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per week<sup>4</sup>

For all UK residents  
aged 30 - 79

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A funeral is an inevitable part of life, so it makes sense it's something we should think about and plan for. With an average cost of nearly £5,500<sup>1</sup> once all basic and additional costs are added up, it can also be a large amount of money those left behind have to find quickly. It's a time when the last thing they'd want to worry about are funeral costs.

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The **Funeral Protection Promis** is an affordable life insurance policy designed specifically to help your family at a time when they need it most – with a payout **GUARANTEED within 48 hours<sup>2</sup>**. So the money's there when needed.

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- ♥ Save 11% when you cover yourself and another relative at the same time

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<sup>1</sup>Average costs, YouGov Cost of Funeral Survey 2019. <sup>2</sup>Valid claims paid within 2 business days of us receiving correctly completed claims documentation. <sup>3</sup>Terms and conditions apply, visit [www.promislife.co.uk/terms-conditions](http://www.promislife.co.uk/terms-conditions) for details. **Eligible customers will receive a Gift Card if they pay their first 6 premiums when due.** A Gift card will be dispatched up to 8 weeks from the day we receive the sixth premium. Excludes customers referred by 3rd parties. Premiums depend on age and cover. Prices valid on 1st January 2020. 11% multi policy discount is only valid until 30th March 2020. Gift card offer and multi policy discount can be withdrawn at any time. <sup>4</sup>Weekly equivalent of £3,025 cover (or Cover Amount shown) for a 55 year old with Increasing Premiums and a 12 month Accidental Death Period, paying monthly. Premiums depend on age and cover. Funeral Protection Promis is promoted by Global Life Distribution (UK) Limited trading as Promis Life, authorised and regulated by the Financial Conduct Authority number 629767. Global Life Distribution (UK) Ltd, registered in England and Wales company registration number 08933807. Registered office: The St Botolph Building, 138 Houndsditch, London EC3A 7AR. The product is administered and underwritten by iptiQ Life S.A. UK Branch registered in England and Wales. Registration No: BR017015. Registered Office: 30 St Mary Axe, London EC3A 8EP. iptiQ Life S.A. is a public limited company (société anonyme) incorporated and registered in Luxembourg. Authorised by Le Commissariat aux Assurances. Registered Office: 2a, rue Albert Borschette, L-1246 Luxembourg. R.C.S. Luxembourg B 184281

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# Woman's Own



**Susanna**  
**'It's time to take a STEP BACK'**

**12** ways to  
liven up  
**YOUR LIBIDO**

**PLUS** Valentine's  
treats you'll  
**LOVE!**



**Ruth & Eamonn**

# IT'S OVER!

**After 'that' HR complaint,  
is retirement calling?**



**8st  
gone!**




**From play-dough  
belly to THIS!**

**Is your  
home  
TOXIC?**

**MUM'S AGONY**  
**How  
could Alice  
forget me?**







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# Effortless

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# This week we're loving

## DAVINA McCALL

Fitness fanatic Davina McCall added another string to her bow when she announced she's teamed up with her hairdresser and rumoured boyfriend, Michael Douglas, to record a new free podcast, *Making the Cut*.

Davina, 52, explained, 'For the last 20 years when Michael did my hair we would review stuff that we'd seen or places we'd been.

'Things we'd done, books we'd read, products that we loved or hated... you get the gist. So now we bring it to you, the things you can and cannot live without.

TripAdvisor for your life.'

She's also appealed for fans to send in ideas of what they'd like them to review. Tune in on the Entale app.



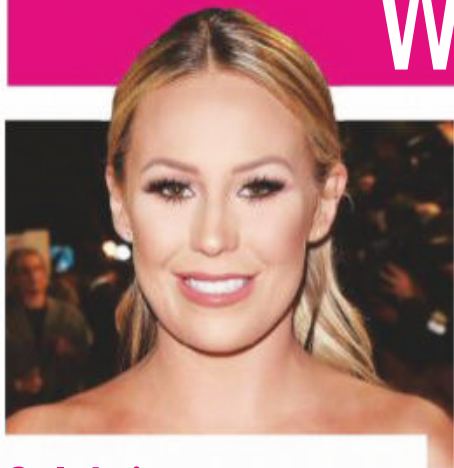
Cut above: Michael and Davina

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## WHAT'S INSIDE THE ISSUE



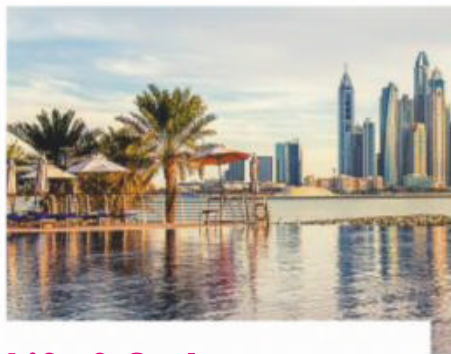
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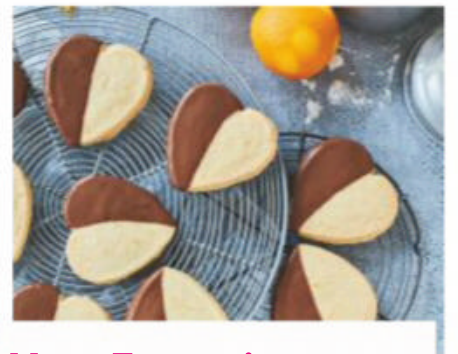
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# RICHARD ARNOLD'S

## *week in showbiz*

### **Gillian**

## 'I love seeing all the old faces'

Gillian Taylforth raises a glass to 35 years of *EastEnders*...

It's been five years since Kathy came back from the dead – can you Adam and Eve it? I can't! It honestly feels like yesterday.

And age hasn't withered you at all! In a scene in the cafe recently, even the youngsters were joking about Kathy still looking hot. We're both ripening beautifully, Richard, but it's hard work. It gets harder as you get older. There's still no turning back the tide of time, is there?

We are the age we are and it's not going to change but I want to stay as fit as I can. I've got a treadmill and weights in my dressing room, and a gym at home, which is great. It's a real release if you're feeling a bit down. You feel so much better. It's five years since Kathy came home but 35 years since it all began – and you were there! It's lovely being with all the old faces, and by that I mean old friends! I miss Anita [Dobson]



With on-screen son Ian Beale

and the Christmas episodes we'd shoot with Anna Wing [Lou]. They were happy times. Your chemistry with Letitia Dean is TV gold. Sharon and Kathy have some great scenes for the anniversary... There's a big story on a boat with all the Vic regulars celebrating winning Pub of the Year but I'm back in Albert Square with Tish, where something big is happening. We're so looking forward to it. When the show started, you guys became huge overnight. I opened a shopping centre in Croydon and someone reached out and I heard her say, 'I touched her!' I'd never known anything like it in my life. ● *EastEnders* 35th anniversary, from Mon 17 Feb, BBC1



## BACKSTAGE GOSS!

**A MILLION SMILES**  
Out on the town with my *GMB* pals for our first star-studded 1 Million Minutes Awards – toasting the volunteers who, like so many of you, donated your time (150 million minutes so far) – for our campaign to end loneliness.



Party time: with Ben, Kate and Charlotte

### **Overheard in the green room**

'I use all the creams but I wouldn't have work done. Everyone looks the same.'

Corrie star Siân Reeves reveals her beauty secret





# CELEBS OF THE WEEK

## THE DOWNEY JRs

An audience with Mr and Mrs Robert Downey Jr as their retelling of *Dolittle* – the man who could talk to animals – hits the big screen this week. The pair are genuine lovebirds and Robert told me that, having famously conquered his own demons, he was wife Susan's first rescue animal.



## Dick's Pics



Trying to beat the bleak mid-winter blues with Piers is not without its challenges, as you can see from this snap of your motley morning crew – but at least the man himself managed to crack a smile. At our expense.

## SCENT OF A MAN

A close encounter with Paul Gascoigne, whose aftershave bowled me over. 'What are you wearing?' I asked. 'Come to me!' he quipped. I fell for it – for a moment – before he cleared the air. For the record, he wears Escape!



Sizzling: Lisa and John in Mauritius



## You've been PAPPED!

## LISA AND JOHN'S HONEYMOON MASTERCLASS

Honeymooners Lisa Faulkner and John Torode have swapped making meals for morning swims and making memories, as they get cosy in Mauritius. Four months after their intimate wedding, the newlyweds haven't been able to keep their hands off each other. Lisa wrote, 'We have spent the whole time just us together laughing and chatting and kissing, enjoying each other's company in the sunshine and the rain.'





TV SHOCK

# Eamonn and Ruth TO RETIRE?

Was Ruth Langsford's brave official complaint over Phillip Schofield's conduct a case of 'nothing to lose'? We look at the signs she and husband Eamonn Holmes may be planning to hang up their daytime TV microphones...

**A**fter dropping major hints towards the end of 2019 that he wants a career change, Eamonn Holmes has made his intentions clear. 'I'd love to retire,' he said.

'My father was dead at 64. It makes you feel you've only got four years left. I don't want to die on the A3 travelling to work... I want to experience a life with Ruth.'

It looks like turning 60 in December has reminded him how precious time is, despite working with wife Ruth, who will also turn 60 in March. And following Ruth reportedly making an official complaint over Phillip Schofield's conduct after he cut off the *Loose Women* host during a live segment, we wonder whether this is the beginning of the end – a desire to escape the 'toxic' studio environment in favour of a more peaceful life...



Ruth, the moment Phil cut her off

## PLAYING SECOND BEST

It's no secret that Holly Willoughby and Phillip Schofield are considered the faces of *This Morning* – with their on-screen antics and the annual National Television Award [NTA] wins coming off the back of their ability to pull in the viewers, which regularly sees them hog the mic during the awards speech 'thank you's'.

You could forgive Eamonn and Ruth for feeling frustrated when, despite calls from viewers to see them appear as often as Holly and Phil as hosts of the ITV show, they're kept to their regular Friday and Sunday slot, while original hosts Richard and Judy are offered a deal to return to the sofa.

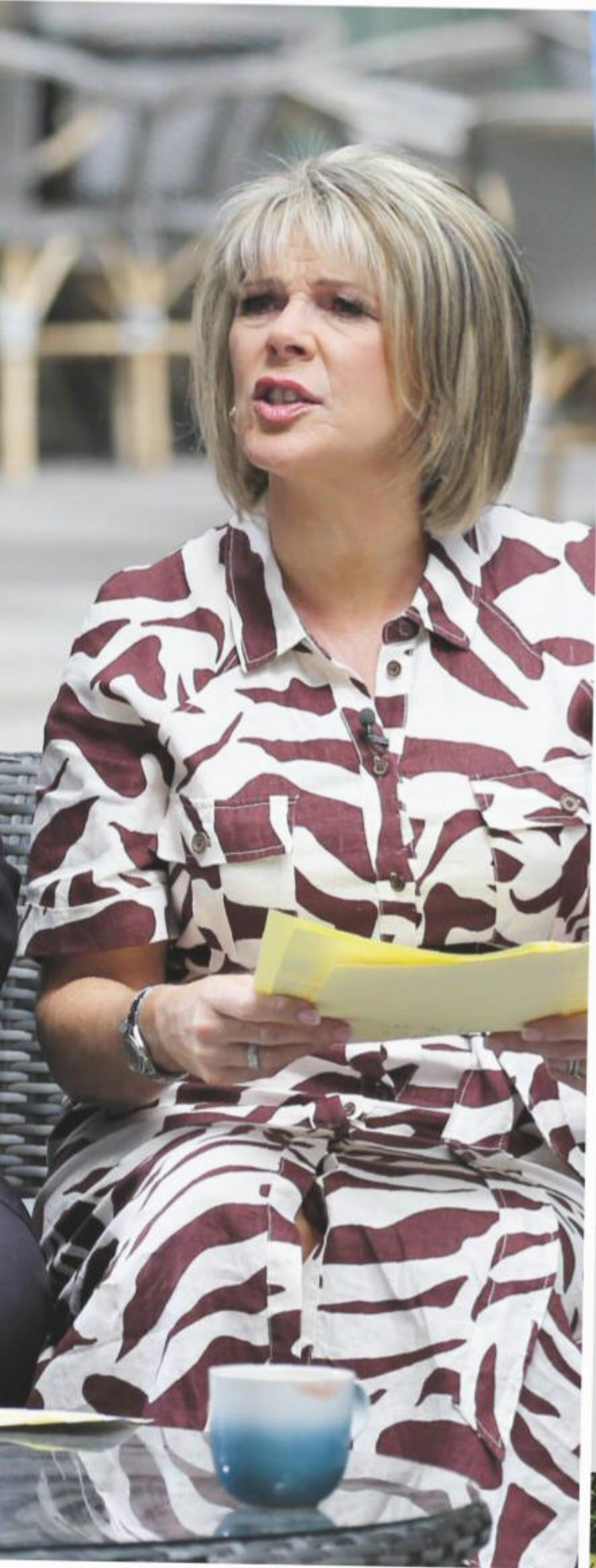
SEMRush, which collects info from social media, released a snapshot of

data over two-weeks worth of November shows, with Eamonn and Ruth having the highest positive comments – 1,625 – after hosting their Friday and Sunday show, compared



Phil, Holly, Ruth and Eamonn at the NTAs





with 948 for Holly and Phil after their Monday to Thursday slot.

And even at the start of 2020, following the schedule shake-up at ITV which saw *Good Morning Britain* and *This Morning* extended by 30 minutes, fans want to see them more.

Viewers were delighted the pair had unexpectedly been drafted in one Thursday too – covering for Phil and Holly who were still on their holidays.

One fan wrote, 'Wish you both were on more often. Absolutely perfect couple... so professional.' Another added, 'Better than Phil and Holly any day of the week!'



Escaping to the country with pet pooch Maggie



Ruth relaxing with mum Joan

## GOING BACK TO THEIR ROOTS

Even before turning 60, Eamonn made no secret of wanting to go back to his roots. Before racking up an impressive 27 years of early mornings cooped up in a studio hosting breakfast TV, Eamonn embraced the outdoors as a rural reporter. 'Think I want go back to farming reporting,' he admitted as he reposted a tweet about UTV, which is on air in Northern Ireland, after they announced they were celebrating 60 years of broadcasting.

He explained, 'My first TV job in 1980, 40 years ago next year. Always had an affinity with rural matters ever since. Need to get back out there and get the smell of manure up my nostrils again. Thank you @utv it's been a beautiful journey.'

And our source tells us he finally wants to enjoy the life he's worked so hard for. 'Eamonn has worked tirelessly all his life and has been

incredibly successful but it gets to a point when even he would like to enjoy the fruits of his labour. He has nothing to prove and he wants to spend time as a family doing things that they want to do, when they want to do it.'

But with Eamonn taking on more projects – including his football podcast *A Pint with Eamonn and the Gaffers* – will stepping away from *This Morning* lighten his load? Our insider added, 'It won't be easy for him because he's lived and breathed work for more years than he hasn't but at some point it's time to

hang your presenting mic up. The point where he really looks at his workload and decides what he does and doesn't want to do. I think Eamonn likes the idea of taking things a bit easier.'

And Ruth admitted in an interview last month that she'd like to work less, too. 'I think of working a little bit less but I'd not ever think about not working or doing something, because I love what I do.'

**'I want to go back to farming reporting'**



Ruth and her beloved sister Julia

## FINDING LIFE AFTER LOSS

Ruth has openly spoken about her daily struggles, grieving over the loss of her sister, Julia, who died suddenly last June. 'The grief comes in waves,' she said. 'There are times I allow myself to cry and then there are times when I go, "Right, I'm not crying now because I've got to go to work."' While in November, Eamonn lost his broadcasting inspiration, tweeting, '#RIPGay Byrne... Irish legend talk show king. The broadcaster I always wanted to be. For the final time, goodnight.'

Could their losses put everything else in their lives into perspective?



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SUSANNA

# 'I'm taking a step back'

As Susanna Reid announces plans to slow down, she reveals the stresses of being a working mum

**S**he's best known as the smiley antidote to Piers Morgan as co-anchor on *Good Morning Britain*, but behind the happy on-screen persona, Susanna Reid is struggling to strike a healthy work-life balance.

'It seems crazy that we have to build time into our hectic lives to stop and do nothing. But that's what I've decided to do,' she said. 'It's time to take a step back.'

Susanna, 49, admits her chaotic daily schedule, which starts at 3.45am when her alarm goes off, is leaving her 'feeling wrung out by the end of the week – and racked with guilt to boot' as she tries to keep on top of the news, especially now *GMB* airs for an extra 30 minutes each day.

And even after the cameras stop rolling, there's not enough time in the day as Susanna struggles to switch between responding to emails, messages or arranging appointments and being a mother to her three children.

'I try to squeeze in some exercise before making tea from scratch each night, then wonder why I bothered when I run out of time and have to resort to using those tempting food delivery apps,' she said.

'I also – and I think it's a bad habit



Her children are Susanna's priority

many women share – put too much pressure on myself,' she confessed.

As a result, the star has gained half a stone and admits that while others focus on their goal list, she has opted to take her foot off the accelerator in a bid to restore some calm. She explained, 'The more goals we set, the more we ramp ourselves up into bouncing coffee beans of caffeinated fury, ready to fly off the handle at the slightest trigger... there's even more reason to introduce some calm into our daily lives.'

Susanna, who co-parents teenage sons Sam, Finn and Jack with ex Dominic Cotton, kicked the booze back in 2018 and towards the end of 2019 she admitted since she quit alcohol she's not fun any more.

'Sadly, I'm disqualified from any such fun – the Christmas Grinch in

the corner with a glass of sparkling water firmly clasped in hand,' is how she described her attendance at *GMB* co-star Piers' pre-Christmas party.

And even the thought of turning half a century at the end of this year isn't filling Susanna's diary with plans as she simply wants to let the milestone slip by.

She confessed, 'This is a significant year for me. At the end of it, I turn 50. But I'm not going to give myself the headache of planning a huge party or a blowout in

Benidorm. I'm not planning to climb Mount Everest or run a marathon. I'm just going to do my best to let it all wash over me.'

She continued, 'This year, my goal is not to worry so much. Be prepared for work and be there for the children, but don't over-stress.'

Let's hope taking a step back helps Susanna find her happy work-life balance...

**'This is a significant year for me – I turn 50'**



Keeping up to date with news for *GMB* adds pressure

WORDS: SELINA MAYCOCK. PHOTOS: WENN, BACKGRID



# WHO WORE

Our fashion team reveal which star re



OUR  
FAVE  
LOOK

## Lucy Fallon, 24

Soap starlet Lucy nails the red dress trend and goes for a figure-flattering wrap style, accentuating her small waist.



## Michelle Collins, 58

Take it to the max like stunner Michelle and opt for a flowing frock. Statement earrings and bold eye make-up will bring this look together.



## Susanna Reid, 49

From the Bardot neckline to the shoulder bow detailing, this gown has it all. Because of these busy extras it's best to do the same as the *GMB* presenter and keep your shoes and accessories simple.



