Bephenomenal Women

ISSUE SEVEN

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Short Strand Community Forum

TWN

Department for Digital, Culture, Media & Sport

This project is funded by the Tampon Tax Fund from the Department for Digital, Culture, Media & Sport, managed by Training for Women Network.

Be Phenomenal Women

Back in the 1980s, I was studying to become a Maths teacher and by way of introduction to a module the lecturer's opening sentence was, "There's lies, damned lies, and statistics".

He was channelling Mark Twain who attributed the saying to Benjamin Disraeli, who was twice Prime Minister of the United Kingdom and played a central role in the creation of the modern Conservative Party.

The quote never left me because as I delved deeper into that module, I understood how statistics could be fudged to back almost any argument. I promise that up until now I was not aware of the connection to the Conservative party!

It's June 2023 and sadly there has been little to be positive about when it comes to our local politics. The voluntary sector and in particular women's groups and organisations have been decimated with many looking at redundancy over the coming weeks and months.

We were promised 'Levelling Up' but what we've got is 'Levelling Down'.

As a society we have achieved so much over the past few decades; lifting this place out of a dark period in its history to a brighter time for younger generations to benefit and much of the heavy lifting was done by women - ordinary determined women who set aside their feelings and prejudices, their fears and mistrust to work across the divide to make this place a better one.

We believed that the work, once started, would carry on and that that would be supported by proper funding to help us sustain and improve upon work already started.

But women have been set adrift and so many who are halfway through qualifications have been left with nowhere to go. Carers who do so much of the support work for vulnerable loved ones are themselves left with no support and women fleeing abusive relationships are finding it difficult to secure a safe space.

I'm a bit of a political nerd. I love the debate. I love the analysis provided by political pundits but even I am getting tired of listening to the same old arguments about why we can't move on; why we can't work together to improve the lives of so many.

It's not for me to express my political affiliation here except to say that in my opinion all parties are lacking right now, and they need to listen as many are at the end of their wits.

So, is there anything positive right now? Absolutely there is. I'm a glass-half-full kind of person and as I sit here looking out the window at my wee garden, there's life.

I know that in the big bush at the back fence, there are busy insects moving things from one place to the other, that bees are gathering pollen and doing work that no human can and yesterday I found two beautiful, sweet strawberries on a plant I believed had died.

I know it's difficult to be positive when so many are struggling - I've been there, and I know that life can be cruel at times but every day, and I mean every day, I try to find at least one thing to be thankful for.

Before I put this page to bed, I want to acknowledge the Be Phenomenal Women Project which started in January of this year. It was a privilege to spend time with these women, share our own unique experiences and learn from one another. It was financed by the Tampon Tax Fund and support was never far away thanks to Training for Women Network and Short Strand Community Forum.

We are grateful to these women and the organisations because we can now offer a digital version of our magazine on our new website while also providing hard copies of the magazine for those who prefer to have something tangible to look at.



Finally, I am minded of another quote: *"When we give cheerfully and accept gratefully, everyone is blessed."* Maya Angelou

Namaste

Gill x

*The views and opinions expressed in **Be Phenomenal Women** are those of the authors. Any content provided by our contributors are of their opinion and are not intended to malign any religion, ethnic group, club, organisation, company, individual or anyone or anything. All information contained in the magazine is correct at the time of publication.*

*Please contact **hello@bephenomenalwomen.com** with your thoughts, observations or content. All information is strictly confidential unless otherwise agreed.*



Everybody hurts sometimes

Lifeline

If you or someone you know is in distress or despair call Lifeline free on 0808 808 8000.

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Calls to Lifeline are answered by trained crisis counsellors who can provide help and support. Counsellors are experienced in dealing with suicide, self-harm, abuse, trauma, depression and many other issues. Lines are open 24 hours a day, 7 days a week. Calls are free from all landlines and mobiles. For more information visit www.lifelinehelpline.info.

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AND JUST LIKE
THAT...



"Sex and the City" captivated audiences worldwide with its honest and unapologetic portrayal of love, friendship, and sexuality. Premiering in 1998, the show, followed the lives of four dynamic and independent women navigating the complexities of relationships and careers in the bustling city of New York. Even after all these years, "Sex and the City" continues to hold a special place in popular culture, offering a unique blend of humour, fashion, and a realistic depiction of modern urban life.

One of the most compelling aspects of "Sex and the City" was its unwavering focus on the lives of its female characters. Carrie Bradshaw (played by Sarah Jessica Parker), Samantha Jones (Kim Cattrall), Charlotte York (Kristin Davis), and Miranda Hobbes (Cynthia Nixon) were four distinct personalities who shared a deep bond of friendship and supported each other through life's triumphs and tribulations. The show celebrated modern women's strength, independence, and complexities, emphasising their desires, ambitions, and pursuit of happiness.

It was a groundbreaking portrayal of female sexuality and it fearlessly explored topics such as casual sex, female pleasure, and sexual empowerment, challenging societal norms and taboos surrounding these subjects.

Through the character of Samantha, the series confronted the double standards that often exist when it comes to male and female sexual expression. By openly discussing and embracing these topics, "Sex and the City" helped to spark a much-needed dialogue about female sexuality and liberation.





New York City served as a vibrant backdrop to the show which depicted the city as a place of endless possibilities, where dreams could come true, and where love and heartbreak often collided. From iconic locations like Central Park and the Manhattan skyline to trendy restaurants and fashionable boutiques, the series showcased the city's charm, energy, and diversity and captured the essence of New York's fast-paced lifestyle.



Even the fashion showcased in "Sex and the City" became as much a part of the series as the characters themselves. Carrie Bradshaw's eclectic, bold fashion choices, from her iconic tutu to her love for Manolo Blahnik shoes, inspired a generation of fashion enthusiasts. The show not only influenced trends but also celebrated the idea of personal style as a form of self-expression.

So, fans of the iconic television series were thrilled when news broke about a revival titled "And Just Like That" back in 2021.

At the heart of the series was Sarah Jessica Parker, who portrays the beloved protagonist, Carrie Bradshaw.

SJP's career in the entertainment industry spans several decades and encompasses various film, television, and theatre roles including popular '80s films like "Footloose" and "Girls Just Want to Have Fun."

However, it was her portrayal of Carrie Bradshaw that catapulted her to global



fame. Her nuanced performance as the fashion-forward, independent writer captured the hearts of millions of viewers worldwide.

"And Just Like That" picked up the story of Carrie Bradshaw and her friends, Charlotte and Miranda as they navigated their lives and friendships in their 50s. The revival explored the complexities of modern relationships, friendship dynamics, and the ever-changing landscape of New York City.

Sarah Jessica Parker not only stars in the revival but also serves as an executive producer, ensuring the show stays true to its roots while reflecting the present-day realities of its characters.

"And Just Like That" marked a significant shift for the "Sex and the City" franchise, as it tackled contemporary issues and themes. The absence of Kim Cattrall, who portrayed Samantha Jones, added a new dynamic to the storylines.

SJP, along with the original creative team, aimed to strike a balance between nostalgia and fresh storytelling and provided a relatable portrayal of women navigating their careers, relationships, and personal growth in their later years.

News of the second season of "And Just Like That" has generated tremendous excitement among devoted fans and social media platforms are abuzz with discussions, speculations, and theories about what lies ahead for the characters.

The second series of "And Just Like That" is available on Sky from 22 June 2023.

NEW YORK, NEW YORK

A Journey Through Iconic Landmarks, Culinary Delights, and Shopping Meccas



New York City, the vibrant metropolis that never sleeps, is a place that captures the hearts and imaginations of millions of visitors every year. With its towering skyscrapers, bustling streets, and a rich cultural tapestry, NYC offers an unforgettable experience for anyone seeking adventure, history, culinary delights, and retail therapy.



Statue of Liberty and Ellis Island

No visit to NYC is complete without paying homage to Lady Liberty herself. Take a ferry from Battery Park to Liberty Island and marvel at the colossal Statue of Liberty, a symbol of freedom and democracy. Climb to the crown for a breath-taking view of the city's skyline.

While you're in the area, make sure to visit Ellis Island, where you can explore the Immigration Museum and learn about the millions of immigrants who entered the United States through this gateway.





Rockefeller Centre

A short subway ride from the Statue of Liberty will lead you to Rockefeller Centre, a historic landmark famous for its Art Deco architecture and iconic attractions. Take a guided tour to learn about its fascinating history and then ascend to the "Top of the Rock" observation deck for a panoramic view of the city. During winter, the centre's ice-skating rink and the towering Christmas tree attract visitors from all over the world.





Times Square

Located in the heart of Manhattan, this iconic destination is known for its towering billboards, bustling crowds, and vibrant atmosphere. Take a walk through the "Crossroads of the World" and immerse yourself in the buzz of Broadway theatre, as well as the countless shops, restaurants, and entertainment venues that line the streets. Marvel at the electronic billboards and screens that illuminate the square, creating a mesmerizing spectacle both day and night. Times Square is the epitome of New York City's fast-paced and exhilarating spirit.

As you explore Times Square, consider catching a Broadway show at one of the famous theatres nearby. From long-running classics to new and innovative productions, the district offers a wealth of theatrical experiences that cater to various tastes. Be sure to check the show schedules and book your tickets in advance to secure your spot in the audience.

Culinary Destinations

New York City is a paradise for food lovers. From street vendors offering hot dogs and pretzels to Michelin-starred restaurants, the city has something to satisfy every craving. Indulge in a slice of authentic New York-style pizza in Brooklyn, savour international cuisine in the vibrant neighbourhoods of Chinatown and Little Italy or experience culinary innovation at upscale eateries in Manhattan. Don't forget to try the classic bagels, cheesecake, and ethnic delicacies that make NYC a gastronomic delight.

Central Park

Escape the urban hustle and bustle by strolling through the iconic Central Park. Spanning over 840 acres, this lush oasis offers a retreat from the city's concrete jungle. Take a leisurely walk around the Jacqueline Kennedy Onassis Reservoir, rent a boat on the serene lake, or enjoy a picnic on the Great Lawn.







The park is also home to several famous landmarks, such as the Bethesda Terrace, Central Park Zoo, and Strawberry Fields, a memorial to John Lennon.



9/11 Memorial

A visit to the 9/11 Memorial at Ground Zero is a poignant and emotional experience. Pay your respects at the reflecting pools that sit within the footprints of the Twin Towers and honour the lives lost during the tragic events of September 11, 2001. The adjacent 9/11 Museum provides a comprehensive account of the day's events and serves as a reminder of the resilience and unity of the American people.

Shopping

For those seeking retail therapy, New York City offers an unmatched shopping experience. From high-end luxury brands on Fifth Avenue to trendy boutiques in SoHo, the city caters to all tastes and budgets. Explore flagship stores like Macy's and Bloomingdale's, visit iconic department stores such as Saks Fifth Avenue and Bergdorf Goodman, or browse the independent shops in the hip neighbourhoods of Greenwich Village and Williamsburg. Additionally, don't miss out on the bustling flea markets and designer sample sales that offer unique finds and great bargains.

New York City is a city that embraces diversity, offers limitless opportunities, and leaves a lasting impression: the city is a treasure trove of adventures waiting to be discovered. So, pack your bags, immerse yourself in the city's rich culture, and embark on an unforgettable journey through the Big Apple.





Supporting Young Families

MELISSA McAVOY

Home Start is a charity that provides a family support service which helps families get back on track in times of need or crisis. Being a parent can be challenging and exhausting, especially when children are very young. Home Start can help by placing a carefully selected volunteer, who has parenting experience, to visit regularly and offer emotional and practical support to families within the Community.
I recently sat down with Kelly Taylor, manager of Home Start East Antrim to have a chat about what Home Start can offer.



Thank you for giving me some time to chat with you today about Home Start and the great work that you offer within the Community. Can you tell me how long you have been with Home Start and your passion for the Charity?

K: Hi Melissa, I have been with Home Start for around 8 years. I originally came to work with them as a family support worker and almost two years ago took over the role as Scheme Manager.

I, having had young children myself, know how hard it can be because as much as we love them, it can be hard for families with young children and that's what we're about; supporting families with under five's and just trying to make that time a wee bit easier. It DOES get easier and giving parents help at that critical, early time is really our focus.

M: And what kind of help is that?

K: Ok, so it's very much practical and emotional. We don't do housework; wouldn't it be lovely if we came in and did your housework!!

That's not what we offer! We will however come in on a practical sense: it might be that you have a mummy that doesn't drive and our volunteer can take her out for shopping or to appointments, it might be watching the children in a waiting room while mum goes in to attend an appointment, it could be tending children while mum gets on with making phone calls...do you remember what it was like when they were wee and you couldn't get 20 minutes to make a phone call.

But it's also someone to share a cup of coffee with, someone who will encourage you and support you. It's someone to ask you how you are doing and somebody to chat to about what's going on in the family, and often it's someone to ask a bit of advice of and run things by about what's going on with the children.

