy Yarnold.

## 2 Endeavour

Sunday, ITV

Shaun Evans is back as DS Endeavour Morse in a new six-part series, with Roger Allam returning as DCI Fred Thursday. It's 1968 and the first case involves a priceless Fabergé egg and an international thief.

1960s sleuth



## 3 The X-Files

C5

David Duchovny and Gillian Anderson are back as sci-fi investigators Mulder and Scully, and are still trying to track down their long-lost son William. Joining this series are stars Barbara Hershey and Haley Joel Osment.

Sci-fi search

## 4 My Life: Locked In Boy

CBBC

For years, 10-year-old Jonathan was 'locked in' his own body, unable to communicate. Then his mother taught him to spell with his eyes, using equipment like Stephen Hawking. Now, Jonathan writes poetry and has a blog.

Amazing feat



Pick our Euro song



## 5 Eurovision: You Decide

Wednesday, BBC2

It's time to choose which song will represent the UK in the Eurovision Song Contest in May. Mel Giedroyc and Swedish Eurovision winner Måns Zelmerlöw will host the show from Brighton Dome.

## 6 The Grand Tour's Celebrity Face Off

From Thursday, Amazon Prime

Paris Hilton and Northern Ireland's golf star Rory McIlroy are the first pair to join Jeremy Clarkson for this new series, that sees stars racing cars against each other around the Grand Tour track.

Daring drive-off



Furniture fame

## 7 Flatpack: The World's Biggest Furniture Store

BBC2

With a global turnover of £31 billion, IKEA is one of the most successful retailers in the world. This three-part series films inside its stores, factories and design studios...



Inside their world

4.30am

I get up and grab a cup of tea and have a shower. I head outside to feed my pigs – I started with two and now have loads. I'll take the dogs for a walk and then my car will arrive at 6.30am to go to the *This Morning* studio.



3.30pm

After debriefing meetings with the team, I head home. I love to relax in the afternoon, so I often take the dogs out for another walk and when we get back I'll enjoy a cup of tea and a slice of angel layer cake.

9am

At the studio it's straight into a meeting to run through what I'm cooking. A lot of the meals are planned up to a month in advance, but with live shows things can change overnight depending on the latest food trends, or what the presenters like – Eamonn Holmes normally wants potatoes.



9.15am

Once I've prepped, I head out and grab a Costa coffee, some porridge with bananas and check through my emails and texts.

24 hours

with

Phil Vickery

The TV chef on what he tucks into and looking after the pets in his life



7pm

I often make dinner for the family, usually good, hearty food like a cottage pie. Then, I'll relax with a beer and watch some football.



I like to record the matches I've missed so I can watch them back to back.

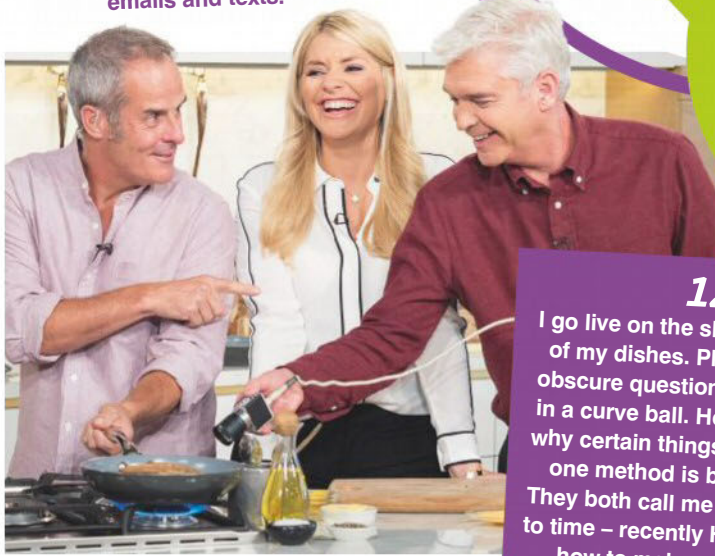
10.15pm

I'll take the dogs out for another walk, give them a treat and let them go to bed. I'll have a shower, fall asleep by 11pm and get ready to start all over again.

● Phil Vickery is a guest judge at the Barista of the Year competition, which takes place in London. The annual competition sees 12 baristas from all over the world showcase their passion and flair for coffee for the chance to be crowned Costa's Barista of the Year 2017. The final involves a series of challenges to create hand-crafted coffee to an exceptional standard.