# IT BEST?

ally nailed the latest look

## Ladies in red



**Gillian Anderson, 51**  
Gillian could stop traffic in this chic tea dress. Make yours more suitable for the current weather by teaming with knee boots and a long coat.



**Joanne Froggatt, 39**  
A one-coloured dress doesn't need to be simple. Joanne's frock has lots of lovely detail, like the collared plunge neckline and zigzag stitching. Add extra elegance with satin shoes in the same shade.



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# My parents bought my dream b

She'd lost 8st, but Lauren Eggison, 34, took drastic action to finish the job

**S**tanding in front of the changing-room mirror, zipping up a pair of size 12 slim-fitting jeans, I should have been marvelling at just how far I had come.

It'd been a dream to get to this size, and I'd worked so hard. Only, now a thick, puckered apron of skin hung from my tummy, and if I didn't tuck it in, it flapped uncomfortably over my waistband. I had to hide it under floaty tops and forgiving waistbands – and while on the outside I looked great, underneath I looked awful. I was just as miserable as I had been at 21st.

For as long as I could remember,

I'd been in a war against my body. As a teenager I was the biggest of my friends, and at 16 wore a size 18. Hating the way I looked, I tried every diet going, but I'd always give up after a few days.

I started sixth form in September 2002, and while my mum, Donna, then 42, and stepdad, Vincent, 44, encouraged me to eat healthy meals at home, I'd snack on crisps and sweets between lessons, causing my weight to creep up.

And as I became more independent, my eating habits got worse. I got a desk job for a jewellery manufacturer, where I'd spend hours hardly moving while constantly snacking.

It was as though I was always gorging. Breakfast would be a huge bowl of sugary cereal, then I'd treat myself to a milkshake on the way to work. A couple of hours later, I'd be in the staff canteen devouring a huge portion of lasagne and chips, before going home for a takeaway pizza and countless packets of crisps and sweets.

I'd been with my boyfriend for five years – and, happy in a long-term relationship, I'd stopped worrying about what I was eating. But as my weight spiralled, no matter what I ate, I was never satisfied. So, I forced myself to go to the doctor. 'We could offer you gastric-band surgery,' he suggested. It'd help reduce my insatiable appetite – but I was 20, and surgery sounded drastic, so I turned it down, vowing to try harder myself.

Yet, any attempt at healthy eating

was always short-lived, and the following year I took over my parents' cafe, bringing home an abundance of leftover pastries every night. My parents were worried, and I wasn't surprised – by then, I'd reached 19st and was constantly exhausted. At 6ft, I told myself I could afford to carry the extra pounds, but the

truth was I was huge. 'I can help you lose weight,' my dad, Michael, 51, said, offering to pay for me to join a weight-loss group. I hated worrying them, so I agreed to go, and for months Dad would drop me off, waiting outside while I had my weigh-in. I lost more

than 3st but soon slipped back to my old ways – and as I piled it all back on, I could tell Dad was trying to hide his concern.

**'I was miserable and struggling'**

## Turning things around

In January 2012, I discovered I was expecting, and pregnancy truly ignited my appetite. By the time my daughter, Maddy, was born in September 2012, I was the biggest I'd ever been, at 21st and size 22. Busy with a newborn, I ignored my weight issues, but when

our second daughter, Halle, arrived in December 2014, I was miserable and struggling. Maddy had started walking, and looking after a toddler and a baby was draining.

So, in February 2015, I joined my local Slimming World group in East Finchley, determined to finally turn things around. I devoted myself to the plan, cutting back on sugary foods and cooking fresh, low-fat recipes at home. It was the first time I'd managed

**Determined to change**



Laura at her biggest, in 2014



WORDS: SASKIA MURPHY, MARK MACKAY



# me body



Her weight loss left saggy skin

to really stick to a weight-loss programme, and the weight quickly dropped off. Only, as my frame shrank, there was one thing I couldn't shift. My loose skin. After I'd lost 5st, my stomach started drooping, but although it bothered me, I felt energetic and slim, so kept up my healthy eating, until by November 2017, I'd hit my target of 12st 10lb. To celebrate, I went to the shops to buy some size 12 clothes, only I could no longer ignore my sagging tummy: after more than two years of hard work, I still wasn't happy with my body.

One night shortly after, I was reading the girls a bedtime story when Halle, then three, started kneading my stomach under my top. 'I love your tummy, it's like play dough,' she smiled innocently, poking my floppy folds and watching them jiggle. I smiled back, disguising the shame I felt. I knew I'd done this to myself.

I visited my GP, but after examining me, she had bad news. 'No amount of diet or

exercise will help,' she said. There was only one way to rid myself of all the loose skin: surgery.

It was a frightening thought after previously refusing a gastric band, but now it was my only option if I wanted any kind of body confidence. I was turned down for a tummy tuck on the NHS, though, leaving me heartbroken.

## Generous offer

By then, my loose skin had become unbearable. It jiggled when I walked, flapped against my body when I vacuumed, and got sweaty and sore.

I researched private treatment, but couldn't afford it. 'I don't know what to do,' I wept to my parents. Seeing how distraught I was, my dad, mum and stepdad all offered to help contribute. They'd seen the work I'd put in, plus I'd started looking into cheaper surgery abroad, and they worried about possible risks. 'It'll give you a fresh start,' smiled Mum.

'I don't know how to thank you,' I wept, overwhelmed.

In February 2019, I had a consultation at The Plastic Surgery Group clinic in Harley Street. At £14,999, the 360 Body Lift I'd chosen wasn't cheap, but looking at my saggy skin, it would be worth it. The surgeon explained how he'd tighten my stomach muscles before slicing away sections of skin from my stomach and back. It was a four-hour operation, and there were risks of complications or infection. In the lead-up, I had panic attacks wondering if I was being selfish, but I was determined to go through with it.

Waking up after the surgery, I was numb from the pain relief, but unprepared for how swollen my body would look. It continued swelling, too – and, over the next few days, almost doubled in size.

Groggy, sore and lying in a hospital bed, I fretted I'd done the wrong thing.

For six weeks, I had to wear a compression bodysuit – but after two months, all the swelling had finally gone and I saw my new body for the first time.

'That's not me!' I thought, stunned. For the first time, my stomach was toned and flat. As I slowly recovered, I felt like I was walking around in someone else's body.

Maddy, now seven, and Halle, five, miss



Laura is thrilled with her new look

my play-dough belly but are amazed by my transformation.

After a lifetime feeling uncomfortable in my own skin, I'm happy and confident with the way I look, and can even show off my tum in crop tops and low rise jeans. It was a long slog, and I regret damaging my body with food like that, but I've got a second chance now and I won't waste it.

**'I've got a second chance now'**



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own



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### TOP TIP

Nautical-inspired pieces never date. Wear with jeans and a blazer for a chic look



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# Dawn Neesom

## MIND OF MY OWN

The *Woman's Own* columnist has her say

## There's a man flu EPIDEMIC

*And women everywhere are the ones who are suffering the most*

**D**ear medically qualified readers of this marvellous magazine, I have a very important question for you.

Why does being in possession of a penis – let's call them men for the sake of argument – instantly turn any mild winter sniffle into full-blown flu/bubonic plague?

For centuries, women have marvelled at how the males of the species have wrestled lions, conquered mountains and generally beaten their hairy chests, yet wave a snotty hankie at them and they collapse into the very definition of a pathetic heap.

Forget the genuinely concerning Chinese lurgy, the scariest disease known to females around the globe is man flu. Even the very sound of it causes a bout of eyeball rolling and resigned sighs. You know this isn't going to be quick or painless. For you, never mind him.

Full disclosure, I am the world's worst nurse. I can manage one or two, 'Are you OK, darling? Anything I can get you?' Then I start googling 'safe ways to shut a man up. Permanently'. Sadly, none of them appear to actually be legal.

Now when us girls get sick, we

soldier on. There's always something to be done, even if you can't breathe and feel like your eyeballs are on fire.

Men have to lie down. Constantly. Most of them are really good at this when they're fit and

**'This isn't going to be quick or painless'**

healthy but give them a bit of a cold and crawling from bed to sofa with a martyred expression becomes the daily ritual. Extra pillows and the duvet are demanded. Albeit in a weak, croaky voice.

But, fear not, ladies, because after spending a year's money keeping pharmacy counters afloat (who can tell the difference between a tickly and a dry cough?) I have found the ONLY cure for man flu.

It's cheap, readily available and will have them not only well but smiling within hours. You can pronounce this fancy medical name. Ready? Well in true Coleen Rooney detective mode style, it's... B.E.E.R.



In case you didn't get the message

### Food for thought

The only thing cooking makes me want to boil is my head. Hate it. But at least I can identify basic foods. Worryingly, a survey has revealed one in 20 Brits thinks potatoes grow on trees, while 40% think apples are a tropical fruit. These people must only see plums in one place too. When they look in the mirror.



The game's having a millennial update

## Bonkers bingo lingo

**T**wo fat ladies have been killed by snowflakes. Yes, you read that correctly, there's been a murder...

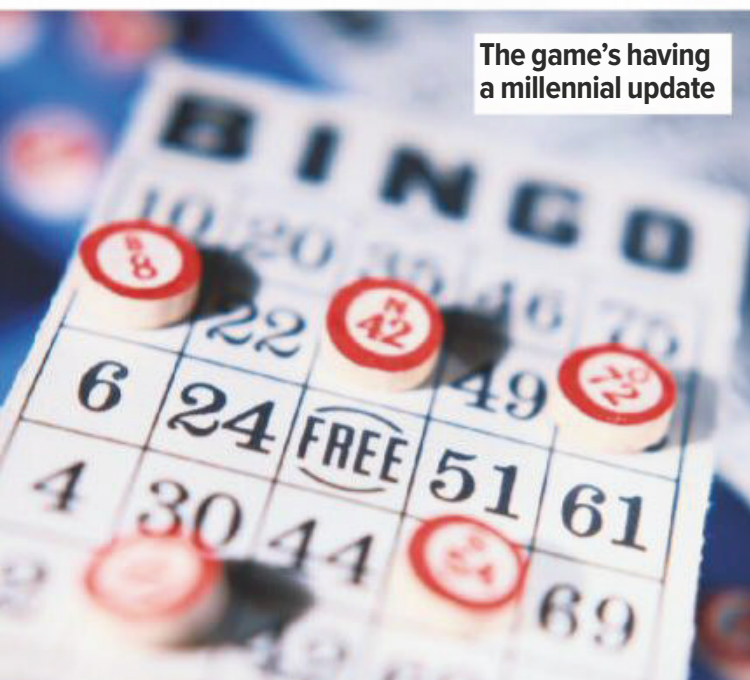
And it's your freedom to play bingo as it should be. The 'woke' generation have decided fun phrases – like the curvy cuties for 88 – are offensive. This example is obviously fat-shaming and

has been replaced with 'Wills and Kate'.


There are also alternatives to calls like two little ducks (for 22). Dunno what's wrong with this one. Offensive to vegans?

My personal new favourite is the shout for number 83, which used to be 'time for tea'. Now? It's 'gluten free'. What a load of balls.


*What's your opinion?* Tell Dawn on Twitter @DawnNeesom







Alice had just started school



Alice didn't recognise photos of her and her mum

# 'Where's my mummy?'

Rebecca Bailey, 33, was left totally heartbroken when her little girl forgot who she was

**W**aving to my daughter, Alice, then four, I watched as she trotted off through the school gates, arm in arm with her new friends. She'd only started a few weeks earlier, and while she was nervously clutching my hand on her first day, now she barely turned around to say goodbye, engrossed in her new, exciting world.

It was September 2018 and I'd known Alice would love school – and, sure enough, she'd settled in, coming home most days in a flurry of excitement and with a new piece of work. 'This one's for you, Mummy,' she'd grin, and I'd proudly pin every piece to the fridge.

Me and Alice's dad, Lewis, then 25, had split when she was a baby and, while we shared custody, day to day it was usually

just me and Alice, and we'd developed a close bond. She'd often creep into bed with me in the middle of the night. 'Love you,' she'd whisper, wrapping her little arms around me.

Only, one night, I noticed she felt hot, and when she complained of a headache, I kept her home from school.

'I think it's a virus,' I told Lewis' mum, Trudy, then 51, as I dropped Alice round before going to work as a co-ordinator at a law firm. Trudy promised to watch her closely, and that afternoon she texted to say Alice had perked up.

Yet, it didn't last, and by the time I got Alice home that evening, she was being sick and had a temperature again.

Concerned, I stayed up watching her most of the night as she tossed and turned. Then, when she woke up the

following morning, my heart thumped with worry: something about her face wasn't quite right. Usually, it was perfectly symmetrical, but now it looked lopsided and her left cheek and jaw were drooping.

## *More than a virus*

In a panic, I drove Alice straight to hospital, which was a 20-minute drive away. There, doctors examined her before giving me some painkillers for her and sending us home, telling us that it was just a virus.

But, as Alice slept on the sofa, I phoned my mum, Maria, then 56, and I couldn't help but fret. 'It seems more than a virus,' I told Mum.

That night, Alice slept off and on, and the next morning I kept her tucked in bed with my tablet so she could watch a





Fighting a deadly virus



**Disney film.** Only, as I was making sure she was all snuggled in and comfortable, her body suddenly slumped to the side. Her eyes closed and, with her mouth slightly open, she started making an alarming humming noise.

Screaming her name, I dialled 999. Paramedics arrived within minutes – but by then, Alice was convulsing in my arms and frothing at the mouth. In the ambulance, she kept slipping in and out of consciousness, and it wasn't until she was in the emergency ward that she opened her eyes.

'Alice!' I cried, grabbing her hand. But her eyes were blank and she didn't reply, soon drifting off to sleep again.

For the next few days, doctors carried out tests to try to work out what was

wrong. Alice slept most of the time and barely opened her eyes. Inconsolable and fraught with worry, I refused to leave her side, sleeping on a pull-out bed in her room, with Lewis coming in and out whenever he could.

Alice wasn't improving so, after an MRI scan, Lewis, our parents and I gathered around Alice's bed, braced for bad news.

## A terrifying diagnosis

'Alice has encephalitis, severe swelling on the brain,' her consultant said, explaining the condition may have developed as a result of the herpes cold-sore virus.

It was a mystery how she'd caught it, but none of that mattered when I was told she may not survive. Hysterical, I sobbed in my mum's arms, unable to comprehend losing my little girl.

'Why Alice?' I sobbed as she was hooked up to anti-viral drugs. She slept for the next few days as the medication in her system fought the virus, until eventually, one morning, she opened her eyes.

'Hi, sweetheart,' I smiled as Alice stared up at me. **Only, there was no spark of recognition in her eyes as she scanned my face and then looked around the hospital room in confusion.**

'I don't live here,' she frowned, quickly becoming agitated. 'You're in hospital and you're poorly,' I soothed, holding her little hand. Only, her eyes welled up and she asked, 'Where's my mummy?'

## Heartbreaking realisation

It was with a rush of horror that I realised she **didn't know** who I was. 'I'm your mummy,' I choked, crying too. Alice looked so frightened and confused, it broke my heart.

After a few minutes, she fell back to sleep, but **every time** she woke up over the next few days, the extent of her memory loss became more obvious.

She didn't remember her dad's name, or her best friend, and when I showed her a selfie I'd taken of us just a few weeks earlier, grinning and wearing matching

**'We gathered around her, braced for bad news'**

T-shirts, she looked at me in confusion. Doctors explained the memory loss had been caused by the severe swelling on her brain, stopping the neurons travelling around properly and connecting the dots. As the swelling went down, they didn't know what the lasting damage would be, or if her memories would return.

'Don't overwhelm her,' Mum warned as I filled Alice's room with her favourite Barbie dolls and Batman figures. But it was gut-wrenching knowing my beloved little girl didn't know who I was, and I desperately hoped it'd trigger something. Meanwhile, she slept constantly, barely

moving, and had a high temperature as she battled the virus.

Then one morning, after seven terrifying days, Alice slowly opened her eyes and looked straight at me as I sat by her bed. Reaching

out with her arms, she smiled, and I knew straight away that she recognised me and knew who I was.

'Mummy,' she beamed, wrapping her arms around my neck. It was magical. Scooping her up and nuzzling my face into her neck, I sobbed with relief.

**Alice remembered me!**

## Back to school

During the next three weeks, as the swelling continued to go down, the pathways in Alice's memory started to open and she remembered more.

Finally, I was allowed to take her home, but it was

December before she was strong enough to go back to school. Sadly, the

virus left her

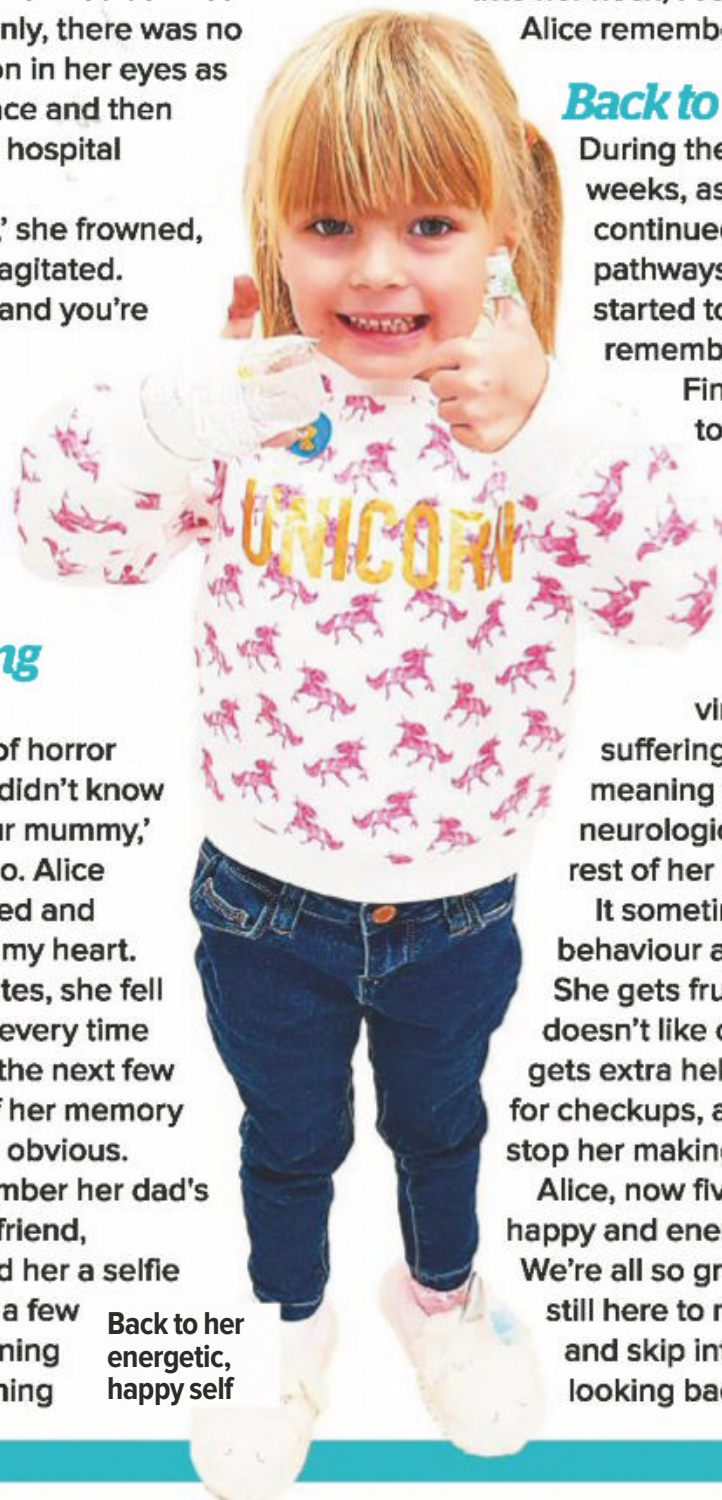
suffering a brain injury, meaning that she will have neurological issues for the rest of her life.