M: How many families would you currently be helping in the area?

K: We work across Carrickfergus, Larne, and Newtownabbey, so we cover quite a large area, and we are a growing and expanding charity. So, this past year, we supported 70 families, which has been a huge increase for us on our previous year, we have new services coming on board that we are really excited about, and we are going to be expanding our home visiting service as well as new group support services and we expect next year to support well over 100 families.

M: So, the success of your service would rely on your volunteer network?

K: Very much so, we are a volunteer led organisation. We were set up originally 23 years ago in Carrickfergus by parents themselves who wanted and were committed to having this service locally. Home Start, is a UK-wide organisation and they wanted to have a scheme locally.

Our committee are all volunteers, so we are managed by volunteers, and the delivery of the service is by volunteers who are all either parents, grandparents or carers themselves. They understand family life and they want to give back to other families and support them.

M: At Be Phenomenal Women magazine, we obviously celebrate women and promote a positive message about women, I imagine, if I am correct that the majority of volunteers you have would be women (not to undermine the fabulous work our daddy's do!), women supporting other women within the community and that in turn must leave a very positive message?

K: I would say from the outset that we want to have more men involved and that's something that we are working on, and we certainly are working with Dads but yes, in the majority, it is mums who are coming for support, and it is mums and grandparents who are providing it.



What we hear volunteers saying time and time again is that parenting can seem so hard when children are wee, but they know that is goes so quickly and they want to go in and make that positive difference and support families.

M: It sounds like you have created and very non-judgemental, very friendly environment from the volunteers within the family, would that be right?

K: That is the essence Melissa of what we are trying to do. Our volunteers are not going in as experts, they're not going in as professionals, all come with life experience and that's what they're bringing, a befriending service.

They are meeting parents where they're at, they're not judging them, they're understanding that families come to us because they are facing challenges and they want a bit of support and the last thing that family would want when they reach out is to have someone come in and judge them so, that is very much not what our service is about.

The families that we are supporting are facing such a range of issues, low mood, mental health challenges, particularly since Covid, isolation and, many of our families have a child with additional needs, disability or are going through the process of a diagnosis and are trying to get to grips with what's going on and how they can best meet their child's needs and a volunteer comes along, standing alongside them, supporting them, encouraging them and holding them up really.

M: And if someone is reading this and decides they would like to volunteer, is there training available, is there a support system available for volunteers coming on board?

K: We are always recruiting volunteers, the more volunteers that we have trained and supported to go out to families, the more families we can support and that's how we grow the organisation. We are grateful to the fantastic volunteers who have come forward. So, if anyone is interested there's two roles that you can volunteer in, in the organisation in terms of supporting families.



One is the family visiting service that we have talked about and that's a two hour a week commitment, you'll be matched to one family, you'll visit that family weekly, whether in their home or taking them out, whatever that happens to be.

First of all you'll go through an Access NI check because obviously you're going into people's home with young children, you'll then be receive training and support, all obviously completely free provided by the organisation and Home Start have a quality training programme in place, quite a bit of that you can do on your own online and at a time that suits you. You'll then be supported by me and the team here at Home Start, you're not out there on your own, there's regular support.

The other role then is in our group work. It's lovely to have volunteers come along into those family groups to interact with parents. Some of the volunteers might be coming to help in the kitchen, some like to greet families when they're coming in, while some like to do activities with the children. Just creating that welcoming environment for families who are facing isolation, getting them out into the community, we really couldn't run any of those services without our volunteers.

M: That's incredible Kelly. And if someone is keen to get in touch, have you a Facebook page, website, all of that available online?

K: Yes, our Facebook is Home Start East Antrim, our website is www.eastantrimhomestart.org.uk, so get in touch anyway that suits you; send us a message, an email, or give us a ring, we would love to hear from you and have a chat - we'd love to hear from you!

Above is an abridged version of my recent interview with Kelly Taylor.
The full interview can be found on our website, www.bephenomenalwomen.com



HOME START East Antrim





Home-Start offers everyday support to families who have at least one child under the age of five, living in Newtownabbey, Carrickfergus or Larne.

If you're struggling, or just need company with an experienced parent, or if you're interested in volunteering, contact us below.

Sometimes just having someone to talk to makes all the difference!

Tel: 028 9332 8875
E-mail: office@homestarteastantrim.org.uk
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COTTAGE
Delight



Gourmet Barbecue Burger



Prep Time: **15 minutes**
Cooking Time: **10-12 minutes**
Serves: **4**



Ingredients:

½ tbsp olive oil
1 red onion, peeled and finely chopped
500g beef steak mince
1 tsp mixed dried herbs
1 egg, beaten
4 slices mature cheddar (optional)
4 brioche burger buns
Shredded iceberg lettuce
Sliced beef tomato
220ml Gourmet Burger Sauce
Salt and pepper, to season

Cooking Method:

Heat the olive oil in a frying pan, add the onion and cook for 5 minutes until softened and starting to turn golden. Set it aside.

In a bowl, combine the minced beef with the herbs, the egg and 4 tablespoons of our Gourmet Burger Sauce. Season with salt and pepper, add the onion and mix well. Using your hands, shape into four burgers.

Cook the burgers on a preheated barbecue or grill for 5-6 minutes on each side. While the second side is cooking, lay a slice of cheese on top to melt slightly.

Meanwhile, lightly toast the cut-sides of the buns on the barbecue or grill. Fill with lettuce, burger, cheese and tomato slices. Top each burger with a generous dollop of Gourmet Burger Sauce.

If desired, place each burger into baking parchment and serve on a platter.

Katsu Chicken Kebab

Prep Time: **130 minutes** • Cooking Time: **10-15 minutes** • Serves: **6**

Ingredients:

6 chicken breasts, extra-large butchers' cuts
1 yellow pepper, cut into large chunks
1 red pepper cut into large chunks
2-3 red onions, cut into quarters
Salt and pepper
220ml Katsu Curry Sauce
1 tsp turmeric
1 tsp cumin powder
4 tbsp sour cream
Fresh parsley to garnish



YOU WILL NEED

Pack of wooden skewers, soaked in water

Cooking Method:

Slice chicken into large chunks and place in bowl, season lightly with salt and pepper and drizzle over 3 tablespoons of our Katsu Curry Sauce, turmeric and cumin powder. Mix well before marinating in the fridge for at least 2 hours.

Once marinated, thread chicken onto skewers, alternating with peppers and red onion. Each kebab should look full.

Grill on a barbecue or griddle pan on a medium-high heat until thoroughly cooked through, around 10-15 minutes. Turn the skewers intermittently as they cook.

Dress with freshly cut parsley and serve on a tray with a dipping bowl of Katsu Curry Sauce and sour cream.

COTTAGE Delight



Thai Sweet Chilli Halloumi Skewers

Prep Time: **130 minutes**
Cooking Time: **10-15 minutes**
Serves: **6**



Ingredients:

2 blocks of halloumi
220ml Thai Sweet Chilli Sauce
2tbsp sesame seeds
2tbsp olive oil

YOU WILL NEED

Pack of wooden skewers, soaked in water

Cooking Method:

Cut halloumi into large rectangle shaped pieces (they should be like large slabs, rather than small thin pieces).

Drizzle a generous serving of our Thai Sweet Chilli Sauce over each slab of halloumi.

Heat olive oil in a frying pan over a medium heat before adding each slice of halloumi, cook until gently browned on each side.

Once cooked, place on a serving platter and insert wooden skewers into each slice.

To finish, drizzle over more Thai Sweet Chilli Sauce and sesame seeds.


COTTAGE
Delight

Summer Fruit Tart

Serves: **8** • Prep Time: **20 minutes**
Cooking Time: **20 minutes plus 4 hours to chill**

Ingredients:



220g plain flour
115g butter, cut into 2.5-4cm small squares
Pinch salt
50g icing sugar
2 eggs, yolks only
½ tsp vanilla essence
2 tbsp ice-cold water
2 x 305g Lemon & Lime All Butter Curd
2 lemons
2 limes
150g raspberries

Cooking Method:

Add flour, butter cubes, icing sugar and a pinch of salt into a mixing bowl.

Rub with fingertips until the mix resembles fine breadcrumbs.

Add egg yolks, vanilla essence and ice-cold water. Use a fork to begin forming together.

Check texture with your hands, it should be soft and pliable, like playdough. If it's dry and cracking add more ice-cold water a splash at a time until the right texture. Try not to handle it too much.

Place the pastry on a sheet of greaseproof paper larger than the tart tin. Use a floured rolling pin to beat and soften the pastry enough to roll.

Roll pastry away from you once, turn the greaseproof paper 90 degrees and repeat. Flour your rolling pin anytime it gets sticky. Continue until your pastry is slightly bigger than your tart tin, allowing for extra to overhang.

Roll the pastry onto the rolling pin and unroll gently over the tart tin. Take some of the excess pastry and roll into a ball, use this to push the pastry into the base and around the edges. Lift the edges whilst you are pushing to prevent stretching/cracking. Trim away excess pastry.

Use a fork to poke holes into the base of pastry. For best results chill for another 15 minutes.

Preheat your oven to 180°C/160°C fan/Gas mark 4.

Using the greaseproof paper you rolled on, crumple it up into a ball. Then uncrumple it and place in tart tin. Top with baking beans or dried rice to blind bake.

Bake in the oven for 15 minutes. Gather up paper to remove the baking beans/dried rice and bake for a final 5 minutes.

Once cooled, fill with Lemon & Lime All Butter Curd and set in the fridge for at least 4 hours or overnight.

Once set, garnish with lemons, limes and raspberries.











CSW67

COVID made our original trip in 2020 impossible but for the Training for Women Network, it was important that at least some of the participants had the opportunity to follow through on their training on a more global and international scale, sharing their knowledge and skills with women from other countries.









To this end women who had undertaken the Women in Community Transformation Project (WICT) had the opportunity to apply to attend The Commission on the Status of Women (CSW67) which is the world's leading intergovernmental body and largest annual gathering dedicated exclusively to the promotion of gender equality and the empowerment of women; established in 1946 by a resolution of the United Nations Economic and Social Council (ECOSOC).

CSW67 was the first opportunity for the women to engage at this level, and its Priority Theme to examine innovation and technological change, and education in the digital age for achieving gender equality and the empowerment for all women and girls. This linked in directly with the work undertaken in the WICT Programme.

Of course, this theme also gave the women the opportunity to engage on an international level on the lessons learned in this regard as well as the continuing nature of dangers to empowerment caused by new technologies such as trolling and the sexification of women as objects within the public sphere.

Each year, CSW selects a review theme, the Review Theme at CSW67 was around the challenges and opportunities in achieving gender equality and the empowerment of rural women and girls. This had relevance to WICT participants as we emerge from the COVID pandemic where enforced lockdowns and social isolation have encouraged a move away from face-to-face interactions which doubly affects women and girls in rural areas as their ability to encounter opportunities for empowerment are not as great as within urban areas, due to a greater range of initiatives and interactions larger towns and cities provide.

In addition, this review theme gave women the opportunity to discuss with international delegates, the rural dimensions to gender








equality allowing for a community of practice of rural women seeking to push for greater equality and empowerment.

Prior to the study visit participants undertook training delivered by TWN to maximise the potential for participant learning while at CSW67. This training consisted of the following modules:

- The structures, operations, and role of the UN.
- Voice Coaching.
- Political/Mediation Skills.
- Public Speaking.
- Peacebuilding and the Role of Women.

In the wee small hours of Sunday 12 March, women from across Northern Ireland gathered in TWN to get an early morning bus to Dublin and so the beginning of the end of the journey for these intrepid 20 women had been on began! At dawn's early light, we arrived in Dublin bound for New York; a rather tired but excited group arrived in New York and got settled into our hotel and gathered our bearings; Monday was going to be busy!

Monday dawned with snow on the ground (the horrible wet slushy snow, not the nice fine, dry kind!). Today was to see us deliver the first of two workshops; this one was an official Parallel Event held in the Church Centre, directly opposite the UN building where women shared a portion of their life during the troubles to a global community. We were delighted that Fergal Mythen - Ambassador of Ireland to the UN was in attendance; the event concluded with Chelsea Cooke; a young woman from Derry/Londonderry singing "I am Woman, hear me roar' by Helen Reddy.












This was an amazing opportunity to network and listen to the stories of women from across the globe as well as take part in a Q&A session.

After our Parallel Event and UN passes obtained; it was UN time to listen to negotiations and other events before moving on to an evening event hosted by the National Committee on American Foreign Policy (NCAFP) where some of the women had the privilege of meeting Secretary Hillary Rodham Clinton who was presented with the Hans J Morgenthau Award.



This was an amazing experience, listening to the Honourable Susan M Elliott, CEO and President speak about the work of the organisation.
















Tuesday saw the group visit the Family Justice Centre to hear about the work and opportunities to support people who have suffered from gender-based violence, and domestic abuse including vital wrap-around services such as social services, civil justice and criminal justice assistance for survivors of domestic abuse and gender-based violence and their children.

