

ISSUE SIX

Be Phenomenal *Women*



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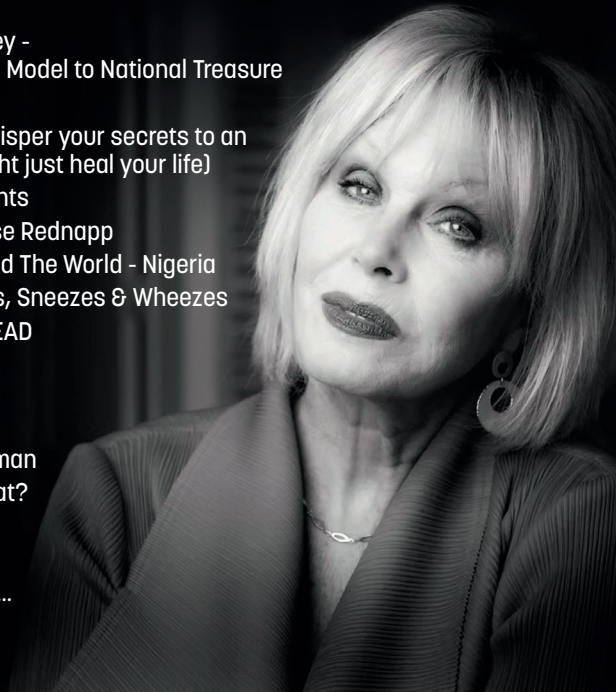
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Be Phenomenal Women

There's no doubt that this small part of the world has been under the spotlight in recent weeks what with Biden's visit and then the gathering off many dignitaries to celebrate the 25th anniversary of the signing of the Good Friday Agreement.

My politics and views are my own, but I honestly believe that had the agreement not been signed at that time we would have gone on to add countless other deaths to the already devastating list. It may be imperfect, and undoubtedly needs some changes made but I applaud the bravery of those who stepped up and were counted 25 years ago.

This past month also saw the marking of four years since Lyra McKee was murdered. She was truly a phenomenal woman, and this place is worse off without her. Many years ago, she contacted me to see if there was any freelance work available - she was young and enthusiastic about everything, and her bubbly personality belied the sharp intellect and talent underneath her unassuming persona.

We had a long chat and stayed in contact for a while, but her niche was not ours at the time. However, that short meeting stayed with me, and I had no doubt she was destined for great things which is why I was, like many others, shocked and saddened at her death. You can watch the film 'Lyra', which was recently aired on Channel 4 by following this link.

This place, in fact society in general, needs more Lyra's; young women who are prepared to put themselves forward and play a role in their community. These young women will hopefully go on to play an important part in the healing of this place, just as other women played a vital role in the signing of the GFA - most of whom have gone unnoticed or more cynically have been whitewashed out of history.

Life has been hard over the past few months: we've no local government and a new crushing budget looks set to be delivered soon, fuel costs are eye-watering and there seems no end in sight for rising household costs. But... it's springtime and the nights are getting longer and as I sit writing this, I can see that there's life back in my garden after the winter chill.

Every new season brings with it a different mindset, a different challenge, a different way of behaving. One's not necessarily better than the next but I do love spring; I love how nature wakens up and brings with it a feeling of renewal, a chance to start again, a chance to perhaps right a wrong. A chance to press the reset button.

Be Phenomenal Women is about to do just that. Over the past few months, we have been working with a group of women who are about to become regular contributors to our magazine. Thanks to the Tampon Tax Fund and Training for Women Network these women met every week to explore different ways of communicating through their writings and learning how to vlog, blog and podcast.

We will also have a brand new website where all our magazines will be available in an online library and on top of that, if indeed anything could top all that off, we will be offering a print version of the magazine alongside the digital version. In our next issue I'll explain more about these new plans and introduce our new contributor panel.

So, while there is much to be concerned about when it comes to the day-to-day challenges, there's also things that's keeping me going and

I hope the same will be for you.

Namaste

Gill



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 are correct at the time of publication. Please contact hella@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.
(Textphone: 18001 0808 808 8000)**

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.

The Lifeline service is provided by Contact under license from the Public Health Agency

JOANNA 'LUMILEY'





From Teenage Model to National Treasure

I met Joanna Lumley over 15 years ago when she was asked to preside over a conference being held by Training for Women Network in the Waterfront Hall. She had stepped in for another celebrity who had had to change their plans at the last moment, so with less than 24 hours to prepare I wasn't too sure that she would grasp all the necessary information to help the conference along.

I was tasked to stay with her all day and help her navigate her way from one group of women and girls to another and while I was over the moon to meet her, I was concerned that she could do what was required: I needn't to have worried. She was the consummate professional with a keen mind and quick wit.

That morning, before the conference began, she sat and grilled me on the organisation, the aim of the conference and what we needed for her to do. She already had a background in the people of Northern Ireland as her husband, Stephen Barlow, had been Artistic Director of Belfast Opera 1996-1999 but I was truly amazed at how quickly she devoured what I told her and how focused

she was on doing what was required for a successful day.

I had always enjoyed watching her as an actor but from that day on I also admired her.

She was born in Srinagar, Jammu and Kashmir, British India (now part of India), where her father served in the British army until the family eventually returned to England for a short time. When she was just eight years old her parents returned to Asia, and she was placed in a boarding school along with her elder sister Aelene.

Lumley began her career as a model in the 1960s, working for high-profile brands such as Twiggy and the late Mary Quant.



But in the 1970s, she turned her attention to acting, appearing in various stage productions before landing her breakthrough role as Purdy in the British television series "The New Avengers" in 1976. Who can forget that 'Purdy' haircut that we all had at one stage!

Despite her many roles on TV and screen, she was even a Bond girl in *On Her Majesty's Secret Service*, she will always be fondly remembered for one iconic role.

In the 1990s, she became a household name thanks to her portrayal of the character Patsy Stone in the hit comedy series "Absolutely Fabulous" alongside Jennifer Saunders and June Whitfield. The show became a cultural phenomenon and ran for several seasons, spawning spin-offs and a feature film.

I can remember being somewhat shocked when I first watched her in *Ab Fab*, her comedic timing and portrayal of such a larger-than-life character who in every way appeared to be the total opposite of what we had perceived her to be in real life, was mesmerising. It was an outrageous and show-stealing performance, which won her two British Academy of Film and Television Arts (BAFTA) awards and 3 further nominations.

More recently she has become well-known for her in-depth travel shows under the title Joanna Lumley's *Jewel in the Nile/Greek Odyssey/Trans-Siberian Adventure/India/Silk Road Adventure*. She presents with such ease and her adventurous, and sometimes





naughty, nature comes across so clearly which is why her shows are so popular. All these shows are currently available online.

In addition to her acting career, Lumley has been a vocal activist and humanitarian and every year gives of her time and celebrity to highlight such causes as Animal Free Research, The Born Free Foundation, Lend With Care, The Respite Association and the Disaster Emergency Committee to name only a few.

She is well-known for her work in campaigning for the rights of Gurkha soldiers who served in the British Army. Her father's life was saved by a Gurkha while fighting in Burma (Myanmar) during World War 2, so it was quite a personal connection to the charity which successfully campaigned for them to be granted the right to settle in the UK.

In 1995 she was awarded the OBE for her services to drama and charity and was later made a Dame Commander of the Order of the British Empire in 2016 by the late Queen Elizabeth II.