It sometimes affects her behaviour and emotions.

She gets frustrated easily and doesn't like change, but she gets extra help at school, goes for checkups, and doesn't let it stop her making the most of life.

Alice, now five, is a beautiful, happy and energetic little girl.

We're all so grateful that she's still here to make us smile – and skip into class without looking back.



Back to her energetic, happy self





### At-home mani

Get red nails with Essie's Surprise & Delight nail polish.  
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### Lacy lady

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## Personal touch

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This vase will brighten any coffee table. **£7.50, Topshop**



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Pucker up with Max Factor's Colour Elixir Lipstick in Cherry Kiss. **£8.99, Superdrug**



## Scent-sational

Spritz yourself with Fruity eau de toilette. **£9.99, Zara**



## Bottoms up

Serve in style with fancy glassware. **£7 for 2, George Home**



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Add a touch of luxe with a velvet cushion. **£9.99, H&M Home**



## Perfect pair

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River Seine Experience	9	Greenock	23 Jun	Magellan	<del>£1,299</del>	£719	Baltic Treasures & St Petersburg	16	Tilbury†	25 Jul	Marco Polo	<del>£2,169</del>	£1,089
Fjordland Wonders	10	Greenock	1 Jul	Magellan	<del>£1,479</del>	£819	North Cape & Spitsbergen Adventure	17	Tilbury	7 Jun	Marco Polo	<del>£2,479</del>	£1,369
Round Britain & River Seine Experience	14	Greenock†	10 Jul	Magellan	<del>£1,969</del>	£989	British Isles Midsummer Discovery	12	Tilbury	16 Jun	Columbus	<del>£1,799</del>	£1,079
Baltic Treasures & St Petersburg	15	Hull	26 Jul	Marco Polo	<del>£2,169</del>	£1,309	Hidden Baltic Treasures & Kiel Canal	12	Tilbury	23 Jun	Marco Polo	<del>£1,749</del>	£969
Majestic Fjordland	9	Hull	9 Aug	Marco Polo	<del>£1,299</del>	£779	Iceland & Northern Isles	13	Tilbury	27 Jun	Columbus	<del>£1,959</del>	£1,179
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Iceland & Faroes	13	Liverpool	23 Jul	Magellan	<del>£1,959</del>	£1,079	Baltic Cities & St Petersburg	15	Tilbury	26 Jul	Columbus	<del>£2,579</del>	£1,549
Spain, Portugal & Morocco	13	Liverpool	4 Aug	Magellan	<del>£2,589</del>	£1,559	Iceland & Northern Isles	13	Tilbury	9 Aug	Columbus	<del>£2,229</del>	£1,229
Majestic Fjordland	11	Liverpool	16 Aug	Magellan	<del>£1,819</del>	£1,009	Summertime in the Fjords	8	Tilbury	21 Aug	Columbus	<del>£1,129</del>	£629

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# Dawn Harper ASK THE DOCTOR

Doctor Dawn Harper answers all your medical questions...

There could be other reasons for fatigue



## I feel so lethargic

**Q** The whole family had a nasty bug over Christmas and New Year. Everyone else seems to have bounced back, but I just feel absolutely exhausted all the time and don't have the energy or the enthusiasm to do anything. I don't want to bother my doctor unnecessarily, but this is really dragging on now. What do you think?

**A** I think you should make that appointment. You could be suffering with a form of post-viral fatigue, but there are lots of other possible explanations, too, and it could be that there is another cause for your fatigue. Your GP will almost certainly want to do some blood tests to check this out for you.

## Why is my arm so sore?

**Q** We moved into our house 20 years ago and over Christmas realised that we have done very little to it since. Our New Year's resolution was to give the house a bit of well overdue TLC. We have been busy decorating and it has been going really well, but I think I have injured my arm in the process. There is a really sore spot on the outside of my right elbow just by the funny bone.

**A** It sounds like you have a condition called tennis elbow, where the

tendons and muscles around the elbow become inflamed as a result of repetitive use. Most cases will get better on their own but I'm afraid you will need to put your decorating on hold and rest the arm for a while. You may also want to take an anti-inflammatory, such as ibuprofen.



Tennis elbow needs rest

*Contact Dr Dawn*

Send your questions to [drdawn@ti-media.com](mailto:drdawn@ti-media.com), follow her on Twitter @DrDawnHarper, or go to [drdawn.com](http://drdawn.com)

## Will the NHS fix my varicose veins?

**Q** Several years ago, I had varicose veins stripped in my legs, which worked really well. Sadly, however, they have recurred in my right leg and look really unsightly. I went to my GP to ask for a referral back to the surgeon who looked after me before and she says the NHS no longer funds that surgery. Surely that can't be right?

**A** The NHS will fund this treatment if veins are causing discomfort or if the poor circulation is affecting the skin, but I'm afraid treatment for cosmetic reasons isn't usually funded. In the meantime, try to take regular exercise and avoid weight gain to prevent the veins getting worse.

Changes should be checked out



## Afraid TO ASK?

## What's wrong with my nipple?

**Q** This may sound weird, but my left nipple seems to have gone in. There is no pain and both my partner and I have had a good feel and there definitely isn't a lump. Do I need to get this looked at?

**A** Yes. Some women always have inverted nipples, but if a nipple becomes inverted having previously stuck out, it should always be checked out as it can mean there is something underlying that is drawing the nipple inward. Even though you can't feel anything, your GP will ask a breast specialist to see you to be on the safe side.



# How TOXIC your home?

We take a look at the hidden indoor pollutants that may secretly be harming your health

**T**hink the air inside your house is cleaner than the air outside? Worryingly, you're wrong. Recent air quality tests\* in residences across the UK found that the air inside had 3½ times worse pollution levels than outdoors. 'There's so much focus on

outdoor pollution and vehicle emissions that we barely give a thought to the air quality in our homes,' says biochemist Dr Chris Etheridge. 'And there's also the temptation to assume there's nothing we can do, but simple measures can make a difference.' Here's what can help...

## Meet our experts...



Max Wiseberg is an expert in airborne allergens



Dr Chris Etheridge is a biochemist working with Puresseintiel

## Why it's worse during the winter

'When it's cold we tend to keep all the doors and windows closed so the dust and indoor allergens have nowhere to go,' explains airborne allergens expert Max Wiseberg. Brits spend 80-90% of our time indoors, so ventilation is key. Open the windows – even if just for 10 minutes – to allow air to circulate.

## The impact on your health

The UK has some of the highest rates of asthma in Europe, and air pollution could be behind an epidemic of respiratory issues. This includes chronic obstructive pulmonary disease (a type of lung disease), which has increased by 27% in the past decade.\*\*\* 'You might experience sneezing, itchy eyes or throat and wheezing,' says Dr Etheridge.

'Ultra-fine particles of pollution can also enter the bloodstream and have an impact on vital organs.' And that's not all, adds Max. 'Scientists have determined that fire retardants could even cause cancer.'

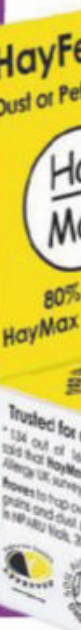
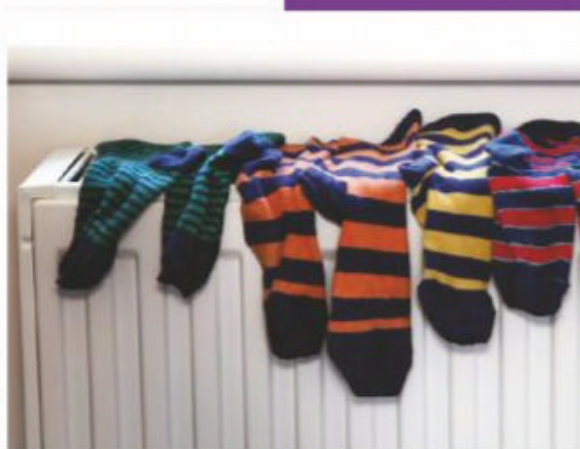
## What's the danger?

Not heard of indoor pollution before? You're not alone. Only 49%\*\* of Brits are aware of it. 'It describes the pollutants in the air,' says Dr Etheridge. 'We can't see these, they're microscopic, but they can be gases, dust or dirt. It includes mould, central heating, gas cookers, chemicals in cleaning products and even pets.'

## The danger of laundry

Drying clothes outdoors can be almost impossible in winter, but bringing wet clothes inside can add to pollution. 'It can create an abundance of mould spores,' says Max. 'This provides the perfect environment for house-dust mites, which are a common trigger for asthma and allergies.' **FIX IT:** 'If you have to dry

clothes indoors, keep the door to the rest of the house shut and the window of the drying room open,' says Max.





**is**



## How pollution can age you

**'Indoor pollution can prematurely age the skin, and allergic skin conditions can develop, such as eczema, atopic dermatitis, acne and psoriasis,' says Max.**

**Protect your skin by...**

- 1** Removing make-up and cleansing any exposed skin twice a day.
- 2** Staying moisturised. It forms a barrier between the skin and the polluted atmosphere.
- 3** Eating foods rich in antioxidants and good fats, such as oranges, kale, kiwi fruit, salmon, sardines and carrots.

## Watch out for cleaning products

Conventional cleaning buys often contain toxic chemicals, such as bleach. 'Some scientists are calling for traffic light-style warnings,' says Dr Etheridge.

**FIX IT:** Look for 100% natural and toxic-free ingredients or traditional methods, such as baking soda, vinegar and citrus juice. Or try a cleaning device, such as **Beldray 10-in-1 Handheld Steam Cleaner 1,000 W (£39.99, beldray.com)**, which doesn't use chemicals.



## Watch out for cooking and heating hazards

Using a cooker and keeping your house warm are life essentials, but both can cause pollutants. 'The current trend for wood stoves and fires releases particulates into our indoor atmosphere,' says Max. 'In fact, a wood stove can create many times more particulates than a diesel engine.'

**FIX IT:** 'There's not much we can do about using our ovens, but make sure there's an extractor fan or windows are open when you do this,' says Dr Etheridge.



'Applying a thin, drug-free allergen barrier around your nose and bones of eyes, such as **HayMax Pure (£7.29, Holland & Barrett)**, will trap some of the airborne particles before they get into your body,' recommends Max.

## Blow out the candles

Scented candles may be nice, but they often just mask bad smells. 'Compounds in candles add to the problem,' says Dr Etheridge. 'They emit particulate matter, also known as candle soot.' Instead, try **Puressential Purifying Air Spray (£20, Boots)**, designed to reduce airborne bacteria, fungal spores, and dust mites.



## Avoid damp

'Dampness and mould will affect the air quality,' says Dr Etheridge. 'They release fungi and spores, which are particularly bad for respiratory issues and allergies.'

**FIX IT:** 'Sort out that leak,' says Max. 'Even if it's small, it's creating moisture, and mould loves moisture. If you use a dehumidifier, remember to empty the drip tray.'

WORDS: FAYE M SMITH. PHOTOS: GETTY. \*GLOBAL ACTION PLAN. \*\*PURESSSENTIEL. \*\*\*BRITISH LUNG FOUNDATION. IF YOU HAVE CONCERNS ABOUT YOUR HEALTH, SEE YOUR GP





# Anita Naik A PROBLEM SHARED

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

## I feel sad and unhappy

**Q** I have been married for over 18 years and a year ago I started an affair. Being with him has made me realise how sad and unhappy I am (my husband hates me and has said this). My affair recently ended, as his wife got suspicious and he decided to be with her. I understand but miss him. The problem is what next? Do I leave or do I stay? I am 40 years old and feel my life is over.

Name and address withheld

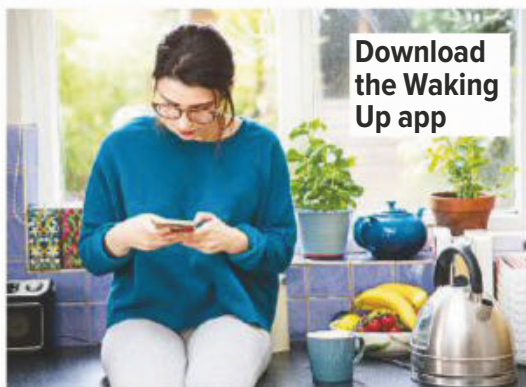
**A** If your affair has shown you anything, it's how unhappy you are. You are living with a man who says he doesn't like you, so no wonder that being with him has made you feel increasingly sad. Now that your affair is behind you, you need to do something to improve your life. Either leave and start again or, if you see a glimmer of hope, stay. Your life is far from over.

## 3 ways to... worry less

**1** **DOWNLOAD THE WAKING UP APP.** This meditation app will help you to live in the present and not let your mind spiral.

**2** **HAVE A SET WORRY TIME.** Choose a set time and place for worrying. It should be the same every day (eg in shower from 7am to 7.20am). During this period, you're allowed to worry, the rest of the day is a worry-free zone.

**3** **WORK ON SOLVING.** Problem solving involves evaluating a situation, coming up with steps for dealing with it and then putting those into action. Dwelling on issues rarely leads to solutions.



Download the Waking Up app



Not all families can get along

## My mother-in-law has terrible views

**Q** My mother-in-law has some appalling racist views that are so old fashioned and irritating. I cannot stand a single thing she says, and I know she feels the same about me. As a family, we don't see her that often but when we do, it's for a whole week and it's very stressful for both of us. My husband has now asked me not to say anything to her when she next comes. Is that fair?

Jill, 38, Essex

**A** You and your mother-in-law are different people, who, if it hadn't been for marriage, would never have been friends. That's fine because you do not have to be friends. But you *both* need to get on, for your family's sake. As you say, you see her infrequently, so my advice would be to grit your teeth. It's not giving in, it's dealing with it, and it will be much less stressful for everyone involved.

48% of men believe in love at first sight.\*

## He says I am not romantic

**Q** My husband says I am not romantic as I don't believe in love at first sight. He reckons he fell for me the first time he saw me and says it's hurtful I don't feel the same way. He brings up my lack of romantic gestures and is very OTT about his. I can't be like him, so what do I do?

KW, 41, Nottingham

**A** Some people have a distinct idea of how love and romance should be. Just because you have a different view doesn't mean you aren't in love with him.

However, perhaps what he's trying to tell you is that he needs you to show and say this more often, which is a very different thing. Talk to him about what's going on here so you can sort it out.

## Contact Anita

Send your questions to [askanita@ti-media.com](mailto:askanita@ti-media.com), follow her on Twitter @AnitaNaik, or go to [anitanaik.com](http://anitanaik.com)



# GOOD FOR YOU!

Helping you make smart health choices

## Have you heard about?

### Beating bad breath

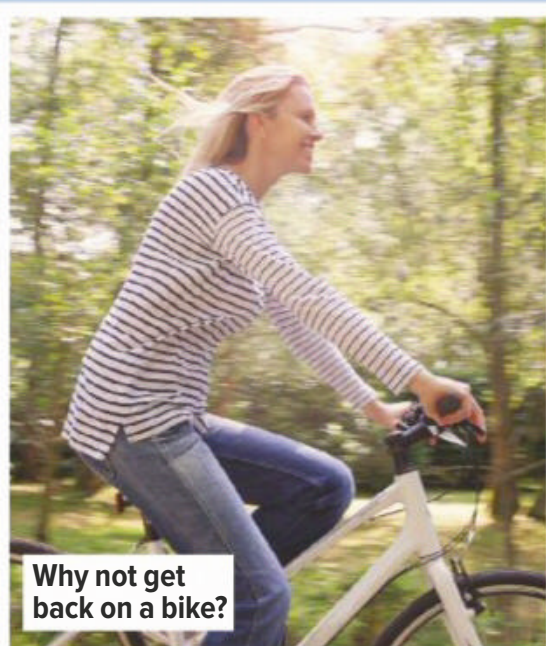
'When you become dehydrated, you do not produce as much saliva, which allows bacteria to grow, causing bad breath,' says Elaine Tilling from TePe UK. 'But drinking six to eight glasses of water a day can keep bad breath at bay.'

### Age is stopping us cycling

Cycling is great for fitness, but new research\* has found 41% of women haven't ridden since childhood. Ride in places where you feel comfortable, such as a park, and go with a friend to make it fun.

### Mushrooms can bring on the bloat

'Mushrooms contain polyols, sugar alcohols that are too large and difficult to digest,' says nutritionist Alix Woods. 'This may lead to bloating and tummy upsets.'



Why not get back on a bike?

# 33%

of Brits say public transport leaves them feeling dirty and affects their mood.\*\*



Tell yourself you look good

## How to...

### 1 feel confident

Charlie Howes, founder of Nude Life, shares his tips on how to be more body positive.

### 2 Try new things

'Body image issues, which damage your wellbeing, often stem from a desire to be something better. Doing or learning something new can provide feelings of self-worth, so indulge in activities you've always wanted to try, such as learning a skill.'

### 3 Fake your feelings

'Simple steps, such as smiling, standing up straight and using positive affirmations can change your inner dialogue to be more positive. Projecting positivity can also attract other positive people and help build a higher self-esteem.'

### 4 Seek help

'Are your problems with body image interfering with your day-to-day life or causing depression, an eating disorder or obesity? Talking to someone can help. Speak to your GP.'

Only 39% of Brits describe themselves as 'body positive', says WW.

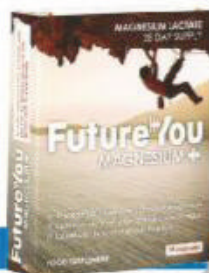
## It worked for me



Annabel Simons, 60, from Oxford

'I have always been active, but I started to find my energy levels dipping. It's something that slowly happened

over time. I first noticed because after my regular FitSteps class and tennis lesson, I'd be so exhausted that I'd fall asleep on the sofa. Then I discovered FutureYou Cambridge's Magnesium+ (£13, [futureyouhealth.com](http://futureyouhealth.com)). After less than a month, I began to notice changes. I felt less tired and I've now even started doing another dance class!'