The group also undertook a second workshop at the New York Irish Centre in Long Island; this was a very memorable event with many attendees being moved by the plight of those caught up in the












troubles and their individual stories. The traybakes were all supplied by a former NI woman, Caroline Johnston, now living in Washington - whose bakery is called the Greenisland Bakery. The New York Irish Centre could not have been more welcoming or accommodating.

Tuesday evening was spent meeting with Charles Ramsden, Head of Gender Equality, Government Equalities Office discussing CSW, the various roles involved, the decision-making processes and how NI women can become more involved in this; something which Charles






British
Consulate-General
New York
POLICE
NYPD



is very willing to facilitate working with TWN.

Thursday saw the group attend the UN to listen to the NGO Morning Briefing and obtain updates on how discussions were going - paragraph by paragraph from the Latvian Chairperson and Nepalese Vice-Chairperson. As well as updates from Lopa Banerjee from UN Women. Further workshops in the UN included: WSIS Gender Trendsetters: ICTs for Gender Inclusion and Innovation in Coping with Domestic Violence, Israel workshops; Grass-roots leadership and transformation: Charting the path to empowerment through technology and skill development; an India roundtable workshop. The day concluded with a presentation workshop on Resilience and Mental Health highlighting gender-based discrimination and stigma hosted by Taiwan Seed Association. The evening workshop was hosted by MENA on how digital media can be a brilliant tool but also a double-edged sword; hearing how personal posts were used as weapons but also how effective a tool it can be to get information out. The final thoughts on the topic from two of the panellists were 'frenemie' and 'love/hate'.

The Friday was St Patrick's Day when New York ground to a halt for a few hours. The women had been invited to take part in the St Patrick's Day Parade by the Lavender & Green Alliance Group. The New York Irish Centre had kindly organised tickets for everyone to attend 'Ancora' - the Cross-Border Orchestra of Ireland person in Carnegie Hall - this was a fabulous way to end an extremely busy but fulfilling week for everyone attending.





Empowering Carers of Loved Ones with Dementia

If you're caring for a loved one with dementia, you're not alone. Former Editor Christina Neal went through the same experience with her late mother. She's used her knowledge to create Dementia Help, a free magazine packed with advice for carers. Christina shares her background and top tips to reassure you that there is help and support.





My journey with dementia began in 2009 when my mum was diagnosed with vascular dementia. Looking back, the warning signs were there a few years before her diagnosis. She became very forgetful and began repeating herself. She got confused during routine household tasks and started putting objects in strange places. One morning, my father found the kettle in the fridge. On another occasion, mum got lost driving to the vet, which was a familiar journey.

Mum was my dad's full-time carer in his final months. When he passed away, mum's problems became more apparent. She lost her sense of purpose, and her memory issues and confusion worsened. She seemed to deteriorate without a focus and a reason to get up in the morning.

The day I knew that mum's confusion was more than old age was when she called me and asked if I'd taken her car. I lived more than an hour away and had my own car. Mum had driven to the shops and walked home, forgetting she'd taken her car. We found it outside the local store the next day.

After various tests, mum's diagnosis of vascular dementia was confirmed. Her GP told me not to let her live alone for too long and handed me a flimsy leaflet. We were given minimal support, and I learned about dementia through experience. In essence, there were so many things I wish I'd known in the beginning.

Like many people, I'd assumed dementia was mainly about memory loss. However, it affects much more than memory. Dementia impacts a person's moods and behaviour. Apart from causing mood swings and depression in some people, dementia can also affect their ability to make judgements or decisions, and they may lose confidence and self-esteem.

In addition, a person with dementia can suffer from problems with spatial awareness, struggling to judge gaps between furniture, and their mobility can eventually suffer. They may also struggle with sight. A person's eyesight can be fine, but as the brain processes what we see, they may fail to recognise objects or people, even ones they know well.

Anyone caring for a loved one with dementia will benefit from learning more about the condition. Preferably early on when a loved one is first diagnosed. There's very little help and support for Britain's 700,000 carers.

My mum passed away in 2016. Several months later, friends asked me for advice on caring for a parent with dementia. I began answering their questions through Facebook Messenger. Then I realised it would make more sense to set up a page with advice for family carers. I launched Dementia Help as a Facebook page in early 2017. The page followers grew rapidly, which highlighted to me the extent of the problem. When caring for my mum, I often felt isolated and alone. Many page followers felt the same, so I launched the Dementia Help website and posted regular blogs offering advice and support.

Several months ago, I decided to take things a step further and launch Dementia Help magazine. As a former magazine editor, it felt like a natural next step.

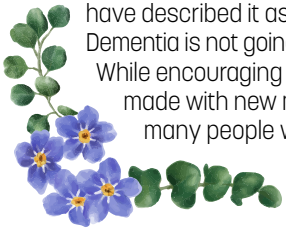








The first issue came out on 12th May, ahead of Dementia Action Week. I was thrilled with the amount of support. Many people who commented on the magazine on social media have described it as "much needed". Dementia is not going away overnight. While encouraging steps are being made with new medications, many people will still be caring for their loved ones for many years to come.





Having learned about dementia the hard way, I'd say several key things to anyone looking after a loved one. Here are my top tips:

Stick to a Routine

Routine helps maintain familiarity and makes for a more comfortable environment. Try to keep to a consistent schedule whenever possible.

Distract and Deflect

If the person becomes frustrated or angry, try changing the subject to distract them. For example, offering a cup of tea or commenting on the weather can do wonders.

Always Agree

Correcting someone with dementia will only lead to frustration. It's best to agree with them, even if they say something you know is incorrect.



Avoid Crowds
Large groups and noisy environments can be overwhelming. Keep social occasions peaceful and ensure that only a few people surround the person at a time.

Engage the Person
Include them in conversations and social activities. Treat them normally.

Make the Most of Good Days
Encourage them to be active and social on days they feel good. This will promote happiness and fulfilment.

Encourage Exercise
Activity can improve mood, prevent mood swings, and improve overall health. Seated exercises are a great option if walking is not possible.

Don't Try and Cope Alone
As dementia progresses, the person will become increasingly dependent on you. Build a support network around you so that you can cope. If other family members don't do their bit, help can come from friends, neighbours and professional carers.

Finally, download your free copy of Dementia Help magazine, which is packed with advice and information on all aspects of dementia, including coping with daily care to planning and Lasting Power of Attorney.

Download your free copy from the Dementia Help website at:
https://dementiahelpuk.com/magazine/

More Information

Christina Neal is an award-winning writer and editor and the former editor of Women's Fitness and Women's Running magazines.

She has also written six books. You can email her at **christina@dementiahelpuk.com**



Curvy Kate

Like many businesses we had to adapt to the big changes in the world, but we have kept true to our core values and our purpose to make women feel fabulous about their curves. We recognised there is much we cannot control and instead we focussed on the things we can. Whilst, of course, keeping the Curvy Kate attitude of positivity and fun!

Following on from our statements published in 2021, we have created a 21-pledge commitment in our Ethics and Sustainability plan, which includes producing all our swimwear from recycled material by 2023. For this season we have also launched our first bra made from recycled materials, aptly named "Happy Boobs".

Curvy Kate is committed to empowering women, and we are proud to be working with a wonderful charity called The Girls Network, who support teenage girls from disadvantaged communities. 6 of our staff have joined their mentor program, to help 5 girls on their journey into a career or the next stage of their lives. We are excited and passionate about the real difference we can make.

For our Spring and Summer 2023 collection we have introduced some fabulous new styles. This includes Amaze which, with its great shape up to a K cup and touch of sass, we believe lives up to its name! Our Girls Night collection delivers more vibrant colours and eclectic prints, whilst Scantilly continues to push the boundaries of sensual lingerie spanning the pleasure scale for the fuller bust yet maintaining great fit and support.

We hope you love our new collection as much as we do.





1 Halterneck Swimsuit **£59**.
2 Wrapsody - Bandeau Swimsuit Red & Black **£64** • Bandeau Swimsuit Print **£66**.
3 Halterneck Swimsuit **£59** • Balcony Bikini **£37** & High Waist Bikini Brief **£27**.
4 First Class Balcony Bikini Top Deep Teal Blue **£37** & First Class Classic Bikini Bottom Deep Teal Blue **£23**.
5 Sundown Balcony Black Print **£37** & Sundown High Waist Brief Black Print **£26** • Sundown Bandeau Bikini Top Black Print **£40** • Sundown Tankini Top Black Print **£46** & Sundown Classic Brief Black Print **£23**.
6 Balcony Bikini **£37** & High Waist Brief **£27**.
7 Wrapsody - Bandeau Swimsuit Print **£66**.



Curvy Kate



1 Smoothie T-Shirt Strapless Moulded Bra Black **£35**.

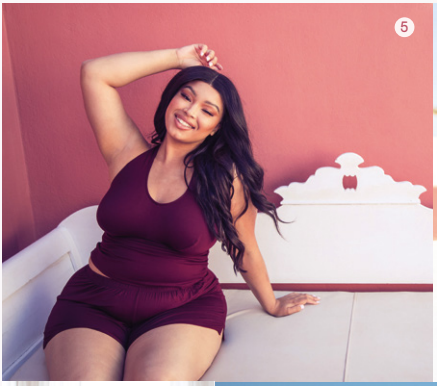
2 WonderFully Full Cup Bra Strawberry Red **£36**. Wonderfully Short Strawberry Red **£19**.

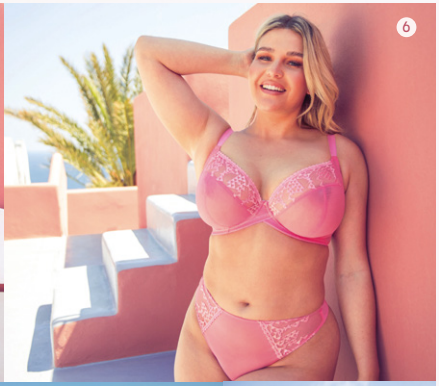
3 Wonderfull Vibe Full Cup Bra Navy **£38**. Wonderfull Vibe High Leg Brief Navy **£19**.





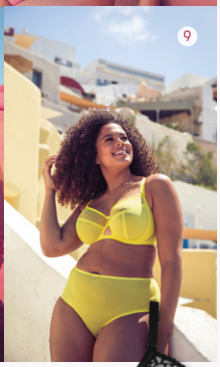












4 Front and Centre Bralette Mint-Pink, Front and Centre Brazilian Mint-Pink **£17**.

5 Softease Vest Top Fig Purple **£26**, Softease Shortie Fig Purple **£15**.

6 Centre Stage Full Plunge Bra Pink **£36**, Centre Stage Deep Thong Pink **£19**.

7 Indulgence Stretch Lace Body Jade **£48**.

8 Lace Daze Balcony Bra Blue Lagoon **£35**, Lace Daze Brazilian Blue Lagoon **£19**.

9 Victory Balcony Bra Citron **£35**, Victory Short Citron **£18**.

10 Centre Stage Full Plunge Bra Black **£36**. Centre Stage Deep Thong Black **£19**.





AJ Adubu,

The Greatest Auction

Set in a specially created auction house, this brand-new series, hosted by AJ Odudu, brings ambitious millionaires, passionate private collectors, and seasoned dealers face to face as they compete to buy the extraordinary array of items coming up for sale at The Greatest Auction.

Set in a specially created auction house, this brand-new series, hosted by AJ Odudu, brings ambitious millionaires, passionate private collectors, and seasoned dealers face to face as they compete to buy the extraordinary array of items coming up for sale at The Greatest Auction.

For the sellers, parting with their cherished possessions is an emotional moment, but it's also the chance to find out what they're really worth.

From a taxidermy unicorn, a Louis Vuitton skateboard and five pickled pig fetuses in a jar, to a pristine Hermes handbag, a pinball machine owned by Elton John and a piece of wall with a work attributed to Banksy, every item that comes into the auction house will have a story to tell.

AJ explains a little of what we can expect from the series which airs on Channel 4 every Tuesday night or on catch-up at All 4.

Why did you want to take part in this series?

I've always loved a car boot sale and an auction house. I actually bought my first car from an auction in Blackburn. I've always found the thrill of being in auction houses really exciting, so this show seemed like the perfect opportunity for me, and I can't wait for everyone to see it.

And it's voiced by Hugh Bonneville - what an absolute treat and honour to have him too!

Describe the series and what kind of appealed to you most about hosting it?

What appealed to me essentially, was the people. I wanted to know who these people were and why on earth they would A, spend money on celebrity hair and B, come on to The Greatest Auction and buy and sell these items.

These people have the most incredible stories and so many of them are fascinating characters. Throughout the series, you really get behind why people come to grow these attachments to possessions, and it makes you think about your own attachment style, and what you would sell and what you would part with - it's amazing.

