

Renting in retirement  
gives people a...

# new lease of life

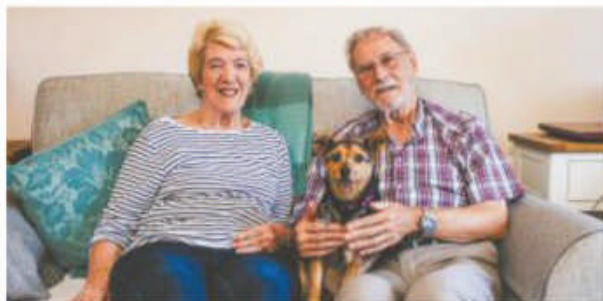


**Start  
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full!**

In recent years, there has been an increase in the number of people choosing to rent in later life. According to research from Hamptons International, the number of older renters has risen by 61 per cent since 2012, and around a third are retirees.

Girlings Retirement Rentals are the specialist letting agent for retirement property and most properties are available on assured or 'lifetime' tenancies, offering the same security of tenure as home ownership. Renting gives people the chance to right size to a more manageable property and it can be a great way to free up capital to fund retirement or spend on family. It also means no stamp duty to pay which can be a big saving.

Choosing to move to a retirement development offers people a ready-made community where they can make friends and socialise. They can then just get on with enjoying their retirement.



Barry and Pauline Jenkins are one couple who have been enjoying the benefits of renting in retirement since they moved back to the UK from Spain in June 2019.

They are renting an apartment in Homecliffe House in Highcliffe-on-Sea in Dorset through Girlings.

The couple had lived in Spain for 22 years after taking early retirement. They spent their first five years there renovating a house in the mountains before moving to the coast near Malaga.

Barry began to suffer from ill health last year and their family asked them to consider moving back to the UK as they were worried about them being so far away.

Barry and Pauline decided that after a fabulous 22 years it was time to close one chapter and start a new one.

The couple sold their Spanish home and looked for a property to rent in the UK.

Barry explains, "We wanted to rent rather than buy because renting gives us the option of upping sticks and moving in about a month if we want to, whereas you never know how long it's going to take to sell a property. Renting gives us that freedom of choice."

Barry and Pauline decided to move to Dorset where they have family. They researched rental properties on the internet, however it wasn't just themselves they had to consider - they had to find a landlord prepared to take their two dogs, Sophie and Chica too.

They found a lovely one bedroom apartment in Homecliffe House through Girlings and were relieved to discover they could take the dogs too. Within a couple of months, they had moved in.

Pauline says, "Finding Girlings was a piece of luck, the apartment was the first one we saw that ticked all the boxes. Since moving in we've been very happy. Highcliffe-on-Sea is a small town so we have everything we need close by and we're only five minutes away from the sea."

"We really enjoy the social side of living here too. We didn't know anyone in the town apart from our family and living in a retirement development has been a great way to meet people. At the development there are regular social events like bingo, fish and chip suppers, charity nights and weekly coffee mornings which we enjoy going to - we're both outgoing people and have made lots of good friends."

Pauline and Barry also appreciate the other aspects of living in a retirement development, such as the onsite manager and the guest suite for visiting relatives. They find it reassuring to have the emergency call system in the apartment too, particularly as Barry walks with crutches and sometimes worries about tripping over one of the dogs and falling!

Barry says, "We took the flat on a six month contract to start with but are both so happy here that we don't want to move again so we'll change to an assured tenancy when it comes up for renewal. Homecliffe House is a wonderful place to live with a great atmosphere - and the social life is a real bonus!"

Girlings has properties in retirement developments throughout the UK to suit all tastes and budgets. Most developments have communal lounges and gardens, and many organise weekly social activities such as coffee mornings, bingo and film nights which residents may opt to participate in.

An onsite manager ensures the smooth day to day running of the development and there is a 24-hour emergency careline in all apartments. The rent includes services and property maintenance.

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# Woman's Own



Exclusive  
interview

**Gino D'Acampo**

**I like my  
women  
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**My parents helped  
BOOST OUR  
LOVE LIFE**



**Andrea**

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# This week we're loving

## HUGH GRANT AND COLIN FIRTH

We can't quite believe our two favourite romcom heartthrobs are turning 60 this week! Hugh Grant's birthday is on 9 September, then his *Bridget Jones's Diary* co-star Colin Firth celebrates the big 6-0 on the following day.

It's not just their birthdays that mirror each other, but their careers too. Both have played Jane Austen leads, with Colin in *Pride and Prejudice* and Hugh in *Sense and Sensibility*. Both have starred in Nick Hornby adaptations – Colin in *Fever Pitch*, and Hugh in *About a Boy*. And of course, they played rivals in the *Bridget Jones* franchise – in which they famously had two big fight scenes. Off-screen, though, Colin insists they 'get on really well'.

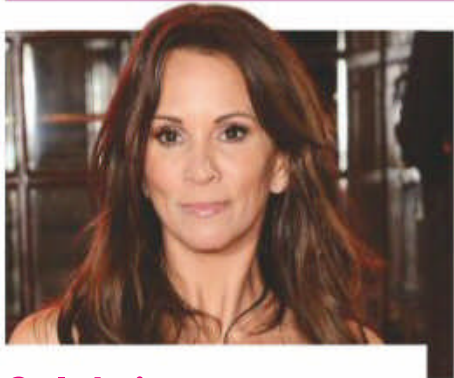
Happy Birthday, Colin and Hugh! Remember, you can download *Woman's Own* from the App Store or Google Play Store direct to your smartphone or tablet



Birthday boys Hugh and Colin (also right, as Mr Darcy). Above: Both starred in *Bridget Jones's Diary*

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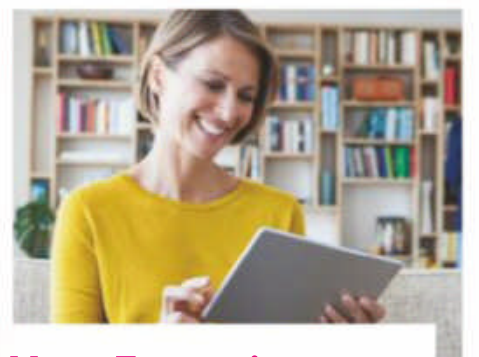
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# RICHARD ARNOLD'S

## week in showbiz

### Gloria Estefan

## 'Music was cathartic for me'

The Cuban-American singer, 63, speaks of sadness and joy.

**Your new album *Brazil305* has all your greatest hits with a Brazilian twist, and how we need a floor-filler now!**

It's been a love of mine ever since I listened to my mother's record collection as a kid. It was supposed to come out in 2017, but I lost my mother and couldn't put my voice on the album for over a year, to put the joy that I wanted into it. Then we had the pandemic and we waited a while after the George Floyd protests out of respect, but then I thought we needed some joy and love in the world.

**Did recording the album help you to grieve for your mum?**

Very much so. My voice has always been an extension of my emotions. Music was cathartic for me, my way of crying in my youth. When I did go into the studio, I felt her presence, her joy. I'd actually sung it to her live before I went into the studio because she wanted to hear how it was going to sound. So I went into the studio and let it all out.

**Brazil is close to your heart, Miami is your home. Both have been hit hard by the pandemic.**

I think recently we had our peak deaths. I wrote a parody [of her song *Get On Your Feet*] called *Put On Your Mask* because this is the only public

health initiative we have that can truly protect, and had we done that from the beginning I don't think we would have lost as many people. You need good leadership for that, and we haven't had that in the United States or in Brazil.

**We first met at the London premiere of your hit musical *On Your Feet*!. Now theatre is on its knees.**

Hopefully we can get back and finish the tour that was done so successfully by all that amazing British cast [last year at the London Coliseum], and I'm praying for the theatre industry in Britain. We are going through the same thing on Broadway and there will be some tragic losses of venues.

**You spent lockdown with your husband of over 40 years, Emilio. How was it?**

Time has flown. We continue to be an amazing team. He's helped me through this and I feel blessed to have him. We have all battled fear, sadness and depression. You have to say, 'I will not fall prey to this.'

**Is it true that you bought a hazmat suit so you could cuddle your grandson?**

It is! I put it on right in front of him. He held on to me so long, it was like he didn't want to let go and neither did I. It's a hug I'll remember my entire life.

● Gloria's album *Brazil305* is out now



Gloria and Emilio are rock solid

## BACKSTAGE GOSS!

### LIFE IS A ROLLER COASTER!

I nabbed a quick break to Greece and bumped into Ronan Keating with his wife Storm and their children in the airport lounge. They were heading off to Bodrum in Turkey. 'This is Coco,' he said, introducing me to his baby daughter. What a cracking-looking clan! It's like they've been formed out of cream cheese, whereas my family looks like we've been chiselled from turnips by comparison!



Cheesy smiles from Storm and Ronan – but not Coco!



## WHEN DICKIE MET... JULIE!



On the set of the first *Paddington* movie with Dame Julie Walters, who played batty housekeeper

Mrs Bird. We met in Primrose Hill where it was being filmed, and she was in full garb. It wasn't too much of a leap for Julie, famed for playing Mrs Overall in Victoria Wood's iconic *Acorn Antiques* sketches, but, as always, she was acting gold!

## When Dickie did... a few of his favourite things!



A shoot in Austria with *GMTV* brought the chance to film the hugely popular excursion *The Original Sound of Music*. I was frocked up as Julie Andrews' Maria for most of it, spinning on a mountain top. The sight of me in a nun's wimple was even more breathtaking than the views, although it's not a habit I'd care to repeat!

## FELLOWES TRAVELLER!

On my way to Mykonos, Julian Fellowes (Lord Fellowes of West Stafford) was on board with his wife Lady Emma, heading to the glamorous Greek island where they have a home. I congratulated the *Downton Abbey* creator on the success of his ITV drama *Belgravia* earlier this year. 'I think it helped that everyone was locked indoors,' he said modestly. I asked him about a sequel to the *Downton* movie. 'Oooh...' he said. I sensed a shiver of excitement!



## RICH PICKINGS!

Former *BGT* winner Richard Jones gives his verdict on this year's hopefuls

I love this year's *Britain's Got Talent* contestants. The vocal and comedy acts are very strong, but there were also some very promising magic acts in the auditions – I'm hoping some of them make it to the finals. These are my top picks so far!

### Beth Porch

After the year we've all had, it would be truly magical to see a nurse on stage, following her dreams. I remember the pure emotion and passion in her song, and she represents what *BGT* is all about – showcasing stars who deserve a big break.



### Fayth Ifil

At just 13, this born entertainer is an incredible and extremely confident singer. What a package!

### Nabil Abdulrashid

I think it will be extra tricky for comedians this year, with the lack of a live theatre audience to bounce off, but I think we'll all be laughing through the screens cheering him on. I hope the comedy shines through as much as the talent.



Can Nabil raise enough laughs from the judges?



# 'Sex has NEVER been the same'

Loose Women's Andrea McLean opens up on the sadness of 'painful' postmenopausal intimacy

**W**hen it comes to confessions, Andrea McLean is not one to leave out any detail. Her book *Confessions of a Menopausal Woman* became a bestseller and, while she has adjusted to life post-hysterectomy and post-menopause, the mum of two – to son Finlay, 18, and daughter Amy, 13 – has now spoken about the 'excruciating pain' she feels during sex with husband Nick Feeney as a result of the changes.

## NO ESCAPE

Three years ago Andrea, 50, made the life-changing decision to have a hysterectomy.

'I was in constant pain and couldn't carry on any longer. I was sitting in a corner constantly holding my stomach before going on air,' she said. 'It was a huge decision and although it was the best thing to do, I was scared about it.'

The *Loose Women* host has suffered with endometriosis since her 20s – a condition where small pieces of the womb lining grow in other places, such as the ovaries or fallopian tubes. But it was a scan during her five-year battle with perimenopause that prompted surgery.

'I had cysts on my ovaries so it all needed to come out, and I wrongly thought because I was on HRT [hormone replacement therapy], I'd be fine.

I wasn't prepared for the many huge changes.' And while she made a full recovery, Andrea is now dealing with continuous changes to her lifestyle.

She explained, 'Post-menopausal sex is as good as it can be. When you go through the menopause, the vaginal wall becomes brittle and thin, which is excruciatingly painful during sex.

Trust me, you can't close your eyes, think of England and get through it! There is no getting through it.'

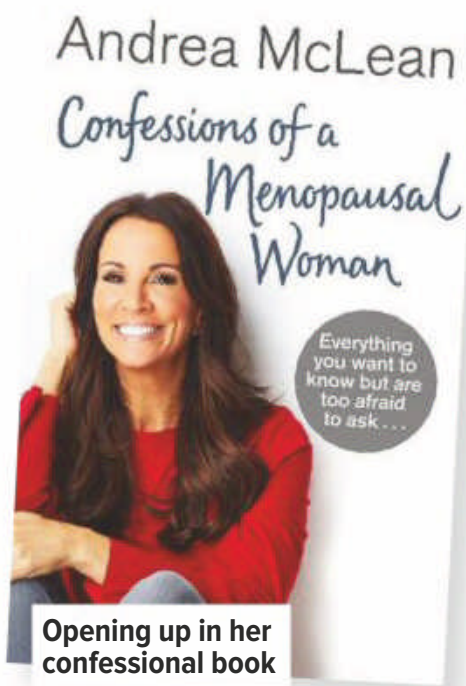
## SPEAKING UP

Having an understanding husband like Nick, 47, who Andrea has been married to for three years, is what's helped the star cope with what life has thrown at her. She revealed in 2019 that they were having counselling in a bid 'to better learn how to communicate as man and wife'.

And it sounds like it's helped them to be honest in the bedroom, with Andrea revealing, 'Me and Nick speak very openly, so I feel comfortable to say if sex "doesn't feel right."' Despite having Nick's



Andrea's husband Nick is supportive



Opening up in her confessional book





Andrea (centre) with her *Loose Women* co-stars

support, Andrea is still trying to come to terms with sex being different these days. She added, 'The most difficult thing was thinking sex has never been the same – and there's a sadness [to that]. There's always been some kind of pain since.'

### **PAINFUL SEX RELIEF**

One of the ways Andrea is learning to cope with the changes to her body is by using a hormone therapy called Vagifem – pessaries that contain oestrogen – twice a week, to help with the elasticity of the vagina, leading to better sex.

Andrea explained, 'There's so much help that you can get now. You can speak to your GP to make sure everything [that involves oestrogen] is in working order, or there are natural remedies you can use in terms of moisturisers and lubricants.'

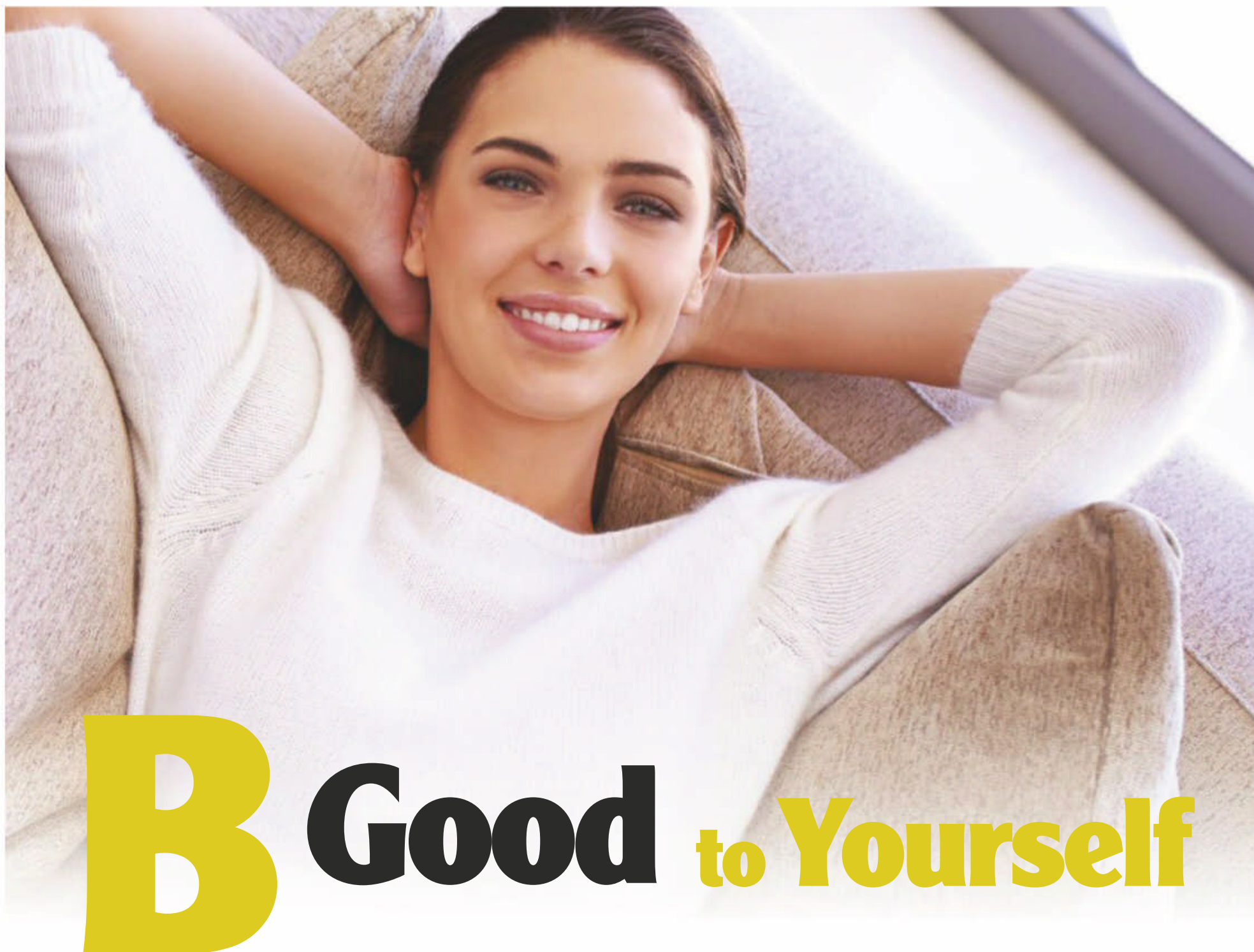
To help boost her sex drive, Andrea admitted she also takes two pumps a month of testosterone gel to increase energy levels and lean muscle mass development, and takes a progesterone tablet every night. Andrea added, 'There's no embarrassment to it, and why would you want to stop something that is part of a loving relationship purely because you're embarrassed?'

### **FEELING LIKE A MINX**

Staying sexy through the menopause, despite all these changes, is something Andrea is a firm believer of.

'You get hot in all the wrong ways! But you can look and feel sexy during the menopause,' she said. And while she urges other women to stop pretending everything is OK when it's not, saying that talking will help take away half of the anxiety, she stressed, 'You can feel great, you can feel normal, you can feel like a little minx like you did in your 20s, but you just do everything differently.'





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# ‘I’m *NOT* ashamed of my abortions’

*Loose Women’s*  
Carol McGiffin opens  
up on deciding  
against motherhood

**S**he’s always been an open book on ITV’s *Loose Women*, so you’d be forgiven for thinking we already know everything there is to know about Carol McGiffin, but now she’s bravely spoken out about her secret abortions.

Having previously admitted she didn’t want children, Carol, 60, who’s married to Mark Cassidy, 37, revealed she was pregnant twice – the latter occasion being in her late 30s.

‘I did get pregnant twice and had two terminations. I’m not ashamed of that,’ said Carol. ‘Some people might disagree that that’s a good idea, but I was 38 when I had the second one. It was a very, very simple decision for me to make, and it was very easy. It was a one-night stand,



Carol secretly wed Mark on holiday in 2018

believe it or not, at 38 – yeah, I took a long time to grow up.’

Carol, whose mum Heather had four children by the time she was 30, realised from a young age that motherhood wasn’t for her.

She said, ‘I just remember being really young and watching my mum and thinking, “I don’t want that to happen to me. I don’t want to be in a place where I have children and I have to look after them and devote my life to them.”’

One thing Carol has devoted her time to is her recovery from breast cancer, after finding a lump in her left breast in

February 2014. Two months later, she was diagnosed with a tumour and underwent a mastectomy, followed by an intensive course of six rounds of chemotherapy and 15 sessions of radiotherapy.

But she recently revealed her dreams of having reconstruction surgery have

been dashed on account of the COVID-19 pandemic.

She explained, ‘I want to, but it’s such a huge operation for me as nothing was spared, if you know what I mean. Can’t get it now, though, obviously, as there’s too much of

a backlog. No one can get anything done, by the sounds of it.’