It's an often-overused title but I think it's fair to say that she well deserves being referred to as a 'National Treasure'.



Joanna Lumley: My Best Bits - In My Own Words is a first-person retrospective documentary of her most memorable screen roles and is available on Channel 5 catch-up or [click this link to view](#).



Berlin

Berlin is a city with a rich history and culture. Historically, the city was at the centre of Nazi power during the Second World War and was later divided during the Cold War into two sections before the fall of the Berlin Wall in November 1989 and its subsequent reunification.





Since then, Berlin has developed into a tourist destination with much to offer no matter the age or taste of its visitors.

There's a vibrant arts and culture scene, with numerous museums, galleries, and performance venues showcasing both contemporary and traditional works.

The city also boasts a lively nightlife, with a variety of bars, clubs, and restaurants offering a diverse range of cuisines and entertainment options.

Berlin has also invested in its infrastructure and amenities for tourists, with modern transportation systems, comfortable accommodation options, and numerous tourist services and activities.

Overall, Berlin is a city with something for everyone, and visitors are sure to have a memorable experience exploring all that it has to offer.





Here are our top suggestions.

Brandenburg Gate: This famous landmark was built in the late 18th century and served as the entrance to the city of Berlin. Throughout its history, the Brandenburg Gate has been the site of many significant events, including the famous speech by US President John F. Kennedy in 1963, where he declared his support for the people of Berlin with his famous words "Ich bin ein Berliner" ("I am a Berliner").

Berlin Wall: The wall was a symbol of the Cold War and has become a popular tourist destination. The East Side Gallery is a section of the wall that has been turned into an open-air gallery with many colourful murals.



Reichstag: The German Parliament building offers great views of the city from its glass dome. Visitors can also attend the debates and hearings.

Museum Island: Located in the heart of Berlin, Museum Island is a UNESCO World Heritage site and has five museums that display various collections of art and artefacts. The most popular is the Pergamon Museum with its vast collection of ancient artefacts, including the famous Pergamon Altar.

Checkpoint Charlie: This is the most famous border crossing point between East and West Berlin during the Cold War.





Today, it is a museum that showcases the history of the checkpoint.

Berlin Zoological Garden: This is the oldest zoo in Germany and is home to over 15,000 animals.

Parks: The city has many parks and green spaces, including the Tiergarten and Tempelhofer Feld. These are great places to relax, have a picnic, or go for a jog or bike ride.

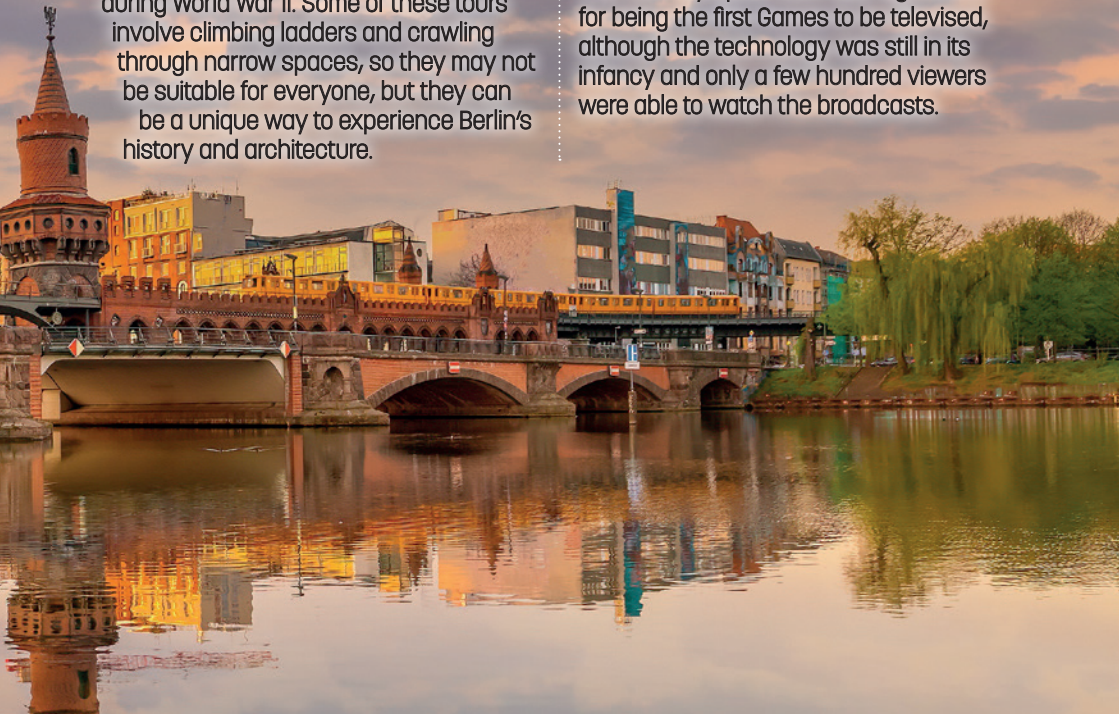
Berliner Unterwelten: This organization offers guided tours of the city's underground tunnels and bunkers, including some that were used during World War II. Some of these tours involve climbing ladders and crawling through narrow spaces, so they may not be suitable for everyone, but they can be a unique way to experience Berlin's history and architecture.



Olympiastadion Berlin: This historic stadium hosted the 1936 Summer Olympics. The Games are primarily famous for their connection to Nazi Germany and Adolf Hitler, who used the event as a propaganda tool to promote his ideologies.

American track and field athlete Jesse Owens, who was black, became the star of the Games by winning four gold medals and breaking several world records. Owens' victories undermined Hitler's notions of Aryan supremacy and racial superiority.

The 1936 Olympics were also significant for being the first Games to be televised, although the technology was still in its infancy and only a few hundred viewers were able to watch the broadcasts.





BY
LINDSAY
BAGWELL

Sssshh...

*whisper your secrets to an alpaca
(it might just heal your life)*



Have you ever fallen in love with someone with the cutest lashes that burn into your soul? We all love different sentient beings but consider the true possibilities of an adorable creature that has expanded in popularity - the alpaca. I firmly believe they can contribute to healing if they are given optimum care.

I will never forget my first chance meeting with these quirky creatures in a field in Inishowen, Co Donegal. I was captivated by their soulful eyes and long necks. Little did I know they would come back into my life 25 years later, bringing healing, joy and hours of laughter.

A chance encounter helping at an alpaca shearing day led me to train and study at various reputable alpaca educational providers. I have gained experience on several farms too.

A caring private family allows me to practise my skills to enhance their animals' lives. I didn't know at the time that it would enhance the humans too!

I began to work on establishing safety without requiring anything of the alpaca. I sat in a shed in the winter, 'happened up' (as we say in Norn Iron) drinking coffee and over a period of days, they began to come to me and to the shed. This was the beginning of establishing trust between us.

We train together - learning and practising walking on halters and leads, trying out new puzzles or toys with rewards. Other times we relax and just spend time together.

Bob, aged 12, is the boss! He is inquisitive, an escape artist who has the softest chestnut

fleece with boyband blonde highlights and has an addiction to carrots.

Atom, aged 6, has cute hoppity legs. In the spring just before they are shorn, his fleece is as thick and soft as the deepest carpet.

Buddy, also 6, seems the shy/nervy one (as animals of prey alpacas are genetically wired for flight/fight). His innocent face would break hearts.

