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Britain's No.1 fortnightly
Yours
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ISSUE 296

The GREAT BIG giveaway

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£9,000 OF PRIZES TO WIN!

COVER PIC: ITV/REX/SHUTTERSTOCK

Yours THE GREAT BIG GIVEAWAY

181 chances to win
£9,000 OF PRIZES



32 Frocks you'll love to wear

Welcome...

Who feels in need of a bit of a treat? Because February can be a dreary month, we wanted to give our lovely readers a lift – we've collected together more than £9,000 worth of prizes for the **Great BIG Yours Giveaway**! We've got holidays and Hotter shoes, beauty goodies and blenders, shopping vouchers and sportswear, books, DVDs, CDs and more... there's something for everyone! Dotted throughout the magazine there are 181 chances to win – look out for this logo above and turn to p137 to find out how to enter.

In this issue, you can also discover the story of a surprise gift from TV favourites Ant and Dec (p10), take a peek inside Dame Vera Lynn's photo album (p14) and meet the internet sensation – Felix the Huddersfield Station cat (p20).

Plus, there's our pick of the latest figure-fixing dresses (p32), tasty meals for one (p83) and fast fixes for flagging energy (p39).

See you next issue

Sharon

Sharon Reid, Editor





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48 hours in Durham
99

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Everything you need for a great fortnight

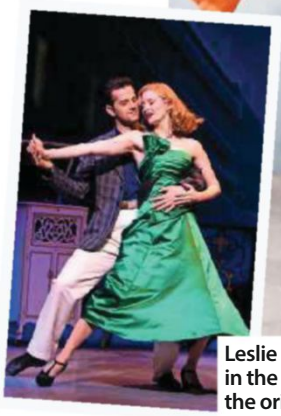
The View from YOURS

CURTAIN CALL...

If you adored Gene Kelly in the hit 1951 film **An American in Paris**, you won't want to miss the Tony award-winning Broadway musical adaptation in London's West End. Telling the story of a young American soldier striving to make it as a painter in the aftermath of war, the show features George and Ira Gershwin's unforgettable songs including They Can't Take That Away From Me and I'll Build a Stairway to Paradise.

■ **Previews start March 4 at London's Dominion Theatre. To book call 0845 200 7982 or visit AnAmericanInParisTheMusical.co.uk**





Leslie Caron and Gene Kelly in the 1951 film and inset, the original Broadway cast



CD TREAT...

It's three years since the musical theatre boy band **Collabro** won our hearts and Britain's Got Talent with their performance of Les Misérables songs. Now, they're releasing their third album, **Home**, showcasing the best of musical theatre through the ages, with songs from Miss Saigon, Funny Girl, Jersey Boys and more.

■ **Out March 3, rrp £9.99**

WIN! See our giveaway on page 6

ON THE BOX...



The role of DCI Tennison made Helen Mirren (pictured inset below) a household name when Prime Suspect first came to our screens in the early Nineties. Now actress Stefanie Martini (left) takes the lead as the crime-fighting heroine with the prequel **Prime Suspect 1973**. Adapted from Lynda La Plante's novel Tennison, we'll see what life was like for the young Jane Tennison as she starts her career as a 22-year-old probationary officer.

■ **Starts March 2, ITV at 9pm.**



When someone told me I lived in a fantasy land I nearly fell off my unicorn

3 of the best... birdy gifts



Sophie Allport peg bag, £11, Sophie Allport (01778 560 256/ sophieallport.com)



Blue tit flour shaker, £5.95, dotcomgiftshop.com



Knitted Birds book, £12.99, RSPB (0345 034 7733/ shopping.rspb.org.uk)

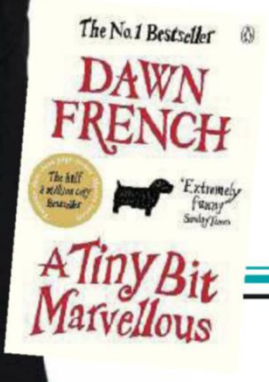
WIN! See our giveaway on page 6

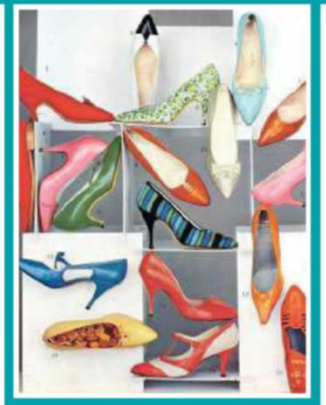


NEW TV CHAPTER FOR DAWN

Dawn French's debut novel **A Tiny Bit Marvellous** looks set to be turned into a comedy drama for ITV. The best-seller follows the tribulations of an average dysfunctional family.

The main character is 49-year-old Mo Battle, who is sliding into menopause and finding life a bit tough, as are her children. It would be fun to see Dawn play Mo, but that's thought unlikely. But you can see her presenting a new series of ITV's **Little Big Shots**, starting on March 1.





If the shoe fits...

Latest research has revealed British women own an average of 24 pairs of shoes. And the average cost of the footwear collection is £603.

The survey, by fashion retailer Simply Be, also found that 79 per cent of us admit we have one or more pairs of shoes that have never been worn.



Remember this?

On March 7, 1965, the first ever episode of a saucy new comedy called **Round the Horne** was heard on BBC radio.

Kenneth Horne presided over the cast of Kenneth Williams, Hugh Paddick, Betty Marsden and Bill Pertwee. Broadcast on a Sunday afternoon, writers Barry Took and Marty Feldman took advantage of the permissive air of Sixties' Britain to insert lots of saucy humour.

WHAT'S ALL THE FUSS ABOUT?

What has caught our attention in the news this fortnight...

The future of gin



In the last few years, sales of gin and tonic have soared as this traditional drink has become a trendy favourite. But supplies were put in peril as one of gin's key ingredients – juniper berries – were threatened by a fungus-like disease, first spotted in the UK in 2011 that attacked the trees and could prove fatal.

Three cheers for the botanists at Kew Gardens who have collected enough seeds from across the country to conserve the declining species. The millennium seed bank project is designed to save all our beloved native trees from dying out – but we're still relieved that the first species to be fully collected and saved are junipers!

Funeral selfies

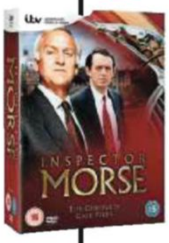
Selfies are everywhere these days, but surely taking one at a funeral is a step too far? Not to mention sharing the pictures afterwards on social media. It seems so many people think this is OK that a funeral director in Canada wants to draw up a code of conduct for people as to what is and isn't acceptable behaviour. In a UK survey in 2015, nearly a third felt it was OK to take a 'funeral selfie'. Surely selfies say 'look at me' and a funeral is about honouring the deceased? We think, for once, put the phone away.

PICS: MATTHEW MURPHY, ALAMY STOCK PHOTO, ITV, REX/SHUTTERSTOCK, LMK

The View

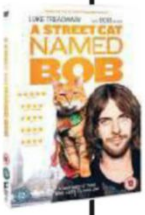
Everything you need for a great fortnight

ON DVD...



Can you believe it's 30 years since **Morse** solved his first crime on our screens? Starting with John Thaw in 1987, the original Inspector Morse racked up 33 shows in 13 years, followed by nine series of sidekick spin-off, Lewis, with Kevin Whately. On this special anniversary we celebrate Morse's past, present and future by giving one reader the chance to win all the episodes of Morse from 1987 to the latest series of **Endeavour**, courtesy of ITV Studios Global Entertainment.





On a different note you can Take home the most amazing cat on the block as **A Streetcat Named Bob** comes to DVD. The heart-warming tail with Luke Treadway, Joanna Froggatt and Bob the cat (as himself) tells the true story of a stray ginger puss who changed the life of busker and recovering drug addict James Bowen for good.

■ Out now, rrp £9.99

WIN! See our giveaway, below right



Breaking all the rules

It's Hollywood 1958 and an aspiring young actress and her ambitious young driver beau struggle with the eccentricities of their boss, the billionaire Howard Hughes. Written by and starring Warren Beatty, **Rules Don't Apply** features Alec Baldwin, Martin Sheen and Candice Bergen.

■ In cinemas March 10

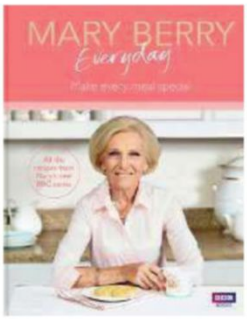
WHAT I'M READING...

CASUALTY ACTRESS CATHY SHIPTON

I'm reading **Howards End,** by EM Forster. I tend to read a load of modern stuff then I think, oh I'm going to go back to some Austen or Hardy or Dickens, or a classic like that.

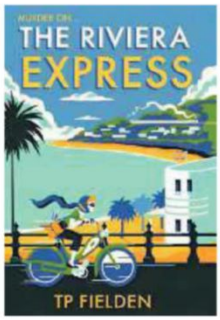


Ones for the bookshelf... fact & fiction



Ever wished that Mary Berry was on hand in your kitchen? A copy of **Mary Berry Everyday** is the next best thing. As well as the puddings and cakes we've come to expect from the former Bake Off queen, there are also wholesome meals with a twist, from venison cottage pie to haddock and cauliflower gratin. Also watch out for her **new BBC series** to accompany the book.

■ Out now, rrp £26 WIN! See our giveaway, right



Looking for a new mystery series to get stuck into? We love Miss Judy Dimont, a curly-haired reporter turned amateur detective. Her first case, in **The Riviera Express** by TP Fielden, sees her investigating the murder of a film star. But why was such a famous heart-throb on his way to a quiet village in Devon? And is it connected to a second mysterious death?

■ Out now, rrp £12.99

WIN! See our giveaway, right



We've got one Morse bundle, one bundle of all three birdy gifts, five copies of Collabro: Home, five copies of A Streetcat Named Bob, five copies of The Riviera Express and three copies of Mary Berry Everyday to giveaway!

■ To enter, turn to page 137



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Being honest, we can't take all the credit for our sweetener – praise is due in large part to those little sweethearts: the Stevia leaves. Thanks to all their hard work, you are now able to enjoy **Truvia**® with its sugar-like texture and calorie-free sweetness.



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A fortnightly round-up of all creatures great and small

Animal magic





NEW ARRIVALS

The little pygmy goat pictured left was just six hours old when he was caught on camera at a smallholding in South Lanarkshire, while the Gloucestershire Old Spots piglets, above, were part of a litter of ten females born at Graves Park, Sheffield.

DID YOU KNOW? **When running, cheetahs use their tail to steer like a rudder for a boat**



Which personality is your cat?

A scientist's research has revealed that all pet moggies fall into five categories.

Dr Lauren Finka assessed some 200 felines and concluded they all fell into one of these groups: **hunter cat**, really excels at stalking and bringing in presents; **human cat**, very affectionate, loves nap-sitting and regularly kneading you with their paws; **cat's cat**, willing to touch noses and rub up against fellow felines; **cantankerous cat**, need to make the first move when it comes to being handled; **inquisitive cat**, will explore every box, handbag and lap! Trouble is, some moggies seem to have all five traits in a single day!





Counting sheep!

Latest figures reveal sheep outnumber people by three to one in Wales.

Up until 2009 there had been a steady decline in numbers but a recent census survey has revealed an increase in flock sizes year-on-year – with 9,810,000 sheep compared to 3,026,000 people.



PET OF THE FORTNIGHT

Name: Pebbles, a Border Terrier
Age: 7
Owner: Mrs Pryer
Pet likes: Balls – can carry three at a time – and food!
Dislikes: The rain
Human traits: She's a real curtain twitcher

■ **Do you have a pet with plenty of personality? Send a picture to the usual address and if we print yours you'll receive a £10 high street voucher. Don't forget to tell us pet likes, hates and human traits.**

PICS: ANDREW WILSON, EDINBURGH ELITE MEDIA, BENJAMIN PAUL SWNS.COM, SHUTTERSTOCK

Heart to heart

Back with a new series of Saturday Night Takeaway, we look at why duo Ant and Dec are simply the best!

By Alison James

There's never been a TV double act as feted as Anthony McPartlin and Declan Donnelly – or Ant and Dec as they're better known. They've won more than 115 awards and both been awarded OBEs yet they're refreshingly unaffected by their success.

They prefer a pint in their local to hanging out in fancy restaurants and flash nightclubs and these two cheeky, naturally funny, working-class lads from Newcastle have never forgotten their roots. They may have swapped the North East for a leafy London suburb – where they live just doors away from each other – but they're very much part of the community. And often full of surprises for their neighbours. One such act of kindness was at Ant's dog walker's wedding in 2015. As the 'Fairy Dog Mother' as she is known locally, emerged from church and greeted all the dogs and their owners who had formed a kind of canine guard of honour, Ant handed out some home-made doggie canapés!

On a professional level, they're kind and thoughtful,



THE SECRETS TO THEIR SUCCESS!





Left: As young teens in Byker Grove. Right: With Britain's Got Talent's, Susan Boyle

too. As Ant revealed on Desert Island Discs, he and Dec were concerned for Susan Boyle after her life changed, post Britain's Got Talent.

"We worried about her a lot, but the duty of care on Britain's Got Talent for the contestants is very high and there's somebody constantly there for them."

What you see on TV is what you get with these two and this, coupled with their very close friendship, is what makes them unique and more popular than ever.

"People often ask what the secret of our success is, and I used to put it down to something that just happened, but I think it's friendship," Dec has said. "Ours is a career built on friendship, not a friendship built on a career."

The boys became friends in 1989 when they appeared in the BBC children's drama, Byker Grove.

"We got on as soon as we met," Ant recalls. "We were both 14. We lived very close to each other in Newcastle. Our schools were just down the road from one another, so we had everything in common – music, girls, movies, football."

Since those days, the boys (even though both are 41) have reinvented themselves as pop stars PJ and Duncan, then as TV presenters. Now they're responsible for three of the most successful shows on television – I'm A Celebrity... Get Me Out of Here, Britain's Got Talent and Saturday Night Takeaway, which has just returned for its 14th series.







Clockwise from left: Saturday Night Takeaway; receiving their OBEs and mums Christine McPartlin and Anne Donnelly

'If it all ended tomorrow, as long as we still had our friendship with each other, I could deal with it,' Dec

"If it all ended tomorrow, as long as we still had our friendship with each other, I could deal with it," says Dec. "Our greatest achievement is that we're still friends. When we were 17, I got my first car, a Mini Metro. We'd been told we were being written out of Byker Grove and we had nothing. We got in the car and drove down to quayside in Newcastle before it was all redeveloped and sat with a bag of crisps and a bottle of pop, looking at the Tyne bridge, going, 'God, what are we going to do now?' We didn't know what was coming next and we loved what we did. We pledged then that whatever happened, we'd stay friends."

A month is the longest the lads have been apart when each holidayed with their wives – Ant has been married to make-up artist Lisa Armstrong since 2006 while Dec wed talent manager Ali Astall in 2015 – but it seems unlikely this will be repeated as they now have holiday homes next door to each other in Portugal.

Incredibly, they've only had two rows in all the years they've been together.

"One was over the Who Wants To Be A Millionaire board game," Dec has said, "the other was when we were very drunk in a lift in Spain. I can't remember what it was about – I knocked his cap off and he punched me in the chest."

The duo have never taken their success for granted, probably due to the kind of upbringing they had. Dec is the youngest of seven children while Ant grew up with a single mother.

"I rarely saw my mum because she had so many jobs," he recalls. "So when I came home from school, me and my sister would cook for her and sort each other out because mum had to get another job to make ends meet. We would have people knocking at the door – money lenders, all that kind of stuff. I remember it all quite vividly and that sticks with you."

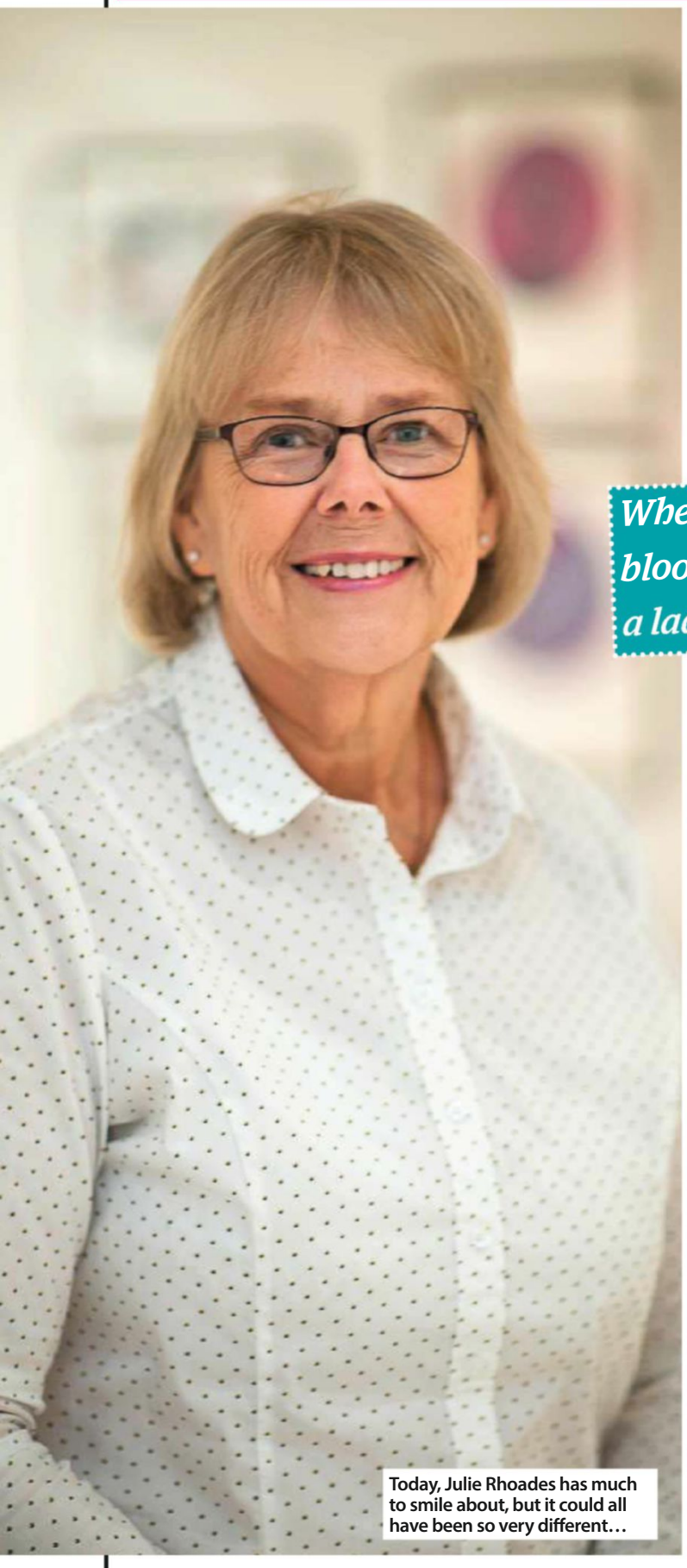
It speaks volumes that when Ant and Dec received their OBEs earlier this year, their mums, Christine McPartlin and Anne Donnelly, as well as their wives Lisa and Ali, were at Buckingham Palace with their sons.

"This will definitely be the proudest our mams have ever been," said Dec, as they celebrated afterwards.

There's not much doubt about that.

■ **Saturday Night Takeaway is on ITV**

PICS: ITV/REX/SHUTTERSTOCK, MIRRORPIX, BBC/PLANET PHOTOS



Today, Julie Rhoades has much to smile about, but it could all have been so very different…

'A stranger saved my life – and we became best friends!'

When Julie Rhoades was diagnosed with blood cancer, a stem cell donation from a lady in Scotland changed everything

By Katharine Wootton

As Julie Rhoades and Julie Merrilees laugh and chat together, you would be forgiven for thinking these two had known each other all their lives.

Looking so alike and with the same go-getting spirit, you might even think they were sisters. But these best friends, in fact, met only a few years ago – and in the most unlikely of circumstances.

It was in 2008 when Julie Rhoades, then 50, from Tunbridge Wells, began to feel very tired, bruised and out of breath. A few weeks and numerous tests later, she received the news no one wants to hear – she had leukaemia.

Still reeling from the diagnosis, Julie was rushed to hospital, where she remained for 16 weeks of chemotherapy and infusions. She lost pounds in weight, lost her hair and became extremely ill. The only hope, the doctor said, was to have a stem cell transplant.

Several hundred miles away in Scotland, Julie Merrilees had spent years doing charity challenges, jumping out of planes and abseiling. But when she heard about Anthony Nolan, set up to match those in need of a bone marrow or stem cell transplant with donors, she decided she wanted to do more than donate money. So she signed up to its donor register. "While not everyone on the Anthony Nolan register will be called upon to donate, I had a very strong feeling at the time that I was definitely going to one day," says Julie M.

Six years later that day came when the phone rang and she was told there was a recipient in need of a transplant and she was the best tissue match. There was



The two Julies share a bond that will keep them friends forever

Anthony Nolan donor register

While you must be aged 16-30 to join the Anthony Nolan donor register (although donors remain there until the age of 60), you can help Anthony Nolan by fundraising, volunteering or donating a cheque payable to Anthony Nolan to: Fundraising Department, Anthony Nolan, 2 Heathgate Place, 75-87 Agincourt Road, London NW3 2NU. To find out more, call 0303 303 0303 or visit www.anthonynolan.org

no mention of names, the situation or even the gender of the recipient, but Julie was delighted to be able to help someone.

While stem cells can be donated directly from the bone marrow under anaesthetic, the doctors said Julie's recipient would benefit most if she donated the stem cells from her bloodstream while awake.

Special injections given in the days before her donation stimulated her stem cells to move from her bone marrow into her bloodstream.

Then the donation day came around. "It was actually quite similar to giving blood in that you sit on the top of the bed fully clothed," says Julie M. "They then hook both your arms up, so the blood comes out of one arm, they collect the stem cells and pump the blood back into the other arm. Over seven hours, I donated two million stem cells but, as the recipient was taller than me, the doctor said I needed to go back the next day and do it all again," Julie laughs.

'I felt completely overwhelmed when I met Julie for the first time. In a nutshell, she saved my life. So it was extremely emotional, but I immediately felt so comfortable around her'

Little did Julie know, however, that this recipient of her donation, a lady with the same name as her, Julie Rhoades, was lying waiting for this warm bag of stem cells to arrive just metres away in the same hospital – an incredible coincidence, as donated stem cells can go to recipients anywhere in the world.

The transplant was a success and Julie M returned to work, unaffected by her donation. For Julie R, however, it took a long time to recover. "It took me about three years to feel well again, as my body initially tried to reject the transplant, making me very ill," she says. "But as soon as I felt better I wanted to write to thank my unnamed donor for their incredible gift."

When Julie M picked up the letter, she was over the moon. "As I'd not heard for so long I wondered if maybe I hadn't done enough, but I was delighted to hear she was all right."

It was the start of a blossoming friendship as the pair continued to correspond by letter and eventually met up.

"I felt completely overwhelmed when I met Julie for the first time," says Julie R. "In a nutshell, she saved my life. So it was extremely emotional, but I immediately felt so comfortable around her."

Since that first meeting, they have continued to stay in touch and even met each other's family. "All my family are hugely grateful to Julie and my daughter said that when she met Julie, she felt like she already knew her," says Julie R.

"It's funny, everyone says we look alike and we get on so well. I feel as if we've known each other much longer than we have," says Julie M. "We can chat for hours and I know that we'll be friends for a very long time."

PIC: PATRICK BOYD PHOTOGRAPHY

Wonder WOMEN

As Dame Vera Lynn prepares to mark her 100th birthday, she gives us a special glimpse into her personal album of photos spanning her incredible life



Dame



Above, Dame Vera arriving in India on her way to Burma to entertain the troops

Left, taking to the stage after the war in one of many, many concerts for servicemen and women

Her songs kept the home fires burning and her smile lit up the faces of millions when wartime Britain faced its darkets hours.

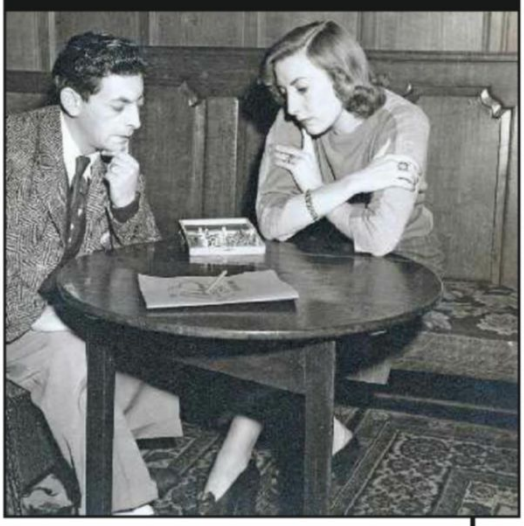
Now 'the Forces Sweetheart', Dame Vera Lynn is about to celebrate her 100th birthday on March 20 – and is marking the occasion with a new CD and a special concert. A performer from the age of seven, Vera's songs such as We'll Meet Again and The White Cliffs of Dover became the soundtrack to the Second World War, while her selfless generosity, singing for the troops and later setting up her own charity for children with Cerebral palsy made her one of the most extraordinary stars the world has ever seen. Many happy returns to the one and only Vera Lynn!

■ **100: A Tribute to Dame Vera Lynn is at the London Palladium on March 18. Call 0844 412 4655 or visit seetickets.com**



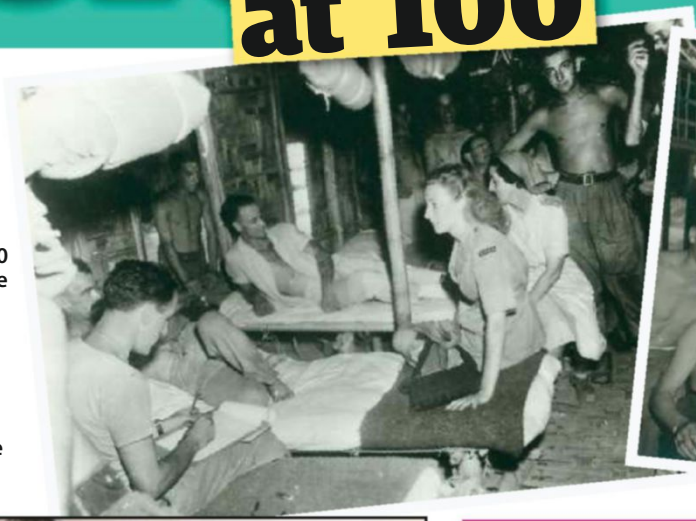
Vera currently lives in Sussex with her daughter Virginia (pictured far left) and son-in-law; left Vera in the Burmese jungle

In 1944, with the global war at its height, Dame Vera undertook a tour to entertain British troops in Egypt, India, and Burma. In later years she would express her amusement when Spice Girl Geri Halliwell demanded a refrigerator full of soy milk before performing for soldiers bound for Iraq.



Vera with her husband, the saxophonist Harry Lewis at the Ambrose Orchestra. He died in 1998

Vera ...still the nation's sweetheart at 100





Vera risked her life to bring hope and a reminder of home to the troops serving in Burma (left and below). In her 100 years, she says the most poignant moment of her life was singing We'll Meet Again to an audience of just two injured servicemen in the Burmese jungle.



In 1941 Vera began her own radio show, Sincerely Yours, where she sang songs and lullabies and sent messages to troops away from home

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We've got five copies of Vera's latest CD, Vera Lynn 100, to give away, worth £9.99 each.

■ To enter, turn to page 137

MAIN PIC: REX FEATURES; VERA WITH DAUGHTER SWNS.COM

The perfect close-knit holiday!





It's not just any old guest house – Paula Chew's is only for knitters!

Seaside landlady Paula Chew runs a very special guest house – tailor-made for knitters!

By Carole Richardson

As a little girl, Paula Chew would look at her grandma in complete awe as she helped her sort out her knitting problems. "I can remember her teaching me stocking stitch and getting confused over whether I was on a knit row or a pearl row and being amazed at how she could tell just by glancing at it," she recalls.

To an experienced craftswoman like her grandma Lily Smith, it was obvious what the next stitch should be but to a beginner like her granddaughter, it was almost magic.

"I was only four or five when she first put a pair of needles in my hand. Whenever I went wrong and she had the answer, I'd think: 'How does she know?"

Today, Paula (52) is an expert knitter who has most of the answers herself and is happy to share them with guests at her hugely popular guest house just for knitters in Blackpool.

"Knitters are very generous with their knowledge and time, because they are so passionate about it. They can't wait to help!" she laughs.

In return for Paula's help, her guests will happily click away and knit dishcloths for her when not working on their own projects at Westcliffe, on the resort's North Shore.

"They're great! I've made my best friends from guests who come here. By 9pm I always clock off and knit with them," adds Paula, who celebrated the tenth anniversary of running the specialist holidays with husband Simon (49) last June.

A naturally creative child, Paula quickly developed her knitting skills with her

grandma's help. By seven, she'd mastered the art of crochet and by 12 was following complicated Aran patterns.

"My first memories are all of making things, starting with little red bootees for my dolls," she says.

After leaving school, her artistic talent led her into a career as an illustrator for archeological services in Yorkshire before moving to her husband's native Blackpool in 2002.

Originally they began running a traditional B&B, but competition was strong and it was clear they needed to be different. After hearing of another landlady who ran specialist flower arranging breaks, she was inspired.

"It was just natural for me to choose knitting," adds Paula, who admits she always has at least ten knitting or crochet projects on the go. Her passion is for knitting intricate fishermen's sweaters 'in the round'.

Recently she discovered a faux taxidermy pattern book. Her first attempt – a crocheted zebra head – has pride of place on the dining room wall. She can also create her own patterns. After a single advert in a specialist knitting magazine in October 2006, Paula was inundated with requests from knitters who wanted to come and stay – and has never looked back. Fully booked already for 2017, places for 2018 are expected to be snapped up in September.

The majority of guests are on their own and can often find it difficult to go on holiday alone.

Sharon Robinson (46), from Wakefield, who is disabled and divorced, is one. She's been visiting Westcliffe for six years and has eight visits booked for this year alone.

She says: "My knitting skills have definitely improved since I've been going to Paula's because we all learn from each other. I can now make patterns for jumpers, do fairisle and knit in the round.

"For me, though, the best thing is that you can go there on holiday alone and not feel alone. I've made friends from up and down the country and, because we have something in common, we meet up in each other's home towns. It is absolutely fabulous."

Paula, who lets out six of the ten bedrooms at Westcliffe, adds:





Two of Paula's creations – she's especially proud of the zebra head

"I always wanted to provide a really good service, but doing it for the knitters you realise you want to provide a really, really good service because they're all so nice and they really want to be here."

So what's the secret of being a really good knitter?

'It's not something you do because it's cheap now. It is something creative you do for pleasure – not because you need a pair of socks'

"You've got to have passion. And like anything, practice makes you better.

"Maths and manual dexterity come into it because your brain has to cope with doing various things at once. Guests often say it helps with arthritis in their hands too."

Knitting has changed over the years with the ready availability of luxurious yarns and needle varieties, adds Paula.

"It's not something you do because it's cheap now. It is something creative you do for pleasure – not because you need a pair of socks."

Her holidays often include workshops led by other experts and trips out.

She has created a 'wool shop' in her front sun lounge just for guests, who range from beginners to highly skilled knitters.

Keen to keep prices down, a full board Monday to Friday holiday, including workshop tutoring and all materials, costs £325. "We just about make a profit. We don't have overseas holidays or anything ourselves, but I enjoy the work," she says.

"We could expand and we have agonised over getting a bigger place but the guests who come are so comfortable here, I don't want to lose that personal touch."

For more details about the guest house, visit www.westcliffe-knitting.co.uk





Paula as a little girl with her mum and gran Lily and below in later years with Lily, who was her knitting inspiration

PICS: CHRIS BULL/UNP



Win a slipper knitting kit

We've got a slipper knitting kit from Stitch and Story, worth £28, to give away (for more details on its knitting kits, visit www.stitchandstory.com)

To enter, turn to p137



Laughter is the best medicine!

Holby City actress Catherine Russell chats about a new challenge and why she saw every episode of Are You Being Served? being filmed

By Katherine Hassell

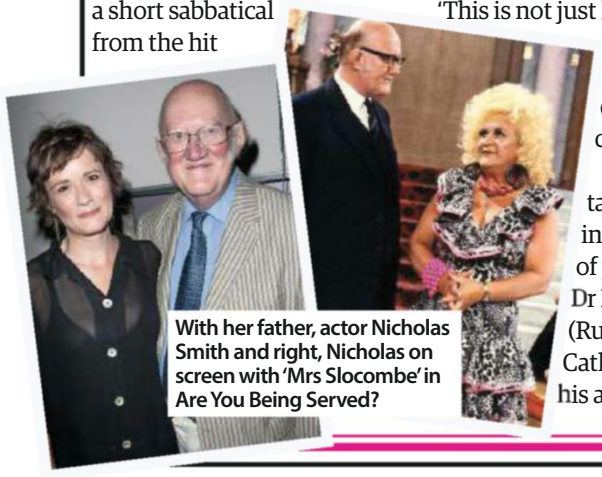


Catherine as consultant general surgeon Serena Campbell in Holby City

Catherine Russell hasn't had much to smile about of late as consultant general surgeon Serena Campbell in the BBC's Holby City. Overwhelmed with anger and sorrow after her daughter's death, the medic is struggling to survive.

Portraying that grief has proved challenging. "I've a daughter and a son of pretty much the same age, so trying to put yourself in that position was upsetting," she admits. Some light relief, then, is just what the doctor ordered. It comes courtesy of a short sabbatical from the hit hospital drama to star as Mrs Prentice in Joe Orton's classic farce What the Butler Saw on the 50th anniversary of the playwright's passing. "I've been at Holby for five years and it's the most delightful place to work, but I didn't become an actress to play one part. I thought I should frighten myself," Catherine says of her decision to return to the stage.

Offered more serious plays, she said no. "I just wanted to make people laugh again," she admits. "It's such a drug, hearing an audience laugh. Then, What the Butler Saw came along. By the third read, I thought: 'This is not just hilarious, but a work of genius. I'm desperate to do it.'"



With her father, actor Nicholas Smith and right, Nicholas on screen with 'Mrs Slocombe' in Are You Being Served?

The action takes place in the clinic of psychiatrist Dr Prentice (Rufus Hound). Catherine plays his alcoholic wife, infinitely madder than those seeking treatment.

Catherine's no stranger to comedy classics. Her father, Nicholas Smith, was Mr Rumbold in Are You Being Served? "I'm one of a few people who can claim I saw every episode filmed," she says. "When it became Grace and Favour, I saw all of those filmed, too. He couldn't go outside without people coming up or shouting: 'Oy, jug ears!' " And, she adds, although they never acted together professionally, she always helped him rehearse his lines. "I played Mrs Slocombe in the sitting room!"

After thinking of becoming a circus bareback rider, or a mounted police officer, Catherine declared, aged eight, she wanted to act. "I saw Dorothy Tutin in a play with my father and thought: 'Look at that incredibly tall, slim, elegant young woman.' Backstage, I was surprised when I was introduced to a short, dumpy, middle-aged woman," she laughs.

Catherine's since starred in such TV hits as Chandler & Co and The Cazalets and The Inspector Lynley Mysteries, movies such as Bridget Jones: The Edge of Reason and critically-acclaimed theatre including Chekhov's Three Sisters and the musical Mamma Mia! Her children, with film producer husband Richard Holmes, follow in family footsteps, too. Son Sam (27) is a comedian/compere, while Poppy (19) "sings like an angel and is a far better actor than I was at that age," laughs Catherine.

Catherine is in What the Butler Saw at Leicester's Curve Theatre (March 3-18) and Theatre Royal Bath (March 27-April 1). Visit www.curveonline.co.uk for details. Holby City is on BBC1 on Tuesdays at 8pm

PICS: BBC, REX/SHUTTERSTOCK

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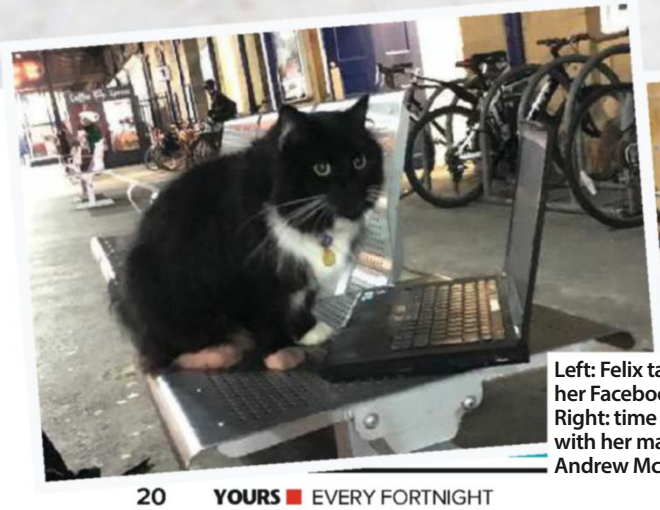
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MEET FELIX

the superstar station cat!

She has more than 100,000 fans on the internet, raises money for charity and now has her very own book. Huddersfield Station's Senior Pest Controller Felix really is the cat's whiskers!







Left: Felix takes a look at her Facebook profile… Right: time for a treat with her manager, Andrew McClements

By Katharine Wootton

As thousands of commuters, shoppers and day-trippers bustle around Huddersfield station in West Yorkshire, they might just spot one very important person sitting in the shadows quietly surveying it all (unless she's fallen asleep on the job!). This is Felix, the Senior Pet Controller of Huddersfield station and an international superstar.

Railway cats may have been around for decades, recruited by train companies to see off the station pests, but with more than 100,000 followers on Facebook and a book on the way, there's never been another railway cat like Felix.