We admire your bravery and your honesty, Carol!

**‘Yeah, I took a long time to grow up’**



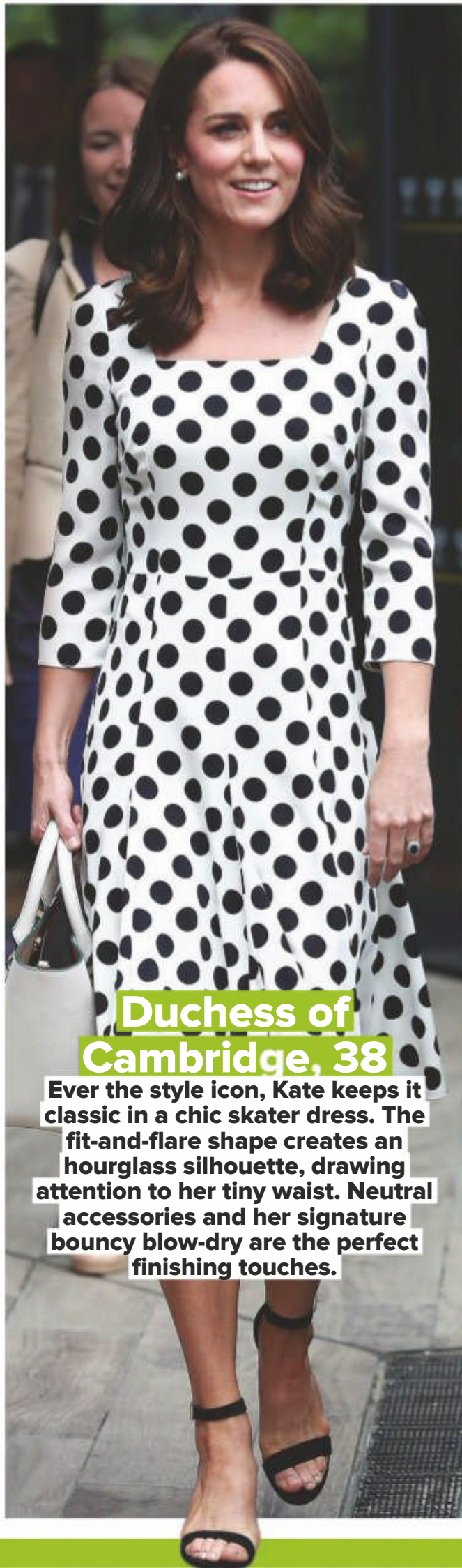
Carol took part in the 2015 Race For Life

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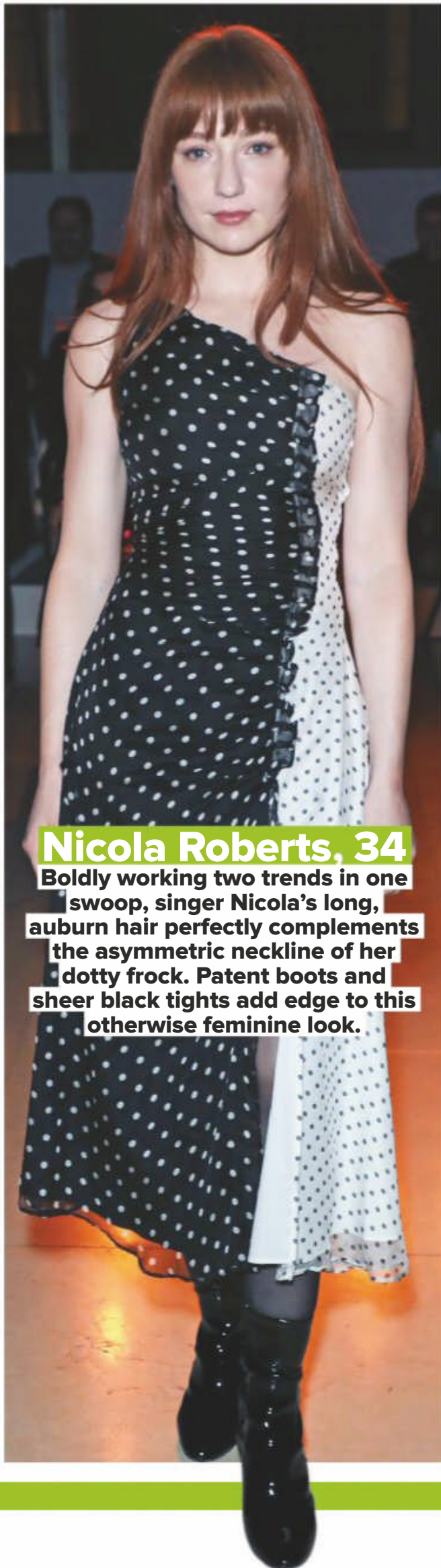
# WHO WORE

Our fashion team reveal which star



## Duchess of Cambridge, 38

Ever the style icon, Kate keeps it classic in a chic skater dress. The fit-and-flare shape creates an hourglass silhouette, drawing attention to her tiny waist. Neutral accessories and her signature bouncy blow-dry are the perfect finishing touches.



## Nicola Roberts, 34

Boldly working two trends in one swoop, singer Nicola's long, auburn hair perfectly complements the asymmetric neckline of her dotty frock. Patent boots and sheer black tights add edge to this otherwise feminine look.



OUR FAVE LOOK

## Reese Witherspoon, 44

The sequins, the 60s-inspired shift shape – we love everything about Reese's Dolce & Gabbana frock. Proving that more can be more, we love her choice of sparkling jewellery and embellished heels.



# IT BEST?

really nailed the look

*Polka dots*



**Nikki**

**Sanderson, 36**

Doubling up on the polka dots with a dual-print dress, soap star Nikki makes red-carpet glam look easy. Strappy sandals in glossy teal add a pop of colour to this otherwise monochrome look.



**Ashley Roberts, 38**

Turning a stroll to the office into her very own catwalk, we can't get enough of Ashley's work-ready style. Quirky sunnies, snakeskin heels and a bright, quilted bag bring plenty of personality to her tiered frock.

*Wear it*  
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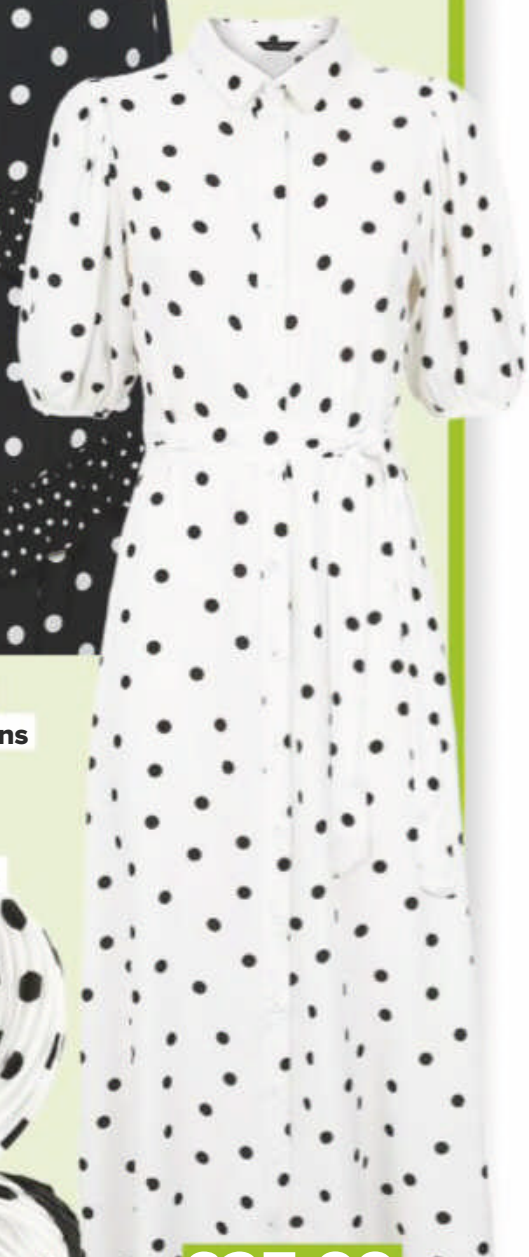
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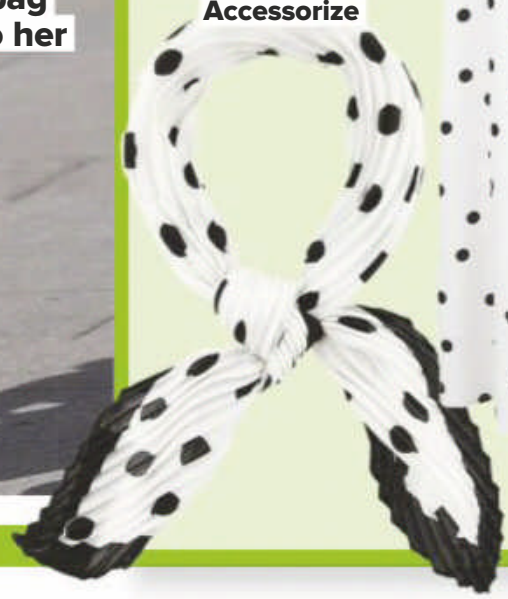
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# Living with my parents boosted our sex life

Sam Pettit, 48, moved her mum and dad in so she and her husband could get some time alone

**W**aking up on a Saturday morning, I hear the usual banging and slamming of doors. My daughter, Ella, who is 11, runs past my room offering a cursory wave. Instead of coming in for a cuddle, she's heading to her grandparents' room in the massive, old hotel we now call home. She starts her morning with a hug and chat there before we all settle down to breakfast in our multi-generational kitchen.

While many husbands and wives hate the thought of in-laws visiting, for us it's a dream come true. In fact, we were so determined to ensure they'd stay for good that we bought an old hotel and converted it into our very own home.

It'd been my dream to have a home big enough for everyone in the family to not only have a bedroom, but a whole area to call their own. But we also love the big, communal spaces, which are roomy enough for everyone to cook, have dinner and watch TV together. We even have a pool table.

Now that I've finally achieved my goal, I couldn't be happier. It's brought our family closer together – and given my husband and me some quality time as a couple. It's improved our relationship

and even our sex life.

I've been dreaming of this set-up since I was a child. My first marriage ended in divorce in 2000, leaving me a single mum to Amy, now 29, a dog walker – who has a daughter of her own called Mia, four – and Billy, 25, a bricklayer.

My second long-term partner tragically died of motor neurone disease while I cared for him. I was pregnant with Ella at the time. Today, I'm a mum of three, stepmum of two and grandmother of one.

**'I've been dreaming of this since I was a child'**

**Starting again**

I met property investor Robert, 68, through friends in 2008, and,

after my second partner died so suddenly, our friendship turned to love. It was something neither of us expected. He helped me pick up the pieces and loved my idea of converting an old, run-down hotel into a huge home for all our family generations.

We became a couple in 2010, when Ella wasn't yet a year old, and, in 2012, I started scouring the

country for the perfect place. We were living in Oxford at the time, owning and running a small bespoke hotel.

One night in June 2014, I stumbled upon a 30-room hotel in Blackpool, which was in a complete state of disrepair. I never thought I'd like Blackpool, but when I saw the old hotel, met the locals

**'We'll never be lonely'**

Pat, Sam's dad, says: 'Carol and I have our own section to live in, and then come down to a big, welcoming, communal lounge room and kitchen. I reckon I'm busier now in retirement than I was when I worked full-time, but I wouldn't change it. You hear stories of families forgetting about their mums or dads, with grandparents being all alone. That will never happen here. There's less stress on everyone because we share the housework. The best bit is never missing out on family news – it's happening all around us.'



Pat, Ella and Robert enjoying their space







The whole family on the steps of their hotel home

and then heard the £139,000 price tag, we snapped it up! We spent another £160,000 converting the space into the perfect family home. By law, we had to keep nine rooms for use as bed-and-breakfast, but we knocked down the rest and created our dream home.

## One big, happy family

In 2018, my mum, Carol Jolly, 78, a former PR consultant, and dad, Pat, 84, a retired school manager, moved in. We all have

the same front door, but each family has its own mini flat.

Ella, Robert and I have the basement up to the ground floor, with our own office space. Mum and Dad have the first floor. Amy and Mia use the second floor when they're here, and there's space for our other relatives, too.

Next to our area is the huge, communal kitchen where we spend most of the day, as well as a lounge and dining room.

It's definitely made us stronger as a couple having Mum and Dad living with

us. Robert and I got married last year and my parents helped us plan the wedding.

While some men run a mile at the mere thought of the in-laws visiting for a day, Robert can't get enough of it. He goes to the pub with my dad, while Ella and I will go out for a coffee with my mum.

## Weekly date nights

Robert and I now have dedicated weekly date nights when Mum and Dad are happy to look after Ella and, if we fancy a weekend away, we don't have to look far for childcare.

Our love life has definitely improved. We are more relaxed and less stressed about our business because Mum and Dad are there to help, and Ella loves spending time with her nan, which means we can have lazy Sunday mornings in bed. Sometimes we feel like teenagers again.

Robert tells me that if we ever split up, my mum and dad would go with him, they adore him so much, while I tell him he can't leave because he has to contend with my parents and all the other relatives!

Mum and Dad are closer as a couple, too, now that they're no longer worried about retirement.

The hustle and bustle of the house keeps everyone busy and feeling wanted. Ella is never bored, and knows exactly who to scam chocolate off and who can help her with different homework subjects. We all love the feeling of togetherness.

Some of our friends are stunned at the set-up. They tell us horror stories about their in-laws or their own family members. But some of my pals ask Robert to help talk their husbands into doing what we did.

When everyone is visiting, it's a super-full house. But everyone still has space and, if there is an argument, there is plenty of room to hide and cool down.

Sam's parents, Carol and Pat, with Ella



## 'I love feeling needed'

Carol, Sam's mum, says: 'The hustle and bustle of a big family home makes you feel wanted. Getting so much quality time with Ella is a dream come true. I love feeling needed and seeing all the generations working together. I still tell Sam she should dust or clean differently, but all mums do that.'



# Chic for

Flattering fashion to help you feel great, whatever your shape

## Cool cover-up

Boxy jackets can be worn by all body types, but are especially good for tall and athletically shaped women. As they don't give much of a shape, wear them over a dress or a top that shows off your waist.

## TUNIC TIME

The slight A-line cut of a tunic dress is perfect for those who want to disguise tummies or a lack of waist. The dark base print means you can move onto black tights as the weather gets colder.

## VOLUMINOUS SLEEVES

Cardigans can be tricky to get right, but this puff-sleeved knit is bang on trend. The square neckline is modern and flattering, too, but if you have a larger bust, wear it undone.

## MIDNIGHT DRAPE

Silky fabrics are ideal for larger figures, as they skim and drape the body's curves. This top will smarten up denim or printed trousers.



£29.99

Dress, sizes 6-24,  
bonprix.co.uk



£22

Cardigan, sizes  
6-26, Next



£39

Skirt, sizes s-xl,  
Monsoon  
at Very



£45

Top, sizes 14-32,  
curvissa.co.uk



£28

Jacket,

£18

Dress, both sizes  
8-22, Nutmeg  
at Morrisons.  
Shoes, stylist's own



# your shape



**£29**

Top,

**£39**

Jeans,

both sizes 8-22,

**£35**

Shoes, all

Kaleidoscope.

Bracelet,

model's own

## AUTUMN TAILORING

Tailored single-breasted coats are perfect for busty and apple-shaped figures as they create a clean line without pulling across the front. We adore this beige speckled print.



**£40**

Coat, sizes 8-24, George at Asda

**£46**

Sports bra, sizes 32B-40J, uk.triumph.com



## SPORTS STAR

All breasts need full support when exercising and this high impact-style bra goes up to a J cup. It's the lightest weight on the market at just 10g, and is made with a soft, breathable fabric.

## Lift and shape

This subtle bootcut style is a real leg lengthener. From the new 'Feel good' range, these jeans are designed to lift and shape the bum while smoothing the silhouette. They are made using sustainably sourced cotton.



**£28**

Trousers, sizes 6-26 (petite/regular/tall), Next

## ZEBRA CHIC

Floaty trousers are a great transitional piece as we end summer and head into autumn. The wide cut balances out hips and thighs, and this print will look good when teamed with a denim shirt.



**£35**

Jumper, sizes xs-xl, Woolovers. Necklace and trousers, model's own

## Lilac clash

Show off your collarbones with a scoop-neck knit. Wider necklines are more flattering for all body types, including slim figures. We love the clashing necklace here, which draws the attention to a fabulous neckline.

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**REAL**



# My son died THREE TIMES

This Childhood Cancer Awareness Month, Charlotte Webster, 31, reveals her heartbreaking goodbye to her little boy

**W**atching doctors trying to resuscitate my son, I sobbed in horror. 'What's going on?' I asked a nurse helplessly. 'I can't see.'

I'd lost sight of Lewis, four, through the throng of medical staff round his bed, and panic was overwhelming me. The nurse tried to calm me down, but, moments later, a doctor appeared and asked me to phone my family. 'You need to all say goodbye,' he said.

I dropped to my knees, crying hysterically. The moment I'd feared since Lewis was diagnosed with acute lymphoblastic leukaemia (ALL), just three weeks earlier, had arrived. I was going to lose my boy.

It was 2018, and Lewis had spent the summer holidays playing in the garden and running around with his brother Cameron, then six. He'd seemed strong and healthy.

Then, one morning shortly before he was due to start school, Lewis woke up with diarrhoea. I called the doctor, who ordered bed rest.

But, over the next few days, Lewis' stomach swelled up like a beach ball and he cried in pain. This time, the doctor immediately referred us to Royal Stoke University Hospital.

Worried, I called my mum, Gina, 57, who was babysitting Cameron, and asked her if she could look after him for a little

longer. 'I'm sure Lewis will be fine, love,' she said calmly.

But, at hospital, Lewis was given morphine for the pain while doctors ran blood tests. I waited nervously for hours before a doctor finally pulled me aside. 'I'm sorry, but it looks as though Lewis has leukaemia.'

'Is that cancer?' I blurted, confused.

**'I nodded, too scared to ask about his prognosis'**

The doctor nodded solemnly and explained that Lewis needed to be transferred straight to Birmingham Children's Hospital for treatment.

I was numb with pain and confusion, but managed to call my parents and Lewis' dad – from whom I'm separated – and explain tearfully what was going on.

I gulped down my sobs and dried my face before I returned to Lewis' cubicle.

'We've got to go to another hospital to get you better,' I told him as we were loaded onto an ambulance.

He was still very fuzzy from the

morphine and didn't really understand what was going on.

That night, I curled up next to Lewis in Birmingham Children's Hospital. Less than 48 hours after we arrived in A&E, he was officially diagnosed with ALL. Doctors explained he'd need chemotherapy, and I nodded, too scared to ask about his prognosis.

'You need some medicine,' I told Lewis, but he was in so much pain, he could barely understand. I cuddled him all night, holding back my own tears.

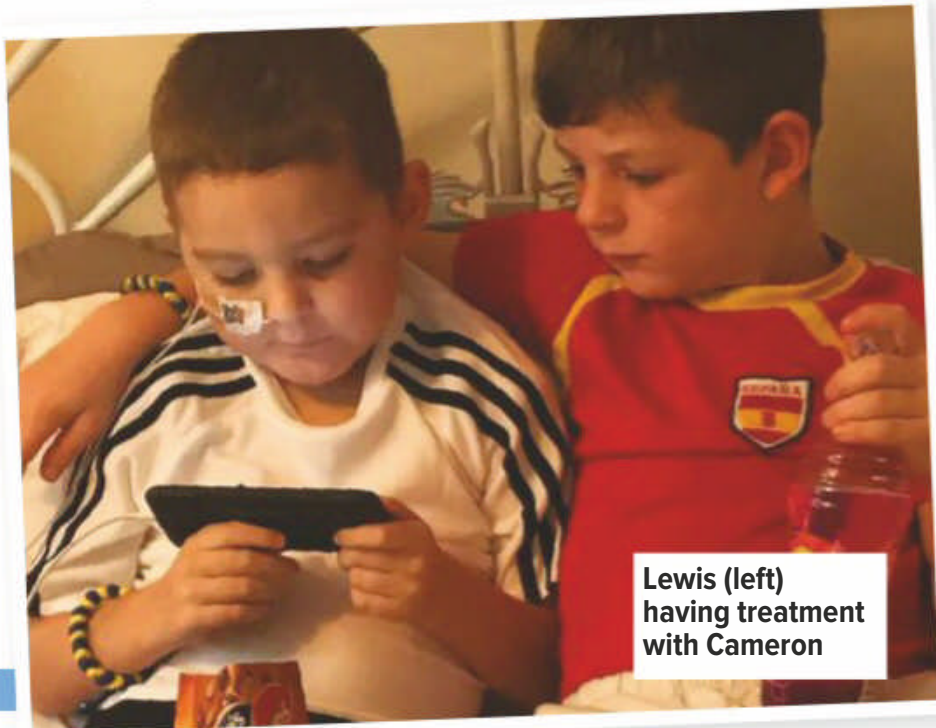
The following day, Lewis began chemo through an intravenous drip. It weakened him, and his hair began falling out straight away. He was so tired, he just wanted to cuddle up and watch *Mr Bean* with me.