As a former advanced Sports Masseur never did I think I would end up massaging an alpaca. When we are all in the mood, I love gently sinking my hands through their deep fleece to skin. They like a massage on their backs, lips and throats; confidently but gently. All of us respond by breathing deeply.

After nearly 2 years, the animals are now more sociable with people. I see select visitors relaxing, being curious and having lots of questions about the alpacas.

I believe alpacas to be healing - they communicate via a variety of curious engaging hums, they are docile, they pay close attention to you, truly see you and listen to you regardless of your tears being happy or sad. I have seen certain alpacas go directly to a shy or upset person or child, they have a 6th sense. People find it very moving.



People always say to me... Why do they spit and what is the difference with Llamas?

Alpacas do not generally spit and if they do it is with one another over access to food or if they are afraid about some treatment they are having, usually by a human!

Llamas are considerably taller - up to six feet with horse-like faces and banana-shaped ears.

Many activities with these animals can have therapeutic effects if done in a safe environment which establishes the correct welfare for both humans and animals. If an animal is behaving in an aggressive way, it is possible it has been mishandled or something has happened to it.

Alpacas must live in a herd of a minimum of 3 as they regulate one another's behaviour and breathing and take turns to sleep. An animal can die of loneliness and anxiety. They should not live in houses despite what you see on TikTok.

Males and females must also live separately - apart from the obvious - as males can fight for dominance over food and ladies - does that sound familiar?

Spend some time with alpacas at a local farm or trek, you will find there are many opportunities to do so in our country. It could just change your life; it has mine.

Lindsay Bagwell
VLOG - CLICK HERE

For more information on Alpaca Care and signposting:

British Alpaca Society
www.bas-uk.com

www.alpacani.org
(regional affiliate of BAS)

**If you have concerns about the
welfare of any animal including
alpacas contact:**
animalwelfare@belfastcity.gov.uk
Or call 028 9027 0431

**Information can also be given
anonymously through the
Crime Stoppers Charity on
0800 555 111.**

***Animal therapy is not yet fully regulated
in the U.K. or Ireland. Counselling with
animals present is most safely carried out
with a minimum of a licensed, experienced
counsellor or psychotherapist registered
with www.bacp.co.uk.***

***Any person assisting them should be
licensed, experienced and insured to work
with animals as should the therapist.
This is to keep animals and humans of all
ages as safe as possible.***



PHYSIOTHERAPY

CHIROPODY

MASSAGE

COUNSELLING

PILATES

AESTHETICS

PERSONAL TRAINING

COMPRESSION THERAPY







Positively Plants

With 2023 now in full swing, Dobbies Garden Centres is highlighting the ways in which we can start the year off in a positive way. According to Dobbies, the UK's leading garden centre, there's no better way to welcome positivity into our homes than with some air purifying houseplants.

New research* commissioned by Dobbies has revealed that indoor plants can cheer us up in the winter months, with 4 in 10 Brits (40%) saying that colourful houseplants make them feel happier.

From small Succulents to indoor trees and great value plants starting from just £3.49, Dobbies has something to suit homes and budgets of all sizes. And, with 42% of Brits saying that houseplants make a house a home, they're a great way to enhance your space and create a welcoming environment.

Whether you're looking to breathe life into your living space, kitchen or home office, houseplants are a fantastic way to add a pop of vibrancy that will not only brighten your interiors but will have a positive impact on your well-being too. With 19% of people citing low-maintenance plants like Cacti and Succulents as their favourite, it shows you don't need to go big to feel the positive effects of houseplants in the home.

Dobbies' Senior Houseplant Buyer, Claire Bishop tells us how you can embrace some positive greenery and bring your home to life with houseplants.

For maximum effect, Claire recommends grouping houseplants together to create a mini jungle in your home. "To really make an impact and bring some spring positivity indoors, cluster houseplants of varying sizes together and style in a bright and airy spot. Ideal for filling any empty corners, a houseplant cluster will instantly brighten any room and you can mix and match your favourite plants to create a unique display. By layering different textures and heights with plants like Monsteras, Peace lilies and Ferns, you can create a showstopping effect that will elevate your interiors and purify the air."

With the current cost of living in mind, Dobbies' research showed that 31% felt that houseplants add greenery and colour to interiors, making them a cost-effective way to make a change.



Claire has some tips on how to make the most of the garden centres' good value options. "Our value houseplant range can be grouped together with different flowering varieties in complementing pots for a put-together look and feel. Smaller plants can be raised up on tables for a more impactful display, ensuring you don't need to spend a fortune to create a mini jungle in your home. Alternatively, you could use a *Phalaenopsis* orchid as your centrepiece and style it with smaller plants and Succulents for an eye-catching effect. Orchids are also easy to care for, simply keep your plant at a minimum of 15 degrees in a bright spot out of direct sunlight and water once a week, misting regularly."

While houseplants are often used in living spaces to add some welcome greenery, Claire says they also make for great additions to functional areas of the home, such as your bathroom. "Your bathroom can easily be upgraded with a few humidity-loving houseplants that will thrive in this environment and transform the look and

feel of the space. Layering plants such as Calatheas, Ivy and Spanish Moss in different levels will help you achieve a gorgeous plant paradise and work well in hanging containers to free up floor space. Ferns and Succulents will also add a positive touch and can be styled on a bath board or windowsill for an extra pop of life."

When it comes to kitchens, Claire says you can use houseplants to bring this space to life without sacrificing its practicality. "Functional kitchen gardens work well in homes of all sizes and can be scaled up or down depending on how much space you have. If you're growing herbs indoors, your kitchen will benefit from their wonderful colour and fragrance, but the greenery doesn't have to stop there. Calatheas make great kitchen plants as their wonderful striking foliage adds interest to an often-neutral space - plus, they only need watered once a week when the soil feels dry to the touch."

Claire notes that even if you're working with limited space or are new to houseplants, they can be a great way to welcome positivity into your home in small ways, with almost 1 in 5 Brits (18%) saying that caring for a houseplant improved their mood and sense of wellbeing. Claire notes: "If you're just beginning your houseplant journey, consider starting off with smaller plants and low-maintenance Succulents and use them to bring different areas of your home to life. Shelves and compact spaces can be upgraded with trailing plants, which are both cost-effective and striking, giving you maximum impact for less. Mix and match different varieties to add drama and interest to your display and create an Instagram-worthy 'shelfie' that's guaranteed to put a smile on your face and set you up for a positive 2023."

Listen to the latest episode of Dobbies' gardening podcast 'Positively Plants' on Spotify or Apple Podcasts now - also available at www.dobbies.com/podcasts

To browse Dobbies new range of houseplants for 2023, or for more advice and inspiration, visit www.dobbies.com





A full-page photograph of Louise Rednapp standing on a wet cobblestone street in a historic brick building area. She is wearing a tan trench coat over a white top and blue jeans, holding a black umbrella with a wooden handle. She is looking back over her shoulder at the camera. The street is wet with puddles reflecting light. In the background, there are brick buildings with windows and a red door.

Louise Rednapp AT PEACOCKS

This summer, I want to be out and about having fun, looking good and not worrying about what I'm wearing. My wardrobe needs to work around my lifestyle and my Edit for Peacocks has been designed to do just that.

I like to have fun with my clothes, so I have introduced some pops of colour this season, which will sit alongside my favourite basics. Bright-column dresses, tailored trousers, shorts and tees can be dressed up or down with oversize blazers, denim jackets and slouchy knits.