This bundle of fluff first arrived at Huddersfield station at just a few weeks' old after a member of staff's cat had kittens and a few colleagues persuaded the boss to let them have a station cat to take care of the (non-existent) mice.

Originally thought to be a little boy and named Felix after a public vote, Felix later suffered a bit of an identity crisis when a vet revealed she is actually a girl!

Nevertheless, Felix wasted no time wheedling her way into the affections of staff and passengers and within weeks she had the run of Huddersfield station.

As far as she was concerned, all staff in-trays, printers and desks were at her disposal for cat naps, while she could coax any unwitting commuter she liked into sharing their lunch with her. She even had her own special cat flap installed in the station – not that she ever likes to use it of course!

And while there wasn't much pest control going on – she has a phobia of crows – Felix soon became an essential part of the station team. With her butter-wouldn't-melt eyes and irresistible personality, she often stepped in to to help calm disgruntled passengers or cheer up a teary toddler.

One evening when the station staff noticed a young boy shivering on the platform, having run away from his care home, Felix made an enormous difference by sitting quietly with him, letting him stroke her, while staff sorted the situation out.

But it was one night shift in 2016 that changed Felix's fate for good. Andrew McClements was a team leader at Huddersfield station, in charge of looking after Felix, when he decided to get her a hi-vis jacket like the rest of the station staff. When it arrived along with a name badge that said 'Felix – Senior Pest Controller' Andrew posted a photo of her in her new uniform to the Felix Facebook fan page that had recently been set up by a cat-loving commuter.

He thought nothing more of it, until the next day when he discovered his photo had gone viral. The whole internet was talking about Felix and national newspapers ran with the story 'West Yorkshire cat promoted to Senior Pest Controller'. "It was bizarre and very surreal," laughs Andrew.

Soon, hundreds of visitors from all over the world were turning up at Huddersfield station asking to see Felix, while package upon package of fan mail kept arriving for the darling of platform one. For Felix, who's always been a bit of a diva anyway, she adapted effortlessly to her new celebrity status.

'Nowadays she can't go on the platform without people rushing over to pet her and give her treats'

"Nowadays she can't go on the platform without people rushing over to pet her and give her treats," says Andrew. "And of course she laps it up!"

She's also become a pro in front of the camera. "When we first had photographers coming to the station she was a bit timid, but now we've had so many of them, she's pretty settled and seems to just go, 'right let's get this over and done with'."

She's become so famous in fact that the station has started sending most of the gifts and treats she receives to less fortunate cats at local rescue centres.

And her philanthropic spirit doesn't end there as Felix has also been responsible for raising thousands of pounds for charity. First there was the 5km challenge where she donned a GPS tracker to walk 5km for a local children's charity, Fairy Bricks. It may have taken her two weeks to complete – look, a girl needs a lot of cat naps in between all that exercise – she eventually raised £5,200. Then came the Felix calendar which raised money for Huddersfield Samaritans. And now there's the book about her life, Felix The Railway Cat, all the royalties from which will go to Prostate Cancer UK. "We've always said we don't want Felix to become too commercialised, so any money made should go to good causes," says Andrew.

"There are hundreds of railway stations around the world, but there's only one Felix."

■ Felix The Railway Cat is published by Michael Joseph, £12.99.

■ Follow Felix's antics by searching for Felix the Huddersfield Station Cat on Facebook.

PICS: AL RICHARDSON





As a kitten Felix loved to take a nap in the letter tray! Right, in her hi-vis jacket complete with name badge

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Sheena (centre) and the cast of 42nd Street at London's Drury Lane Theatre Royal

Why Sheena's back in town!

Scottish-born singing sensation Sheena Easton tells* Yours *why she's back in the UK after 36 years in the USA

By Alison James

She sounds far more State-side than Clyde-side these days but Sheena Easton is just as feistily charismatic and 'in tune' as she was when she appeared on The Big Time, TV's first reality music show, back in 1980. Thirty seven years on, we meet in the stunning surroundings of Drury Lane's Theatre Royal where Sheena, who looks pretty stunning herself in a clingy floral number and patent nude heels, is about to open in a revival of the iconic tap-dancing musical, 42nd Street. For all her hit records - 9 to 5, Modern Girl, For Your Eyes Only and the rest, platinum albums, Grammy awards, Las Vegas residencies and collaborations with superstars such as Kenny Rogers and the late Prince - Sheena is making her West End debut in 42nd Street and couldn't be more excited about it.

"There are few shows I'd consider changing my life for but this is one of them," she says. "Musicals don't get

PICS: ALAMY STOCK PHOTO, ITV REX/SHUTTERSTOCK, GETTY IMAGES



much bigger or better than 42nd Street. I remember seeing a production of it some years ago in Los Angeles with Millicent Martin playing Dorothy Brock, the role I'm taking on. I can remember thinking then that one day I'd love to play her – and now I am."

Yet if the chance to play Dorothy in London had come just a few years ago, Sheena says she would have turned it down because of her children, son Jake (22) and daughter Skylar (21), who she adopted when both were babies.

"When you're in something like 42nd Street, your whole life has to be about doing the show because you're doing eight performances a week and you have to stay focused and fit.

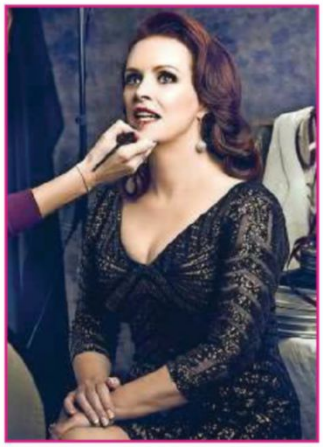
"I've always worked around my kids and practically stopped working altogether when they were teenagers because I felt they needed me at home. Now it's different because they're grown up and living their own lives – Jake has a job while Skylar is at university.

"When the prospect of coming to London to do 42nd Street first came up, we talked as a family and they agreed it would be a great thing for me to do. Naturally they'll come and visit, although I won't have much time for sightseeing.

"All things considered, the timing, the show and the role couldn't be more perfect; there aren't that many great musical roles for a woman of my age (57) and Dorothy Brock is one of them."

Dorothy is a bit of a diva. Can Sheena relate to that?

"Yeah – there's definitely some of her in me," she laughs. "I love how she's so over the top and there's great fun to be had in playing such a larger than life character. In the Twenties, Thirties and Forties, you simply couldn't be an understated female star – you had to stand out and have an OTT persona. But there's a truth in Dorothy, too, and also insecurity and vulnerability. She's an older woman, the future's coming at her hard and she's not part of it. She's threatened by and jealous of younger performers who are just starting their careers."



'There are few shows I'd consider changing my life for but this is one of them'

There is one element to Dorothy that Sheena definitely can't relate to.

"I'd hate to be starting out today and so grateful that I'm not," she reveals. "I think if I was, I maybe wouldn't have wanted to become a singer. There's just not the nurturing of new talent that there was in my time, the investment – both financial and emotional. You're supposed to emerge into the public eye with an instant hit and keep producing hit after hit. You've also got to promote yourself to a large extent. It's always been a tough industry but today it's tougher than ever."



Right: Sheena in the Eighties at the height of her pop star fame and below, her friend and musician Prince



Have either of Sheena's children entered showbiz?

"No, thank goodness! Since they were tiny, I've let them see that what I do is very hard work. I needed them to see it's far from being all glamour and excitement. My son plays the guitar, but for his own enjoyment rather than having any designs on a career. Both he and Skylar have occasionally seen old videos of me. Skylar once said, 'What the hell are you wearing in that, mom? Your butt's all shiny.' I replied, 'It's called Spandex, darling. And may you never have to experience it in real life!'"

We can't finish without asking Sheena about Prince who, of course, passed away last year, and with whom she collaborated so successfully in the Eighties.

"He was – and still is – the most respected musician of my generation," she says. "He has been described as iconic, innovative, controversial, unique, charismatic and one of the driving forces of music for the last four decades. He was all of those, but he was also warm and generous, gentle and kind and when he chose you as a friend, you were blessed. I hadn't seen so much of him since Jake and Skylar arrived in my life. I couldn't hang out with him all night with two children at home but I'll always cherish the times we spent together making music."

■ **For tickets visit www.42ndstreetmusical.co.uk**

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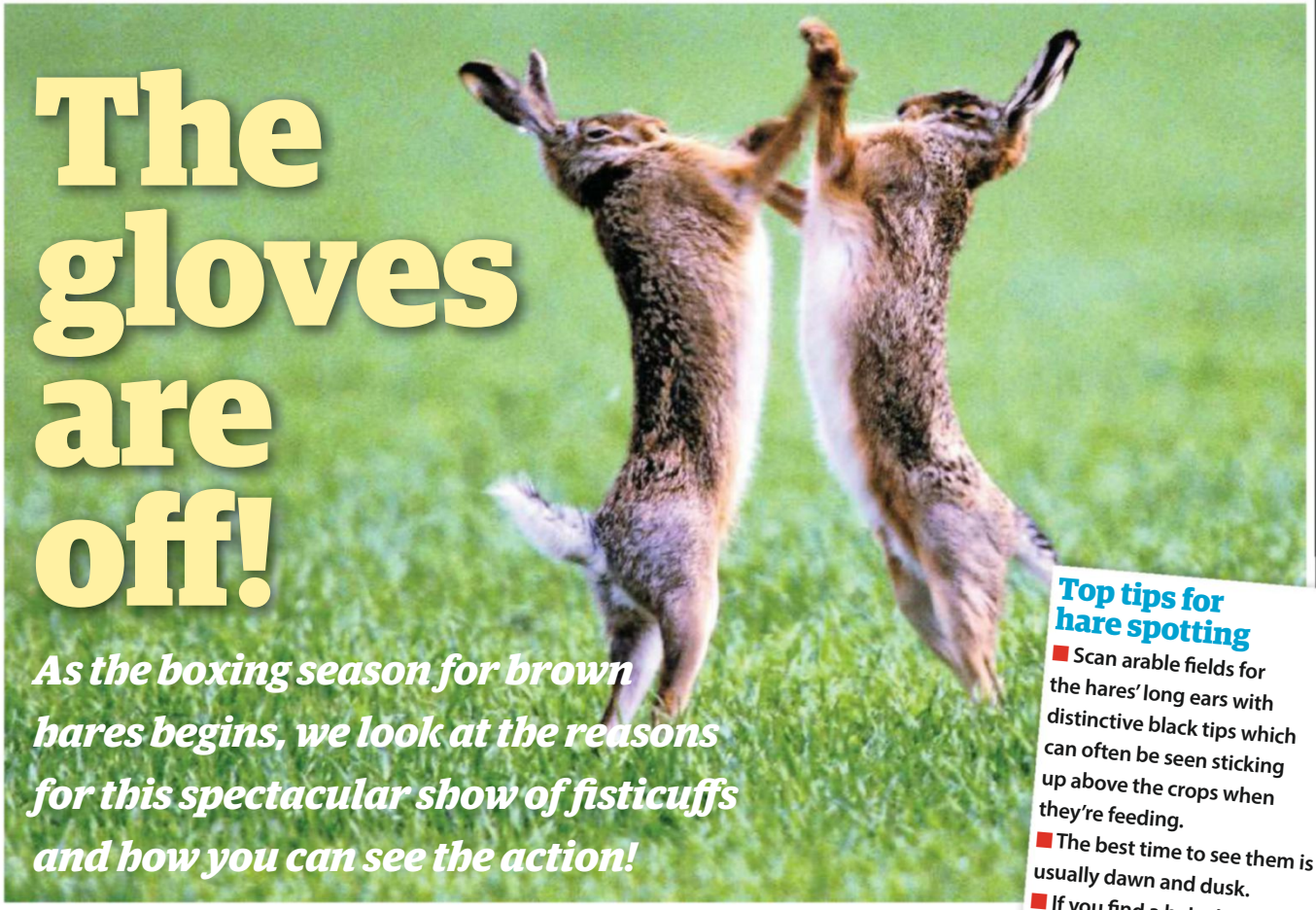
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The gloves are off!



As the boxing season for brown hares begins, we look at the reasons for this spectacular show of fisticuffs and how you can see the action!

By Katharine Wootton

The gloves are officially off this spring as brown hares up and down the country channel Muhammad Ali for their annual boxing championships. But unlike humans, boxing isn't a sport for these distinctive animals, but a fascinating part of the mating ritual.

Kelly Thomas, RSPB Reserves Ecologist, explains: "Hares box when a female (doe) is fighting off the advances of a male (buck) who's trying to mate with her," says Kelly. "The female will stand on her hind legs and hit the male with her paws, either because she's not yet ready to mate or to stop a particular male she doesn't want from mating with her.

"As far as the doe is concerned, she's not starting a fight, she's just reacting to the behaviour of the male. She's probably not trying to hurt the buck – usually the worst that'll happen is a bit of fur loss or damage to their ears, but she just wants to give him a hint."

Usually this quick swipe is the last card the girl can play after enduring possibly days of unwanted attention, when individual males guard her, trying to chase off all the other competition and often participating in a mating chase.

At the end of her tether, the girl gives the chap a whack and he usually gets the message and, at last, slopes off.

While hares typically box and breed between February and September – a female can rear up to an eye-watering 16 babies a year! – the best time to catch them boxing is March and April. In fact that's where the phrase mad as a March hare comes from. "When the vegetation and crops on open farmland have yet to grow high, that's when you have the best opportunity to see hares playing, chasing and boxing," says Kelly.

"Getting out and about in open countryside is the best place to see them," she says. But there are also a few RSPB Nature Reserves where there are known populations of brown hare including Winterbourne Downs, Havergate Island, Langford Lowfields, Middleton Lakes, Pagham Harbour, Saltholme, West Sedgemoor, Wallasea Island and Ynys-hir.

■ **For more details, visit www.rspb.org/hares**

To share hare sightings with scientists, visit www.brc.ac.uk/irecord

Top tips for hare spotting

- Scan arable fields for the hares' long ears with distinctive black tips which can often be seen sticking up above the crops when they're feeding.
- The best time to see them is usually dawn and dusk.
- If you find a baby hare, called a leveret, looking apparently abandoned, it's mother will usually return to feed it at dusk. Leave it undisturbed unless it's in immediate danger.

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'We want to tell stories properly'



Paul as Dr Turner with Laura Main as on-screen wife Shelagh

Call The Midwife's Stephen McGann, aka Doctor Turner, chats to* Yours *about celebrating Sixties' mums and seeing his own son being born!

By Katharine Wootton

As dependable Doctor Turner in Call The Midwife, actor Stephen McGann brings an air of calm to every situation. But he's the first to admit that he was useless at the birth of his own son, although the experience of seeing his son arrive was incredible.

"I'm delighted to say there was no Sister Evangelina to throw me out of the room but I was brilliantly useless. My wife said to me at one point to stop making that breathing noise. She was basically telling me to stop breathing because it was annoying her!" he laughs.

Stephen's wife is Call The Midwife writer, Heidi Thomas, but he says the two of them try not to 'talk shop' at home. "Heidi and I have been together for 20 years and we always do our own thing. She never reads lines with me and I never look over her shoulder at hers," he says.

'I like to think we don't just entertain on Call the Midwife, we educate and inform too,'



It was Heidi who, albeit accidentally, got him the part of Doctor Turner. "I got a call from Heidi who was in the middle of casting for this new midwife thing she'd told me about. She said they hadn't found the right actor so would I mind reading in for this Doctor Turner who wasn't going to be in the show much? So I did. And when the show started it suddenly went ballistic – and so Doctor Turner got a bigger part.

"I like to think we don't just entertain on Call the Midwife we educate and inform too," says Stephen, who also has a degree in Science Communication. "We've always had hard-hitting storylines on the show and the responsibility to tell them properly is huge. Because these things happened not that long ago.

"We've had some very moving letters sent in from women who said the Sixties passed them by in many ways because they were basically chained to the kitchen and the kids. My mum was one of these girls who always said she just had children in the Sixties. All that hippy dippy stuff was happening elsewhere. It's these kind of ordinary women of my mum's generation who changed the situation of women, one day, one baby at a time, by saying perhaps we could do things differently, maybe mums out of wedlock don't have to be condemned. And these are the women we see at Doctor Turner's surgery. I feel such a sense of pride in telling these stories. I'm not sure when we finally pack up Call the Midwife that we'll ever see its like again."

■ **Call the Midwife, Sundays, BBC1, 8pm. Visit yours.co.uk/call-the-midwife to take our Call the Midwife quiz.**

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We've got five copies of the Call the Midwife Series six DVD to give away, each worth £20 each.

■ **To enter, turn to p137**



PICS: BBC



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Ease into your day

Just imagine waking up to the gentle sound of waves lapping on a beach or soft wind chimes easing you into a new day.

Ditch your blaring alarm that shocks you awake before your body is truly ready and leaves you feeling groggy. Instead, opt for a clock that allows you to wake up gradually. Experts says this will help you to feel more energised first thing.

Inside

Hot flushes?

Ease menopause symptoms with food



Eye-opening beauty buys

Make-up must haves for younger-looking eyes



Wardrobe updates

Find your perfect dress that fits and flatters your figure



PICS: MASTERFILE, SHUTTERSTOCK, ALAMY STOCK PHOTO

Eye opening beauty BUYS



Perfect your peepers with these clever make-up must haves, says Beauty Editor Michelle Nightingale



Stockists: **Benefit** 0800 279 4793; **Boots No7** 0845 070 8090; **Bourjois** available nationwide; **Clinique** 0370 034 2566; **M&S** 0333 014 8555; **Max Factor** available

1 Clinique Lash Power Flutter-to-Full Mascara, £20/9.5ml
A custom-fit mascara that allows you to control the amount of mascara deposited onto the brush. Simply twist the centre of the mascara and choose between a natural flutter or a more voluminous look.

2 Bourjois Eye Primer 24H, £6.99/6ml
This clever product is a must if you wear eye shadow daily. Not only does it set eye shadow for a longer wear time, it also makes it water resistant and will help enhance the colour, too.

3 M&S Autograph Lash Enhancing Serum, £15/3ml
Bulk up thin lashes and make them look fuller and thicker in just four weeks with this argan oil-enriched serum. It's pricey, but a little goes a long way.

4 No7 Beautiful Eyebrow Sculpting Pencil Grey, £8
One of the few brow pencils available that's truly grey. Easy to use, with a handy built-in brow brush and it's affordable too.

5 No7 Lash Impact Lash Primer, £12.95/7ml
Apply before mascara to lightly tint and separate lashes so it goes on smoothly. It helps to improve the lengthening and volumising power of your usual mascara, too.

6 Benefit Grooming Tweezer & Brush, £15.50
We love this double duty brow tool. The tweezers are as good as those from other more expensive brands and easily grab even the tiniest hairs. The brush on the end is handy for tidying brows.

7 Benefit Ready, Set, Brow, £18.50/7ml
An invisible shaping and setting gel that will ensure unruly brows stay put all day long.

8 Max Factor Colour Corrector Stick: The Brightener, £8.99
An under eye brightener that actually hides dark circles. Simply apply the crayon under your eye and pat into the skin to blend thoroughly. Apply your foundation over the top.

9 Soap & Glory Archery Volu-Boost Brow Fiber Gel, £10/2.7ml
This instantly thickens and sets sparse, overplucked brows and is utterly foolproof. If you find filling your brows tricky then this is the product for you. Available in three shades – the lightest 's great for blondes.



from Boots; **Soap & Glory** available from Boots

For wider eyes, curl your lashes before applying mascara

CHEAT BIGGER EYES IN MINUTES

Apply a cream or neutral-toned eyeshadow to your whole eyelid.

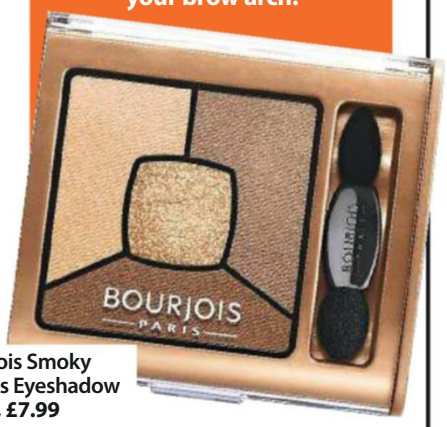
Add a slightly darker shade along the socket line and blend well.

Apply a brown eyeliner along the upper lash line close to the lashes.

Blend and smudge the line with your fingertips or a cotton bud.

Apply two coats of black mascara.

Add a dab of the lightest eye shadow shade to the inner corner of each eye and under your brow arch.



Bourjois Smoky Stories Eyeshadow Quad, £7.99

Choose brown eyeliner over black – it's softer and more flattering

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WIN EVERYTHING!
One lucky reader can win all the products on this page, worth over £120!
■ To enter, turn to p137

PICS: SHUTTERSTOCK

FIGURE FLATTERING frock

These gorgeous dresses says Fashion Editor

Instantly feminine, forget your preconceived ideas about the dress - it can be practical, comfortable and can make any shape look good. Cheat a waist with a belted style, hide full hips with a fit-and-flare and flatter a big bust with a V-neckline. For comfort, pick styles that sit on the knee, or just below and opt for sleeves if your arms are a bugbear. Dress them up or down and you have a versatile wardrobe staple that won't ever date.



THE RELAXED FIT DRESS

Simple, yet flattering, this dress shape is great for everyday comfort. Add a belt to give it shape and, if you're big busted, try a V-neckline to help slim the torso.

Gill wears: Dress, **£39**, 10-28, Damart

<<< PERFECT MATCH >>>



Charm loafers, **£69**, 3-9, Hotter

THE TUNIC DRESS

Super flattering and brilliantly versatile, this dress shape can be worn day or night. Wear alone, or over slim-fitting jeans or trousers to maximise the look.

Gill wears: Dress, **£39**, 8-22, M&Co



Viviene heels, **£79**, 3-9, Hotter

THE FIGURE FIXER

The ultimate figure-friendly frock, wrap dresses flatter all shapes and sizes. They're particularly great if you're big-busted, too.

Joan wears: Dress, **£35**, 12-24, Lavitta | heels, **£49.99**, 3-8, Lotus Shoes

are practical and pretty,
Michelle Nightingale



THE SLEEVED DRESS

Sleeves that finish mid-forearm are ultra-flattering as they show off the smallest part of your arms.

Gill wears: Dress, **£25**, 10-24, Bonmarché | heels, **£49.99**, 3-8, Lotus Shoes

THE BODYCON DRESS

Don't be put off by the term bodycon! This shift dress, with a little stretch, is perfect for petites and those with a tummy, the gentle nipped-in waist and cleverly placed floral pattern give a flattering shape.

Joan wears: Dress, **£55**, 10-28, Lorraine Kelly for JD Williams.



Donna heels, **£85**, 3-9, Hotter

THE FIT & FLARE DRESS

Great for petites, pear shapes and those with broad shoulders. Fit-and-flare styles help fake a waist and skim over your hips, bum and thighs.

Joan wears: Dress, **£39**, 8-22, M&Co



Charmaine heels, **£69**, 3-9, Hotter

PHOTOGRAPHY RUTH JENKINSON; STYLIST JO WINCH; HAIR AND MAKE-UP SARAH JANE GREEN

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WIN shopping vouchers!

We've got the following great prizes up for grabs:

£50 M&Co voucher
£50 Damart voucher
£50 Bonmarché voucher
£50 credit to spend online at www.lavitta.co.uk
A pair of shoes worth up to **£80** from Hotter

To enter, turn to p137

Stockists: **Bonmarché** 0330 026 2728; **Damart** 0871 200 9000; **Hotter** 0800 083 8490; **JD Williams** 0871 231 2000; **Lavitta** 0330 332 2529; **Lotus** 01706 219222; **M&Co** 0333 202 0720; **Next** 0333 777 8000



If your wardrobe is bursting at the seams it's time for a detox, says Fashion Editor Michelle Nightingale

How to *Declutter* your WARDROBE

A wardrobe overhaul not only saves you time in the mornings, it can save you money and is an opportunity to learn what does and doesn't suit you.

"Once you've decluttered your wardrobe, you'll be surprised that you have more outfit combinations from your existing wardrobe than you realised," explains Helen Venables, Managing Director of personal stylists and colour analysis experts House of Colour.

"It's then easy to fill in any gaps with a few select items that are perfect for you in both style and colour."

Here are Helen's top tips for the ultimate wardrobe clear out.

Be ruthless

If you haven't worn it for a year you probably won't, so make space for something else. It's simple – if it doesn't fit now let it go. Put any other items you're struggling to let go of in a bag out of sight. After three months if you genuinely missed the item then reinstate it into your wardrobe. If you had completely forgotten about it then ditch it!

Style for the seasons

You won't wear winter jumpers in summer, so pack them away and leave room in your wardrobe for more useful seasonal pieces. The same goes for shoes and accessories. Likewise, items of special value can still be in your life, but needn't take up room in your wardrobe.



Create a capsule wardrobe

You don't need hundreds of items to create a variety of different outfits. A capsule wardrobe in flattering colours and styles will create plenty of outfit combinations. Opt for classics such as a simple knit, a jacket or blazer, smart trousers, a good pair of jeans, a flattering dress, a simple skirt, plus basic t-shirts and blouses.

Quality over quantity!

Be more focused when it comes to adding to your wardrobe and avoid buying things you really don't need. Have a plan when shopping, so you can make informed choices, rather than impulse buying.

GET CLUED UP ON COLOUR

Wearing colour affects not only how you look, but your confidence and mood too. Wearing the right colours is important because the right ones will help you look and feel bright. For guidance, have your colours professionally analysed. House of Colour offers courses where a trained colour consultant will help you find those colours that work for you.

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WIN A COLOUR ANALYSIS SESSION!

We have a colour analysis session (as part of a small group) with one of House of Colour's highly trained stylists, worth £140, to give away! Your session includes a gorgeous season wallet of your 36 colour swatches and a workbook with your full season rating.*

**Does not include make-up or skincare products*

■ To enter, turn to p137

■ House of Colour, 0800 318 526 or visit www.houseofcolour.co.uk

PICS: GETTY IMAGES, SHUTTERSTOCK



Are you experiencing hair loss?

When you approach the menopause, oestrogen levels decline and the negative impact of testosterone rises. This hormonal fluctuation can lead to hair thinning or hair loss.

In our study*, 70% of women noticed less hair loss in their shower and on their hairbrushes when regularly using Plantur 39 shampoo.

How does Plantur 39 work?

Plantur 39 shampoo is formulated with a Phyto-Caffeine Complex that penetrates all the way to the follicle. If used regularly, it helps reduce the effect of hormonal fluctuations during and after menopause on the hair roots, which can reduce hair thinning or hair loss.

Plantur 39 is available at Boots, pharmacies and leading supermarkets.

*Time Inc for Plantur 39, Trial & Test Results December 2016, unpublished data

What to eat for a **stress-free** menopause...



Food can help you tackle menopause symptoms – and keep you healthy for years to come, says health writer Karen Evennett

Your diet can have a huge impact on how well you deal with the menopause – and with 70 per cent of us experiencing frustrating symptoms such as hot flushes, night sweats and memory fog it's good to know that a few tweaks to what we eat could help to make things easier both now and in the future.



Mood swings

If you're getting mood swings, cut out all sugar and caffeine," recommends Marilyn Glenville PhD, author of Natural Solutions to Menopause (£12.99 Rodale). "They cause blood sugar to rollercoaster – taking your mood with it. Eat every three hours to keep your mood stable and avoid foods with refined carbohydrates, such as cakes, biscuits, pasta, and pizza because they count towards your sugar intake." **Snack on blueberries, strawberries and raspberries which contain natural ingredients similar to valproic acid, used in some mood-stabilising medication.**

Hot flushes and night sweats

Nothing says 'menopause' like a hot flush or waking up in a sweat, but there is a herb that can help – sage. It's a proven remedy, even for severe hot flushes, and works by regulating your body's thermostat so you don't overheat. "Make a cold tea (a hot one would just make you sweat!) by infusing fresh sage leaves in boiling water, leave to cool and sip throughout the day," says medical herbalist Dee Atkinson.



Add flaxseeds to yogurts and salads. A six-week study found 40g daily of ground flaxseed halved the severity and frequency of hot flushes.



Insomnia

Sleep through the night sweat-free by avoiding caffeine, spicy foods and alcohol. "These all conspire to make you hotter by dilating your blood vessels," says nutritionist Rob Hobson from Healthspan.

"Eating grains such as quinoa, amaranth, freekah and brown rice in the evening could help you get a good night's sleep. They help transport the chemical tryptophan to your brain where it's used to make melatonin, the hormone that controls your sleep/wake cycle."



Low libido

Forget oysters, phytoestrogens – food compounds that mimic the effect of oestrogen in your body – can help says Rob.

"Soya products like tofu aren't the only source – phytoestrogens are in many foods, from pulses to broccoli and cabbage, nuts, seeds, berries and rice."

Try pomegranate juice which contains antioxidant polyphenols that could help increase your testosterone levels by 24 per cent – a drop in libido is often associated with a drop in testosterone in women.

Brain fog



"Forgetting why you've gone into a room is a classic example of the kind of brain fog that hits around menopause," says Marilyn Glenville.

"The largest study into diet and memory showed a Mediterranean diet packed with oily fish such as salmon and sardines, olive oil, fruit and vegetables, can help you to stay sharp."

Sip green tea; it improves connectivity between your brain cells and can give you a short-term boost after you've enjoyed a cup.

Fat around the middle

"There's a reason you gain weight around your middle after menopause and that's because fat cells produce oestrogen, which your body craves now that your pre-menopausal levels have fallen," explains Rob. "This makes gaining fat much easier, and losing it much harder. But it's not impossible.

Make every mouthful of food count, with a good balance of high-fibre carbohydrates such as pulses and wholegrains, protein from meat, fish and eggs, healthy fats such as olive oil and plenty of vegetables."



For help and support losing the inches, join our free 1 inch at a time diet club at www.yours.co.uk/1inch. Turn to p39 for some great healthy recipes

Beyond the menopause...

Protect your heart...

Oestrogen has a protective effect on your heart and without it post menopause, your risk of heart disease starts to match that of a man, says Rob. "Oestrogen helps keep blood vessels flexible and is good for healthy blood flow. Eat seeds, nuts, olive oil, avocados and coconut oil for heart-healthy fats and twice-weekly servings of oily fish such as mackerel. Wholegrains like quinoa, and starchy vegetables like sweet potatoes, also help by lowering cholesterol and balancing blood sugar levels."

Strengthen bones...

When oestrogen falls, bone density can be reduced by 10-20 per cent. "Try to eat three or four servings a day of calcium-rich green vegetables, nuts, yogurt, and tinned sardines," says Rob. "Healthy bones need Vitamin D, so try a supplement such as HealthSpan Super Strength Vitamin D3 (240 tablets for £10.95)."

TIME TO QUIT

Smoking speeds up the oestrogen loss behind the majority of menopause symptoms, making them much more severe, according to a US study. If you need help to give up, get support at www.nhs.uk/smokefree or visit your GP

WIN OUR FIT KIT MUST-HAVES

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Work out in style

We love the stylish new M&Co active range which is super-comfy, thanks to the lightweight stretchy jersey material. Here's your chance to win a stylish new workout outfit including a t-shirt **(£16)**, jacket **(£28)**, leggings **(£20)** and a water bottle **(£4)**.

Call 0333 202 0720 for stockists



Track your swim

If you swim to keep fit you'll love the Misfit Speedo Shine 2 **(£89.99)**. As well as tracking your steps and sleep like other fitness trackers, it's waterproof up to 50m and counts your lengths and the distance you swim. We have one Misfit Speedo Shine 2 to giveaway!

Visit www.misfit.com for stockists

Walk tall



These Vionic Flex Sierra active shoes **(£85)** use unique Foot Motion Technology to align your feet to a neutral position, helping correct your posture and reduce aches and pains so you can walk further. We've got one pair to give away!

Call 01603 493102 or visit www.vionicshoes.co.uk for stockists

To enter all these giveaways, turn to p137

PICS: MASTERFILE, GETTY IMAGES

Vaginal dryness?

Did you know that up to 45% of women are suffering from vaginal dryness?*

** According to NAMS 2013 Position Statement on Vulvovaginal Atrophy. Menopause 2013; 20(9): 888-902*

Have you had any of the following symptoms in the external and/or internal vaginal area in the last 4 weeks?

Dryness	☐ yes	☐ no
Itching	☐ yes	☐ no
Soreness/Irritation	☐ yes	☐ no
Burning	☐ yes	☐ no
Pain without engaging in sexual activity	☐ yes	☐ no
Pain during sexual activity	☐ yes	☐ no

If you answered "yes" to at least one question, this could be a sign of vaginal dryness.

The above symptoms could also be a sign of something else; therefore you may wish to consult your doctor again if they persist.

Vagisan® MoistCream:

The first **hormone-free** cream for vaginal dryness



Image is for illustration purposes only.The person shown is a model.

Vagisan MoistCream provides noticeable relief from the symptoms of vaginal dryness after the first application. Unlike many other products that are gel-based, Vagisan MoistCream provides both moisture AND nurturing lipids. All oestrogen-containing creams for the treatment of vaginal dryness require a prescription, but not Vagisan MoistCream. It is hormone-free and available in leading pharmacies. It can be applied to the external and internal area, with its easy to use applicator for internal usage, for fast, effective relief.



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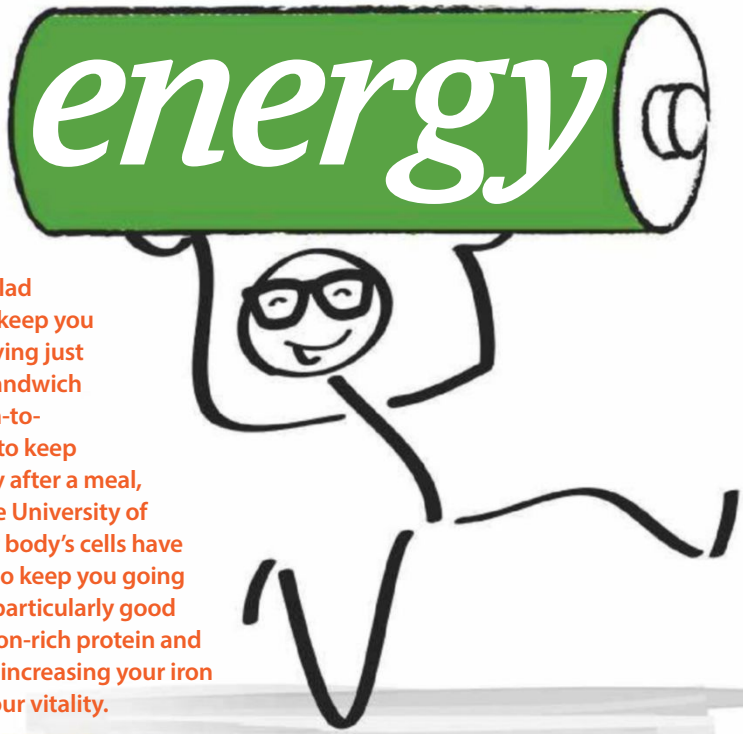
This cut out will do all the talking for you. Simply hand it over to your pharmacist. No questions asked. Also available off the shelf in leading pharmacies.

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www.vagisan.co.uk

If you need more pep in your step try these healthy tricks for boosting your vitality

5 minutes to MORE energy



Eat this

An open chicken and salad sandwich for lunch will keep you going all afternoon. Having just one slice of bread per sandwich means a greater protein-to-carbs ratio which helps to keep your blood sugar steady after a meal, say researchers from the University of Illinois. This means your body's cells have a stable energy supply to keep you going for longer. Chicken is a particularly good choice because it's an iron-rich protein and researchers have found increasing your iron intake can also boost your vitality.



Tap it out

For an instant blast of energy, try tapping the top centre of your chest just below your collar bone. Use your fingertips and tap for 20 seconds. It's thought to stimulate your thymus gland, encourage the production of immune-boosting T cells, relieve stress and give your energy levels a lift, so you can get on with your day.



FLOWER POWER



Jasmine tops the list of energy-boosting essential oils, according to research from the Smell and Taste Treatment and Research Foundation in Chicago. It found Jasmine increases beta waves in your brain, making you more alert. Try adding a few drops to a tissue and sniffing it when you need a boost. Or add some to your bath.

A mini-declutter works wonders

Mess saps your energy because your brain doesn't know where to focus its attention, say scientists. With clutter everywhere, your brain gets drained faster and you feel tired more quickly. A major clearout may seem daunting and time-consuming, but you shouldn't rule out the power of a quick declutter. Take five minutes to organise your coffee table or kitchen counter and you'll find your mind feels clearer straight away.

AND STRETCH!

Try this yoga stretch. Stand with your feet together and arms by your sides. Sweep your arms up and, inhaling, extend them over your head. Breathe out and fold forward, letting your arms hang to the ground. Inhale and lift halfway up, place your hands on your shins and stretch out your spine. Fold forward on your exhale, breathe in and sweep back up. Bring your hands together in a prayer position. Repeat three times.

Win an All-day Energy Kit worth £50

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Our vitality-boosting kit includes Berocca Boost (£10.89/20 sachets) with B vitamins and guarana to improve alertness and concentration and Redoxon Triple Action (£3.80/10 tablets) with high-strength Vitamin C, Vitamin D and zinc. They help support your immune system and boost your energy levels.

Turn to p137 to enter



Available from pharmacies

PICS: ALAMY STOCK PHOTO; SHUTTERSTOCK

Eye Health

Wonderful to have **good eyes**

Madeleine wrote to us to tell her story of how Blue Berry™ has impacted her quality of life and helped her enjoy her favorite hobby: painting beautiful landscapes.



"My name is Madeleine Fournier. I am retired and live an active life. In my spare time, I enjoy spending time in nature, painting beautiful plants and landscapes

Macular Degeneration

In my later years, my eyes began to weaken. I was very sad about this, because I love painting, which is demanding on the eyes and requires accurate vision.