A few days later, my mum brought Cameron to visit, but he found it upsetting to see his brother so unwell.

## **Rushed to intensive care**

Between my family and friends – especially my close friends Kerry, 37, Millie, 22, Molly, 22, and Georgia, 22 – we made sure Lewis was never alone. Even so, I rarely left his side, giving up my job as a housekeeper. Ronald McDonald House Charities arranged for me to stay next to the hospital so I could pop back and shower.

But, after just three weeks of treatment, Lewis collapsed as I helped him to the toilet one afternoon. His



Lewis (left) having treatment with Cameron





Charlotte thought this was the end

whole body started shaking and he just dropped to the floor, unresponsive.

Nurses rushed over and helped me carry him to his bed. 'What's happening?' I cried as doctors surrounded Lewis and checked all his vital signs. 'He's struggling to breathe and needs to be moved to the intensive care unit,' a nurse explained.

I followed as medics hurriedly pushed his bed down the corridor, but as he was wheeled into the ICU, Lewis stopped breathing and a crash team had to resuscitate him. I wailed with fear as I looked on, grabbing onto the ledge of the glass that overlooked the room. My vision blurred as I wiped away the tears, trying to focus on Lewis' face. But there were so many doctors, I couldn't see what was happening.

Doctors got his heart going again, and once he was stable, I was able to go inside his room. But, that night, Lewis crashed twice more. Around 3am,

after he was resuscitated for the third time, the doctor told me to call my family. 'We don't think he'll ever be able to breathe on his own again,' he explained.

Doctors believed Lewis had sepsis because his immune system had been weakened by the aggressive chemo. His body was shutting down, and they couldn't keep bringing him back.

Mum and my dad, Stephen, 60, rushed to the hospital. We sat around Lewis'

bedside, crying silently and whispering how much we loved our boy. Lewis had become ill so quickly, we were in shock. But I couldn't give up on him.

'Don't you dare go,' I told him, 'You have to fight this.'

At some point, I fell asleep. But, early the next morning, I noticed Lewis' fingers start to twitch. I ran to find a nurse.

'We'll start to lower his sedation and see if he comes round,' a doctor told us.

Lewis began to move more as the drugs wore off and, that evening, he began breathing on his own.

### *From strength to strength*

When Lewis woke up, I cried with joy. 'You're so brave,' I told him over and over, kissing his forehead.

At first, he was very groggy and couldn't form words. But, over the next few days, he gained strength. We couldn't believe it when we were told that, despite being ravaged from the chemo, his blood tests showed he was in remission.

'The doctors said you're getting better,' I told him as he gave me a cuddle.

Lewis still needed more chemotherapy to ensure the leukaemia was gone. He had physio to rebuild his strength and, in October 2018, we took him home. We were so happy to be in our own house in Rugeley, Staffordshire, and Cameron loved having his brother back.

A month later, Lewis got to be mascot for his beloved Aston Villa and was so excited to meet his hero, Jack Grealish.

Last September, Lewis' chemo was reduced further and he was able to go back to school a couple of times a week. Treatment will continue until January 2022, but he's so patient, even learning to swallow multiple chemo pills so he can have treatment at home.

I don't know what will happen in the future. There's a chance the cancer could come back, which I try not to think about, and that the chemo will affect his fertility. But, for now, my happy, energetic little boy, now seven, is back to his old mischievous self. My little fighter surprised us all and I know he'll keep growing stronger and stronger.



Charlotte with Lewis and the Cancer Research UK Star Award he received last year

● Lewis is supporting Cancer Research UK for Children & Young People, in partnership with TK Maxx, during Childhood Cancer Awareness Month this September. Find out about children's and young people's cancers and how research is helping more 0- to 24-year-olds survive cancer with a good quality of life, by visiting [cruk.org/childrenandyoungpeople](https://cruk.org/childrenandyoungpeople)





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# Dawn Neesom

## MIND OF MY OWN

The *Woman's Own* columnist has her say

## A very ha-PPE CHRISTMAS!

*Early festive fun is proving just the antidote to our 2020 misery*

**L**et me be the first to wish you a very merry Christmas. Yes, it's only September, but the way this year is – thankfully – flying past, Santa will be filling your stockings before you know it.

Truth be told, I'm probably not the first to utter seasons' greetings to you – John Lewis & Partners did it last blooming month! It was August, and some of us still had sand between our toes and half-unpacked suitcases in the bedroom when the retail giant launched its online festive shop two weeks earlier than usual to combat the miserable effects the pandemic has had on sales.

Astonishingly, we're lapping it up! Online searches for Christmas products are up a whopping 370% year on year.

Psychologists say it's because we need something positive to look forward to, so we're coping with the dank darkness of autumn and constant threat of a 'second wave' by focusing on good stuff.

'Santa schools' are doing a roaring trade with wannabe St Nicks learning how to run virus-free grottos. Evidently, this involves

keeping two feet away from the kids, wearing a mask and whispering 'Ho-ho-ho'...

Not sure I want to take any nipper along to be terrified by a fat bloke in a red suit and enough PPE to perform open-heart surgery. The first time we took my little sister to experience this rite of passage, she took one look

at the fuzzy-faced imposter and burst into tears.

As she was dressed as a snowball, the whole experience was surreal and probably scarred four-year-old me for life!

For parents still wary of taking their little darlings to see the 'real thing', many Santas are offering a virtual service. Not sure how the prezzies will get delivered, though. Amazon.co.uk, probably.

The British motto has always been 'We'll have a good Christmas and worry about the rest after.' Never has that held truer than in 2020. So let's say 'baubles' to the lurgy and have a cracker!

**'Let's say "baubles" to the lurgy!'**



There'll be no sitting on Santa's knee...

### Nursing a hangover?

Footballer goes out drinking on holiday and allegedly finds himself in a punch-up. Hardly a news shocker, except that, during his Mykonos exploits, Man Utd captain Harry Maguire (who denies said punch-up) paid £18,022 for a single bottle of champagne! Meanwhile, a first-year junior nurse in the UK earns £18,005 a year...



### Sexploration

**M**odel-turned-actress Cara Delevingne is set to front a documentary series exploring the big questions in human sexuality. It's called *Planet Sex* and will air on BBC3 Online later this year.

Promising to visit communities who 'experience gender and sexuality very differently', as well as addressing transgender and pansexuality, the programme aims to leave no bedsheet unturned. Cara herself claims to be pansexual. Anyone else struggling to keep up with all the different terms?

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

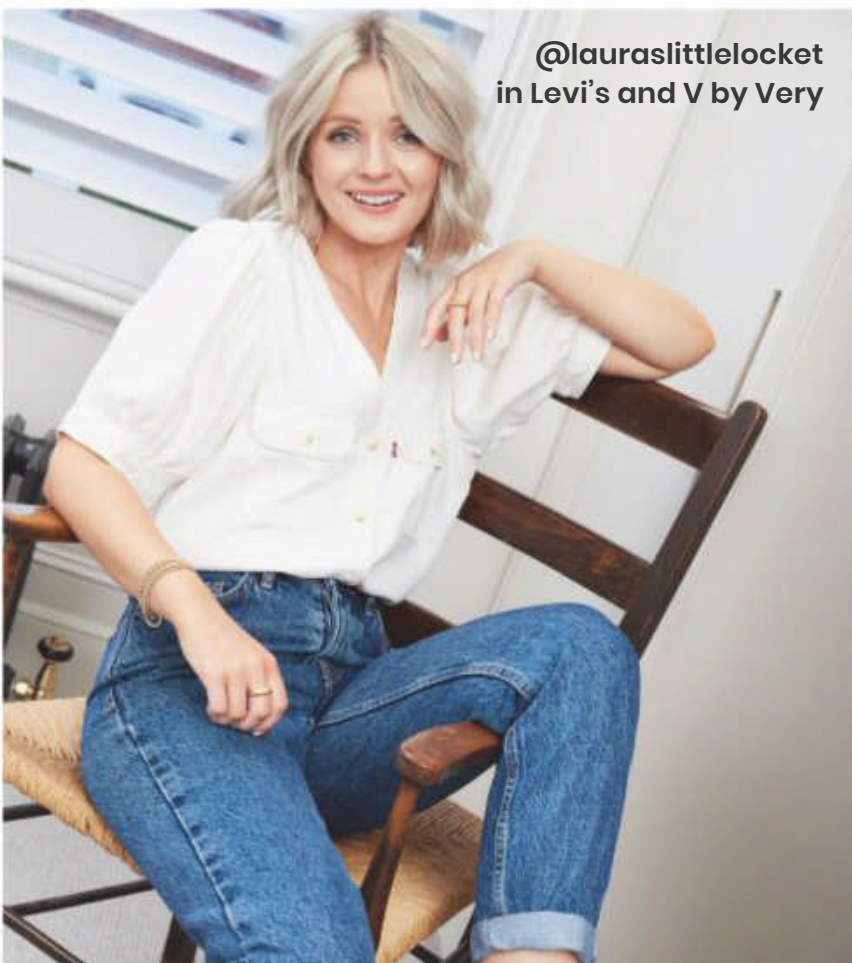
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*Dawn Harper*

# ASK THE DOCTOR

Doctor Dawn Harper answers all your medical questions...

## The impact of blue light on sleep

**Q** My sister lives in Australia. During lockdown, we started Zoom calling twice a week and have continued to do so, which is lovely. We usually call late-evening, our time. I don't sleep well on those nights. Initially, I put it down to being excited after the calls, but my partner says it may be because of the light from my tablet. Could this be true?

**A** Yes. The blue light emitted from phones and tablets can promote



Devices can stop you nodding off

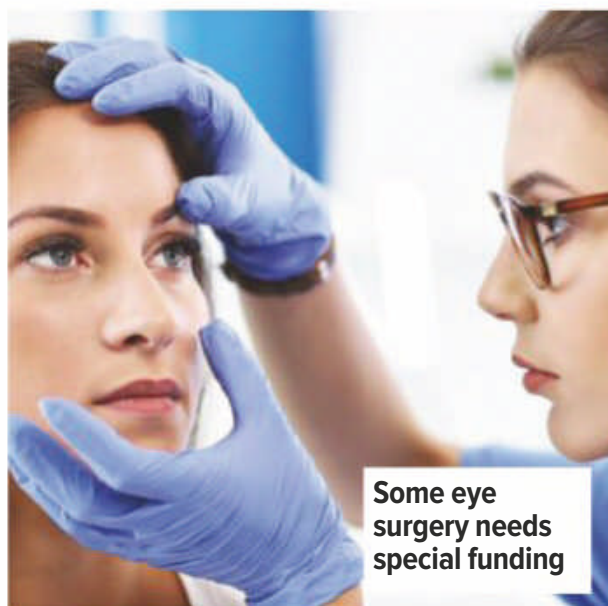
wakefulness, which is why I recommend leaving technology outside the bedroom. The time difference between us and Australia makes finding an alternative time tricky, but perhaps you could switch between her mornings and evenings to allow you more sleep, while still maintaining vital contact?

## Why can't my surgery be on the NHS?

**Q** I get a recurrent infection of my eyelids called blepharitis. I saw a specialist at the end of last year who recommended a prolonged course of antibiotics, which worked wonders. I have had a recent flare-up and my GP has repeated the prescription, but tells me that the specialist has said I may need an operation which wouldn't be funded by the NHS. Surely that's not right?

**A** It may be that the procedure your specialist is considering is on a list of treatments described as 'not normally

funded'. That doesn't necessarily mean that you can't have the operation on the NHS, but it does mean that your GP would have to apply on your behalf for special funding from the local authority.



Some eye surgery needs special funding

*Contact Dr Dawn*

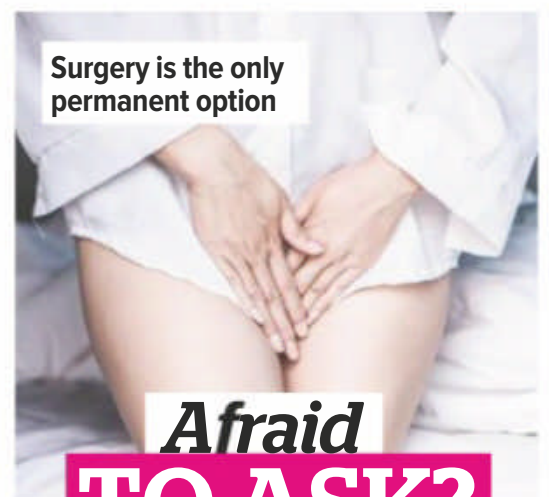
Send your questions to [drdawn@futurenet.com](mailto:drdawn@futurenet.com), follow her on Twitter @DrDawnHarper, or go to [drdawn.com](http://drdawn.com)

## Worried about my holiday medication

**Q** My husband and I are planning a prolonged road trip around Europe. I take medication for blood pressure, which is on a monthly repeat script. Can I ask for several months in one go?

**A** The NHS will pay for three months of medication for people travelling abroad. If your trip will be completed in this time, ring your doctor and explain, and he or she will issue a one-off extended prescription. If you are going to be away for longer, take your list of medicines with you and you will need to find a local doctor to prescribe more pills. Some medicines have different names, so ask your doctor for the generic names.

Surgery is the only permanent option



## Afraid TO ASK?

### Dealing with a prolapse without an operation

**Q** For some time, I have been aware of something dragging down below. I had a look with a mirror and there is a big pink bulge in my vagina and if I push down, it gets bigger. Is this a prolapse and, if so, how can I get rid of it?

**A** This sounds like a prolapse. Pelvic floor exercises will prevent it getting worse and your GP could fit a ring pessary, but for a more permanent cure, you would need an operation. Make an appointment to see your GP.



# What your wee says about your well-being

Taking a peek when you visit the bathroom could reveal a hidden illness

**N**ever notice the colour of your urine? Just a quick glance could alert you to a health concern. 'Urine is a great marker for health,' explains Dr Ross Perry, GP and medical director of cosmedics.co.uk. 'It looks predominantly at your hydration, but can also reveal whether there are any medical conditions, such as diabetes, an infection, kidney disease or even cancer.' Here are the clues that could be lurking in your loo...

## What colour is normal?

'The kidneys, which produce urine, are the body's filtration unit,' says chief pharmacist Stuart Gale. 'When the body is healthy, urine is pale yellow to gold.'

## If it's... bright yellow

'Some supplements can change the colour of urine, but it's not harmful,' says clinical nutritional therapist Yvonne Bishop-Weston, who works with Vitabiotics. 'A multivitamin containing B vitamins can turn urine a bright yellowy green – it's just the excess being excreted.' It can also mean you're dehydrated. If the colour doesn't change back when you stop using the supplements or drink more water, see your GP. 'It may be a sign of liver problems,' says Stuart.

## Meet our experts...



Dr Katia Boleti is a consultant medical oncologist at the Royal Free London NHS Foundation Trust.



Dr Ross Perry is a GP and medical director of cosmedics.co.uk



Stuart Gale is chief pharmacist at oxford onlinepharmacy.co.uk



Yvonne Bishop-Weston is a clinical nutritional therapist who works with Vitabiotics.

## Stay hydrated

'Look after your kidneys, bladder and overall health by drinking water,' says Yvonne. Hate the taste? You're not alone – 23%\* of Brits say it tastes 'funny'. 'Use a filter,' says Yvonne. 'This not only removes heavy metals, which may have negative health repercussions, but also makes it taste better.'



## If it's... dark yellow

'Darker than usual urine can indicate dehydration, so take the reminder to drink more,' says Yvonne. 'Not drinking enough can hinder concentration, lead to constipation, increase the chances of urinary tract infections (UTIs) and even reduce energy levels.' In fact, 58%\* of women experience headaches from dehydration. The good news? It can be reversed quickly. 'Drink more water and you should notice a change the next time you pee,' adds Dr Perry.





### ***If it's... milky white***

It could reveal excess protein in the urine. 'This may be a sign of cystitis, a UTI or a kidney infection,' says Stuart. 'It would usually be accompanied by pain or irritation on passing water.' See your GP as soon as possible.



### **Gone green?**

This is usually caused from eating something of the same colour, such as asparagus.

### ***A change in smell***

'Urine usually has a very mild smell but if this gets stronger it could be a sign of a kidney problem, diabetes or a UTI, but usually it's due to not drinking enough water,' says Yvonne. 'Some foods can lead to stronger or different smelling pee, such as onion, garlic, spices and fish. Some medications can also make your urine smellier.'



Be prepared to give a sample at the surgery

### ***How to supply a sample***

'Be ready to provide a urine sample when you see your GP or practice nurse,' says Yvonne. 'Drink plenty of water beforehand to ensure you're able to go.' Given a specimen pot to collect a sample at home? 'Collect the first pee of the day and make sure you take it from mid-flow,' says Dr Perry.

### ***If it's... dark brown or black***

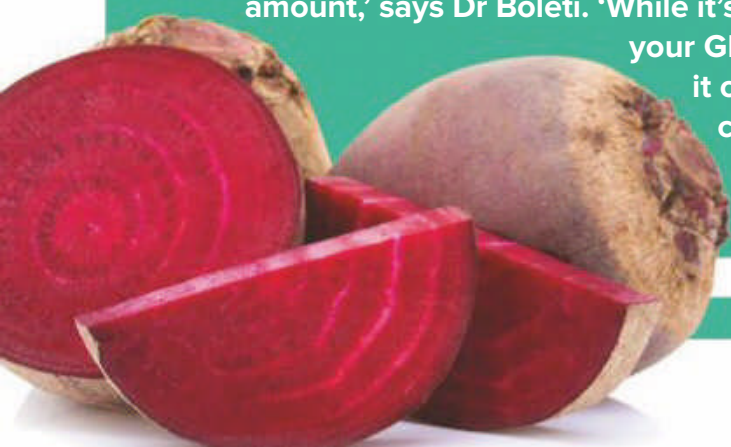
This could be caused by melanoma skin cancer, but that's extremely rare. 'You're normally more likely to spot a melanoma from checking your skin,' says Dr Perry. Contact your GP without delay.

### ***How much is too much?***

Drinking the recommended six to eight glasses (1.2 litres) of water a day? 'Most of us will need to pass urine six or seven times a day (in 24 hours) but between five and 10 times is still considered normal,' says Yvonne. 'If you need to go more than this it could be a sign of a UTI, diabetes, prostate problems (in men) or irritable bladder syndrome. If frequent urination persists, see your GP. Keep a fluid and frequency diary while you wait for your appointment.'

### ***If it's... pink or red***

Eaten beetroot? 'This can turn your urine pink,' says consultant medical oncologist Dr Katia Boleti. 'Taking new medication can also turn urine red.' It could be a sign of cystitis, a UTI, a kidney infection, a prostate problem (in men) or a tumour. 'Visit your GP if you see blood in your urine no matter what – even if you have no other symptoms, it's only happened once or it's just a small amount,' says Dr Boleti. 'While it's unlikely to be cancer, your GP can give tests to rule it out and other serious causes.' Visit Kidney Cancer UK ([kcuk.org.uk](http://kcuk.org.uk)) for more info.



### ***Night-time toilet trips***

Menopausal? 'Frequency is more common due to a weaker pelvic floor,' says Dr Perry. 'Up to two times in the night is OK, but if it's more see your GP.'

### **And when you can't go...**

'In a rare case when you CAN'T pass any urine for more than a few hours then seek urgent medical help as this may be a sign of sepsis or a blockage in the bladder or urethra,' warns Stuart.





# Anita Naik

# A PROBLEM SHARED

Mum-of-two Anita Naik has been an agony aunt for 28 years

## My daughter won't speak to me

**Q** My husband and I have recently retired and we've decided to move to the coast and live our dream life. The problem? Our youngest daughter, who currently lives nearby, had assumed I would be looking after her children when she goes back to work next year. She's so angry that we're moving and is now refusing to speak to me.