It's all about looking effortlessly stylish without having to make too much effort".

Louise Redknapp

2

1. Trench Coat £42,
Straight Holly Jeans £25
2. Navy Striped Jumper £20,
Straight Holly Jeans £25

PEACOCKS





- 3. Premium Denim Jacket £30,
Shorts £14
- 4. Jumper Hoodie £20,
Stripe Shirt £20,
Cuffed Joggers £14
- 5. Tabbard Jumper £22,
Straight Holly Jeans £25

PEACOCKS









- 6. Long Sleeve Blazer £30,
Cuffed Joggers £14
- 7. Faux Leather Jacket £28,
Straight Holly Jeans £25
- 8. Trench Coat £42,
Zip Hoodie £18,
Crew Neck Jumper £12,
Straight Holly Jeans £25



PEACOCKS

9. Abstract Wrap Dress £25

10. Textured Co-ord Shirt £20,
Textured Co-ord Trousers £20



10



PEACOCKS





Women Around The World NIGERIA



My name is Blessing Dahwong Gadi. Dahwong means sweet mother, beautiful mother, or a good mother. I am from Kaduna State in the Northwest region of Nigeria. I am married to an extremely supportive man and a mother of two excellent little boys. I am studying for a PhD in Management, and my key area of research is in leadership.

Mothers play a significant role in the home and society, and as a little girl, I was already playing a significant role in my community. Growing up in Nigeria, I was surrounded by many friends. I loved people and always liked to see them happy. I would often get the children in my area, particularly those in my age group, to come together to sing, dance, and tell stories and sometimes I would suggest to them that we sweep the staircases and surroundings.

We were living in a high-rise residential building, popularly known as a block of flats, in Festac Town Lagos, Nigeria. There were times when my dad would return from work and see me sweeping the staircases, and by the time I was done and returned to the house, he would look at me, smile and say 'Mamana ke nan', which, in the Hausa language means "this is my mother"; the look on his face was saying 'well done, you have done a good job'.



“Sometimes we try to live up to our names. Sometimes we try to run away from them. But either way - and for all the options in between - your name is a crucial factor in developing your sense of self, and thus helps propel you forward on various paths of life and career”.

I didn't know it at the time, but I was unconsciously providing community service. All I knew was that I wanted to keep the environment clean for everyone and that I wasn't doing it to get paid or even for some recognition.

As I got older, I began to understand that I felt compelled to serve and enhance my community and that it was something that had been in me from a very early age. I became passionate about leadership, women's development and empowerment and most importantly their sustainability.

As a Nigerian woman, I have a good grasp of what life looks like for women in my home country. As I grew up, I began to see, feel,

and understand the struggles of women in Nigeria, and that women and girls deserve better lives.

Many of the difficulties that women are facing are a result of the cultural, traditional, religious, and political ideals and the patriarchal nature of the country where women are expected to be seen but not heard.

In Nigeria, I have personally been confronted because I am a woman. I can vividly recall in 2014, I was at this office in Nigeria to authenticate my results, I met a few both young and older people in front of the office waiting for the same thing, we began having conversations on various topics and a young man turned to me, asking what class of degree



I had graduated with from my undergraduate studies. I told him the class and final grade point and he was vexed and said to me "What! A woman like you, how could you have got a better grade than a man".

Unfortunately, this is the reality of many women in Nigeria, no matter how good you are, you are not expected to go beyond 'second place'.

I have always been one to stand up for myself, I do not allow anyone to trample over me because I am a woman, but that day was the first time I was shocked and speechless.

The challenges women face in Nigeria daily are affecting the confidence, development, health, and general wellbeing of women.

The truth is women in Nigeria are frequently treated like second-class citizens even in this present day. Some families do not allow their girl child to go to school because of her gender or they marry off a girl against her wish after her primary or secondary school. It really hurts to see this happening to another human being just because of their gender.

In Nigeria, I have friends and random women, who have shared their experiences with me, things they have had to put up with because of their gender. For example, being stopped against their will from developing their career, taking a job, or even going to school, among other things because someone they are answerable to feels that as women their life should begin and end in the living room, in the kitchen and in the bedroom.

With this mentality, I am afraid of what becomes of delivering the SDGs (Sustainable Development Goals) by 2030. Speaking about what life is like for women in Nigeria, comes with deep emotions.

From my experience and the experiences of other women, I wish the world could be kinder to women. I wish more people, both men and women, could work together towards the sustainable development and empowerment of women.

As my name Dahwong suggests I am a mother figure and just like every mother, I wish the best for my kids, and for my sisters.

I am enthusiastic and passionate to see more developed and empowered women in society, community, nation and the world at large.

There's a quote which says, 'Empowered women, empower women'. I look forward to fully being a part of a group/organisation which focuses on women's issues. Despite the challenges that come with being a woman, I have been determined over the years, and that is why I am here today getting empowered with knowledge, for personal development and the betterment of others.

*For further information
about Blessing,
[click here.](#)*





COUGHS, COLDS, SNEEZES & 'WHEEZES

***Should salt therapy be just the
complementary therapy health professionals
should prescribe?***



The pain in Jacqui Begg's chest was so bad, she thought she was having a heart attack.

The 51-year-old, Salt Therapist and part-time GP receptionist from Larne was referred to a cardiologist and sent for treadmill tests to be told by her consultant the problem was coming from her lungs.

She said: "I was then referred to a respiratory consultant up in the Mater Hospital in Belfast and after completing all the tests, I was told at the age of 45, I had the lungs of a 70-year-old. I had never smoked in my life.

"More tests were carried out and I was put on medication like inhalers and steroids, but I still wasn't getting any relief. I was diagnosed with scar tissue on the lungs from when I had asthma as a child.

"My dad was a coal man and would bring coal dust into the house. He was also a smoker, so I probably passively inhaled that too. My lungs kept getting inflamed and that was what was causing the pain.

"I experienced pain and breathlessness in my chest and was so tired, I had to go off sick from work for a month. It literally felt like I was having a heart attack. I could barely leave the house and couldn't walk and talk at the same time because of breathlessness.

"The traditional medication they gave me just didn't ease the pain. It did ease the breathlessness but not the pain.

I was at my wit's end and was desperate to get back to work and normality.

"It was a respiratory nurse in the Mater who asked me if I had ever tried Salt Therapy before. I had never even heard of it."

Salt Therapy or Halo Therapy involves breathing in air infused with tiny particles of pharmaceutical-grade salt to improve breathing.

It is considered a complementary therapy to be used alongside medication for the alleviation of symptoms of lung problems such as asthma, COPD, bronchitis, cough and other respiratory diseases.

It is carried out in salt rooms where it can also help with relaxation, skin conditions and allergies.

"I went home from the hospital and started to look into it and made an appointment with Sea Breeze Salt Therapy in Doagh near Ballyclare. That was about five years ago.

"From the very first session, the pain began to ease. I went back for a second session and took my husband with me. He works in a dusty job and was constantly getting chest infections so he thought it might be good for clearing his lungs. He used to have two or three sets of antibiotics a year but not anymore.

"I was sceptical at first, thinking it was just salt but when you are feeling so bad, you will literally try anything. I was also aware,



working as a receptionist in a GP surgery that a lot of inhalers and nebulisers are saline based which is just salt water.