What was the celebrity hair being sold?

I mean, we're talking Marilyn Monroe. It's bonkers. It's so interesting, we had the most varied people who you wouldn't expect to own such a thing. I discovered that people will literally find the most incredible things whilst doing a renovation, often under the floorboards! And then they find out these items are worth a lot of money. I just think "what on earth?", I wish I could find something like that down the back of my settee.





Were there any lots of items that you would have been tempted to bid on, if you hadn't been presenting the series?

Absolutely. I loved the unicorn. I don't know where I would have put this unicorn, but I felt I needed it in my life. I was obsessed.

And Elton John's pinball machine. How cool would it have been to own a piece of history like?

Is there anything that you collect yourself?

No, but since the show, I definitely look after the things that I've got more because another beautiful thing about these collectors or the sellers, for example, is that they clearly take pride in the things that they bought, owned and sold. I've got a couple of nice handbags but since working on this show, I really do treat them with the love and care they respect instead of just tossing them on the floor as soon as I walk in the house and letting them get all scratched up.

I guess I do collect plants as well. There's a lot of them in my house.

Did you find filming emotional at any point?

There was a man with a Buzzcocks collection who was just amazing. The more I chatted to him about this collection of album memorabilia, posters, badges, tickets, the more I wondered why he was selling them. I kept wanting to tell him he didn't need do it and I'd give him the money, but I think for him, he just really wanted to let go of it. He wanted to see it in the hands of someone else who appreciated that collection. He said that if he left it to his kids, they'd end up selling it for a fiver at the car boot sale, so he had to let go of it before that day comes. He was so emotional about it. And I remember thinking, "Oh, my gosh, I'm sat with this man crying", and now we're both crying, over Buzzcocks memorabilia. Wow, this was a day I didn't think I would ever see.

What's the most money we see change hands?

Hundreds of thousands for sure, but some items don't sell at all. I can be sitting next to a person who is in love with an item, but in that room, on that day, no one loves it enough to part with that much money. But even the items that don't sell, or don't sell for as much, it's still so exciting to watch it go through the bidding. There's always a tension, there's always a curiosity, and there's always something that you take away from following that person, or that item. It's really heart-warming to watch but it's also exciting and can also be so funny. There's a lot of banter and a lot of fun within the show.

Did you learn anything in particular during filming?

I learnt loads about taxidermy and how there are good ways to do taxidermy, and bad ways to do it.

I loved learning about all these items and collectables. I also learnt that you just never know what's going to happen in that room. All you need is that one other person who's really into that item and it flies but also, sometimes there are things that I thought everyone would bid on, but nobody goes for it. It's so interesting. It turns out taxidermy unicorns aren't for everyone!!

What surprised you?

What's so brilliant about this show is that it's so real. You get a sincere approach with real auctioneers, real valuers and I didn't expect that. I was shocked with the result of the unicorn because I really wanted that.

I was shocked that someone would want to buy old celebrity hair, especially since it was so microscopic. There are items that go for more than you think they will and other items that go for less that you expect and that is the thrill of the auction room. It's just so exciting.

What would you say is the most shocking item that you came across on the show?

A bunch of pickled pigs is quite shocking. And, of course, a human skeleton and celebrity hair. They're all shocking in their own beautiful ways. There was a woman who found an old football programme in her loft when she was doing a loft conversion and let's just say it pretty much paid for the loft conversion, and she'd just found a bit of paper! What I find so fun about this show is that it makes everything seem cool. I think there's this misconception that to have an item of value, it needs to be from years gone by, but there's quite a lot of modern art and modern collectible items, from shoes, to handbags, to cars, that can sell for good money.

What is one of your favourite items which you own, and would you ever consider putting it up for auction?

I don't really get attached to possessions all that much but there is a Persian rug in my living room, which is beautiful. It's made of silk and it's so cool and very artsy. I roll it up anytime anyone comes around as I don't want anyone standing on or spilling anything on it. So, I guess that's kind of like my prized possession. But maybe one day, I'll have to let go of that because it's not been seen and enjoyed by anyone. It's only been seen and enjoyed by me.

I also have a sculpture of Joe Lycett's head that is authenticated by Joe Lycett, given to me live on screen during The Big Breakfast show, and I would hope and pray that it would go for loads of money.

What do you hope viewers will get out of this?

There's this misconception with auction shows on TV that they're stuffy with old items and things of value from years gone by being sold, but in this series, there are a lot of cool items - something for everyone - so it has a vast appeal, with a diverse cast within the show. I think this captivates people from all walks of life and that makes it really special. Plus, it makes me want to root through my own bin to see what I can find to sell!!

There are huge wins, massive losses but it's hugely entertaining and dramatic!



Two Sisters, TWO BIKES, TWO DAYS,

#PedalThePeriphery of NI In Major Endurance Fundraiser for Two Loved Ones Who Died of Silent Killer - Pancreatic Cancer







Two sisters with a passion for endurance events will be using pedal power to cycle clockwise non-stop around the whole of NI in just two days to raise money for research and awareness about pancreatic cancer that claimed the lives of one sister's husband and the other's best friend.

Living with the grief of losing two loved ones, Andrea Harrower (48) from Dromara and her sister Cathy Booth (46) from Hillsborough, will on June 9th set out on an epic journey to **#PedalThePeriphery** of NI taking in 480 miles in just 48 hours.

The idea for the challenge was Andrea's husband, Paddy Harrower's just five days before he died. The former PE teacher from Wallace High School and sports fanatic had only 14-weeks to live from diagnosis on Easter Sunday, April 17th 2022, to his death on July 24th. Presenting late, his symptoms included indigestion and pain in the upper abdomen.

Wanting 'something positive' to come from the situation, Paddy asked his wife and sister-in-law to take on the challenge in support of local pancreatic cancer charity NIPANC. The money raised will go to research in memory of Paddy and a school friend of Cathy's, Natalie Wilson who died, age 40 from the disease, leaving behind three young children.

The **#PedalThePeriphery** event will start at the gates of Ormeau Park on June 9, where George Ezra will be playing at the Belsonic Music Festival in Belfast.

Paddy adopted the singer's uplifting Green Green Grass song during his illness. It was later played at his funeral.

The pair will be followed on the ride by Andrea's recently restored quirky, 1974 purple VW Beetle support vehicle. Unroadworthy, it was repaired, with no charge, by Master Technician Mark Strutt, previously accredited through Volkswagen. His brother John died of the illness three years ago.

Paddy's bike will be mounted on top of the VW and will make the metaphorical journey along with Cathy and Andrea. Purple being the colour associated with pancreatic cancer.

Andrea, a personal trainer said: "280 people are diagnosed with pancreatic cancer each year in NI. My husband Paddy died in July last year. My two teenage boys, Fraser and Alex lost their dad just 14 weeks after diagnosis.

"Paddy was a sports fanatic. He loved cycling, he loved rugby. He loved endurance sports.

Before he died, he decided to lay down the gauntlet and set down this endurance challenge.

Cycling was so important to Paddy, his self-devised challenges and other official events at home and abroad. He used the bike to get to work and on family holidays.

"During his illness he set himself his own challenges as a reason 'to get out of bed until the day he died.' As a family, we and our two sons, Fraser (19) and Alex (15), and my sister and brother did a final ride out from home with him only a couple of weeks before he passed away. His motto was: "I'm not living with cancer; cancer is living with me and I'm taking it for a ride."

During the two-day, clockwise cycle around NI, the sisters are adopting the NIPANC charity slogan **#TimeMatters** to continue raising public awareness about the need to understand the symptoms of the disease and seek early diagnosis and treatment.

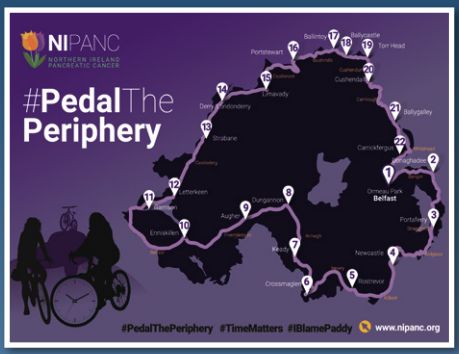


Time also matters in reaching route points and the finish line. A third hashtag, **#IBlamePaddy** is also being introduced to inject some fun into fundraising.

Andrea explained: "**#IBlamePaddy** came about when people started finding out he was terminally ill. Friends and family felt they had no excuse but to join in some of the things he was doing including cold water swimming and kayaking. I don't think he realised the impact he had on people. He was a modest man who wouldn't like too much attention, but we think Paddy would be secretly pleased that the hashtag can be used by anyone fundraising to literally blame him on any crazy thing they do, to raise money and awareness for this important cause."

Cathy, a former Director at BDO who now runs her own business consultancy said: "Within five years, I not only lost Paddy, an incredible brother-in-law but also one of my school friends Natalie of 30-years to this devastating disease. Andrea and I are on a mission to raise awareness and fund vital research so other people don't have to go through what we have.

"We want as many people involved in fundraising as possible and will be talking to schools,



rugby and cycling/sports clubs along the route about how they can be part of our journey and **#IBlamePaddy** too. Natalie was aged 40 when she died and she left behind three young children.

Natalie developed gestational diabetes with her second and third pregnancies and when her youngest, Toby, was just one further symptoms. Diagnosis took five months and when it was made, after her third biopsy, Natalie's deterioration was visible. After only two rounds of chemo Natalie passed away on the 11th June 2017. Her children were aged 5, 2 and 1.

Cathy added: "I spoke at Nat's funeral, and this is what I had to say. Nat had the biggest and brightest heart with room





for everyone who had the privilege of calling her their friend. With a heart of gold she was kind, soft, gentle, caring, lovable and selfless, always thinking of others and always wearing that wonderful smile.

"But there was another superwoman side to Nat we knew and will always love. She had an inner strength, not aggressive or overpowering, but one when life threw her a curve ball she just took a deep breath, dug deep and got on with things - not making a fuss, complaining or wanting to 'bother anyone.'

"For Andrea and I, this had to be an endurance challenge, given what we have both personally experienced. We know, no matter what physical and mental distress and pressure we put on ourselves during this challenge, it is absolutely nothing compared to what someone on a pancreatic cancer journey is facing.

NIPANC's Chairperson, Ivan McMinn MBE said: "We will be supporting Andrea and Cathy every push of the pedal on this epic cycle around the perimeter of NI. The difficulty of this challenge cannot be underestimated but the good it will do will be enormous."

Please help Cathy and Andrea meet their fundraising target of £50k. The money will be donated by NIPANC into a locally funded research project.

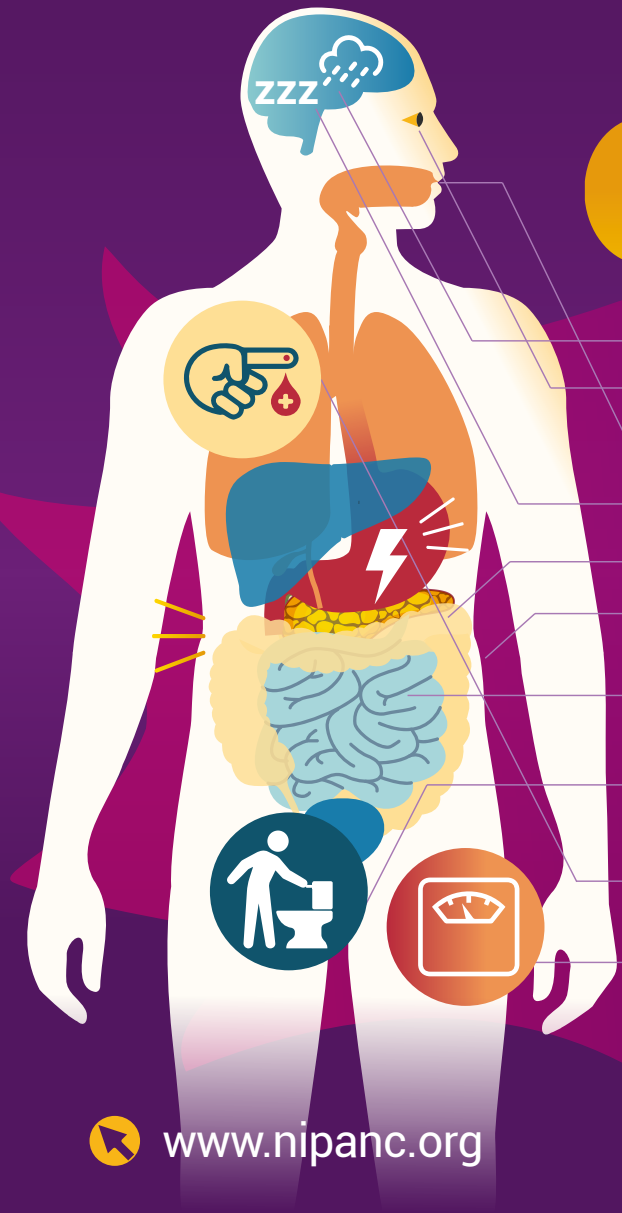
To donate please use this link www.justgiving.com/fundraising/pedaltheperiphery



Do you have symptoms of pancreatic cancer?