*Name and address withheld*

**A** Give your daughter the space to calm down and then talk to her. It isn't your fault that she assumed you'd be helping out with childcare. She should have asked and not presumed. It's likely that she's now feeling bad about her behaviour and will apologise. But, even when she does, stay firm. You have the right to live the life you, and your husband, want.

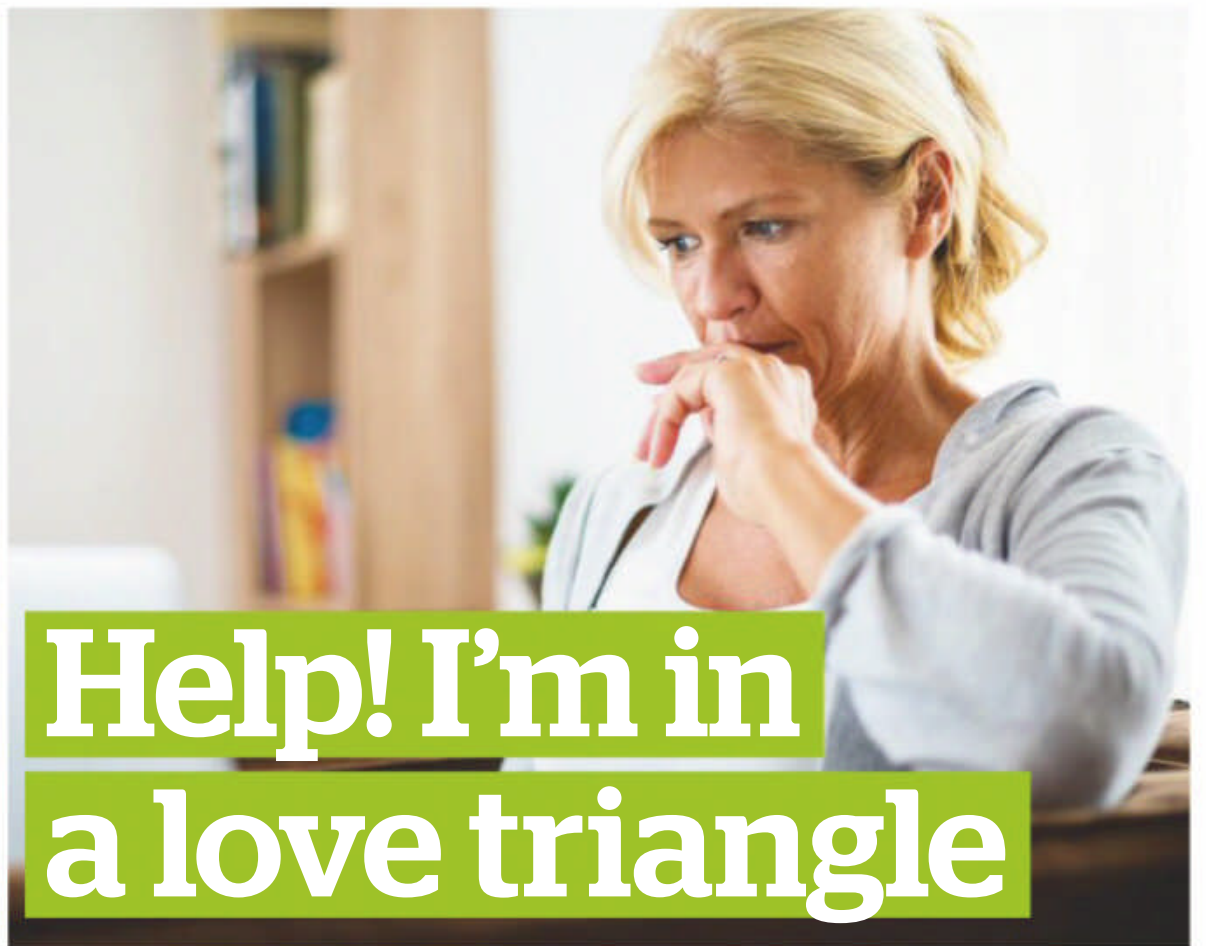


## 3 ways to... be yourself

**1 BE HONEST WITH YOURSELF.** We all lie to ourselves but hiding from the real reason behind our motives doesn't help us change and develop into the person we want to be.

**2 ASK TRUSTED SOURCES FOR INSIGHT.** A best friend, a partner or even a therapist can offer a good insight into why you do the things you do and give you some much-needed food for thought.

**3 DOWNLOAD THE MOOD KIT APP.** Designed by two psychologists, it teaches you how to think, and helps you to both develop a healthy attitude and generate self-awareness about what you are feeling and why.



## Help! I'm in a love triangle

**Q** Late last year, I met a man online. We don't live in the same town, but we started visiting each other every other week and speaking daily. He's the first man, since my divorce, that I have fallen in love with and had sex with. But he recently admitted he was also seeing another woman he'd met online and wanted to be open about it. He says he loves us both and can't choose. The other woman is OK with this. I don't want to be in a relationship like this, but I also don't want to lose him. What do I do?  
*Dawn, 48, Herts*

**A** You can't always choose who you fall for, but you can decide what you're going to do about it going forward. If you aren't comfortable being in a relationship where there are three of you, then you need to be honest with yourself about it. Remember, this man isn't perfect. He wasn't honest with you at the beginning and even now, he is trying to have the best of both worlds. Love triangles only work when all three people know what they are getting into from the start. I would push him to make a choice and show his true colours. You have a say in this relationship too.

## Why do I crave sex constantly?

**Q** All I can think about is sex! I think it's the menopause as I've never been like this before. I'm married but I now find other men attractive too. It's harmless and I wouldn't consider an affair, but it makes me feel good. My husband has suggested seeing the GP, but I don't feel like it's an issue. Is it?  
*Philippa, 53, Ipswich*

**A** If you are in the throes of feeling like a sex-mad teenager, enjoy it! Eventually your hormones will settle down and this feeling will wear off. Right now

you feel good and there's absolutely nothing wrong with that. It's one of the better side effects of menopause so reassure your husband that all is well and make the most of it. You should see this as a positive and have some fun!

## Contact Anita

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



# GOOD FOR YOU!

Helping you make smart health choices

## Have you heard about?

### Picking a new mattress

'A good mattress will gently support your entire body,' says sleep expert Suzy Reading, working with Tempur. 'Not only will this improve your quality of sleep, but it will help muscles recover and alleviate aches and pains.'

### Adding ice to drinks can protect teeth

'The more acidic a drink is, the worse for your enamel,' warns Dr Mihir Shah from DenTek oral care. 'Adding ice lowers the risk of damage as not only does it dilute your drink, it reduces the amount of acid because it's colder.'

### Strawberries can boost your mood

You can feel happier simply by being around strawberry plants, found Chinese research. Participants had reduced heart rates and cortisol levels (the stress hormone) as a result.



Strawberries can make you smile



A daily walk will keep your body and mind healthy

## How to...

### stay in tip-top shape

NHS GP and TV health advisor Dr Zoe Williams shares her advice

### 1 Move your body every day

'Whether it's yoga or simply a walk, daily movement is crucial for both a healthy body and mind. I see so many patients who have pain or feel unwell from inactivity. Human beings were designed to move.'

57% of women put their family's health before their own.\*

### 2 Get enough omega-3

'Omega-3 is important for heart health, supporting mental health and cognitive development, but our bodies can't produce it naturally, so we need to get it from our diet. Go for fish, nuts, seeds and oils, or take a cod liver oil supplement.'

### 3 Try to de-stress

'Stress is a contributor to type 2 diabetes, heart disease, mental health problems and even some cancers. Taking time for mindfulness or meditation can help alleviate stress.'

## It worked for me



Mandy Daly, 50, from Wicklow

'Perimenopausal symptoms had left my skin dry and lifeless, hair brittle and nails vertically splitting.

Middle age was robbing me of my vitality. Then I tried Absolute Collagen (£32.99, [absolutecollagen.com](http://absolutecollagen.com)), a liquid supplement containing hydrolysed marine collagen. Within just two weeks, my thumbnails miraculously healed. Over a few months, my fine lines have improved and hair is now smooth. I'm delighted to have found a natural remedy.'



## Buy of the week

Often feel bloated?

Used in Asia for centuries as a natural way to fight excessive gas, garlic can also help the body build immunity. Try new **Black Garlic (£14.99, Holland & Barrett).**

This fermented supplement is the first own-label version by a high-street retailer.



**15%**  
of Brits have had negative, vivid dreams since the pandemic started.\*\*

\*HEALTHSPAN. \*\*THE BODY SHOP. IF YOU HAVE CONCERNS ABOUT YOUR HEALTH, SEE YOUR GP. WORDS: FAYE M SMITH. PHOTOS (HAVE YOU HEARD ABOUT? AND HOW TO...) POSED BY MODELS: GETTY



# 7 days to REDUCE FAT

Cut the bad fats from your diet – and increase the good ones. We reveal how

**W**e all know that eating too much fat can affect our waistlines, but it's not just the amount we eat that we need to think about, but the types of fat we're eating.

Good fats – mono and polyunsaturated ones such as vegetable oils and those found in lean meat, fish and plant products – help reduce cholesterol and protect our heart, while eating too much saturated fat can increase our risk of heart disease and stroke.

Here's how to reduce your fat intake in just seven days.

## What is cholesterol?

Cholesterol is a fatty substance made by the body, carried in the blood as low-density lipoprotein (LDL) and high-density lipoprotein (HDL). Eating too much saturated fat can raise 'bad' LDL cholesterol in the blood, which in turn increases the risk of heart disease and strokes, while 'good' fats increase the amount of HDL, which helps the body to dispose of excess cholesterol.

## Monday

### Reduce saturated fat

Our bodies need fat – but too much saturated fat can clog arteries and lead to problems such as heart disease and stroke. Today, try a few simple things such as ditching the butter on your morning toast, replace the cheese on your lunchtime jacket potato with low-fat crème fraîche, and cut the fat from your tea-time meat. Throughout the day, try semi-skimmed milk in your cuppa – and stop reaching for the biscuits!

## Tuesday

### Understand labels

If you want to eat the right fats, it's important to understand food labels. But they can be overwhelming and confusing with their claims of 'low-fat', 'reduced fat'

and 'fat-free'. Download the free Change4Life food app (iOS and Android), which can help you make sense of the labels on products in supermarkets.

## Wednesday

### Add good fats

Now you've got rid of some of the saturated fats from your diet, you can add some 'good' – or mono and polyunsaturated fats – back in. 'They're necessary to ensure we're getting essential fatty acids and to aid with absorbing fat-soluble vitamins such as A, D, E and K,' explains nutritionist Emily Rollason from Holland & Barrett. Try adding a handful



of seeds to your breakfast cereal, slice half an avocado into your lunchtime salad, or have a piece of oily fish such as salmon for dinner.

## Thursday

### Swap snacks

If you tend to reach for the biscuits or crisps as a mid-afternoon snack, stop. They're laden with unhealthy saturated fats and, sometimes, trans fats too. Instead, fill up on something more nutritious. Try a handful of almonds or walnuts, a few olives, or have a small pot of low-fat Greek yogurt. 'Many low-fat yogurts add other ingredients such as sugar to add to the texture and flavour, but most Greek low-fat yogurts contain just milk and live cultures,' explains Emily.

## Check portion sizes

'Always measure pre-packaged foods as it can be easy to double or even triple the recommended portion size, especially with things such as cheese and cereal,' suggests Emily.



## Why cut fat?

Our bodies need fat – it helps to absorb vitamins as well as giving us energy and helping to reduce cholesterol.

‘It’s important not to demonise fat as some fat is vital – although it’s widely known that there are no known benefits of artificial trans fats,’ explains Emily. But too much saturated fat can raise cholesterol levels in the body, which is when the problems can start.

### **AVOID:** TRANS FATS

The artificial fat found in lots of processed food such as cakes, biscuits and fried fast food, and which clogs the arteries. However, manufacturers are using it less and less – check for partially hydrogenated vegetable oil, and avoid it.

### **REDUCE:** SATURATED FATS

These include those found in fatty meat, as well as fats that are solid at air

temperature, such as lard and butter.

UK government guidelines say we should be eating no more than 30g of saturated fat per day for men, and 20g per day for women.

### ***Fat fact***

Fat contains nine calories per gram, while protein and carbohydrates only contain four calories per gram – so fat still needs to be limited for weight loss.

### **LIMIT:** MONOUNSATURATED FATS

Known as ‘healthy’ fats and can be found in avocados, olives, olive oil and nuts, including almonds, cashews and peanuts.

### **LIMIT:** POLYUNSATURATED FATS

These include omega-3 and omega-6 essential fatty acids, and can be found in oily fish such as a salmon, trout and herring, as well as flaxseeds and walnuts and vegetable oils.

**Naturally-occurring fats are fine – in moderation**

## Friday ***Fish Friday***

Omega-3 is one of the most important types of unsaturated fat you can eat as it helps prevent heart disease and reduces blood pressure. The best source is oily fish such as salmon, trout and sardines. Include a piece of oily fish as part of your dinner today. Try poaching some salmon, mackerel or trout and pile your plate with a baked potato and lots of vegetables to fill you up.

## Saturday ***Takeaway***

You might love your weekly takeaway but, traditionally, they’re packed with saturated fat – why do you think they taste so good? If you fancy a curry or stir-fry, consider making one yourself. ‘Cooking from scratch means you can control the amount of fat you use,’ says

Emily. ‘Use lean meats and measure out your oil. Look for tomato-based recipes, make your own paste and use lots of vegetables to bulk up meals. If you like a rich, creamy sauce, use a low-fat natural yogurt instead of cream.’

## Sunday ***Enjoy your roast***

If you love a Sunday roast, don’t despair – you can cut the fat and keep the flavour. Choose chicken instead of beef, and roast it on a rack inside the tray to keep it out of the fat while cooking, then cut off the skin. Alternatively, consider a nut roast – it’s packed full of healthier monounsaturated fats. Cook potatoes in a small amount of vegetable oil and leave the skins on so they absorb less fat, and pile the vegetables high – but leave the cheese sauce off the cauliflower!







# T5 Fat Burner

## Proven to aid quick & easy weight loss

- 100% Natural & Safe
- Boosts your metabolism
- Increases energy
- Thermogenic fat burner



*Recommended by*

**Harriet Hunter, Anutr. Nutritionist**

Designed by expert Nutritionists using only natural ingredients BIOVIT T5 Thermogenic fat burning weight loss pills are a new slimming innovation. The result of years of research into natural properties of bitter orange, caffeine, taurine, green tea, capsicum and guarana has led to claims such as increased fat metabolism, weight loss, and may act as an appetite suppressant. Added to these are essential vitamins B1, B2, B6, B12, iron, and zinc. Together these ingredients within T5 Fat Burners provide natural stimulation within the body that many of us lack. Just 2 tablets a day (less than 67 pence) of BIOVIT T5 Thermogenic Fat Burners help the body to work harder itself so you don't have to!

Yes, this the very same product that has taken the bodybuilding and fitness industry by storm! Now being brought to you, so that you can experience the unrivalled **fat burning power** that many would rather keep as their little secret. You too can experience unmatched **thermogenic fat stripping, enhanced metabolism** and dramatically **improves energy levels**. All the ingredients are **100% natural, Vegan** and safe whilst also working together with your body to make it naturally increase your metabolism rate to a constant high level.

*Harriet Hunter*

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**Citrus aurantium** – Found in bitter oranges. Increases metabolic rate and aids weight loss.

**Camellia sinensis** – Also known as Green Tea. Helps maintain blood glucose, fat oxidation and dietary-induced thermogenesis.

**Guarana seed powder** – Contains caffeine which boosts metabolism and stimulates weight loss.

**Capsicum frutescens** – Also known as Cayenne chilli peppers. Helps maintain weight loss.

**Vitamins** – **B12** (from methylcobalamin),

**B3** (from nicotinamide), **B6** (from pyridoxine HCl), **B2** (from riboflavin), **B1** (from thiamine HCl)

**Minerals/Trace Elements** –

**Zinc** (from zinc citrate), **Iron**

(from ferrous fumarate) **Other** – Caffeine anhydrous, L-tyrosine

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**H. Lewis**



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Golden beaches  
and clear waters  
await the winner

# WIN a holiday to Majorca

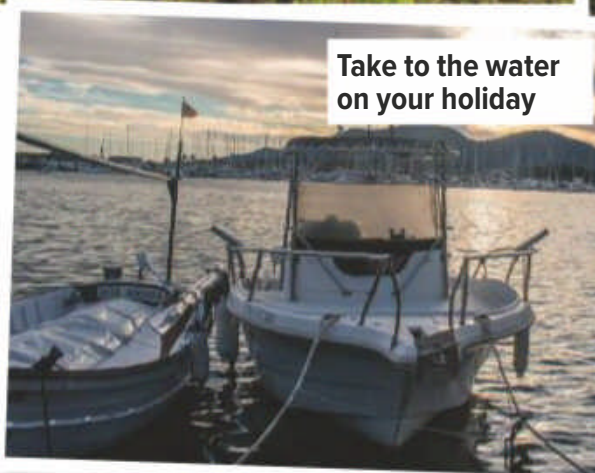
Clean, virus-free air,  
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**F**ancy a week relaxing in sunshine to get away from it all? Thanks to Neutradol One virus killer spray, one reader will win this 4-star holiday to Majorca.

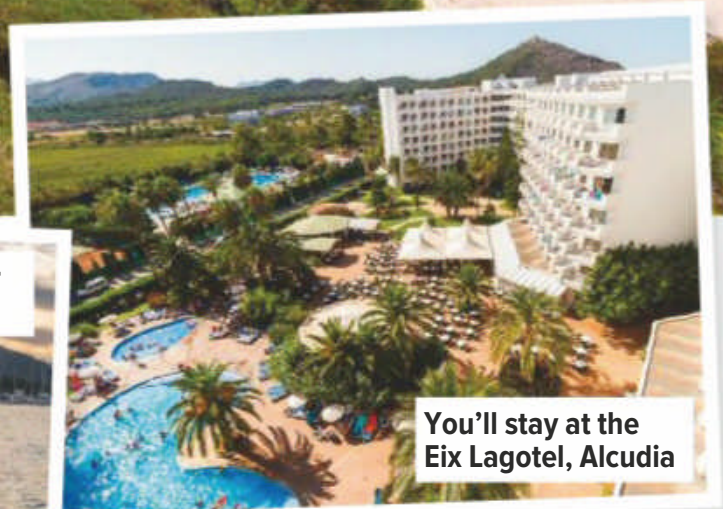
Palm trees, sun and plenty of fun await one lucky reader and their partner. You will be staying at the Eix Lagotel in popular Alcudia. Situated in Playa de Muro, next to the S'Albufera nature reserve, you will be able to explore the expansive gardens or jump on a free shuttle bus to the spend time relaxing on the nearby beach. Choose from a wide range of sports activities and entertainment or take a reviving splash in a choice of three crystal-clear pools to return home fully refreshed.

A reviving break is what everyone wants just now, and this relaxing holiday could be yours.

To help speed up the end of COVID-19 and make sure you and your family are protected and safe, you should buy new Neutradol One Disinfectant Spray, one of the most powerful killers of flu and cold viruses.



Take to the water  
on your holiday



You'll stay at the  
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Neutradol One kills 99.9% of known viruses, bacteria and fungi, including coronavirus strains from the same family as the current pandemic outbreak. There is no need to wipe it, just spray on anything from surfaces to bedding and Neutradol One also deodorises the air, leaving your home feeling fresh and clean.

Hygienic, laboratory-tested Neutradol One comes in three fragrances and is safe on hard and soft surfaces. And don't forget Neutradol air fresheners, which use the latest science to kill the molecules that cause bad odours for your home, work or car.

With its unique formula of over 50 ingredients, Neutradol One keeps destroying smells long after other air fresheners stop working. This is why it's the world's most effective air deodoriser. There are also products for smelly dustbins, and Deofab for fabrics.

● Available at Sainsbury's, Wilko's, B&M, Poundstretcher and Poundland. To find the range of Neutradol products and for a chance to win a holiday to Mauritius, visit [www.neutradol.com](http://www.neutradol.com)



## HOW TO ENTER Just answer this question

**Q** Majorca is part of which country?

- A** Italy
- B** Spain
- C** France

If you know the answer, go to [womansown.co.uk](http://womansown.co.uk), click 'Win' and look for the competition. This competition is open from 9am on 8 September 2020 and closes at 11.59pm on 8 October 2020.