When I went to my optometrist, he diagnosed me as having age-related macular degeneration (AMD), and told me this unfortunately gets worse with time.

Read about Blue Berry™

Then, in a magazine, I noticed an ad about Blue Berry, and read about a man who had used it to maintain his eyes. In hopes of getting the same results, I bought a box at my local pharmacy, and started the same day.

Now, I have been taking Blue Berry for almost a year, and I am very happy with the product. I am painting and my spirits have been lifted.

I am very happy to have found this product from New Nordic, and recommend it highly to anyone who wants to take good care of their vision."

Madeleine Fournier

Berries and carotenes are good for your eyes!

Blue Berry has been the no. 1 eye supplement in Scandinavia for over a decade. Based on high concentrations of blueberries and lutein, it provides carotenes to nourish your eyes and help maintain your eyesight, even in conditions of AMD and cataracts.



Nº1
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You can find Blue Berry™ in Holland & Barrett and leading Independent Health Stores. For an information leaflet call 0800 389 1255 or purchase online at www.newnordic.co.uk

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LAMB KEBABS WITH GREEK SALAD



CRUNCHY BUTTERMILK CHICKEN WITH ROASTED RATATOUILLE



COD AND PESTO PARCELS



BAKED EGGS FLORENTINE

PHOTOGRAPHY ANDREW JAYES-WATKINS

CRUNCHY BUTTERMILK CHICKEN WITH ROASTED RATATOUILLE



Preparation time 20 mins, plus marinating
Cooking time 20 mins Serves 4

- 200g (7oz) courgettes
- 1 red onion
- 1 aubergine
  (all above cut into pieces)
- 4 tbsp olive oil
- 400g (14oz) chicken fillets
- 284ml (8fl oz) buttermilk
- 75g (3oz) wholemeal breadcrumbs
- Finely grated zest of 1 lemon
- 3 sprigs chopped rosemary
- 25g (1oz) Parmesan cheese
- 4 stems of cherry tomatoes
- 1 tbsp balsamic vinegar

1 Preheat your grill to high and the oven to 200°C/ Fan 180°C/Gas 6. For the ratatouille, toss the courgettes, onion and aubergine in half the olive oil, season and grill for 10 mins.
2 Marinate the chicken in the buttermilk for 10 mins. Meanwhile mix together the breadcrumbs, lemon zest, rosemary and grated Parmesan and season well.
3 Remove the chicken from the buttermilk, shake off any excess and then coat each piece in the crumb mixture. Put the coated chicken on a lightly oiled baking tray, then drizzle with a little oil.
4 Remove veg from the grill and add the cherry tomatoes. Drizzle with balsamic vinegar and put the tray in the oven. Roast for 10 mins.
5 Grill chicken for 15-20 mins, turning halfway, until cooked through. Serve with ratatouille.

■ Per serving 381 cals, 16g fat (4g sat fat) 11.5g sugar

LAMB KEBABS WITH GREEK SALAD



Preparation time 15 mins, plus marinating
Cooking: 20 mins Serves 4

Kebabs

- 500g (1lb 2 oz) lamb neck fillet, cut into cubes
- 1 red onion, cut into chunks
- 3 peppers, deseeded and chopped into chunks
- 1 courgette, thickly sliced
- 1 tsp ground cumin
- 2 tsp ras el hanout
- 2 garlic cloves, finely chopped
- 2 tbsp chopped fresh oregano
- Zest and juice 1 lemon

Greek salad

- 300g (11oz) tomatoes
- 1 cucumber, cut into cubes
- 100g (3½ oz) feta cheese, cut into cubes
- ½ red onion, thinly sliced
- 100g (3½ oz) pitted Kalamata olives
- 1 tbsp red wine vinegar
- 3 tbsp extra-virgin olive oil
- 2 tbsp fresh oregano, chopped
- 4 tbsp tzatziki

1 Put all the kebab ingredients into a large bowl and season well, cover and leave to marinate for at least 30 mins or overnight.
2 Thread the meat and vegetables on metal skewers. Preheat the grill to high and grill the kebabs for 15-20 mins turning frequently until cooked through.
3 Toss all the salad ingredients together and season well. Serve with the kebabs and a tbsp tzatziki.

■ Per serving 490 cals, 37g fat (13g sat fat), 7g sugar

BAKED EGGS FLORENTINE



Preparation time 10 mins
Cooking time 15-20 mins Serves 4

- 15g (1/2 oz) butter, plus extra for greasing
- 1 onion, finely chopped
- 400g (14oz) baby spinach
- 8 tbsp crème fraiche
- Freshly grated nutmeg
- 4 eggs
- 2 tbsp freshly grated Parmesan cheese
- Salt and black pepper

1 Preheat the oven to 180°C/ Fan 160°C/Gas 4. Lightly grease 4 ramekins with butter and set them aside.
2 Fry the onion in the butter until softened. Add the spinach and let it wilt. Tip the spinach into a colander, squeeze out any excess liquid, return to the pan. Add the crème fraiche and season well with nutmeg, salt and pepper.
3 Divide the spinach mixture between the prepared ramekins. Make a dip in the middle of each and carefully crack in an egg, then scatter grated Parmesan over the top.
4 Place the dishes on a baking tray and bake for 15-20 mins or until the egg whites are set but the yolks are still runny. Serve hot with toast.

■ Per serving 298 cals, 24g fat (13g sat fat), 3g sugar

COD AND PESTO PARCELS



Preparation time 10 mins
Cooking time 20 mins Serves 4

- 2 tbsp olive oil
- 400g (14oz) mix of green beans, mangetout, tenderstem broccoli or sugar-snap peas
- 250g (9oz) cherry tomatoes, halved
- 4 x 150-175g (5-6oz) cod fillets, skinned
- 4 tbsp fresh pesto
- 1 lemon, cut into wedges
- Salt and black pepper

1 Preheat the oven to 200°C/ Fan 180°C/Gas 6. Cut out 4 x 40cm (16in) squares of baking paper and the same of foil. Lay the paper squares on top of the foil squares and brush them lightly with a little olive oil.
2 Divide the vegetables and tomatoes between the 4 squares, add a cod fillet to each and season well. Top with a tablespoon of pesto, then drizzle with a little olive oil. Add 2 wedges of lemon to each parcel. Scrunch up the paper and foil, making sure you leave a little space around the fish.
3 Place the parcels on a baking tray and bake them for 15-20 mins or until the fish is just cooked through and the vegetables are tender.

■ Per serving 265 calories, 12g fat (2g sat fat), 5g sugar

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■ To enter, turn to p137



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Muffin Top? It's time to burn those calories.

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STOP a cold in its tracks



Spring might be on its way but there are still some nasty bugs around. If you're struck down, these simple tricks could help you get well faster

By Rebecca Speechley

Get herbal help

Forget echinacea, Vitamin C and zinc, the latest research-backed cold-fighting supplement is the herb pelargonium which has anti-viral and anti-bacterial properties. Early studies show that it could help to shorten the duration of a cold by preventing bacteria from sticking to your body's cells and by stimulating your immune system to fight off viruses and other bugs. Take it at the first signs of a cold and continue for three days after your symptoms have cleared.*

■ **Try Healthspan Pelargonium Cold Relief (£14.45/30 tablets) call 0800 731 2377 or visit www.healthspan.co.uk**



***Always check with your GP or pharmacist before taking any supplements**

TOP TIP

If your cold isn't shifting, see your pharmacist for advice. Or visit www.nhs.uk/staywell for lots of cold-fighting tips.

Take a walk

"It's a myth that resting will help you to recover from a cold faster," says GP and expert for Olbas Oil, Dr Roger Henderson. "If you feel up to it, gentle exercise and fresh air are more likely to speed your recovery." Research shows regular exercise could help increase levels of immune-boosting white blood cells, but if you have a temperature or flu-like symptoms, rest instead.

Drink up

A blocked nose and a stuffy head could be helped by drinking plenty of fluids. Staying hydrated helps to thin mucus so that it's easier for you to clear when you blow your nose or cough. Sip a glass of water regularly; try some hot water with lemon and honey and eat plenty of warming soups. Steer clear of alcohol which will actually dehydrate you and make things worse.

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We have a goody bag of Jakeman's Soothing Menthol Sweets and a £50 John Lewis voucher to give away to one lucky **Yours** reader, worth £118.

■ **To enter, turn to page 137**



PICS: SHUTTERSTOCK

Advertisement

Maya was shocked by the change in her hair. Fullness and volume were replaced by thinness and lifeless hair. She had to do something.

I PANICKED – MY HAIR WAS THINNING!

The hair I found in my brush, in the shower and on my cardigan was unfamiliar to me. It was thinning like never before. How could this be happening?

I HAD TO DO SOMETHING

I found out my mother experienced the same problems when she was younger, and she accepted her fate. But much of my personality is in my hair, and I did not want to have the same problems. I read about the importance of hair nutrients, so I went looking for a good supplement.

MY HAIR NOW FEELS FULLER

I was recommended a natural product from Sweden called Hair Volume™, which contained a special apple extract. I have now used this supplement for 2 months and I am really satisfied. My hair feels full and healthy and even my nails feel much stronger. The best part is that the shedding has almost stopped completely. This is proof to me that proper nutrition on the inside helps you look your best on the outside. **I highly recommend Hair Volume to women who want to promote full and beautiful hair.**

Maya N., Sweden







DID YOU KNOW?

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- ☐ Do you want to nourish your hair naturally?
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EXPERT PANEL



Dr Trisha McNair is the **Yours** *Doctor and specialises in medicine for older people.*



Sara Jubb is a naturopath and nutritionist who specialises in women's health.

Ask the health EXPERTS

Psoriasis causes red, flaky patches of skin covered in silvery scales. There's no cure, but there are ways to manage it



Skin cells are normally made and replaced every three to four weeks, but in psoriasis this process only lasts from three to seven days," says **Dr Trisha McNair**. "The resulting build-up of skin cells is what creates the patches associated with psoriasis.

"We don't know the exact cause, and there is currently no cure, but we do know the symptoms tend to come and go. It follows a highly individual pattern, so learning to understand your own body with its particular triggers can be very helpful.

"It's a good idea to keep a diary of symptoms so you can see what happens before a flare up. Triggers may include stress, respiratory infections, hormones, certain medicines (such as ibuprofen) or foods.



"Moisturise regularly with non-perfumed creams to prevent skin from becoming dry and cracked, and reduce itching and scaling. Your GP may recommend treatments such as steroid creams to reduce inflammation in the affected area, or Vitamin D Analogue creams, and applications of coal tar or Dithranol. In more severe cases, treatments based on ultraviolet light, or 'biological' treatments which target overactive cells of the immune system, may be needed."

Your diet can help

"A build-up of toxins in your body can make a psoriasis flare-up more likely," says **naturopath Sara Jubb**. "So it's a good idea to give lots of support to your liver and your digestive system which help to process toxins and waste material from your body.

"If this process becomes sluggish, your body uses other routes to eliminate toxins, one of which is your skin, which isn't terribly efficient. Toxins get blocked and this can result in inflammatory skin problems such as psoriasis.

"Reduce your liver's workload by limiting your exposure to toxins such as alcohol, cigarette smoke, sugar, processed fats and margarines, additives, food colourings and preservatives. Also be conscious of household chemicals, keep your home well-ventilated and avoid excessive use of cosmetics and perfumes.



"Increase foods that boost liver function such as cabbage, broccoli, sprouts, turnips, bok choy, cauliflower, kohlrabi, garlic, eggs and all brightly coloured fruit and veg.

"Eat plenty of soluble fibre – apples, pears, sweet potatoes, beetroot, oats and flaxseeds – to help you stay regular, improve your digestion and flush out toxins.

"If you do get a flare up, natural oils can be very beneficial – try adding a capful of organic extra-virgin olive oil, extra-virgin coconut oil or sweet almond to bath water or massage a tiny amount onto damp skin after a bath or shower."

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Our pick of your best letters, pictures and wise words

MEETINGplace



Welcome to the heart of the magazine. If you've got a funny story to share, need to let off steam or have a picture you're proud of – get in touch. You could end up on the UK's biggest letters pages.

Valery

Valery McConnell, Editor at Large

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Order, order

I enjoy searching in charity shops for books by my favourite authors, but find it frustrating when the books on sale are just put on the shelves in no particular order. In fact some shops have plastic boxes full of books for the customers to wade through.

Shops that display books for sale in alphabetical order of author get my vote. Charity shop workers please note!

Shirley Balmforth, by email

Ready to go

Having read your article, Your guide to hospital stays, I would like to add my own tip – though hopefully, it won't be required! Years ago, I was admitted to hospital having broken my hip.



It took a few days before family were able to go to my house for some of my things, so, on my return home, I packed a small bag with the sort of items needed for a stay – nightie, dressing gown, slippers, toiletries, a purse with small change (to buy newspapers), pen and a notebook, and of course a flannel and towel. I find it quite comforting to have these items at hand and ready to go, and I thought that maybe your readers would, too!

Jean Spooner, Merseyside

Mirror, mirror

My sister's twins were not getting on together when I called one day. While having a cuppa with my sister, we overheard one twin shout something derogatory at the other, and he shouted back, "Well you're ugly." It made us smile – because they're identical twins!

Ria Harding, Cambs

Every original contribution published gets a £10 High Street voucher. So keep all those letters and emails coming in.



STAR LETTER

Past and present

Earlier this year I was helping my mum clear her late brother's home. Everything had been kept, so I have family photographs and documents going back to the Thirties. Imagine my delight at finding a wedding dress in a wardrobe and then coming across the actual wedding photograph taken in 1947 when my Aunt Ethel married her husband. I had the photograph cleaned and reframed and it is now displayed on a wall filled with family photographs.

The wedding dress is very small, maybe a size 8, and was made by her mother. This is my daughter wearing the dress. She can't believe we have such a precious item of clothing that is almost 70 years old. Clearing a house when someone has passed away comes with mixed emotions and feelings, but coming across social history is heartwarming.

Maria Kenny, Manchester



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MEETINGplace

Asking nicely



My granddaughter Alice was staying overnight with me and the following morning she said, "Oh Nana, that bed is so lovely and comfy. Do you think when you are not here any more I could have it?" "Of course," I said. What a lovely phrase that was, instead of using the word dead.
Pat Rose, Devon

Rescued and loved

I loved your article, Rescue dogs to the rescue, and the special relationship between Sally and her dog Brin. His love for her is as though he is thanking her for looking after him. After my husband's first wife died, he was in bad place, so he got a rescue dog who had been left beaten on the side of the road. He said he believes she helped pick him up.

He named her Trixie and she became so loyal to him – saying thank you for rescuing me. She went on to have nine pups and we kept one and named him Tank because he was always first ploughing through the other pups to get to the milk. He was my dog and he knew if I was going to be ill before me. When they both died last year we were devastated and I still haven't got over it. Rescue dogs are special.
Elizabeth Richards, Pembrokeshire

Too high

I was recently on a disabled scooter in my local supermarket where I find it impossible to access items stacked high on shelves. With staff thin on the ground it became exhausting asking for help in the vast number of aisles. It would make shopping less stressful if items were stacked within reasonable reach for all customers in 2017.
Jill Cohen, Leeds

Stand your ground

My husband has always done DIY, but as he is now 64 and the roof needed fixing, I persuaded him to get a professional in to do the job. This involved a separate scaffold firm contracted by the roofer. I made the mistake of asking how he wanted to be paid. He asked for cash and when I gave it to him, I asked for a receipt. He said he didn't have one but would drop it in later. Two weeks later I asked again and he wrote an invoice with next door's address on it, which didn't indicate that I had paid at all!

When the company came weeks later to take down the scaffolding they damaged the guttering and my husband ending up having to fix this himself. In short, I will never ever give a workman cash for a job again and hope that other readers learn from my mistake.
Name and address supplied

Let's hear from you!

My husband has fond memories of camping when you just asked a friendly farmer if you could use a corner of their field – and buy fresh milk and eggs from him the next morning to cook over your open fire. Did you go under canvas in the days before shower-blocks and all mod-cons? Send your anecdotes (both good and bad) to Blast from the Past, to the address on page 3. If published, you'll get a £10 High Street voucher (and any photos would be a bonus).

POETRY CORNER



Awakening year

By Betty Norton

Soon the snowdrops will welcome the spring,
When small nesting birds are starting to sing;
Lent lilies follow, dressed like the sun,
Tri-coloured crocuses brighten the lawn.
Flower follows flower, country and town,
And bluebell woods mark the spring's crown.

Sometimes April comes in wet and chill.
She was blown here by March, over the hill.
May can be tender, sometimes unkind,
But nestlings are fledging, as warm days unwind.
When springtime is over and summer is gold,
Fledglings are branching, the year's growing old.

August is over, fledglings take flight.
Green turns to red and autumn is bright.
Through the harvest time all are at work,
Storing, collecting, no-one can shirk.
Some fly away as winter draws near,
But all will return when it's spring again here.

THE PHOTO I'LL ALWAYS TREASURE

I love this photo of my three children taken around 1963. They were on a 'lolly break' on a hot day, after they had been digging in the garden. I don't think they could get any dirtier!
Mrs M Cummings, Herts





WHAT A GOOD IDEA...

Pack it in

■ When packing for a holiday, split your clothes (and your partner's) over two different cases. That way, if one of your cases is lost or delayed you don't lose all your clothes.
Kimberley Yessen, Cambs



Easy squeezy

■ If you cannot find Blu Tack to stick your grandchildren's posters on the wall, use toothpaste. This works perfectly and washes off easily.
Polly Kitchen, S Devon

Small potatoes

■ When I have a small amount of mashed potato over, I put it in ice-cube trays and freeze. I then use a couple to thicken soups and stews.
Glenda Balmbra, Northumberland



Money for your memories

■ If you've ever wanted to see your memories in print – now's your chance! We're looking for contributions to our next annual – A Year With **Yours** 2018 – and we'd love to hear from you.

We always enjoy reading and sharing stories from the past; whether it's childhood adventures, memories of your first job, your first love, or family fun – we want to hear from you. Simply write your story (around 200 words) and send it together with a relevant photo to **Yours** Magazine/Annual 2018, Media House, Peterborough Business Park PE2 6EA or email yours@bauermedia.co.uk with 'Annual 2018' in the subject line. If your story is published we will send you a £10 voucher.

You heard

While working as a veterinary nurse in a West Country practice, a local farmer came in with his sheepdog. Filling out the admittance form I asked him the dog's name. "Very" came his reply. "Very what?" I asked puzzled. "Very nowt" he said, looking at me as though I was completely stupid. "'Er's just a Very, like wot goes on top yer Christmas tree."
Carol Casan, Devon

Make your mark

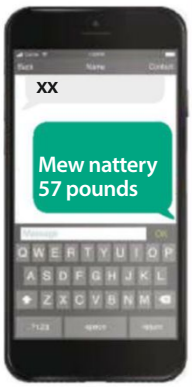
It seems a beautifully written, or even legible, signature is becoming a thing of the past and has been replaced by a recognisable first few letters, then mere squiggles. It is fortunate that there is often a printed name underneath the signature!
Enid Parker, N Yorks

False memory

The recent letters about people losing their cars in car parks reminded me of when, many years ago, my husband dropped me, my mother and daughter and luggage outside the departure lounge at an airport and went to park the car. On our return, we waited outside for my husband to get the car and after about an hour, my daughter set off to look for him. He got a new car a week before our trip and was looking for the old one. We laugh now – but not then!
Eileen Morris, Sussex

Text speak?

While in a cafe recently, I texted my son trying to explain how much it would cost to replace a battery in my mobile phone. In my haste I texted quickly so I could send it. Then I put my glasses on and had to laugh when I read what I'd written. 'Mew nattery 57 pounds'.
L Whitehead, Sheffield



Pulling your leg

I smiled reading of Brian Woods' 'initiation' as a young chef in the Seventies. I remember when, aged 15, I began as a junior in an accountants' firm. I was told to go and get a pork pie from the health food shop. As a naive young girl, anxious to please, off I went, to be told, "It's a health food shop, we don't sell meat products!" My late husband David, began work as an apprentice joiner. He was sent to the store to fetch a 'sky hook' and a 'long stand'! I wonder does this still happen to young people nowadays.
Sandra Worland, Lincoln

■ Every Senior Moment and Small Talk contribution published gets a £10 High Street voucher.



SENIOR MOMENTS

■ My late mother-in-law had a plethora of mixed up words, but our favourite, that we still say now, is, "please can you get some more semi-skilled milk".
Lucy Webster, by email

■ I was sitting on the bed getting dressed when I started to panic as I was unable to straighten up. I then found out that I had managed to hook my bra into the waistband of my tights. Panic over.
Mrs M Hay, Warks

■ I was telling my friend about my daughter's works' party where the raffle involved putting prizes on a piece of paper and inserting them into a balloon. When popped, it said what prize you'd won. When I told her my daughter had won a tin of sweets, she said, "How on earth did they get the tin of sweets inside the balloon!"
Sue Dean, Essex

SMALL TALK



■ This is my great-granddaughter Sophie. I like to think she is waiting for a phone-call from her Nanny Jean.
Jean Macdonald, Kent

■ My five-year-old granddaughter, Autumn, proudly announced she was to be a leopard in the school play. She spent some time on the internet with her daddy, looking at how leopards move. It was while wondering how to make the costume that my son realised she was actually to be a 'shepherd'.
Mrs S Ferguson, Wilts

PICS: SHUTTERSTOCK

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READER STORY

It was win, win, win!

Dorothy Snelson's talent for competition slogans has reaped amazing dividends down the years



On holiday in Hawaii – thanks to Walkers Crisps!


Enjoying Tuscany – courtesy of budget toilet rolls!

The year was 1954 and I was ten years old. My best friend, Christine, won a brand-new bike in a School Friend comic competition. I was green with envy. I think that must have been when the seed was sown. Fast forward to 1968 and I was by then a young wife and mother with not a lot of cash to spare. Entering competitions became a means of having a few little luxuries for hardly any outlay. It was the era of the slogan competition and the ability to conjure up a punchy little ditty praising the product proved to be a godsend.

My first big win at Christmas 1968 was with a competition seen in my local Co-op about nursery rhymes. The prize was a whopping £100 to spend on Christmas shopping at the Co-op store. In those days £100 bought you an awful lot of groceries! When I won I was able to buy Christmas goodies, not just for us, but umpteen relatives as well. It went on from there. It became a standing joke at work that if ever I said, "I need a new bed or television or something," they would say, "Watch it! She's sure to win one."

So what have I won over the years and what have I most enjoyed? Well holidays must rate high on the list. A packet of Walkers crisps and a little verse about Planet of the Apes took us to Hawaii, visiting the sites where the filming took place. A pair of Pretty Polly tights saw us in Chicago for a week. A pack of budget toilet rolls from the Pound Shop ended up in an unforgettable holiday in Tuscany with all manner of tours and entertainments laid on as the toilet-roll manufacturer's head office was in Pisa.

Down the years I've enjoyed sharing my successes with friends and family. My year's supply of Ariel washing liquid actually lasted me two years, while another win of a Spa Day at a lovely hotel in Cheshire saw myself and a girlfriend collected by chauffeur-driven limousine with a champagne breakfast laid out in the rear of the car. We had a lovely lunch and were given a Fortnum and Mason hamper each to take home. My friend lay back and enjoyed her massage and treatments while I, as the winner, had to endure a barrage of photos, just praying that I wasn't exposing too much flesh and wondering where the photos would appear.

'My friend enjoyed her massage and treatments while I, as winner, had to endure a barrage of photos'

One quirky win was a bus-driving experience in a competition organised by our local bus company. We were treated to a tour of the bus depot and I received flowers and presents and then drove a bus around the depot complete with a posse of bus company folk and reporters from our local press. That evening, outside our newsagents, was a billboard proclaiming, 'Little local gran drives bus'. I received full page coverage. I was pointed out as 'that bus-driving lady in the paper' for weeks afterwards in the Jobcentre where I worked.

I have a huge scrapbook tabling all my wins with letters, photos and souvenirs. I can look back and remember the good times which are sadly gone now. The slogan competition had its day and selfies and videos of people dressing up and posing with branded goods or merely liking things on Facebook don't pose the same challenge for me. I've not quite hung up my comping pen yet. I still enter the occasional one which catches my eye, but my glory days are definitely over. I can truly say, "It was good while it lasted," and I had great fun.

PICS: SHUTTERSTOCK

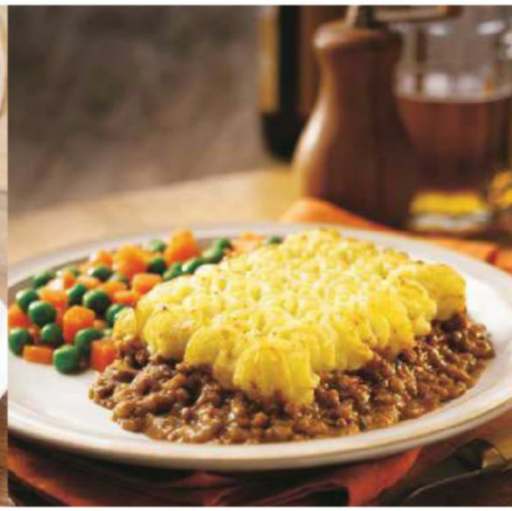
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BLAST from the PAST

Every issue, our Editor at Large, Valery, will be reliving the best bits of our lives. This fortnight, pulling a fast one on parents and teachers


Valery in 1971



"Let's bunk off school!"

When I played truant (aka bunked off, mitched, played hookie or hopped the wag) with my friend Bethan, we were very unimaginative. Her mum went to work and we simply spent all day keeping our heads down in her sitting room.

So I admire those of you who bunked off with a purpose, such as **Christine Osmond.** "Back in 1963 my friend Susan and I, both 13, were looking forward to The Beatles' Christmas show at Finsbury Park Astoria.

"There was one problem – tickets went on sale on a Monday morning. We sat down and concocted a story that on the way to school Susan began to feel so sick that I took her back home, and, as her parents worked, I stayed with her.

"We queued for a couple of hours and got our 10s 6d tickets and were over the moon. Next day, the note was handed into our form teacher and nothing was said, but that afternoon we were called to the headmistress. She asked us to go over the reason why we were off the day before. Petrified, we retold our story and she said, 'Very well, back to class.' The concert was fab!"

For **Suzette Mizen,** it was tickets for the Rolling Stones... "I set off for school as usual, passed the bus stop and caught a train to Colchester. There, I ran all the way to the venue and queued up for my ticket.

"Once safely tucked into my schoolbag, I eventually arrived back at school around lunchtime, telling my teacher that I had been unwell. Unfortunately, that morning the headteacher had visited my parents wanting an explanation for my absence. I was made to write 100 lines: 'I must not play truant to obtain tickets for a Rolling Stones concert.' It was all worth it when I saw my heroes live on stage."

Ginette Pooley's adventure could have ended so differently... "At 13, my best friend, Sue, talked me into going to Crufts in London. We had to forge sick notes, change out of uniform in the toilets and don enough make-up to ensure the ticket man would think we were older.

"We were having a wonderful time, when suddenly we came face to face with the deputy head! To our amazement, though, he turned redder than us and confessed that he was playing hookie, too. 'I won't tell if you don't,' he said. We didn't."

Teachers are one thing, but mums are another, as **Edwina Jones** recalls. "In the early Sixties, I was in bed recovering from a throat infection when I heard the front door. It was two of my friends, bunking off school.

"I made tea and biscuits and we all went back to my room. I warned them that Mum would be back for lunch and they'd have to go by then. However, Mum came back early so my pals hid under my bed and I draped the candlewick cover to the floor.

"Mum brought me a mug of soup and toast and went back downstairs. My friends came out from hiding, beside themselves in silent laughter and scoffed all my toast. Then, horror, I heard Mum again, so back under the bed the girls went. Mum had guessed something was up and she pulled back the cover

'My friend's parents were out at work, so we diverted there to play our records on the Dansette and drink Babycham or Cherry B'



and all was discovered."

What you need, as **Marilyn Batho** and friends had sussed out, was planning and confidence.

"I attended a local grammar school from 1955 to 1960. During our last year, we craved a bit more excitement. We had PE every week, which usually included a cross-country run. On many of these occasions a few of us had a secret plan.

"My best friend lived in a secluded bungalow, easily reached from our normal route. Her parents were out at work, so we diverted there to play our records on the Dansette and drink Babycham or Cherry B.

"We had to watch the clock to ensure we made it back to school for the end of the lesson sporting a rosy glow that gave no clue to what we had been up to, as we had been running f or quite some time, hadn't we?"

Yep. Confidence and careful planning. Read and learn, **Dinah North**. "It was 1970 and, aged 12, three friends and I would often escape from school at lunchtime to one of the girl's houses whose garden backed on to the school field and whose parents worked. One day, we decided for the first time not to return for the afternoon, not considering what plausible excuse four friends could possibly have for being absent together.

"We had settled down to watch TV when we heard a key. Her brother had returned home in between A-level exams. He warned us their father was coming home to let in a workman.



Marilyn Batho on the right with her two cross-country truanting friends, Alison and Lesley. Here, not in hiding, but on holiday at Butlins

We didn't believe him, but soon after their father's car pulled up. We all ran upstairs. Her brother said, 'Get in the wardrobe; Dad will kill you.'

"So four girls, none of us small, got into a built-in cupboard. It was a hot day. The two tallest stood one on each side, while the smaller two crouched in the middle.

"After half an hour, her brother came upstairs with some water and passed it to us. We each took a few sips. He dropped the bombshell. His father was not returning to work. It was at least an hour and a half before her brother reappeared. He said while his father was talking to the workman in the kitchen, he would come and get us out of the house and over the fence into the school field. Once there, we had to hide behind a tree until school was finished for the day, not daring to cross the field and risk being seen by our teacher.

"I can't remember what our excuse was next day, but we got detention and wrote lines. We also all suffered from stiff legs and backs from our confinement and vowed never to truant again!"

FASHION WE WORE

Readers share their favourite fashion memories

1938



This is a photograph taken at Green's Studio, in Bromsgrove, Worcestershire, of my mother-in-law, Freda, when she was just 17. Her blouse was white satin and I think she looks like a film star. She is 94 now and is as good-looking as ever. *Jeanette Young, Worcs*

1952



I was 19 in this photo. The dress is from Horrocks; I loved the firm's dresses, as they had such beautiful detailing on them – and the Royals wore them! This one was pink and white check with large white buttons on the bodice and a square neck. *Brenda North, Dorset*

1960



This was a family outing to Margate and I am in the middle wearing a multi-coloured halter-neck swimming costume with a flared skirt, between my two cousins. My mum, left, and aunt just stuck to paddling in their usual clothes. *Catherine Grove, W Mids*

More photos, please! We'd love to see your fashion photos and, if we publish them in Yours, you'll receive a £10 High Street voucher

PICS: ALAMY STOCK PHOTO

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Avalon are funeral plan specialists that take the worry and stress away, leaving you free to enjoy your life

Plan ahead
and relieve the burden on your loved ones

We all want the best for our nearest and dearest – and that doesn't stop when someone dies. Whether you're concerned about what happens to your family when you're no longer around or want to make sure you get the send-off you want when the time comes, it's so important to think ahead and make a funeral plan.

Every year thousands of people pass away without putting a plan in place, meaning families can be left to make difficult decisions about what to do on their own. And for the closest family and friends, the responsibility of making big decisions without the input of the person they loved can be overwhelming during what's already an upsetting time.

How can I plan ahead?

With funeral costs rising year on year by 8 per cent* a pre-paid funeral plan ensures loved ones won't be expected to find the money and pay for the funeral. With most people laid to rest within ten days after passing away, finding thousands of pounds in such a short space of time can be extremely stressful, particularly when your family may not be able to gain access to the estate to pay for the bill.

A funeral plan takes away this stress, meaning those left behind can focus on organising the kind of send-off their relative or friend would have loved, without the worry of how to pay for it. Not only does a plan allow you to pay for the funeral in advance it also allows you to express your wishes and how you'd like loved ones to celebrate your life. Have you ever written down what you would like or what you would like to be remembered for?

Although such planning can sometimes be difficult or emotional, the sooner you do it and have the all-important discussions with your loved ones, the sooner everyone can concentrate on enjoying life.

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* Sun Life Cost of Dying report 2016

PIC: THINKSTOCK YRS01

The day I diced with death

Emma Macdonald never thought her job as a fashion store stock-keeper would become a police matter





I was 19 when I buried the body. In the early Eighties, I was a stock-keeper at a fashionable women's clothing shop in exclusive South Molton Street, by Bond Street in London's West End. Every Tuesday, deliveries would arrive and I'd have to tick off the items on the driver's book and unpack the clothes. Some would go straight to the shop-floor and be put on hangers, the rest to the stockroom in order of type and size.

Whenever a new season's garments arrived, I had to flatten all the cardboard boxes and pile them against the wall in the back alley. The store front was sunny and spacious, but the alley was narrow, silent and dark with over-filled rubbish bins from a nearby restaurant and no-one ever wandered there.

It was about five o'clock one winter's day when a delivery came in. I was on my second load when I noticed that the first neat pile of flattened cardboard I'd put in the alley earlier had fallen over. I threw the boxes on top anyway and went off for another load. I continued going back and forth with more and more loads until my pile of cardboard was more than a yard high.

When I paused to look at it, wondering if it was tidy enough, I noticed a loose shoe sticking out at the base of the pile. I hadn't noticed it earlier, but thought no more about it. It was getting colder and a bit dark out there and I was anxious to lock up.

With the last 20 boxes heaved onto the pile, I looked at the shoe again. Before, it had lain sideways but now it was sticking up, so I kicked it. It didn't move. I now felt scared as I realised that its not moving could mean only one thing... it was attached to a leg!

What had I done? Assuming I had just killed someone, I ran back inside, wondering what terrible implications there might be.

Could I have killed someone? The boxes on top of the body must now weigh at least six stone. When I told Jane, the manageress, I could see by her face she earnestly hoped I was joking, but I wasn't. At first she laughed nervously, perhaps playing for time, before delegating the deputy manageress to go into the alley with me and check, hoping I had been seeing things.

"Yes, there's a body out there," the deputy manageress confirmed when we arrived back.

'Before, the shoe had lain sideways but now it was sticking up...'

Jane rang the police and within minutes two policemen arrived and started talking to us and cracking jokes. Then, with five women employees close behind them and almost grabbing at their backs, they went into the alley and approached the body.

The first policeman kicked the shoe. Nothing happened. After a brief pause, he kicked it again. Suddenly, the whole pile of cardboard boxes flew up and started falling towards us. Our hysterical screams made the second policeman fall back on top of us, as a tramp emerged from underneath the boxes.

"See how you've frightened these ladies?" the first policeman said, leading the tramp away, noticeably relieved that it wasn't a corpse. The second policeman disentangled himself from the five women in order to use his radio and we heard him being asked by a voice at the other end what all the commotion was about.

"Don't worry," he said into his radio, "I'll explain when I get back..."

PICS: GETTY IMAGES, ALAMY STOCK PHOTO

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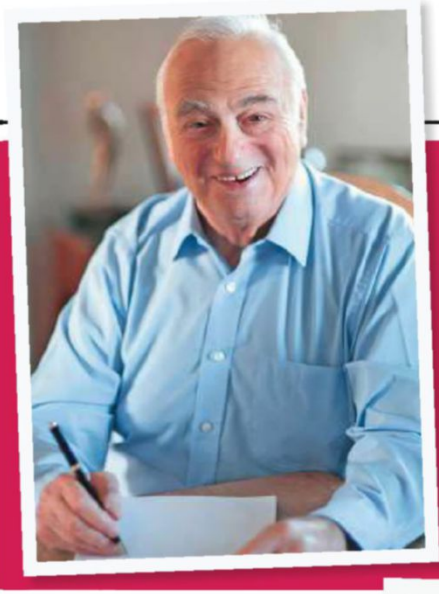
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Roy Hudd writes just for you...

Roy meets a Lord and some Red Hatters at a racetrack... and it's not even a dream!



The ladies of The Red Hats raced Lord John Prescott (back row) on go-karts... and beat him! And who can spot me hiding away?

I've just had an adventure with a Lord of the Realm and a gang of ladies in red hats. It could be a story from one of the Sunday papers.

Now, before you start writing to the press saying you always knew I was a bit kinky, let me explain...

There's a TV programme coming up on More4 called Bus Pass Bandits. Basically, it tries to sort out the problems of getting older.

I know I've always had problems, but I've always refused to grow older. The Lord of the Realm refuses to grow older, too, and so do the ladies in the red hats.

When I tell you my fellow presenter was John, now Lord, Prescott, you can imagine we were a highly unlikely combination. I've always admired him, regardless of politics, because he always speaks his mind and I do all I can to avoid arguing – about anything.

The ladies in the red hats are a very special gang indeed. They are called The Red Hatters and their get-togethers were inspired by the wonderful Jenny Joseph poem, Warning. The poem is one of Britain's very favourite ones – I'm sure you remember the start:

When I am an old woman I shall wear purple

With a red hat that doesn't go and doesn't suit me

In effect, it encourages mature-ish ladies to behave nothing like they're expected to. They are all over 50. Again, I can't magine why they picked me. They have a great motto – 'Live, love and laugh' – and the girls we met certainly do. They exist to promote friendship and fun.

They heckled Lord Prescott with cries of, 'he'd be all right if he had two Jags'

There are so many issues associated with ageing; retiring from work, for example. John Prescott told us all, in no uncertain terms, that he'll never retire to have fun. His work is fun – to him – and that's good enough. My work is, hopefully, providing fun and that's fun to me – except when no one else enjoys it except me!

The Red Hatters and us met at a go-kart track, where they intended to see who would be the next Louis Hamilton – and they went for it! John and I were invited to be in the race. I, who have never driven any sort of vehicle apart from a milk float when I couldn't get work as a comic, turned down the offer. John accepted the challenge and joined the team of buttoned-up-to-the-neck crash helmet-wearing competitors. (They all stuck red fascinators on their helmets – because, of course, they're Red Hatters – John refused.)