After a few sessions of Salt Therapy, I came away feeling like I could run a marathon. I was full of energy, and the pain in my chest had eased enabling me to walk comfortably again.

"My husband and I went to Belfast on a shopping trip. We hadn't been able to do that for weeks. It felt so good because I hadn't been anywhere for so long.

Salt Therapy doesn't cure the illness but it did help to calm the inflammation down.

"While continuing with treatment in Doagh, I was so impressed with the benefits of Salt Therapy, I decided after doing my research, purchasing a salt pump and helped by the 'Go for It Programme', set up my own business in Larne. It opened in 2018 and is attracting, particularly post Pandemic, a strong and growing customer base."

Jacqui has recently become part of a new coalition of five similar but independent salt

therapy businesses in NI who have come together under a new brand - Salt Therapy NI.

Its purpose is to drive awareness and educate about the benefits of the treatment. The group also want to persuade health decision-makers that it is a good complementary therapy supportive of traditional medicine.

Jacqui said: "There is plenty of European research to back up what we and our customers know to be true about Salt Therapy but we also recognise the need to conduct new local research to prove its viability. The next step for Salt Therapy NI, is to seek a university research partner.

"It's par for the course in many EU countries for Salt Therapy to be prescribed before anti-biotics. It is often free and very easy to access because it is part of what their health services are used to offering.

"This winter was very different. With lockdown, kids' immune systems had weakened because they hadn't been exposed to much so when winter hit there was a marked increase in the number of children attending with RSV and Strep. It was a perfect storm of colds, flu and other respiratory illnesses.

"I've had people coming to me for treatment for long Covid with one customer being able to come off oxygen for the first time. I think with Covid, there has been a shift in people's attitudes towards Salt Therapy and the need to look after respiratory health better.

"I can speak for us all at Salt Therapy NI when I say, we would really like health professionals to keep an open mind and refer people to us. Just give it a go because there is nothing to lose and everything to gain.



"Our purpose is not about profit. We each know it works because we've all benefited from it. This is about helping as many people as we can and that's why we keep our costs deliberately low, so it remains affordable and accessible.

"We don't claim Salt Therapy cures illness, but it does have a hugely beneficial role to play in alleviating symptoms, allowing people to recover quicker and enjoy a much better quality of life.

*To find out more visit
www.salttherapyyni.co.uk or follow us
on social media@salttherapyyni*





The academic research - the first longitudinal study with data spanning 5 years - proves that this simple intervention can provide a boost to teen girls' mental health, not just in the short term but with striking long-term results. The Female Lead marked International Women's Day 2023 with a new **#DisruptYourFeed** campaign online and offline in schools across the UK, to connect teens to new sources of positive inspiration.

The Research

Historically efforts have focused on restricting social media usage to mitigate its negative impact rather than improving the experience for young women. However, since 2018, The Female Lead's #Disrupt Your Feed campaign has trialled interventions with teenage girls aged 14 to 18 years old to explore what types of social media interactions result in positive and negative mental health outcomes.

In 2019, the study first identified the untapped potential of social media to enhance teen aspiration and promote positive mental health from a simple intervention introducing new, diverse and positive female role models into the social media feeds of girls.

New data reaffirms this trend and further proves that taking the lead in your social media use, by actively searching out content that furthers your passions and aspirations,



contributes to measurably better outcomes for teens.

The latest study also incorporates longitudinal data re-engaging with women from the original 2018 intervention and demonstrates that these interventions inspire a healthier relationship with social media in the long term.

Research also shows that teen girls are now eager to take control of their social media habits and are aware of the power and influence the platforms have over their wellbeing.

A recent Female Lead poll showed:

- 94% of respondents felt that social media platforms and/or government should do more to protect young people from extreme or harmful content online.
- 84% have personally made a conscious effort to develop better/healthier social media habits.
- 93% find that they spend much longer than they previously planned passively scrolling on social media.

"The release of our 2022 data confirmed the efficacy, longevity, and replicability of the #DisruptYourFeed intervention. The toxic impact of social media amongst teens is greater than ever, but when they connect with positive role models, we've proven that their mental health improves, they feel better about themselves and are setting higher personal and career goals.

The Disrupt Your Feed study highlights the need for better social media literacy amongst young people and wider societal understanding of how to manage social media as part of your daily life.” said Edwina Dunn, founder of The Female Lead.

The 2023 Campaign

The Female Lead’s global #DisruptYourFeed campaign has identified real, diverse role models - not just fake reality stars or airbrushed celebrities - for teen girls to follow. 32 million users around the globe are engaged with the campaign which is supported by more than 250 successful women such as MeToo Movement Founder, Tarana Burke; American ballet dancer, Michaela DePrince; actress Lena Dunham; fashion model Karlie Kloss; aspiring astronaut Abigail Harrison; and actress and activist Margaret Cho.

The Female Lead is encouraging teenage girls to take the 2023 #DisruptYourFeed pledge:

1. Scroll with purpose
2. Challenge the algorithm
3. Take the lead in your own feed!

In addition to promoting inspiring stories online, the organization has published award-winning, beautifully crafted books



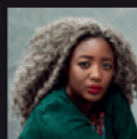
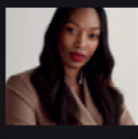
with the sole purpose of sharing the stories of inspiring women.

The Female Lead: We Rise by Lifting Others Vol. II tells the stories of 67 women changing the world.

Little Mix phenomenon Jade Thirlwall, singer-songwriter Joy Crookes, best-selling author Megan Crabbe have joined actors Meryl Streep, Geena Davis and Shawn Colvin and Jodie Whittaker in sharing their inspiring stories.

In 2023, The Female Lead is seeking to partner with corporations and other organizations to donate an ambitious 5,000 copies to schools, reaching an estimated potential of 2.6 million students.



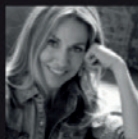
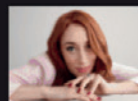
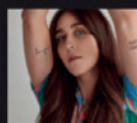
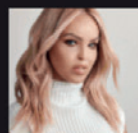
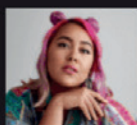


THE FEMALE LEAD

WE RISE BY
LIFTING OTHERS

VOLUME II

BY EDWINA DUNN
ORIGINAL PHOTOGRAPHY
BY SANE SEVEN







Bang-Bang Cauliflower

Looking for a spicy, flavoursome side dish to jazz-up your dinner this week? Try our lip-smackingly good Bang-Bang Cauliflower! It's quick, easy and packs a punch of flavour from the spices of smoked paprika and cayenne pepper. We also sweeten the dish through the use of runny honey and lime juice to give a zesty kick.

Why is it called 'Bang-Bang'? It is actually derived from the Chinese cuisine and manner in which meat would be tenderized from using a stick or a hammer, creating a 'banging'-like motion when hitting against the protein.

Make sure to add a generous sprinkle of Maldon Salt, as the salt will make sure the cauliflower retains its flavour and texture whilst roasting - avoiding a soggy cauli!