NIPANC
NORTHERN IRELAND PANCREATIC CANCER

TIME MATTERS



Talk to your GP today.

Early diagnosis saves lives!!

- **Low mood** or depression
- **Yellowing** of the skin or eyes
- **Pain on eating** / fullness
- **Fatigue**
- **Upper abdominal pain**
- **Mid-back pain** - can radiate to stomach
- **Indigestion** not responding to prescribed medicine
- **Pale and smelly stools** that don't flush easily
- **Diabetes** - new onset not associated with weight gain
- **Unexplained weight loss** and loss of appetite

www.nipanc.org

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Super Bloom, SUMMER







Let your garden radiate colour with the sun-drenched and fruity Superbloom Sun collection. Feel energised for the outdoors and drench yourself in the holiday sun with this mood-boosting trend that will nurture your soul in joyous summer vibes.

Find luscious juicy fruits and bold tropical leaf prints that will transport your outdoor space somewhere far far away. Using bold patterns and vibrant colour palettes, you can find your own taste of paradise with this fiestafilled collection that will rejuvenate your mood and leave you day-dreaming of the summer sun on your skin.

1 White & Orange Papaya Foiled Cushion **£10** | Tropical Printed Cushion **£10** | White & Natural Woven Cushion **£10** | Tropical Printed Floor Cushion **£20** | Natural Solar String Lighting **£12** | Tumbler **£1.50** each | Wine Glass **£2** each | Large Candle with Rope Handle **£12** each | Large Woven Outdoor Rug **£14**
2 Wood Chip & Dip Board **£12** | Print Plates **£2** each | Print Bowls **£2.50** each | Print Side Plates **£1.50** each | Tumbler **£1.50** each | Wine Glass **£2** each
3 Slogan Printed Planters 3 pack **£10** | Glass Plant Mister **£4** each
4 Woven Effect Ceramic Planter **£5** | Large Woven Planter **£20** | Natural Four-leg Planter **£12** | Ceramic Planter on Wooden Stand **£10** | Bamboo Citronella Torch Candles **£4** each | Large Candle with Rope Handle **£12**
5 Printed Glass Candle **£4**
6 Natural Four-leg Planter **£12**
7 Papaya Foiled Cushion **£10**
8 Fleece Printed Picnic Blanket **£8**
9 Wine Glass **£2** each
10 Papaya Foiled Printed Floor Cushion **£20**
11 Tumbler **£1.50** each



Urban, EDEN



Create your very own Urban Eden paradise in any outdoor setting with this biophilic eco-feel trend. Think lush tranquil atmospheres with a modern twist that will help you escape the busyness of urban life and feel closer to nature in your outdoor space.

This trend will help you promote your green space and feel at one with nature. Find lush botanical prints, contrasting mono abstract geometric patterns paired with natural textures and colour palettes to help your space blend into the natural surroundings for the ultimate modernist living.

1 Printed Plates **£2** each | Printed Bowls **£2.50** each
2 Embossed Plant Pots - 3pk - White or Black **£10**
3 Black Hanging Planter **£12** | Electric String Lights **£25**
4 Green Leaf Crewel Cushion **£10** | Vancouver String Chair **£35** | White Foil Leaf Cushion **£10**
5 Ceramic Plant Pot **£6**
6 Black Foil Leaf Cushion **£10**
7 Eden Jug **£8**
8 Metal and Glass Candle Jar **£8**
9 Leaf Shaped Plate **£4**





Embossed Candle £6 each | Natural Wood Citronella Candle £8
Cream Cotton Woven Placemats 2 pack £6 | Pine Chopping Board £6
Eden Jug £8 | Serving Plate £3.50 | Printed Plates £2 each
Printed Bowls £2.50 each | Printed Dip Bowls £1.50 each
Leaf Shaped Plate £4 | Smoked Champagne Flutes 4 pack £8
Black Ceramic Rectangle Candle £8 | Smoked Wine Glasses 4 pack £8
Metal & Glass Candle Jars - Green & Black £8
Expanding Ivy Trellis £24 each | Solar Ivy Garland £18





Boho GARDEN

Channel your inner bohemian spirit with the Boho garden trend. Enjoy the long, bright and balmy summer evenings and host beautiful garden parties with this cottage core trend that holds comforting romance in its heart.

Find blushy florals and soft textures with this soothing and delicate trend that will transform your outdoor space into a traditional English cottage garden. Using warm blush palettes combined with delicate florals and gingham, you'll want to spend your summer making daisy chains and celebrating nature's wonders by welcoming soft florals, bees and butterflies into your outdoor space.



1 Standing Buddha **£55** | Sitting Buddha **£30** | Frosted Ribbed Candle - White **£7** | Printed Ceramic Candle **£6** | Ceramic Plant Pots 3 pack **£10** | Ceramic Planter with Wooden Stand **£15** | Natural Woven Planter **£12** | Large Woven Planter **£20** | Mini Printed Candles - 3 pack **£3**
2 Solar Metal Lantern **£8**
3 Printed Round Floor Cushion **£20**
4 Cotton Printed Lumbar Cushion **£10**
5 Frosted Ribbed 3-wick Candle - Green **£7**
6 Floral Printed Cushion - Light Blue **£8**
7 Woven Solar Lantern **£10**
8 Ceramic Plant Pots 3 pack **£10**
9 Bee Planter **£5** | Ceramic Plant Pots - 3 pack **£10** | Artificial Bay Tree **£40** | Outdoor Plants from **£5** | Picnic Fleece Blanket **£8** | Floral Printed Cushion - Light Blue **£8** | Woven Solar Lights from **£10**
10 Picnic Fleece Blanket **£8**
11 Solar Standing Buddha **£35**



Create Your Own Wildlife Haven





As urbanisation and habitat loss continue to pose threats to wildlife, creating a wildlife garden has become an increasingly popular way to support biodiversity and provide a sanctuary for local flora and fauna.







By designing and maintaining a wildlife garden, you can help provide essential habitats, food sources, and shelter for a wide range of species, from birds and butterflies to hedgehogs and bees.

But remember that the beauty of nature and the wonders of wildlife are not limited to large, untouched landscapes.

Even in the smallest of gardens, it is possible to create a vibrant ecosystem that attracts and supports a wide variety of wildlife. By making a few thoughtful choices and embracing nature-friendly practices, you can transform your outdoor space - no matter what size - into a haven for biodiversity. So, here are some pointers to help you get started:

Embrace Native Plants

Native plants are essential for attracting local wildlife. They have evolved alongside native species, forming complex ecological relationships that support biodiversity. Incorporate a variety of native wildflowers, grasses, and trees into your garden to provide food sources, shelter, and breeding grounds for insects, birds, and small mammals. Some popular choices include bluebells, foxgloves, primroses, and oak trees.

Aim for a diversity of plant species to create a balanced ecosystem.



Create a Variety of Habitats

A wildlife garden should offer a range of habitats to cater to different species. Consider including features such as a pond, meadow, woodland area, or rockery. A pond, even a small one, can attract frogs, newts, dragonflies, and a myriad of water-dwelling creatures. Meadows provide nectar-rich flowers and attract butterflies and bees, while a woodland area with shrubs and fallen logs can attract birds and small mammals. Incorporate nesting boxes, bat boxes, and bug hotels to provide additional shelter options.

Provide Food Sources

To attract and sustain wildlife, it is crucial to provide a year-round supply of food.











Native plants are a great start but consider supplementing them with bird feeders, bird tables, and nectar-rich flowers. Different species have varying dietary requirements, so offering a variety of food sources will attract a diverse range of wildlife. Remember to avoid harmful chemicals, such as pesticides or herbicides, which can negatively impact wildlife.

Water Features and Bird Baths

Water is a vital resource for wildlife, so including a water feature in your garden can make a significant difference. A shallow birdbath or a small pond will attract birds, butterflies, bees, and other insects. Ensure that the water feature has a shallow area for easy access and provide stones or logs to enable creatures to drink or safely rest.

Wildlife-Friendly Maintenance

Maintaining a wildlife garden involves striking a balance between a wild, natural space and keeping it under control. Avoid excessive tidiness and embrace a more relaxed approach to gardening. Allow fallen leaves and plant debris to create mulch, which provides a haven for insects and small mammals. Only prune trees and shrubs when necessary and at the appropriate time of year to avoid disturbing nesting birds or hibernating creatures.

So what do Pollinators do?



Fertilisation

Pollinators, such as bees, butterflies, moths, beetles, birds, bats, and even some small mammals, help transfer pollen from the male reproductive organs to the female reproductive organs of flowers. This transfer enables fertilisation to occur, resulting in the production of fruits, seeds, and new plants.

Plant Reproduction

They facilitate the reproduction of plants by ensuring cross-pollination. Cross-pollination involves the transfer of pollen from one plant to another, promoting genetic diversity and enhancing the health and adaptability of plant populations.

Food Production

Pollinators are essential for agricultural production. Many crops, including fruits, vegetables, nuts, and seeds, rely on pollinators for fertilisation. Without pollinators, the yields of these crops would be significantly reduced, impacting food availability and diversity.

Biodiversity

These pollinators contribute to biodiversity by facilitating the reproduction of a wide range of plant species. They help maintain diverse ecosystems by enabling the growth of different plant populations, which in turn support other organisms that depend on these plants for food and habitat.

Habitat Creation

Pollinators, such as bees and butterflies, are actively involved in habitat creation. By collecting pollen and nectar from flowers, they inadvertently transfer pollen and contribute to the pollination of various plant species. This process supports the growth and regeneration of plants, thereby creating habitats for other organisms.

Pollinator decline has led to the designation of certain areas as "Pollinator Corridors" or "Bee Roads." These are landscapes where efforts are made to create a connected network of habitats that support pollinators.

Organisations such as the Bumblebee Conservation Trust and Butterfly Conservation operate in both the UK and Ireland to conduct research, raise awareness, and promote the conservation of pollinators. These organisations work with communities, farmers, and policymakers to create a more pollinator-friendly environment.

You can read more on their websites at **www.bumblebeeconservation.org** and **www.butterfly-conservation.org**



WHAT IS PCOS?

A Treasure Trove of Health Benefits



PCOS stands for Polycystic Ovary Syndrome. It is a hormonal disorder that mainly affects women of reproductive age - although women in their 50s also may present symptoms.*



Women with PCOS may experience a range of symptoms, including irregular periods, excess hair growth, acne, weight gain, and difficulty getting pregnant.

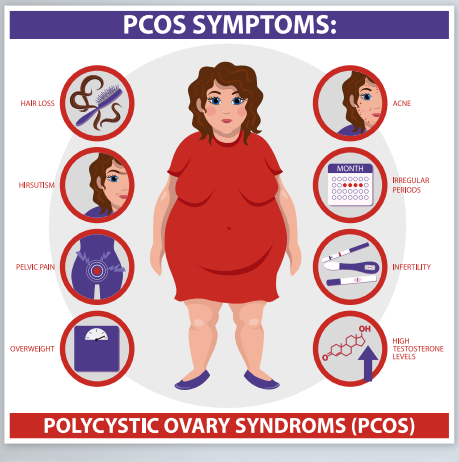
The exact cause of PCOS is unknown, but it is thought to be related to insulin resistance, which can lead to an overproduction of male hormones (androgens). This hormonal imbalance can cause problems with ovulation and lead to the formation of multiple small cysts on the ovaries.

There is no cure for PCOS, but it can be managed with lifestyle changes such as weight loss, regular exercise, and a healthy diet. Hormonal birth control can also be used to regulate periods and reduce androgen levels. In some cases, fertility treatments may be necessary to help women with PCOS conceive.

What are the symptoms of PCOS?

PCOS can present a range of symptoms, and not all women with PCOS experience the same set of symptoms. The symptoms of PCOS can include:

1. **Irregular periods or no periods:** Women with PCOS may experience irregular periods or no periods at all.
2. **Excess hair growth:** PCOS can cause excess hair growth on the face, chest, back, and other parts of the body.
3. **Acne:** Women with PCOS may experience acne or other skin problems.
4. **Weight gain:** PCOS can cause weight gain, particularly in the abdominal area.
5. **Difficulty getting pregnant:** Women with PCOS may have difficulty getting pregnant due to irregular ovulation or lack of ovulation.
6. **Fatigue:** Some women with PCOS may experience fatigue or low energy levels.
7. **Mood changes:** PCOS can cause mood swings and other emotional symptoms.
8. **Sleep problems:** Women with PCOS may experience sleep problems such as insomnia.



It is important to note that not all women with PCOS will experience all of these symptoms, and some women may experience additional symptoms not listed here. If you suspect you may have PCOS, it is important to speak with your healthcare provider for a proper diagnosis and treatment plan.