As they took their places on the starting grid they heckled Lord Prescott with cries of "Don't throw an egg at him!" and "He'd be all right if he had two Jags" etc. After lap after lap of deafening squeals of brakes and advice from us spectators, the chequered flag was waved and Mave the Rave (vice queen of The Red Hat Bees of Bardwell) won the champagne and a disgruntled Lord came in several laps behind. Red Hats 8: House of Lords 1.

Much as John insisted he didn't have fun at all – I know he did!

■ **Find out about The Red Hats at www.redhatladies.co.uk**

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TIME FOR Yours A LIFE CHANGE

Get in the habit

Not all habits are bad – try these three healthy ones that could make a big difference to your day

By Rebecca Speechley

Chew more – most of us don't chew our food well enough, so we miss out on vital nutrients and put strain on our digestive systems. According to the latest research, chewing thoroughly could give your immune system a boost too by stimulating the release of immune cells in your gums. The experts suggest that we should chew our food thoroughly before we swallow it.

Take five

Getting up and walking for five minutes for every hour you spend sitting down could help to lift your mood, improve your energy levels and even dull hunger pangs, according to a US study. Set a timer to prompt you to move at the start of every hour and take yourself off for a walk.





Challenge the way you think...

Do you constantly criticise yourself or put yourself down? Thinking negatively has a huge impact on your self-esteem and confidence, so next time you start to critique your appearance or your actions stop yourself and consider what you'd say to a friend who expressed similar feelings about themselves. Then turn those positive and kind thoughts towards yourself.

PICS: ALAMY STOCK PHOTO, MASTERFILE, SHUTTERSTOCK



Spring c
WITHOUT THE CH

Make your home sparkle the natural way this spring!

By Gabrielle Albert

MEET OUR EXPERTS





Liz Impey and Vicki Bates are professional cleaners dedicated to using inexpensive chemical-free products. More advice at www.thegreencleaner.co.uk

Laurence Smith is an expert from the natural cleaning company e-cloth, visit www.e-cloth.com for more details

It'll soon be time to clear out your cupboards, dust away those cobwebs and give your home a little TLC in the annual springtime clear out. But in your quest for cleanliness, are you inadvertently filling your home with harmful chemicals?

"One-in-three people in the UK suffers from allergies or asthma," says cleaning expert Laurence Smith from natural cleaning company e-cloth. "And 25 per cent of those are triggered by chemical sensitivities."

Wearing gloves to protect your skin when you clean could help, but that doesn't protect you from the chemicals in the air, such as phosphates, sulphates and parabens. Just running your hand over a kitchen side you've just cleaned or taking a bath in a freshly scrubbed tub could irritate sensitive skin and expose you to potentially harmful chemicals.

"We shut our cleaning products in cupboards out of reach of children because we recognise that they could be dangerous, yet we still continue to clean with them even though there are safer and more natural alternatives available," says Laurence.

25% of allergies and asthma in the UK are triggered by chemical sensitivities

"It's easy to think that your home can't be truly clean unless it's been

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- **GENERAL PURPOSE E-CLOTHS** – These special cloths have thousands of tiny fibres that help you to deep clean without chemicals. They can be washed and reused hundreds of times – so while initially more expensive they are very economical in the long run.



PICS: SHUTTERSTOCK

lean EMICALS!

bleached, but as professional cleaners we have tried and tested almost every natural and chemical-free cleaning product available and make many of our own using homemade recipes," say Liz Impey and Vicki Bates from The Green Cleaner. "You don't need to use chemicals to have a clean and hygienic home that's healthier for the environment, for you, your family and your pets."

Switching to natural, chemical-free cleaning products could make a big difference to your health, and, if you make your own, your purse too. You may already have many of the ingredients tucked away in your kitchen cupboards and with some simple recipes (see right) your home will be clean, sparkling and chemical-free in no time!



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DIY NATURAL CLEANING

Make your own cleaning products!

KEEP TO HAND

Multipurpose cleaner

Ingredients

☐ Water ☐ White vinegar ☐ Lemongrass oil
☐ Tea tree oil ☐ Eco washing up liquid

Method

Fill a spray bottle half full with water, top up to ¾ full with white vinegar, add 10-15 drops of essential oil and a few drops of a natural washing up liquid, put the cap on and shake before use.



Bath and kitchen sink cleaner



Ingredients

☐ Bicarbonate of soda ☐ White vinegar ☐ Lemon juice

Method

Mix two-parts bicarbonate of soda to one-part vinegar and one part lemon juice. To use, apply the mixture with a damp cloth and leave for 10 minutes before wiping with a cloth or sponge.

Window, glass and mirror cleaner

Ingredients

☐ White vinegar ☐ Water ☐ Newspaper for scrubbing

Method

Mix equal parts white vinegar and water in a spray bottle. Spray onto the surface and wipe dry with crumpled newspaper. Buff with newspaper or a lint-free cloth to shine.



Furniture polish



Ingredients

☐ Olive oil ☐ Lemon juice

Method

Mix one-part olive oil and one-part lemon juice. Rub on furniture or apply with a spray bottle, then polish with a dry cloth – perfect for wooden surfaces.

Toilet cleaner

Ingredients

☐ Bicarbonate of soda
☐ White vinegar

Method

Sprinkle bicarbonate of soda into the bowl, squirt with vinegar and then scour with a brush.



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*Simplifydigital customers save on average £322 a year.
Data based on 4,342 Simplifydigital records between July-September 2016

PICS: THINKSTOCK

YOUR QUESTIONS ANSWERED

Q I could do accounts and letters on my old PC without having to access the internet, but my new one seems to have a mind of its own and I'm getting frustrated with the new operating system. Is it possible to buy a home PC that doesn't have to be connected to the internet?

Pat James, by email

Yours says Most PCs, if not all, now require internet access to run system and antivirus updates and of course you wouldn't be able to send emais, either, if you weren't online. You can always disconnect the internet and work offline, then connect it every so often to run the updates or send emails. You could also contact learndirect (0800 101 901, www.learndirect.com) for details of a basic IT course in your area. These courses will help you navigate the new operating systems available and give your skills an update.



Learndirect offers basic courses for beginners

■ **Age UK runs programmes to help people who want to take the digital plunge to gain the skills required. For more information about staying safe online, or about classes in your area, call 0800 169 65 65 or visit www.ageuk.org.uk/it**

Q I look after my grandchildren after school and my worktops are always cluttered with charging tablets, phones and cables. Can you help me organise them better?

K Johnson, Doncaster

Yours says This MaxTronic Multi-Device Charger can charge up to eight gadgets at once. It's compatible with both Apple and Android devices, as well as MP3 players and cameras that use a USB input to charge.

■ **Available from www.amazon.co.uk, priced £34.99**



Q I look after my elderly mum and I'm worried about what extra precautions I need to take in winter to stop her getting ill. What should I be doing?

Sheila Preston, Warwick

Yours says The cold weather, even in February and March, can be serious for vulnerable older people who may be more susceptible to colds and flu and which can make pre-existing conditions such as asthma and heart disease worse.

The NHS recommend a flu jab if she hasn't had one already and ensure she is warm when at home and out and about. Stock up on food and hot drinks before a forecast cold snap and make sure you have over-the-counter medicines to hand to tackle cold and flu symptoms.



■ **At the first sign of illness, speak to your pharmacist for advice. There's also useful information on the NHS Stay Well winter website, visit nhs.uk/staywell**

We love to receive your questions... though we can't answer them individually. Write to 'Your questions answered' at the address on p3 or email yours@bauermedia.co.uk



Q I am a permanent wheelchair user, but I like to do some exercise – is there a DVD available that would suit me?

Margaret Edwards, by email

Yours says Our fitness expert, Julie Robinson, actually has a range of workout DVDs that are suitable for wheelchair users. There are taster videos available on the website for you to try before you commit to buying one, too.

■ **Call 0800 612 0450, www.moveitorloseit.co.uk to order your DVD**



Win a copy of Move it or Lose it!

We've got five copies of the DVD to give away, each worth £15.99!

■ **To enter, turn to p137**

PICS: GETTY IMAGES, SHUTTERSTOCK

Make the most of your retirement with **Yours**

... and live life the way you want to live it

Did you know you could tap into the value built up in your home through a lifetime mortgage, the most popular type of equity release plan, and access tax-free cash to spend as you wish?

Although downsizing could be an option, a lifetime mortgage allows you to remain living in your own home.



REAL LIFE STORY

Meet Yours reader Mrs Gardner...

Mrs Gardner from Kent had worked in the private healthcare industry for over a decade.

"Work was very stressful and had caused me a lot of health issues. I thought it was time to retire but wanted to be sure I could pay the bills and still do the things I love - like go on holiday.

"I had seen Key Retirement in **Yours** magazine and the reviews looked very positive so I decided to get in touch and find out what my financial options were."

After talking to one of Key's specialists, Mrs Gardner made a free, no-obligation appointment with her local adviser to go over the options for her.

"My local adviser was brilliant. She was professional, friendly and put me at ease right away. I was worried the appointment would be very formal and confusing, but I actually found it an enjoyable experience.

"She completely understood my reasons for looking into equity release and how desperate I was to retire.

'I was desperate to retire'

After some questions and research, she found a plan that was right for me and phoned regularly with updates."

Mrs Gardner is now enjoying her retirement, knowing that all her bills are covered.

"I've also made some changes to the garden and I'll soon be visiting Australia. I have recommended Key to both my sister and my friends."

Yours recommends
EQUITY RELEASE SERVICE

CELEBRATING 14 YEARS IN PARTNERSHIP

KEY FACTS ABOUT RELEASING CASH FROM YOUR HOME

- ✔ The cash you release is tax free
- ✔ With a lifetime mortgage your home remains your own
- ✔ You will never owe more than the value of your home with Equity Release Council approved plans
- ✔ Some plans allow you to guarantee an inheritance
- ✔ A lifetime mortgage is secured against your home
- ✔ Equity release will reduce the value of your estate and may affect your entitlement to means-tested benefits

Unless you decide to go ahead, Key's service is completely free of charge, as Key's typical advice fee of 1.65% of the amount released, is only payable on completion of a plan.

Find out more by requesting your FREE Yours Guide to unlocking the cash from your home, produced in partnership with the UK's No. 1 independent equity release specialist, Key Retirement.



In association with

Key Retirement

Call today to request your FREE Yours guide, or to book a free no-obligation consultation

Call FREE on 0800 531 6020

or visit www.yours.co.uk/retirement-services

PIC: THINKSTOCK



HOW TO...

GET CHEAPER CAR INSURANCE

The cost of insuring our cars is accelerating this year. Sarah Jagger explains how you can put the brakes on pricey premiums

Car insurance already accounts for a sizeable chunk of our household finances and drivers will pay even more this year with premiums typically rising by £96, pushing an average policy to £691. The rise can be attributed, in part, to the three hikes in Insurance Premium Tax (IPT) over the past two years. IPT is a tax on insurers but the cost is passed on to us via our policies. From June 1, there will be a further hike taking the tax to 12%.

Only by comparing quotes and switching every year can you be sure you're paying the best price

Whiplash fraud is another major pressure on insurance costs. Fraudulent claims – ones that are either exaggerated or fabricated – add £40-£50 to an honest motorist's annual policy. The good news is the government has promised to introduce reforms to tackle whiplash fraud and it's hoped insurers will pass on savings by reducing premiums. But there are no concrete plans as we go to press – so it's vital you try to get the best deal you can.

Don't accept your renewal

Unless you tell your car insurance provider that you don't want to continue with your policy, it will be automatically renewed – and you'll almost certainly end up paying over the odds. Insurers usually increase prices in the second year to recoup the cost of discounts offered in the first year. Only by comparing quotes and switching every year can you be sure you're paying the best price.

Shop around using a comparison website such as Mustard.co.uk. Run the best deal past your current insurer to see if they'll match it – research by Consumer Intelligence found 20% of insurers will. If they won't, switch. The nearer you get to your policy start date, the more expensive your premium will be, so make a note to shop around early to save money. Aviva, LV and Nationwide give new quotes that are valid for 60 days before your renewal is due.

Be a careful driver

Being a careful motorist can also help reduce your premium. Selected insurers can now fit a clever device into your car that measures how well you drive. Your premiums are then based on how safe and conscientious a driver you are, instead of paying for insurance based on the average driver. Don't forget your no-claims discount (NCD) either; it can knock more than 70% off your premium after five claim-free years. Pay to protect your NCD and don't claim for minor bumps. Ensure you always stick to the speed limit as points on your licence push up insurance.

7 SPEEDY WAYS TO CUT CAR INSURANCE

1. **Check the 'optional extras' to ensure you won't be paying for something you don't need.**
2. **Recently retired? Lower annual mileage can save money.**
3. **Adding your spouse to your policy can cut your premium if they're a careful driver.**
4. **Pay for cover upfront to avoid being charged for spreading the cost.**
5. **Increase your excess to lower premiums, ensuring you can afford it if you do have to claim.**
6. **Tweak your job description, eg describing yourself as a PA rather than a secretary could save you money.**
7. **Direct Line, Aviva and Zurich don't show up on comparison websites such as GoCompare.com so visit their websites to check how they compare.**

■ **Find cheaper car insurance at Mustard.co.uk or speak to a Mustard adviser on 0330 022 8814**



PICS: MASTERFILE, GETTY IMAGES

100 Direct from Jersey Spring Plants just £9.99 with FREE delivery

Plants from just 10p each!

For quality, value and a stunning display this summer you can order these beautiful Plug Plants direct from the floral island of Jersey. Ideal for beds, borders and containers, your plants will be grown by our horticultural experts, in our own nursery, under expertly managed conditions then sent direct to you, saving you time, effort and money!

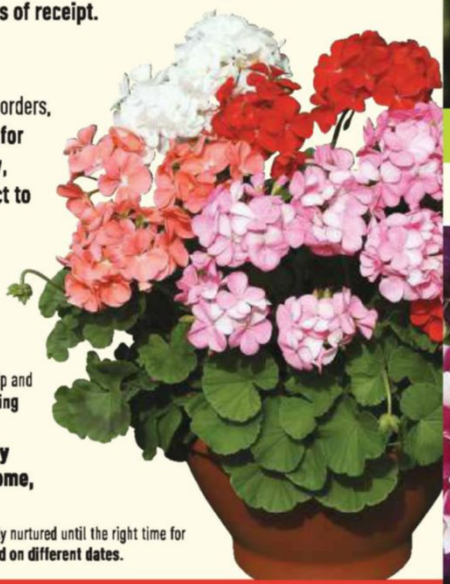
Guaranteed Quality

Delivered in a sturdy box to any UK address, the plants come with easy to follow growing instructions and seasonal tips - ideal for the beginner or experienced gardener.

We guarantee a replacement or refund if you are not fully satisfied, just let us know within 30 days of receipt.

Great Value

These plants are ideal for beds, borders, tubs and baskets. **At just £9.99 for 100 plants, with FREE delivery, that's just 10p per plant, direct to your door!**



About Your Plug Plants

The **Plug Plants** are sent in a tray of **100 individual cells** and will arrive approximately **4-8cm high** from root to tip and **will need to be grown on before planting out**, once all risk of frost has gone.

Despatched from late February to the end of April on a first come, first served basis.

NB Multiple Orders - all plants are carefully nurtured until the right time for despatch **so each pack may be despatched on different dates.**

see our full range and order online
www.jerseyplantsdirect.com

01534 871113 FREE P&P
Order hotline open 8am-6pm Mon-Fri, 9am-4pm Sat & Sun.
Calls may be recorded for training purposes.



100 Geranium Parade only £9.99

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100 Petunia Bolero only £9.99

These Petunias in beautiful blending colours of burgundy, rose, white, salmon, lavender, red, pink and blue are ideal for borders and patio containers.



100 Busy Lizzie Summer Waterfall only £9.99

Shade tolerant, this beautiful trailing mix has extra large flowers and spreads further than classic Busy Lizzies.

PRIORITY ORDER FORM **REF: YUS SP17 A**

Please complete this form in BLOCK CAPITALS using a black or blue pen and send it with your payment to: **Jersey Plants Direct, PO Box 91, Jersey JE4 9PX or fax to 01534 888775.**

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Address _____

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Daytime Tel No. inc. code (in case of queries) _____

E-mail Address (optional) _____

CODE	OFFER	Price	P&P	QTY	Total
GER100B	100 GERANIUM PARADE	£9.99	FREE		£
PET100B	100 PETUNIA BOLERO	£9.99	FREE		£
IMP100F	100 BUSY LIZZIE SUMMER WATERFALL	£9.99	FREE		£

I enclose a Cheque/Postal Order made payable to Jersey Plants Direct for: £ _____
(Please write your name and address written on the back)

or please debit my Mastercard/Visa/Switch/Maestro (delete as appropriate) with the sum of: £ _____

Card No. (cards are debited at the time of ordering) MAESTRO ONLY

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SUPER BLENDERS ON TEST

If you want a quick way to get your five-a-day, a blender could be the answer – but with so many available which one is the best choice?



NUTRIBULLET PRO

3/5

This is a good quality blender though quite heavy. It only has one blending speed which is great for smoothies and juices and a pulse option that I found handy for making chunkier sauces, such as salsas.

I was a bit disappointed that you can't use it to whizz up hot liquids; I had to wait for soups to cool before blending. It comes with a recipe book, which is great for inspiration. Ideal if you just want to make healthy smoothies.



■ **Stockist: Call 0800 587 6133, or visit www.buynutribullet.co.uk**

VITAMIX® S30 PERSONAL BLENDER

5/5

This sturdy piece of kit feels like it will last for years – which could help justify the higher price tag. Its heavy duty motor made short work of all the fruit and veg I threw in it, pulping up oranges and kale in no time thanks to its variable blending speeds.

It comes with two good quality cups which have flip lids so you can whizz up your juice and go. It's easy to clean too – just a quick rinse and no fiddly filters to scrub.

The only downside was that I found the lid quite hard to get on and off the jug at times.



■ **Stockist: Call 03456 049 049, or visit www.johnlewis.com**

VONSHEF 1000W ULTRA BLEND

4/5

The sleek design of the VonShef Ultra Blend looks great on the counter! Its powerful motor blends quickly which I found very handy because I was using it every day to make smoothies for breakfast.

It's strong enough to blitz ice and nuts for homemade nut butters and would make short work of houmous. However, I did find that the cups which came with the blender leaked, unfortunately.

It's a fair price for a decent machine if you'd rather not spend a lot.



■ **Stockist: www.amazon.co.uk**

WIN! We have a Vonshef 1000w Ultra Blend to giveaway, worth £29.99.

■ Enter to win on p137

MORPHY RICHARDS BLEND EXPRESS

3/5

Don't let the size of this blender fool you. It might look small but it's powerful, very fast and the quality is excellent. It turned frozen fruit into a smoothie in no time. I'm not sure why the manual recommends sieving your drink after blending, because you really don't need to. The only downside is the cups; it comes with two, each of 750ml (1½ pt) which is quite large! I would have liked some different sizes.



■ **Stockist: www.amazon.co.uk**

WIN! We have a Morphy Richards Blend Express to giveaway, worth £24.99.

■ Enter to win on p137

PICS: STOCKFOOD

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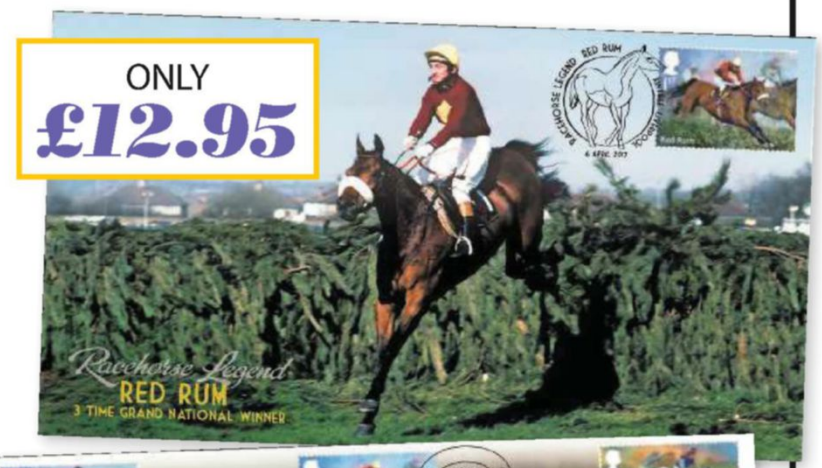
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This cover is not due for release until April 6, 2017. Please allow up to 21 days after stamp issue for delivery

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Iris

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Iris | French Navy

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TO LEND OR NOT TO LEND?

Have you lent money and are still waiting for it to be repaid? You're not alone! The over-55s are the most generous with their cash, typically lending £1,997, according to research by Leetchi.com.

Friends are the biggest borrowers followed by children, partners and co-workers. Women tend to be owed less than men – £814 compared to £1,404. A fifth of those surveyed said lending money to friends had resulted in an argument.

Watching the pennies

Monthly money saver



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7 ways to... get fit without breaking the bank

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2 Download free fitness apps like Pacer which monitors your daily activity. The iPhone health app is good for step counting.

3 Join our free diet club and friendly inch-loss community at www.yours.co.uk/1inch

4 Start walking to the shops and always take the stairs. You burn 15 calories from walking up one flight, three times daily.

5 Plan meals to stop over-indulging and wasting money – turn to p39 for free healthy recipes cards.

6 Do the housework workout! You typically burn 100- 300 calories per hour of chores.

7 Watch out for Lidl and Aldi's fitness clothing and equipment special buys.

■ **Turn to p37 to WIN fitness gear in our Big Giveaway!**

Yours 1 inch at a time



Source: PromotionalCodes.org.uk



Valued at £250-£300

Cash in the attic

Toby jugs depict historical, fictional or popular characters wearing period attire and tri-corn hats. The origin of 'Toby jug' is uncertain but some say it's named after an 18th Century Yorkshire drinker called Henry Elwes whose nickname was Toby Fillpot, while others think it's Shakespeare's character Sir Toby Belch. Popular since the 1760s they are collectable today including this Yorkshire pearlware jug of 'Ordinary' type, valued at £250-£300.

■ **Miller's Collectables Handbook & Price Guide 2016-2017**

PICS: GETTY IMAGES, SHUTTERSTOCK, WOOLLEY & WALLIS. FREEBIE: WHILE STOCKS LAST. OFFERS CAN BE DISCONTINUED AT ANY TIME. *CONSULT YOUR DOCTOR BEFORE STARTING ANY FITNESS REGIME

Meet someone online WITH Yours Dating

Your 50s and 60s are the new prime of life. 50-plus men and women are now living longer, have more time to enjoy their leisure and are determined to make the best of life!



What would you like to find?

People come to dating in their 50s for a variety of reasons: some because of divorce or separation, others because of bereavement and others because they have been busy establishing their careers but now their priorities have changed. One motivating factor is companionship – having someone to enjoy life's pleasures with. With Yours Dating, you can search for people based on their interests, hobbies, experiences and location so you can meet like-minded people and make the most of your experience.

Make 2017 your year

The usual advice given to younger singles doesn't necessarily apply to people dating after 50. Meeting someone at work can get complicated and the opportunity to meet people outside of established friendships groups can be daunting. That's where online dating comes in.

Over-50 dating websites

While some people wrongly associate younger people with dating sites, over-50 daters are among the fastest-growing group online so why not give it a try today?

Why join YoursDating.co.uk?

- Create a free online profile
- Find someone based on likes, interests or location
- It's safe and secure



Join Yours Dating FREE today...

Sign up now at

www.yoursdating.co.uk

or call 0800 033 4053

PICS: GETTY IMAGES/ISTOCKPHOTO

Friends of Yours

Welcome to our free friendship service – found every fortnight only in **Yours**

We can help you find…

■ Like-minded friends ■ A new romance
■ Long-lost friends & family ■ Just about everything

Seeking friendship

Find a like-minded penpal or companion for outings

Graduate male, 50, kind, friendly, medium-build, likes pubs, travel, animals, current affairs, seeks penpals, new friends, with similar interests and age. Any area **FEB2-202**

Sheffield lady, 65, young outlook, modern dress, very sociable, likes fine dining, theatre, gardening, shopping, seeks local friends, enjoys holidays, especially cruises. Sheffield area **FEB2-203**

Married lady, 68, seeks female penfriends only and to meet up for coffee and a good chat, must have a sense of humour! Bewdley area **FEB2-204**

Lady, 60 years' young, medium-build, short stature, likes home life, eating out, country music, would like to find a male friend, non-smoker, non-drinker, driver. Hants area **FEB2-205**

Fun-loving lady, 50s, enjoys crafts, animals, days out, crosswords, films, looking for penpals, ladies or gents, please write! Any area **FEB2-206**

Lady, 60, seeks penpals, likes reading, knitting, theatre, letter writing. Any area **FEB2-207**

Good-humoured lady, 50s, has a dog, is involved with family, has a praying mantis, seeks female penpals. Any area **FEB2-208**

Sociable lady, 71, seeks friends, enjoys shopping, charity shops, coffee and meals out, coach trips, theatre, music, dancing. High Peak/Macclesfield/Stockport area **FEB2-209**

Lady, 70s, seeks lady for outings, coffee, days out, likes theatre, animals, writing, friends, painting, car driver, non-smoker, wine, keep fit. Plymouth area **FEB2-210**

Widowed lady, 71, non-smoker, seeks male and female friends, for outings, lunches, theatre and chats, car driver, enjoys dancing, walking, gym and socialising. South Mids area **FEB2-211**

Young-at-heart lady, 70s, new to area, seeking like-minded male and female friends, into cinema, theatre, music, Scrabble, dining, chatting. West Sussex area **FEB2-212**

Active widow, 80, likes gardening, walking, reading, jigsaws, would like to meet a sincere gent, similar age, for telephone chats and friendship. Anglesey/North Wales area **FEB2-213**

Active lady, young outlook, 74, disability, loves travel, nature, walking, seeks a happy gent, fun, happy meals. Scotland area **FEB2-214**

Married lady, 76, animal lover, seeks friends for days out and holidays, enjoys gardening, reading, knitting, coffee mornings, non-smoker. Coventry area **FEB2-215**

Widowed grandma, 70s, enjoys days out, walking, travelling, gardening, would like to meet a like-minded friend. South West Essex area **FEB2-216**

Single lady, 70, easy going, animal lover, chatty, likes reading, seeks genuine lady friend, for days out, holidays alone are too long. Billingham area **FEB2-217**

Lady would like to meet new friends for lunch. Kenilworth/Stratford on Avon area **FEB2-218**

Active lady, 85, enjoys letter writing, theatre, Scrabble, puzzles, dogs, gardening, seeks female penfriends, all letters answered. Any area **FEB2-219**

Recycled teenager, would love to correspond with other ladies who live abroad, has lots of interests, let's link hands across the seas! Overseas only **FEB2-220**

Lady, 70s, slim, blonde, pretty, looking for a gent to share interests, including art, music, cinema, gardens, countryside and antiques. East Mids area **FEB2-201**





■ Have you met your soulmate through Friends of **Yours**, or found a long-lost relation? Write to us at the address on p3.

Lady, 76, doesn't drive, would like a companion, friend, male or female, for days out, National Trust, gardens, walking, coast, bus and coach travel. West Country area **FEB2-221**

Bubbly female, animal lover, enjoys keeping fit, holidays in the UK, eating out, setting goals and achieving them, wants to meet a friendly male or female. Kent area **FEB2-222**

Single lady, 70, seeks the company of a single, friendly lady, who likes to travel on bus tours and cruises, all letters answered. North Scotland area **FEB2-223**

Petite lady, 67, likes walking and swimming, seeks male company. Herts area **FEB2-224**

Lonely lady, 70, many interests, seeks s lively, interesting male, late 60s to early 70s, for fun times together. South Coast area **FEB2-225**

Seeking romance

The perfect place to find your soulmate

Widower, 64, tall, rugged, a smoker, seeks a cuddly, bubbly lady, similar age, to share happy days out and cosy nights in. Torquay area **FEB2-229**

Widower, active, 75, seeks a pleasant lady for friendship, possibly more, drives, days out, pub lunches, good times, 68-70s, don't be alone! East Cheshire/Stockport area **FEB2-230**

Mature male, 63, healthy, likes dogs, films, books, music, travel, meals out, good company, seeks an attractive, intelligent lady, 50-plus, 5ft 6in-plus, friendship, hopefully more. Any area **FEB2-231**

Fit, mature male, wants to meet a passionate female, for romance, rides a bike, uses weights, non-smoker, social drinker, very loving. South Man area **FEB2-232**

Shy, retired gent, early 60s, looking for the company of a genuine lady. Ayrshire area **FEB2-233**

Male, retired, 80s, 5ft 4in, seeks a good lady, medium-build, for coach holidays, days out, car, short walks, seaside, hopes to hear from you. Mid/West Sussex area **FEB2-234**

Yours Dating

There are thousands of like-minded people waiting to meet you online. Start your journey today at www.yoursdating.co.uk

How to...
PLACE YOUR FREE APPEAL

Complete the coupon in block capitals, one word per box (no abbreviations) and send it to: **Find a Friend, Do You Have or Where Are You?, Yours magazine, Media House, Lynchwood Business Park, Peterborough PE2 6EA**

☐ Seeking friendship ☐ Do you have?
☐ Seeking romance ☐ Where are you?

	SPECIFY AREA	

NAME

ADDRESS

COUNTY POSTCODE

HOME TEL NUMBER

EMAIL ADDRESS*

Include your email address if you'd like us to publish it in your appeal

FOR OFFICE USE ONLY

Get more responses

- Describe yourself, your interests and the type of person you'd like to meet.
- Feel free to include a passport-style photo to accompany your appeal
- For 'Do You Have' and 'Where are You', if you would like your email address published, please include it with your appeal

T&Cs: Only legible appeals submitted on the coupon will be accepted. Maximum 22 words. For confidentiality, Find a Friend appeals are allocated a box number. Unused appeals will be destroyed. Please include an SAE if you would like your photo(s) returned. Appeals are restricted to over-50s. The editor reserves the right to refuse publication. Space is limited; we do not guarantee publication. Appeals are picked at random. Allow THREE MONTHS from the date of posting your appeal to be published before reapplying.
* Your details will only be used to administer Friends of Yours and not kept on file or passed to a third party.

How to...
REPLY TO AN APPEAL

- Write a brief letter to each box number appeal you are replying to, introducing yourself and including your contact details
- Write the box number and the month on the envelope of your reply and send it to:

Find a Friend, Yours magazine, Media House, Lynchwood Business Park, Peterborough PE2 6EA.

We cannot forward letters to box numbers indefinitely. Please ensure you are only replying to box numbers from issues that are no older than 2 months from the current issue date. We will forward on replies every 4-6 weeks from the current issue date.

Seeking romance

The perfect place to find your soulmate



Lady, 70, petite, blonde, would like to meet a man, similar age, for days and meals out, possibly more with the right person. Cambs area **FEB2-227**

Humble, black male, 53, caring, energetic, fun, enjoys life and it's many pleasures, missing an honest lady, 50-70, to adore and love. Any area **FEB2-235**

Male, 62, seeks a lady for exchanging letters, texting, hopefully leading to friendship and relationship, good sense of humour appreciated. Any area **FEB2-236**

Single woman, 59, caring and gentle, seeks a male, any age, for a long-term relationship, likes seaside, city life, cats. Any area **FEB2-237**

Kind lady, 58, enjoys coast, walks, seeks a kind gent to share happy times, sincere, a non-smoker. Yorks area **FEB2-238**

Virgo, widow, would like to meet a gentleman, who is a non-smoker, over 5ft 5in tall, for friendship and maybe more, likes theatre, holidays. West Mids area **FEB2-239**

Very caring, loyal lady, 56, would like to meet a male, for meals out, weekends away, cosy nights in, for fun times and cuddles. Cheshire area **FEB2-240**

Widow, 67, wants to meet her soulmate and make 2017 a great one, likes lots of pastimes, non-smoker, fit. Lincs/Norfolk area **FEB2-241**

Outgoing widow, mid-70s, many interests, good health, non-smoker, enjoys meeting people, seeks a gent, similar age, for company and good times, who knows? West Country area **FEB2-242**

Single lady, enjoys days out, walking, eating out and in, short breaks, looking for a gentleman to share good times with, non-smoker. Cornwall/Devon area **FEB2-243**

Gent, 73, slim, active, fit, likes dancing, walking, driving, seaside, non-smoker, Sixties/Seventies music, likes days out. seeks a lady, 60-75. Oxon/Northants area **FEB2-244**

Petite, mature, widowed lady, non-smoker, would like to meet a tallish gent, non-smoker, 70ish, for a relationship, likes a good laugh. Beds/Bucks/Herts area **FEB2-245**

Young-at-heart lady, looking for romance with someone local, non-smoker, attractive, honest, 63, likes eating out and happy days. East Sussex area **FEB2-246**

Lady, 80 years' young, likes reading, TV, days out, holidays, would like to meet a gent with similar interests, aged over 70. Any area **FEB2-247**



Widow, 70 going on 30! A people person, loves animals, kind, caring, seeks a similar gentleman, for companionship, possible romance, music, non-smoker, driver. Kent area **FEB2-228**

Lady, 71, likes gardening, wishes to give friendship to gent, non-smoker, must be honest, to enjoy life with. North West area **FEB2-248**

Widow, 72, 5ft 6in, medium-build, good sense of humour, likes music, cooking, quizzes, outings, seeks a kind gent, non-smoker, to share good times. Lancs area **FEB2-249**

Friendly, divorced, 72-year-old, Christian lady, looking for male company, with same beliefs, for friendship and maybe more. South Wales area **FEB2-250**

Active, widow, 70, seeks companionship for cooking, outings, likes meals out, travelling, motor homes, crosswords, gardening, driving, dancing, cinema, reading, outdoors. Lincs area **FEB2-251**

Smart lady, young-at-heart, 70s, slim, tall, enjoys laughter, good sense of humour, many interests, seeks a gentleman, for happy times together. Cambs/Norfolk area **FEB2-252**

Thinking of you, attractive, smart lady, 70, seeks a tall gent, who enjoys holidays, theatre, socialising and all the fine things in life. Hants area **FEB2-253**

Country lady, gentle, caring, animal lover, seeks Mr Right, must have a sense of humour, good health, mobile, active, considerate, unselfish, sharing. Any area **FEB2-254**

Widow, 70, would like to meet a gentleman for days out, holidays, likes gardening, walking, meals out and a glass of wine. Lincs area **FEB2-255**

Yours Dating
Meet your soulmate online today at www.yoursdating.co.uk

Where are you?

Can you help our readers find long-lost friends, relatives or service comrades? They'd love to hear from you!

Stuart and Julie Simpson married March 17, 1973. Would make our day to see you again for our 50th anniversary, March 18, 2017. *Frank and Jenny Matthews, 148 Sunnyside Road, Droylsden, Manchester M43 7GE Email: fandjmatthews@gmail.com*

Seeking Trevor Arthur Walker. Sister Beryl, nephew Carl, Beechdale, Astonhall Road, Howarden, Flints. Was an electrician by trade. Last seen in 1962. *Tricia Beech, Trevalyn, Parkgate Road, Chester, CH1 6JS*

Seeking relatives of John Davis, of Mansfield, had three sisters, two brothers. Parents Emily and Herbert Thurland Davis. For family tree. *J Pipkin, 90 Orpin Road, Merstham, Redhill, Surrey RH1 3EY Email: june.pipkin@ntlworld.com*

Searching for anyone who knew my late parents, Anita (née Waller) and Maurice Robert Jackson. They lived in Redbridge, then Buckhurst Hill, in Essex. *Christine Baylis (née Jackson), 35 Champions Way, South Woodham Ferrers, Essex CM3 5NJ Email: christinedenise49@talktalk.net*

Seeking dancing friends, John Munro and Graham Gilroy from North London, Sixties. Would love to hear from you. *Jean Osbourn, Calle Mostoles 21, Moraira, 03724 Alicante, Spain 03724 Email: jeanosbourn@hotmail.com*

Seeking June Doreen Hulme (née Hubbard). Might also be known as Penny. Possibly remarried. Last seen in 1968. A close relative. *Julie Heap, Trenute, 115 Launceston Road, Kelly Bray, Cornwall PL17 8DT Email: heapster.d@live.com*

Gillian Day (nee Matthews), my bridesmaid in 1957. Worked together in the city of London. Lost touch in 1969 when she went to Australia. *Thelma Scrace, 17 Fenland Walk, Holbeach, Lincs PE12 7NS*

Looking for John Law, who lived at Shaftesbury Avenue Intake, Doncaster, Fifties. Would love to hear from you. *Betty Simmonite (née Blackburn), 21 Sherbourne Avenue, Bramley, Rotherham, S66 1WR*

Kathleen Leese, my best friend at Cheadle Grammar School, 1965-70. Would love to hear from you again. *Jane Rhead (née Collier), 20 Argosy Close, Meir Park, Stoke on Trent ST3 7QL*

Seeking Peter Wright. We were friends in the Forties, and I'd like to catch up to see how life has treated you. *Margaret Espley (née Sadler), 14 Pinewood Walk, Kings Winford DY6 7EU*

Would like contact with anyone who knew my brother, Eric Bruce of Enterprise House, Kings Head Hill, Chingford. *Orwen Roberts, 7 Green Hedges, Bryncoch, Neath SA10 7YH*

Seeking Dennis Ball and any who remembers me. SASRA Group, Singapore 1955/6 I was the pianist. *Colin S Johnson, 95A Coventry Road, Nuneaton CV10 7AA*

Seeking cousins Jenny and Tony Catlin. Your mum Jacqueline was our father, Tom Cottrell's half-sister. Love to hear from you. *Patricia Belton (nee Cottrell), 129 South Parade, Worksop, Notts S81 0BN Email: jbelton@talktalk.net*

Seeking penfriend, Pat Hughes. Last address at Orient Street, Salford. We wrote long letters but never met. Lost touch many years ago. *Pamela Selway, 22 Box Crescent, Minchinhampton, Stroud, GL6 9DJ*

Seeking my cousin, Daphne Whitfield and her daughter, Susan. We lost touch. Last known to be in the Waterlooville area, Portsmouth, Hants. *Eileen Hedges, 7 Ladymead, Woolbrook, Sidmouth, Devon EX10 9XN*

Mary Cross went to St Hilda's School, Blackburn, 1953-57. Her auntie lived in Devonport Road, Sixties. *Margaret Whiteside, 10 Witton Parade, Blackburn, Lancs BB2 2PP Email: magswhiteside@hotmail.co.uk*

Seeking cousin Joan Elizabeth Savory, born April 1946, North Western Hospital, Surrey, was adopted. Would love to hear from you. *Eileen Dunlop, 44 Randall Drive, Orsett, RM16 3GT Email: eileendunlop1946@gmail.com*

Do you have?