## Buy of the week

Struggling to sleep? Changing your bedtime brew to Passion Flower Sleep Tea (£2.99, [naturboutique.co.uk](http://naturboutique.co.uk), local health stores) could be the solution. A study in Australia discovered that people who drank a low dose of passion flower in tea form had improved fluctuations in sleep quality.





# Liven up your LIBIDO

Get in the mood and spice things up a bit with these aphrodisiacs

**L**ooking to rev up your sex drive? You might be surprised to hear that there are many foods that can help get you hot under the collar. 'Whether that's strawberries dipped in

chocolate or a glass of red wine, foods that put a smile on our face tend to be the sexiest foods,' says nutritionist Lily Soutter. Here, our experts share their top picks to help liven up your libido.

## OUR EXPERTS



**Cassandra Barns,**  
nutritionist



**Naomi Beinart PhD,**  
medical nutritionist



**Henrietta Norton, Wild Nutrition founder & nutritional therapist**



**Stephanie Taylor,**  
pelvic health expert  
and managing director  
of healthcare  
brand Kegel8



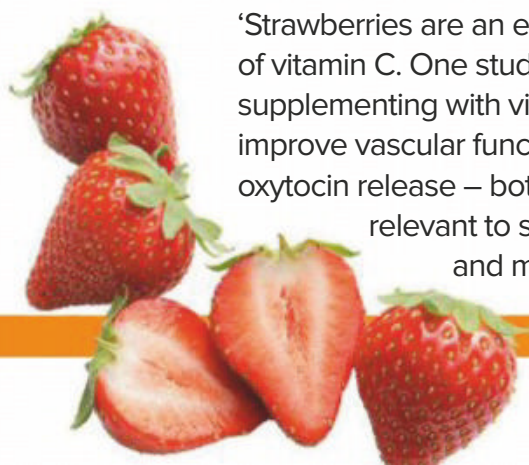
**Lily Soutter,** nutritionist



**Alison Cullen, A.Vogel**  
nutrition therapist and  
education manager

## Chocolate

'Chocolate has long been thought of as a sensuous food, and some research suggests it may promote the release of phenylethylamine and serotonin, thought to



## Strawberries

These heart-shaped berries might just be one of the most sensuous fruits out there. 'Strawberries are an extremely rich source of vitamin C. One study has shown that supplementing with vitamin C may help improve vascular function and increase oxytocin release – both of which are relevant to sexual behaviour and mood,' explains Lily.



## Oysters

'Oysters have long been dubbed as an aphrodisiac because they are a very rich source of zinc. Just one oyster contains as much as half our daily recommended intake,' says Lily. Zinc is a critical mineral for the production of testosterone, which is important for boosting sex drive.

produce aphrodisiac and mood-lifting effects,' says Lily. Try dark chocolate after dinner.

## Pumpkin seeds

'A loss of libido could be linked to a decrease in testosterone. Low levels are associated with sluggishness, fatigue, loss of interest in sex and brain fog,' says Cassandra Barns. Pumpkin seeds are high in zinc, which helps to boost testosterone production.

## Ashwagandha

Stress is often a mood-killer, but this ayurvedic herb can help restore calm. 'A study showed that women who took a daily dose of ashwagandha for a month saw significant improvements in achieving orgasm and sexual arousal,' says Naomi Beinart. Find it in **Glow Bar Ritual Moon Protein Powder** (£40, [glowbarldn.com](http://glowbarldn.com)).



## Shatavari

Shatavari is a herb that helps to keep your sex life ticking over. 'By helping to relieve stress, boost energy levels and regulate the release of hormones, shatavari can help reduce menopausal symptoms,' says Naomi. 'It's also a powerful anti-inflammatory and helps to hydrate the reproductive tract.'

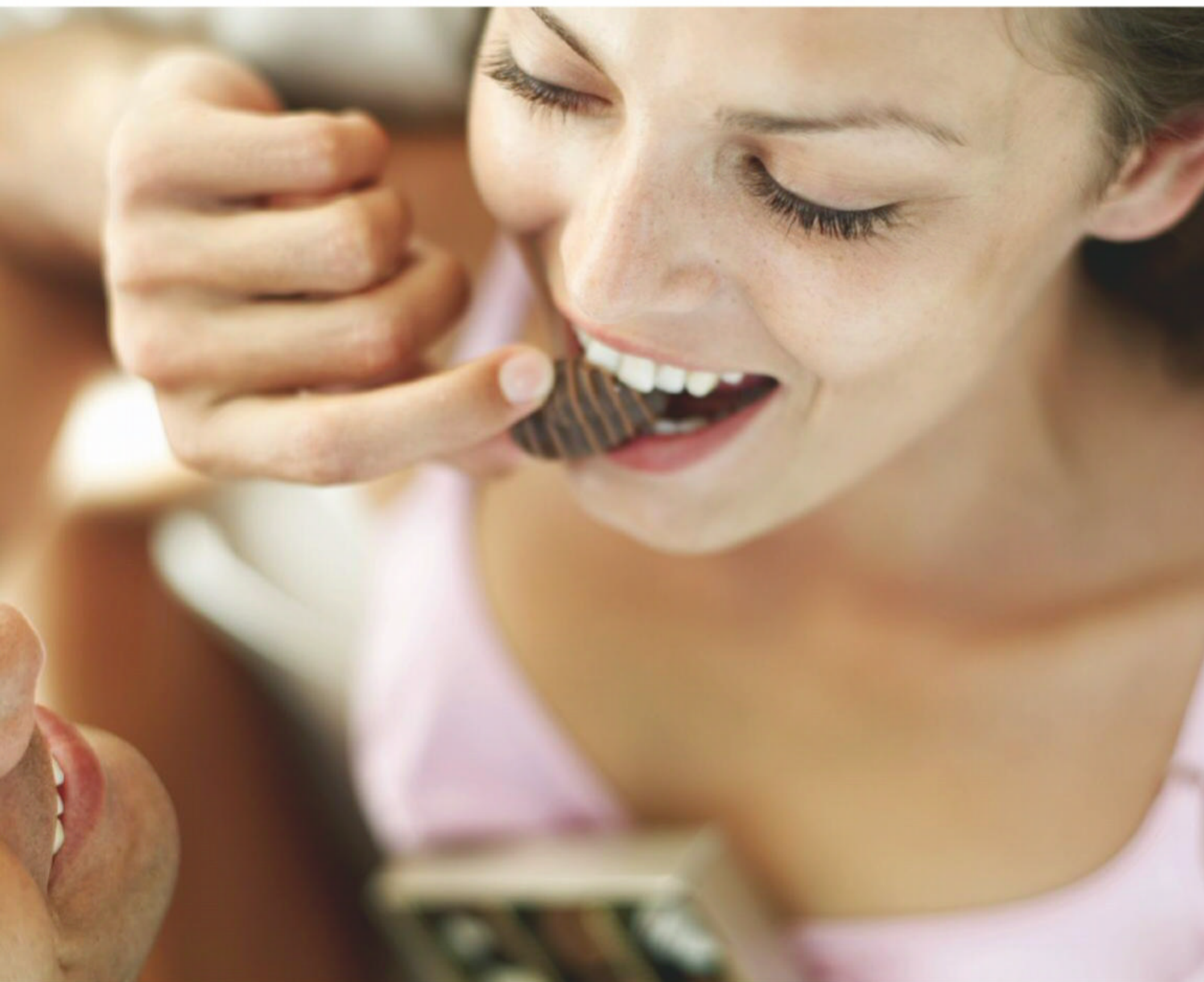
## Avocado

Avocados are rich in healthy omega-3 fatty acids, which have an array of benefits, says Henrietta Norton. 'They're also used as "taxis" to move hormones around the body, including the libido-charging testosterone,' she says. For an extra boost, slice chunks of avocado into your salad or onto your morning toast.

## Leafy greens

Spinach, rocket and kale can help boost your sex drive. 'Among other benefits, like being packed with antioxidants and iron, they're also naturally high in nitrates, which the body converts into nitric oxide,' says Stephanie Taylor. 'This dilates blood vessels and improves circulation, including to the vaginal area, helping to keep dryness at bay and giving you stronger – and more frequent – orgasms.'





## Maca

'It is used to boost energy and mood, as well as to balance oestrogen levels and increase libido in women,' says Naomi. In fact, a study\* found that maca may alleviate antidepressant-induced sexual dysfunction in post-menopausal women. Try **Pukka Herbs Cacao Maca Magic Latte (£4.99, Holland & Barrett)** for a libido-boosting bedtime drink.



## Almonds

Packed with vitamin E, almonds can be a saviour if you



suffer from vaginal dryness. Stephanie says, 'Make sure your diet contains vitamin E-rich foods to reduce dryness and keep your sex life at its best.' Try a handful of almonds for a snack.

## Porridge

It might not be the sexiest food, but oats could be key to feeling frolicsome. A study at the University of San Francisco found that oats boost libido because they contain natural amounts of the amino acid l-arginine, which has been linked to increasing blood flow to the genitals. 'Avena (oat) sativa extract may help you feel in the mood,' says Alison Cullen. 'It's known to improve attention levels, making you feel more confident – which in turn gives your self-esteem a libido-enhancing boost.' Try **Avena Sativa (£10.50, avogel.co.uk)**.

## Wine

There's a reason why we feel a little friskier after a glass or two. 'Reduced inhibitions is one of the most significant short-term side effects of alcohol consumption and can increase sexual behaviour,' says Lily. 'In truth, many mistake alcohol for an aphrodisiac, but it's more likely to be its inhibition-lowering effects that are linked to sexual behaviour.' Try not to have too much, as drinking excessive amounts is linked to a loss of sex drive.





**Promotion** Join now

# Join the *Woman's Own* **Bingo**

## community!

**W**oman's Own Bingo has a buzzing community, where members can catch up in the chatrooms about anything and everything, from the latest news to the best TV dramas, and the good – or not-so-good – weather. Members new and old are welcome, and make sure you get involved with the bingo lingo, such as LOL (Laugh Out Loud) or WDW (Well Done Winner).

Play, make friends and join in with all of the entertainment,

such as quizzes, real money chat games and not forgetting the exciting Superlink games.

We have a dedicated promotions page, where you'll find new and exciting things to get involved in. Our chat hosts are always on hand to help, and we have a range of responsible gambling tools to help you stick to a budget, such as deposit limits and session reminders.

However you play or get involved, sit back and enjoy the amazing *Woman's Own* Bingo experience.



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### Play £10 and get £50 of FREE BINGO\*

### Join and deposit with promo code WO7MAD

\*Rules: 18+, UK only. New members only. Must opt in. Min £10 deposit and wager. 30-day expiry from deposit. Bingo: advertised ticket value based on £1 tickets. Game availability and restrictions apply. Full offer details and rules at [womansown-bingo.co.uk/terms#welcomebonus](https://womansown-bingo.co.uk/terms#welcomebonus). Offer in this issue ends 10 February 2020. *Woman's Own* Bingo is part of the Jackpotjoy.com network. For 24-hour support, freephone 0800 458 0770. Please Play Responsibly. [BeGambleAware.org](https://BeGambleAware.org).

**BeGambleAware.org**



**Play, chat and have fun at [womansown-bingo.co.uk](https://womansown-bingo.co.uk)**



FREE

for every reader

The stunning simplicity of this elegant 18ct gold-plated jewellery collection really sets it apart. Claim the Figaro bracelet for free, simply by sending a 83p stamped, self-addressed envelope, with the completed coupon, to the address printed below.

This lovely bracelet is part of a collection of gold-plated jewellery that's available at an excellent price. There are two necklaces, a 16" Figaro chain and a 16" Sasanami chain for just £5 each. Two pairs of earrings – matching Figaro drops and gold-plated studs – cost just £5 for both pairs. The full set costs just £15, and if you order it all, we'll enclose a mystery gift – absolutely free!

Worth £5



PLUS Order this full set and receive a mystery free gift



BONUS OFFER

These magnificent 9mm freshwater cultured white pearls will add a classy touch to any outfit. Featuring gold-plated silver fittings and comfortable butterfly backs. Pearl stud earrings, £19.99.

HOW TO CLAIM YOUR FREE BRACELET

Complete the coupon and send with an 83p stamped, self-addressed envelope and any payment to: LMS, WO10 Figaro Bracelet, PO Box 998, Aylesbury, HP22 9LE

WO10 Jewellery order form

I enclose an 83p stamped, self-addressed envelope to qualify for my free bracelet.

Code	Description	Qty	Price	Total
JPR1500	Figaro bracelet	1	Free	83p sae
JPR1501	16" Figaro necklace		£5	
JPR1051	16" Sasanami necklace		£5	
JPR1503e	2 pairs of earrings		£5	
JPR1500s	Full set of the above (with free mystery gift)		£15	
JPR1505	Additional Figaro Bracelet		£5	
LYN372	Pearl Stud Earrings		£19.99	
			TOTAL	

TERMS AND CONDITIONS All applications must be received by Friday 20 March 2020. Please allow 21 days for delivery. Only one free bracelet per household. This offer is open to readers in the UK only and is subject to availability. Earrings for pierced ears only.

For safe and secure credit card ordering please telephone your order to: 01858 345108 and quote WO10. Lines are open from Monday to Friday, 9.00am to 5.00pm. Telephone ordering is not available for free bracelet only.

I enclose a cheque/postal order made payable to Lyncroft Marketing Services for the sum of £..... (Please write your name and address clearly on the back of your cheque).

Or please debit my Visa/Mastercard

Card no

Expiry date.....

Title..... Initial.....

Surname.....

Address.....

.....

Postcode.....

Telephone number in case of query.....

Please note that your details are used only to fulfil your order, and the information is not captured or used in any other way.





**Ed's pick**

### Add a braid

Anyone can wear a braid, even when you're in your 50s, as Davina McCall proves. But if her sleek braided updo looks too daring, try weaving a small braid on one side of your hair, clipping it back and leaving the rest of your hair loose and tousled instead. Add a spritz of **IGK Hair Beach Club Texture Spray, £10**, to soften the effect.



### Simple updo

Shy away from wearing your hair up for fear it's too tricky to get right? You don't have to be a hairdresser to get

Lorraine Kelly's look.

Simply gather your hair at the nape of your neck and twist it into a chignon and fasten with hair grips, £1.50 for 30, Boots, to secure.

Soften with some face-framing strands and you're done.



# Look young hairstyle

From chic waves to sleek updos, find a gorgeous new 'do to suit you!



### Wave it

Copy Christine Lampard and add subtle curls or beachy waves with a curling tong; it gives the appearance of added volume and fullness. Then give your hair a light dusting of **Batiste Dry Shampoo, £2.24**, for added texture and hold.



### Go glam

Use accessories like Jacqueline Jossa to add a little sparkle to your look. Try a **pearly headband, £5.99**, or go for a more subtle approach with these **diamante clips, £5.99**, both **New Look**, to add instant glamour to any style.



**Chic update**





# WHAT IS AVAXHOME?



# AVAXHOME-

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# nger es

## Try a centre parting

Moving your parting can instantly update your look, whether you want to add volume or create a super sleek 'do. Copy Rochelle Humes' slick style by creating a straight parting, using a fine-toothed comb. Then sweep hair into a low ponytail, spritzing with L'Oréal Paris Elnett Precious Oil Hairspray, £6.69, to stop flyaways.

## Choppy bob

Thinking of going for the chop? Take inspiration from Holly Willoughby's blunt cut then use a little Charles Worthington Volume & Bounce Body Booster Mousse, £6.99, on damp hair before drying it upside down to give added body.



## 5 new hair heroes

### 1 Thicken

If you're after fuller-looking locks, apply this to wet hair and then style as usual. It gives the appearance of up to 6,500 more strands. Pantene Hair Multiplier, £9.99.



### 2 Detangle

Say goodbye to knotty, hard to brush locks – this glides through hair for minimum breakage.



Ideal for delicate hair too. Manta, £20.

### 3 Hydrate

Revitalise frazzled strands with this deeply nourishing hair mask formulated with 95% naturally sourced ingredients. Palmer's Natural Fusion Chia Seed & Argan Oil Hair Mask, £2.99.



### 4 Protect

Spritz this all over before drying, curling or straightening to ensure your hair stays healthy from root to tip. Bumble & Bumble Invisible Oil Heat/UV Protective Primer, £12.



### 5 Tame

This helps keep frizz and any flyaways at bay for a smooth, weightless result. GHD straight and tame cream, £13.



# Bedroom

## Bejewelled



Velvet bed, £320,  
bedding set, £21,  
dressing table, £130,  
ceiling pendant, £30,  
all Argos

## Industrial



Pouffe, £35, potted  
plants, from £5 each,  
cushions, from £10  
each, loft table, £60,  
all Sainsbury's



Side table,  
£40, Argos



Floor lamp,  
£69.99,  
Homesense



Velvet duvet cover  
set, £25, Primark



Suede trunk,  
£39.99,  
TK Maxx



Cushion,  
£9, Primark



Rug,  
from £30,  
George Home



Plant pot, £15,  
National Trust



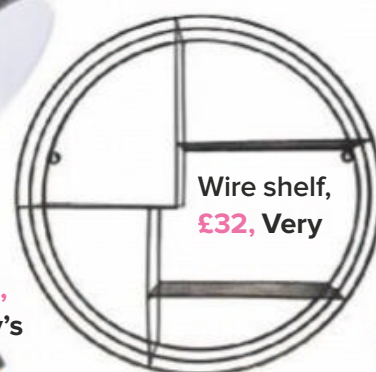
Ceiling  
shade, £15,  
Argos



Side table,  
£40, Argos



Tripod  
lamp, £35,  
Sainsbury's



Wire shelf,  
£32, Very



Candleholders,  
£40 for two,  
Very



# refresh

Give your home a whole new look with on-trend styles

## Serenity



Cushions, from £12 each,  
Astrid duvet cover set, from £15,  
throw, £25, rug, from £20,  
table lamp, £35, side table, £129,  
Porto bedstead, £189,  
all JD Williams



Bedding set,  
£10, George  
Home



Floral  
arrangement,  
£16, Sainsbury's



Cushion £8,  
George Home



Dip dye planter,  
£10, Primark



Tea light  
holder, £5,  
Dunelm



Tea lights, £4.50  
for 24, Sainsbury's

## Mindful



Cushions, from £7 each,  
throws, from £15 each,  
duvet set, from £10,  
lamp, £30,  
all George Home



Candleholder,  
£1.50, Primark



Lamp, £39,  
Oliver Bonas



Cushion,  
£20, Dunelm



Ruffle edge  
bedding set,  
from £20, Next



Bedside table, £69,  
John Lewis & Partners



# Living with violence

Last year, 1.6 million women experienced domestic abuse. Is enough being done?

**T**hese photos might be hard to look at, but they're the brutal reality for those living with a violent partner.

Almost one in three women will experience some form of domestic

abuse in their lifetime, according to the Office for National Statistics. It means, despite evolving laws, policy and police practices, not enough is being done to protect victims from continued physical abuse and control. Conviction rates for perpetrators charged are 77%, yet the vast majority of domestic assaults go unreported, with survivors scared to ask for help.