What can women do to help themselves with PCOS?

Women with PCOS can take several steps to help manage their symptoms and improve their overall well-being. Here are some self-help strategies that may be beneficial:

1. **Maintain a healthy diet:** Adopting a balanced and nutritious diet can help manage PCOS symptoms. Focus on whole foods, including fruits, vegetables, lean proteins, and whole grains. Limit processed foods, sugary snacks, and drinks. Consider consulting a registered dietitian for personalized dietary advice.
2. **Regular exercise:** Engaging in regular physical activity can help improve insulin sensitivity, promote weight management, and reduce PCOS symptoms. Aim for at least 150 minutes of moderate-intensity aerobic exercise per week, such as brisk walking, cycling, or swimming.
3. **Weight management:** If overweight or obese, losing as little as 5-10% of body weight can help regulate menstrual cycles, improve hormone balance, and alleviate symptoms. Combined with a healthy diet and exercise, weight management can be an effective approach for managing PCOS.
4. **Birth control pills:** Hormonal birth control methods, such as combination birth control pills, can help regulate menstrual cycles and reduce symptoms such as excess hair growth and acne. Consult with a healthcare provider to discuss the most suitable options.
5. **Anti-androgen medications:** In cases where excess hair growth or acne is a concern, medications that block the effects of androgens (male hormones) may be prescribed to manage these symptoms.
6. **Fertility treatment:** If trying to conceive, women with PCOS may need assistance from fertility treatments such as ovulation induction or in vitro fertilization (IVF). Consulting with a reproductive endocrinologist can provide







guidance on the most appropriate fertility treatment options.

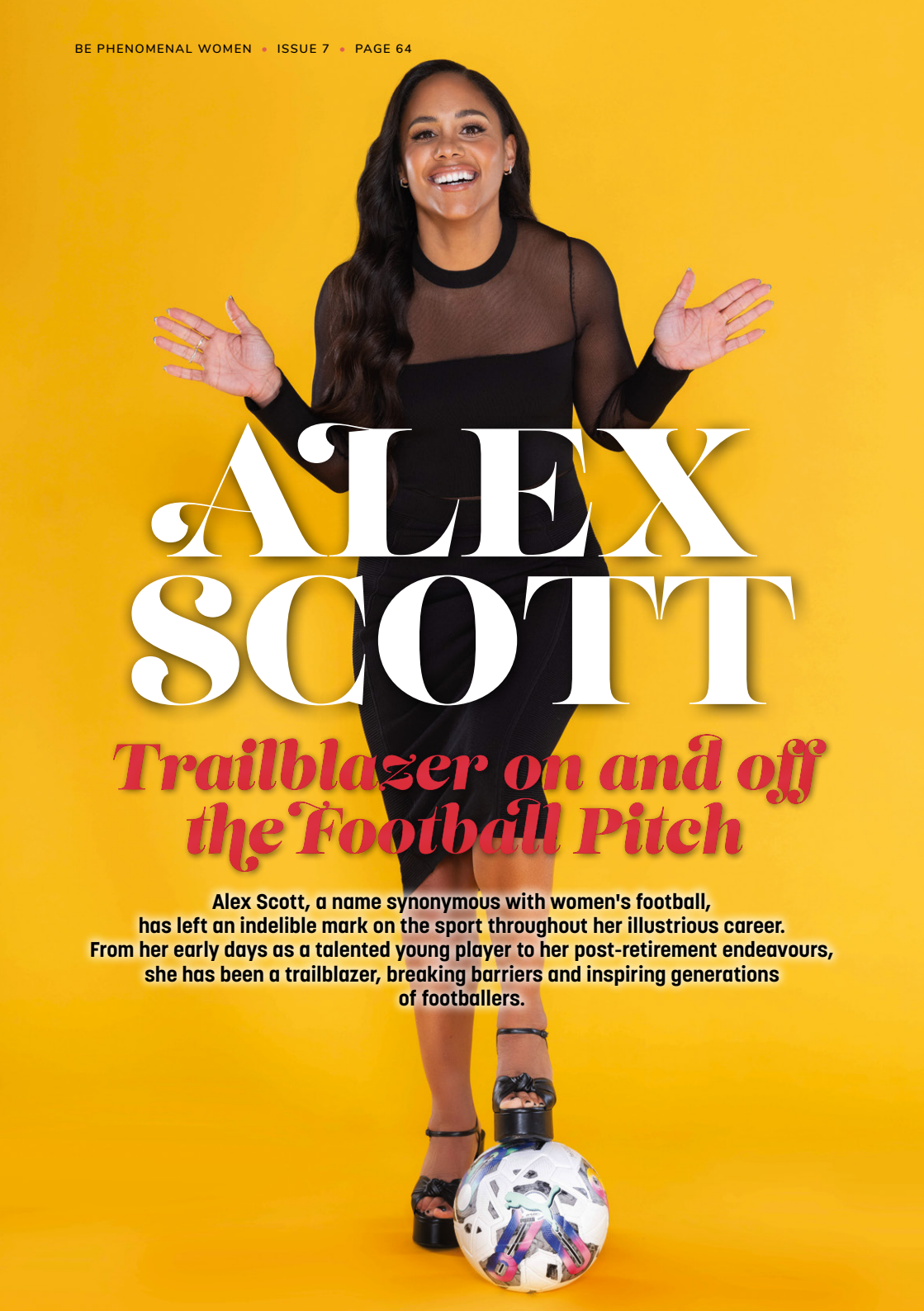
7. **Stress management:** Stress can exacerbate PCOS symptoms. Engage in stress-reducing activities such as yoga, meditation, deep breathing exercises, or engaging in hobbies to help manage stress levels.
8. **Regular check-ups:** Regular visits to a healthcare provider are crucial for monitoring PCOS symptoms, managing any potential complications, and adjusting treatment plans if necessary.

**In rare cases PCOS can also become a problem for women in their 50s but their symptoms can vary and may present differently.*

Here are some key points to consider:

1. **Menopause:** Women over 50 are likely to be in or approaching menopause, which can lead to changes in hormone levels and menstrual patterns. PCOS symptoms such as irregular periods may be less prominent or may have already resolved due to natural hormonal changes associated with menopause.
2. **Persistence of symptoms:** While some symptoms of PCOS, such as irregular periods and fertility issues, may improve with age, other symptoms may persist or develop. These can include excess hair growth (hirsutism), weight gain, acne, and metabolic issues such as insulin resistance.
3. **Increased risk of metabolic complications:** PCOS is associated with an increased risk of metabolic disorders such as type 2 diabetes, high blood pressure, and high cholesterol. As women age, the risk of these conditions also increases. Therefore, women with PCOS over 50 should be particularly mindful of their metabolic health and work closely with their healthcare providers to manage and monitor these risks.
4. **Hormone replacement therapy (HRT):** Women in their 50s may consider hormone replacement therapy (HRT) to manage menopausal symptoms. The use of HRT in women with PCOS over 50 should be discussed with a healthcare provider, taking into consideration the individual's specific symptoms, medical history, and potential risks and benefits.
5. **Regular check-ups:** Women with PCOS over 50 should continue to have regular check-ups with their healthcare providers to monitor any ongoing symptoms, manage any potential health risks, and ensure appropriate preventive care.

It's important to remember that every individual with PCOS is unique, and treatment plans should be tailored to their specific needs. Consulting with a healthcare provider who specializes in PCOS is essential for comprehensive care and guidance.



ALEX SCOTT

Trailblazer on and off the Football Pitch

Alex Scott, a name synonymous with women's football, has left an indelible mark on the sport throughout her illustrious career. From her early days as a talented young player to her post-retirement endeavours, she has been a trailblazer, breaking barriers and inspiring generations of footballers.

Born on October 14, 1984, in London, England, Alex discovered her passion for football at a young age. She began her professional career in 2002, joining Arsenal Women's Football Club, where she quickly established herself as a talented right-back. Her technical skills, versatility, and leadership qualities contributed significantly to the club's success during her tenure.

Over the course of her 13-year career at Arsenal, Alex won numerous domestic titles, including nine Women's Premier League titles and seven FA Cups. She also played a pivotal role in the team's triumph in the UEFA Women's Champions League in the 2006-2007 season, solidifying her reputation as one of the best defenders in the game.

Scott's international career was equally impressive. She made her debut for the England women's national team in 2004 and went on to earn 140 caps, making her the second-most capped England player of all time. She represented her country in multiple major tournaments, including the FIFA Women's World Cup and the UEFA Women's Euro, and was an integral part of the team that reached the UEFA Women's Euro final in 2009.

After retiring from professional football in 2018, Alex embarked on a new chapter of her life dedicated to advocating for gender equality and empowering young women. Her transition from player to influential figure off the pitch has been nothing short of inspiring.

She quickly found her calling as a football pundit and television presenter and joined the BBC as a commentator and pundit, providing expert analysis and commentary on women's and men's football. Her insightful and articulate analysis, combined with her passion for the game, earned her widespread acclaim and respect from both fans and fellow professionals.

In 2020, she made history by becoming the first female pundit on Sky Sports' Super Sunday programme, further shattering the glass ceiling in sports broadcasting. Her presence on television screens has helped pave the way for more female voices in football media, encouraging diversity and inclusion within the industry.

Beyond her broadcasting career, Alex has been a vocal advocate for gender equality and women's empowerment. She actively supports various organisations and initiatives aimed at breaking down barriers and providing opportunities for girls and women in sports.

Scott has worked closely with UN Women UK, serving as an ambassador for the organisation's "HeforShe" campaign, which seeks to engage men in the fight for gender equality. She has also partnered with initiatives such as Women in Football and the Football Association's "Gameplan for Growth" to drive positive change and foster inclusivity within the football industry.



As a role model for aspiring young athletes, Scott has used her platform to inspire and mentor the next generation. She has been actively involved in mentoring programs, speaking engagements, and workshops, sharing her experiences and providing guidance to young footballers.

Not afraid to voice her opinions and stand firm in her commitment to equality for all, she wore a rainbow armband as she presented coverage of England's first match of the Qatar World Cup, in an apparent gesture of solidarity with LGBTQ+ people in a country where same-sex relationships are illegal. Her decision to wear the 'OneLove' armband - which officially represents a stand against all forms of discrimination - came hours after the England and Wales teams decided not to wear the same armbands after being informed that players could receive yellow cards for breaching FIFA rules on clothing.

Alex will also be involved with Soccer Aid 2023 alongside Dermot O'Leary and this year is a special one as it sees Jill Scott captain England - the first time a female player has skippered England in the world's biggest charity football game.

Line of Duty star Vicky McClure will co-manage England along with Chelsea Women's manager Emma Hayes as they take on the Soccer Aid World XI and other female players such as TV presenter Scarlette Douglas, and professional footballers Karen Carney and Eni Aliko will no doubt woe the audience in Manchester's Old Trafford.

Soccer Aid will air on June 11th, 2023, while also being available on ITV's catch-up channel.



WOMEN'S FOOTBALL IN 2023

Women's football in the UK and Ireland can be traced back to the late 19th and early 20th centuries when women began playing the game informally. However, the popularity of women's football grew rapidly during World War I when many men were called to serve, and women took their place in various industries, including football.



The Football Association (FA) banned women's football from using their grounds in 1921, citing concerns about the physical demands of the sport on women's bodies. This ban remained in place for nearly 50 years, severely limiting the development of women's football.

In the 1970s a group of women formed the Women's Football Association (WFA) to promote the sport, and they organised the first official Women's FA Cup in 1972. The FA Women's Premier League was formed n 1991.

Additionally, the England women's national team achieved significant success, reaching the UEFA Women's Euro final in 1984 and winning the tournament in 2022.

In Ireland, the Irish Women's Football Association (IWFA) was formed in 1973 and later became the Women's Football Association of Ireland (WFAI) in 1991. The national team made its mark by qualifying for the UEFA Women's Euro tournament in 1997 and making consecutive appearances in the FIFA Women's World Cup from 2015 to 2019.

In recent years, there has been increased investment and attention given to women's football in both the UK and Ireland and while progress has been slow there is a demand from the public for more growth.



Introducing EMER MAGUIRE

BY HELEN McCOURT

Science Communicator, musician and comedian, Emer Maguire, has become a rising star, with sold out shows throughout Ireland and a new tour planned for October and November 2023.





Her comedy career started at the Edinburgh Fringe. A talented communicator in all forms, Emer has created her own podcasts, appeared on TV and radio and in 2018 she won IMRO Specialist Speech Broadcaster of the Year and New Presenter of the Year. She is currently doing a Research Masters in Laughter and Humour. She has interviewed guests at the recent Women in Tech Conference (2023) and regularly appears on BBC Radio Ulster and Radio 4, discussing science and cultural events.

Born in Strabane and now based in Belfast, Emer blends a wonderful mix of comedy, science and music, and has become a communications expert having honed a unique way to get her knowledge across.