**TERMS AND CONDITIONS:** Standard *Woman* terms and conditions apply. For details go to <https://www.futureplc.com/competition-rules/>. Entry implies acceptance to these rules. For website rules of play, go to [comps.womanmagazine.co.uk/rules](http://comps.womanmagazine.co.uk/rules). The promoter is Future PLC. Neutradol is the supplier of the prize. In the event of a conflict between the terms and conditions in this promotional material and the standard *Woman* terms and conditions, the former shall prevail.

The winner and their partner will receive 7 days bed and breakfast accommodation at the Eix Lagotel. Round-trip flights are included, are subject to the airline's terms and conditions and do not include optional extras. The holiday must be taken by 15 December 2021 and excludes Bank Holidays, Easter and the Christmas period, and is subject to availability. Travel to UK airports or incidental expenses are not included. There is no cash or other alternative to the prize stated and the prize is not transferable, and no part or parts of the prize may be substituted for other benefits, items or additions. Prior to departure, the winner must purchase comprehensive travel insurance either from the agent supplying the holiday or through their own source.



# Cleanse your way to BRIGHTER SKIN

It's the most important step in your regime – learn how to do it right for a glowing complexion

## Micellar waters

These no-rinse cleansing waters contain tiny spheres of oil that make them great make-up removers and speedy to use. **Garnier Micellar Cleansing Water, £5.99**, is the perfect pre-cleanse step to remove heavy or stubborn make-up, before you cleanse your skin thoroughly. If you have mature skin, which is typically a little drier, you will love the nourishing formula of **L'Oréal Paris Age Perfect Micellar Water, £5.99**, specially formulated for ageing skin. It glides on gently and removes even the most stubborn make-up.



## Gel cleansers

Don't forget to clean your skin in the morning, too. Sweat and grime can accumulate overnight so it's a good idea to wash this off before applying your skincare. **Neutrogena Hydro Boost Water Gel Cleanser, £7.99**, is ideal for a refreshing, quick cleanse – it's perfect for normal, combination or oily skins as it will remove excess oil without dehydrating your skin. Dry or sensitive skin types will love the no-frills formula of **Cetaphil Gentle Skin Cleanser, £9.50**. This fragrance-free cleanser won't cause irritation and soothes skin while it cleans.



## Oils and balms

Ensuring your face is properly cleansed is crucial to great skin. Traces of dirt, SPF, sweat and make-up can cause a whole host of problems such as spots, premature ageing and dullness, so make sure you remove everything at the end of the day. **The Body Shop Camomile Sumptuous Cleansing Butter, £11**, breaks down make-up instantly when massaged into the skin and swept gently over eyes. Or try a pump of **Sanctuary Spa Melt Away Cleansing Oil, £12**, perfect for easy make-up removal with a gorgeous scent.



## Gentle acids

Using acids might sound like a terrifying prospect, but they aren't as scary as they sound and should be a staple in your skincare arsenal if you want a brighter, glowing complexion. If you're worried about wrinkles, try **Nip + Fab Glycolic Cleansing Fix, £11**, with AHAs (alpha hydroxy acids) that work to combat fine lines, dullness and age or sun spots. If you're more likely to suffer with breakouts or congestion, try a BHA (beta hydroxy acid) like salicylic acid. **COSRX Salicylic Acid Daily Gentle Cleanser, £10**, contains this blemish-busting ingredient to cleanse deep into pores and remove excess oil and dirt, which helps to prevent blackheads and acne.





## Foaming types

Foaming agents in frothy cleansers like SLS (sodium lauryl sulfate) have a bad reputation for their skin-stripping properties. But avoid this ingredient and foaming cleansers can be great for cleaning deep into the skin, removing impurities that often cause blemishes or congestion. The ceramide-rich **CeraVe Foaming Cleanser, £9.50**, will lather without creating that tight, 'squeaky' feeling, where your face feels as if it's crying out for moisture.



## Cream formulas

Creams should be your go-to for a second cleanse, once you've removed your make-up. Apply a dollop of **Pixi Rose Cream Cleanser, £18**, massage into your skin, then use a damp flannel to remove impurities and clean pores. We also rate **Sukin Cream Cleanser, £7.95**. This nourishing cream lifts away dirt, sweat and any residual make-up without stripping your skin of natural oils. Stock up on clean flannels and try to use a fresh one every day.



## Powders

Fantastic for twice-weekly 'treatments', powder cleansers contain active ingredients like vitamin C, which can help improve your skin's luminosity. Mix a few drops of water into **Clinique Fresh Pressed Renewing Powder Cleanser, £25**, and the skin-boosting vitamin C will be activated so you can buff the paste over your skin, before rinsing for radiant results.





# *Have a go at...* *quilling*

Make your own autumn leaf wall art with our step-by-step instructions

## **TIP**

Use pre-cut paper strips for your first couple of projects rather than cutting your own, it'll be easier to keep your designs neat and uniform.





## You will need

- \* 5mm wide quilling paper strips in yellow, orange and red
- \* Quilling slotted tool
- \* Ruler
- \* Scissors
- \* Tweezers
- \* Glue
- \* Small dish for glue
- \* Pins
- \* Cocktail stick
- \* Foam or cork mat
- \* Masking tape
- \* Autumn coloured ink pads
- \* Box frame



## How to do it

**1** Enlarge the leaf template below to fit your box frame. Position onto the foam or cork mat, then hold in place with two pins in the top and bottom of the central vein of the leaf.



**2** Wrap a strip of red paper from the bottom around the top and back down to bottom again. Using a pin or stick, apply a little glue in between the pieces of paper, without glueing the pins.



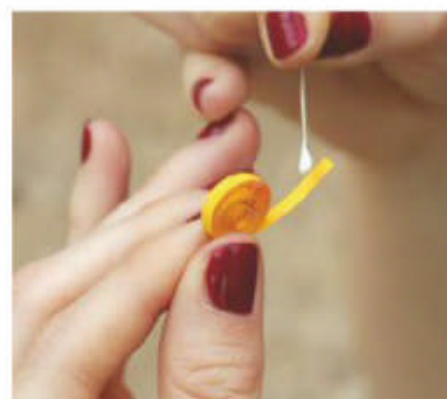
**3** Repeat this process of wrapping strips of red paper around pins until all the leaf veins on the template have been pinned and papered.



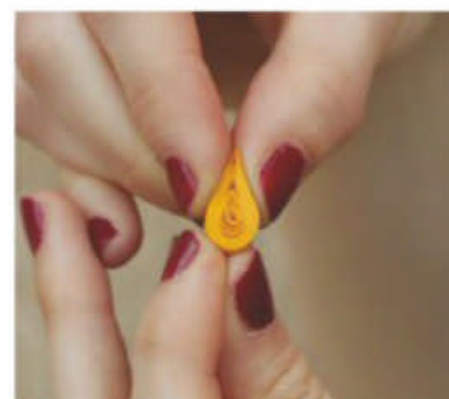
**4** Begin filling in the gaps on the leaf by quilling. Slide one end of the quilling paper into the slot of the quilling tool.



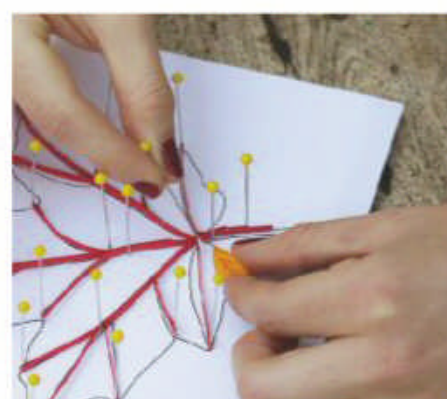
**5** Next, roll the quilling paper around the tool to create an open coil.



**6** To make it into a closed coil, dab a little glue at the end of the paper strip and stick it in place so the coil cannot unwind.



**7** Use your fingers to press the closed coils into any shape you want and position them on the leaf template. Use a mixture of yellow and orange papers for filling.



**8** Dab small amounts of glue on the coil and papered vein edges to stick the pieces together. Use a pair of tweezers to avoid getting glue on the paper template. Try using shorter lengths of quilling paper to create smaller coils as you work out towards the leaf edges. Repeat until the leaf design is covered with quilled papers.



**9** Add a red stem following the same method as step 1. Outline the leaf design with a strip of orange paper, applying glue as you pin to hold the paper in place.

**10** Once the leaf is dry, take out the pins and remove the foam or cork and paper template. With an inkpad, dab the darker red ink across the edges and slowly work to a lighter shade of yellow at the centre. Allow to dry, then display in the frame.

## TIP

Always work with a damp cloth nearby to keep fingers free of glue.



# RELIVING my childhood

Feeling nostalgic for less daunting times, writer Kim Willis, 38, revisited some of her childhood passions

**B**efore I was mortgaged to the hilt on a house that's falling down, before I started making a pained sound when I stood up and wanting to actually read the descriptions in a museum like a real grown-up, there was the endless adventure of childhood. Growing up in the 1980s, I had a Space Hopper, a

Slinky and Sylvanian Families. My only limitation was my imagination. I longed to own a horse, but my bike made a good substitute. I cycled over broomsticks, imagining I was in a gymkhana horse show. I loved climbing trees, dressing up and trying to make my hair curly. So, with real life feeling scarier than



Me (centre) with my sister and brother

ever this year, I decided it was time to go back to the 80s and relive the fun of my youth.

## Hide and seek

First, I had to convince my husband Gaz, 38, that this would be fun, because without him I'd be a hider with no seeker. I grew up in a house with plenty of hiding places and the anticipation of being found was enough to keep me engaged for hours. Now? I take my phone with me and spend the six minutes it takes Gaz to find me scrolling Instagram. The joyful simplicity of this game was lost to social media, but I did enjoy the silliness and trying to find hiding places helped me see the house in a magical new light.



## Butter and sugar sandwiches

Telling my mum butter and sugar sandwiches were for my dolls, I couldn't believe she fell for it as I sat in my bedroom, eating my favourite combination of ingredients devoid of any nutritional value. How I have changed. I am now vegan, so I haven't consumed butter for five years. I also avoid refined sugar and stodgy bread. But, as a child, I loved this ridiculous 'recipe' so I dive into a vegan butter and sugar butty. The food snob in me went into this wishing I was enjoying smashed avocado on sourdough, but seven-year-old me was on to something. Surprisingly delicious!



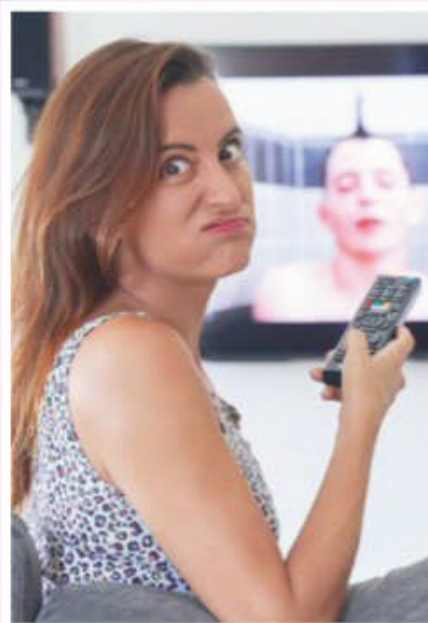
## Dressing up

My dressing-up box overflowed with my siblings' hand-me-downs. My favourite was my sister's puffy-sleeved bridesmaid dress, which I wore until I outgrew it and burst the seams. I'd dress up as a queen, a warrior, a shopkeeper or a pirate. With weddings and festivals cancelled this year, I've had zero reason to dress up, and I miss it, so I put on some music and dive into my festival wardrobe. I prance about, enjoying the way my sequinned jacket makes a whooshing sound. I absolutely love the pink bob and keep the outfit on while I go about my day. Even washing up is more fun in sequins!



## Repeatedly watching the same film

I don't dare calculate how many hours I've lost to the handful of films I was obsessed with as a child. I spent months watching *Ferris Bueller's Day Off*, *Beetlejuice* and *Trading Places* on a daily basis. As for *Dirty Dancing*, not only did I watch the entire film about 200 times in the summer of 1992, but I rewound the VHS for a bonus rewatch of the big finale. Now I can't remember the last time I watched the same film





# WHAT IS AVAXHOME?



# AVAXHOME-

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## Real Life Behind the photos



### Selling cocktails to family

My entrepreneurial skills manifested early, because I thought I was a genius when I mixed my mum's gin, vodka and creme de menthe into one undesirable concoction, then demanded every family member pay me for a cocktail. I must have been cute because not only did they offer at least two pence per tipple, but I wasn't in trouble for wasting what must have been a costly amount of alcohol. Recreating Kim's Bar in the true spirit of the enterprise, I pour with carefree abandon. I live with fewer people now, so I stand to make less money, but Gaz gave me 50p to stop insisting he drink what I'd made, and my dad gave me 10p and enthusiastically took a tiny sip. I think I'll spend my riches on a Curly Wurly.



### Climbing trees

Childhood me clearly had no fear, because I was always shimmying up trees. Grandma had an apple tree in her garden, with a branch just perfect for hooking my legs over and hanging upside down. Now, there's a tree in our garden with great branches. I've balanced a ladder against it but I've never thought to climb it. I'm sad I've lost the mischievousness of youth, so I scramble up there and love it. Getting down is definitely harder than climbing up, but I don't break any limbs and I feel exhilarated.



### Ragging my hair

During sleepovers, my friends and I would cut pillowcases into strips (again, sorry Mum) then twirl our hair into knots. After a night's sleep, the idea was to unravel the rags and – behold! – curly hair. As I recall, the result was more bed head with strange kinks, but I had fun doing it. Donating an old pillow case to the cause, I check YouTube and am delighted to see ragging hair is still a thing. I even improve my technique. Thirty years after I last attempted this do, I wake up and reveal hair that is not so much Victorian ringlets but more limp kinks. All hail the invention of hair-straighteners to fix the kinks since I was a child.



twice, let alone 200 times. My attention span is shot and I need shiny new storylines. Inexplicably, Gaz has never seen *Ferris Bueller's Day Off*. I'm confident it has stood the test of time, so we snuggle up. As the credits roll, Gaz gets up to do something else. 'We have to watch it again!' I say, but there's no way I can convince him to stay. I give it a go but my mind wanders. How my childhood self sat glued to films I'd seen so often I could act them out, I don't know, but there must have been some comfort in familiarity I no longer crave.

## THE VERDICT

Some escapades stay in childhood for a reason. My imagination held my attention for what now seems like banal activities such as re-watching films and hiding behind a curtain. But we should never lose the desire to make life adventurous, silly and colourful. So, while I won't be eating butter and sugar sandwiches again, I'll be climbing trees and wearing sequins to my inner-child's content.



# Sweet and salty

Tantalise your taste buds with these delicious treats. It's a combination that works oh-so well!

## TIP

These are delicious served warm with a big spoonful of clotted cream.

## Chocolate brownies

### Makes 16

Sea salt cuts through the sweetness of the sugar and chocolate, resulting in an indulgent treat. There's only one problem – one is never enough... You've been warned!

### You will need

- \* 200g dark chocolate
- \* 200g butter
- \* 400g caster sugar
- \* 4 eggs

- \* 1½ tsp Cornish Sea Salt Original Crystals
- \* 125g plain flour
- \* 1tsp baking powder
- \* 130g mixed nuts, chopped

### How to do it

**1** Pre-heat the oven to 180C/ Gas 4. Line the sides and base of a 20cm x 20cm baking tin.

**2** Melt the dark chocolate in a bowl over a pan of simmering water (taking care

not to let the bottom of the bowl touch the water). In a large bowl, whisk the butter with an electric mixer until pale and fluffy. Add the sugar and whisk again. Add one egg at a time and whisk in between additions.

**3** Pour in the melted, cooled chocolate, add 1tsp of sea salt and whisk for about 30 seconds. Sieve together the flour and baking powder and fold gently into the chocolate

mixture. Gently fold in the nuts. Pour into the baking tin and sprinkle the remaining ½tsp of sea salt on top.

**4** Bake for 60 mins, cover with foil after 30 mins. Leave brownies to cool in the switched-off, opened oven. Once cool, cut with a sharp knife into squares.

**PREP TIME: 10 MINS COOK TIME: 50 MINS SKILL LEVEL: EASY CALS: 333 FAT: 19G SAT FAT: 10G CARBS: 35G**



## Sea salt caramel sauce

**Serves 8**

Drizzled over popcorn, ice cream or even sandwiched in a cake, this homemade sauce is good enough to eat by the spoonful...

### You will need

- \* 175g light soft brown sugar
- \* 300ml double cream
- \* 50g butter
- \* 1tsp Cornish Sea Salt Flakes or Original

### How to do it

- 1 Combine all the ingredients in a saucepan set over a low

heat, and stir until the sugar has dissolved.

- 2 Turn the heat up and bubble the sauce for 2-3 mins until golden and syrupy. Leave the sauce to cool for 10 mins before serving.

**PREP TIME: 5 MINS, PLUS**

**COOLING COOK TIME:**

**5 MINS SKILL LEVEL: EASY**

**CALS: 317 FAT: 25.5G**

**SAT FAT: 16G CARBS: 21.5G**

### TIP

This sauce can be made up to three days in advance and chilled – gently reheat to serve.



## Crème brûlée with sea salt caramel sauce

**Serves 6**

There is something special about these little pots. A crunchy sugar glaze, rich custard and a perfect salted caramel sauce – they are just yum!

### You will need

- \* 500ml double cream
- \* 1 vanilla pod or 1tsp vanilla extract
- \* Zest of half a lemon in strips
- \* 25g caster sugar (plus extra for the topping)
- \* 6 free-range egg yolks

### For the sea-salted caramel sauce:

- \* 75g best-quality unsalted butter
- \* 50g soft light brown sugar
- \* 50g caster sugar
- \* 125ml double cream
- \* 1tsp Cornish Sea Salt

### How to do it

- 1 For the caramel sauce, melt butter and sugars with the double cream in a small heavy-based pan. Stir it gently, and let the mixture simmer for 5 mins, stirring occasionally until it has thickened. Add the sea salt and very carefully pour into

the ramekins, and place in the fridge to cool and set.

- 2 Pour the double cream into a saucepan. Split the vanilla pod lengthways and scrape the seeds in. Chop the empty pod into small pieces, and add them to the cream along with lemon zest. Bring the cream to boiling point, then reduce the heat and simmer gently for 5 mins.

- 3 Meanwhile, in a separate bowl, beat the sugar and egg yolks together in a large heatproof bowl until pale and fluffy.

- 4 Bring the cream back to boiling point. Pour it over the egg mixture, whisking continuously until thickened – this indicates that the eggs have begun to cook slightly.

- 5 Pour the cream mixture back into the heavy-bottom sauce pan and cook the custard on a low heat, stirring all the time until the custard reaches 85°C. Do not overheat as this will split the mixture.

- 6 Pour the custard into a bowl and place into a larger bowl containing iced water. Stir the custard for 5 mins to cool the custard slightly. Gently pour the custard on top of the salted caramel sauce and cover. Place into the fridge for two hours or until required.

- 7 Sprinkle with caster sugar, and, using a blowtorch or placing under a preheated grill, caramelize the top until the sugar has melted. Leave to stand until the caramel has set. Be careful, as the caramel is very hot.

**PREP TIME: 10 MINS, PLUS CHILLING**

**COOK TIME: 10 MINS SKILL LEVEL:**

**MEDIUM CALS: 754 FAT: 72G**

**SAT FAT: 43G CARBS: 22G**

### TIP

Serve the crème brûlée pots with shortbread biscuits, if liked.