We've come a long way since the 1970s, when domestic violence was considered a 'private matter', and largely ignored. And yet victim numbers aren't falling,

Government funding cuts have led to one in six refuges closing since 2010, and 60% of women being turned away due to lack of space. *Woman's Own* investigates.

## Rise in domestic abuse

The number of coerced offences recorded by England and Wales doubled in a year to 118,000 in a year to 2018. Figures from the Office for National Statistics show there were 1.3 million abuse incidents recorded in the year to 2018, up from 1.1 million in 2017. The Taoiseach says domestic violence is an "epidemic" following a state of

## Govt vow to tackle domestic violence

**VARADKAR** 2  
By AOIFE MOORE  
THE Taoiseach says domestic violence is an "epidemic" following a state of

## Domestic abuse can be hidden behind smiles

MP's chilling account of how she was controlled shows the need to challenge preconceptions about abusive relationships

## 'I had nowhere to go'

**Katie Wilson, 39, lives in Cleethorpes and has seven children.**

No woman expects the man they love to turn violent, so when they do, it can be hard not to make excuses for them, or even blame yourself. Often, by the time you realise they'll never change and you're their permanent punching bag, it's too late.

That's how it was with my husband, David. He was a gent when we met in our teens. We were still teenagers when our first son was born in 1995, and David worked long hours as a labourer.

After our second son arrived in 1997, David started going to the pub often,



Katie and David

arriving home drunk and tetchy. The first time he lashed out, he accused me of cheating and pushed me down the stairs. I thought about leaving, but I had nowhere to go.

It wasn't until January 2006, when David punched me while I was four months pregnant with our fourth child, that I realised I had to act. I called the police, and David was given two years' probation. Luckily, our baby wasn't harmed and arrived safely.

David begged for forgiveness, vowed

to stop drinking and attended a domestic-violence course – so, despite warnings from friends, I convinced myself he'd

changed. Things did get better for a while and we had three more children. But living with David was hard, and I got sick of watching what I said in case I upset him, so in September 2018, I found the courage to end our marriage.

He seemed to take it well at first, promising to look for a flat. Only, one night, he arrived home from the pub in a foul mood, and after making himself a cup of tea he flung it at my face. The mug smashed into my jaw, and as scalding tea

**'The mug smashed into my jaw'**

Many attacks go unreported



Around  
three  
women a week  
commit suicide  
as a result  
of domestic  
violence\*

Two  
women a  
week are killed  
by a current or  
former partner  
in England and  
Wales\*\*

### *How the law has evolved over time*

#### **1976**

The Domestic Violence and Matrimonial Proceedings Act gave women more rights, allowing them to seek a court order against an abusive husband without divorce or separation proceedings, and giving them equal rights in the matrimonial home.

#### **1994**

Rape within marriage was recognised and made a crime, with the Marital Rape Act.

#### **2004**

The Domestic Violence Crime and Victims Act of 2004 saw common assault become an arrestable offence, and the introduction of victimless domestic-abuse prosecutions, allowing evidence to be given by family, neighbours and others.

#### **2015**

Controlling and coercive behaviour in an intimate or family relationship became a new offence, under the Serious Crime Act 2015, defined as any behaviour making the victim feel controlled, dependent, isolated or scared. In the same year, revenge porn also became a criminal offence.

#### **2019**

A draft Domestic Abuse Bill planned to include economic abuse and controlling and manipulative non-physical abuse in the statutory definition of domestic abuse, alongside other measures designed to raise awareness and support survivors. Under the new bill, yet to be passed, abusers will be prohibited from cross-examining victims in court.

dripped down my chest, he started punching me in the chest and face.

I managed to get to the phone and call the police. Blood dripped down my face from where he'd split my left eyelid and I was taken to County Hospital Louth. X-rays showed nothing was broken and, while my scalded skin was agony, doctors reassured me I'd heal without scarring.

In October 2018, David Wilson, then 40, admitted assaulting and causing me actual bodily harm and was given a six-month suspended sentence and a restraining order – which, looking back, is extremely lenient.

Violent men – and women – need to be dealt with more harshly, not just to protect their victims but to send the message that domestic abuse isn't acceptable.

### **'IT'S LIFE OR DEATH FOR MANY'**

**Sandra Horley CBE, CEO of national domestic-abuse charity Refuge, says,** 'All too often, domestic abuse is seen as something private, 'happening behind closed doors', but the statistics alone should be enough to make domestic abuse everyone's business. For many, domestic abuse is a life-and-death situation.

'Refuges are facing closure, and women and children fleeing domestic abuse are being turned away when they're most at risk of harm. We want housing law changed to give automatic-priority need for housing to all survivors

fleeing domestic abuse. The only way to address domestic abuse like this is to prioritise legislation which aims to reduce it and to properly fund services which support and protect survivors. The Domestic Abuse Bill must become law with minimal delay.

'We want to assure people they're not alone, that help is readily available. The National Domestic Abuse Helpline, run by Refuge, has an expert team trained to support women experiencing all forms of domestic abuse, including emotional, economic, coercive control, tech abuse, rape, sexual and physical violence.'

● Call the freephone helpline on 0808 2000 247, or see [nationaldahelpline.org.uk](https://nationaldahelpline.org.uk)



# Valentine's Day gifts

Roses are red, violets are blue, we love these and they will too – show you care with a handmade treat

## TIP

Sprinkle the tops with finely chopped, toasted pistachios instead of cornflour for a perfect flavour pairing.

## Rose water Turkish delight

Make your own wonderfully indulgent delights, the perfect gift for your loved one this Valentine's Day.

**Makes: 48 squares**

- \* 8 sheets of gelatin
- \* 500g granulated sugar
- \* Few drops of rose water
- \* Few drops of pink liquid food colouring
- \* 2 tbsp icing sugar
- \* 1 tbsp cornflour
- \* 18cm (7in) square sandwich tin, oiled

**1** Pour 300ml water into a pan and add the gelatin sheets, breaking them in half, if necessary, so that they fit. Leave the gelatin to soak for about 5 mins, then place the pan on a low heat and stir gently until the gelatin melts. Add the sugar and stir until it has dissolved. Increase the heat and bring the mixture to the boil, then reduce the heat and simmer it gently for 20 mins.

**2** Remove the pan from the heat and stir in rose water and food colouring, until it's pale pink. Pour into the sandwich

tin and leave in a cool place to set overnight.

**3** Sift the icing sugar and cornflour together onto a plate or board. Ease the set Turkish delight out of the tin onto the icing sugar mixture. Use a long knife with a damp blade to cut the jelly into 2½-3cm squares. Coat all cut surfaces in the powder mixture.

**PREP: 20 MINS COOK: 25 MINS, PLUS SETTING SKILL: MEDIUM CALS 196 FAT 0G SAT FAT 0G CARBS 11G**

**196  
cals**



## Cherry and vanilla marshmallows

These delicate, fluffy marshmallows will leave bought versions standing. They keep well for a few days and make an excellent present.

### Makes: 30

- \* 1 tbsp vegetable oil or other flavourless oil
- \* 500g granulated sugar
- \* 8 sheets gelatin
- \* 170g fresh cherries, stoned
- \* 2 large egg whites
- \* 1½ tsp vanilla bean paste
- \* 3 tbsp cornflour
- \* 3 tbsp icing sugar

455  
cals

**1** Grease a 20x20cm square baking tin with half the flavourless oil. Line the base and sides with non-stick baking paper and lightly grease again with the oil. Put the sugar into a saucepan with 250ml cold water and stir over a low heat until it dissolves.

**2** Using a sugar thermometer, bring the sugar to the boil over a medium heat and simmer until it reaches 122C, for around 15 mins.

**3** Meanwhile, soak the gelatin sheets in cold water, adding them one by one, until softened. Next, purée the cherries in a blender until smooth and pass through a sieve to remove the skin.

**4** In a stand mixer, whip the egg whites until stiff (only do this when the sugar syrup is very nearly at the correct temperature). Once the syrup is ready, set the mixer to a low speed and pour the syrup onto the egg whites. Increase the speed and add the gelatin, squeezing out excess water. Continue beating for 10 mins until the mixture has cooled.

**5** Add the vanilla bean paste, followed by the cherry purée and mix, but not too thoroughly, there should be a little marbling. Scrape into the tin and smooth the top with a spatula. Cover with cling film, ensuring it doesn't touch the surface. Allow to set in a cool place – not the fridge – for about 6 hrs.

**6** Once set, combine the cornflour and icing sugar and sift half over. Sift some over the sharp knife you're going to cut the marshmallows with to prevent it from sticking. Cut the marshmallow into cubes and roll in the remaining sugar and

### TIP

Try swirling jam through the warm marshmallow for an extra hit of fruit.



cornflour until fully covered. Store in an airtight container for up to 5 days.

**PREP: 20 MINS COOK: 15 MINS, PLUS COOLING SKILL: EASY**  
**CALS 367 FAT 0.4G SAT FAT 0G**  
**CARBS 20G**

278  
cals

## Chocolate-dipped orange shortbread hearts

These classic Scottish biscuits are perfect for your loved ones.

### Makes: 15

- \* 250g butter
- \* 125g caster sugar
- \* Pinch salt
- \* Zest 1 orange
- \* 250g plain flour
- \* 100g cornflour
- \* 100g dark chocolate, melted

### TIP

Why not try adding a small handful of edible rose petals to the dough for a beautifully scented biscuit.

**1** Preheat the oven to 190C/Gas 5. Beat the butter, sugar, salt and orange zest together in an electric mixer until light and fluffy. Slowly beat

through the flour and cornflour, until just combined.

**2** Tip onto a surface and roll out to about 5mm (¼in) thick. Cut out 15 heart shapes, re-rolling offcuts as and when necessary.

**3** Place on a baking tray and bake for 15-20 mins, until cooked through but not coloured. Leave on a wire rack to cool completely.

**4** Once the biscuits are cool, dip half of each into the dark chocolate, and leave to set fully.

**PREP: 10 MINS COOK: 20 MINS PLUS COOLING**  
**SKILL: EASY CALS 278**  
**FAT 16G SAT FAT 10G**  
**CARBS 31G**

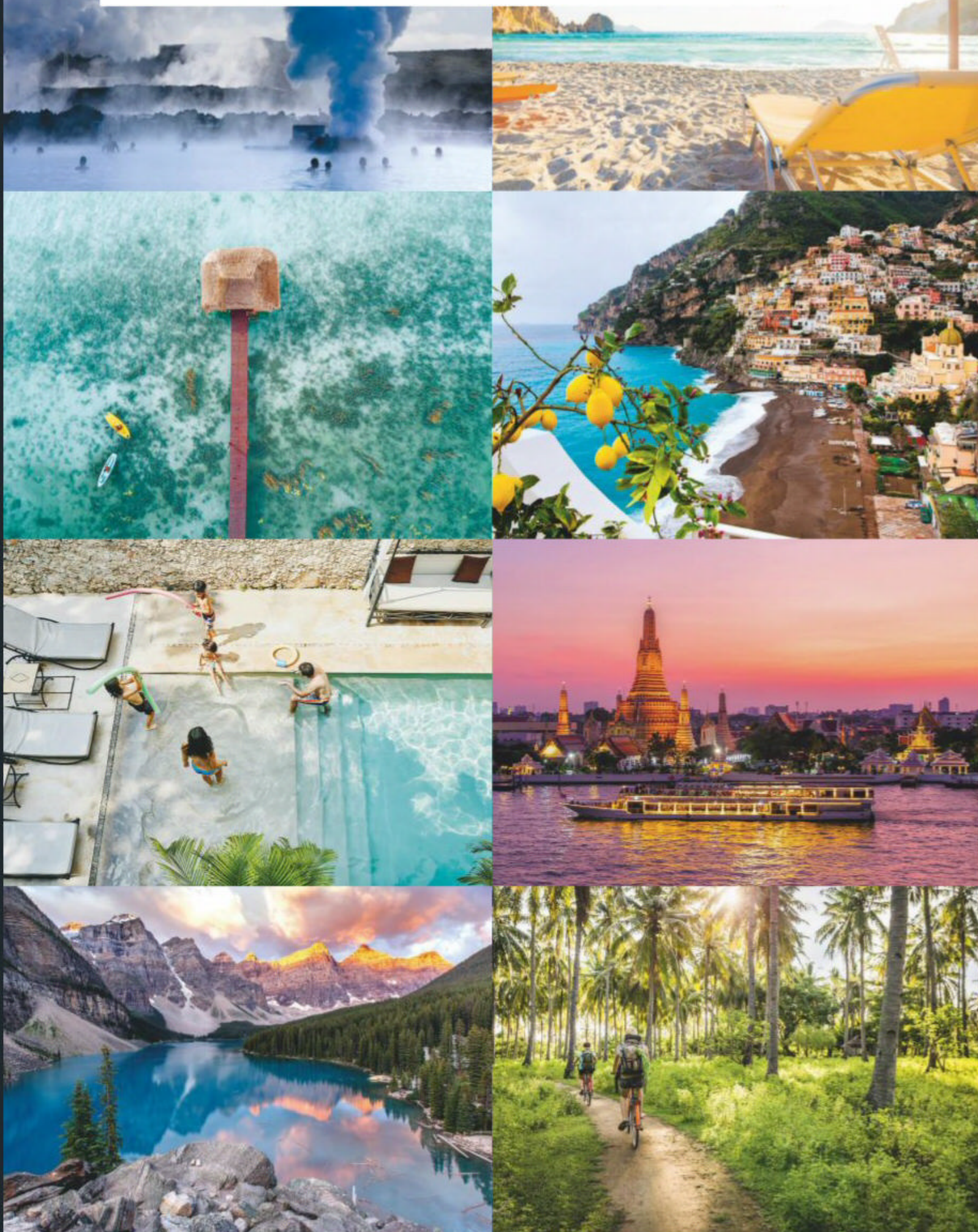




THE

# CARIBOU

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Specialising in luxury, family and adventure travel inspiration.



# SUPERMARKET SAVERS

All the best deals for you this week

BUY IT  
Make it

## Richmond 12 Thick Pork Sausages (Iceland)

SAUSAGE & LEEK  
TOAD-IN-THE-HOLE  
Serves 4

### You will need

- \* 2tbsp olive oil
- \* 8 sausages
- \* 2 leeks, sliced
- \* 150g plain flour
- \* 2 eggs
- \* 300ml milk
- \* ½tsp English mustard powder

### How to do it

- 1 Preheat the oven to 220C/Gas 7. Divide the oil, sausages and leeks between 4x300ml baking tins. Bake in the oven for 10 mins.
- 2 Meanwhile, whisk together the flour, eggs, milk and mustard powder with a pinch of salt to make a smooth batter.
- 3 Pour into the hot tins and bake for 20 mins until well risen and golden.



WAS £3  
NOW 3 for £8  
meal deal



WAS £3  
NOW £2.50

## MIX AND BAKE CREATIVE NATURE VEGAN BAKING MIXES (TESCO)

Gluten, dairy and nut safe, as well as suitable for vegans, these mixes are a one-stop cake heaven for all. From seriously gooey brownies to squidgy banana bread, even novice bakers can whip these up.

## Bargain BOOZE

I Heart Prosecco  
(Tesco)

This light and  
fruity fizz with  
delicate peach  
and apple flavours  
is guaranteed to bring  
a bit of sparkle to your  
Valentine's Day.

Was  
£8.50  
Now  
£6.50



## PASTA PERFECTION ITALIAN BOLOGNESE PASTA BAKE (CO-OP)

Whether it's for a quick midweek meal or jazzed up with salad and a glass or two of red wine for a cosy night in, this pasta bake is as good as homemade, and far less hassle.



WAS £4  
NOW £3

## 3 of the best... basket buys



WAS £1.50  
NOW £1.20

### BRILLIANT BURGERS

Vegan Chunky  
Soya Burgers (Waitrose)



WAS £2  
NOW £1

### PIE EYED

Fray Bentos Cheese  
and Onion Pie (Morrisons)



WAS £1  
NOW 3 for 2

### FRUIT BOOST

Nim's Air-dried fruit  
and veg crisps 20g (Tesco)

## CATCH OF THE DAY THE SAUCY FISH CO FISHCAKES (SAINSBURY'S)

Comfort food at its best. Choose from Salmon & Cod Fishcakes with a heavenly hollandaise centre or Smoked Haddock Fishcakes with a delicious vintage Cheddar centre.



WAS £2.25  
NOW £1.75



# Alive thanks

Blood donors came to the rescue of these three children

**H**ere are three beaming children – none of whom would be alive today if a stranger had not given blood. Each of their lives was saved by a transfusion, yet many of us never find the time to sign up to become

a donor. NHS Blood and Transplant is encouraging readers to give blood, particularly calling on men to donate because their blood can be more suitable for treating patients. The families of these three survivors share their stories.

## You never know what's round the corner

One-year-old Ezra Pink was born with sickle-cell disease. He lives with his mum, Serena, 30, and her partner, Courtney, 32, in Beckenham, Kent.

### SERENA SAYS:

We knew before Ezra was born that he might have sickle-cell disease. When I was pregnant, doctors found out I carried a gene. About a week after he was born, they confirmed Ezra had the disease. People with sickle cell produce unusual C-shaped red blood cells, meaning they get stuck or block blood vessels.

At first, he didn't show any symptoms, but he started having problems at around 11 months. It's been a whirlwind and we've been in and out of hospital. I'd never known anyone with sickle cell, so it's been a learning curve.

Ezra has already had four transfusions. When one of his odd-shaped blood cells gets stuck, it causes what is called a sickle-cell crisis and this can cause him a lot of pain. He is also prone to serious infections. He takes penicillin and folic acid to boost his immunity

every day. I'd never given blood before having Ezra. It wasn't until doctors told me they were going to have to transfuse him that I realised how important it was. I'm pregnant, so I can't do it myself, but as soon as I can sign up, I will. You never know what's round the corner. It's not until it happens to someone close to you that you realise how important it is.



Serena's son Ezra has sickle-cell disease

**'As soon as I can sign up myself, I will'**



The transfusion saved Jessica's life

## The gift of a lifetime

Jessica Fay, 12, lives in Burnley with her mum, Laura Bell, 32, dad, Adam Fay, 39, and brothers, Kyle, 14, Denver, 13, Jayden, eight, and Taylor, six.

### LAURA SAYS:

Jessica was diagnosed with meningitis and septicaemia when she was 15 weeks old. I took her to the GP when she started feeling unwell. She wasn't feeding and had a high temperature. The doctor was concerned and said I must take her straight to hospital.

Within hours of arriving at A&E, Jessica stopped breathing and was put on life-support. The disease had taken over her body and her organs were shutting down. There was only one

option. A blood transfusion might dilute the infection.

There was a risk her body would reject the blood, and we knew if that happened we'd lose her. Incredibly, though, that blood transfusion saved her life.

Jessica was being given so many treatments that I didn't think about where the blood had come from. But when she recovered, I realised that without it she would not have made it.