Serves: 2 people | Prep time: 15 minutes | Cook time: 25 minutes plus cooling

Ingredients:

100g plain flour
1 tsp smoked paprika
½ tsp cayenne pepper
½ tp garlic granules
1 tsp Smoked Maldon Salt
150ml milk
150g panko breadcrumbs
1 cauliflower, broken into florets and leaves removed
3 tbsp Siracha
3 tbsp sweet chilli sauce
1 tbsp runny honey
1 limed, juiced
1 tbsp hoisin sauce
1 tbsp toasted sesame seeds

Garnish:

sliced spring onions, extra sesame seeds, lime wedges

Method:

- 1 Heat the oven to 180C.
- 2 Line a large baking tray with paper.
- 3 In a large bowl mix together the flour, spices, Smoked Maldon Salt and cracked black pepper. Slowly whisk in the milk until you have a smooth batter.
- 4 Add the panko to a shallow bowl. First dip the cauliflower florets in the batter and then coat them in the panko, making sure each piece is well coated, before arranging on the baking tray.
- 5 Roast them in the oven for 25-30 mins, turning them halfway, until they are crispy and golden.
- 6 While they are cooking, add all the ingredients for the sauce in a small pan and gently heat so it is just warm and melted.
- 7 When the cauliflower is cooked remove from the oven and then toss in the sticky sauce and sprinkle with sesame seeds, spring onions and serve with lime wedges.

Barcelona Paella

*The classic Paella, a cult favourite within the Spanish cuisine.
Paired with saffron flavoured rice, this dish carries an abundance of flavours,
including chicken; Norwegian Lobster, squid, mussels and monkfish.*

Ingredients:

For the Sauté:

3 tbsp Olive oil
1/2 Medium onion
1/3 Green pepper
1/2 Head of garlic
250g fresh or preserved tomato
1 Pinch of sugar

For the Paella:

400g Rice
300g chopped chicken
350g Squid
250g Green beans
75g Fresh or frozen peas
6 Prawns
6 Norwegian Lobsters
400g Clean mussels
12 chunks of Monkfish
200 ml of Extra virgin olive oil
1/2 tsp Saffron
800 ml Fish stock
Maldon® Salt

Method:

- 1 For the mussels, heat two inches of water in a saucepan over a high heat. When it reaches the boil, add the mussels for a minute, remove from the heat and set aside without opening the lid.
- 2 Whilst the mussels are boiling, begin prepping the remainder of the vegetables, chopping them finely. Heat the paella pan, keeping the pan on a medium-high heat in the centre, whilst keeping the sides at a low heat.
- 3 Pour 2 tbsp of oil in the centre of the paella pan. Add the head of garlic to the pan.
- 4 Brown the Norwegian Lobsters and prawns for 1 minute on either side and remove them.
- 5 For the sauté base, move the garlic to the side of the paella pan, add another 1 tbsp of oil and sauté the onion until it starts to turn transparent. Add the green pepper and stir the mixture as it cooks for 5 minutes at a low heat. Add the tomato and stir the mixture together. Add a pinch of sugar and Maldon Salt.
- 6 Move the sauté mix to the sides of the paella pan where the heat is lower. Add another tablespoon of oil and fry the chicken for 5-10 minutes and the squid 5 for minutes more (until they are golden). Bring the sauté mix back to the centre of the paella pan, mix everything together and push it back to the sides.
- 7 Sauté the green beans and peas for 2 minutes. Bring the sauté mixture back from the sides to the centre and stir everything together.
- 8 Add the remaining oil and the rice, stirring with the ingredients for 2 minutes over a high heat. Spread the whole mixture evenly over the paella pan, with the garlic head in the middle.
- 9 Add the fish stock. When the water boils, lower the heat to the minimum and leave to simmer for 20 minutes. After 10 minutes, add the diced monkfish to the rice. Open the mussels, keeping only the shell with the mussel meat. Finally, place the prawns, Norwegian Lobsters and mussels on top of the rice.
- 10 After 20 minutes, turn off the heat, cover with a clean tea towel and leave to rest for 5 minutes. Serve with eighths of lemon. Finish with a pinch of Maldon Salt.







Samphire Salad, with Crab, Raddish, and Fennel

This samphire salad makes an elegant and delicious starter. Samphire is rich in vitamins and minerals and has a naturally fresh flavour. It pairs brilliantly with sweet crab, crunchy fennel, and peppery radish.

Serves: 2-4 people | Prep time: 20 minutes

Ingredients:

3 tbsp Olive Oil
1 Lemon
1 tbsp Cider Vinegar
A pinch of Maldon Salt
Cracked Black Pepper
90g Samphire
1 Fennel bulb, thinly shredded
10 Radishes, thinly sliced
1 Watermelon Radish, julienned to matchsticks
1 tbsp Finely chopped Chives
A small handful Dill, leaves picked
100g White Crab meat

Method:

- 1 In a small bowl, make the dressing. Add the olive oil, the juice of ½ a lemon and 1 tbsp of cider vinegar. Add a good pinch of Maldon salt and some cracked black pepper before whisking together.
- 2 In a large serving bowl add the samphire, shredded fennel, radishes, herbs, and white crab meat. Drizzle over the dressing and toss so it is all well coated and combined. Finally zest over the remaining lemon and serve.

Maldon's Sea Salt Flakes are available at most supermarkets or browse through the range and purchase at [amazon.co.uk](https://www.amazon.co.uk).



Pistachio Soufflés with Cranberry Coulis

What's better than the decadent, light and airy dessert of a soufflé?

Get baking with this easy-to-follow recipe, where we use pistachio cream to give a glorious, nutty tone to the dish. We use Le Cresuet's Mini Ramekins to hold the soufflé in place whilst it gently bakes in the oven. However, don't stop there with these little sweet treats!

We also show you how to create a coulis sauce, which is a smooth enhanced by the tang of cranberries to give a balance to the sweetened pudding.

Serving this in Le Cresuet's Small Stoneware Jug will make pouring of the cranberry coulis much easier whilst serving to your guests.

Serves: 6 people | Prep time: 25 minutes | Cook time: 10 minutes, plus cooling time

Ingredients:

260ml Whole Milk
2 tbsp Cornflour
A Pinch of Maldon Salt
25g Pistachio Cream
50g Caster Sugar
150g Caster Sugar
200g Egg Whites
15g Pistachio Cream
Unsalted Butter and Icing Sugar
(to prepare ramekins)
Cranberry Coulis:
200g Cranberries
Juice of 1 Orange
3 Tbsp Icing Sugar

Method:

- 1 Start by making the base of the soufflés (the panade). Add the milk to a saucepan and whisk in the cornflour and a pinch of Maldon Salt until dissolved. Stir in the 50g of sugar and pistachio cream and place onto the heat. Allow the mixture to come to the boil and then continue stirring until the mixture thickens (3- 5 minutes). Then remove from the heat and cool.
- 2 Once cool place in the fridge to cool completely.
- 2 Preheat the oven to 180C and place a baking tray in the oven to heat up (this will help the soufflés rise).
- 3 Prepare the ramekins by greasing with butter and the dusting out with icing sugar. Set aside.
- 4 Place the egg whites in a bowl and whisk until foaming. Then slowly add the 150g of sugar, a tablespoon at a time. Keep whisking until all sugar is added and the meringue has reached medium soft peaks.
- 5 Measure out 300g of the chilled panade mixture and add the final 20g of pistachio cream. Then carefully fold in the meringue egg whites being mindful not to knock the air out of the mixture. Spoon the mixture into the ramekins and smooth off the top with a palette knife. Then use a cutlery knife to "top hat" around the top rim. Place into the oven on the baking sheet for 8-10 minutes (do not open the door).
- 6 Remove from the oven, dust with icing sugar and serve immediately with pistachio ice cream and cranberry coulis.