While studying to become a Speech and Language Therapist, Emer got smitten by science, even though she had disliked it at school. Interested in continuing learning, it was while studying for her first Masters, she entered a competition to win a communication course because she herself struggled with public speaking.

The premise of the competition was to explain a topic, using good content, charisma and clarity to get the meaning across. Emer, then being 22, used music and song to explain "The Science of Kissing", won the competition and subsequently represented NI at an international event. And thus began a new career. Emer has developed her comedy career communicating science topics and life observations to engage and entertain her audiences.

She has worked for BBC radio and TV ("Science and Stuff, Where Words fail, Music speaks"), is a four-time TEDx speaker, and has been MC at high profile events across science and culture, tech and the arts.

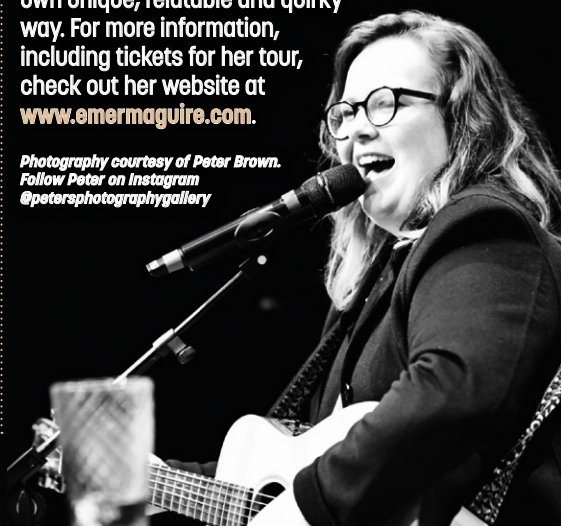
In February 2023, she hosted the NI Science Festival - in conjunction with the OU - and with Armagh born Astrophysicist, Dame Jocelyn Bell Burnell, explored the connection between poetry and physics.

Emer was diagnosed with OCD (obsessive compulsive disorder) eighteen months ago after a struggle with what she thought was stage fright. Shy and reserved as a child, she struggled with being socially awkward and anxious in group settings. Preparing for a sold-out show in the Ulster Hall she realised she needed help with her stage fright. She was incredulous to find out that she was suffering from OCD - a medical condition masking her public anxiety which was presenting as stage fright.

Emer has recently spoken at her shows about this neurological disorder - which for her is controlled by medication. When asked why communicate about something so personal in her comedy show Emer said "what if there is someone who is tormented that might hear that they can be helped?" And some audience members have subsequently spoken to her about their concerns about OCD after shows.

What is in the future?

Emer has a "One for the Road" tour planned for this coming October and November in venues all around Northern Ireland where she will continue to share her knowledge in her very own unique, relatable and quirky way. For more information, including tickets for her tour, check out her website at **www.emermaguire.com**.



Photography courtesy of Peter Brown. Follow Peter on Instagram @petersphotographygallery

Are You A POET?

Are you a poet and don't know it?
Quite possibly, because you'll never know unless you try and if you haven't tried ask yourself why. Forget your unsuccessful efforts while at school, forget the rules that your English teacher tried to drum into you and just get something on paper; no one needs to read it unless you want them to.

Writing poetry can be very beneficial for your mental health because it allows you to express emotion and have a creative outlet which, in a fast-paced life, can sometimes be difficult to find. By putting your emotions into words, you can gain a deeper understanding of yourself and your inner world and help you release built-up tension, stress, or anxiety.

Composing poetry often requires focus and concentration. When you immerse yourself in the act of writing, you enter a state of mindfulness and presence. This can help calm a restless mind, improve concentration, and provide a break from intrusive or negative thoughts.

It can also be a tool for empowerment and self-expression. By putting your experiences and perspectives into words, you gain a sense of control over your narrative. It allows you to communicate your truth, share your voice, and connect with others who may resonate with your words.



Engaging in creative endeavours, such as writing poetry, nurtures your sense of imagination, innovation, and self-expression. It encourages you to think outside the box, explore different perspectives, and experiment with language. This creative process can be liberating, enjoyable, and fulfilling.

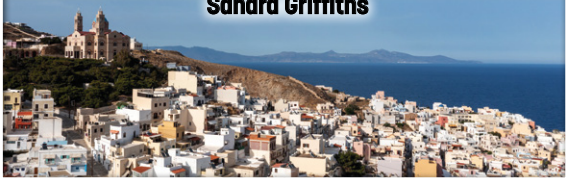
If you would like to submit a poem and possibly have it published in Be Phenomenal Women, we would love to hear from you. Just send your poems to **justsayit@bephenomenalwomen.com**

Our poets, Sandra Griffiths and Louisa McKee, have kindly shared their poetry to inspire and encourage you to try writing for yourself. As Maya Angelou wrote ***"There is no greater agony than bearing an untold story inside you."***, so get creative and see where it leads you!

Her Essential

Island hopping, how you pull us back,
with a vital part of the plan to go to Syros.
We must go the capital of the Cyclades,
the guide books recommend the once proud
Ermoupolis, neo classical buildings,
old mansions cascading down to the harbour.
Her ear was listening to his musing
But her heart was tuned to her essential,
a different island, sheltering in the Dodecanese.
There her blue and white would come alive,
her longing for that family, that monastery,
that rough valley, that isolated beach
that café ever playing, "The Sultans of Swing."

Sandra Griffiths



Ambedo

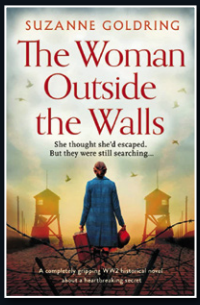
In The Dictionary of Obscure Sorrows
ambedo rests - gentle,
melancholy, lost, absorbed
in tiny ripples and
smouldering clouds,
child-dribbles, or
the folds of shrouds;
A moment when
the miniscule means much;
A bubble ripe to burst
at any touch,
haunting me:
epiphany.

Louisa McKee





Book Reviews



The Woman Outside the Walls

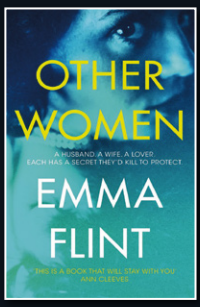
Suzanne Goldring

Hamburg, 1942. Seventeen-year-old Anna knows she can never tell her proud parents the truth about where she is going. She must hide the fact that she is pregnant, that the father of her unborn child is dead and that she is on her way to a special maternity home, where her baby will be given to a perfect family. She tells herself that this is the best solution. She doesn't expect to feel the rush of love for her beautiful baby boy in the white blanket, or the devastation when he is snatched from her, never to be seen again.

Desperate to forget her grief, she sees an advert for a secretary in a prison, far away in the East. Days later, she leaves Hamburg, travelling eastwards by train, feeling as if a whole new life is about to begin. It is the biggest mistake she will ever make.

London, 2016. Ninety-year-old Anna sits on the edge of her bed, hands trembling, eyes brimming with tears, as she looks at the picture of the soldier in the newspaper. Her friends and neighbours know her as a kindly old lady who bakes cakes and always has time to listen to their troubles. They don't know about the hated green uniform she burned, the memories of the prisoners she tried to help and the bombed and blackened city she once called home. But now the time for a reckoning has come, will revealing the truth free Anna or destroy her?





Other Women
Emma Flint

Mesmerising and haunting, Emma Flint's Other Women is a devastating story of fantasy, and obsession inspired by a murder that took place almost a hundred years ago.

It is 1923 and a country is in mourning. Thousands of husbands, fathers, sons and sweethearts were lost in the war, and millions more returned home wounded and forever changed.

Beatrice Cade is an orphan, unmarried and childless. After her brother's death, she decides to make a new life for herself. She takes a room in a Bloomsbury ladies' club and a job in the City. But just when her new world is starting to take shape, a fleeting encounter threatens to ruin everything.

Kate Ryan is an ordinary wife and mother. Since the end of the war, she has managed to build an enviable life with her husband and young daughter. From the outside, they seem like a normal, happy family. But when two policemen knock on Kate's door and jeopardize the facade Kate has created, she knows what she must do to protect the people she loves. And suddenly, two women who never should have met are connected forever.



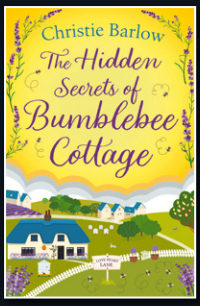
Hate At First Sight
Lizzie O'Hagan

Kate hates feeling out of control. Her incessant need to over-prepare has always served her well. Yet nothing could have prepared her for today.

Not only is she being evicted from her flat... by her best friend, but now her boss has announced cost-cutting measures that will put her job in jeopardy. She may not love the company she works for, but she's worked too hard for too long to just give up. So, she's ready to prove herself.

The catch? If she wants to save her job, she'll have to work with creative, happy-go-lucky Harry. The one man she's spent the last five years trying to forget.

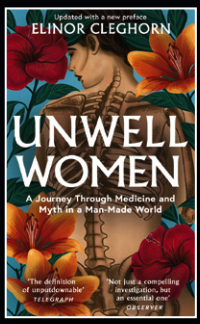
But what happens when that line you've drawn starts to blur?



The Hidden Secrets of Bumblebee Cottage:
Christie Barlow

When Jinny Birdwhistle is pushed over the edge one time too many times and quits her job as a tabloid journalist, an impromptu - and rather unconventional - job search leads her to a new house, car, and career-making honey and chutney in the small Scottish village of Heartcross. And with handsome beekeeper Gabe Warner to help her learn the ropes, she's ready to embrace 'country girl life' and leave the past behind her.

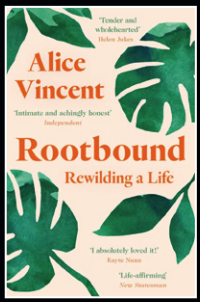
Yet there's more to strong and silent Gabe than meets the eye and though Jinny planned to leave her journalistic instincts in London, she can't help doing a little digging. Now, as she uncovers a mystery that links to her own history, Jinny realises that you can't outrun the truth and the only way to move forward is to face the past. But now that she's at home in Heartcross, she won't have to do it alone.



Unwell Women
Elinor Cleghorn

Medicine carries the burden of its own troubling history. Over centuries, women's bodies have been demonised and demeaned until we feared them, felt ashamed of them, and were humiliated by them. But as doctors, researchers, campaigners and most of all as patients, women have continuously challenged medical orthodoxy. Medicine's history has always been, and is still being, rewritten by women's resistance, strength and incredible courage.

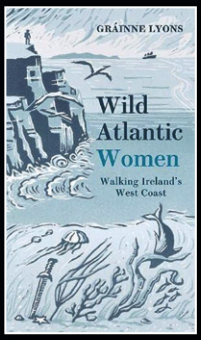
In this ground-breaking history, Elinor Cleghorn unpacks the roots of the perpetual misunderstanding, mystification and misdiagnosis of women's bodies, illness and pain. From ancient Greece's 'wandering womb' to today's shifting understanding of hormones, menstruation and menopause, Unwell Women is the revolutionary story of women who have suffered, challenged and rewritten medical misogyny. Drawing on Elinor's own experience as an unwell woman, this is a powerful and timely exposé of the medical world and woman's place within it.



Rootbound Rewilding a Life
Alice Vincent

Alice Vincent begins planting seeds when she suddenly finds herself uprooted, heartbroken, grieving, and living out of a suitcase in her late twenties. She nurtures pot plants and vines on windowsills and draining boards, filling her many temporary London homes with green.

As the months pass, and with each unfurling petal and budding leaf, she begins to come back to life. Mixing memoir, botanical history and biography, Rootbound examines how bringing a little bit of the outside in can help us find our feet in a world spinning far too fast.



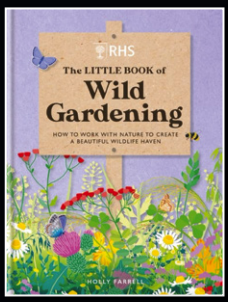
Wild Atlantic Women
Gráinne Lyons

A second-generation London Irishwoman walks the Wild Atlantic Way in the footsteps of eleven pioneering women, beginning with her great-grandmother, a lacemaker on Cape Clear Island.

At a crossroads in her life, Gráinne Lyons set out to travel Ireland's west coast on foot. She set a simple intention: to walk in the footsteps of eleven pioneering Irish women deeply rooted in this coastal landscape and explore their lives and work along the way. As a Londoner born to Irish parents, she also sought answers in her own identity.

As Gráinne heads north from Cape Clear Island, she considers Ellen Hutchins, Maude Delap, Edna O'Brien, Granuaile and Queen Maeve among others from her unique perspective. Their homes - in places that are famously wild and remote - are transformed into sites of hope, purpose, opportunity and inspiration. Walking through this history, her journey reveals unexpected insight into emigrant identity, travelling alone, femininity and the trappings of an 'ideal' life.