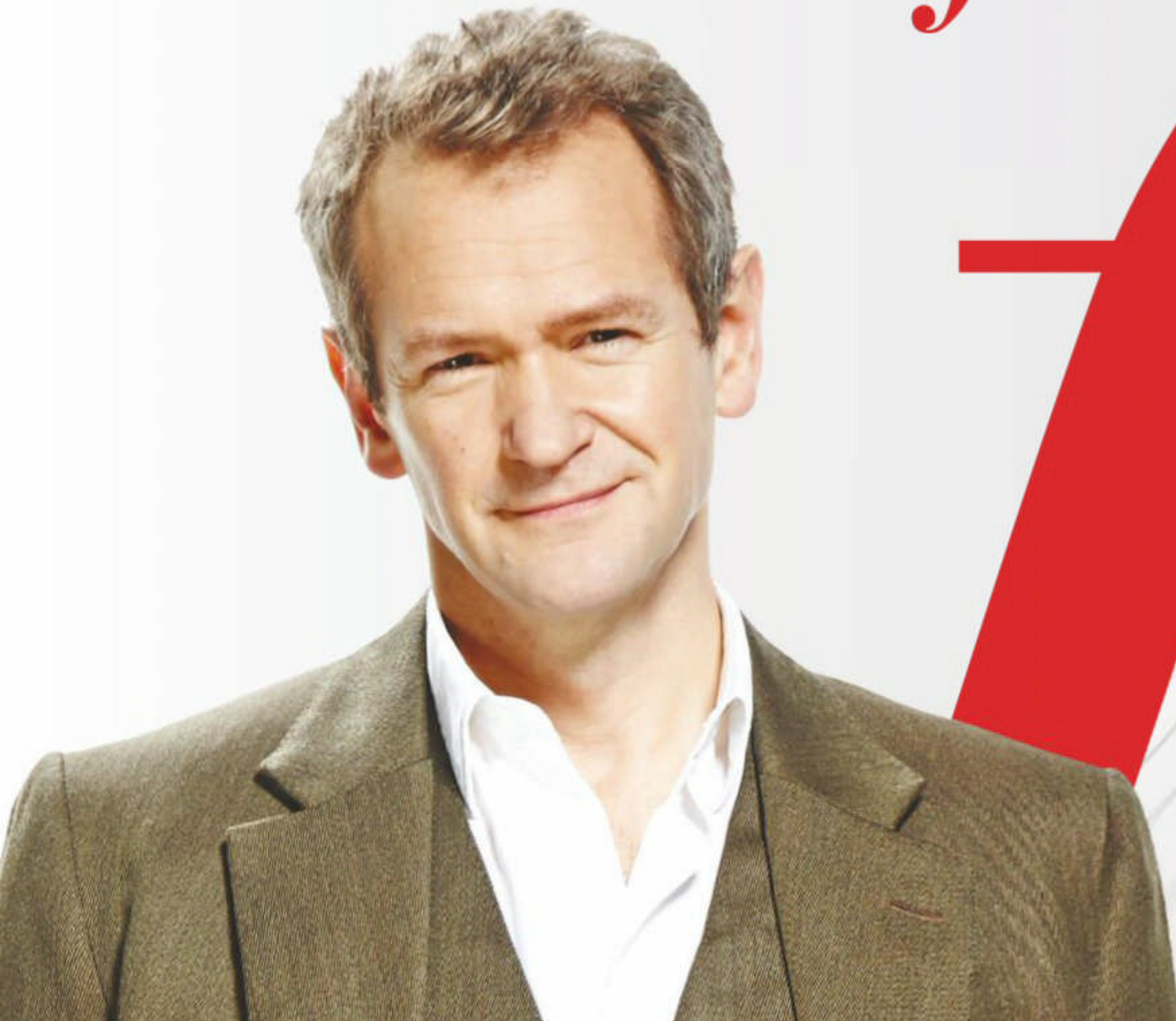




# From Quiz Show *to Concerto*

Alexander Armstrong  
New, weekdays from 9am

CLASSIC *f*M





# SUPERMARKET SAVERS

All the best deals for you this week

BUY IT  
Cook it

## Fry's Golden Crispy Fish-Style Fillets (Tesco)

FISH FINGER WRAP

Serves 4

### You will need

- \* 8 fish fingers or 8 Fry's Golden Crispy Fish-Style Fillets
- \* 4 large tortilla wraps
- \* Jar of tartare sauce
- \* Half iceberg lettuce, shredded
- \* Sliced gherkins, to serve

### How to do it

- 1 Cook the fish fingers or Fish-Style Fillets according to packet instructions.
- 2 Warm the tortillas in the microwave or in a dry, frying pan on a medium heat.
- 3 Spread some tartare sauce over each wrap, top with the lettuce, fish and sliced gherkins.
- 4 Roll the wraps and tuck in the ends to prevent the filling from falling out.



WAS £3  
NOW £2



- 5 Cut diagonally in half and serve while still warm.

## Best Buys



WAS £2.50  
NOW 2 for £4

## GET CULTURED THE COLLECTIVE KEFIR 500ML (ASDA)

Kefir is made by fermenting milk with live cultures. The Collective range has an impressive 13 strains in its recipe, making it nutritious, tasty and brilliant for gut health. Choose from a range of flavours including mango, passion fruit and coconut.

## Bargain BOOZE

Mud House Sauvignon Blanc (Waitrose & Partners)

This delicious New Zealand white is bright with notes of melon and grapefruit on the nose. It's juicy, acidic and has a long, refreshing finish.

Was £9.50  
Now £7.50



## PASTRIES PRONTO FROZEN CROISSANTS, PAIN AU CHOCOLAT AND PAIN AUX RAISINS (ICELAND)

Craving a fresh, crisp pastry in the morning? Stock up on these treats from Iceland and cook straight from the freezer! We recommend dusting with icing sugar once out of the oven for a special finishing touch.



WAS £2  
NOW 2 for £3

## 3 of the best... basket buys



WAS £5.99  
NOW 2 for £8

### FANCY FISH

Fish Said Fred Fillets of Seabass (Ocado)



WAS £11  
NOW £8

### GET POPPIN'

Mionetto Prosecco DOC Treviso (Tesco)



WAS £1.50  
NOW £1

### SARNIE SWITCH-UP

Deli Kitchen Sliced Focaccia (Waitrose & Partners)

## LOVELY LAGER JUBEL (WAITROSE & PARTNERS)

A light craft lager with delicious fruity flavours. It's vegan, gluten-free, 4% ABV and just 125 calories! Give them a go – you might discover a new summer favourite!

WAS £2  
NOW £1.50





# We put ourselves

Two women explain how making some big decisions changed their lives – and their health – for the better

## *'I didn't want to be a fat mother of the bride'*

Bernie Heade, 50, is a business support manager and lives in Wallington, Surrey.

Shaking the pasta into the pan, I knew it was way too much. 'Never mind,' I thought. But as I glanced down at my stomach bulging in my trousers, I knew another huge vat of pasta wasn't going to help.

In school, I was tall, and slightly heavier than some of the waif-like girls, but never overweight. Only, after my daughter, Lauren, was born in 1994, the weight crept on, and when I split with her father when she was three, I didn't have time or money to cook from scratch each evening. As a single mum, it was cheaper to do frozen chips and nuggets.

Carbs were my vice, and with every beige meal I'd add buttered bread. Where once I'd been able to slip into a size 12, I found my clothes getting tighter. But I'd just pick the next size until eventually the next size wasn't in the high street. Shopping wasn't fun, as I'd

get out of breath and had no confidence, so I bought online.

Then, in late 2016, at 22st 7lb and size 24, I was diagnosed with type 2 diabetes. It ran in the family, but my diet and the strain of the excess weight, had probably accelerated its



Before her weight-loss journey

onset. I was prescribed medication, but it wasn't enough to shock me into action. Then, in December 2017, Lauren, then 24, invited me for dinner. 'We have some news,' she said, sitting with her boyfriend. 'We're engaged!' I was ecstatic, but as I hugged them, it struck me I'd be a fat mother of the bride.

### ***Finding the motivation***

'I can't let that happen,' I thought. But it wasn't until Lauren booked her venue for August 2019 that I found motivation. With just over a year left, I signed up to Lighter Life, replacing meals with shakes, protein bars, soups or salads, to create a calorie deficit.

The first week, I chucked all my carby favourites and stuck to the meal plan, drinking two and a half litres of water a day. It wasn't easy, but after a week I'd lost over half a stone. The losses kept coming and by January 2019, I'd shed 6st 7lb, dropping to 16st and a size



A proud wedding day for mother and daughter



16-18. Finally, I could start looking at mother-of-the-bride dresses in shops. 'The bride is supposed to be the centre of attention,' Lauren laughed when I showed her my dusky pink dress for the day, and a slinky black Ralph Lauren number for the evening. But I could see how proud she was of me.

Just like I was of her when I watched her walk down the aisle. I didn't worry about hiding in the background of pictures or pulling bits of fabric into place to hide my fat. I've been maintaining ever since, and my diabetes is well under control, but I am going to lose more in the hope I can come off medication. My journey isn't over, but I can't believe how far I've come.

## ***'I didn't worry about hiding in pictures'***

● With virtual meetings and home delivery, there's no better time to start your weight-loss plan. For more information, visit [LighterLife.com](https://www.LighterLife.com)



Bernie can't believe how far she's come



# es first

## 'Quitting my job was terrifying'

**Fiona Thomas, 33, is an author and freelance writer and lives in Birmingham with her husband, Joe, 34.**

Forcing a smile, I tried to look happy in front of a customer I was chatting with. But once he'd left the tourist attraction where I worked, I rushed to the toilets, locked myself in a cubicle and stifled sobs with my fist.

When I'd first left uni in summer 2007, I'd relished working in hospitality, and quickly worked up to management level. It meant a bigger salary and more responsibility – but five years later, by early 2012, I started to struggle. I dreaded going to work each day, and battled to put on a brave face.

Where working through my daily to-do list had once seemed so easy, I now felt increasingly overwhelmed. Whenever I'd talk to friends or my then-boyfriend, Joe, about a bad day, they'd nod sympathetically, then regale me with their own tales of woe.

### Every day was bad

'Maybe this is how everybody feels,' I'd think. After all, no one *really* liked going to work, right? But a bad day became a bad week, then month. By May 2012, I'd end up crying in the toilets most days.

'This isn't normal,' I realised. My GP diagnosed me with depression and anxiety, prescribed medication and I was signed off. Without work pressure, I concentrated on getting better. I ate healthily, did regular exercise and after five months was making progress.

I began a phased return to work, but after just a few days I felt like I'd taken three steps back in my recovery. 'I don't think I want to go back at all,' I told Joe. Luckily, he was understanding, so, in November 2012, I quit and took a



Fiona's job was very stressful



She's found happiness writing

part-time job waitressing – with no pressure, responsibility or expectation.

I also started a blog about my hobbies and passions, sharing recipe tips and workout regimes. It gave me focus, especially on difficult days. Eventually, I began writing about my mental health. I didn't expect anyone to read it, but when I started talking about exhaustion, depression and anxiety, suddenly, I was getting hundreds of messages from people who'd been through the same.

My following increased, and in 2016, I answered a call on the Metro website for writers to talk about mental health. I wrote a pitch and, amazingly, they commissioned my piece. They were paying me to write about something

I was so passionate about. Since then, I've written for many publications, and had two ideas accepted by a book publisher. With Joe's unwavering support, I'm now earning enough from writing and don't need my part-time job.

As a freelance writer and author, I can set my schedule, and if I need a mental-health day, as long as I organise deadlines, I don't have to ask permission or justify it to anyone. Now, I feel the best I've felt in a long time.

## 'Now I feel the best I've felt in a long time'

Quitting my job was terrifying – one of the biggest decisions I've ever made – but it changed my life for the better.

● **Out of the Office: Ditch the 9-5 and Be Your Own Boss** by Fiona Thomas (£9.99, Trigger Publishing) is out on 1 October

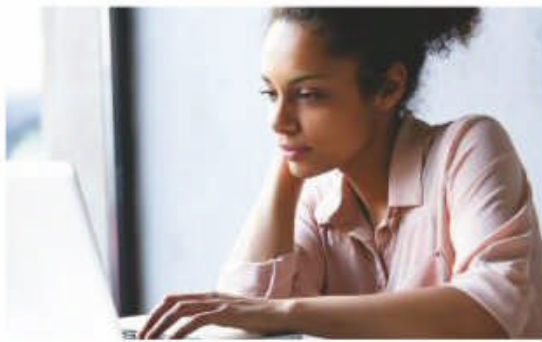


# MONEY MATTERS

Our expert Rebecca Gamble helps make your cash go further

## HAVE YOU HEARD?

An online tool has been launched to help people who are struggling to navigate their finances in the wake of coronavirus. The Money Navigator tool, available on the Money Advice Service website, asks people a short series of questions about their financial situation, before providing personalised guidance. Visit [moneyadvice.service.org.uk](https://moneyadvice.service.org.uk).



## IF YOU DO ONE THING THIS WEEK... GET COOKING!

Energy firm E.ON has teamed up with cook Laura Jackson to create recipes to save you cash on your energy bills. The recipes encourage people to use appliances that use less energy, like swapping the oven for a slow cooker. Visit [eonenergy.com/spark/sustainable-recipes](https://eonenergy.com/spark/sustainable-recipes).



# 3

## ways to protect against identity theft

**Cases of identity fraud rose by nearly a fifth last year compared to 2018, according to Cifas, the UK's fraud prevention service. Here's its advice on how to stop it happening to you.**

### 1 Take simple steps

Identity fraud occurs when fraudsters steal personal data to impersonate victims or create fake identities, often to open new accounts or obtain products. To protect yourself, never give out any of your personal or financial details if you receive an unsolicited call or email, even if it appears legitimate. Never reply or use the contact details provided either. In

addition, never click on links or download attachments from suspicious emails. You should also shred all unwanted documents like bank statements or any correspondence including your name.

### 2 Be savvy on social media

Be careful with sharing personal details on social media. There are currently a large number of fake adverts, quizzes and offers of giveaways circulating on social media that ask for your personal information. They might seem like a bit of harmless fun but it's important to bear in mind all of this information can be put together to harvest details that can be used for identity theft. It's also essential to ensure the security settings on all of your devices are up to date, as well as privacy



## How to... bag freebies with little effort

**Fancy a treat without spending a penny? Getting something for nothing might be easier than you think if you know where to look. Here's how to get started...**

### 1 Give your opinion

Some market research companies give out free samples in exchange for feedback. For example, with Clicks Research ([clicksresearch.com](https://clicksresearch.com)), you might get to try products from brands it works with like Liz Earle and M&S. Even if you don't get to test products you can still take part in its surveys and you'll get ClicksPoints each time. Once you accrue enough points, you'll get up to £25!

### 2 Get in touch

There are sites dedicated to finding freebies like [latestfreestuff.co.uk](https://latestfreestuff.co.uk). It's updated daily and you'll find a mix of things from household product samples to competitions. Or if there's a

product you want to try, check the brand's website directly to see if it's offering samples. Also, for anything you're a big fan of, why not email the company to tell them? If you're lucky you might get a freebie or coupons.

### 3 Try free trials

Some companies are so keen for you to try them out they'll give you a free trial. They're hoping that you'll be so impressed, you'll be converted into a loyal customer. However, while you can have your freebie and enjoy it, it's important to remember that if you don't want to continue with your subscription after the free trial ends, it's essential that you cancel in time to avoid being charged.



### DID YOU KNOW?

Just 39% of UK adults living in rented accommodation have contents insurance compared to four out of five homeowners, according to Aviva. It found renters estimated the value of their contents at around £30,000.

settings on social media accounts such as Facebook.

### 3 Stay alert and report

When it comes to scams, it's important to stay vigilant and remember that criminals change tactics on an almost daily basis. Never be afraid to challenge requests for information and remember that only criminals will try to rush or panic you into making a final decision. For more advice on how to avoid becoming a victim of fraud and information on the latest scams, visit [cifas.org.uk](https://cifas.org.uk). And if you think you've fallen for a scam, contact your bank or financial service provider immediately. Don't forget to report it to Action Fraud ([actionfraud.police.uk](https://actionfraud.police.uk)).



### DEAL OF THE WEEK

You can snap up a Vileda Steam Mop, designed to hygienically rid your hard floors of dirt and bacteria using a machine washable microfibre mop pad and the power of steam, for less as they're now £54.99 (RRP £89.99) online at [vileda.co.uk](https://vileda.co.uk). Offer ends 4 October 2020. Subject to availability.



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

**[comps.womansownmagazine.co.uk](https://comps.womansownmagazine.co.uk)**



# Travel for less

If you're looking for a holiday bargain in 2021, these are the destinations to look at...

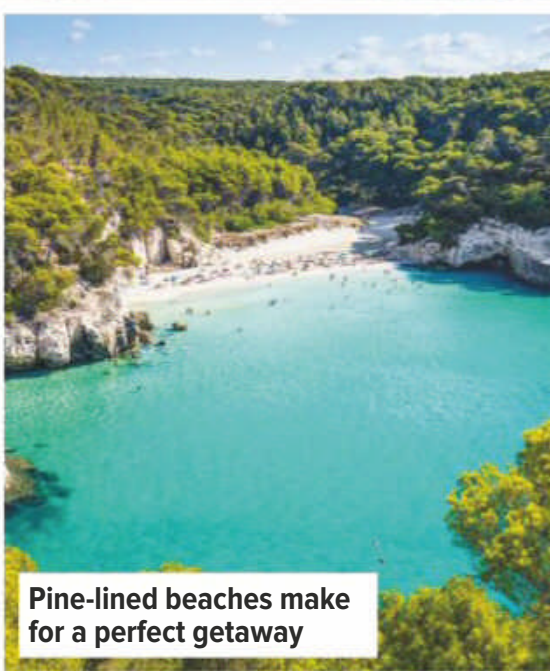
Always  
check the  
latest travel  
guidance before  
booking  
a trip

## Menorca

**M**enorca offers pine-lined coast, a lovely capital and many turquoise-watered bays to explore. It's the most-low key of the Balearics.

Just a stone's throw from the resort of Cala Galdana and less than a half hour's stroll away are Cala Mitjana, a lovely pine-fringed beach and Cala Mitjaneta, a white sandy bay with shallow calm waters. Both are stunning and if you want to avoid the crowds, it's best to head there before midday. There are also some excellent cycling routes from Cala Galdana.

Mahón, the capital, is a 35-minute drive away. The



Pine-lined beaches make for a perfect getaway

fish market, right by the harbour, is a nice spot to have traditional tapas and drinks after you've spent the day exploring.

**DEAL:** Floramar Aparthotel, Cala Galdana. Depart from Gatwick on 10 April for seven nights for two adults and two school-age children from £235pp self-catering or from £332pp half board.

## Ibiza

**B**each lovers are spoilt for choice in San Antonio, where there are five different beaches, which you can walk to from the main bay.

Pedalos, banana boats and water sports are available on most of them. But, if you're looking for something quieter and to get away from the beaches, there's a lot of nature inland to explore. Stretching all the way from San Antonio to San Carlos in the east is the

15,000 hectare protected area of Es Amunts, the largest nature reserve on the Island. You can visit small villages with white-washed houses, stroll in pine forests and look out for many different bird species. If you think Ibiza is just nightclubs, think again!

**DEAL:** Poniente Playa Apartments, San Antonio, 3\* self-catering. Depart 6 April from Stansted for seven nights for two adults and two school-age children from £169pp.

If you think Ibiza is all clubs, think again





## Majorca

Majorca has always been a firm family favourite and it's nearly always cheaper to travel to the island during Easter, rather than at May half term. The weather is not quite as reliable but the money you save can make it very attractive. Hire a car and explore the island's many villages and secluded coves. Away from the resorts, the pretty streets of Santa Catalina, where fisherman used to live, in Palma are always enjoyable to wander around. The neighbourhood is also home to Palma's oldest food market.

If you're looking for something a little different, Mondrago National Park, 40 minutes from Cala Millor, is a 1,893-acre natural park with grassland and pine forests, rich birdlife in the wetlands, white sand beaches and turquoise water – head here to get away from it all.

**DEAL: Cristina Apartamentos, Cala Millor, 3\* self-catering. Depart East Midlands on 8 April for seven nights for two adults and two school-age children from £184pp.**

● Turn to page 29 for your chance to win a holiday to Majorca

### Remember...

A package holiday is financially protected under ATOL and the Package Travel Regulations 2018. This means that if anything goes wrong with your holiday, you will be looked after and be entitled to your money back if the holiday doesn't go ahead.

## Malta

Malta has blossoming flowers and warm weather in spring and it's the perfect time to visit.

The ancient walled city of Mdina, the old capital of Malta and known as the 'Silent City' has gorgeous cobbled streets to wander around. If you're a *Game of Thrones* fan, check out its main gate, which was the entrance to King's Landing in the first series.

The beautiful and easily walkable capital of Valletta houses narrow streets and interesting architecture including the 16th Century Saint John's Co-Cathedral, which contains a famous Caravaggio painting. The views from the Upper Barrakka Gardens of the Grand Harbour are spectacular; there is a gun salute daily at midday and 4pm. And last but not least, make sure



Wander gorgeous cobbled streets

you try Malta's favourite street food, pastizz, a traditional savoury pastry filled with ricotta or mushy peas – they're absolutely delicious.