She is an incredible child and I'm so grateful to whoever it was that took the time to donate blood. If someone hadn't donated, Jessica would be dead. She has done all she can to give back and she's raised thousands for charity.



# to strangers



## *My boy has had more than 50 transfusions*

Jacob Jessel is 10 and lives with his mum, Emma Riley, 47, dad, Nick Jessel, 44, and brother, Sam, eight, near Grimsby, Lincs.

### EMMA SAYS:

Jacob was diagnosed with a rare blood disorder when he was seven. We went on a camping trip and he was bitten by a mosquito. A huge bruise came out, which covered most of his forearm.

Our GP told us his blood count was dangerously low and that we

had to take him straight to hospital. It was a huge shock and it was obvious that the doctors

feared he had leukaemia. Jacob was given an

emergency bone-marrow biopsy at Sheffield Children's Hospital, and we were told he probably had cancer. Waiting for the results of the biopsy was horrible.

We were relieved when tests came back negative, but more tests revealed that Jacob had an incurable bone-marrow disorder. Doctors said he'd

**You can help**  
To sign up to give blood, and for more info, see [nhsbt.nhs.uk](http://nhsbt.nhs.uk)

**'It's a good feeling to know you're helping'**

need a transplant, which he had in 2017. There was only one match available on the register at the time, so we went ahead with it, but sadly that didn't work.

About a month later, he had a transplant using his dad's stem cells, which has been effective. While recovering, he had more than 50 blood transfusions.

He now attends a follow-up clinic every four to six months, to make sure his blood keeps working properly.

Before Jacob was ill, I was one of these people who never got round to giving blood. I thought that it was a good thing to do but I kept putting it off. But every time a unit of blood was delivered to the ward for Jacob, I felt incredibly relieved that someone, somewhere, had taken the time to give blood.

Now I give blood regularly. It's a good feeling to know that you are helping someone else. I know how grateful the recipient will be.



Jacob has a bone-marrow disorder



# MONEY MATTERS

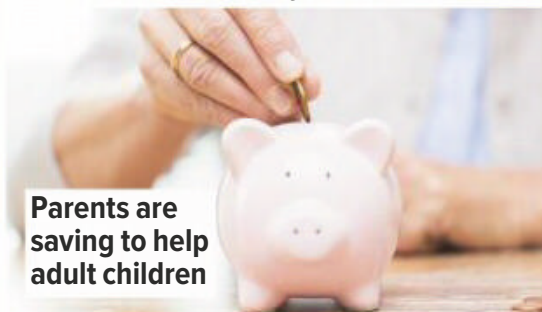
Our expert Rebecca Gamble helps make your cash go further

## HAVE YOU HEARD?

More than half of over-65s have money stashed away to support adult children through financial trouble, a survey by Saga Savings has found.

The average amount the age group has put aside to help out in case of emergency stands at £11,500.

The study also found that 49% of those surveyed said they dip into their savings at least once or twice a year to help adult children, up from 34% in a 2012 survey.



Parents are saving to help adult children

## IF YOU DO ONE THING THIS WEEK... TREAT THE KIDS FOR LESS

LEGOLAND Windsor Resort is open for February half term for the first time! 'Brick Week' will run from 15-23 February 2020. Tickets cost £20pp when booked online in advance. While there will be extra activities during half term, as it's a special event, only selected rides and attractions will be available. Find out more at [legoland.co.uk/brick-week-2020/](http://legoland.co.uk/brick-week-2020/).



Keep the kids entertained

## How to... save on mobile pho

**You can slash what you pay for your phone if you follow these simple steps**

### 1 Do your research

It is essential that you take the time to shop around using different comparison sites.

But first, try to work out what you actually need. When it comes to choosing a new deal, there's no point paying for generous call or data allowances if you're not going to make full use of them.

Free specialist online tools, like Billmonitor ([billmonitor.com](http://billmonitor.com)) will analyse your bills and suggest the best deals for you based on your usage.

### 2 Wait it out

Once your contract ends, if you're happy with your current handset, you could save a bundle if you stick with it and get a SIM-only plan instead.

### 3 Calculate the full cost

If you do want a new phone on a contract, consider the total cost you'll be paying when you compare deals. At [Carphonewarehouse.co.uk](http://Carphonewarehouse.co.uk) you can tick a box to 'show the total cost of ownership', which adds up the monthly cost for the term of the contract, the upfront cost of the phone, minus any cashback offers.



Shop around  
to find deals

## 3 ways to... spot fakes when shopping online

**Unwittingly buying counterfeit electrical goods could put you in serious danger, warns the consumer charity Electrical Safety First**

Electrical Safety First tested 15 products from online marketplaces – and 14 failed tests against the UK standard, so be on your guard...

### 1 Is the price almost right?

'Some fakes are for sale just below the recommended retail value, hoodwinking shoppers who are too savvy to fall for the "too good to be true" deals,' says Martyn Allen, technical director at Electrical Safety First. 'Make sure you do your research.'

### 2 Know where you're buying from

'Make sure you know where the

supplier is based,' Martyn warns. 'A co.uk URL doesn't guarantee a website is UK-based. Be wary if there is no address, or just a PO Box, as many fake electrical goods are manufactured overseas, where they will not be safety tested,' he adds.

### 3 Be wary of authenticity claims

'If the seller claims the product is "genuine", "real" or "authentic", beware,' advises Martyn. 'Most reputable retailers don't need to sell their products like this.'

● For more tips and information, visit [electricalsafetyfirst.org.uk/spotthefake](http://electricalsafetyfirst.org.uk/spotthefake).

Be on your  
guard online



## DID YOU KNOW?

Women are twice as likely to be concerned about meeting living costs than men, says Close Brothers' Financial Wellbeing Index. It surveyed 5,000 employees and found 26% of women are worried about making their money last, while only 13% of their male co-workers do so.

## ne bills

The figure might encourage you to choose a cheaper option!

And it's worth checking if it's cheaper to buy the handset outright and take out a SIM-only deal instead.

### 4 Haggle!

Once you know exactly what you want, and you've shopped around for the cheapest deal, give your current provider a call and start haggling. Tell them that you have found a cheaper price elsewhere and see what they will offer. Good luck!

You can find more tips and advice on how to save money on your mobile phone bills by visiting [moneyadvice.service.org.uk](http://moneyadvice.service.org.uk).



### DEAL OF THE WEEK

Snap up this La Petite Rose Boxed Scented Candle from Rex London for less as there's 30% off for *Woman's Own* readers. WAS £9.95, NOW £6.96 until 28 February 2020 at [rexlondon.com](http://rexlondon.com) with code WOMANSOWNREX30. T&Cs apply\*



## If you love to win prizes then visit...

[comps.womansownmagazine.co.uk](http://comps.womansownmagazine.co.uk)

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# 48 hours in Dubai

If you love shopping, safari excursions and a good measure of glitz, you'll love this sparkling city

Take in the stunning skyline

## Why go?

Dubai is a modern metropolis backed by sun-baked desert and nestled on the Persian Gulf – there's no denying that it's a wonder to behold. But there is much more to this bustling city than its landscape of shimmering glass and skyscrapers. Dubai encapsulates a wealth of exciting activities, cultural dynamism and ancient traditions.

## Explore local culture

As with any city, the first day should involve a solid introduction and the best way to get to grips with a new place is walking. Wander through old, narrow Dubai streets, visit the courtyards of traditional Arabic houses and see traditional crafts in the Al Fahidi Historical Neighbourhood.

Dubai's souks are legendary, so allow plenty of time to explore these Arab markets. Alternatively, the historic district of Al Fahidi offers a maze of lanes to lose yourself in – the perfect surroundings to peruse the traditional craft shops.

Explore the streets



## Turn back time

It's easy to discover pre-high rise Dubai by going on a desert safari. A chauffeur-driven Jeep will take you through the sand dunes to a Bedouin-style camp, where you can try local food, belly-dancing, traditional Arabic dress, hold a falcon and ride a camel. En route, you can have a go at dune surfing, see gazelles and oryxes – and a magnificent sunset. The night ends with a silent stargaze.

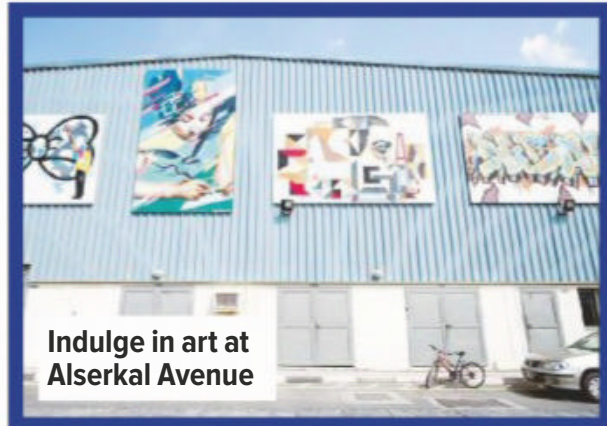
Head out on a desert safari



## Arts and culture

Indulge in art and retail therapy with a visit to Alserkal Avenue, a cluster of architect-designed warehouses, offering products from shoes to chocolates. Looking for culture? The Jameel Arts Centre has regional and international art on the waterfront.

Indulge in art at Alserkal Avenue



## Head for heights

No trip to Dubai would be complete without gazing up at the Burj Khalifa, the world's tallest building. Whether you decide to take a trip up to its observation decks or simply enjoy it from a distance, it's not to be missed. Glimpse it at sunset from one of the nearby restaurants, like The Meat Co for the ultimate experience.

Gaze up at the tallest building in the world





## Where to eat

You'll find food from all around the world in Dubai but you should try Middle Eastern food in the Old Town. Frying Pan Adventures offers a foodie tour or you can wander and try the truly delicious falafel mahshi. Or tuck into kebab erbil, feteer and kunafa, or faloodeah and bastani. Don't forget to try Dubai's camel milk ice cream – there's also camel milk chocolate on sale at the airport!



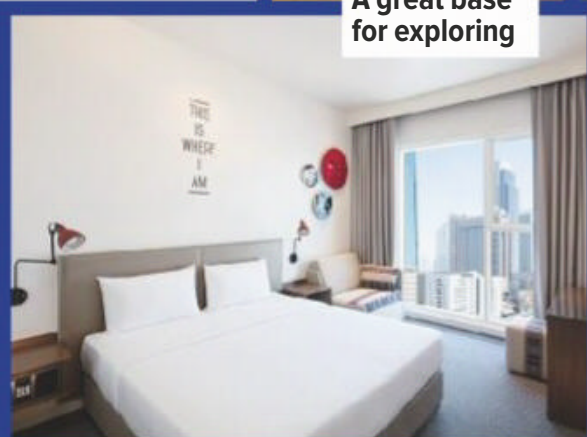
Why not try bastani saffron ice cream?

## Sleep in style

Rove At The Park is situated in Dubai Parks so it's a good base for exploring the movie-inspired Motiongate and Bollywood theme parks. If you want to be closer to the centre, stay at Rove Downtown, a short stroll from the Dubai Mall. Or divide your stay between the two... Prices start at £50 a night.



A great base for exploring



Fully escorted tours

## Woman's Own travel offers

Includes tours and visits worth £182

8 days from £999pp



### Dubrovnik & the Dalmatian Coast

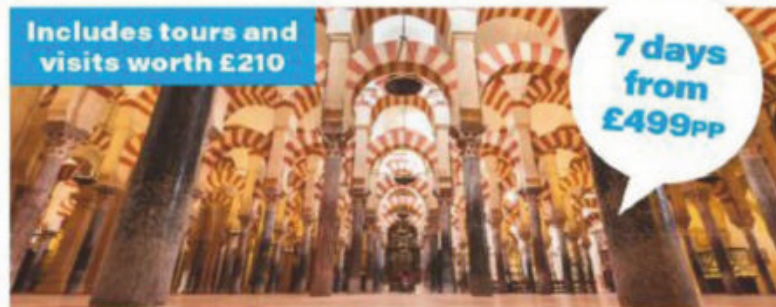
Departures from April to October 2020.

#### Price includes:

- Explore Dubrovnik, Byron's 'Pearl of the Adriatic'
- Marvel at the rushing waters of Krka National Park's waterfalls
- Cross the iconic Stari Most bridge, now returned to its former glory in Mostar
- See Emperor Diocletian's monumental palace in Split
- Discover the delights of medieval Trogir
- Explore the dramatic Dalmatian coastline
- Return flights from a selection of regional airports, plus all hotel transfers
- Seven nights in four-star accommodation, with breakfast and dinner
- The services of an experienced and insightful tour manager
- Complimentary airport security fast track\*

Includes tours and visits worth £210

7 days from £499pp



### Classical Spain – Seville, Córdoba & Granada

Departures from March to November 2020.

#### Price includes:

- Experience beautiful Seville on a tour led by a local guide
- Enjoy the authentic tastes and traditions of tapas on an evening introduction in Seville
- Explore the city of Granada and visit the Alhambra Palace
- Visit historic Córdoba and take a guided tour of the Mezquita
- Marvel at the natural drama of Ronda
- Return flights from a selection of regional airports, plus all hotel transfers
- Six nights in three-star superior and four-star accommodation, with breakfast
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- Complimentary airport security fast track\*

To book or for a free brochure, call 01283 742395 or go to [ownriviera.co.uk](http://ownriviera.co.uk)

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# Woman's Own Bingo

## Sun & fun with my son!

Anna Walker, 30, from the West Midlands, won another £1,500 and jetted off on holiday!

**E**njoying a cup of tea at home one evening in July last year, I was sitting with my friend Sarah, having a natter and catching up on her news.

A little while later, I picked up my phone to check for messages, and realised that my bingo game on *Woman's Own* Bingo had played out a short while ago.

The game was one of my favourites, Sapphire Bingo. It's a 90-ball game where every half an hour there is a link game, where you can play for bigger cash prizes! Earlier in the afternoon I'd pre-bought tickets for the game later that same evening, so I clicked to open the app to see what happened.

'I wonder who won the game?' I thought to myself as I checked. If your bingo ticket was a winner, the win would automatically show up in your account.

Wide-eyed I stared at the screen in front of me.

'You'll never believe it! I've only gone and won the Full House!' I squealed.

'How much did you win?' Sarah asked,

literally on the edge of her seat.

'£1,500!' I laughed.

Giving Sarah a celebratory hug, I couldn't believe I'd won again, having also won £1,500 in January 2019.

As for how to spend the winnings? As a mother of an eight-year-old, I knew that I wanted to do something special for him.

When I told him the next morning we might have a holiday to look forward to, it was wonderful seeing his smiling face.

After putting a bit aside for spending money, I booked two tickets to Rhodes, Greece, where my aunt Jenny, 53, lived and

I also bought myself a couple of pretty holiday dresses.

**'I've only gone and won the Full House!'**

### Waterpark fun

We jetted off and had the most wonderful time, the highlight being a day out at the waterpark, where we splashed around in the glorious sunshine. I relished every moment with my son and aunt.

One night, I treated her to a meal, to say

Anna with her winning cheque



She went to Rhodes with her second win



thanks for letting us stay, and she said it was lovely to spend time with us too.

I still love to play bingo. Years ago, I'd go to the bingo halls with my nan Janice. But these days I enjoy playing from the comfort of my own home and have made some great friends in the chat rooms.

My favourite game to play is Bubbling Falls, an exciting slot game where winning symbols pop and cascade down, giving you the chance to keep winning. I've had some great wins on it!

My top tips for new players would be to make sure you don't overspend on your budget and the site has a variety of tools that can support you if needed, such as deposit limits. For me, it's not all about the winning, it's about having fun. We had a great time away in Rhodes, and it was amazing to create long-lasting family memories with my £1,500 Full House win!



# A voyage to the East

Norma Shaw, 67, from Oldham, is taking to the seas on a very special trip with her £1,000 win

**F**or my husband Bernard, 76, and me, travelling is one of life's real pleasures.

With five grown-up children between us and 11 grandchildren, our lives are full, but we go on new adventures whenever we can, always planning our next trip.

When we're relaxing at home though, one of my favourite things to do is to play on *Woman's Own Bingo*.

It was a Monday evening in September 2019 and I picked up my laptop and logged on to the website. I spent £3, buying 30 tickets at 10p each for the next Sapphire Bingo game. I waited as the game started up and I only took my eyes off the screen for a few seconds. Then, glancing back at the game, I was surprised to see I only needed the number 83 to win the Full House. The game had moved so fast.

Within a few short moments, there it appeared – number 83. The screen flashed brightly, declaring me a winner!



Norma was thrilled to win

Flabbergasted, I took a moment to let it sink in.

With perfect timing, Bernard walked into the lounge to find me grinning, bursting with excitement.

'Have a look. I think I've just won £1,000!' I said.

I knew instantly what I'd spend the winnings on, as Bernard and I had been talking about it for a while – our next adventure – and we knew where we wanted to try next – India!

We started planning straightaway and booked ourselves a holiday with a breathtaking itinerary. In March, we'll fly to Singapore for a couple of nights and board a cruise ship there, before sailing to Sri Lanka and arriving in India. We'll see the beaches of Goa and city of Mumbai, and then we'll get to see Oman and Dubai too.

I still play *Woman's Own Bingo* a couple of times a week. I'm sensible with how much I spend, always setting myself an affordable budget.

Now, I can't wait to add to the list of special holidays we'll never forget!

**GET INVOLVED THIS WEEK AT WOMAN'S OWN BINGO**



**Your chance to win a £100 pizza voucher!**

Get involved with our new exciting promotion, **Pizza the Action!** There are 50 £100 vouchers to be won and you can grab a slice of your favourite pizza or enjoy an Italian dish! To participate, simply opt in and play £10 or more on any bingo games between 3 and 9 February.



**NEW! Tiki's Adventure**

Get ready to explore our new exciting slot game, **Tiki's Adventure!** There are ancient free spins to be found and a huge board game bonus, where you move around the map collecting relics. The action awaits!



**A bundle of bingo!**

Join us in the Session Bingo room, where you can buy a bundle of bingo tickets for 15 different games, including a mix of 90-ball, 80-ball and 75-ball. You can find our Session Bingo room on the bingo page!

**NOT A MEMBER YET?**

Join **Woman's Own Bingo**, play £10 and get **£50 of FREE BINGO\***

Join with code **W07M**

\*Rules: 18+, UK only. New members only. Must opt in. Min £10 deposit and wager. 30-day expiry from deposit. Bingo: advertised ticket value based on £1 tickets. Game availability and restrictions apply. Full Offer details and Rules at: [womansown-bingo.co.uk/terms#welcomebonus](http://womansown-bingo.co.uk/terms#welcomebonus). Offer in this issue ends 10 February 2020. *Woman's Own Bingo* is part of the Jackpotjoy.com network. For 24-hour support, freephone 0800 458 0770. Please Play Responsibly. BeGambleAware.org.