Salty Dog

Serves: 1
Prep time: 10 minutes

Ingredients:

1 Tbsp Maldon Salt
50ml Tanqueray 10 gin
100ml Pink grapefruit juice
Slice of grapefruit to garnish

Method:

A salty dog is known to date back to the 1920s and consists of salt, gin and grapefruit juice - if you omit the salt rim then it is known as a Greyhound. It is refreshing, classic and simple.

Place the Maldon salt onto a small, flat plate. Run some of the fresh grapefruit around the rim of a tall highball glass. Turn the glass upside down into the salt and turn it so the salt sticks to the edge of the rim.

Carefully fill the glass with ice. Pour in the Tanqueray Gin and then fill the glass with the grapefruit juice, gently stir. Garnish with a slice of fresh pink grapefruit.

Alcohol Free Pineapple Amaretto Sour

Serves: 1
Prep time: 10 minutes

Ingredients:

150ml Pineapple juice
100ml Lemon juice
1 Egg white
2 Tbsp sugar syrup
A few drops of almond extract
Fresh pineapple, to garnish
Pinch of Maldon Salt
Ice

Method:

You will not miss the Amaretto in this alcohol-free variety! The combination of pineapple and almond extract tastes very similar to the original and makes a delicious sweet and sour cocktail.

In a cocktail shaker add the Maldon salt, sugar syrup and almond extract. Mix together well to dissolve the salt into the sugars. Then fill the shaker with ice and add the pineapple juice, lemon juice and egg white. Shake well again for 1-2 minutes.

Strain the mocktail into two tumbler glasses filled with ice. Garnish with a slice of fresh pineapple.





STRESSED OUT

***50% of UK Women Cite Stress and Anxiety
as Causes of Hair Loss***

*A national survey of over 2,000 men and women conducted by the
award-winning vegan brand, Hair Gain, has revealed that the UK is in
the grip of a women's hair loss epidemic.*

Far from being a man's problem, the survey revealed that 75% of UK women said they had experienced thinning hair or hair loss. This is compared to 73% of men and the major reason is stress.

The survey found that by far the biggest cause of hair fall in women was stress and anxiety. 50% cited it as the reason their hair had fallen out. A worrying statistic, but perhaps unsurprising given the recent pandemic and the cost-of-living crisis, it's a problem that could become even more acute.

The next biggest causes of hair loss were having a baby (24%) and menopause (16%). Meanwhile, 11% felt catching Covid had played a part, while 15% cited over-styling as the reason for their thinning tresses. Genetic reasons (3%) and diagnosed alopecia (1%) were also reasons for hair loss.

The survey also revealed that women's thinning begins much earlier than previously thought. An astounding 39% of women are suffering hair fall before the age of 35, compared with 42% of men. The severity of female hair loss was not far behind males. 40% of women with the condition stated they'd suffered from moderate to high hair fall.

Cycle of Stress

The survey revealed hair fall brings about a devastating loss of confidence. Nearly 70% said their hair was important to their overall wellbeing and self-esteem. Meanwhile, 55% had lost their confidence due to hair loss or thinning.

Over a quarter of women felt that their hair loss had a detrimental effect on their love life. 14% of women specifically said their thinning hair had made them feel undesirable to their partner and that the problem had led 31% of respondents to feel depressed. Moreover, 41% said losing their hair created a vicious circle where the anxiety and stress it caused led to even more hair fall.

Seeking Help

Given the impact the hair loss epidemic is having on women, it's perhaps no surprise that 95% of those surveyed had tried to cure it or cover it up.

56% had changed their hairstyle or asked their hairdresser for a shorter cut. 47% were using thickening shampoos and scalp treatments while 56% had used a hair supplement.

The survey showed that many women still feel that hair loss is a taboo. 46% of respondents felt too embarrassed to discuss the problem with a GP. Regrettably, 97% of those that did seek professional advice, felt no help was offered through their GP or the NHS.

Hair Gain Founder Lucy Palmer said: "The hair loss epidemic has dealt a devastating blow to women's confidence and self-esteem, and the increased stress from losing their hair is causing a vicious circle. The effects on women's lifestyles are almost wholly negative, a knock-on effect of hair loss is that they are less likely to go out, they lose their confidence, and some feel it's blighted their love life.

"As worrying as some of the results of the survey are, it's underlined what we felt was happening. So many women have come to us searching for a solution to the problem. We'll continue to fight to help more women than ever before. By aiding those suffering from hair thinning or fall, and by playing our part in breaking the taboo of female hair loss."

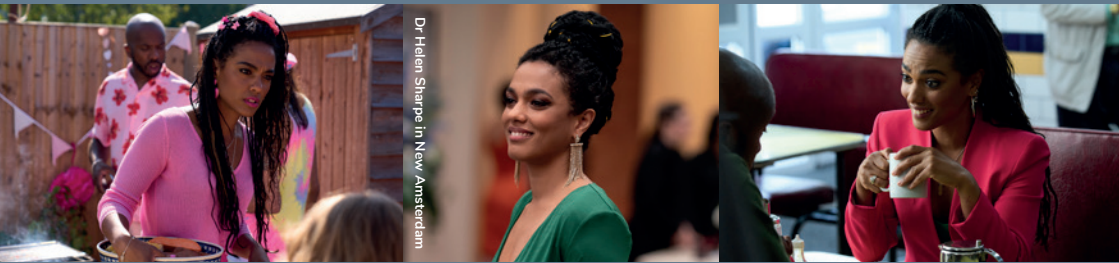
About Hair Gain

Backed by trichologists and nutritionists, Hair Gain is an award-winning vegan hair care range that has been scientifically formulated to support healthy hair. The products combine the clinically tested AnnaGain ingredient, a phytonutrient derived from organic pea shoots, with essential vitamins and minerals such as biotin, selenium and zinc which contribute to the maintenance of normal hair.

A full-page portrait of actress Freema Agyeman. She is crouching, leaning forward with her chin resting on her hand, looking directly at the camera with a slight smile. She has long dark hair tied back with an orange scrunchie. She is wearing a bright blue strapless tube top, a denim skirt, and tan wedge sandals. A tattoo is visible on her left upper arm, and a small tattoo is on her right forearm. The background is a soft gradient of purple and pink.

Dreamland

Freema Agyeman



Freema is best known for her roles in popular TV series such as Doctor Who, Sense8, Law & Order: UK and more recently in her role as Dr Helen Sharpe in New Amsterdam, a medical drama set in a fictional New York hospital, alongside the lovely Ryan Eggold. After the success of New Amsterdam, which is available on Sky Go, Now TV and Amazon Prime Video, she has once again returned home to star in Dreamland, which explores the dynamics within a family of 4 sisters.

Here's what she has to say about returning and filming alongside her cast members.

Tell us about your character Trish

We meet her at a time in her life where she is a happy family woman, at the core of her family unit. She is married to Spence, who together have two kids and another on the way. Very quickly we discover that she has endured so much trauma; three miscarriages in two years. She is quite the fighter. She is bruised and vulnerable but with aspirations and dreams.

What attracted you to Dreamland?

I haven't worked in England for many years as I've been living in the States, so working at home was something I'd become increasingly interested in - particularly post pandemic. Once I read the script and saw the Sky Short, I was champing at the bit. I wrote the giddiest email to my team saying I wanted to be involved. That stemmed from immediately recognising these characters, their lives, and knowing exactly what I could do with Trish.