Find favourite music, videos, books and other memorabilia

Copy of a **Yours Yearbook 2017** (it's sold out and our pet is in it!). Will pay costs. *N Brownhill, 12 Stair Road, Tonbridge, TN10 4HB Email: nickybrownhill@yahoo.co.uk*

Peter Pan Jeanie Aran yarn (1964), Rose Medley or 1960 Petal. Any amount. Will pay costs. *M Withrington, 12 Redland Drive, Northampton, Northants NN2 8QE, Email: mwithrington@gmail.com*

Any **Gibson's Jigsaws by Mike Jupp in the 'I Love' range**, 1000 pieces. Will pay postage. *J Porter, 42 Beach Court Park, Faversham Road, Seasalter, Whitstable, Kent CT5 4FE*



André Rieu DVD, Christmas in London, December 24, 2016 and Johann Strauss Orchestra, 2015. Will pay costs. *M Holland, 27 Foxdene Road, Whitstable, Kent CT5 4QY*

Book: For the Term of His Natural Life, by Marcus Clarke. Will pay costs. *J Sprake, 22 Castle Road, Henley in Arden, B95 5JS Email: juliesprake@yahoo.co.uk*

Medium-to-large plastic dolls for dogs to play with. Will pay postage. *J Roberts, 4 Mount Pleasant, Tirley, Glos GL19 4EU Email: judykatz1448@yahoo.co.uk*

Any spare, **chunky wool for charity knitter**. *W Penny, 370 Greenford Avenue, Hanwell, London W7 3DA*

Sirdar knitting pattern no 1434 (ladies' green, roll-collar cardigan). Will pay costs. *N Harvey, 17 Wragby Road East, North Greetwell, Lincoln, LN2 4RA*

Cross-stitch pattern **Magnificent Seven kit no 13659** by Bryan Moon (dogs in cowboy hats). Will pay costs. *K Taylor, 6 Abbots Close, Weston super Mare BS22 7TX Email: djelibeybi@sky.com*

Any type **wool for cat or dog blankets and toys**. Will pay reasonable postage if requested. *J Phillpott, 65 White Gate, Castle Combe, Chippenham SN14 7HQ*

Books or DVDs: Flowers in the Attic and Petals on the Breeze, by Virginia Andrews. Will pay costs. *M Cook, 7 Parnall Crescent, Yate, Bristol BS37 5XS Email: davemary93@googlemail.com*

The instructions only for **David Dickinson's Antique Chase board game**. *J Collins, 18 Park Road, North Newnton, Pewsey, Wiltshire SN9 6JX Email: jenny.collins88@gmail.com*

DVD of Josh Groban singing Over the Rainbow. *M Tittle, 4 Kennermont Road, Abbey Hulton, Stoke on Trent ST2 8EU*



James Brett marble chunky wool, any colour. Will pay costs. *J Montgomery, 24 Church Lane, Pocklington, York YO42 2BL*

Unwanted audiobooks for elderly people with sight impairment. Will pay postage. *P Barlow, 31 Windsor Road, Northam, Bideford, Devon EX39 1EW*

■ THANK YOU on behalf of our readers who are often so inundated with replies they cannot answer each one individually.

■ PLEASE REMEMBER: Always check you have put the correct postage on all correspondence sent to readers so they don't incur additional costs. While we are confident that the majority of readers are genuine, do be careful when exchanging money for items.

PICS: REX SHUTTERSTOCK

THE GUARANTEED OVER 50 PLAN

Looking for affordable over 50s life cover?

THE UK'S MOST STRAIGHTFORDABLE
Say 87% of our customers*

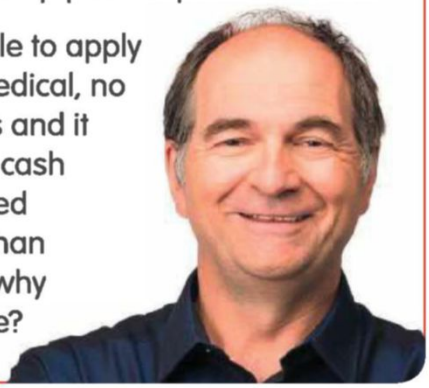
If you've been thinking about life cover, then maybe you should think about joining over 880,000‡ men and women who have a Guaranteed Over 50 Plan – the UK's most popular choice for a plan of this type.**

What makes the Guaranteed Over 50 Plan so popular? Well, premiums start from less than £4 a month, that's under 14p a day. But perhaps the most attractive feature of this plan is that, if you are aged 50-85, we will not turn you down! There's no medical, no health questions and it's easy to apply. Read on to find out more…

Ease the worry of funeral costs

You may be surprised to learn that the average cost of a funeral is now £3,897†† – not the kind of sum that many people can find easily. Life cover can help pay towards these costs and help provide peace of mind.

This plan is simple to apply for, there's no medical, no health questions and it pays out a fixed cash sum for your loved ones from less than £4 a month. So why not find out more?



No medical or health questions

The Guaranteed Over 50 Plan, provided by AXA Wealth Ltd is life insurance that really can help to give you life-long peace of mind. We guarantee to accept you if you are aged 50-85, with no medical or health questions to answer. Then, as long as you continue to keep up your premiums, after you've had the plan for two years a fixed cash sum will be paid out on your death. If you were to die in the first two years, we'd return all the premiums paid, plus half as much again, unless you were to die as the result of an accident when we would pay out the full cash sum.

Funeral costs

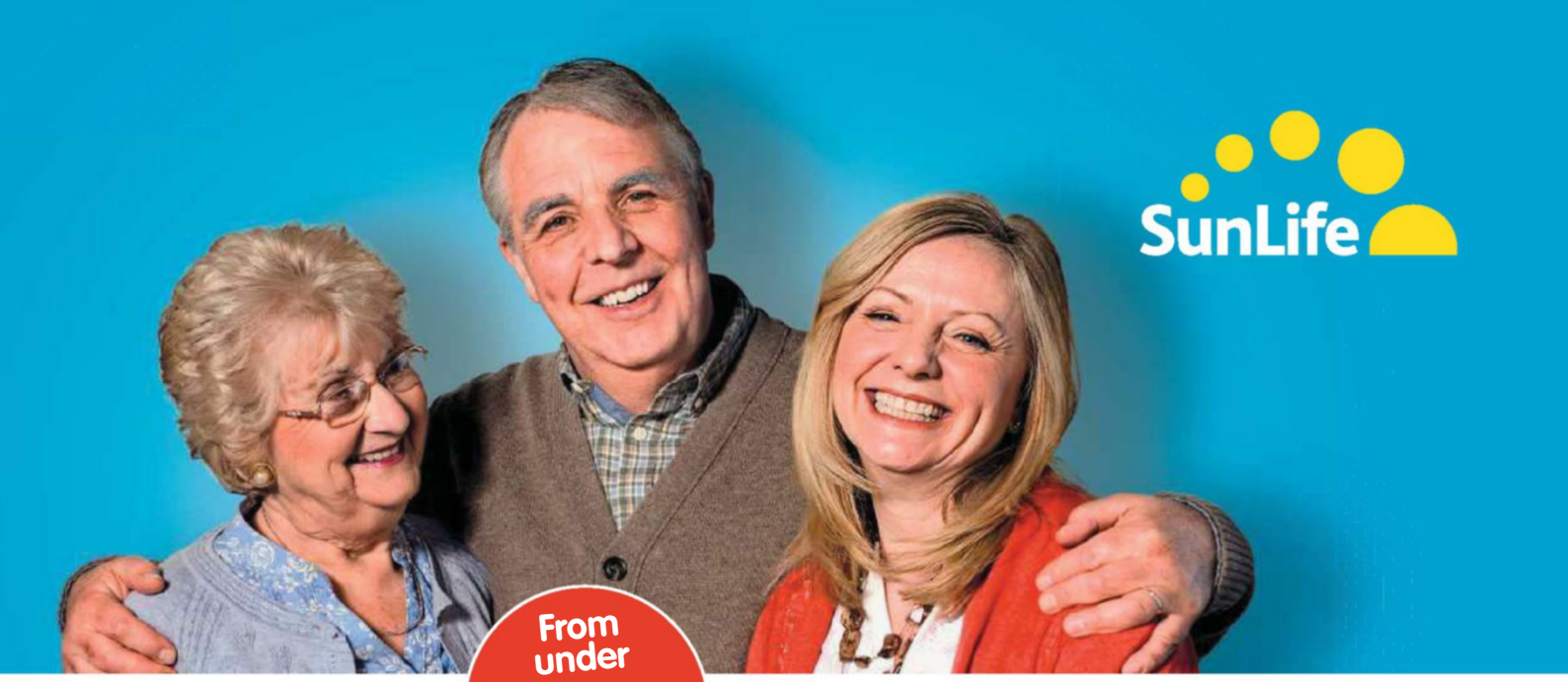
Cover starts from less than £4 a month, however when choosing your premium it's worth considering that the average cost of a funeral is £3,897†† and is likely to rise in the future. And while paying less than £4 a month won't cover all of your funeral costs, if you're worried about your loved ones having to pay, this could certainly help. You just need to be sure you're happy with your monthly premiums as they are payable for life and if you stop paying your plan will end and you won't get anything back.

You'll always know where you stand

We promise that your premiums will never go up and your cover will never go down, although inflation will reduce its value over time. You should also be aware that depending on how long you live, you could pay in more than the cash sum paid out.

Why choose the UK's No.1**

- 99% of new customers are satisfied overall with us◊
- 9 out of 10 claims paid out in 3 days^
- Over £630 million paid out in claims‡
- First month FREE!



From under 14p a day

Act Now!

To help you decide, we've put together an information pack which includes full details of the plan and personal examples of the levels of cover you could receive. Requesting more information costs nothing and commits you to nothing. And because we don't ask any medical or health questions, applying for the plan really is easy. As a thank you for taking out a plan the first months premium is free and you get a choice of welcome gift card worth £75.

Simply call our friendly UK based team on **0800 169 2044,** or fill in and return the coupon to the FREEPOST address. You can even apply online at **sunlife.co.uk/press**

Your choice of gift card worth **£75** when you take out a plan

M&S GIFTCARD · Argos · amazon.co.uk gift card †

Terms and conditions apply.



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**Most popular whole of life guaranteed acceptance plan bought directly. ABI statistics – 12 months up to 30.06.2016. ^Upon receipt of required documents, Mar 2015 – July 2016. ‡As at 07.07.2016. ††Source: Average of quotes for standard funeral arrangements from a sample of funeral directors. SunLife Cost of Dying Report, June 2016 (Critical Research). ◊Source – SunLife Continuous Research Program, New Policyholders Sept 2016, based on a sample of 150 new policyholders. †Amazon.co.uk is not a sponsor of this Programme. For complete Gift Card terms and conditions, see www.amazon.co.uk/gc-legal All Amazon ®, ™ & © are IP of Amazon.com, Inc. or its affiliates. *This is taken from our new customer research, where customers were asked 'Thinking now about the phrase 'Straightfordable', by which we mean straightforward and affordable. Do you think that SunLife is the most 'Straightfordable' life insurance company?'

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Post today in a sealed envelope to: FREEPOST SUNLIFE – yes that is all you need! You don't need a stamp, address or postcode.

PLEASE TICK Mr | Mrs | Ms | Miss DATE OF BIRTH

FULL NAME

ADDRESS

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We may use this to send you marketing information.

The Guaranteed Over 50 Plan is only available to UK residents aged 50-85.

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Yours28Feb17 Ref: 1831943

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- Visibly Reduces Crow's Feet, Fine Lines and Wrinkles
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Creams and lotions aren't enough. Needles and plastic surgery are far too invasive and costly. Introducing DermaWand®, the revolutionary at-home anti-aging device clinically PROVEN to reduce fine lines and wrinkles with treatments that take as little as three minutes.
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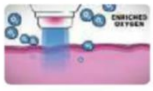
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Solo SUPPERS

Cooking for one doesn't need to be boring with these no waste, all taste dinners!

Yours
THE GREAT BIG GIVEAWAY
KITCHEN GOODIES
See pages 85 & 87

PAELLA

This classic Spanish dish doesn't always have to be shared

Serves: 1 Preparation time: 10 mins Cooking time: 20 mins

- 25g (1oz) chorizo, sliced
- olive oil
- ¼ onion, diced
- ¼ red pepper, sliced
- 100g (4oz) rice
- 1 chicken stock cube
- 100ml (4floz) water
- 40g (1½oz) frozen peas
- 50g (2oz) prawns, cooked & peeled

1. Pan fry the chorizo in olive oil for 5 mins over a medium heat until it starts to brown. Set aside for later.
2. In the same pan, fry the onion for 5 mins until it starts to colour, and then add the peppers, rice, stock cube and water.
3. Bring everything to the boil and simmer for 10 mins until most of the water has been absorbed by the rice. Add a further 100ml (4floz) of water and continue to simmer until all the water has been absorbed and the rice is cooked.
4. Add the peas, prawns and chorizo. Stir over a medium heat for 5 mins until the peas are cooked and then serve.

Per serving: 620 cals, 4g sugar, 16g fat (4.5g sat fat)

COOK'S TIP...

Try to buy a chicken stock cube that has turmeric in the ingredients. This will give your paella the yellow colouring that normally comes from the expensive herb, saffron.





ROAST FOR ONE

This recipe takes a bit of effort, but is well worth it!

Serves: 1 Preparation time: 15 mins Cooking time: 1 hr 30 mins

- ☐ 3 tbsp dry stuffing mix
- ☐ Approx 20ml (½ floz) water
- ☐ 1 chicken leg, bone in and skin on
- ☐ Salt and pepper
- ☐ 1 large potato, peeled and cut into large chunks
- ☐ Olive oil
- ☐ A few Savoy cabbage leaves, cut into thin strips
- ☐ 1 tsp gravy granules

1. Combine the stuffing mix with the water and roll into a cylindrical shape.
2. Debone the chicken leg, keeping the skin on, then season the inside.
3. Lay the chicken skin-side down on a sheet of tin foil and place the stuffing in the middle. Wrap it tightly into a neat cylinder and twist each end of the foil to make it extra tight. Poach in boiling water for 25 mins, then cool under cold running water and refrigerate for at least 30 mins. When ready to cook, preheat the oven to 190°C/375°F/Gas Mark 5.
4. Rinse the potato chunks, place in a pan of cold, salted water and bring to the boil. Cook for 10 mins until they soften slightly. Drain, then return them to the saucepan and drizzle with olive oil. Tip into a baking tray and roast for about 35 mins, turning, until golden and crispy.
5. While the potato cooks, peel the foil off the chicken and pan-fry it gently in a little olive oil over a medium heat for about 20 mins. Keep turning the chicken with tongs to brown the skin evenly.
6. Just before serving, season and pan-fry the cabbage over a high heat for a couple of minutes in a little olive oil. Make up the gravy according to the packet instructions and enjoy!

Per serving: 540 cals, 5g sugar, 14g fat (4g sat fat)

BALSAMIC SAUSAGE CASSEROLE

This modern twist on a traditional casserole has both interesting and uplifting flavours

Serves: 1 Preparation time: 10 mins Cooking time: 30 mins

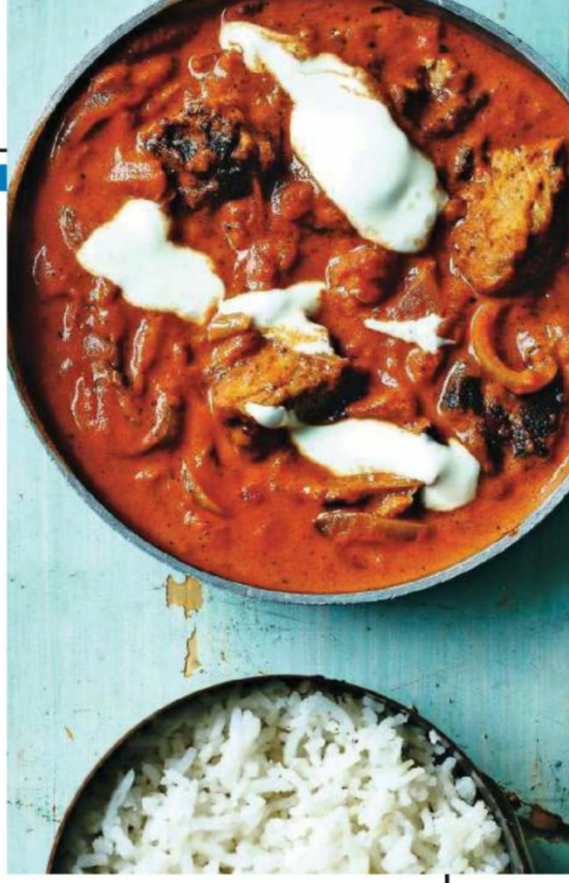
1. Fry 2 sausages in oil over a medium heat until cooked through. Cut them into chunks, then return to the pan along with ½ sliced red onion, ½ sliced yellow pepper and a little olive oil. Season well and fry until the onions are soft and starting to colour.
2. Add 1 tsp plain flour and stir for 30 secs, then add half a 400g (14oz) tin of chopped tomatoes, a beef stock cube, 1 tbsp balsamic vinegar and just enough water to cover the ingredients.
3. Simmer for about 15 mins, stirring occasionally, until the sauce has thickened, then remove from the heat and serve.

Per serving: 414 cals, 18.5g sugar, 25g fat (9g sat fat)



COOK'S TIP:
Keep the leftover tinned tomatoes and use to make the Chicken Tikka Masala recipe on the right!





CHICKEN TIKKA MASALA

This classic curry makes a deliciously warming meal

Serves: 1 Preparation time: 10 mins Cooking time: 30 mins

- ½ mug of basmati rice
- 1 mug of water
- 1 chicken thigh, de-boned
- 3 tsp tandoori curry powder
- Olive oil
- ¼ onion, sliced
- 200g (7oz) chopped tomatoes (half a 400g/14oz tin)
- 50ml (2 floz) single cream
- Salt and pepper

1. Put the rice and water in a saucepan, bring to the boil and simmer gently, with the lid on, for 7 mins. When all the water has been absorbed, remove from the heat and set aside.
2. Meanwhile, coat the chicken in 1 tsp of the tandoori curry powder and a splash of oil. Preheat a frying pan until hot, then chargrill your chicken skin-side down for 7 mins, on each side, until cooked through.
3. Fry the onion in a separate pan with a splash of oil over a medium heat. When softened, add the tomatoes and the remaining curry powder and simmer for 5 mins until reduced. Next, add the cream and continue to simmer for a few minutes until thickened.
4. Cut your griddled chicken into cubes and stir them into the mix. Serve with the rice. Season to taste.

Per serving: 647cals, 10g sugar, 16g fat (7g sat fat)



TOAD IN THE HOLE

A British comfort-food classic that will warm you up on the coldest of winter nights

Serves:1 Preparation time: 10 mins Cooking time: 35 mins

- 2 sausages
- Olive oil
- 40g (1½oz) plain flour
- 1 large egg
- 60ml (2floz) milk
- Salt and pepper
- A few baby carrots
- A few broccoli florets
- 1 tsp gravy granules

1. Preheat your oven to 190°C/375°F/Gas Mark 5. Bake the sausages in a small baking tin for 15 mins until lightly browned.
2. Add a splash of oil to a small ovenproof dish and heat in the oven until smoking hot.
3. Make the batter by mixing together the flour, egg and milk with a pinch of salt then, very carefully, remove the dish from the oven and add the sausages, carrots and broccoli.
4. Pour in the batter and return it immediately to the oven. Do not open the oven door for at least 15 mins. After about 20 mins the batter should have risen perfectly and will be a lovely golden brown colour.
6. Make the gravy according to the packet instructions and serve with your toad in the hole.

Per serving: 595 cals, 6g sugar, 34g fat (13g sat fat)

BUY THIS:

This traditional enamel oblong baking tin (18cm/7½in) is perfect for making toad in the hole.

■ Available from Lakeland

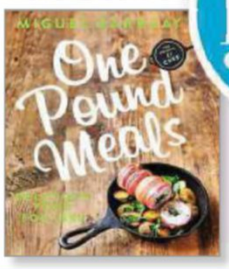


Yours THE GREAT BIG GIVEAWAY

Win a copy of One Pound Meals, by Miguel Barclay and a Lakeland enamel pie dish, worth £18.98.

■ To enter, turn to page 137

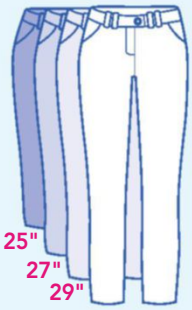
■ All recipes taken from One Pound Meals, by Miguel Barclay, published by Headline, £14.99



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SIZES 10-30

4 LENGTHS





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† Offer ends 30th April 2017. The offer price is only available when you quote the item number on this advertisement at the time of order. Reference to the WAS price is to the price stated on our website, www.julipa.com on 01/01/2017. Prices may have changed since this date and you may want to visit our website to check the savings available before you place your order. *Free standard delivery and free returns are only available to new customers on their first order from this advertisement. After your first order our normal delivery terms and conditions will apply. Please see website for full details.

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SPEEDY soups!

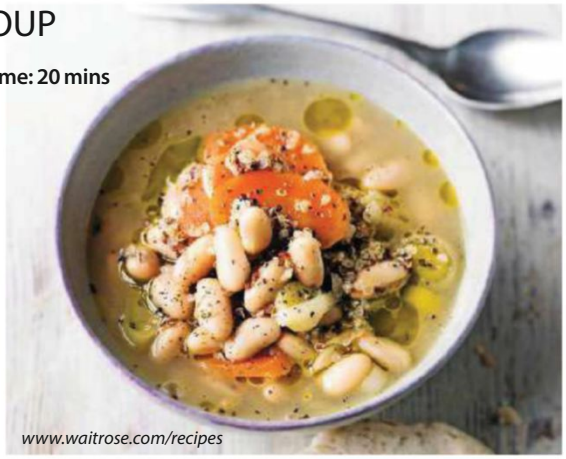
These quick and tasty soups make an ideal mid-week meal

VEGETABLE AND QUINOA SOUP

Serves: 2 Preparation time: 5 mins Cooking time: 20 mins

Heat 1 tbsp of olive oil in a saucepan and fry 1 sliced carrot and 1 sliced leek for 3-4 mins. Next add 1x400g (14oz) tin of cannellini beans, drained and rinsed. Pour in 800ml (1½ pt) of vegetable stock and add 50g (2oz) of quinoa. Bring to the boil, cover and simmer for 20 mins until the vegetables are tender. Season to taste and serve.

Per serving: 319 cals, 8.3g sugar, 9.8g fat (2g sat fat)



www.waitrose.com/recipes

TRY THIS...

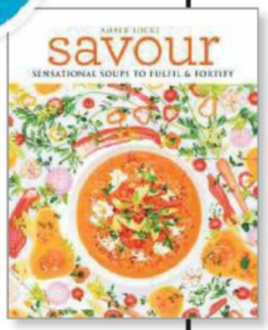
Serve your soups in these generous rustic stoneware bowls.

- Available in three colours – sage, blue and oatmeal, from Lakeland.



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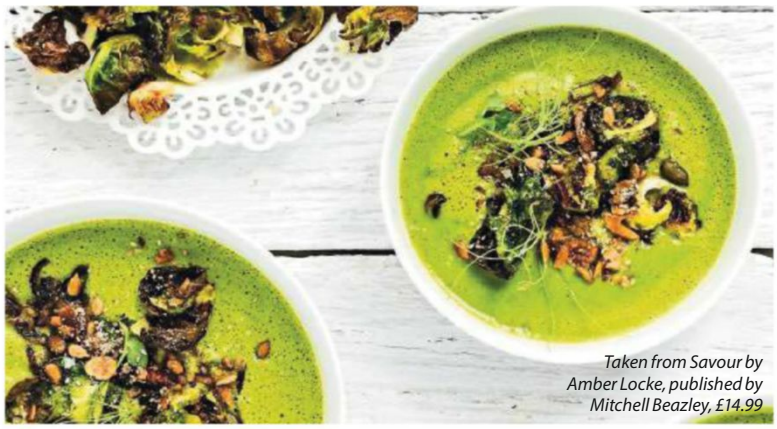
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Win Lakeland soup mugs and soup book

We've got a set of three Lakeland soup mugs to give away, plus a copy of Savour, by Amber Locke, worth £35.96

To enter, turn to page 137



Taken from Savour by Amber Locke, published by Mitchell Beazley, £14.99

SPEEDY PEA SOUP

Serves: 4 Preparation time: 5 mins Cooking time: 12 mins

Put 4-5 garlic cloves in a large saucepan and just cover with cold water. Bring the water to the boil and simmer for 5 mins until tender. Add 300g (10½oz) frozen peas and 450ml (16 floz) stock and simmer for a further 5-7 mins until the peas are just cooked through. Add 2-3 tbsp crème fraîche and a small handful of mint leaves. Remove the pan from the heat and blend until smooth. Season to taste and serve.

Per serving: 101 cals, 1.8g sugar, 4.2g fat (2.6g sat fat)



Taken from Savour by Amber Locke, published by Mitchell Beazley, £14.99

SWEET POTATO & PEAR SOUP

Serves: 6 Preparation time: 10 mins Cooking time: 20 mins

Melt 2 tbsp butter in a large saucepan, add 1 chopped onion and fry gently until softened. Add 3 large sweet potatoes, peeled and cut into chunks and 2-3 large pears, cut into chunks and sauté for a few minutes. Pour in 600ml (20 floz) stock and simmer for 15-20 mins until the sweet potatoes are tender, then stir in 3-4 tbsp cream cheese. Remove the pan from the heat and blend until smooth. Season to taste. Serve topped with a little chopped pear.

Per serving: 230 cals, 14.8g sugar, 6.3g fat (3.9g sat fat)

PICS: SHUTTERSTOCK

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- ✔ Exclusive summer garden crafts
- ✔ Singles co-ordinator, Janice, for solo travellers



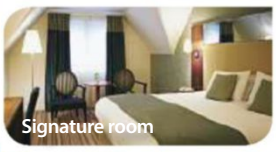


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- ☐ Pen
- ☐ Scissors
- ☐ Parcel tape
- ☐ Spray adhesive
- ☐ Wrapping paper (two co-ordinating designs)

■ **Finished dimensions: H28cm (11in), W19cm (7½in), D17.5cm (7in)**

This project costs just 90p to make!

1 Using a ruler, measure 6cm (2½in) from the top down each side of one of the boxes and mark the points on the front with a pen. Use the ruler to join the points with a horizontal line across the face of the box. On the two sides of the box, draw a diagonal line linking the dots on the face with the top of the box at the back.

2 Repeat step 1 on the second box, but on this box measure 12cm (4½in) from the top on the front face, and 6cm (2½in) down on the back face. Repeat on the third box, but this time the measurements are 18cm (7in) down on the front face, and 12cm (4½in) down on the back face.



3 Use scissors to cut carefully along the lines that you have drawn, and stack the boxes in front of each other in size order. Stick them together using parcel tape or sellotape.



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4 To cover the boxes, spray a large piece of one of your wrapping papers with spray adhesive and wrap it all the way around the outside of the boxes. Fold and secure at the bottom as if you were wrapping a present. Trim around the other edges, leaving a margin of around 10cm (4cm) paper from the edge. Cut slits along each corner line down to the edge of the box, and then fold the pieces over, sticking them in place inside the compartments.





5 Line the inside of each compartment of the organiser with your coordinating wrapping paper. Cut a strip of paper the same width as the box, apply spray adhesive to the back, and fold over one of the two horizontal dividers. Repeat with the second divider. Measure the depth of the compartments and cut six strips of paper the same width and use these to line the interior sides.

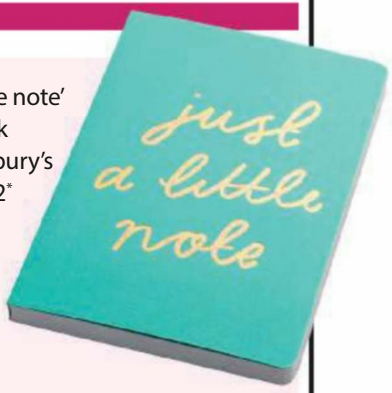


Feature and photographs Heather Young, www.growingspaces.net



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■ 'Just a little note' A6 notebook **£1.50** Sainsbury's 0800 636262*





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Pretty IN pink

Sparkle in this delicate sweater, perfect for wearing day or night

For knitters with more experience

Measurements and materials

To fit bust	81/86	91/97	102/107	112/117	122/127	132/137	cm
	32/34	36/38	40/42	44/46	48/50	52/54	in
Actual measurement	90	101	111	121	131	141	cm
	35½	39¾	43¾	47¾	51½	55½	in
Full length	60	62	66	69	71	73	cm
	23¾	24½	26	27¼	28	28¾	in
Sleeve length	31	31	31	32	32	32	cm
	12	12	12	12½	12½	12½	in

- 9(11:12:14:15:16) 50g balls Sirdar Soukie DK (F009) in shade 183
- Pair each 3.25mm (UK10) and 4mm (UK8) knitting needles.
- Stitch Holders.

- 22 sts and 28 rows = 10cm/4in square over st-st using 4mm needles.

Before you begin...

alt - alternate; **beg** - beginning; **cm** - centimetres; **cont** - continue; **dec** - decrease(ing); **DK** - double knitting; **foll** - following; **g** - grammes; **in** - inch(es); **inc** - increase(ing); **k** - knit; **mm** - millimetres; **p** - purl; **rem** - remain(ing); **rep** - repeat; **RS** - right side; **st(s)** - stitch(es); **st-st** - stocking stitch (knit RS rows, purl WS rows); **tog** - together; **WS** - wrong side.

1x1 rib. RS row *k1, p1; rep from * to last st, k1. WS row p1, *k1, p1; rep from * to end.

TESTED BY OUR TEAM

All **Yours** patterns are checked by an experienced knitter so you can be sure of success

- It is essential to work to the stated tension to ensure success. If necessary change the needle size to give the correct tension. Figures in brackets () refer to larger sizes (see measurements chart). Where one set of figures is given this applies to all sizes. If a zero is given, this means you do not need to work these instructions. Circle the size you wish to make before you start. Yarn quantities are based on average requirements when specified tension and yarn is used. Different wool may be used but ensure tension of replacement yarn matches that stated in the pattern for best results.

PATTERN

BACK

Using 3.25mm needles cast on 107(121:133:147:159:173)sts.
Work in 1x1 rib for 12cm/4¾in, ending with a RS row.
Next row p7(8:8:3:9:4), p2tog, [p4, p2tog] 15(17:19:23:23:27) times, p8(9:9:4:10:5). 91(103:113:123:135:145)sts.
Change to 4mm needles and proceed as follows:
Starting with a RS row and working in st-st (throughout)



work 73(73:73:81:41:41)rows inc one st at each end of next and every foll24th(24th:18th:20th:20th:20th)row. 99(111:123:133:141:151)sts.

For 5th and 6th sizes only

Work 44 rows inc one st at each end of every foll 22nd row. (145:155)sts.

For all 6 sizes

Cont without shaping until back measures 41(41:43:45:46:47)cm/16(16:17:17¾:18:18½)in, ending with a WS row.

Shape Armholes

Cast off 5(5:5:6:6:6)sts at beg of next 2 rows. 89(101:113:121:133:143)sts.

Work 2(6:8:8:10:12)rows dec one st at each end of every row. 85(89:97:105:113:119)sts.

Work 5(5:5:9:13:15)rows dec one st at each end of next and every foll alt row. 79(83:91:95:99:103)sts. **

Cont without shaping until armholes measure 19(21:23:24:25:26)cm/7½(8¼:9:9½:9¾:10¼)in, ending with a WS row.

Shape Shoulders

Cast off 9(9:11:11:12:13)sts at beg of next 2 rows. 61(65:69:73:75:77)sts.

Cast off 9(10:12:12:13:14) sts at beg of next 2 rows. 43(45:45:49:49:49)sts.

Leave rem 43(45:45:49:49:49)sts on a stitch holder.

FRONT

Work as given for Back to **.

Cont without shaping until armholes measure 11(13:14:15:16:17)cm/4¼(5¼:5½:6:6¼:6½)in), ending with a WS row.

Shape Neck

Next row k25(26:30:30:32:34), turn, leave rem 54(57:61:65:67:69) sts on a stitch holder.

Working on these 25(26:30:30:32:34)sts only proceed as follows:

Next row purl.

Work 4 rows dec one st at neck edge in every row. 21(22:26:26:28:30)sts.

Work 5 rows dec one st at neck edge in next and every foll alt row. 18(19:23:23:25:27)sts.

Cont without shaping until armhole measures 19(21:23:24:25:26)cm/7½(8¼:9:9½:9¾:10¼)in, ending with a WS row.

Shape Shoulder

Next row Cast off 9(9:11:11:12:13) sts, k to end. 9(10:12:12:13:14)sts.

Next row purl.

Cast off rem 9(10:12:12:13:14)sts.

With RS facing, working on rem 54(57:61:65:67:69)sts, slip first 29(31:31:35:35:35)sts onto a stitch holder, rejoin yarn to rem 25(26:30:30:32:34)sts and knit to end.

Next row purl.

Work as for other side, reversing all shaping.

SLEEVES (Both alike)

Using 3.25mm needles cast on 65(67:71:73:75:75)sts, work in 1x1 rib for 3cm/1¼in, ending with a RS row.

Next row p4(5:1:2:3:3), p2tog, [p4, p2tog] 9(9:11:11:11:11) times, p5(6:2:3:4:4). 55(57:59:61:63:63)sts.

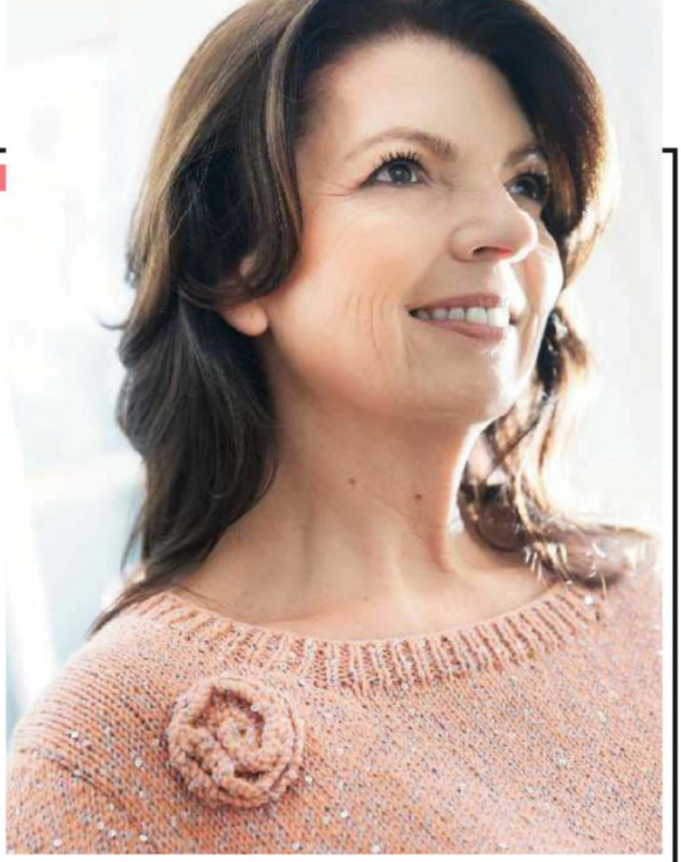
Change to 4mm needles and working in st-st (throughout) inc one st at each end of 5th and every foll 6th(6th:4th:4th:4th:2nd)row to 67(77:77:87:95:71)sts.

Inc one st at each end of every foll 8th(8th:6th:6th:6th:4th)row to 75(79:87:93:97:101)sts.

Cont without shaping until sleeve measures 31(31:31:32:32:32)cm/12(12:12:12½:12½:12½)in, ending with a WS row.

Yours tip...

For a different look, why not try one of the many Sirdar DK yarns that knit to the same tension? We think this would look great in their Harrap Tweed too!



Shape Sleeve Top

Cast off 5(5:5:6:6:6)sts at beg of next 2 rows. 65(69:77:81:85:89) sts.

Work 10(8:10:10:12:14)rows dec one st at each end of every row. 45(53:57:61:61:61)sts.

Work 12(20:20:24:20:20) rows dec one st at each end of next and every foll alt row. 33(33:37:37:41:41)sts.

Work 8(8:10:10:12:12)rows dec one st at each end of every row. 17 sts.

Cast off 3 sts at beg of next 2 rows. 11 sts.

Cast off rem 11 sts.

NECKBAND

Join right shoulder seam.

With RS facing, using 3.25mm needles pick up and knit 22(22:26:26:26:26)sts evenly along left side of neck, knit across 29(31:31:35:35:35)sts left on a stitch holder at front of neck, pick up and knit 23(23:27:27:27:27)sts evenly along right side of neck and knit across 43(45:45:49:49:49)sts left on a stitch holder at back of neck. 117(121:129:137:137:137)sts.