**BeGambleAware.org** 18+



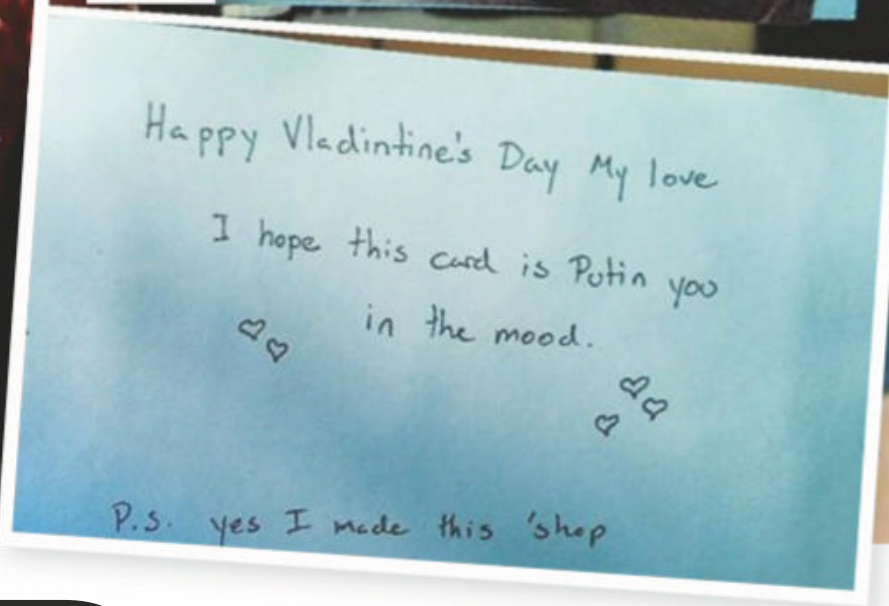
### Honest cake

Those three little words we're all just dying to hear...



### From Russia with... love?

It must be an inside joke. But at least some time and effort using Photoshop went into making this card!



### Recycled passion

Cheapskate or planet-saving genius? We're sure their partner appreciated the creativity.

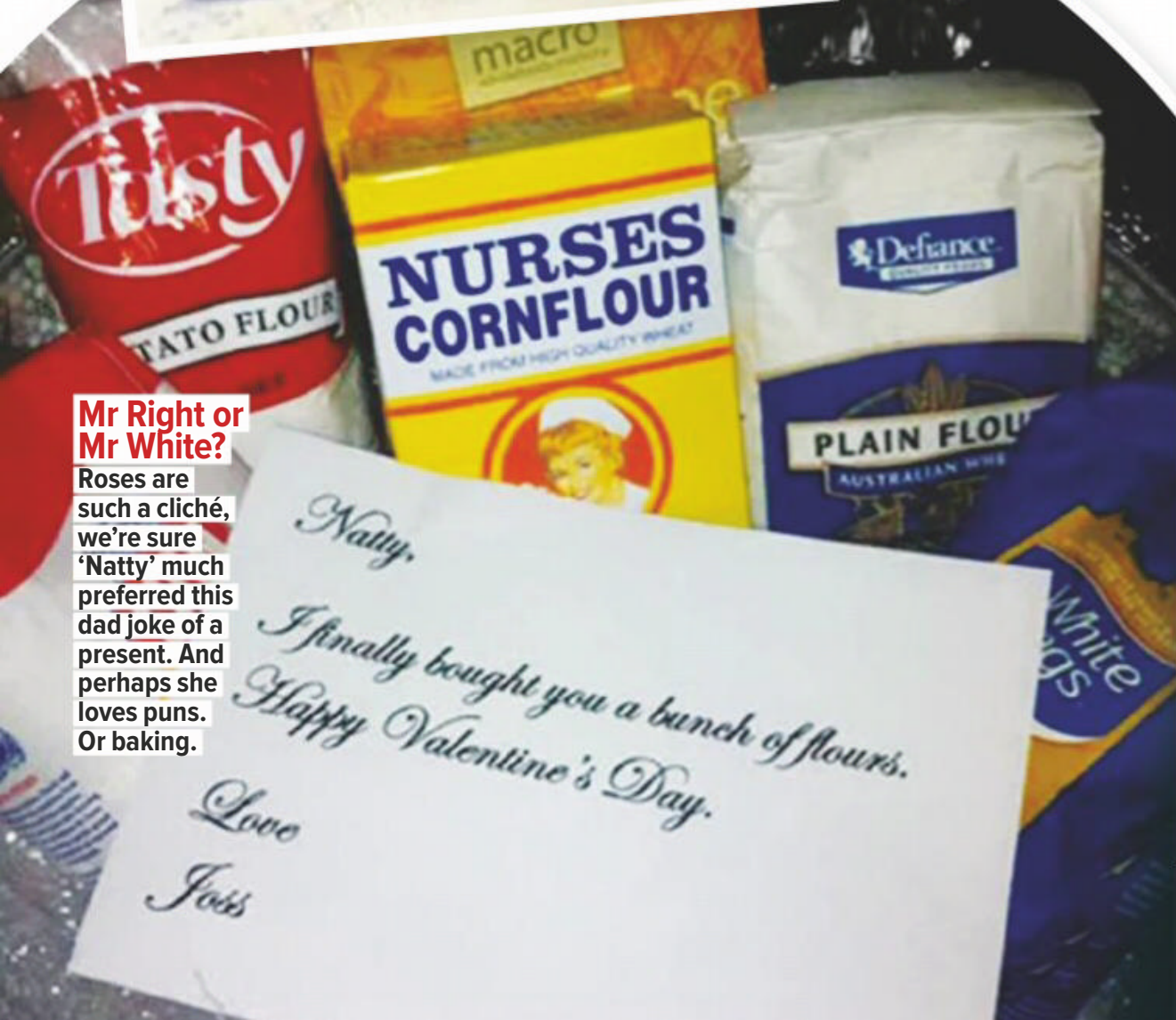


# Romanc

Brits spend £650 million on the most loved-up day of the year – but sometimes the approach can be unconventional

### Mr Right or Mr White?

Roses are such a cliché, we're sure 'Natty' much preferred this dad joke of a present. And perhaps she loves puns. Or baking.



### Petri-fied

A gift from the heart from a scientist, perhaps? At least it's inventive, and a sweet declaration of their 'growing' love.





**Candlelit fast food**  
Nothing says 'I love you' like a burger on a train.



**Broken-hearted**  
This lovebird's efforts in the kitchen leave a lot to be desired.

e is **DEAD!**



**Slice of love**  
A pun, a pizza and a proposal! What more could a girl want?



**A night to forget?**  
Let's hope there was more on offer than booze, sweets and crisps. Otherwise it would make for a very painful morning after.

WORDS: LIANNE LA BORDE. PHOTOS: SPLITPICS.UK



# Trust your **Gut** Feeling

## Floradix **IntestCare**

- ✓ Antibacterial and antiseptic properties
- ✓ Turmeric which helps maintain healthy intestine
- ✓ Apple-plum extract to stimulate digestion
- ✓ Free from preservatives, lactose and gluten
- ✓ Suitable for vegetarians and vegans



Available from selected Holland & Barrett, health food stores and pharmacies.



# If you or a loved one has suffered from **pressure sores**, you need to read this...

For anyone in hospital or nursing care, pressure sores are an ever-present danger.

If you or a loved one have suffered from pressure sores, the memories will be lasting. But there could have been no need for you to undergo such anguish.

## Just one of those things?

The sad fact is that, in a huge number of cases, the quality of assessment and care is far below what it should be.

## Your right to proper care

If you have developed sores and suffered as a result of a substandard level of care, you are perfectly entitled to compensation for your unnecessary pain and suffering. And that is where we can help.

## Your right to consider compensation

Significant awards of damages have already been made to pressure sore victims. Those awards have even extended to the families of loved ones who have died, and suffered pressure sores in the very late stages of life.

## Contact us for FREE help and advice

If you or a loved one – an elderly relative, perhaps – have suffered from pressure sores in the last 30 months, we urge you to seek legal advice as soon as possible.

We are specialists in this field, and we're happy to chat through your experience and your concerns. There is no obligation, and your discussion will be absolutely free.

---

**YOU WILL NOT BE CHARGED IF YOUR CLAIM IS UNSUCCESSFUL**

---

## Examples of our settlements:

We obtained £42,400 compensation for a lady who developed a pressure sore having been given an epidural during childbirth. She had been unable to move for a few hours as a result of the injection and developed a pressure sore to her sacrum.

---

£55,000 compensation for an elderly lady who developed a pressure sore to her leg whilst in hospital.

---

£9,000 for a gentleman who developed a pressure sore to his heel whilst recuperating in hospital from heart bypass surgery.



Call our Pressure Sores team:

[enquiries@curtislegal.co.uk](mailto:enquiries@curtislegal.co.uk) | [www.claimforpressuresores.co.uk](http://www.claimforpressuresores.co.uk)

**0800 214 216**



# THIS WEEK'S TV PICKS

Because life's too short for bad telly!

## 'The first case causes a big disagreement'

Roger Allam on what's in store in the new series of ITV's *Endeavour*...

**W**hen crime drama *Endeavour* returns to ITV for its seventh series, a new decade dawns as the 1970s beckon for DS Morse and his colleagues at Castle Gate CID.

The three-parter opens on New Year's Eve 1969 with Morse in Venice, where he finds romance at an opera house. While, in Oxford, Thursday (Roger Allam) is in quite a sombre mood...

'He has a reasonably happy New Year, but then the next day, he's back at the coalface investigating the horrible murder of a young woman,' says Roger.

'I think the job itself is making him feel jaded. He's fed up with continually being faced with the worst aspects of humanity.'

Following the discovery of the woman's body on a canal

towpath, the team have their work cut out with just one clue to help them crack the case – a witness heard whistling on the night of the crime...

It's not long, however, before Thursday becomes convinced that the woman's boyfriend is the culprit and vows to bring him to justice. However, when Morse

returns from Italy and begins work on the case, he has other ideas about who the killer is...

'Morse dismisses Thursday's theory as too obvious and

thinks it must be someone else,' says Roger. 'Thursday tends to represent gut instinct while Morse represents intellect, and that's how they pursue this particular case. They have a disagreement, which opens a big split between them and it gets wider throughout the series.'

● *Endeavour* is on ITV

'The job's making him feel jaded'



## WHAT'S NEXT FOR...

### Adam Thomas

The former *Emmerdale* star and his brothers, ex-*Corrie* actor Ryan and *Love Island* star Scott, will explore their Indian roots in ITV's six-part series *The Thomas Brothers*. Joined by their dad, Dougie, their journey will take them from the city of Mumbai to the beaches of Goa.



DON'T MISS  
your favourite  
programmes!

[whatsontv.co.uk/tv-guide](http://whatsontv.co.uk/tv-guide)





## DID YOU KNOW?

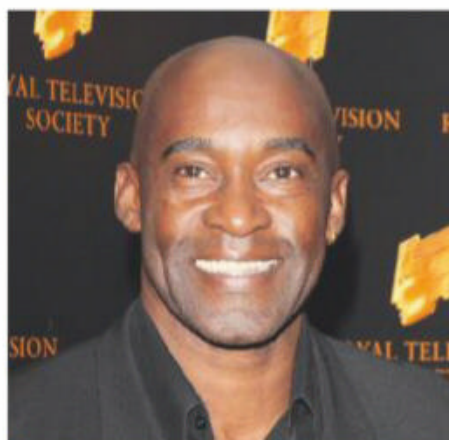
Roger recently revealed that he was once in the frame to play Morse's sidekick DS Robbie Lewis in the original *Inspector Morse*, or at least he thinks he was... 'I've got a feeling, though it might be a wrong memory, that I went for the part of Lewis. I can't remember. Maybe I dreamt it!'



## YOU LIKED...

### SMALL ISLAND, BBC1

In this drama based on the novel by Andrea Levy, Naomie Harris starred as Hortense Roberts, who left Jamaica for a new life in England where she felt the full force of racial discrimination. Benedict Cumberbatch also starred.



## NOW TRY...

### SITTING IN LIMBO, BBC1

Patrick Robinson, best known as Ash in *Casualty*, stars in this upcoming drama based on the Windrush scandal. He plays Jamaican-born Anthony, who finds himself forced out of his job and detained as an illegal immigrant, despite having lived in Britain since 1965.

## Favourite stars in future TV projects

### Anne-Marie Duff

The *His Dark Materials* actor stars alongside Rafe Spall and Mark Addy in BBC2's three-part true-life drama *Salisbury*, which explores the impact that the Novichok poisonings had on the Wiltshire city in 2018 and how the residents reacted to the terrifying crisis.



# TOP 4 TV MUSTS

1



Rufus Sewell is on the case

### The Pale Horse, BBC1

This two-part Agatha Christie mystery stars Rufus Sewell as historian Mark Easterbrook, who tries to unravel the mystery surrounding a list of names that's been found in the shoe of a dead woman. Rita Tushingham, Sean Pertwee and Claire Skinner are also among the cast.

2



Geri spiced up the 1997 awards

### Best of the BRITs, ITV

Before we find out who's won at this year's awards on 18 February, this documentary looks back at some of the best bits from 40 years of the BRIT Awards, including the moment in 1997 when Spice Girl Geri performed on stage in a dress made from a Union Jack tea towel!

3



Kate and Rio get set for a wedding

### Rio and Kate: Becoming A Step Family, BBC1

This one-off documentary follows Rio Ferdinand and Kate Wright in the months leading up to their wedding, revealing the challenges they face as Kate prepares to become stepmum to Rio's kids, Lorenz, Tate and Tia, whose mother Rebecca passed away in 2017. ● See p60 for more

### Casualty, BBC1

It's a sad day for the staff at Holby City Hospital as they prepare to say a final farewell to Duffy, who died last week. Understandably, Charlie is struggling with his loss and doesn't want to go to the funeral. Can David make him realise it's a decision he could come to regret?

4

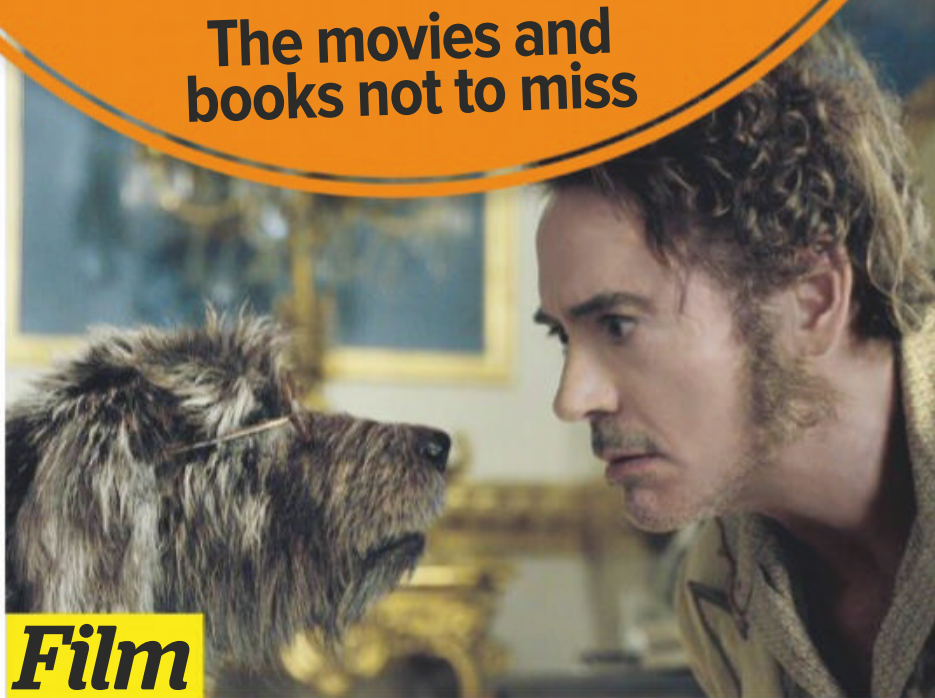
Hospital staff say goodbye to Duffy





# THIS WEEK'S HOT LIST

The movies and books not to miss



## Film

### Dolittle

Out 7 February

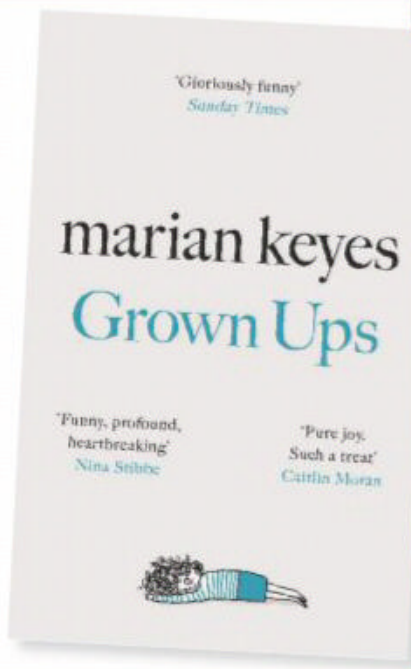
Following in the footsteps of Rex Harrison and Eddie Murphy, Robert Downey Jr is the man who can talk to animals in a new adventure for the character created by Hugh Lofting. Downey's eccentric doctor sets sail to a mythical island in search of a cure for an ailing young Queen Victoria (Jessie Buckley). Listen out for the voices of Ralph Fiennes as a tiger, Emma Thompson as a very smart macaw and Rami Malek as a surprisingly nervous gorilla.

## Book

### Grown Ups

by Marian Keyes  
(£20, Penguin, HB)

The glamorous Casey family's veneer is torn away after a bump on the head leads Cara to blurt out some embarrassing home truths at a get-together. We then go back in time to discover how these revelations came to be. Marian Keyes manages to wrap family dynamics, female angst, good jokes and serious stuff into a really appealing form.



## DVD



### Judy

RRP: £9.99

This biopic follows showbiz legend Judy Garland (Renée Zellweger) as she arrives in swinging London in 1968 to perform in a sell-out run at The Talk of the Town. As she prepares for the show, battles with management and reminisces with friends and fans, her wit and warmth shine through. But despite finding love again, Judy is fragile. Will she have the strength to go on?



4 - 10 February 2020

## Your STARS

Discover your destiny with Sally Morgan, our expert astrologer



### Aries

21 Mar - 20 Apr

Emotional tides are on the turn this week Aries, as a partner confesses the full extent of their love. Something gold or sparkly is heading your way, lifting your spirits.



### Libra

23 Sep - 23 Oct

Legal judgments, strategy and planning are a wise investment of your time. Something you have wanted to see through to the end brings a successful finale.



### Taurus

21 Apr - 20 May

Close friends will make delightful companions for you, as time with them will strengthen bonds. A work colleague suggests going on a date that brings excitement.



### Scorpio

24 Oct - 22 Nov

Being sociable right now will gain you more than one invitation. A partnership in love or work will become stronger than ever. Time to set goals will become apparent.



### Gemini

21 May - 20 Jun

The chance to go back to school or start a new training contract will appeal and have its benefits. Climbing your ladder of success will lead you to the top of your game.



### Sagittarius

23 Nov - 22 Dec

Strength of character will make you a loyal friend as you stand up for someone's rights. Your helping hand brings a return in favour by someone you are secretly attracted to.