**DEAL: Porto Azzurro Aparthotel, Mellieha, 3\* self-catering. Depart Gatwick on 4 April for seven nights for two adults and two school-age children from £168pp.**

● To find all of these deals and more visit [travelsupermarket.com](http://travelsupermarket.com)

## Fully escorted tours

# Woman's Own travel offers



Includes tours and visits worth £182

8 days half-board from £1,099pp

## Dubrovnik & The Dalmatian Coast

Departures from April to October 2021

### Price includes:

- Explore Dubrovnik on a tour led by an expert guide
- Visit Krka National Park
- Cross the iconic Stari Most bridge in Mostar
- Immerse yourself in the history of Emperor Diocletian's monumental palace in Split
- Discover medieval Trogir
- Visit picturesque Cavtat
- 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 our experienced and insightful tour manager throughout



5 days from £1,099pp

## Iceland

Departures from May to October 2021

### Price includes:

- Tour of Reykjavik
- Guided full-day tour visiting Thingvellir National Park, see the Gullfoss waterfall and the Strokkur geyser.
- Full-day guided tour discovering the contorted lava plateau through the Threngsli pass
- Choose between a cruise with the chance to spot whales and dolphins or take a dip in the geothermal waters of the Blue Lagoon
- Return flights from a selection of airports, plus all hotel transfers
- Four nights in a choice of centrally located four-star accommodation, with breakfast
- The services of our experienced and insightful tour manager throughout

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BOOK WITH COMPLETE CONFIDENCE\*

Change or move your booking for free, as many times as you need to and for whatever reason, right up until 31 December 2020.

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

\*See our website for full details. Prices are per person, based on two sharing and subject to finite availability. Images used in conjunction with Riviera Travel. Offer operated by and subject to the booking conditions of Riviera Travel Ltd, ABTA V4744, ATOL 3430, a company wholly independent of Woman's Own, published by Future plc. Prices correct at time of print.





# Woman's Own Bingo

# Ready,

Love bingo? Then you'll just love our

## HAVE YOU TRIED *SLINGO*?

Slingo is a mash-up of slots and bingo, combining the fun of spinning the reels with marking off your numbers. The idea is to complete your card by matching numbers from the result of spinning the reels with numbers from the grid. You'll find many fun versions of Slingo on our site. Which will be your favourite?



## Keeping bingo *fun*

**A**t Woman's Own Bingo we want you to have a super time playing bingo and our other fab games - within your limits. That's why we've got a range of tools to help you stay in control. You can set a deposit limit, so you don't spend beyond your means, as well as set session reminders to remind you how long you've been playing on site. You can also take a break from your account. You can find full information in the Responsible Gaming section in the games lobby or contact our customer support team for assistance.

PHOTO (POSED BY MODEL): GETTY





# steady, *bingo!*

exciting bingo games. Find out about our bingo and the features below

## Learn some bingo lingo!

### Chatrooms

Love a bit of banter? We're sure you'll love our chatrooms too. Natter away with fellow members while the numbers come rolling in!

**WTG**  
Way to go

**TY**  
Thank you

**OMG**  
Oh my God!

**ROFL**  
Rolling on the floor laughing

**WDW**  
Well done winner

**20**

**2**

**FH**  
Full House

**1TG** One number to go

**?4U**  
Question for you

**Gr8**  
Great

**JOIN NOW**

**ADD £10**

**PLAY WITH £25**

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# Pandemic poverty vs **THE WAR ON OBESITY**

Obesity raises the risk of dying from COVID-19 by 40%\*, but with 1.1 million more people pushed into poverty by the virus\*\*, is it possible to fight both?

**A**s the world continues to deal with the pandemic, it's becoming clearer ripple effects will be felt long after a vaccine is created. With more than 100,000 job cuts planned during the crisis, and experts warning of more redundancies to come, the UK is officially in a recession. Without urgent action to protect families from financial hardship, 1.1 million more people could fall into poverty by the end of the year.

Meanwhile, obesity can increase the risk of death from COVID-19 by a staggering 40%.

So, as families grapple with the economic fallout, the Government is intensifying its war on obesity. MPs recommend those who are overweight **lose 5lb to reduce their risk and save**

**Telling obese to slim is no insult. It's a life-saver**

the NHS £100million. Calories are to be displayed on menus, while media adverts for foods high in fat and sugar could be banned before 9pm.

But here's the problem: there's also a statistical link between poverty and obesity. Poverty isn't the only factor driving obesity, yet it's common for poorer children to experience lower-quality diets, low in fruit and vegetables and high in fast food, compared to their more affluent peers. Families living under the stress of poverty have to prioritise survival over losing weight, especially when healthy, non-processed foods are more expensive than convenience products.

We need to tackle both, but with the Government focusing on obesity, *Woman's Own* investigates if it's really possible to solve one without the other.

**Almost two-thirds (63%) of adults in England are overweight or obese.\***

**'You don't always have the choice to buy fresh, healthy food'**

Daphne Aikens, 52, is the CEO and founder of Hammersmith & Fulham Foodbank.

When parents collect an emergency food-bank parcel, it's not unusual to see them feeling stressed and upset at being unable to feed their kids. Often, they've skipped meals themselves already, in order to make sure the children eat as healthily as they can, and they're at their wits' end. My staff and volunteers listen to their worries, dry their tears and provide them with a three-day emergency package of non-perishable goods and some fresh fruit and veg that will tide them over until they can afford to go food shopping again.

When you're struggling to feed your



**BOJO IN WAR ON WAIST**

**Fat could be helping virus to infiltrate patients' cells**



ty



**Experts predict the total number of children living in poverty in the UK will soon reach 4.5 million.\*\***

family, you don't always have the choice to buy fresh, healthy food. Tins and packets of food are often cheaper and better value as they keep for longer. Parents are forced to choose low-cost products which, given that the cost of food is always rising, might not be the healthiest options.

Like all parents, the mums and dads we see always put their children first. Often this means that what little healthy food they buy or are given by us will go to their kids. Many parents skip meals or are forced to fill up on cheaper, bulkier carbs and, of course, this can lead to weight gain.

Usually, we offer extra services like cooking classes to help parents make their packages go further or make them as healthy as possible.

Around a third of our clients are children. Since lockdown began, many parents have lost their jobs and we've seen a huge increase in mums and dads struggling to put food on the table. So, while the Government may have good

intentions in announcing plans to tackle an obesity crisis, it's very hard to translate this into advice for the poorest in the population who don't have enough money to choose healthier options.

In the last financial year until the end of March 2020, we fed around 12,000\*\*\* people. But already, in this financial year at Hammersmith & Fulham, we've fed 20,000 in just a few months. Sadly, as we face an extended period of uncertainty, food banks are going to be needed more

then ever. So I find the Government's plan to tackle obesity awkwardly timed. It would be more useful to invest in the benefits system and make sure the poorest in our society have enough money to be able to buy

healthy, nutritious food before we start asking them to diet.

No one should have to rely on a food bank to feed their children, but many thousands of people in our country do. Fixing that should be a priority, then obesity should naturally start to decrease.

**'The plan to tackle obesity is awkwardly timed'**

## ***'It takes planning to eat healthily on the cheap'***



**Amanda Callenberg, nutritionist from nutritional brand YourZooki explains why packaged and canned food can be less healthy than fresh foods.**

Cheaper packaged food or ready meals and snacks tend to be high in salt and saturated fats, and low in essential nutrients, healthy fats and complex carbohydrates. This can interfere with satiety cues, so we don't know when we are full, often leading to over-eating. High salt and saturated fat intake can also lead to high blood pressure, diabetes and other health conditions associated with weight gain.

If possible, it's better to eat everything in moderation, so packaged and pre-prepared foods can be included as part of a healthy diet. Fresh is always better, but having a supply of tinned legumes and fish, frozen fruits and vegetables is a good back-up. It's extremely hard when money is tight, but feeding a family healthily is doable on a budget. It requires planning meals ahead of time and sticking to your list. If you do so, healthy food can go a long way.

### **AMANDA'S TOP HEALTHY SWAPS**

- Look out for 'wonky' veg boxes, as they're often much cheaper.
- Stock up on frozen fruit and veg. It's much cheaper than fresh, and freezing seals in the nutrients.
- Pulses are a cheap way of getting fibre, vitamins and minerals into your family's diet. Use them as a meat replacement, such as in a three-bean chilli dish, or curry with frozen veg and chickpeas.
- Read the labels and buy products in water with no added salt or sugar, and avoid sauces and syrups.
- Try sweet potatoes instead of white – they count towards your five-a-day and contain fewer carbs.
- Swap white bread for wholegrain.
- Buy oats or non-toasted muesli rather than sugary packet cereals.
- Use up leftover veg as snacks.

Visit [yourzooki.com](http://yourzooki.com)



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**"Dr Hilary Jones explains that new research shows that face coverings may be the most important factor in stopping the spread of COVID-19"** SOURCE: Mirror online 20/8/20

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BE558-30	Disposable Face Masks Pack of 30	£19.99		
BE558-50	Disposable Face Masks Pack of 50	£29.99		
BE558-100	Disposable Face Masks Pack of 100	£44.99		
BE575	Adult Washable Masks Pack of 5	£19.99		
BE571	Vented Reusable Masks Pack of 3	£19.99		
BE564	50 Pairs Disposable gloves Small <input type="checkbox"/> Medium <input type="checkbox"/> Large <input type="checkbox"/> (please tick)	£19.99		
BE562	Full-Face Protection Shield Pack of 2	£12.99		
BE552	Vytaliving Miracle Hand Sanitiser™	£3.99		
BE576	Vytaliving SurSol Facemask Sanitising Spray	£7.99		

Postage & Packing £2.95

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# TV PICKS

Enjoy these cult shows in Britbox collection Out of This World...



## CAPTAIN SCARLET & THE MYSTERONS

Created after *Thunderbirds* (see below), this classic puppet series from Gerry and Sylvia Anderson follows the adventures of Captain Scarlet as he battles to stop the Mysterons, a race of Martians, from attacking Earth. When he acquires a self-healing power that renders him indestructible, he becomes the key player in the fight against the world's alien foes.



## THE PRISONER

One of the greatest cult shows of the 1960s, Patrick McGeehan stars as an ex-secret agent, only referred to as Number Six, who is kidnapped and held prisoner in a mysterious village (actually Portmeirion in Wales), while his captors use psychological tactics to probe him for information.



## SAPPHIRE & STEEL

After starring in *The New Avengers* in the 1970s, Joanna Lumley joined *The Man from U.N.C.L.E.*'s David McCallum to star in this supernatural sci-fi fantasy. They play a pair of 'interdimensional operatives' who are tasked with protecting the universe from malevolent forces. Some of the mysteries the enigmatic pair face are people trapped in photographs and ghosts lost in time.



## THUNDERBIRDS

This sci-fi puppet adventure series from Gerry and Sylvia Anderson is their most famous creation and a cult classic. Set in the mid-2060s, it follows the adventures of International Rescue, made up of members of the Tracy family, as they race to the aid of people in perilous situations, in a fleet of special vehicles.



## THUNDERBIRDS: 1965

To celebrate the 50th anniversary of the puppet series in 2015, the Tracy brothers enjoyed three new adventures that were made by using the original 1960s voice recordings, while the puppets, sets and models were created by hand to match the originals.





**UFO**

In Gerry and Sylvia Anderson's first live-action series from 1970, aliens flee their dying planet and seek to harvest human organs on Earth. Commander Edward Straker (Ed Bishop) heads up a secret high-tech international task force SHADO (Supreme Headquarters Alien Defence Organisation) to combat the invasion. Also stars Gabrielle Drake.



**SPACE: 1999**

*Mission: Impossible* co-stars and real-life husband and wife Martin Landau and Barbara Bain star in another live-action sci-fi series from the Andersons. They are among the 300-strong crew of Moonbase Alpha which, in 1999, is hurtled into space following an explosion on the moon. Cue dangerous adventures throughout the galaxy.



**RANDALL AND HOPKIRK (DECEASED)**

A private detective series with a twist. Jeff Randall (Mike Pratt) is helped in his investigations by the ghost of his partner, Marty Hopkirk (Kenneth Cope), who is mown down by a car in the first episode. Nobody else can see the white-suited Marty, not even his widow, Jean (Annette Andre).

# COMING SOON



**Good With Wood, C4**

We've had baking, sewing and pottery, but there's a new crafting competition on the block. Mel Giedroyc presents the six-part series that challenges the country's top woodworkers to craft beautiful and ambitious builds to exacting briefs, with only one 'whittled' down to be crowned winner.

**Roadkill, BBC1**

Hugh Laurie stars as a charismatic, self-made Conservative politician called Peter Laurence in this new four-part thriller, written by David Hare. When his public and personal life begins to unravel, Peter desperately tries to keep his secrets buried, as his enemies plot his downfall...



**The Emily Attack Show, ITV2**

Emily Attack has landed her own six-part sketch show, which will see her perform stand-up comedy skits about life as a young woman, with themes such as dating, friends and body image. She will also be doing impressions of celebs, including Gemma Collins and Holly Willoughby.

**Katie Price: Harvey and Me, BBC1**

Katie Price is opening the doors of her family home for a personal and moving documentary about the day-to-day challenges of being mum to her 18-year-old disabled son, Harvey, who is partially blind, autistic and has Prader-Willi syndrome, as he enters adulthood.



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





# THIS WEEK'S HOT LIST

The movies and books not to miss



## Film

### Max Richter's Sleep

Out 11 September

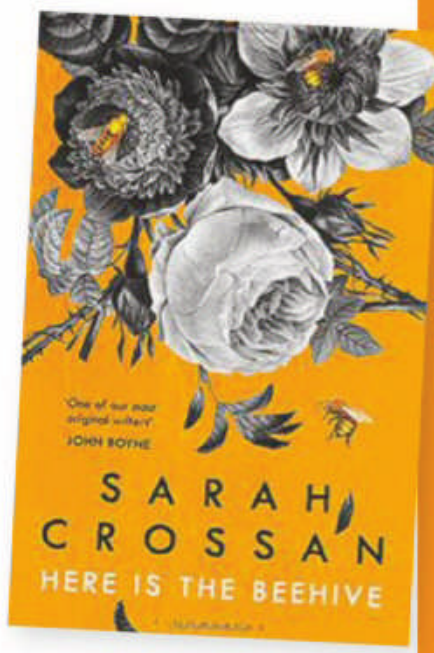
It's not often that a composer's goal is to send the audience to sleep but Max Richter aimed at just that with *Sleep*, his hypnotic eight-hour lullaby for piano, strings, synthesisers and soprano. Natalie Johns' equally hypnotic documentary reveals the neuroscience behind the composition and drops in on some of the sleepovers that have taken place around the world since its first performance at the Wellcome Collection in London in 2015.

## Book

### Here Is The Beehive by Sarah Crossan

(£12.99, HB, Bloomsbury)

This tantalising tale of an affair is deftly written and completely compelling. Ana Kelly has had an affair that has come to an abrupt end. In streams of consciousness, fragments of conversations and flashbacks, you get snapshots of Ana the lover, the lawyer, the mother, the obsessive. Raw and emotional, it reminds us what it is to be human and imperfect.



## DVD



### Love Sarah

RRP: £7.99

Determined to fulfil her late mother's dream of opening a bakery in London's Notting Hill, 19-year-old Clarissa and her mum's friend Isabella team up with her eccentric grandmother Mimi. But can the three generations make it a success? Celia Imrie (left), Shannon Tarbet, Shelley Conn, Rupert Penry-Jones and Bill Paterson star.

8-14 September 2020



## Your STARS

Discover your destiny with Sally Morgan, our expert astrologer



### Aries

21 Mar - 20 Apr

Think about your communication, and your new idea will be noticed by someone in authority. Step out of your comfort zone – dwelling on the past just holds you back.



### Libra

23 Sep - 23 Oct

When there's a reason to celebrate you're always first to offer to organise a party, and there's one ahead. Don't let anybody try to tie you to their broken promise.



### Taurus

21 Apr - 20 May

If it's the sparkle of romance you're looking for, fireworks will go off when you meet somebody you suddenly feel a connection with. Ask them for a dinner date.



### Scorpio

24 Oct - 22 Nov

Take a fresh look at your entertaining area. A lick of paint and your garden furniture will be as good as new. Join a book club and make new friends.



### Gemini

21 May - 20 Jun

You don't have to please everyone. Just carry on being yourself, you are loved as you are. Your partner will surprise you with plans for a weekend away.



### Sagittarius

23 Nov - 22 Dec

You're reaching a turning point in a long saga. Watch out for disagreements in a business environment, as one person you're working with has their own agenda.



### Cancer

21 Jun - 22 Jul

You're feeling confident and self-assured, and it means everyone wants to hear your opinion. Someone will surprise you and treat you to a wonderful meal.



### Capricorn

23 Dec - 20 Jan

Relax and ideas will flow, resulting in some good financial fortune. Nobody can accuse you of having your head in the clouds – you know exactly where you're heading.



### Leo

23 Jul - 22 Aug

It's easy to daydream about romance, but now it's time to let somebody know how you feel about them. Take the lead and show them your passionate side.



### Aquarius

21 Jan - 19 Feb

Some lessons are vital, but take a breath, you'll know when you're ahead of your workload. Be kind and help others, and you'll find someone helps you in return.



### Virgo

23 Aug - 22 Sep

Take time to present your thoughts and ideas to the person you love. They'll appreciate your honesty. A surprise invitation arrives, so treat yourself to a new outfit.



### Pisces

20 Feb - 20 Mar

Reconnecting with friends will end in creating happy memories. You may be thunderstruck when someone close to you reveals something unexpected.

Ask Alexa 'what is my horoscope today?'



# Ask *yourself*



*Are you really a good friend?*

**Some friends you can always turn to, others aren't as supportive. Find out which type you are...**

**1. Over lunch, your friend bursts into tears. How do you react?**

- A** Go round to her side of the table and give her a hug   **B** Pat her hand and ask her what's wrong   **C** Tell her to go and compose herself in the loo   **D** Feel flustered and wait for the moment to pass

**2. A friend is seeking promotion, but you don't think she's ready. You...**

- A** Ride it out and be there for her, no matter what   **B** Wish her the best of luck, then wait for the fallout   **C** Tell her the truth, suggesting she wait another year?   **D** Keep your thoughts to yourself

**3. You need a night in, but your upset, newly-single friend calls. You...**

- A** Pick up the phone and let her offload her emotions   **B** Let her to leave a message – you'll call her tomorrow   **C** Answer, but tell her you're not talking about her ex again   **D** Don't answer at all – you need time to yourself

**4. An old friend begs you to come out with people you dislike. You...**

- A** Go along to with the plan to keep her company   **B** Tell her you'd love to, then fake a smile all night   **C** Ask why on earth she's friends with these people   **D** Tell her you're sorry, but you're already busy

**5. The girls' WhatsApp is constantly pinging with messages. You...**

- A** Try and keep on top of it and reply straightaway   **B** Keep the group on mute and check in when you're ready   **C** Suggest the others get a life outside of social media   **D** Leave the group without giving an explanation

**6. A friend invites you over for dinner but she's a terrible cook. You...**

- A** Grin and bear it – but bring a yummy dessert   **B** Suggest you get a takeaway so she needn't cook   **C** Say no thanks, you don't want to get food poisoning   **D** Invite her to a restaurant you're keen to try

**7. An old friend is busy and hasn't been in touch much. You...**

- A** Keep checking in on her to see how she's doing   **B** Just wait patiently until she's next in touch with you   **C** Tell her you've practically forgotten her   **D** Let the friendship drift – it's her loss if she lets it go

*How did you score?*

**MOSTLY A**

## **Comfort blanket**

You're a really good friend, and a safety net for many people. You're happy to forgo your own time (and sometimes sanity!) to keep your friends happy – they can always rely on you to help them out. Try not to absorb too much of others' worries, though, as it can become overwhelming and detrimental to your own wellbeing to do so.

**MOSTLY B**

## **Secret keeper**

It's great that you're trustworthy, but there can come a point where you're actually keeping things from friends when they deserve to know the truth. Do keep others' secrets, but don't be secretive yourself about things that actually matter.

**MOSTLY C**

## **Honesty is the best policy**

Your friends can certainly rely on you to tell it like it is, but there's no need to be quite so forthright – some people can handle it, but others can't. Try to learn what's best left unsaid, and how to tell the truth more tactfully. Honesty doesn't have to be brutal.