Starting with WS row, work 7 rows in 1x1 rib.

Cast off **loosely** in rib.

CORSAGE

Using 4mm needles and thumb method cast on 10 sts.

1st row knit.

2nd and every alt row purl.

3rd row (Inc in next st) 10 times. 20 sts.

5th row (Inc in next st) 20 times. 40 sts.

7th row Inc in 1st st, * k1, inc in next st, rep from * to last st, k1. 60 sts.

9th row (Inc in next st) 60 times. 120 sts.

10th row purl.

Cast off.

Roll into a corsage and secure.

MAKE UP

Join left shoulder and neckband seams. Fold sleeves in half lengthways, then placing folds to shoulder seams, sew sleeves in position. Join side and sleeve seams. Sew on corsage as illustrated. Pin out garment to the measurement given. Cover with damp cloths and leave until dry. See ball band for washing and further care instructions.

STOCKISTS

For help finding Sirdar stockists and yarns call 01924 231682 or visit www.sirdar.co.uk

PICS: RUTH JENKINSON

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GARDEN clippings

Our gardening expert Karen Murphy reveals the best of early spring flowers for a beautiful display



I love late February and early March. Yes it's still cold and frosty, but nature is really waking up now. Crocus and daffodils abound, but they're not the only blooms to stand out from the crowd this month – lots of wonderful flowers rear their heads, making any trip outside as beautiful as any of the heady summer months.

Woodland beauties shine, such as exquisite pheasant's eye daffodils (Narcissus poeticus), little star-like wood anemones, and sweet violets, all wonderful for naturalising in grass and under trees in a little shade – they'll happily turn into a carpet of blooms if left to their own devices, and are more subtle and naturalistic than big blowsy yellow daffs.

Something a little more unusual, which will equally form a fabulous floral gentian-blue mat, is omphalodes 'Starry Eyes', a navelwort with almost cartoon-like flower heads. Plant these perennials in the next month or two for next year's show, and the daffodils in autumn.

It's prime tree and shrub planting time now, so why not plan ahead and start off a collection of early spring gems that'll furnish you with blooms for years on end?

Edgeworthia, or paperbush, hails from the Himalayas where they use its wood for highly prized paper, but it gets on just fine over here, preferring a sunny spot. Once its flowers come along, you'll see why it's so revered in this country – yellow or red flower balls cluster on its branches, giving off a fantastic scent for early pollinating insects. Potted saplings cost about £30 – not bad considering the ornamental value.

Or perhaps try a Magnolia stellata, a great slow-growing tree for small gardens, and simply stunning for a few weeks in early spring with its exotic, large white star blooms. Glorious dwarf rhododendron 'Praecox' will only ever reach just over a metre tall, and it's unusual in being an early flowerer, adding hot, fiery pink to rainy, cold days. This one's great for a pot, as it needs slightly acidic soil. These shrubs and trees are wonderful for a slice of unusual Oriental charm, adopted by us to bring colour to the early months of the year.



'Starry Eyes' creates a carpet of colour

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3 unusual... summer bulbs to plant now



1 Ixia
Also known as corn lilies, the star blooms come out in early summer.

2 Liatris
Late summer fluffy magenta spikes up to 50cm tall.



3 Eremerus
Early summer sees these well-named foxtail lilies tower in beds and borders.



■ Karen writes for Garden News magazine which is packed full of tips, inspiration, plant and product news and great money-saving offers! On sale every Tuesday, or subscribe and try your first four issues for just £1. Call 01858 438884 or visit www.greatmagazines.co.uk/YFIG and quote YFIG. T&Cs apply.

PICS: GARDEN NEWS, SHUTTERSTOCK. *EACH WINNER RECEIVES 20 RANDOMLY SELECTED PACKETS OF SEEDS

"my sciatic pain was so bad it stopped me from getting on with my life!"



Sally has suffered from sciatic pain for over five years. Sometimes the pain is unbearable and leaves her unable to get on with her daily life. See how Sally got rid of her sciatic pain once and for all.

"I started getting shooting leg pains about 5 years ago; these pains came out of the blue and I had no idea why I was getting them. The pain gets so bad that I have to either lie-down or sit for long periods of time until the pain eases. It has ruined my life and stopped me from being active and happy!"

"I've tried all the usual therapies from painkillers through to heat patches; to be honest none of them worked and at best simply dulled the pain for a little while.

"The pain gets so bad"

I needed something that would get me back on my feet again."

"I spent most of last Christmas in agonising pain and discomfort, ruined it not just for me but my family too. I knew I had to act fast and do something to help myself. The doctor told me the pain was being caused by the sciatic nerve and that I needed to be more active to counteract the pain but it's a vicious circle as the more pain I experienced, the less I could manage to do!"

"I knew I had to do something to help myself"

"My husband saw the advert for sciaticure and suggested I try it. At first, I was hesitant as everything else had failed up to that point but I was at my lowest level and was willing to try just about anything to reduce the pain and discomfort."

"The product is small and easy to put on and wear without anyone noticing – this was great as I didn't want people to know or draw attention to it. You simply fasten the strap to the top of the calf muscle – that's it!"

"discomfort and pain simply stopped"

"After a few hours of wearing sciaticure I started to notice that the discomfort and pain simply stopped – I was very surprised as I didn't think it would make a difference that quickly. The next day I wore sciaticure again and felt so good that I took the grandkids shopping – I'd not done that in years.

"Sciatic Pain is now in the past for me!"

It works and I would recommend anyone to give it a go – I'm so glad I did as I can now get on with the important things. Sciatic Pain is now in the past for me!"

Sally's story was the same as most sciatica sufferers. With pain and discomfort ruining daily life. But then Sally discovered SciatiCURE, and it really worked!

BY MARK JONES

Prof. Malcolm POPE *Dr.Med.Sc., Ph.D., D.Sc., C.Eng., Eur Ing., Eur Erg.*

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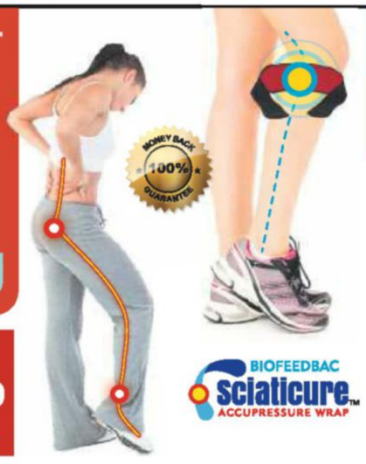
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48 HOURS IN... Durham



The university city of Durham is a real gem in the northern landscape

Explore this historic northern city and its surroundings on foot or by bike before enjoying a guilt-free cream tea!

DAY ONE

What to do

Grandchildren (and grown-up children!) will love seeing history come to life at Beamish – the Living Museum of the North (right). Travel back in time to the industrial revolution, with costumed staff and real buildings to explore.

Go back to the Roman era at nearby Bishop Auckland, where you'll find Binchester Roman Fort. You can see the excavated remains of a fort from AD80 as well as a bathhouse with under-floor heating.

- **Beamish tickets cost £18.50 adults, £10.50 children and allow unlimited visits over a year. Call 0191 370 4000 or visit www.beamish.org.uk**
- **Binchester tickets cost £3 adults, £1.50 children. Call 01388 663089 or visit www.durham.gov.uk/binchester**

Where to eat

For a real treat, enjoy a leisurely lunch or dinner at Durham's wonderful Cellar Door Restaurant (pictured above). This hidden favourite boasts river views and a 13th Century cellar conversion. They specialise in local ingredients, and offer something to suit everyone – whether it's meat, fish or local cheeses.





- **Prices start at £14 for a lunchtime two-course set menu. Call 0191 383 1856 or visit www.thecellardoordurham.co.uk**

Where to stay

The Victorian Town House is a charming boutique bed and breakfast, just a five-minute walk from the city centre. As well as the usual favourites, there are quirky breakfast options including a black pudding stack with goats' cheese and chilli jam.

- **Rooms from £95 including breakfast. Call 0191 370 9963 or visit www.durhambedandbreakfast.com**

DAY TWO

What to do

Get out in the fresh air with a walk or bike ride along the 12-mile Derwent Walk Railway Path. You'll find the best of British countryside, including ponds, woodland and meadows. Birdwatchers will want to take their binoculars as you might see sparrow hawks, nuthatches or great spotted woodpeckers.

For more of a gentle stroll, you might enjoy Crook Hall and Gardens. This pretty 13th Century manor house is set within beguiling grounds – wander the walled gardens or get lost in a maze. While you're there, enjoy a cream tea in the courtyard or in front of a roaring fire on a cold day.

- **Route information can be found at Durham Visitor Centre. Call 0300 026 2626**
- **Crook Hall tickets £7 adults, £5 children, sparkling afternoon tea for £22. Call 0191 384 8028 or visit www.crookhallgardens.co.uk**

Did you know? *Durham was the birthplace of mustard! It was created by a Mrs Clements in the 18th Century, when she decided to grind mustard seeds in her mill*

PICS: ALAMY STOCK PHOTO



Relax on a MINDFUL BREAK

Escape day-to-day stress with a totally chilled holiday By Lizzy Dening

Relax and reset

If you're feeling frazzled and in serious need of some quality 'me-time', you'll love Raw Horizons' retreats. It's a women-only destination in North Yorkshire, and is designed to provide a balance between relaxation, reflection and healthy habits. Founded by wellbeing coach Dr Claire Maguire, breaks include yoga, well-being coaching, meditation and nutritious meals. There are different stays available, but the five-night Happily Healthy break is particularly beneficial if you're feeling overwhelmed.

■ **Happily Healthy breaks from Sun-Fri. Prices from £1,095pp based on two sharing, including group workshops, daily yoga and meditation, all meals and snacks, use of sauna and hot tub and station transfers. For dates and availability call 01845 597041 or visit www.rawhorizons.co.uk**

If your immune system has taken a battering over the winter, try a Self-Healing Retreat. You'll reset your system with a juice cleanse while enjoying all sorts of activities, from hypnotherapy to acupuncture, yoga classes, meditation and life coaching, as well as access to a pool and sauna.

■ **Four-night retreats (in either Sussex or Lincolnshire) cost from £889pp based on two or three sharing. For dates and to book, call 01403 610108 or visit www.platinum-healing.com**



Clear your head



It sounds too good to be true, but Freely Given Retreats offer Devon-based meditation breaks on a 'give what you can' donation basis. They are inspired by the culture of generosity of Buddhist monasteries in South East Asia, which are open to all without any charge or fee. Chatterboxes beware – the retreats are often silent, to encourage calmness of mind and help your meditation practice.

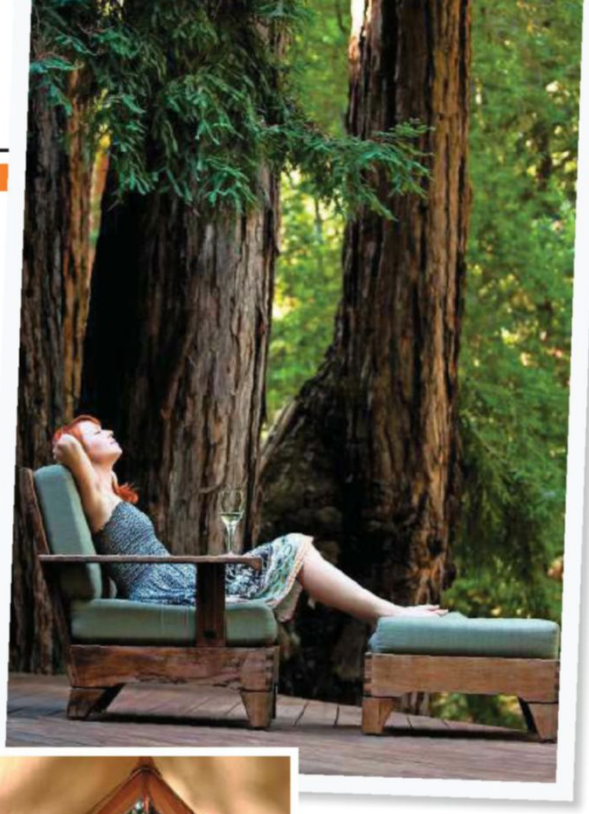
■ **Suggested donation £150 for a one-week all-inclusive retreat. Visit www.freelygivenretreats.org**

Need to switch off? Turn off the telly, put down your phone and head to a stunning 17th Century manor house near Bedford. The Digital Detox Weekend by Reclaim Yourself invites you to leave all technology behind and enjoy three days of peace in the countryside. You can enjoy plenty of healthy meals, yoga classes and head space as you chill out.

■ **November 17-19. £385-£685 including activities, all meals, four yoga classes. Visit www.reclaimyourself.co.uk**



Get back to nature



If you spent your childhood summers climbing trees and building dens, it could be time to rekindle your passion on a woodland retreat. The Sharpham Trust offers mixed and women-only nature connection breaks over the warmer months, giving participants a chance to escape every day stresses and become more mindful.



You'll get to try guided meditations, nature awareness activities and learn how to feast on wild foods – all before retreating for a quiet night's sleep in your cosy bell tent. Held in Devon woodland, close to the River Dart, in a designated Area of Outstanding Natural Beauty, this retreat is guaranteed to leave you feeling totally unwound.

■ **Three-night breaks from £315, full board. Dates range June-September. Call 01803 732542 or visit www.sharphamtrust.org**



If you want to know more about mindfulness without committing to an overnight stay, the day course offered by Wilderness Minds could be for you. This Welsh organisation offers a day spent exploring mindfulness outdoors on the mountain of Capel Curig, Snowdonia. Here you'll learn how to stay in the present moment through guided exercises and silent walking. It's suitable whether you have mindfulness experience or not, and you're sure to come away with a new appreciation for the landscape and a quieter mind.

■ **10-5pm, August 27, costs £40. Visit www.wildernessminds.co.uk**

Alternatively, stay a while among the mountains of the Lake District on a four-night break with Chapters Experience Holidays. Their Mindfulness in the Mountains retreat is the perfect way to leave your cares behind – and learn some new coping techniques for when you return.

There will be lots of silent walking, time for reflection, guided exercises and meditation plus yoga classes. You'll stay in a cosy shared country house at Hassness, surrounded by incredible scenery.

■ **From £299 including accommodation, meals and transport. Call 01707 817317 or visit www.chaptersholidays.co.uk**



A Titanic spa break

Escape to the picturesque landscape of Pennine Yorkshire for total R&R. The Titanic Spa is a restored textile mill, which now boasts hot tubs, a swimming pool, treatment rooms and swanky apartments for when all that relaxing makes you tired! An overnight stay includes lunch, evening meal and a breakfast hamper, complimentary use of robes, towels and slippers, access to the swimming pool, heat and ice experience and outdoor hot tub and more!

■ **An overnight break costs from £318 for two people sharing a room. Call 01484 843544 or visit www.titanicspa.com**



Yours THE GREAT BIG GIVEAWAY

WIN a spa break at The Titanic Spa

We've got a one-night break for two people worth £318! Break must be taken Mon-Thurs, excl bank holidays, valid up to August 28.

■ **To enter, turn to p137**

PICS: MASTERFILE, SHUTTERSTOCK



Start LIVING

Sun Park is an inspiring and unique home-from-home holiday destination, exclusively for active, independent singles and couples over 50; a community of self-catering apartments set amidst beautiful gardens with its own on-site café, shop, bar and private pool. A short walk from the golden sands of Playa Dorada beach and the shops, restaurants and bars of Playa Blanca, Sun Park offers a great location, great facilities and above all, great company – all in a private and secure resort.

When you holiday at Sun Park, you'll become part of a vibrant and self-supportive 50+ community that is independent, active, social and adventurous. The unique and welcoming spirit quickly embraces you and you'll soon feel part of a much wider group of ready-made friends and companions!

Our self-catering apartments cost just £149 per person per week, based on two people sharing a standard apartment.



Sun Park is brought to you by Fabulous Lanzarote

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Visit www.fabulouslanzarote.com
or call our friendly team on 0844 371 8862
Calls will cost 7p per minute plus your telephone company's access charge.

Holidays to Sun Park are operated by The Fabulous Experience Co Ltd.

The air holiday packages and flights shown are ATOL protected by the Civil Aviation Authority. Our ATOL number is 10423



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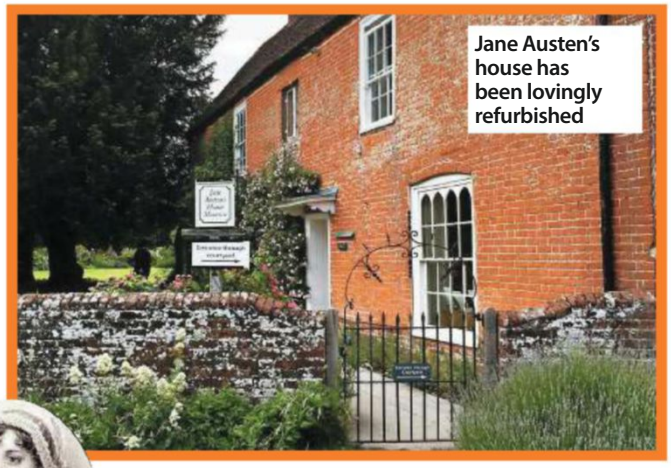
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A round-up of places to visit and events for your calendar

Out&about

Bustles and bonnets at the ready for a year of events marking the 200th anniversary of Jane Austen's death



Jane Austen's house has been lovingly refurbished

Whether you're a fan of Emma Woodhouse or a lover of Mr Darcy, don't miss the chance to honour one of Britain's greatest writers, Jane Austen in her home county of Hampshire. At Winchester Cathedral, where she is buried, you'll find a permanent exhibition, The Jane Austen Story, following Jane's life from childhood in nearby Steventon to her final days.



Then explore Winchester as you hunt down the trail of inspiring Jane Austen quotes hidden in the most remarkable places.

On March 3, the Jane Austen House Museum (01420 83262/www.jane-austens-house-museum.org.uk) Chawton reopens its doors after refurbishment, inviting you to peek into the places where she penned her books. The nearby Gilbert White's House and Gardens (0142 051 1275/ www.gilbertwhites house.org.uk) also gives a fascinating flavour of what life was like in Jane's 18th Century Hampshire.

Keen walkers can follow the rural paths in Jane's footsteps through the countryside that inspired her books and theatre fans should take a seat at one of the performances of Jane's novels, including a production of Northanger Abbey on March 11 and Pride and Prejudice on March 24.

In summer, Hampshire comes alive with Jane Austen themed picnic packs, featuring ideas for Regency food, games and more. The Mysterious Miss Austen exhibition, at the Gallery, Winchester Discovery Centre on May 13, features early editions of Jane's work and unseen personal letters.

Regency Week runs from June 17-25, packed with walks, talks, food and dance and a very special Commemorative Service at Winchester Cathedral on July 18, the anniversary of her death.

■ **Jane Austen 200 events during 2017. Call 01962 840500, visit www.janeausten200.co.uk**



Yours THE GREAT BIG GIVEAWAY

WIN a Jane Austen break! We've got a two-night weekend break for two to give away to one lucky reader, worth £366, courtesy of Jane Austen 200 Celebrations. You'll stay in the charmingly cosy self-catered riverside shepherd's hut at Meon Springs which provides all the comfort of luxury mod cons in a beautiful outdoor setting (01730 823794/ glamping.meonsprings.com). You'll also take a trip to The Jane Austen House Museum and Gilbert White's House and Gardens where you'll enjoy cream tea on us! Fri-Sun in 2017, subject to availability. ■ **To enter, turn to p137**

3 OF THE BEST... GARDEN FAIRS



RHS London Spring Plant & Orchid Show, Lindley & Lawrence Hall| March 29-30
Want the prettiest patch of them all this summer? Stock up early on plants from top nurseries, including a spectacular range of exotic orchids.

■ **For more info, call 0203 176 5800 or visit www.rhs.org.uk/shows-events/rhs-london-shows**

Summer Homes & Garden Fair, Ripley Castle, Harrogate| June 8-11
Book ahead for this popular event at Yorkshire's historic Ripley Castle, where you'll find the finest home and garden products on sale.

■ **For more info, call 01367 860017 or visit www.ukgrandsales.co.uk**

Rare Plant Fair, The Old Rectory, Cirencester| April 9
Get your hands on some of the quirkiest plants around and chat to expert growers at this one-day showcase close to the tranquil River Coln.

■ **For more info, call 0845 468 1368 or visit www.rareplantfair.co.uk**

PICS: JANE AUSTEN 200, RHS_LUKE MACGREGOR, DEBBIE VODEN

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- ✔ Escorted by our experienced tour manager



*Extended tour travels on the famous mountain railway, visiting Shimla, the summer capital of the Raj and 'Queen of Hill Stations'

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Selected departures up to November 2017

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Fully escorted price includes:

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- ✔ Visit to Cordoba, with a guided tour of the Mezquita, probably the most beautiful Mosque ever constructed
- ✔ Visit to medieval Ronda - one of Spain's most spectacularly situated cities
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11 DAYS
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PER PERSON
Save up to 40%



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What's included:

- ✔ Ten nights' accommodation in your choice of cabin on-board Astoria
- ✔ Full-board arrangements including full breakfast, lunch, dinner, afternoon tea and midnight snacks
- ✔ On-board entertainment as arranged
- ✔ Services of a friendly, professional staff
- ✔ Ports of call: Tilbury - Amsterdam – Kirkwall – Stornoway – Tobermory – St Mary's – St Pete r Port – Honfleur - Tilbury

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Discover the glories of Western Norway. Carve a passage through some of the world's most breathtaking scenery, and explore the lovely, historic city of Bergen, on this unforgettable springtime cruise.

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- ✔ Eight nights' accommodation in your choice of cabin on-board Astoria
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- ✔ On-board entertainment as arranged
- ✔ The services of a friendly, professional crew and cruise staff
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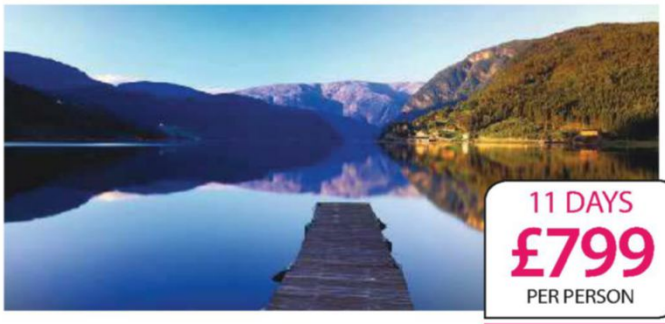
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Departing: October 2, 2017

This fantastic voyage sees Marco Polo sail south to Spain and Portugal, with a stop in France on the way. Explore Bilbao and La Coruna, and the Portuguese capital, Lisbon, on a cruise that's the perfect way to extend summer's sunshine just a little longer.

What's included:

- ✔ Ten nights' accommodation in your choice of cabin on-board Marco Polo
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- ✔ On-board entertainment as arranged
- ✔ The services of a friendly, professional crew and cruise staff
- ✔ Ports of call: Bristol – La Pallice – Getxo – Lisbon – Leixoes – La Coruna - Bristol



11 DAYS
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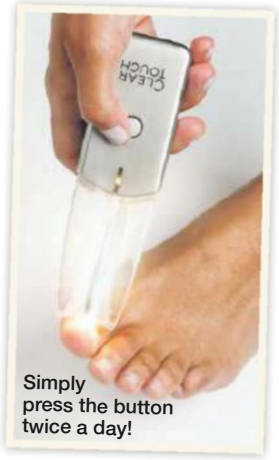
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NEW! ClearTouch uses phototherapy technology is used around the world by Doctors to treat nail fungus

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Don't Let NAIL FUNGUS Stop You In Your Tracks!



Make your feet flip-flop friendly with ClearTouch

Introducing CLEARTOUCH by Radiancy

ClearTouch is a NEW home-use device developed by Radiancy, the medical leaders in LHE phototherapy

- ✓ No Prescription
- ✓ No Medication
- ✓ No Side Effects
- ✓ No Surgery
- ✓ No Lotions
- ✓ No Downtime

IF YOU SUFFER FROM fungal nail infection, you will already know how unpleasant it is to live with – and how difficult it can be to treat successfully.

The medical term for these infections is onychomycosis. With no serious symptoms at first, the infection can progress to become more troublesome, causing:

- Discolouration of the nail – it may turn white, black, yellow or green.
- Thickening and distortion of the nail – it may become an unusual shape or texture and be hard to trim.
- Pain or discomfort when using the affected toe (or finger).
- Brittle or crumbly nails which can often come away completely.
- Nearby skin can become infected and be itchy, cracked, red or swollen.

★★★★★

"I tried everything else including therapy from a dermatologist. It takes a while but ClearTouch works! I'm very happy with this product."

Luciejoon, Amazon 5-star review

Discover the ClearTouch Advantage

Phototherapy is used around the world by Doctors and professionals to treat and kill nail fungus.

■ **Topicals** Creams and ointments have a very low efficacy. This is largely due to the inability of the drug to penetrate the nail plate and treat the fungus below.

■ **Oral Medications** Not suitable for everyone due to the potentially adverse side-effects, such as liver damage in the older population. They are also associated with high recurrence rates.

■ **Laser Treatment** Only available privately and therefore expensive! You may also have to visit a clinic a few times a week for several weeks. With ClearTouch you have nothing else to buy. No appointments, no downtime, no hassle!

■ **Surgery** In some cases you can choose surgery to remove the nail, but remember: this is NOT effective treatment for nail fungus unless it is backed up with extra therapy.



ClearTouch ticks all the boxes	ClearTouch	Home Remedies	Topical Treatments	Oral Medication	Laser Therapy	Nail Removal
Painless Treatment	✓	✓	✓	✓	✗	✗
Quick Treatment	✓	✗	✓	✓	✗	✗
No Side Effects	✓	✗	✗	✗	✓	✓
Professional Treatment	✓	✗	✗	✗	✓	✓
Non-Messy	✓	✗	✗	✓	✓	✗

*Recommended to be used twice daily

Only ClearTouch ticks all these boxes

- ☑ Compact, convenient and rechargeable home-use device that delivers professional results
- ☑ Can save you money versus expensive professional treatments
- ☑ Painless when used as directed
- ☑ Based on the same technology used by doctors for decades
- ☑ Helps treat the fungus responsible for nail infection in a few treatments
- ☑ No prescription, no medication and no lotions required
- ☑ No painful surgery: you do not need to remove your nail
- ☑ No refills or monthly purchases
- ☑ 60-Day Money Back Guarantee

60-DAY RISK-FREE HOME TRIAL*

Experience the ClearTouch advantage for yourself in the comfort and privacy of your own home RISK-FREE for 60 days. If you are anything less than delighted with the results, just return it for a full product refund.

For details of your 60-DAY Risk-Free Trial Call 020 3455 9202

*Return postage free with single payment option only

Nail fungus affects millions of people

TAKES LESS THAN 1 MINUTE A DAY!



amazon ★★★★★

Got ClearTouch after trying ten other products that did not work. It cleared the fungus and is far cheaper than doctors and prescription drugs ... highly recommend!

TZ, Amazon 5-star review

NEW! Get ready to expose those toes this summer with ClearTouch ... the simple, effective solution for fungal nail infections. In less than a minute-a-day, ClearTouch will have your feet feeling 'flip-flop friendly'! Act now and see the difference or your money back.

Call now for your 60-Day Risk-Free Trial 020 3455 9202



Rosie Sandall,
Reader Care Editor

Welcome...
to the Sharing the Caring pages, where we share stories about readers' lives. Moving house after bereavement is a big step, but it changed Margaret Dalton's life for the better

Sharing the Caring

Information + Support + Advice

'I feel safe and secure'

When Margaret Dalton and her husband Ted retired from work on the same day, they had their future mapped out. They intended to travel around Europe in their touring caravan and enjoy their new-found freedom.

Sadly, their dreams were shattered 11 years ago when Ted (69) was diagnosed with Non-Hodgkin Lymphoma. Three months later he died, leaving Margaret, who was 67, alone in their Norfolk park home.

"I was shattered because Ted died so suddenly," says Margaret (78). "At first I just sat at home and it felt as though the world had come to an end. It was then I started to think about moving house. Everything in our home reminded me of Ted; his chair was empty.

"I'd been a care home administrator, so I knew it was not wise to move straight away. It took me two years to make up my mind, but I eventually bought a flat on the Norfolk coast. I loved living by the sea, but after 15 months I started to worry about getting older so I moved again to a park home nearer to my family."

It was after Margaret was ill with atrial fibrillation that she thought about moving into an independent living flat where she would have support if she needed it.

Now Margaret wants to encourage other people who have lost a loved one to consider independent living, which used to be called sheltered housing.

"I thought hard before I decided to move into an independent living flat," she says. "But I felt the time was right for me.

"It is a different way of life. When you are living in your own home, you are independent but here there are always other people around. I absolutely love it. There's always something going on, but there's no pressure to join in.

"The best thing is that I feel safe and secure. I have an alarm cord in every room. Margaret says the only negative thing she found was the need to be ruthless in getting rid of clutter she had gathered over the years.

"Retirement flats are often small and there's not much storage space, but I kept all the things which were important to me.

"I now lead a happy and fulfilled life, which is what Ted would have wanted. I always have his photo in my handbag. No one can take away the memories of the life I shared with Ted and I know he'd be happy that I'm not living alone in our park home.

"Moving here has meant that I'm really settled for the first time since losing him."



Margaret knows her late husband, Ted (inset) would be happy she's no longer alone

Which retirement housing options are best for you?

- Don't be pressurised into moving house – it has to be the right time for you.
- Living alongside other people is different to living in your own home – be sure you will like it before making the transition.
- Try Elderly Accommodation's Housing Options for Older People questionnaire. Call its adviceline on 0800 377 7070, Mon to Fri, 9am to 5pm or visit www.hoop.eac.org.uk
- Age UK produces a leaflet called Housing Options, which gives advice about all types of housing choices – call the adviceline on 0800 678 1174 or visit www.ageuk.org.uk
- You can live independently in retirement accommodation – some people don't join in any activities, others do everything!

PICS: JOHN SANDALL

Choosing a care home



Almost half a million people live in residential and nursing homes in the UK, most of which offer good quality care with dedicated, well-trained staff.

But sometimes there are distressing stories in the media about poor care that can leave people anxious about how their relatives might be being treated.

Most people have guilty feelings when they can't care for loved ones any more. They often feel that no one can look after their relative as well as they can and this can make them anxious.

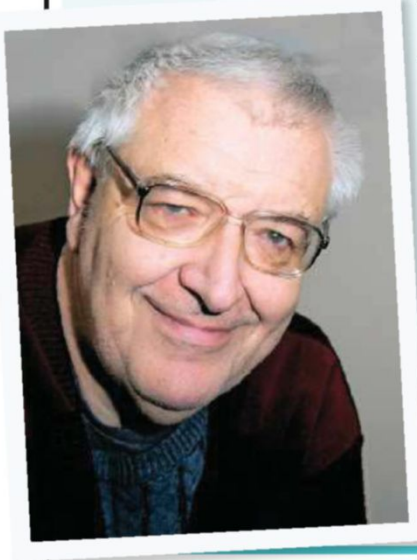
If you are worried about any aspect of a relative's care in a care home, make an appointment with the home's manager to give them a chance to put things right. Make sure you keep a written note of everything that is said. Or contact the adult safeguarding department at your local council. If the care is being funded by the local authority, you can complain and ask for an investigation.

You can object to a relative being placed in a home you unhappy with, even if the Local Authority is paying. If you are unhappy with the outcome of your complaint, or how it was dealt with, ask the Local Government Ombudsman to investigate.

People often worry that if they complain about poor quality care, their relative will suffer but this should never put anyone off raising concerns. Everyone has a right to expect good quality care to be given at all times.

WHERE TO GET MORE ADVICE ON CARE HOMES:

- The Relatives and Residents Association offers support and advice on going into care, paying for care, or for anyone having concerns about a care service. Contact the organisation at 1 The Ivories, 6-18 Northampton Street, London, N1 2HY, by calling 0207 359 8136 or visiting visit www.relres.org
- The website www.carehome.co.uk has almost 100,000 care home reviews and recommendations, so you can read what other people think of the service at a particular home.
- The Local Ombudsman can be contacted by writing to PO Box 4771, Coventry, CV4 0EH, calling 0300 061 0614, or visiting www.lgo.org.uk
- The Care Quality Commission – CQC – monitors, inspects and regulates health and social care services. You can read inspection reports and also share your experiences of good or poor care. Visit www.cqc.org.uk



CARERS IN TOUCH

Bernie Johnston has cared for his wife, Janet, for almost 20 years, which has taken a toll on his own health. Bernie suffers from bad headaches and atrial fibrillation, which he feels have been brought on by the stress.

Janet, who has numerous health issues, now has professional carers three times a day to help ease his workload.

Bernie says all carers need regular breaks and he takes part in amateur dramatics productions as Janet can be left alone for short periods.

Bernie joined the **Yours** Carers in Touch group to find other carers in a similar situation.

"Caring can be a very lonely job and I find it really helps to talk to other people," he says.

You can join too...

Carers in Touch and the Forget Me Not Group, for those who have lost a loved one, are free to join. Write to Rosie Sandall, **Yours**, Media House, Lynchwood, Peterborough, PE2 6EA. Email: rosemary.sandall@bauermedia.co.uk

Please include your full name and address (and email if you have one), a few personal details about your situation, family, interests and a contact telephone number and I will be in touch soon.

PICS: JOHN SANDALL, GETTY IMAGES

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For You and Your home!

Yours recommends SHOPPING

WE GUARANTEE: ✔ Carefully selected products ✔ Safe reliable service ✔ Delivery straight to your door ✔ **Yours** customer care helpline ✔ Reputable & trustworthy



LUXURY FEATHER AND DOWN MATTRESS TOPPER

Drift off as though sleeping on a bed of air

The luxurious Schloff™ extra deep, pure duck feather and down mattress topper adds an extra 5" deep layer to your mattress, making it feel like you're sleeping on air. Finished with a super-fine 233 thread count cotton cover, close bound edges to hold the breathable filling in place. Treated with Silpure antimicrobial technology from Thomson Research in Canada, whose active silver inhibits, controls and protects against odour causing bacteria and provides durable long lasting hygiene and freshness. Once you have tried this on your bed, you will never look back. Machine washable to 40°C.

Schloff™ 5" Extra Deep Feather And Down Mattress Topper

Single 190x90cm 3244 **£69.99** Double 190x120cm 3245 **£89.99** King 200x150cm 3246 **£99.99** Super King 200x182cm 3247 **£109.99**

GLOBAL MILITARY WATCH



The watch technology demanded by the Military

SAVE £10

This multi-zone Military Watch features the latest advances in time technology. With a 2000km range, its radio controlled mechanism guarantees UK time and global precision. With 12/24 hour dial, an integral torch, silver-alloy case, scratchproof mineral glass and water-resistant to 30m, it comes with a leather reinforced canvas drill strap. Fitted with 1xCR2032 lithium battery. Dia: 40mm. Strap: 20cm.

Global Multi-Band4 Military Watch

Code 6008 **WAS ~~£59.99~~ SAVE £10 £49.99**

MICROWAVE EGG MAKER

Perfect scrambled eggs in 60 seconds

SAVE £3

Tasty eggs made in seconds

Introducing the Ceramic Microwave Egg Maker for microwave cooking that's so fast it's almost supersonic. Simply crack your eggs in, mix them up and put the lid on. Pop it in the microwave for one minute and voilà! Lovely, fluffy scrambled eggs. Made to last from high quality ceramic material, it measures 12.7x10.2cm.

Ceramic Microwave Egg Maker

Code 6502 **WAS ~~£12.99~~ SAVE £3 £9.99**





How to order...

By phone: 0800 055 7766 Quote code: YMS13

Online: www.easylifegroup.com/YMS13W

By post: Send the coupon on the last page to Yours YMS13, Suite L-M, Lingfield House, Darlington Co. Durham, DL1 1RW

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AGE SPOT CREAM

Age spots, freckles and blemishes just seem to disappear

This remarkable Swiss formula helps improve the appearance of age spots, discolouration and blemishes. Used frequently, its moisturising properties will give the appearance of more even, younger-looking skin. Swiss dermatologists have developed this herb-based formula to improve the appearance of skin blemishes and dark patches. Soon your face and hands could look smooth and younger. This natural cream is safe for any part of the body – face, hands, arms, neck and even breasts. Supplied in 100ml tube.

Age Spot Cream

Code 1588 **£14.99**
Buy 2 **+ 1 FREE** 1600 **£29.99**



DELUXE CIRCULATION PRO

Boost circulation to your lower limbs and feet with Circulation Pro

Stimulates pressure points on your feet and helps ease pain. The Deluxe Circulation Pro combines transcutaneous electrical nerve stimulation (TENS) and deep heat infra-red treatment. Small electrical pulses are delivered through two large foot pads stimulating contraction of the foot and calf muscles, helping boost blood flow to your feet and lower limbs. This Deluxe model includes four TENS gel pads to allow specific areas to be targeted such as lower back, shoulders, arms and neck. Easy to use with a clear LED control panel and remote control. Mains adaptor. Tested to EU Medical Standards to ensure safety.

Deluxe Circulation Pro

Silver 2661 White 2662 **WAS ~~£199.99~~ HALF PRICE £99.99**





WIRELESS REMOTE CONTROL TENS MACHINE

Radio Controlled T.E.N.S. Pain Relief by HomeClinic™

This new Wireless Radio Controlled T.E.N.S. machine is a total breakthrough in drug free pain relief. Choose from 6 programs, each with 10 levels of intensity and transcutaneous electrical nerve stimulation (T.E.N.S.) uses tiny electrical pulses to block pain signals reaching the brain. It's especially usefully in the treatment of; Tendinitis, Arthritis, Chronic Pain, Acute Pain, Headache, Insomnia, Stress. It can also be used to help burn fat, consume energy and keep the body fit. Supplied complete with 1xCR2032 lithium battery, plus one spare. Measures W11xD8xH2cm.