### Cancer

21 Jun - 22 Jul

Testing the water before taking the plunge will give you a sense of better direction in romance. The coming days bring a revelation, as a friend shares their feelings.



### Capricorn

23 Dec - 20 Jan

Some funds at your disposal will be worth using to invest in something interesting. A proposition by a friend may see you starting an exciting new venture together.



### Leo

23 Jul - 22 Aug

Your entrepreneurial spirit will come out as a new idea will benefit from being put into action. Making fast decisions will put you in the running for first place.



### Aquarius

21 Jan - 19 Feb

You will find yourself playing the Queen of Hearts as you have a friend looking for love, and your matchmaking skills will bring joy to the life of someone you care about.



### Virgo

23 Aug - 22 Sep

Be the master of your own mind this week and rely on your wit and charm to turn a situation around. Emotional distance with a friend will start to work in your favour.



### Pisces

20 Feb - 20 Mar

The world will turn, and you with it, this week Pisces. A real call for adventure will bring out the explorer in you and lead to a busy week of arrangements and schedules.



**90% of men are happy to be asked out, but only 15% of women would initiate. So...**



# Should men make the first move?

**No**

**'We're in charge of our own destinies'**

**Gillian Myhill, 40, is the founder of app BARE Dating and lives in London with her partner.**

Women won the vote more than 100 years ago and we've made strides towards equality in all manner of ways since then – so why is it so strange to think that we would want to ask a man out if we fancy them? Old black and white films have sold the idea that it's romantic for a man to do all the wooing, but in this day and age, it just doesn't gel. With the advent of dating apps – many of which require women to make the first move – the idea that we should sit back and wait is just silly and could mean missing out on so many opportunities to find love.

Romance and chivalry come in so many forms – it's sexist to think that it's not romantic for a woman to make the first move. Much like the idea that women shouldn't propose, it's stuffy and outdated. Women should



Gillian says to seize the day

feel empowered in their love life. It's a very personal thing to open up to someone new, and making the first move can often make you feel more in control. We have the power to feel dominant and assertive.

We're centuries ahead of times when women followed the path their families set out. We're in charge of our own destinies and have the opportunity to control our lives. Finding love is as much a part of that as choosing a career or deciding not to have children. So seize the day and ask that man out, ladies!

● See [bare.dating](http://bare.dating)

**Yes**

**'It's a traditional, romantic gesture'**

**Amy Elisabeth, 30, is a personal trainer and lives in London with her husband, Andy, 31.**

I grew up watching romantic movies and Disney films, where handsome heroes wooed beautiful women. My mum and dad were very traditional, too – so I guess, in some ways, their outlook has rubbed off on me, and I have never asked a man out, even if I fancied him.

I do believe it's more romantic and proves how much they like you if they're willing to put themselves out there. In fact, despite having a crush on my now-husband at university 13 years ago, I never told him.

We were in the same group of friends and it wasn't until nearly five years later that he told me he liked me. We got married in 2017 and life couldn't be happier. I'm glad I waited for him to



Amy likes a man to put himself out there

make the first move. If I'd have gone for it back when we were younger, I don't think the relationship would have lasted.

Usually, it's women who end up being more proactive in the relationship, so it's nice that men take on that burden at the beginning. Like asking parents for their daughter's hand in marriage, it doesn't mean that other aspects of your relationship aren't going to be equal – Andy does as much of the cleaning as me and we both work – it's just a traditional, romantic gesture that means a lot.

● See [amyelisabeth.co.uk](http://amyelisabeth.co.uk)



# PUZZLE BR

TRY TO  
COMPLETE  
THIS ONE  
IN 20  
MINS

## Clues & arrows

Fill in the clues in the direction of the arrows

___ Weapon, 1987 thriller	One who lives austerely	Piece of lean or bony meat	Go astray	___ Gray, Sue Ellen in Dallas	Astrological lion	Propagated
		Salt ___, pepper pot's partner				
Small casks	___ Fisher, Star Wars actress					Meas-urement of liquid
		Matthew ___, 19th-century poet				
Sneaker, moccasin, eg	Horned viper	Summon into mind	In this place	Having a run (tights)		Lowest in the feudal social order
			Pulls up			
Tony ___, former prime minister	Play section			We ___ the Champions, Queen hit		
		Use bad language	Performer on horseback			
One of two parts of a bra	Unflurried	Put money aside regularly		Bundle of towels	Children in ___, BBC charity	
			Emolument	___ Nevis, Scottish peak		One of a number
Dirty look	Pixie			Surface meas-urement		
		___ Atkins, Aunt Ruth in Doc Martin				
Bone of the arm	Regret, repent			Swirl gently		

## Quick & easy

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

CAN YOU  
DO THESE  
IN 10 MINS  
EACH?

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

## Sudoku

To solve the puzzle, each 2x3 box, each column and each row must contain the numbers 1 to 6.

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

## Wordsearch

The answer is the word missing from the grid.

ALE  
BEER  
BRANDY  
CHOCOLATE  
COFFEE  
EGG FLIP  
JUICE  
LEMONADE

LIMEADE  
MILKSHAKE  
MINT JULEP  
SODA  
TEA  
TONIC  
WINE

### WORDSEARCH

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

### SUDOKU

5	3	2	1	6	4
4	6	1	2	3	5
9	5	4	3	2	1
2	1	3	4	5	6
3	4	6	5	1	2
1	2	5	6	4	3

### CLUES & ARROWS

B	L	A	S	C	E	L	L	A	R	E
E	A	R	N	O	L	D				
R	U	D	E							
S	C	E	N	E	A	R	E			
C	U	P								
S	C	O	W	L						
F	B	E	N							
A	R	E	A							
N	E	I	L	E						
Y	D	E								

### CROSSWORD

A	B	A								
E	N	Q	U	I	R	E				
L	I	N	S	U	L	I				
K	A	G								
N										
L										
T										
P	L	A	T	O	N					
U										
R	U	D	E							
A										
E	P	S								
S	P	O	L	I	S	H				
P										
C	O	M	M	E	R	C	I	A	L	
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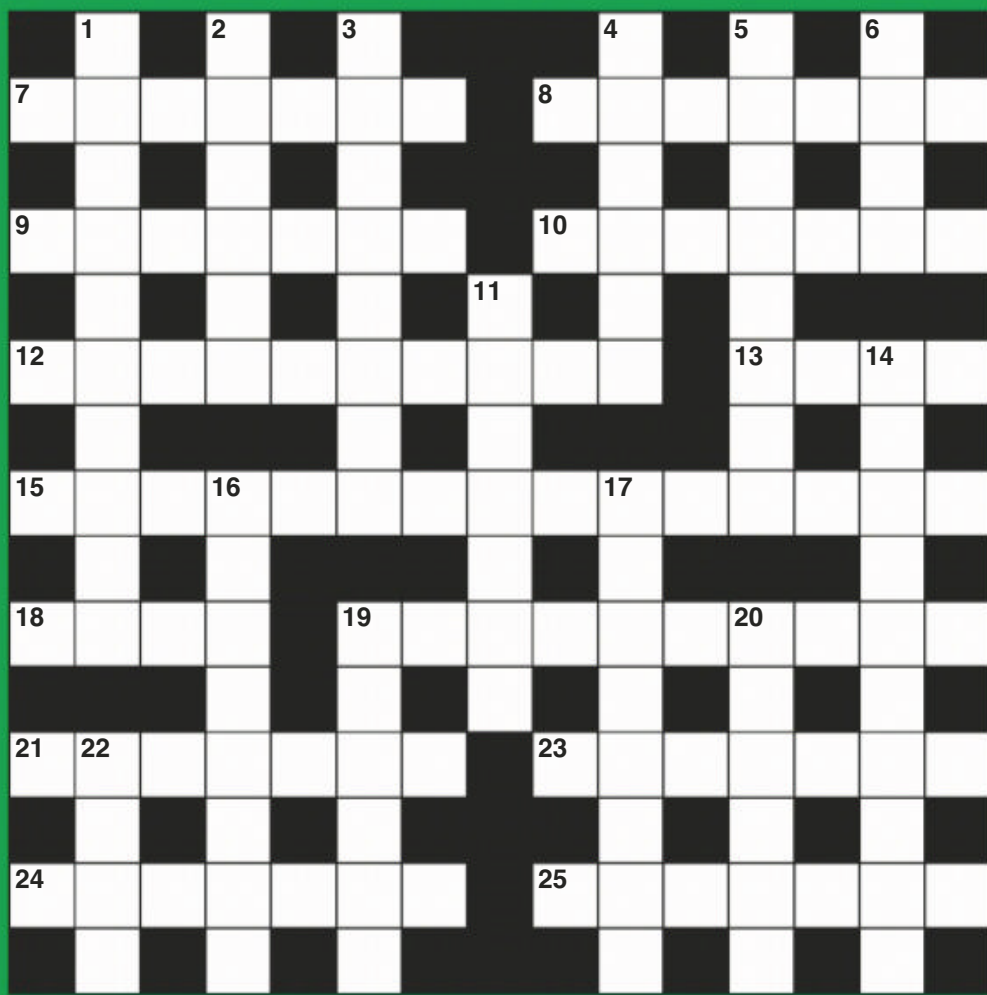
Puzzle solutions



# FAK

## BEAT THE CLOCK

## Puzzles Your time



DO IT  
IN 30  
MINS?

# Crossword

Put your feet up and have a go at this old classic

### ACROSS

- 7 Request information (7)
- 8 Drug used by diabetics (7)
- 9 Child's toy on a string (7)
- 10 Group of soldiers (7)
- 12 Strong beer variety (4,6)
- 13 Bad-mannered (4)
- 15 Mr Sheen, eg (9,6)
- 18 Rounded handle (4)
- 19 Advertisement on TV (10)
- 21 Icy storage cabinet (7)
- 23 Monarch's spouse (7)
- 24 Weapon (7)
- 25 Urban horizon (7)

### DOWN

- 1 True Blood star (4,6)
- 2 Piece of ammunition (6)
- 3 Fire-raiser (8)
- 4 Fisherman (6)
- 5 Throaty (8)
- 6 Metric weight (4)
- 11 Great, excellent (7)
- 14 Losing hope (10)
- 16 Persons of high rank (8)
- 17 Bakes partially (3-5)
- 19 Small fruit with a stone (6)
- 20 Fortified building (6)
- 22 Strap held by a rider (4)

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TI Media

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### Dreamers Dutch Bulbfields & Amsterdam Waterways Cruise

By Rail or Air - 20 April, 2020



5 days  
from  
£599<sup>PP</sup>

Free  
Drinks

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- Escorted rail travel or flights & transfers
- Four nights' full-board cruise on board 3-star MV Prinses Christina or 4-star MS Carmen with selected free drinks at lunch and dinner and 6pm to midnight in the bar
- Ports of call: Amsterdam, Enkhuizen and Hoorn with visit to Keukenhof Gardens
- Live entertainment each evening including two nights with 60s band The Dreamers
- Services of our Cruise Director and Host on board

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Friday 13 March 2020



4 days  
from  
£279<sup>PP</sup>

Free  
Drinks

**ENTERTAINMENT:** Marty Wilde and The Wildcats, Mud II, Memories of the Four Tops, The McCoys UK, PLUS Glen Leon (of New Amen Corner)

**INCLUDES:** Free drinks all from 6pm to midnight every evening - house beers & spirits, wine by the glass, pumped soft drinks & mixers • 3 nights standard chalet at Warner Norton Grange, Yarmouth, Isle of Wight - upgrade available • Full entertainment programme • 3 breakfasts & 3 dinners • Return car ferry

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KATE

# 'Rio's kids want another SIBLING!'

Kate Ferdinand tells *Woman's Own* about her new crazy life as wife of Rio and stepmum to his children

**K**ate Ferdinand has transformed herself from *The Only Way is Essex's* girl-about-town to a doting wife and stepmum. Newly-wed Kate, 28, married former footballer Rio Ferdinand last September, four years after his wife Rebecca died from breast cancer aged 34.

She was a *TOWIE* favourite from 2015 to 2017 but quit the show after meeting Rio to focus on her stepchildren Lorenz, 13, Tate, 11 and eight-year-old Tia. Now Kate has stepped back into the spotlight with book *Fitter Happier Healthier*, which is about the battles with anxiety and body dysmorphia that blighted her teens and early 20s.

When we chat with Kate, she tells us about her life as a stepmum, how she copes with anxiety, and how her stepchildren are desperate for another baby in the family...

**Kate, many congratulations on your marriage! How was your dream wedding?**  
It was amazing. We had a beautiful

time with our family and friends and it was everything I could have dreamt of. The kids were happy, I was happy, it just felt like a perfect special moment that we've got to where we are.

**When you've said that you and Rio 'saved each other' what did you mean?**

Rio was having a difficult time – he'd lost his wife and was a single dad and I wasn't enjoying who I was and was having really bad anxiety. We met and it felt like someone above had sent us together and it was just meant to be, and we saved each other. That's as simple as it is. I feel like it was fate. Rio and the kids have taught me the importance of life. Just being in the house with everything they've all been through, we realise what's important and what isn't.

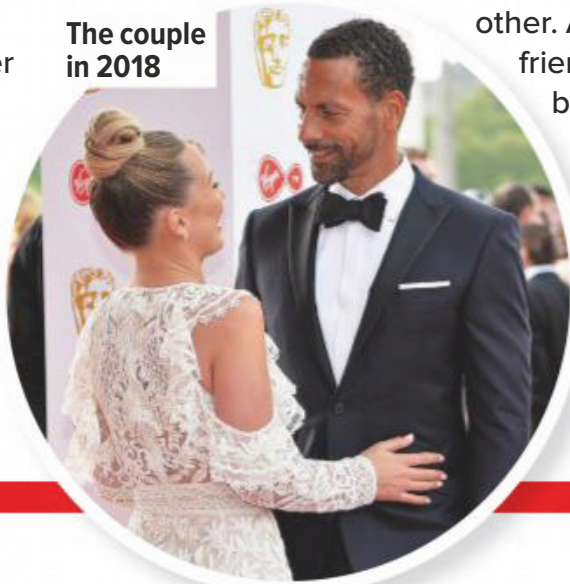
**What's it like looking after a houseful?**

It was a big adjustment for me at first because I had been single and I didn't even know how to cook! Rio taught me and I picked stuff up, but it's not always successful – one night I made fajitas but I got the hot spice mix and it was too hot and they hated it. Our household is full of banter. We'll take the mick out of each other. All of us are lunatics – my friends call it the mad house because we run around and have a good old laugh.

**What are most of the arguments about?**

I'm super organised. I used to be a PA and organise events so I run a tight ship, as Rio would

The couple in 2018







This Christmas on the beach



say. I'm a clean freak and I hate mess. They needed the organisation. You know what men are like – they leave all their stuff everywhere. It annoys me when he leaves his pants on the floor or his shoes at the bottom of the stairs. I'm sure I annoy him in many ways as well.

## Are you and Rio thinking of having kids?

Potentially in the future. I'm an only child and I lived with just my mum and I always wanted to have a big family – I just never envisioned myself getting it like this! The kids would love us to have a baby – the boys would like a brother and Tia would like a sister, but we'll see.

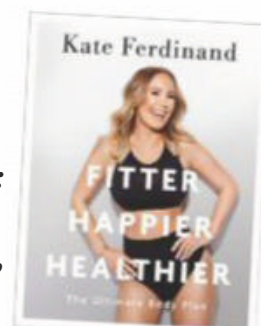
## Why did you write the book?

I feel like I haven't really shared much about myself before, so I thought this was a good way to do that. People see you on social media and think, 'Their life's great,' but you don't really know who someone is or their struggles. With the book I thought I could lay it bare and be me and it felt a bit like therapy.

## How do you manage your anxiety now?

A new thing of mine in 2020 is that if there's an article about me, I won't click on it. Reading something about me isn't going to benefit me, because I know who I am.

● **Fitter Happier Healthier: The Ultimate Body Plan** by Kate Ferdinand (£16.99, Michael Joseph)



## Who is Kate Ferdinand?

**Born:** 3 June 1991

**Age:** 28

**Relationship:** married to Rio Ferdinand

**Her big break:** she starred in *TOWIE* from 2015 to 2017

**What's next:** her book *Fitter Happier Healthier*



# Ask Yourself



## Which EastEnders character are you?

This month marks the 35th anniversary of the classic soap. Celebrate the milestone by discovering who you'd be in Albert Square

### 1 You'd describe yourself as...

- A** Confident      **B** Shy      **C** Funny      **D** Motherly

### 2 Your friends have a tiff in The Vic, what do you do?

- A** Tell them to get a grip      **B** Excuse yourself      **C** Tell a joke      **D** Try to keep the peace

### 3 Mick serves you the wrong drink, you...

- A** Refuse to pay      **B** Thank him      **C** Drink it      **D** Give it away

### 4 You're on a night out, you're wearing...

- A** Hoops and animal-print      **B** A floaty dress      **C** Jeans      **D** Something new

### 5 What's your relationship status?

- A** Who wants to know?      **B** Complicated      **C** Laughable      **D** Strong and steady

## How did you score?

#### MOSTLY As Kat Slater

You're loud-mouthed, confident and don't take any BS. No one doubts your loyalty, but you verge on being offensive and hacking everyone off when you don't really mean it. Channel that passion into helping friends and cutting people some slack – you don't know what goes on behind closed doors.

#### MOSTLY Bs Honey Mitchell

You're quiet, shy and just get on with things. You're best when left to your own devices, and don't want to cause a scene or hurt anyone's feelings. There's nothing wrong with being an introvert, but why not arrange some one-on-one time with a friend and prove you're a good listener? By being in the background, people might see you as an easy person to take advantage of when that really isn't who you are.

#### MOSTLY Cs Karen Taylor

You're the joker among friends and don't take yourself too seriously. You're always up for a laugh, but often it's at your own expense to try to make others feel good about themselves – or to diffuse an awkward situation. Does anyone listen to your troubles, or how you feel? You're not a walking class clown – you're a person, too.

#### MOSTLY Ds Sharon Mitchell

You like the finer things in life, and take great pride in your appearance. You're matriarchal and family-orientated. But why not try shedding everyone's troubles off your shoulders and open up once in a while? You don't need to be mother hen all the time – let that perfectly coiffed hair down and have some fun!



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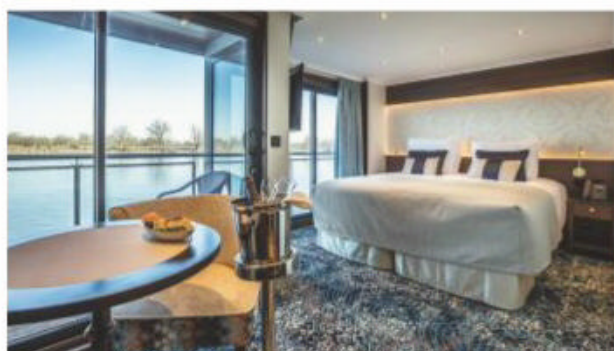
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New Year on the Rhine	6 days	£1,299pp

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