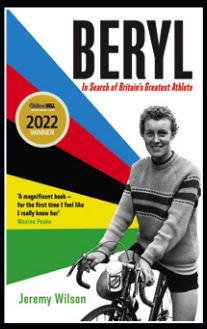
Against the backdrop and power of this great ocean, Wild Atlantic Women will inspire the twenty-first-century reader and walker to keep going, regardless of the path.



The Little Book of Wild Gardening
RHS

The Little Book of Wild Gardening is a guide for anyone wanting to garden in a more sustainable, natural way. Working with nature benefits not just the garden, but also the gardener, wildlife and the wider environment. Divided into sections for different garden areas - including lawns, flower beds, edibles, trees and water features - The Little Book of Wild Gardening details how to embrace a natural approach to gardening for plots large and small.

Introductory chapters explain how garden ecosystems can work, and how a healthy garden can mean savings in both work and resources for the gardener. Plant profiles provide various choices for a wilder approach, plus design tips and expertise in sustainable and wildlife-friendly gardening. From a sustainable veg patch to wildflower meadows, and from bat boxes to gravel gardens, the book includes projects and plants in a range of sizes and timescales so gardeners can create a bountiful and enjoyable haven that will benefit themselves, their local area, and all kinds of wildlife.

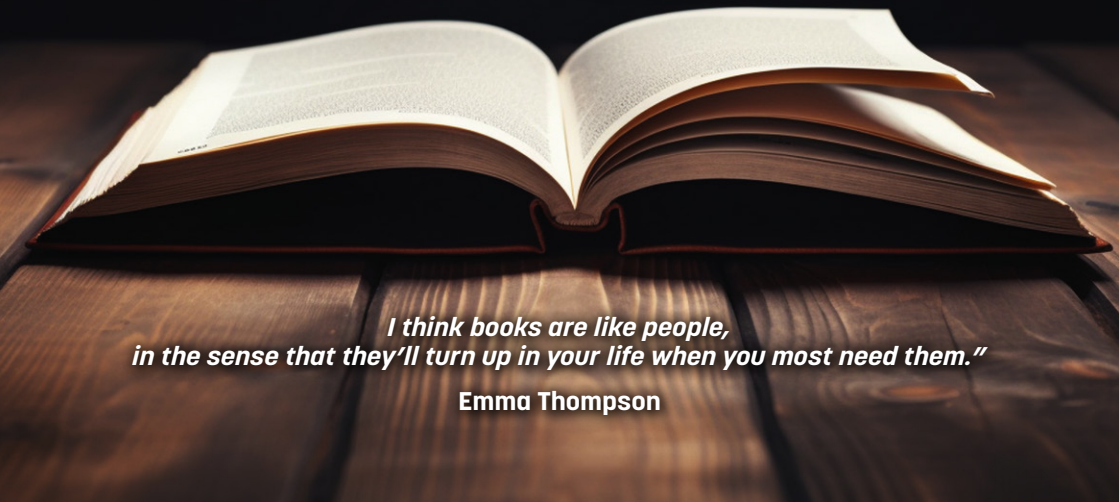


Beryl: In Search of Britain's Greatest Athlete, Beryl Burton
Jeremy Wilson

Cyclist Beryl Burton dominated her sport much as her male contemporary Eddy Merckx, with a longevity that surpasses sporting legends like Muhammad Ali and Serena Williams. Practically invincible in time trials, Burton - also known as BB - finished as Best All-Rounder for 25 years and broke the record for the '12-hour' endurance race; an achievement unrivalled to this day. She won multiple world titles, but her achievements were limited by discrimination from the cycling authorities.

Yet she carried on winning, beating men and - infamously - competing against her own daughter, whilst working full-time on a Yorkshire farm and running a household.

With previously unseen material and through extensive interviews with family, friends, rivals and fellow sporting giants, Wilson peels back the layers to reveal one of the most overlooked, yet compelling characters in cycling history.



I think books are like people,
in the sense that they'll turn up in your life when you most need them."

Emma Thompson

Music Rocks



That! Feels Good!
Jessie Ware

When I started to play this album, I was immediately transported back in time to the 70s as there's a definite bit of glam about it but then the tone changes to a smoky late-night feel and I was transported to a different time. It's an album that takes inspiration from different genres so if you like pop, soul, dance and R&B all sandwiched together you'll love this album. It may well be my album of the summer!



Love Language
Angie Stone

The Queen of Neo Soul, Angie Stone, returns with her first new album of all new material in four years. The album includes collaborations with Music Soulchild and Swayvo Twain (Angie Stone's and D'Angelo's son) and the old school Hip Hop influenced R&B Angie Stone helped to define with classic albums, 'Black Diamond' and 'Mahogany Soul', and hit song 'No More Rain (In This Cloud)'. This album has so many good singles on it so I imagine the album will be a firm favourite for many months to come.



The Love Invention
Alison Goldfrapp

Alison Goldfrapp has set a towering bar for British synth-pop in the 21st century and she's only just getting started. With the release of her debut solo album The Love Invention - an electrifying dance-pop collection - her multi-faceted musicianship reaches a new peak. 'The Love Invention' marks Alison's reawakening as a dancefloor favourite, in an intoxicating showcase of the disco and house influences that have always been at the heart of her musical DNA. If you need an album blasting through your earbuds as you get yourself ready for a night out - this, is it.



Lucky
Megan Moroney

There's been a buzz building around Megan Moroney since the release of the hit track and video, "Tennessee Orange." She is the 2023 CMT Award winner for Female Breakout Video of the Year and has been dubbed a "2023 Artist to Watch," as well as one of CMT's Next Women of Country for 2023 calling her "a musical risktaker with powerhouse pipes." The album showcases Megan's distinctive voice and honest, conversational lyrics. This debut album is a winner with many critics, some of whom liken her to an early Shania Twain!



Linger Awhile
Samara Joy

Samara Joy is a new, young jazz singer from the Bronx. For someone in her early twenties, she has a remarkably strong voice. It's deep and warm and belongs in the company of Ella Fitzgerald, Sarah Vaughan and Billie Holiday. This two-time Grammy winner (Best New Artist and Best Jazz Vocal Album) soothes and sways you as she plays with each word on the tip of her tongue.



Love Again
Celine Dion

The soundtrack from the motion picture 'Love Again' features 5 new Celine Dion recordings, in addition to 6 of her previous hits and 3 film score selections. It's the first new music from the 5-time Grammy winner since 2019's album 'Courage'. I couldn't help but hear the emotion in her voice in 'Love of My Life' possibly reflecting on the loss of her husband René Angélil to throat cancer in 2016 while others are more uplifting and challenging. This album will be a must-have for Dion fans, and it proves that her music has stood the test of time and without a doubt, she is one of the greatest vocalists there has ever been and that's evident across this soundtrack.



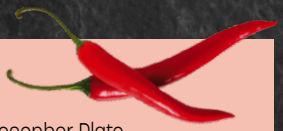
Herbs & Spices

BY: ANKIT GUPTA

A Treasure Trove of Health Benefits

They say, to live right, you need to eat right but do we actually know what is right? Take a look at your kitchen cabinets; I am sure half of us won't be aware of the benefits little things placed on our grocery shelves provide. For example, do you know that the herbs and spices flavouring your dishes are a treasure trove of health benefits? Here are a few common herbs and spices that we find easily in any household but are ignorant of the health benefits they offer.

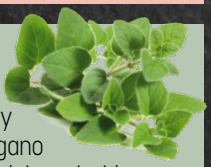
1. Cayenne or 'Lal Mirch'



The famous philosopher Plato once said, "Pepper is small in quantity and great in virtue". So is Cayenne. Cayenne or popularly known as Lal Mirch relieves many gastro problems. It is quite interesting to know that Cayenne soothes the sore throat and heals other cold and flu symptoms. Apart from this Cayenne regulates the metabolism of one's body which promotes weight loss and strong immunity.

Tip: *Add a dash to your meals and juices for the extra kick and zingy flavour.*

2. Oregano



I am sure all the pizza lovers out there are very well aware of what oregano tastes like. Oregano is rich in antioxidants. It is said that one tablespoon of oregano holds as many antioxidants as 2 bowls of broccoli. Regular intake of oregano calms digestion and also fights respiratory problems.

Tip: *Goes very well with Italian food like pizza, soup, pasta also with sandwiches.*

3. Cinnamon or 'Dal Chini'



Cinnamon or Dal Chini is definitely people's favourite in the kitchen. The fresh aroma and sweet taste of cinnamon add life to dishes. Apart from adding flavour, cinnamon is known for its rich antioxidant content. Cinnamon intake increases the insulin activity inside the body which helps in controlling fat and the risk of developing type 2 Diabetes.

Tip: *Mix a pinch of cinnamon powder in your banana pancake mixture or jelly sandwiches.*

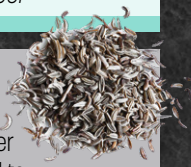
4. Turmeric or 'Haldi'



Turmeric gives a rich colour to any curry. Curcumin, a substance found in turmeric exhibits medicinal attributes. It is known for its anti-inflammatory properties and detoxifying nature. Turmeric detoxifies the liver and improves brain health..

Tip: *Mix curry powder in the vegetable salad, chicken salad or egg salad to spice up the flavour*

5. Cumin or 'Jeera'



Cumin, slightly bitter and pungent in flavour, is another magical spice. Cumin is said to be the second most consumed herb in the world. It is attributed to anti-microbial properties and helps in reducing flatulence.

Tip: *Add a pinch of cumin powder to all your favourite meals.*

6. Ginger or 'Adrak'



Ginger is used widely in cooking and forms an important ingredient in many alternative medicines. One gram of ginger a day keeps nausea at bay. Apart from this, ginger also has anti-inflammatory properties that help in pain management. A study showed 2 grams of ginger a day can lessen the risk of developing colon cancer.

Tip: *Add ginger to all your dishes and salad, it will add to their taste.*

These were few herbs and spices that we see every day in our kitchen racks but overlook their health benefits purely because of unawareness. Healthy eating is a must for a sound mind and strong body. Make your daily meals healthy by adding a dash of these herbs and spices and take care of yourself and your family.

AFTER ALL, HEALTH IS WEALTH.



Chariya Khattiyot

MASTERCHEF WINNER 2023



"I live in Farnborough, Hampshire with my fiancé, but grew up in Northern Thailand and was educated in Chiang Mai. After moving to the UK, I spent seven years as a district manager for a national coffee chain before deciding to set up my own coffee roasting company, for which I am now a Master Coffee Roaster.

"I have been cooking for as long as I can remember and recall learning to make an omelette when I was just four years old. I used to have to use a little step-stool so I could actually reach the stove and I have loved cooking ever since.

Cooking is also a big part of Thai culture, and when I was a child, we had a family gathering every Sunday where my uncles, their wives and their children would all come over and everyone would cook dinner together. The meals were always big as there were a lot of family members and were normally made in a giant curry pot.

"My passion for cooking developed throughout my childhood but coming from a poor family in Thailand, we cooked with just a pot, pan and a fire stove. It wasn't until I was much older that we had a gas stove installed.

This meant the style of food I learnt to cook from my family was simple but very tasty and I specifically remember my grandfather teaching me how to make simple and inexpensive dishes."

"I love watching MasterChef and decided to enter the competition so I could showcase Northern Thai cuisine. I was initially nervous to cook for John and Gregg, but they were so supportive, and they made me want to be the best!

"I am very passionate about bringing Northern Thai cuisine to the UK, while making use of local ingredients. I also love baking - particularly making chocolate. I first began to learn to bake when I moved to the UK, almost 20 years ago, because I was delighted to find my flat had an oven. I originally thought only luxury homes had ovens!





So, I bought an inexpensive electric hand mixer and some cake tins and that's when my journey started. I now have eight different food processors!

In many ways, my dishes are a fusion between South East Asian and Western food. I spend hours and hours in the kitchen perfecting my recipes, but I also love to have fun with them.

"Aside from what I learnt from my family, I have also been inspired by chefs such as Gordon Ramsay and John Torode - particularly the dishes John makes with an Asian twist. When specifically thinking about Thai food I admire Ian Kittichai and his focus on innovating Thai cuisine."

"After MasterChef, I hope there will be opportunities to work with food and I'm keen on getting experience and turning this love of cooking into a profession and I'm excited about the possibilities that might come my way.

Long term, my dream is to open a restaurant - and eventually multiple restaurants - where I can showcase the food of my homeland in Northern Thailand and hopefully work towards earning a Michelin star!

"I want to show the world that Northern Thai food is amazing because it really is. I just love to see people's faces light up when they eat my food."

Upon winning the coveted trophy and title Chariya said: "This is unbelievable. It means the world, the sun, the moon and everything to me. I don't think anything can top this. I'm so happy!

"This just proves that if you dream something and you work really hard and you never give up, you can get it. That's what my grandad said to me - never give up. He would be so proud of me!"



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