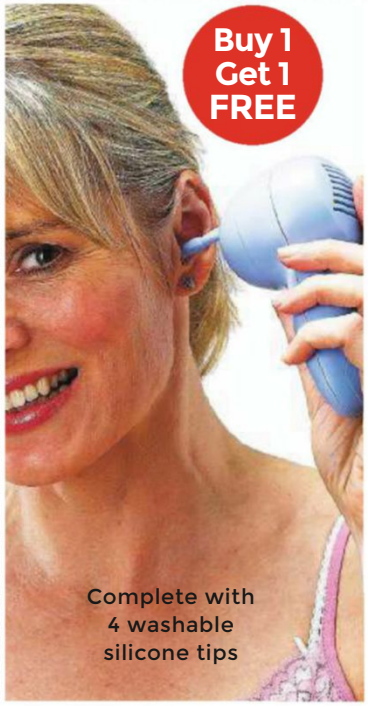
Wireless Remote Control TENS Machine

Code 6722 **£19.99** Replacement Pads (pack of 4) 6709 **£7.99**


Shoulder/Neck/Back


Self-adhesive electrode pad


Control



EAR CLEANER + 1 FREE

Safely remove ear wax and impurities

Ear hygiene has taken a major step forward. Out go cotton buds - they can cause infection and push wax further into the ear - in comes this CE approved Ear Cleaner. Using gentle suction it clears out wax and dirt without poking, prodding or risking ear damage. The 4 silicone tips are soft and easily washable for regular use. It comes with a filter and special cleaning brush. Requires 2xAA batteries (not included).

Ear Cleaner + 1 FREE

Code 6181 **£14.99**

Yours recommends SHOPPING

ONLY £99.99

HALF PRICE



Simply sit back, relax and revive



PAINLESS HAIR REMOVAL

EX-HAIR HAIR STOP

Remove unwanted body hair for the last time

This revolutionary Swiss breakthrough removes unwanted hair from your face and body. It slows hair growth so effectively that you may now remove unwanted hair for the last time. There's no pain, no effort, no preparation – just quick, easy and gentle hair removal. Ex-Hair is effective against facial hair, upper lip hair, underarm hair, abdominal hair, leg hair and even works on your bikini line. Easily applied and contains extracts of Saw, Palmetto, Willow-herb and pumpkin. The pack includes Ex-Hair Hair Stop cream (100ml) and a Ex-Hair Roll on (75ml).

Ex-Hair Hair Stop
Code 0571 **£29.99**

MAGIC EAR

Increase your hearing power instantly!

Follow every word of a conversation, radio dialogue or TV programme with the amazing Magic Ear. Compact and discreet, the Magic Ear hearing amplifier is easy to wear and very easy to hear with. A class 11a medical device, this little miracle of microtechnology boosts sound so it's louder and easier to hear. Which means you can join in conversations, listen to music or enjoy a film, radio or TV programme without straining. Powered by a single Zinc-Air A13 battery (included) it's supplied complete with 3 different sized ear tips.

Magic Ear
Code 2637 **£19.99**



Discreet with oustanding clarity



Includes; case, spare battery and different sized ear tips



Built in microphone and volume control

How to order...

By phone: 0800 055 7766 Quote code: YMS13

Online: www.easylifegroup.com/YMS13W

By post: Send the coupon on the last page to Yours YMS13, Suite L-M, Lingfield House, Darlington Co. Durham, DL1 1RW

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SAVE £60



Buy 2 SAVE extra £10

REAL HUNGARIAN GOOSE FEATHER & DOWN PILLOWS

Pair of genuine Hungarian Goose Feather and Down pillows

Looking for a pillow that offers resilient support? This luxurious pillow gives that snug feeling around your head, neck and shoulders, offering medium/firm support, thanks to the high feather content (850 gram). Made in the UK with an outer casing of 90% goose down and 10% goose feather, enclosing an inner casing of 100% duck feather. All encased in a pure cotton percale 240 thread count downproof case, they will guarantee a good night's sleep. Machine-washable at 40°c.

Hungarian Pillows (Set of 2)
Code 5233 **WAS** ~~£99.99~~ **SAVE £60** **£39.99**
Buy 2 Sets (4 Pillows) and **SAVE £10** **£69.98**

SAVE UP TO £100



CAVENDISH MEDIA CABINET

Elegant furniture with practical storage

SAVE £50



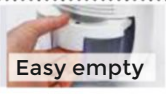


Closed

This beautiful unit makes a useful side table or display shelf and ingeniously stores 325 CDs, 215 DVDs, 120 Videos – or a combination of all three. Finished with an attractive rich mahogany stain, the cabinet is complete with shelves that can be height adjusted as required. Requires simple home assembly. Measures H97xW30xD30cm.

Cavendish Media Cabinet
Code 1681 **WAS** ~~£129.99~~
SAVE £50 **£79.99**

COMPACT PELTIER DEHUMIDIFIER



Easy empty

Remove damp, mould and moisture from the air





Harnessing features found in much larger and more expensive models, the Compact Peltier Dehumidifier not only extracts moisture from damp air, but its fan blows out warm air to simultaneously dry out the dampness faster. Using ultra-quiet, thermo-electric technology, the smaller unit quietly sucks up to 250ml of excess moisture from the air each day, while the larger unit 500ml per day into a 1500ml tank. When the tank is full it automatically shuts off. Slide out, empty and replace and it's ready to use again and again. No mess, no fuss and no expensive refills needed. Measures: Small H22xW15xD13cm, Large H30xW22xD16cm.

Compact Peltier Dehumidifier
Small (500ml) 3401 **£29.99** Large (1500ml) 3424 **£49.99**

Yours recommends SHOPPING



GENUINE HUNGARIAN GOOSE FEATHER AND DOWN DUVET

Genuine Hungarian Feather and Down Duvet - 13.5 tog

Making heavy duvets a thing of the past, our super-soft, super-lightweight duvet is the 100% natural way of enjoying pure comfort without any of the unnecessary weight. Made from 90% goose feathers and 10% goose down, it has been specially designed with a stitched box construction, keeping the 13.5 tog filling evenly distributed for maximum well-being – meaning you stay cool in the summer but snug in thewinter.

Real Hungarian Goose and Down Duvet

Single	5224 WAS ~~£169.99~~	SAVE £100 £69.99
Double	5225 WAS ~~£179.99~~	SAVE £100 £79.99
King	5226 WAS ~~£189.99~~	SAVE £100 £89.99
Super King	5226 WAS ~~£199.99~~	SAVE £100 £99.99

Buy 1 Get 1 FREE



EASY-READ GLOW-IN-THE-DARK ALARM CLOCK + 1 FREE

Yours BEST SELLER

Tell the time in the dark

With a luminescent-green coloured face and large, easy-to-read numbers you can tell the time in the middle of the night. There is a 'no tick' silent second hand and precision quartz movement. Complete with alarm and large light switch, it measures H13xW14xD5cm.

Easy-read Glow-in-the-dark Alarm Clock + 1 FREE
Code 6667 £12.99

CD RECORDING 7-IN-1 MUSIC CENTRE

Records to CD from Vinyl, Cassette, CD, USB or Aux, with Bluetooth playback

This 7-in-1 music system plays and records everything from 33/45 & 78rpm vinyl records, cassettes, CDs, and FM/MW radio. All formats record directly onto a blank CD or SD/USB MP3 memory by pressing one button. No computers, no fiddling with cables, no hassle.Easy to connect to any external audio device using the unit's 3.5mm line in auxiliary input.

Additional features include, two detachable 25Watt p.m.p.o, stereo speakers(H23xW15xD14cm), Full Function Remote control, Extra-large LCD backlit display, enhanced X-Bass function,track separation function, subwoofer socket, RCA line-out jacks and headphone socket. Unit Measures: H22xW31xD29cm.



CD Recording 7-in-1 Music Centre + 2 FREE Blank CDs
Code 1999 **£299.99**

How to order...

By phone: 0800 055 7766 Quote code: YMS13

Online: www.easylifegroup.com/YMS13W

By post: Send the coupon on the last page to Yours YMS13, Suite L-M, Lingfield House, Darlington Co. Durham, DL1 1RW

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GENIUS® SAFETY STEP LADDER

Safety support rails help you reach higher with confidence

Genius® Safety Ladder has front and side safety rails for holding or leaning against, grip-tight non-slip moulded rubber ferrules and cambered legs for extra support and stability. With so many practical uses, it's a home essential. Strongly constructed in steel, it's complete with extra-deep 38x26cm (15"x10") steps with non-slip moulded rubber treads. The ladder stands from floor to top step; 96cm (3.1ft), with height including safety rails; 159cm (5.2ft). Max user weight is 150kg (23.5st).

Genius® Safety Step Ladder

4-Step 4670 **WAS ~~£79.99~~ HALF PRICE £39.99**



MIRACLE STAIN REMOVER

Remove stains, whether fresh or dried-in



This industrial strength Miracle Stain Remover is a high performance cleaner that removes all types of stains on all types of surfaces, whether fresh or dried-in. Ideal for tea, coffee, juice, red wine, grass, grease, oil, blood etc. Use inside or outside of the home - from hard surfaces, metal to fabrics, this multi-purpose stain remover is quick and easy to use. 500ml bottle.

Miracle Stain Remover

Code 2552 **£9.99**

OVEN SHINE

Get spotless oven racks and barbecue grills easily



Formulated in the UK for professional use, the Easylife Oven Shine laughs in the face of baked-on food. Without the need for rubbing, scrubbing or agitating it dissolves stubborn baked-on grease, oil and fat within minutes. Perfect for cleaning your oven, grill pan, grill rack, even your barbeque to leave them looking like new in no time at all and with the minimum of effort. Simply sponge or brush on and after five minutes wipe off for a gleaming, sparkling clean oven, every time. Supplied in a 500ml child-resistant bottle.

Oven Shine

Code 3341 **£12.99**



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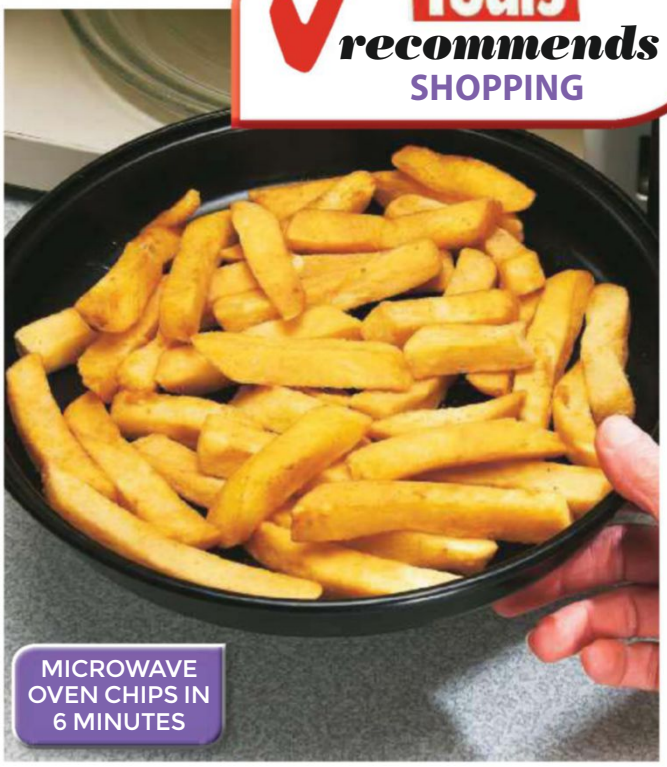
ONLY £39.99

COFFEE PERCOLATOR

Enjoy freshly brewed coffee whenever and wherever you want it

Brewing full-flavoured coffee has never been so easy. Electronically powered, the Coffee Percolator automatically switches off the moment your coffee is brewed, with its safety boil-dry cut-out and overheat protector, it maintains a perfect drinking temperature for as long as required. The cool touch and easy grip handle makes it easy to move around. It's modern mirror finish stainless steel jug complements any kitchen. With a 3 pint capacity (4-12 cups) it is ideal for parties, work places, meeting rooms or just breakfast coffee for two.

Coffee Percolator
Code 6650 **WAS** ~~£79.99~~
HALF PRICE £39.99



MICROWAVE CHIP PAN

For delicious, golden, fat-free chips in a hurry

Specially designed for conventional and combination microwaves, it's the easy way to cook mouth-watering, crisp, oven chips in under 6 minutes. And that's not all. Equally suitable for pizzas, chops, chicken, fish, bacon and omelettes, it's likely to be one of the most used pans in your kitchen. That's why it's durably made for years of delicious cooking and completely safe in your dishwasher. Measures: 25cm (10") in diameter.

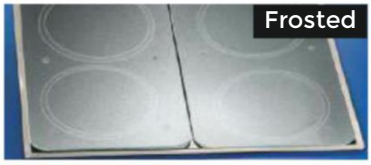
Microwave Chip Pan
Code 4478 **£12.99**

UNIVERSAL COOKER COVERS (PAIR)

Extra workspace where you need it

Available in Frosted, Poppy and Chilli designs, these practical, toughened glass covers provide reliable protection for your cooker and a welcome extra 60x50cm work surface. Whether you have a ceramic, electric or gas cooker, they are supplied with a variety of feet to ensure a custom fit. Scratchproof to prevent the formation of bacteria and odours, they are also heat resistant - useful to rest hot pots and pans. Supplied as a set of 2, each W30xL50cm (12x19.5 inches). Also available in Stainless Steel, only suitable for ceramic hobs.

Universal Cooker Covers (Pair)
Frosted 0686 Chilli 0687 Poppy 0688 **£24.99**
Stainless Steel 0689 **£27.99**













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Online: www.easylifegroup.com/YMS13W

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ADJUSTABLE BRA EXTENDERS (PACK OF 6)

For bras that really fit, not nearly fit!



Turn your bra from 'too tight' to 'just right' in seconds. It's easy with these clever extender panels. They attach to your bra's existing fastening and give you three extra rows of eyes for added comfort and support. Ideal for when you are half way between sizes, mums-to-be and nursing mothers, plus of course everyone who wants to adjust their bra for a perfect fit and perfect all-day comfort. Made from cotton/nylon in packs of six: 2xwhite, 2xblack, 2xbeige. Gives favoured bras a new lease of life.

Adjustable Bra Extenders (Pack of 6)
Code 6354 **£9.99**



5-PIECE CHIROPODY SET

Painless relief from the misery of in-growing toenails

Give your feet a make over this winter. Scientifically shaped to reach underneath the problem nail, the professional 100% stainless steel scissors will cleanly cut to a perfect shape, helping train the nail to grow outwards to the correct position rather than into the skin.

5-piece Chiropody Set
Code 5754 **£14.99**





High bulked brushed thermal lining

BED SOCKS (SET OF 3)

Bed socks have to be felt to be believed

Seeking cosiness for your toes in the night? These wonderfully soft Bed Socks are brushed inside for extra warmth and comfort. With non-elastic tops, they're great for wearing in bed or around the house. Set comprises three pairs, one pair of each colour supplied.

Bed Socks (Set of 3)
Ladies 8041 **£12.99**
Gents 8042 **£12.99**

STAYDRY WINDPROOF UMBRELLA

Scientifically designed NOT to blow inside out



Here's the umbrella that keeps its shape when all the rest are turning inside out. While keeping rain out, this allows the wind to pass straight through with no resistance. Engineered for years of reliable protection, the exceptionally strong frame opens automatically at the touch of a button. Finished with a matching sleeve, it folds to a pocket/bag sized 43cm long. On special offer, when you order one you can get one free!

Buy 1 Get 1 FREE

Staydry Windproof Umbrella + 1 FREE
Code 3406 **£14.99**

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Email support: help@easylifegroup.com. Support line – 0303 031 0777 – lines open Mon - Fri 9am-5pm. Max call cost is 5p per minute to BT customers. Calls on non-BT lines will vary. These products are sold and supplied by Easylife Group Ltd, with whom you contract when you accept this offer. Closing date 30th April 2017

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Date of Birth (optional) / / Tel No**

Email address* Signature

• I enclose a crossed cheque for £_____made payable to Easylife Group Ltd (write your name, address and offer code YMS12 on the back of your cheque)

• Or debit my:

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Card number

Valid from Expiry date Issue number (Maestro) Security number < The last 3 or 4 digits of the CVV code

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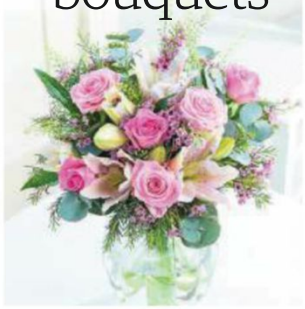
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How to boost your pension pot

KNIT
A snug sweater



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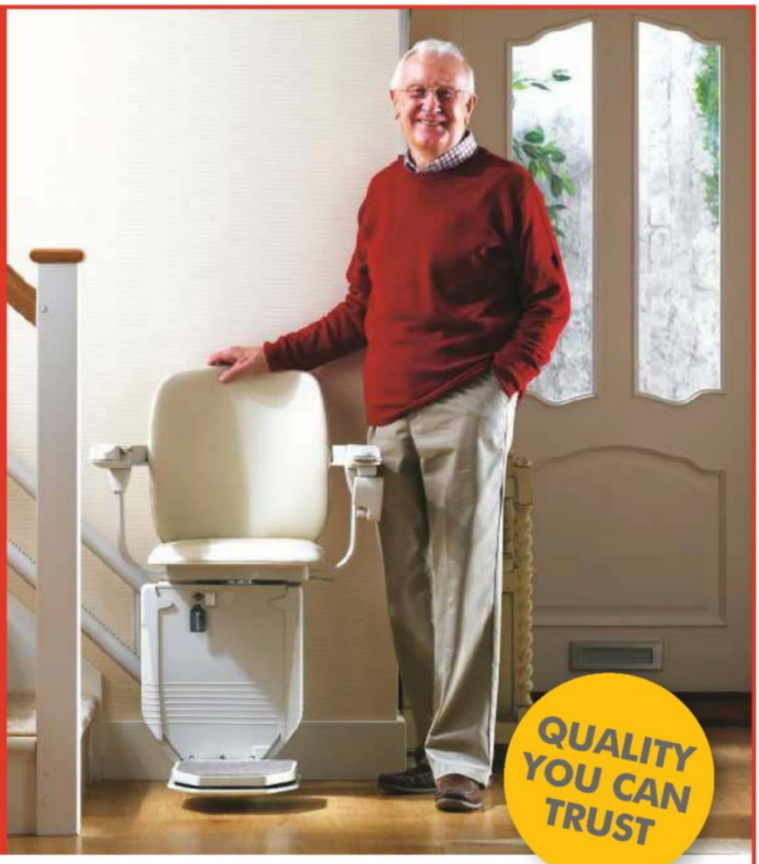
Yours For the time of your life...

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150
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Not all stairlifts are the same

This one certainly isn't.



Stairlifts. Aren't they all the same? Getting people from the bottom of the stairs to the top and back again?

At Stannah we don't agree. From design to warranty and from value for money to our after-care service, we like to do things a little differently.

Quality products

As a British, family-run company, we hold true to the same values and ethics that have guided us since the 1860s. Whilst our products have changed over that time, our commitment to quality, reliability, comfort and safety, remains the same. In fact, we're so confident in our stairlifts, each new product comes with a 2 year warranty and 2 free services as standard.

A Stannah stairlift ticks all the right boxes

- ✔ **Comprehensive range** for straight and curved stairs
- ✔ **Rent or buy** options for new and reconditioned models
- ✔ **14 day satisfaction guarantee**, you've nothing to lose!
- ✔ **2 year warranty** and 2 free services on all new products as standard
- ✔ **24/7 local call out**, 365 days a year
- ✔ **Buy direct** from a British family-run company

Our superior service

Our engineers are trained to install stairlifts quickly with the minimum of fuss. Once fitted, aftercare is provided nationwide 24 hours a day, 365 days a year through our locally based engineers. We also only use our own UK based call centres and don't use automated systems, so you can always speak to us whenever you need to.



Good value for money

Buying a new stairlift outright doesn't suit everyone, that's why we offer the option to buy or rent new or expertly reconditioned stairlifts, for curved or straight staircases, all with a 14 day money back guarantee.

The Stannah promise

Over the past 40 years, we have installed more than 600,000 stairlifts. Every one of our customers relies on us to stick to our promise commitments of product performance, value for money, support and servicing. These commitments are the foundation of our promise to you. Our promise to be 'always true to our word'.

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As the first national stairlift manufacturer to have gained the Trusted trader badge you can put your trust in Stannah.

Your free DVD and brochure

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stannahstairlifts.co.uk

Terms and Conditions apply.
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Stannah

Please send me: ☐ **A free stairlift brochure and DVD** ☐ **Homelift information**

Name _____ Telephone _____

Address _____

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Send to: Freepost RTLC-BGUS-UJYH, Stannah Lift Services Ltd, Dept. 1835, Watt Close, ANDOVER, SP10 3SD



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WE'RE HERE TO MAKE YOUR LIFE MORE COMFORTABLE

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- Maintain your independence
- Effortless rising movement
- Easy to use with simple controls
- Recline to various positions
- Many different styles available
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MADE IN GREAT BRITAIN

Our Adjustable Beds...

- Single, double & dual beds
- Choice of luxury mattresses
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EASY RECLINE

EASY CONTROLS

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Look at the benefits...

- **Easy in...Easy out** Low, wide & safe entry
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- **Easy clean wall panels** No tiling required
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- **0% interest free credit** Buy now pay later†

For safe and independent bathing I recommend Mobility Plus.

Dr Hilary Jones

Health and mobility advisor

MOBILITY*plus*

Supporting CANCER RESEARCH UK

Mobility Plus Limited give £100 from the sale of every bathroom fitted to Cancer Research UK. From the start of this promotion over £534,000 has been raised towards Cancer Research UK's life saving work. Cancer Research UK is a registered charity in England and Wales (1089464) and in Scotland (SC041666) #Subject to normal installation conditions. †*Terms and conditions apply.

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NO WORRIES!

Bath out - Shower in

FITTED IN JUST ONE DAY!*

NO MESS! NO FUSS!
NO RE-TILING!

STRUGGLE TO GET IN & OUT OF YOUR OLD BATH?



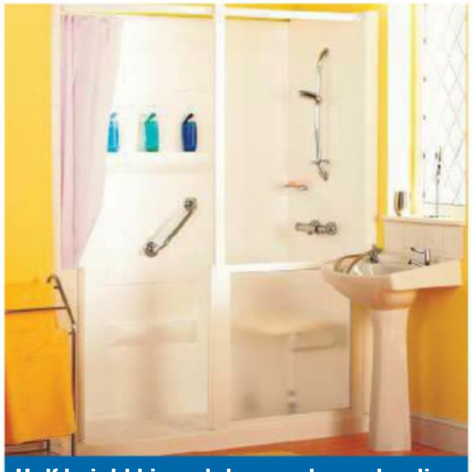
Designed to fit in the same space as your old bath, our Shower Module's unique construction enables it to be **FITTED IN JUST ONE DAY* with NO MESS, NO FUSS** and **NO RE-TILING** either!

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Aquability are a long established, caring, trusted, family-owned business and are one of the country's leading walk-in bath and shower companies with thousands of installations nationwide every year.

FOR MORE DETAILS & FREE BROCHURE

FREEPHONE 0800 316 0110 Ask for Ext. 56335

Lines open 24 hours 7 days a week. Visit **www.aquability.com**
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For more information and a FREE colour brochure return this coupon to
FREEPOST RRGY-AHAX-AHSX, Aquability UK Ltd, Farnborough, GU14 0NR. **56335**

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Geberit AquaClean 8000plus Care
The WC that cleans you with water

Well-being and inde-pendence



Clean with water
Warm air dryer
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Quick release
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Adjustable temperature
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Send the coupon to Freepost Nationwide Mobility.

Nationwide Mobility

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"It's so easy!"

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IN

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RELAX

Then lie back safely and luxuriate...



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Visit www.nationwide-mobility.co.uk or write to Freepost Nationwide Mobility

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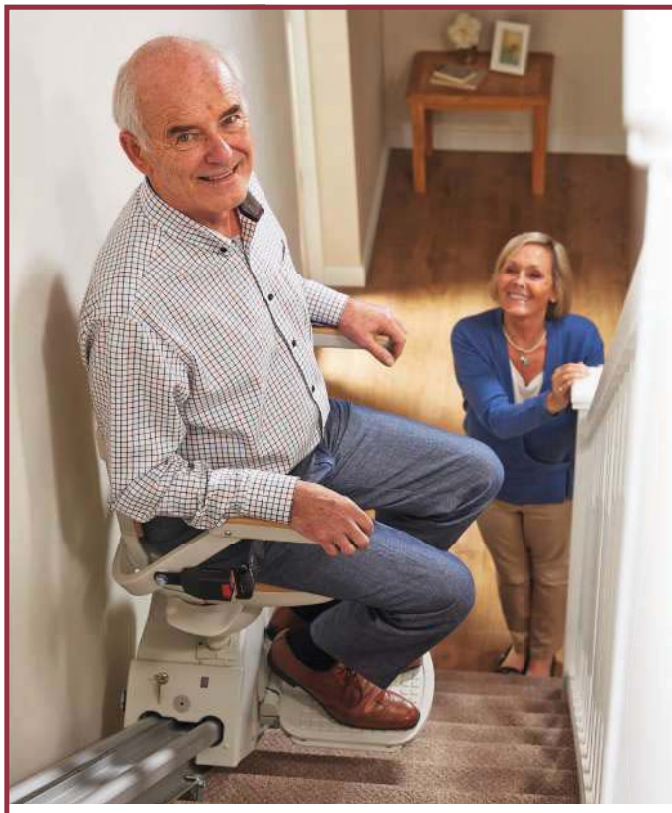
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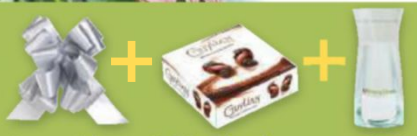
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PRODUCT	PRICE EACH	TOTAL
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Courier delivery	£5.99	
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VISA Maestro MasterCard DELTA

☐ I prefer to pay by cheque/PO made payable to Flying Flowers for £

Sender's name

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Postcode

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Offer only applies to Flying Flowers bouquets. Bouquets are delivered by Royal Mail on or near date selected. Free Delivery not available on same day & florist delivered flowers. In non-delivery areas we will substitute with alternative bouquet. Calls to 0333 numbers cost no more than a national rate call to either 01 or 02 numbers. Glass vases not supplied. Discount code cannot be used with any other offer. Products subject to availability. 14 days freshness guarantee refers to Simply Carnations. Prices correct at time of printing and are subject to change. Flying Flowers may contact you with services and offers that may be of interest, if you prefer not to receive these please tick box ☐
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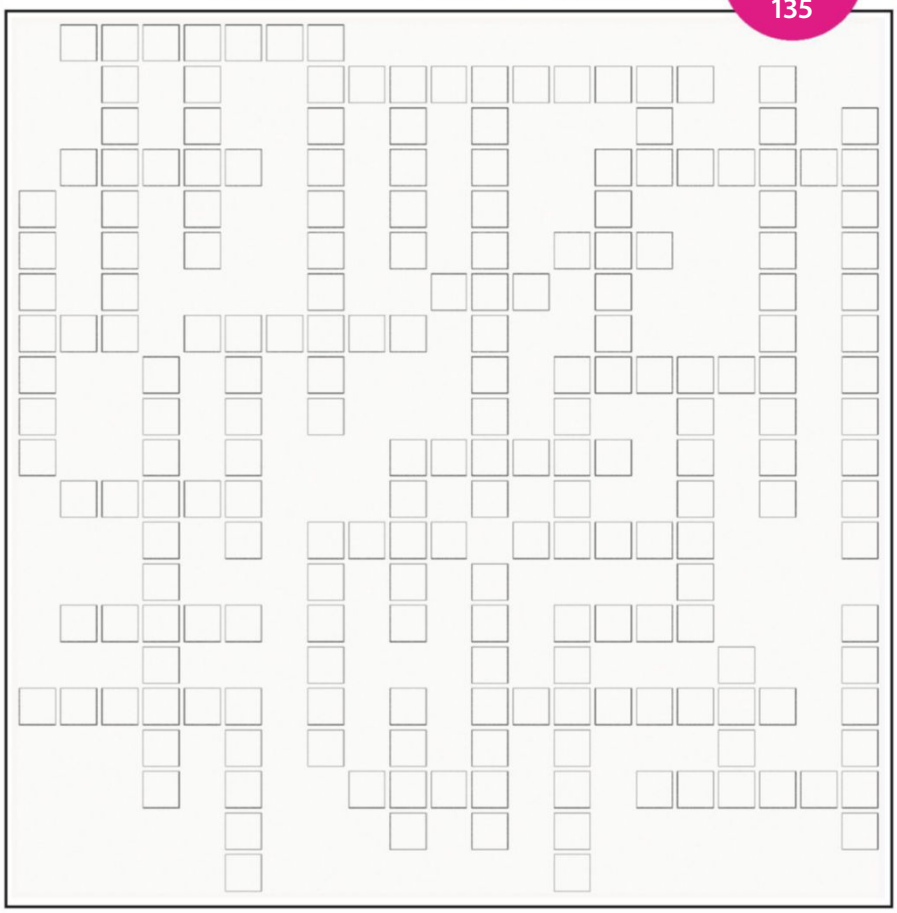
Boost your brain!

CRISS CROSS

Can you find the names of all these words associated with Dad's Army?



ANSWERS ON PAGE 135



3 LETTERS
ARP GAS MEN WAR

4 LETTERS
ARMY HALL MASK PIKE SPIV

5 LETTERS
CISSY DOLLY JONES ORDER RIFLE SIREN TAFFY VICAR

6 LETTERS
CHURCH FALL IN FRAZER HITLER HODGES MRS FOX OFFICE PARADE SALUTE VERGER

7 LETTERS
AIR RAID BUTCHER GERMANY GODFREY PRIVATE UNIFORM

8 LETTERS
CORPORAL NAPOLEON

10 LETTERS
ARTHUR LOWE MAINWARING

11 LETTERS
BLACK MARKET BUD FLANAGAN DELIVERY VAN UNCLE ARTHUR

Lots more prizes to win online

www.yours.co.uk/win

DEVILISH DEFINITIONS

Can you decide which is the correct definition for the following words:

MIRYACHIT

A Money paid by the killer's family by way of compensation to free the offender of further punishment
B The sound of fireworks detonating
C A disease in which the sufferer mimics everything said or done by another

PARSON'S COLLAR

A A halo around the moon
B The froth on top of a glass of beer
C A spade's depth in digging

Written by Adam Jacot de Boinod, a researcher for the television series QI and the author of The Meaning of Tingo and Other Extraordinary Words from around the World, published by Penguin Books.

WHERE IS SAMMY SQUIRREL?

Find where he's hiding in this issue of Yours and you could win £100. To enter, fill in the Competitions answers coupon on page 135. Closing date for entries is March 17, 2017.

WIN £100

FILM & TV QUIZ



1. What is the name of the actor who was married to Ali McGraw from 1973 to 1978?

2 Angela Lansbury played a witch called Miss Eglantine Price in which Disney film?



3 The song Diamonds Are a Girl's Best Friend features in which film?



4 Which Eighties' police drama starred William Shatner?

5 The slogan 'The truth is out there' is from which Nineties TV series?

ANSWERS ON PAGE 135



Win an annual subscription to Take a Break's Puzzle Selection magazine

We've got five annual subscriptions (13 issues a year) to give away, each worth £32.50 each so you can keep your brain ticking over the whole year through!

■ To enter, turn to page 137

GUESS THE YEAR

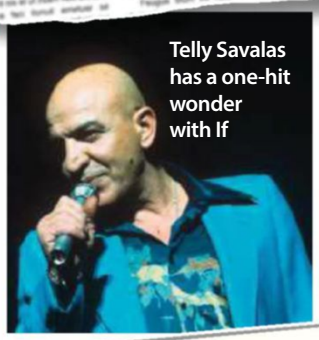
When did these events take place?



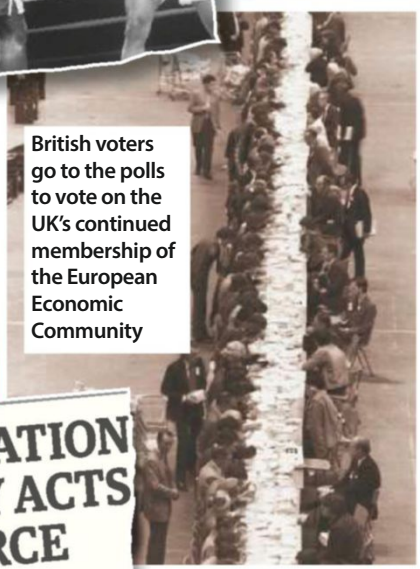
Scottish teen heartthrobs The Bay City Rollers get to Number One with Give a Little Love

THRILLA IN MANILA

Muhammad Ali retains his world heavyweight boxing championship after defeating his arch-rival, Joe Frazier



Telly Savalas has a one-hit wonder with If



British voters go to the polls to vote on the UK's continued membership of the European Economic Community

SEX DISCRIMINATION AND EQUAL PAY ACTS COME INTO FORCE

SUDOKU

Fill in the squares in the grid so that every row, column and each of the nine 3x3 squares contain all the digits from one to nine.

MEDIUM GRID

		5		9		4		
6			5	1	2			3
4		9		2		3		1
			8		9			
3		6		4		9		7
2			3	5	7			4
		4		8		2		

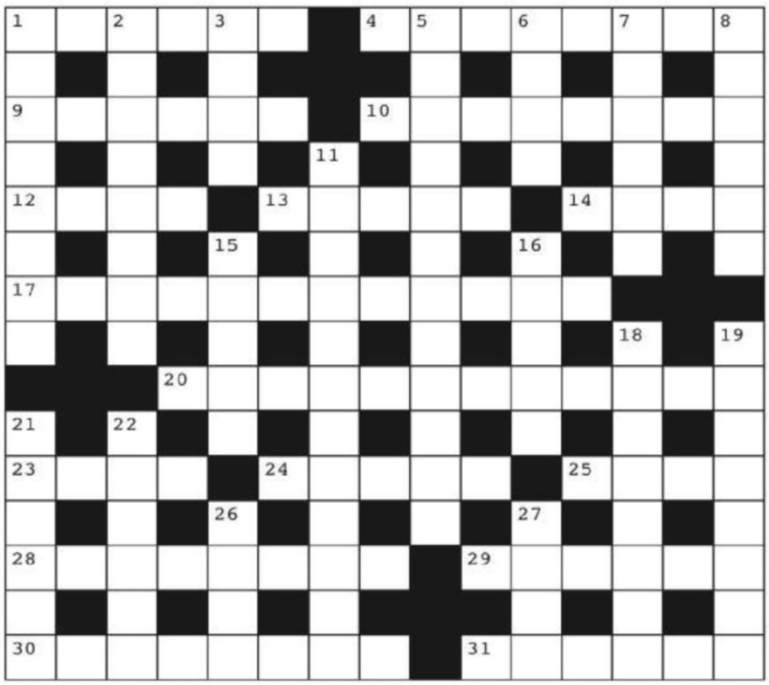
HARD GRID

		6						
	3		9			1		
7	2			1				
1	9		3	6				4
		5				8		
4				8	2		9	6
				3			4	5
		1			8		7	
						9		

PRIZE CROSSWORD

For this puzzle we've provided two sets of clues, each giving the same answers. One set of clues is cryptic, one set is quick. It's a good way to hone your skills, because it gives you two ways to crack the crossword! Two winners will be chosen randomly from all entries (cryptic and quick clues). So whichever set of clues you follow you have an equal chance of winning!

WIN £50!
TWO £50 PRIZES



PRIZE CROSSWORD ISSUE 266

TITLE

FIRST NAME

SURNAME

ADDRESS

TOWN

COUNTY

POSTCODE

DATE OF BIRTH / /

HOME TEL NUMBER

EMAIL ADDRESS*

Bauer Media (publisher of **Yours**) may also like to contact you by post or phone. Please tick if you do not wish to be contacted by us ☐ or carefully selected partner organisations ☐ * By entering your email address and/or mobile number you are choosing to receive email and SMS messages from time to time from **Yours**. We will never pass these details to any other organisation.