12pm

I go live on the show and whip up one of my dishes. Phillip Schofield asks obscure questions, he always chucks in a curve ball. Holly Willoughby asks why certain things go together, or why one method is better than another. They both call me for advice from time to time – recently Holly rang to find out how to make peppercorn sauce.





ADVERTISEMENT

# Enjoy a breath of fresh air

**T**AKE a deep breath and get your life back on track. Breathing problems are a cause of so much day-to-day distress but now there is a drug-free way that could help you.

The weather is getting colder and wetter and is only going to get worse over the next few months and that is when breathing problems reach their peak.

Aerosure is a simple device that has the power to make a difference. Powered by a rechargeable battery, a valve spinning at high speed rapidly opens and closes the flow of air to the lungs.

As you breathe, resistance is created, vibrating the chest wall and making the lungs work harder. The breathing muscles can be strengthened – both in and out – which could help reduce breathlessness.

The effect of the device's vibrations comes from its dual-action. Relief can come through

## By Tom Leather

the 'Oscillatory Pressure' mode which interrupts the expiratory airflow, which results in vibration stimulations. Speak to your healthcare professional to find out how Aerosure could help your heavy feeling chest. Further comfort may come via the 'Breathe Easier' mode which trains and strengthens the lung muscles over time.

Aerosure has been scientifically-tested to help with Chronic Obstructive Pulmonary Disease (COPD), a collective name for chronic bronchitis and emphysema. It is also for use with conditions such as asthma, cystic fibrosis and bronchiectasis.

It can particularly be a boon for those who are feeling at their worst after years of smoking. But there are also benefits in other areas,



GOOD VIBRATIONS: Aerosure can help you manage your shortness of breath



particularly for those who find the mental worry of being afraid to carry out everyday tasks as gruelling as the physical effects. Being out of breath can affect everyday life in so many ways – the sheer terror of knowing that you cannot even pop to the shops without fear of an incident. Or that taking the dog for a walk is getting beyond you, let alone the prospect of doing any serious exercise.

Users from all walks of life have started using Aerosure and are sleeping easier knowing shortness of breath could be becoming more manageable.

Lionel, 66, of Holloway, North London, has COPD from 27 years of being around diesel fumes as a London bus driver. He was always breathless but now he doesn't seem to wheeze at night and has the energy to play with his grandchildren, "I believe I can walk a lot quicker and don't seem to get tired out as much," he says.

Graham Biggs of Waterlooville, Hampshire, was in the Navy and involved in construction, including boilers lined with asbestos. He also suffers from COPD.

"Winter, without fail my breathing gets really laboured," he says.

"I use it first thing in the morning, last thing at night, and sometimes when I am really bad, once, sometimes twice during the day. As routine as cleaning your teeth. Years ago I used to do lots of long walks – now I feel I can do them again."

## Huffing & puffing or feeling out of breath when doing every day tasks?

### HOW DOES IT WORK?



Aerosure Medic works by spinning a valve inside the device at high speed to rapidly open and close the flow of air into and out of your lungs. As you breathe through the mouthpiece the oscillating valve creates a resistance, vibrating the chest wall to work the lungs.

Aerosure has two settings which work on different frequencies. The first mode works at 15Hz. This aims to replicate the natural beat frequency of cilia in the lungs. Cilia are microscopic, hair like structures that line the breathing tubes. The second mode, or 'Breathe Easier' mode, works at the faster frequency of 25Hz, which stimulates the respiratory muscles.

### VAT RELIEF\*\*\*

If you suffer a long term illness or disability, you may be able to claim back the VAT, ask our friendly Customer Care team for details.

Everyone finds themselves huffing and puffing or feeling out of breath at some point. This might be after physical activity or exertion like walking up a steep hill or a flight of stairs. Being out of breath can also be caused by underlying respiratory conditions such as COPD (chronic obstructive pulmonary disease) but also due to cold weather or smoking.

Whether being out of breath comes out of the blue or is there more often it can be debilitating and restricting. Breathe easier with the UK's only Dual-Function respiratory device.

Aerosure is drug-free, and has been designed and scientifically-tested to relieve symptoms of breathlessness in people with COPD.