**MOSTLY D**

## **Don't get too close**

You're a complicated friend who can come across as detached. Perhaps you've been let down in relationships in the past and don't want to get too close? An element of detachment is fine, but good mates should always be dependable. There are ways of showing you care without getting more involved than you're comfortable with.



# PUZZLE BR

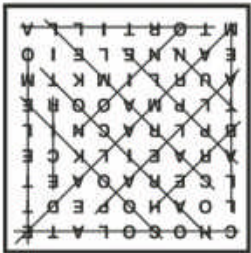
TRY TO  
COMPLETE  
THIS ONE  
IN 20  
MINS

## Clues & arrows

Fill in the clues in the direction of the arrows

Follower of Guru Nanak		Off target		Small prime number		High or low card		Large woody plant		Main artery
				Objets d'art						
Make fresh		Nurses' employer (inits)		Singular of 'were'		Warm- blooded sea creature		Ring		Hebridean isle
					Beats, thrashes					
Com- mercials, in short	Ted __, 1970s PM						Furniture timber			
			Six-sided figure		Comes into view		Worry, dread		Express verbally	
Company reps	Nearly	Research workshop		Pass, as time						
							Long-term custom			Tasting like brine
Careless				Ready to pick		Fellows				
									_ Deighton, writer	
Humiliate		One-horse carriage				High, towering				
Rolling __ pop group		Unwrap (a present)				Become				
						Disclaim				

WORDSEARCH



SUDOKU

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

CLUES & ARROWS



CROSSWORD



Puzzle solutions

## 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?

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

## Sudoku

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

C	H	O	C	O	L	A	T	E
L	O	A	H	O	P	E	D	T
L	C	E	R	A	O	A	E	T
A	R	A	E	I	L	K	C	E
B	P	L	R	A	C	N	I	L
T	L	P	M	A	O	O	R	E
A	U	R	L	I	M	K	T	M
E	A	N	N	E	L	E	I	O
M	T	O	R	T	I	L	L	A

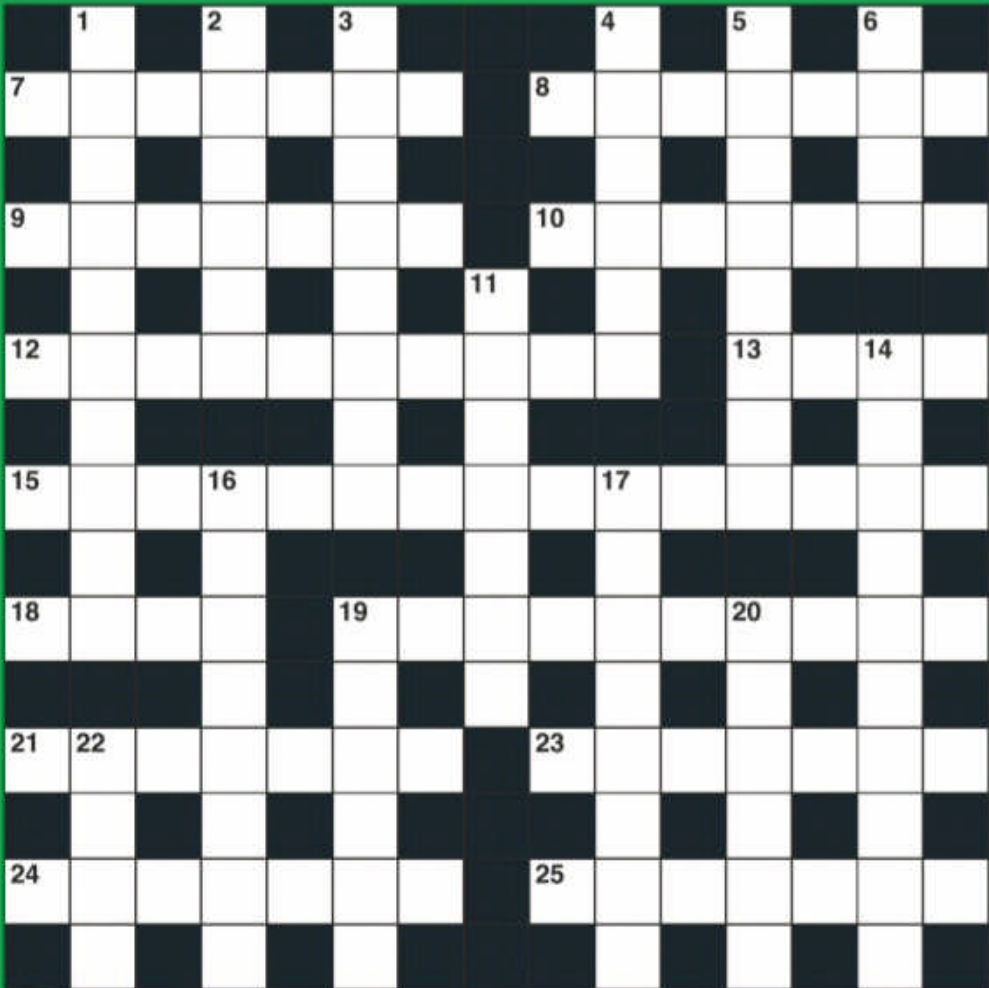
## Wordsearch

The answer is the word missing from the grid.

APPLE  
CARAMEL  
CHOCOLATE  
COOKIE  
HARICOT  
HERB  
MARMALADE  
MEATBALL

NUT  
OMELETTE  
ONION  
PAELLA  
POTATO  
RICE  
TORTILLA





DO IT  
IN 30  
MINS?

# Crossword

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

### ACROSS

- 7 Weekly laundry occasion (7)
- 8 Style of sloping script (7)
- 9 Continue steadfastly (7)
- 10 Soldier in a cavalry unit (7)
- 12 Fellow workers (10)
- 13 Board-game with counters (4)
- 15 Dreadfully frail (2,4,2,1,6)
- 18 Second-hand (4)
- 19 Basket-making material (10)
- 21 Radio show with live callers (5,2)
- 23 Mollusc with a fan-shaped shell (7)
- 24 Had signs of a cold or flu (7)
- 25 Claimed without proof (7)

### DOWN

- 1 Storage buildings (10)
- 2 Stonemason's tool (6)
- 3 It's hard to find a needle (8)
- 4 Medical term for 'womb' (6)
- 5 Illuminated at night (8)
- 6 Exam for 16-year-olds (inits)(4)
- 11 Clump of grass (7)
- 14 Firmly fixed (4-6)
- 16 Put at risk (8)
- 17 Remain level-headed (4,4)
- 19 Author (6)
- 20 Christopher \_\_\_\_, King Louie in the 2015 *The Jungle Book* (6)
- 22 Look, search (for) (4)

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# Far From Perfect

It had been quite some time since Lou had felt like herself. Would this invitation help her find her way back?

**D**iscussions began on the Friday night, when Harry arrived home from work and produced a sealed gold envelope, setting it down on the kitchen table.

'I won't know anyone there,' Louisa told her husband, their almost-adult twins scanning the invite, then rapidly losing interest once they'd established they were not included. 'I'll be a spare part,' she said, dishing up stir-fried pork and rice. 'Everyone talking shop.'

'As will I, if you don't come,' Harry suggested, reaching out to take his wife's hand as she passed him a steaming bowl. 'Come on, Lou, it'll be fun. After everything that's gone on lately we need a bit of that, don't you think?'

The twins looked up, Max from his phone and Em from her laptop – an exchange of looks before they returned to the screens.

'Just you and me. A nice country hotel,' Harry said, releasing his wife's hand.

'What's so wrong with that?'

The conversation had resumed over the weekend breakfast table, Harry's spoon dropping splashes of milk perilously close to the tissue-papered invitation as he tried again to persuade his wife. The twins were zoned out, as usual; Em with the ubiquitous headphones clamped to her ears and pushing Coco Pops around her bowl, Max shovelling in toast as he stared at his phone, ear buds in. At least they were up at a decent hour, for once.

'And free food and wine,' Harry said. Lou considered this. Weddings were hardly free and rarely fun, especially if the happy

couple were strangers to you. There was a present to buy, the inevitable cash bar, and new outfits. She set down her cup of tea.

'So?' Harry asked.

'I don't know what I'll wear,' she said, the thought filling her with immediate panic as she mentally slid her eye along the rail of outfits hanging in her wardrobe, discounting each one.

'Maybe some clothes?' he suggested, grinning at his own joke. He thought better of it and added, 'What about that red dress I love, the one you wore to my 40th?'

'That was almost 13 years ago, Harry!' Lou told him. I don't even know if I have it any more.'

'Shame,' he said, grabbing her by the waist and hooking her in for a quick kiss.

'You looked super sexy in that.'

'Don't be daft,' she told him, ignoring the retching sounds Max was making; Em oblivious to it all, as usual.



And so it was on a rainy Thursday that Lou found herself traipsing around town, footsore and damp around the edges. She began her search in the department store, hoping everything she needed

could be procured under one roof: dress, jacket, shoes, tights, shapewear, make-up. An hour later she'd found none of these items; not even a nice shade of lipstick, the overbearing, orange-tinted assistant persuading her to 'take a seat' and then slathering her in products that took 10 minutes – and a whole packet of wet wipes – to scrape off. She'd also tried on a couple of dresses, expectations low and sinking further beneath the unflattering

**What about that red dress I love, the one you wore to my 40th?**

overhead lighting. There was no point buying shoes or a bag without knowing the design and colour of the dress, so she wandered across the road to the cafe where she and Harry sometimes went on a Saturday morning.

It had been their salvation, a place to chat out of earshot of the twins, to discuss and worry and think, hands held, coffees sipped, brownies shared.

Lou instinctively went to the table by the window and looked out at the rain-soaked view, stirring her flat white and wishing Harry was there to split the huge brownie she'd now have to eat alone.

Kids were such a worry, even when they weren't kids any more. The fears just changed to bigger concerns, if anything. They'd come thick and fast over the previous few months, squeezing her from above and below when elderly parents simultaneously needed her intervention. The life she'd led previously suddenly seemed charmed. She'd had a good career before the twins, and her own business for years with Harry, until they'd sold up and taken semi-retirement barely into their 50s. Harry soon realised he wasn't quite ready to retire and had quickly landed himself a new role as a consultant for several PR firms, the latest





asking him to go full-time. With Harry out at work and the twins never around, Lou had lost her routine and with it, she realised, her self-belief. Even the thought of attending that blasted wedding had sent her into meltdown. She knew she was lucky; they were coming out the other side of it now, and besides... why should they be immune? She knew of so many friends who were dealing with terrible worries, but that didn't diminish hers.

'It will be all right, I promise,' Harry told her as they watched Em withdraw into herself and Max get in with the wrong crowd. 'Just be there to pick up the pieces, all we can do,' her husband had said.

So they had. Late-night calls from police stations, appointments with the GP and referrals to clinics. And then it had passed, as Harry said it would, and they'd emerged, sort of. Not unscathed, but generally fine, so when friends asked how they were they could say, 'We're good,' and at least partially mean it. But somewhere in the endless round of caring for those she loved most, Lou had inadvertently slipped between the gaps and become invisible. Even *she* didn't see herself any more.

Not so long ago she'd have loved the chance to dress up, revelling in

the occasion of it rather than inventing reasons not to go. Harry remained positive, despite sharing the same worries as her.

The twins' current plan, announced to them casually at Lou's birthday dinner a few weeks before, was to 'go travelling' together, destinations undefined. Neither of their children appeared to have a sensible bone in their body and she blamed herself entirely.

Across the road she regarded the expensive boutique with its waspish assistants and eye-watering price tags, drawn to the single mannequin in the window. She found her specs and wiped them on her sleeve. The dress on it was a beautiful shade of red, and it was a good shape, fit-and-flare, which would make it more forgiving. The neck wasn't too low, but it wasn't frumpy either. It seemed perfect.



Harry walked out of the florally-festooned marquee ignoring the disapproving glances, his phone vibrating loudly in his hand. They'd agreed there was no way

they were missing that call. He nodded at Lou when he returned and she exhaled. The twins had landed in Bangkok. For now they were OK. Maybe.

Seated at a round table with eight strangers and her husband, Lou relaxed a little and smiled at the woman beside her, who was wearing a stunning dress: cream with thin stripes, full skirt and a wide belt. She looked amazing and Lou told her so.

'Oh, gosh, thanks so much. You've no idea how long it took me to find something that I feel half-decent in. Your dress is amazing, by the way. That colour on you!'

Lou thanked her and assumed she was being polite, but as the day wore on – first at the buffet, then in the queue for the Ladies, and a third by the bar – Lou collected more and more compliments. She smiled at Harry as she returned to the table, placing down their overpriced drinks and grabbing his hand to pull him out of his chair.

'I love that dress,' he told her as she led him to the dance floor.

'Thought I'd thrown it out,' she told him.

'So pleased I still have it.'

'You certainly do,' he said, twirling her round.

Only a few hours earlier they'd left the twins at the airport after checking tickets and passports a thousand times. Lou had barely dried her tears before Em called them and they found themselves in the strange situation of persuading their daughter to go on a trip they previously would have given everything in their power to stop. They'd all been up since five, and both she and Harry were

dog-tired, so when later he hadn't commented on her wedding attire, instead looking at his watch and remarking testily how she was finally ready, Lou had snapped. Plus they'd had further words trying to find the venue. The day so far had seemed far from perfect.

But as they swayed on the dance floor, their bodies moving together for the first time in as long as either of them could remember, Lou had to admit there was no mistaking it. She was finally feeling something of her old self return.

'You OK?' Harry asked.

'Yeah,' she said, squeezing him a little tighter. 'More than OK, in fact. Great!'

THE END

Amanda Reynolds, 2020

● ***The Hidden Wife* by Amanda Reynolds (£8.99, Wildfire) is out now**



# 'My sons get more **FEMALE ATTENTION** than me'

Cheeky TV chef Gino D'Acampo admits his sons are more popular with the ladies than he is these days



It's high jinks all the way on *This Morning*



The *Road Trip* series with Gordon Ramsay (centre) and Fred Sirieix was a riot

**I**t's not hard to crack a smile when Gino D'Acampo is around, but one thing that might prove tricky to control is how he behaves in front of the camera on a family show.

After causing *This Morning* hosts Holly Willoughby and Phillip Schofield to crumble on live TV on many occasions, Gino, 44, is ready to unleash his quirky humour onto unsuspecting contestants on ITV's reboot of *Family Fortunes*.

When *Woman's Own* chats to him, Gino reveals how he coped with lockdown in Italy, the advice he gives his three children and why he prefers women to be 'happy, bubbly and wobbly'!

**Gino, you're known for your humour on *This Morning*. Did that help you get the *Family Fortunes* job?**

That's why they asked me – because they want chaos. I used to watch Les Dennis, and I appeared on the celebrity version with my family



Gino was his boys' barber in lockdown

10 years ago, with Vernon Kay hosting. We played against Michelle Keegan's family and they kicked our asses! I couldn't understand half the questions.

**Do you think you'll struggle with social distancing?**

It's rubbish that I won't be able to cuddle and kiss, but I'm sure I'll cope. I land in London the day before filming, so I've been practising the game at home after buying it online – five of us and the gardener, with the gardener being me, so I could host! I want to have a laugh hosting because life is too short to have a plan.

**You spent the whole of lockdown in Sardinia...**

I was filming in Rome and came here when they locked Italy. I put my flip-flops and swim shorts on and I have no idea



The boys: Rocco, Gino and Luciano



what COVID-19 means! I've seen things on the TV news, but I didn't experience it because we have a lot of space. I've been busy in the vineyard, gardening and looking after the animals.

### **You've also been cutting your son Luciano's hair?**

I did quite a good job. I put a 'Naked Barber' show idea forward and Kevin Lygo (Director of Television at ITV) very nicely texted back saying, 'Please drink less wine!'

### **Do your sons get more female attention than you?**

[Laughs] Yes! My boys (Luciano, 18, and Rocco, 15) and I like to party, so we go out a lot. They definitely get more attention because they're good-looking, younger. But I get the grannies now, which is fine. You can make a good soup with an old chicken! I talk with everybody, socialise with everybody, I drink and dance with everybody.

### **Do you give your boys relationship advice?**

Yes. I was talking to my sons last week and they asked, 'What's your tip with women?' I said, 'Let them talk, and listen, and you will enjoy their company more

than men.' My son Luciano went out with five girls on a boat, and he said, 'Dad, you're absolutely right!'

### **Are your kids interested in following in your footsteps?**

Luciano is going to come and work in my restaurant – he's done with school and wants to work with me. Rocco is too young [at the moment]. He's interested in food, but wants to finish school. My daughter Mia, who is eight, is all about dancing, singing and TikTok!

### **Gordon Ramsay's daughter fronted the CBBC show Matilda and the Ramsay Bunch. Will you be putting your family on camera?**

ITV have asked me to do a family trip around Italy. It's all planned for spring next year. We should have done it this year but, with the pandemic, we couldn't. We're also writing a cookbook together.

### **Is your wife Jessica at all worried about working with you on TV?**

The only thing she worries about is how she looks on TV or if she's put weight on. But I like women to be happy, bubbly and wobbly. I like a bit of meat on my bones, so she really shouldn't worry about it!



With wife Jessica: He loves her curves

WORDS: SELINA MAYCOCK. PHOTOS: KEN MCKAY/ITV/SHUTTERSTOCK, ITV/STUDIO RAMSAY, INSTAGRAM @IAMGINODACAMPO



Some see a cheeky text as harmless fun, but for others it's risky behaviour that could lead to much more...

# Are flirty messages cheating?



**No**

**'Flirting makes life far more interesting'**

**Mandy George, 41, lives in South Tyneside with her husband, Sam, 41, and their boys, aged 15, 11, and seven.** I'm happily married, but does that stop me sending the occasional flirty message? Absolutely not.

Flirting is a bit of harmless fun. It's nice to get a confidence boost, and to be reminded other people find you attractive outside your relationship and after kids.

While some would instantly ditch their partner for even thinking of flirting with someone else, it doesn't bother me or my husband. It's just another form of banter and sense of humour – one of my favourite expressions is the 'That's what she said!' retort – and he understands when I send these types of messages to other men (and women) it means nothing. I'd never take it further.

Ultimately, it boils down to trust. If you trust each other, then sending a cheeky



Mandy sees it as a bit of banter

message should never be an issue. My husband and I don't have passwords on our phones, and I'll often ask him to reply to a message for me, even if the content is of a flirtatious nature – he just laughs. I've nothing to hide.

The only time I could ever see these types of messages becoming a problem is when you hide them, or if texts turn into actions. More often than not, though, flirty texts are just words.

If no one is getting hurt, then what's the issue? We should all be allowed to flirt. Life's far more interesting that way.

**Yes**

**'They can spiral into fully fledged affairs'**

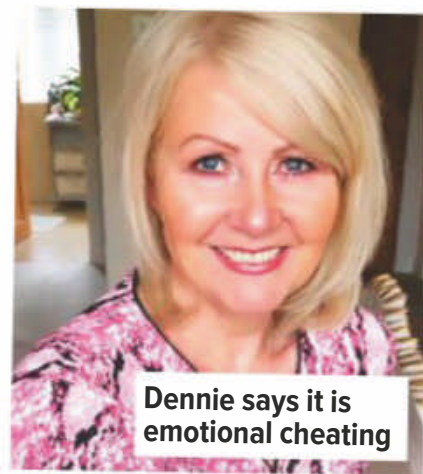
**Dennie Smith, 58, is founder of oldstyledating.co.uk and lives in Caterham with husband Graham, 57.** Flirting is how most relationships begin,

but when you're already attached and choose to start flirting with someone else, there's an issue.

An argument could be made that when you're flirting in a bar it's just a natural reaction, but once you take the time to type those kinds of messages, it becomes a conscious choice to cheat.

Whether you admit it or not, you're looking for attention from somewhere else.

It's not unusual for those first few messages, which may seem harmless to begin with, to spiral into fully fledged affairs. Discovering that someone you love is sharing intimate



Dennie says it is emotional cheating

thoughts with someone else can be devastating – even if they haven't turned those words into actions. It's emotional cheating rather than physical, and sometimes that can be harder to forgive.

Bottom line, sending these kinds of messages is an awful betrayal. And if you really feel the need to flirt with someone else, then you need to ask yourself this – are you happy in your relationship? Because I don't see how you can be when you're always looking for someone else.



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