ANSWERS IN ISSUE 268

CRYPTIC CLUES

ACROSS

1 Disco music with funny tone — child's into it (6)
4 Fool is joined by Edward, given help (8)
9 Second showing of TV programme about fertiliser (6)
10 Gift given by people after party (8)
12 Previously part of concerto (4)
13 Beast destroyed tuber (5)
14 Singer is ignoble, it's said (4)
17 They have invited guests to come in with variety of retsina (12)
20 Wonderland girl originates in Australian town (5, 7)
23 Article for a couple of lovers? (4)
24 Inuit's boat that goes back and forth (5)
25 Pig making hole in ground, do you say? (4)
28 Memento of Japanese drink stored behind castle tower (8)
29 Ham and most of game given at start of week (6)
30 Distribution of super ale for enjoyment (8)
31 Beginning of course, possibly (6)

DOWN

1 Go to the next page to find business revenue (8)
2 Ability to understand volume (8)
3 Ark builder giving no expression of surprise (4)
5 Top gunslinger, one reaching meteoric heights? (8, 4)
6 Country one controlled (4)
7 I want a change — somewhere exotic to travel to? (6)
8 Woman is in need, sadly (6)
11 Snack provided by outstanding joke teller? (5, 7)
15 Interrogate cook (5)
16 Trot endlessly around ancient city location in Cornwall (5)
18 At home with old nark? (8)
19 Lose affection of sergeant somehow (8)
21 Get better sort of truck (4, 2)
22 Appearing very serious, cut off meeting with Elisabeth (6)
26 No change made for a sibling (2, 2)
27 I leave, having caught a Shakespearean villain (4)

QUICK CLUES

ACROSS

1 Electronic dance music (6)
4 Aided (8)
9 Do or say again (6)
10 Charitable offering (8)
12 A single time (4)
13 Savage (5)
14 Deep-sounding guitar or drum (4)
17 Singers or clowns, perhaps (12)
20 Northern Territory town of Australia (5, 7)
23 Object, piece (4)
24 Canoe-like vessel (5)
25 Wild hog (4)
28 Souvenir, token (8)
29 Cured pork cut (6)
30 Happiness, satisfaction (8)
31 Journalist's contact (6)

DOWN

1 Yearly takings (8)
2 Maximum amount, limit (8)
3 Biblical character who escaped the Flood (4)
5 Meteor (8, 4)
6 Modern Persia (4)
7 Island off the coast of China (6)
8 --- Welch, Loose Women panellist (6)
11 Biscuit eaten with cheese (5, 7)
15 Interrogate, or stove part (5)
16 Cornwall's administrative centre (5)
18 Snitch, tipster (8)
19 Alienate (8)
21 Improve, or learn (4, 2)
22 Highly critical (6)
26 Without amendments (2, 2)
27 Othello's antagonist (4)

PICS: REX/SHUTTERSTOCK

How to enter:

By post: **Send coupon and crossword to: Yours Issue 266 (Feb 28) Crossword, PO Box 57, Coates, Peterborough PE7 2FF**

By email: **You can scan in a copy of the completed grid and email to yours@bauermedia.co.uk**

Closing date: March 17, 2017

The first two correct entries drawn at random from all entries will win. Yours competition rules are on p135

Lots more prizes to win online at winit.yours.co.uk

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Iris

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Iris | French Navy

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For full T&Cs visit www.flyingflowers.co.uk

To be in with a chance of winning, simply answer the following question:

Which of these is a traditionally spring flower?

a) Tulip b) Begonia c) Nerine

How to enter: see below

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■ **Not a winner?** Book at www.strandpalacehotel.co.uk

How to enter:

By post: fill in the coupon on page 135

Closing date: March 17, 2017

ENTER ONLINE! You can now enter all our competitions online! Visit yours.co.uk/comps266

For terms and conditions see page 135 and for full terms and conditions go to www.yours.co.uk

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We do not pay for returns but this does not affect your statutory rights. For any queries Customer Services can be contacted on 01377 249889.

Mrs/Ms/Mr ____ Initials ____ Surname _____

Address _____

_____

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Telephone No. _____

Date of Birth __ /__ /___

E-mail Address _____

Code	Qty	Sizes(s)	Colour(s)	Total Price
18329 Twin Cardigan				
18329 Twin Cardigan				

Please Add £3.99 P&P To Your Order **Total** £

Please tick if you would prefer not to receive interesting offers from reputable companies. ☐ These details are for the use of Fashion Friendly only and will not be passed on to any third parties.

RAPID DESPATCH
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LIFETIME GUARANTEE
ALL OUR PRODUCTS CARRY A LIFETIME GUARANTEE

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PayPal™ Pay by Paypal on web orders only

Signature _____

Kingstown Associates Reg in England No. 6742414

MEDIA CODE YRS709

WIN ONE MONTH'S PERSONAL TRAINING



WORTH £94 EACH

To help kickstart your fitness regime, Right Path Fitness is giving five readers the chance to win one month's personal training tailored to your needs and specific goals.

The sessions will be provided at a London venue with the aim of improving your general health and fitness. The package includes an initial one-to-one, plus eight personal training sessions.

Not a winner? Visit www.rightpathfitness.co.uk

T&C Travel costs to venue not included



PRIZE WORTH £500

WIN A KIRSTY'S LUXURY HEALTHY HAMPER PACKED WITH GOODIES

Fancy getting your hands on a healthy hamper, filled to the brim with top brands? Kirsty's, the naturally free-from healthy ready-meal range, has teamed up with some of the best names in the business to offer one lucky winner this prize. This exclusive hamper includes a £250 Waitrose voucher and a month's supply of Kirsty's meals, plus other goodies from CHOC Chick, Clipper Teas, Pip & Nut and OptiBac Probiotics.

Not a winner? For more information about Kirsty's range, visit www.kirstys.co.uk

WIN A TRIP FOR TWO, WITH MERSEY FERRIES

WORTH £84 A PAIR



The Manchester Ship Canal Cruise is ideal for those who love to take in the sights, offering a day out to remember on one of Britain's grandest canals, with Mersey Ferries.

The six-hour journey between Liverpool and Salford Quays offers a relaxing day out for friends and family in the North West. You could win one of six pairs of tickets to cruise the canal.

Not a winner? Visit www.merseyferries.co.uk

T&Cs Travel to the North West not included. Subject to availability



WORTH £165 EACH

3 MEN'S SUITS TO WIN

The perfect prize for the man in your life! Dobell Menswear is offering three winners one of their rather dapper men's suits or tuxedos. The winner can choose from the huge range of Dobell branded suits or Tuxedos available on www.dobell.co.uk, deciding on a suit or tuxedo, dress shirt and tie or bow tie.

Not a winner? Take a look at the suit and tuxedo range available at www.dobell.co.uk

How to enter:

By post: fill in the coupon on page 135

Closing date: March 17, 2017

ENTER ONLINE! You can now enter all our competitions online! Visit yours.co.uk/comps266

For terms and conditions see page 135 and for full terms and conditions go to www.yours.co.uk

Lots more prizes to win online at **www.yours.co.uk/win**

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- ☐ **6 monthly Direct Debit:** 13 issues for £18
- ☐ **Annual Direct Debit:** 26 issues for £36 (best offer, saving 55%)
- ☐ **Annual Credit/Debit Card/Paypal:** 26 issues for £40

Yours

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DIRECT Debit

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Please pay Bauer Consumer Media Direct Debits from the account detailed in the instructions (subject to the safeguards of the Direct Debit Guarantee).

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Name and Address of Bank

Postcode

Signature Date

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☐ Please debit £ from my debit/credit card:

☐ Visa ☐ Delta ☐ Mastercard

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WIN A WEEKEND RETREAT AND A YEAR'S SUPPLY OF ORGANIC MILK

PRIZE WORTH £500



To celebrate the launch of Arla Organic Farm Milk, we're giving our readers a chance to win a stay at a countryside retreat for two people, plus a year's supply of Arla Organic Farm Milk.

Set in a verdant wooded valley on the edge of the Cotswold village of Whichford, this idyllic Neal's Yard Holidays retreat will take you back to nature and leave you feeling rested and rejuvenated.

Guests will learn to prepare delicious, nutrient-rich, organic food and juices, acquire powerful yoga and breathing techniques, and will receive nutritional and lifestyle advice to rediscover their wellbeing.

Arla Organic Farm Milk is unhomogenised with a delicious creamy top.

■ **Not a winner?** Buy Arla Organic Farm Milk in all major supermarkets. www.arlafoods.co.uk

5 WELLBEING PACKAGES FROM HEAT HOLDERS AND SOCK SHOP



WORTH £100 EACH

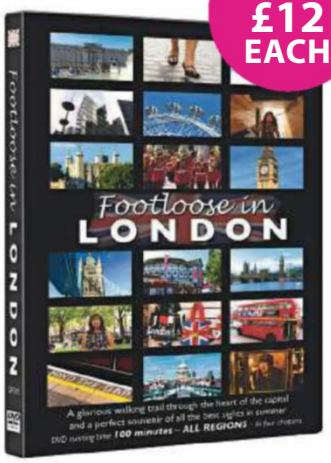
You could win a fabulous winter wellbeing package! Heat Holders socks are seven times warmer than normal cotton socks and are designed to keep toes toasty warm no matter what the weather brings. With the Sock Shop Gentle Grip socks you'll find a honeycomb top which moulds to the contours of your leg, avoiding restriction and pressure hotspots.

Sock Shop Beauty Feet have a heel pad incorporated which helps to revive hard, dry heels. Ideal for healthy feet!

■ **Not a winner?** www.heatholders.co.uk or www.sockshop.co.uk

50 DVDS OF FOOTLOOSE IN LONDON

WORTH £12 EACH



From the popular Footloose series, Debra Rixon presents a spectacular walking tour through Central London, taking in all the best sights in glorious summer sunshine. This 12-mile trail through the historic streets features Changing of the Guard, St Pauls, The Museum of London, Tower Bridge, the Shard and the London Eye. Ends with the magnificent chimes of Big Ben. All the best photography, history and information – 2016 edition.

■ **Not a winner?** Look out for Debra's latest adventure on www.footloose.tv! rrp £11.99 (inc. p&p). Visit Amazon, or send a cheque payable to Grindelwald Productions, PO Box 38, Princes Risborough HP27 9YL

15 STYLISH BRITISH DESIGNED CLOCKS



WORTH £23 EACH

Time for a change? Thomas Kent Clocks, the leading British clock design specialists, is offering you the chance to win a stylish Cotswold Mantel Clock in warm grey.

■ **Not a winner?** Call 0330 363 2222 or visit www.thomaskentclocks.com

T&Cs (UK and ROI only, excludes Channel Islands. Batteries not included)

I WON!



Dear **Yours**

Thank you so much for my prize - £100 worth of environmentally friendly logs.

This will keep me warm and cosy over winter!

Kind regards

Margaret Clarke

How to enter:

By post: fill in the coupon on page 135

Closing date: March 17, 2017

ENTER ONLINE! You can now enter all our competitions online! Visit yours.co.uk/comps266

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Our free* gift for you!

The story of our Queen ON DVD...

An insight into the life of our much-loved monarch, free for every reader!



WORTH £14.99

*You pay £2.95 postage

Using extraordinary archive footage, all the most dramatic events in Elizabeth's life are on this DVD, originally released in 2002. You'll find the glorious Coronation, her relationship with Princess Diana, tours to exotic corners of the Commonwealth, the marriages of her children and The Queen Mother's 100th birthday.

More great DVDs at exclusive prices:

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This is the story of the 1992 fire, as told by those who witnessed it and by those for whom Windsor Castle is a home.



WHAT EVER HAPPENED TO THE WINDSORS
This absorbing programme is an emotional glimpse into a life spent in exile.



ROYAL BRITAIN FROM THE AIR
Historic buildings and landscapes featured include Buckingham Palace, Balmoral, Sandringham and Hampton Court.



HER MAJESTY THE QUEEN MOTHER 1900-2002
Sir John Mills introduces a celebration of the life of one of the best-loved Royals.



SANDRINGHAM HOUSE
The story of 'the most comfortable house in England', which has been lived in by four generations of The Royal Family.



How to order

BY POST: Complete the coupon with your order and address details together with credit/debit card details and send to the address below.

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ONLINE: Order online at www.Dukevideo.com/YOURSQ

Yours *Reader offer*

Please send to: Yours reader offer, Duke Marketing Ltd, Yours Offer, PO Box 46, Douglas, Isle of Man IM9 9DD

OFFER	PRODUCT	PRICE	QTY	SUB-TOTAL
GUDVD6794	Story of HM Queen Elizabeth II	Free	1	Free
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GUDVD6648	What Ever Happened to The Windsors	£6.99		£
6903	Royal Britain From The Air	£6.99		£
GUDVD5464	Her Majesty The Queen Mother	£6.99		£
SIGNDVD070	Sandringham House	£4.99		
			PLUS £2.95 POSTAGE	£ 2.95
			TOTAL	£

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*Terms and conditions Details on this page form part of the terms and conditions. Orders for the free DVD & CD can either be submitted by post with a completed order form and a payment of £2.95 online or by phone. Only one FREE copy of GUDVD6794 Story of HM Queen Elizabeth II per reader, multiple applications will not be accepted. All orders must be received by March 30, 2017. Allow 28 days from receipt of order for delivery (excluding pre-orders which will be despatched within 3 days of release date). This limited offer is subject to availability. We offer a full money back guarantee. If you are unhappy with your purchase, simply return it to Duke Marketing Ltd, Champion House, Douglas, Isle of Man IM99 1DD, in the original packaging, for a full refund. Promoter Bauer Media Ltd

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PLEASE USE BLOCK CAPITALS THROUGHOUT
Send coupon to: Yours Issue 266 (Feb 28) Competitions, PO Box 57, Coates, Peterborough PE7 2FF. Closing date March 17, 2017

COMPETITION (page 129):
You may enter as many competitions as you wish.

	PLEASE TICK:		
	A	B	C
Fill in your answers here			
Flying Flowers bouquet			

PRIZES TO WIN (pages 129-133):
Tick all that you would like to enter

☐ Footloose DVDs	☐ Personal trainer
☐ Beauty Feet bundle	☐ Ironing board & airer
☐ Healthy hamper	☐ Arla break
☐ Men's outfit vouchers	☐ Thomas Kent clock
☐ London hotel break	☐ Ferry cruise

SAMMY SQUIRREL:
What page did you see him on? _____

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TITLE FIRST NAME

SURNAME

ADDRESS

TOWN

COUNTY

POSTCODE

DATE OF BIRTH (optional) / /

HOME TEL NUMBER

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60 SECOND NUMBER CRUNCH

Test your mental agility with our brain-training puzzler! Starting at the left with the given number, work your way across each of these three puzzles, applying the instruction in each cell to your number. Aim to complete each puzzle in 60 seconds. No calculators!

Beginner

42	HALVE IT	x8	÷6	DOUBLE IT	-16	+7	x3	+14	÷5	

Intermediate

24	5/6 OF THIS	x10	1/4 OF THIS	TRIPLE IT	÷10	+71	DOUBLE IT	-56	÷4	

Genius

95	1/5 OF THIS	x11	+36	40% OF THIS	1/7 OF THIS	TRIPLE IT	÷7	CUBE IT	-50	

COMPETITION RULES

1 This competition is open to residents of the UK only, excluding employees of Bauer Media, their families, agents or anyone professionally connected with the competition. **2** Bauer Media will not take responsibility for lost, delayed or incomplete entries. **3** The closing date for entries is March 17, 2017. **4** Prize details are as described on pages 129-133. **5** Winners will be chosen at random and advised within 28 days of the closing date. **6** Names of winners will be available by sending an SAE to: Editorial Promotions, **Yours** Admin Manager, Media House, Peterborough Business Park, Peterborough PE2 6EA. Please mark the envelope with the competition name and the issue it was printed, eg: Issue266. **7** No correspondence will be entered into. **8** No cash alternative is available and all prizes are non-transferable. **9** In the unlikely event that a prize should become unavailable, Bauer Media reserves the right to substitute a prize of equal or greater value. **10** Entrants accept that, if they win, Bauer Media will have the right, without additional payment or permission, to use their name for the purposes of announcing the winners of this promotion and they may be required to participate in reasonable post-event publicity. **11** By entering this competition you agree for your details to be passed to the third party in order for them to administer this competition. **12** The Promoter is Bauer Media, Media House, Lynchwood, Peterborough PE2 6EA. **13** For full terms and conditions go to www.bauerlegal.co.uk/competition-terms.html

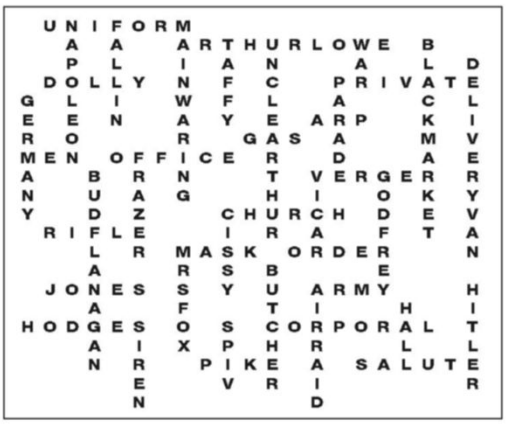
PUZZLE ANSWERS

PRIZE CROSSWORD
Issue 264, Date Jan 31
ACROSS
1 Agatha, 4 Sea bream, 9 Tigers, 10 Meatball, 12 Cannibal, 13 Centre, 15 Exit, 16 Anita and Me, 19 Charleston, 20 Maid, 23 Pacino, 25 Belgrade, 27 Treatise, 28 Infirm, 29 Lamented, 30 Laptop.
DOWN
1 Article, 2 Argentina, 3 Hermit, 5 Ewer, 6 By the way, 7 Exact, 8 Maltese, 11 Earnest, 14 Stooped, 17 Dramatist, 18 Plankton, 19 Capital, 21 Dream up, 22 Agenda, 24 Cream, 26 Isle.

WHERE'S SAMMY SQUIRREL? ISSUE 264
Sammy was on page 90
The winner will be notified by post



CRISS CROSS (Page 125)



DEVILISH DEFINITIONS (Page 125)
Miryachit (1890): (c) a disease in which the sufferer mimics everything said or done by another
Parson's collar (1940s): (b) the froth on top of a glass of beer

60-SECOND NUMBER CRUNCH (Above)
Beginner 31; Intermediate 29; Genius 166

SUDOKU (Page 126)

Medium

1	7	5	6	9	3	4	2	8
9	3	2	4	7	8	5	1	6
6	4	8	5	1	2	7	9	3
4	8	9	7	2	6	3	5	1
5	1	7	8	3	9	6	4	2
3	2	6	1	4	5	9	8	7
2	9	1	3	5	7	8	6	4
8	5	3	2	6	4	1	7	9
7	6	4	9	8	1	2	3	5

Hard

5	1	6	8	7	4	2	3	9
8	3	4	9	2	6	1	5	7
7	2	9	5	1	3	4	6	8
1	9	8	3	6	5	7	2	4
2	6	5	7	4	9	8	1	3
4	7	3	1	8	2	5	9	6
9	8	7	2	3	1	6	4	5
6	5	1	4	9	8	3	7	2
3	4	2	6	5	7	9	8	1

THE FILM & TV QUIZ (Page 126)
1 Steve McQueen
2 Bedknobs and Broomsticks
3 Gentlemen Prefer Blondes
4 TJ Hooker
5 The X-Files

GUESS THE YEAR QUIZ (Page 126)
1975

Yours THE GREAT BIG GIVEAWAY
Turn to p137 to enter our £9,000 giveaway!

SAVE UP TO £30

New Country Meadow Quilt Cover Sets

ANY SIZE ONLY £19.99 +P&P



Matching Lined Curtains with FREE TIE BACKS

Just £29.99
A PAIR + p&p

SAVE £30

QUILT COVER SETS

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Single Set	£35	£19.99	£15
Double Set	£40	£19.99	£20
King Set	£50	£19.99	£30

Order Style RB972

PAIR of LINED CURTAINS & FREE TIE BACKS

Each curtain 66" width with 3" heading

SIZE	RRP	SALE OFFER	SAVE
72" Drop	£60	£29.99	£30

Order Style RB972

Chums

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www.chums.co.uk/offers

and enter media code 9Y17 PayPal Now accepted

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Post to: Chums Ltd., (Dept. 9Y17), PO Box 50, Prescot, Merseyside L34 9GX.

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PRODUCT	SIZE	QTY	PRICE
Order style; RB972		Sub Total	
		UK mainland p&p	£5.00
		TOTAL	

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Yours

THE GREAT BIG GIVEAWAY

WIN THE LOT!

This issue we've got 181 prizes to give away, worth more than £9,000!

Enter as many or as few as you like. Simply tick the relevant boxes, complete your details and post your coupon to: Yours magazine The Big Giveaway, PO Box 57, Coates, Peterborough PE7 2FF by the closing date of March 17, 2017



You can enter online at www.yours.co.uk/competitions

■ Turn to p135 for competition terms and conditions

PAGE	GIVEAWAY (please tick)
4	☐ Collabro Home CD
5	☐ Knitted birds book, blue tit flour shaker and Sophie Allport peg bag
6	☐ Mary Berry Everyday book
6	☐ The Riviera Express book
6	☐ Streetcat Named Bob DVD
6	☐ Morse bundle
15	☐ Vera Lynn 100 CD
17	☐ Stitch & Story knitting slippers kit
21	☐ Signed copy of Felix: The Railway Cat
23	☐ Pair of tickets to see 42nd Street
25	☐ Wildlife watching goodies from RSPB
27	☐ Call the Midwife series six DVD
31	☐ Beauty products
33	☐ Hotter shoes
33	☐ M&Co voucher
33	☐ Damart voucher
33	☐ Lavitta.co.uk credit to spend online
33	☐ Bonmarché voucher
34	☐ Colour analysis session with House of Colour Stylist

PAGE	GIVEAWAY (please tick)
37	☐ Set of M&Co active wear
37	☐ Misfit Speedo Shine 2 tracker
37	☐ Vionic Flex Sierra active shoes
39	☐ Berocca Redoxen Energy supplement bundle
42	☐ Davina's Sugar-free in a Hurry book
45	☐ Jakeman's throat sweets & £50 John Lewis voucher
61	☐ Signed Roy Hudd autobiography
65	☐ E-cloth deep clean and mop starter pack
67	☐ Move it or lose It DVD
71	☐ Vonshef blender
71	☐ Morphy Richards Blend Express
85	☐ One Pound Meals book, plus a Lakeland pie tin
87	☐ Lakeland soup mugs and book
93	☐ Stationery bundle
97	☐ Goody bags of seeds
101	☐ Spa break at Titanic Spa
103	☐ Jane Austen package – 2 nights' stay for 2 plus entry to Jane Austen Museum and Gilbert White's House, with cream tea included
126	☐ Annual subscription to Take a Break's Puzzle Selection magazine
145	☐ Personal email reading with Lynne Ewart

Name

Address

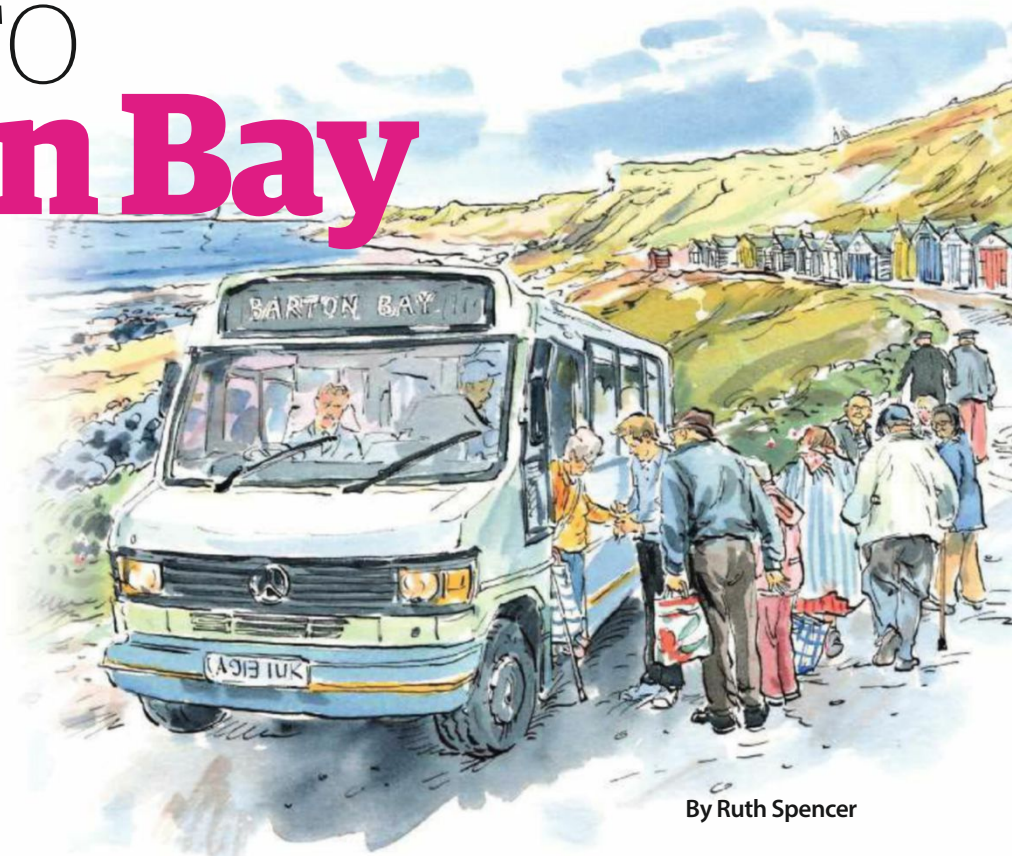
Postcode

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BACK TO Barton Bay



Will a trip to the coast reveal the truth behind Ron's wartime tales?

By Ruth Spencer

Ron Archer liked nothing better than to tell stories of what he did in the war. His favourite ones were all about a gun site on the south coast. His tales of shot-down aircraft and sea rescues often sounded a bit far-fetched to the other inhabitants of Abbey Lodge residential home, but they tolerated his tall tales because he was a likeable chap.

The Abbey Lodge atmosphere was friendly and easy-going, so what did it matter if one of their number was a bit economical with the truth?

Rosie Barnes had been a land girl at a farm not far from Ron's wartime gun site and she enjoyed listening to anything that brought back her girlhood memories.

Once, Ron's friend Tom Price had gone to the reference library to check if one of Ron's stories of the Second World War was true and discovered that the incident actually had taken place.

It was Tom who first heard about the proposed outing to Barton Bay. He burst into the lounge with the exciting news and asked: "Isn't that where you were in the land army, Rosie?"

Rosie looked up from her game of patience. "Yes, it was. What about it?"

"We're going there next month. Mrs Shepherd says it's something of a tourist attraction these days and there's a small museum. The coach is booked."

Mrs Shepherd, the kindly housekeeper, put her head round the door. "That's right, it should be a nice day out for everybody – and we'll get some sea air!"

Giving Tom a good-natured wink, she looked across at Ron. "It will be especially interesting for you, Ron. That was where you were stationed all through the heavy fighting, wasn't it?"

The residents, many of whom had been quietly drowsing after lunch, became wide awake. Maisie Philips piped up cheekily: "That's right, Ron Archer! Where you won the war for us, single-handed."

All eyes turned to Ron who surveyed his audience calmly. "Barton Bay? Oh yes, I remember it very well. Lovely place. People used to flock there for their holidays before the war. Safe, sandy beaches for the kids to play. I remember when..."

"Ah, but we're not talking about before the war, we're talking about the Battle of Britain," Tom interrupted. "You know, when you were bravely defending the beaches while dog-fights were going on overhead."

There was a slightly wary look in Ron's eyes, but he grinned widely and let the remark pass.

"Well, it will be a trip down memory lane for you and Rosie," Mrs Shepherd beamed affectionately at them both.

On the morning of the outing the sun shone brightly, the coach arrived right on time and everyone was in an enthusiastic mood. Mrs Shepherd smiled to herself as she heard Maisie proudly telling one of the helpers that she was nearly 90. It was funny how women spent most of their lives trying to convince people that they were younger than they really were – until they got to a certain age, then they added a few years on.

The journey to the coast was through countryside familiar to most of them. They called out in delight as they spotted places that had miraculously remained unchanged. They were particularly excited by the little museum with its display of ration books and faded photos of RAF crews.

"That's the farm where I was!" exclaimed Rosie, pointing to a newspaper cutting about a German airman parachuting down into a field of cabbages.

The dedicated band of old-timers who manned the museum were delighted by their response – as well



as the generous number of coins that were dropped into the donations box.

The owner of the fish-and-chip shop gave the party a warm welcome and seated them by a window overlooking the sea. He played a recording of Vera Lynn singing We'll Meet Again and told them: "My father never tired of telling me about the war. It all happened here – air battles, flying bombs, the imminent threat of invasion."

"Oh, we've heard it all before," Tom said, pointing at Ron who had suddenly taken a deep interest in the menu.

Throughout the meal, the Abbey Lodge visitors talked non-stop about days gone by when their lives had been filled with action as well as friendship and romance. If there was anyone who didn't join in quite as much as the others, it was Ron.

As they were drinking their coffee, one of the museum volunteers appeared and announced that if anyone felt up to a stroll around the village, he would be pleased to take them.

As the slow-moving group wound its way along the high street, Tom asked Ron if it had changed much since his day.

"Not a lot," his friend replied. "Of course, there were far more shops in those days. There have been more changes on the seafront. There's a bungalow now where the gun site used to be. I recognised the spot as soon as we sat down in the restaurant."

Tom looked at him with new respect. Perhaps they'd been wrong to make fun of his reminiscences after all.

It was a tired but happy group that travelled back. They slept for most of the journey, lost in their own memories.

Later, as Mrs Shepherd handed round their milky night-time drinks, she asked Ron: "So what was it like revisiting your old stomping ground?"

"It was quite something," he admitted. "I felt like those days were happening all over again."

Rosie couldn't resist teasing: "You mean when you brought down the enemy single-handed, Ron?"

Ron joined in the general good-natured laughter. Later, as he climbed into bed, he reflected contentedly that it had been a lovely day. He knew what they all thought about his stories, but he just couldn't help getting carried away when he was telling them. He'd always had a lively imagination.

As sleep gradually overtook him, he decided that when he next related one of his tales he would come clean and give his listeners a bit more background information.

He'd explain to them that he should never have been there at all. His parents hadn't wanted him to be evacuated with the other village children. Having no-one to play with, he was inevitably drawn to the wartime drama being played out on the seafront and frequently hung around the nearby gun site.

Naturally, the soldiers got cross with him and ordered him to go away, but he used to creep back when they were distracted by enemy action. The war had ended before Ron was old enough to become a soldier.

The visitors talked non-stop about days gone by when their lives had been filled with action as well as friendship and romance

Downstairs in her comfortable sitting-room, Mrs Shepherd poured herself something a little stronger than a milky drink for her own nightcap.

She was happy in the knowledge that everyone had enjoyed the day's outing, including Ron Archer. She had seen his date of birth in the office records and knew very well that he could never have manned a gun site at such a tender age. She smiled at the thought that, for different reasons, it wasn't only ladies like dear Maisie who wanted to be thought of as older than they really were.



About our author

Ruth, who lives in Kent, worked as a school secretary for 40 years. She started writing in her teens when she was once paid five shillings for supplying the caption for a cartoon!

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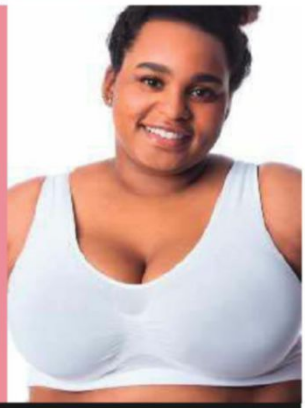
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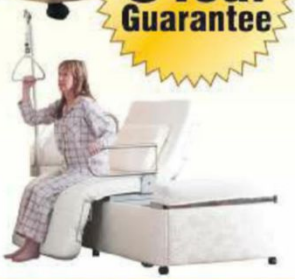




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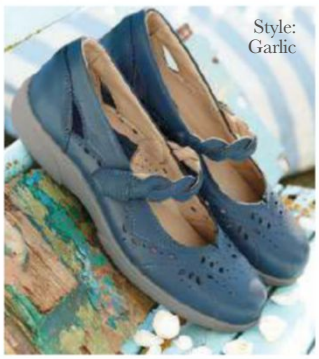
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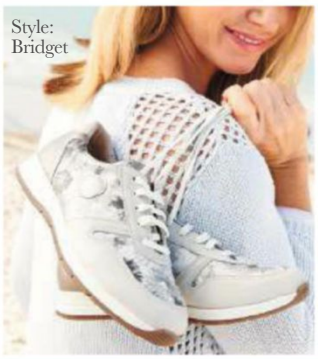
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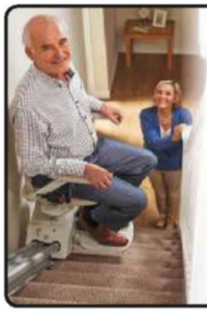
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Astrologer Lynne Ewart predicts what's in store for you this fortnight



Between February 28 and March 13

As giant Jupiter opposes Uranus right after a solar eclipse, there's powerful all-change energy around us, with many an opportunity arising to break free of old restrictive situations and to start afresh, which, for some, might involve retracing steps.

If it's your birthday this fortnight...

…you are born under Pisces, symbolised by two fishes swimming in opposite directions, yet going round in circles. You are intuitive and imaginative, needing quiet time, ideally by, or in water, whether swimming or having a soak in the bath!
Famous Pisceans include Daniel Craig, Miranda Richardson and Elaine Paige.



Find out what the future holds for you, whatever your sign!
Win a 30-minute personal reading with Lynne, over email, worth £50.
To enter, turn to p137

PISCES

FEB 19-MARCH 20
Cosmic emphasis is on resources and on freeing things up with a view to improving your life on several levels.
Thought for the fortnight:
A plan will be revived.
For a weekly update call 09044 705711

ARIES

MARCH 21-APRIL 19
You're set to commit to a new path, and you'll give it 100 per cent, but try to pace yourself wisely.
Thought for the fortnight:
A firm approach succeeds.
For a weekly update call 09044 705700

TAURUS

APRIL 20-MAY 20
Something you yearn to change could happen sooner than expected, but patience is still needed.
Thought for the fortnight:
From the 10th, you're super-energised!
For a weekly update call 09044 705701

GEMINI

MAY 21-JUNE 20
Your main ambitions are being fired up, whether they are creative, romantic or all about fun and laughter. Aim high!
Thought for the fortnight:
New wheels could tempt you.
For a weekly update call 09044 705702

CANCER

JUNE 21-JULY 22
Your longing to live life a little more freely could see you making a bold move in a new direction.
Thought for the fortnight:
A journey causes excitement.
For a weekly update call 09044 705703

LEO

JULY 23-AUGUST 23
In the quest to bring about a transformation, you could surprise yourself as you open your mind to fresh and exciting possibilities.
Thought for the fortnight:
You'll be flexing those wings!
For a weekly update call 09044 705704

VIRGO

AUG 24-SEPT 22
It's all-change with close alliances but any uncertainty around arrangements should clear by the 7th.
Thought for the fortnight:
Listen to your gut instincts.
For a weekly update call 09044 705705

LIBRA

SEPT 23-OCT 23
Jupiter and Uranus are opposed, suggesting that the pace of your life will heat up, so try to prioritise commitments.
Thought for the fortnight:
Just be who you are.
For a weekly update call 09044 705706

SCORPIO

OCT 24-NOV 22
There is extra focus on what's happening with those you love, with a whirl of excitement around a special event.
Thought for the fortnight:
A significant "yes" is ahead.
For a weekly update call 09044 705707

SAGITTARIUS

NOV 23-DEC 20
Domestic and family life is changing, with creative ideas flowing and something that's been long-awaited arriving.
Thought for the fortnight:
Someone close has news.
For a weekly update call 09044 705708

CAPRICORN

DEC 21-JAN 20
Things are happening fast, at work and on the home front. Someone could be moving or getting a new title.
Thought for the fortnight:
There's a happy announcement.
For a weekly update call 09044 705709

AQUARIUS

JAN 21-FEB 18
"Make it happen" energy surrounds plans which you were in two minds about, but are now ready to roll with.
Thought for the fortnight:
An official agreement looks imminent.
For a weekly update call 09044 705710

For a weekly update, calls cost 66p per minute from a BT landline. Other operators and mobiles may vary. Weekly readings last approx five minutes, monthly readings approx nine minutes, year ahead readings approx 13 minutes. For entertainment purposes only. Users must be over 18. Service provider: Spoke. Customer services helpline: 0800 0673 330 (Mon-Fri, 9am-5pm)

PIC: SHUTTERSTOCK

MY LESSONS FROM life

As singer Paul Young embarks on the 80s Invasion Tour, he chats about fame, friends George Michael and Rick Parfitt and the importance of family





Left: Paul at home and above, taking part in the hugely successful Live Aid concert

Fame can come at a cost

When I first started out in the Q Tips I could get up on stage with the band and drive an audience wild dancing. But then I could go out the following morning and walk the streets without being bothered. Then it got to the point where I couldn't leave my hotel. I started to get claustrophobic and I thought, I don't like this any more. At the time my daughter, Levi, was still very small so I decided to call it a day and take a couple of years off from singing just to be a family.

It's sad to lose friends

It was very shocking to hear George Michael had passed away. We went to so many of the same events in the Eighties. His fame probably came just a few months before mine. I always thought he was a very smart guy. I also knew Rick Parfitt from Status Quo and his family so it was sad to lose him at the same time last year. Rick worked hard and played hard and I think I worked hard and played perhaps a little bit less. I like to think I look after myself, have no ailments and have a strong family around me who I don't want to leave just yet.

Cooking is like making music

I started cooking in the mid-Eighties (Paul was a semi-finalist on MasterChef in 2006) when I toured worldwide and wanted to try the local foods of the country I was in. I'd always ask where the best place to eat was and we found some amazing places. I'd then try making the food myself at home. Cooking is another creative process like making a record. You put both things in front of the public and hope they enjoy it. And most chefs will tell you a chef's life is just as crazy as any musician's.



Paul and the late George Michael

Freedom is a Harley-Davidson!

My only hobby is that I have an old Harley-Davidson motorbike and I love the freedom it gives me.

When I first got my motorbike I was at that point where I was sick of touring so I used to come home, put my bags down and get straight on my bike.

There's something about being in a wide-open space with nothing around that's great.

The 80's Invasion Tour runs nationwide from March 2-19, with a range of other Eighties favourites including Toyah. Visit www.ticketmaster.co.uk/80s-Invasion-tickets/artist/1473719 for more details

Paul was talking to Katharine Wootton

And finally...

What advice would you give your 18-year-old self?

Write more songs. A lot of people will have heard of the benevolence of George Michael and a lot of that income came from his songwriting, which is something that had never really interested me. But nowadays there's much more money in that than in the sale of records. I'd now really like to have one last stab at success.

PICS: MKIE LAWN/SOLO SYNDICATION, GETTY IMAGES

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