See how Aerosure Medic has helped people like you:



"I feel like I am not huffing or puffing when I walk the dog, even the dog is pleased!"  
Mr. A.J. Laidlaw, Elgin



"I suffer with COPD, when I first saw the ad for Aerosure I was very unsure, however in the end decided to take a chance and purchase it. I bless the day I did, the Aerosure has made such a huge change in me as I feel I can get around better, walk easier and further. It is a godsend to me and I would recommend it to anyone suffering with shortness of breath etc" Christine, Watford



"I have COPD and used to use my inhalers when I started wheezing about 3am in the morning, since using Aerosure twice a day I feel like I can sleep better. It took about 3 weeks of use before I felt the benefits. Best money I have ever spent and would highly recommend it!"  
Roy, Sheffield

Hear more about Christine's story on our website



— ORDER TODAY —

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PLUS FREE P&P in mainland UK\*\*

or 4 Easy Payments of £32.50

SAVE £88!

Save £50 on Aerosure Medic

• FREE Replacement Mouthpieces (Set of 3) • FREE P&P (worth £7.99)

• FREE Extended warranty

### MEDICAL SCIENCE SUPPORTS RESPIRATORY TECHNOLOGY

AEROSURE is based on two well established systems – **inspiratory muscle training (IMT)** effects and **oscillatory positive expiratory pressure (OPEP)**!

**IMT:** This technique is designed to directly affect the functioning of the respiratory muscles which are responsive to training. IMT can benefit people with COPD and other conditions involving respiratory muscle weakness. IMT has demonstrated a number of benefits in a wide range of studies, both in healthy subjects and in people with clinical conditions.

**Often reported benefits are:**

- ✓ Increased inspiratory muscle strength
- ✓ Increased expiratory muscle strength
- ✓ Reduced breathlessness

**OPEP:** Designed to interrupt the expiratory airflow, which results in the airways vibrating. Vibration stimulations applied to the inspiratory system have been shown to:

- ✓ Reduce breathlessness in people with COPD

### SCIENTIFICALLY-TESTED TO REDUCE BREATHLESSNESS\*\*

In a recent clinical study in 23 people with COPD at an NHS Hospital showed daily use of Aerosure over an 8 week period resulted in a significant improvement in breathlessness.

### IS AEROSURE FOR YOU?

AEROSURE is a CE marked medical device intended to reduce breathlessness in patients with **COPD (Chronic Obstructive Pulmonary Disease)**.

It is also suitable for use in the following patient groups:

- Asthma • Chronic Bronchitis • Emphysema

Speak to your healthcare professional to see how Aerosure Medic could help you.

**CALL 0845 871 9393**

Lines open  
Mon-Fri 8:00am to 6:00pm  
and Sat 9:00am to 4:00pm

visit [www.aerosure.co.uk](http://www.aerosure.co.uk)

QUOTE CODE: AS553

Postal Orders – cheques payable to: 'Actegy Ltd' Dept. AS553, Reflex, Cain Road, Bracknell RG12 1HL

Aerosure Medic is a Class 1 Medical device registered with the MHRA. If you are unsure of the cause of your symptoms, please consult your healthcare professional. Always read the user's manual before use. For the full list of contraindications please refer to the product packaging or [www.aerosure.com](http://www.aerosure.com). Aerosure Medic does not replace the need for medication already supplied by your doctor. Inspiratory Muscle Training (IMT) is a technique used to correct or increase performance of the muscles involved in inhalation. Oscillating Positive Expiratory Pressure (OPEP) devices help inhaled air get behind the mucus in the lungs and helps keep the airways open. \*\*Free standard P&P worth £7.99 in England & Wales. Some areas of Scotland, Northern Ireland and other remote postcodes will incur a surcharge cost of £19.99. Next day or express deliveries will cost more, please ask our customer service team for a quote. \*\*\*All quotes used are real however, to protect the identity of our customers, models have been used for the pictures. User testimonials refer to the experience of a single person and do not represent claims of general efficacy. Any benefits expressed by users, must be viewed as the experience of a single person and not a statement of fact or guarantee of results for all users. Aerosure is a registered medical device intended to help reduce breathlessness in people with COPD. Speak to your healthcare professional to find out more. \*\*ISRCTN Clinical Trial Registry number 81979106. \*\*\*Please be aware your signed VAT relief declaration will be put on file for review by VAT officers who may contact you for validation. Call 0845 871 9393 for further advice.



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