When I look across my career, it is the closest to centre to my own life. I couldn't have hoped for something more British for my homecoming!

What significance does Margate have to the series?

Trish is proud of being from Margate, but it comes with heartache, having experienced being ostracised there, at points in her life, due to her race. But her support network is so strong, as is her sense of identity, so those issues weren't strong enough to force her away from the place she considers home. It's a relationship of love, but as we explore love in all its iterations, it doesn't come without its complications. The script examines gentrification rather than regeneration and placing the story against that backdrop amplifies all the other themes that are being discussed in the series.

Tell us about Trish's relationship with Mel?

The dynamic between sisters can change and fluctuate so quickly and, in this case, it shows how fervently sisters can equally love and hate

one another. There is a thin line between those two fierce emotions, and they dance that line quite rabidly. Their relationship is very complicated as they are still holding on to grievances from their childhood, but when they are in a place of love it's like they are beating the same heart. It's a collision of explosive proportion - everything about their relationship is always at maximum level.

What was it like filming with Kiell, your onscreen husband?

He is such a joker! I probably spend the most time off set with him as we both love a tequila and a dance. It's so important for me to feel comfortable with the people who I play love interests with and have banter! We came at this freshly and I felt like I was in a safe environment to play and explore. In this industry it can become so serious, and the element of play and exploration can get lost, but I feel that was not the case here.

In terms of Trish and Spence's relationship, I think Trish's three miscarriages took a knock

on their relationship - not so much that you can detect the distance between them, but her coping mechanism in the tough times is to somewhat shut down. They do have a laugh though and he's the only person who can put her in her place.

What do you think audiences will take away from Dreamland?

The show is so beautifully observed and placed in total realism. It's a dark comedy so the laughter is coming from the reality of these painful, absurd, difficult life moments that I think audiences will relate to. Or learn from! A director I was working with once said to me "when the words are powerful enough, you don't have to scream them at people." It's far more effective to let the words do the work. What this show does so beautifully is present these issues and encourage them to be discussed in people's living rooms once the credits roll.

How did you approach playing a mother?

I have never played a mum before, so I was really excited by that. The two little boys playing my sons are gorgeous, sweet, talented, well-mannered delights and I absolutely loved spending time with them between scenes which made it so easy for me to play their mum on camera. Trish is very protective. She isn't very demonstrative - we never see her cuddling them or scooping them up - but she shows her love in other ways. Trish wants to forge a path and a future for her children.

Being a mother is a very important aspect of Trish's life. Are there any other layers to her character that you would like to explore more?

I would like to see her as a career woman as well at some point. We do see her at her job, and she is bloody good at it. She is clearly very passionate about people building their lives in Margate and creating memories there. Trish experiences lots of betrayal in the series and I look forward to seeing how she handles having to stand alone.

This is your first role in a comedy, and Lily's first TV role. What was it like working alongside her?

Lily is absolutely lovely. I loved hearing her story about getting into acting and she literally went straight into the deep end. She has a fearlessness about her that is going to serve her really well in the acting game.

Did filming in Margate bring any memories from your childhood holidays?

We mostly went to Brighton when I was a child because that's where my mum first lived when she came over in the seventies. We go there most years, and it is so fascinating for me to hear her stories about how it has changed and what is different. Filming in Margate reminded me that I prefer pebbled beaches over sand beaches though! As a kid, I got sand in my afro once, and let me tell you how difficult it is to get out!

All episodes of Dreamland are available from 6 April on Sky Atlantic and streaming service NOW



She Does WHAT?



NAME: ROBERTA WADEY

JOB/ROLE: RAYNET VOLUNTEER

FANTASY JOB/ROLE:
SNIPER IN THE SAS

PERSONALITY TYPE: BUBBLY

MAIN CHARACTERISTIC:
FIERCELY INDEPENDENT

LIFE MOTTO:
GET ON WITH LIVING OR DYING
(SHAWSHANK REDEMPTION FILM)

What do you do?

Raynet is a volunteer organisation which provides emergency communications using equipment such as radios. As a volunteer, I train for emergency situations by providing radio communications at events such as The Northwest 200 and Omagh Marathon.

How does a typical day go?

It's usually a couple of days of preparation getting radio equipment gathered up and loaded as it will be an early start to get to any location before the road closures.

As I get close to the rendezvous point, I usually turn my amateur radio on in the car and put a call out using my identity MI0RYL,



which is like my on-air name. MIO shows that I have an advanced licence and am in Northern Ireland and RYL is my personal identity which stands for Roberta Young Lady. In Amateur radio, codes are used, and a single lady is known as a YL or Young Lady, so I will have eternal youth thanks to radio.

Unfortunately, there are fewer women than men on the radio so usually I'll hear one of the guys come back and direct me to my location, where I will park up, check my signal is being heard by the control station, say hi to the marshals and then get the tea and sandwiches out. God bless Tayto and Kit-Kats.

A lot will determine what happens from then on, the type of event, risk levels, and even weather. Most times I will be relaying routine messages such as asking for clarification on road closures for marshals or passing information on competitors as they pass. Other times things will become very hectic for example when you're directing in medical help. Thankfully I've never been at an event with a fatality, but that's what the training also prepares you for.

An event can be a couple of hours or the whole day, but at the end, you're "stood down" from duty and I normally head to control and raid the excellent buffets that are usually at the finish lines of events, then I head up for some banter with the guys in control, sometimes I even get treated to an ice cream by our radio controller (the benefits



of not drinking tea or coffee). Then it's home for some chillout time and bed.

What is it you enjoy about this?

Well, I love being on the radio knowing I can talk to anyone anywhere in the world using just a little piece of wire and I've made lots of friends. Mostly though, I like that I'm building self-reliance, that if an emergency happens, I'm prepared and can help myself and others. Plus, I think it sounds cool that I can send Morse code at 18 words a minute.

What's the downside to this?

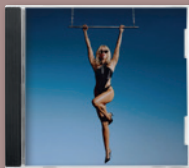
I'm very much one of the lads and I like that, but it would be nice to hear more women on air and see them volunteering at Raynet events. Amateur radio is such an amazing hobby, but it does prove men like to talk more than women, fact!

So where will you be in 10 years' time?

Hopefully still in training and that the end of the world has NOT happened. Honestly, technology is moving so fast I have no idea, 5 years ago we started using digital radios for events and amateur radio is a progressive hobby for technology, we had things like mailboxes first, so you'll have to ask me then.

You can find out more about the hobby of Amateur radio and RAYNET by going to <https://www.raynet-uk.net/>

Music Rocks



Endless Summer Vacation Miley Cyrus

Pop sensation and former teen idol Miley Cyrus is back with one of the most bouncy, vibrant, and enjoyable modern pop records

of the year thus far. It's a summer album, a little early to be fair, but it certainly gets you in the mood for a sun-soaked playful few months ahead. There are a number of tracks that I really liked, especially her collaboration with Brandi Carlisle on 'Thousand Miles' but I dare not play 'Flowers' unless I'm prepared to have the tune in my head for the next 48 hours - totally infectious and persistent and I love it.



Drunk On A Flight Eloise

As a debut album Eloise certainly hits the nail on the head. I'm not sure what I was expecting

but I was pleasantly surprised at the mixture of pop and soft jazz undertones. The album focusses mainly on romantic relationships but it's not a depressive collection of songs, in fact some are quite uplifting. Her soft lush vocals are best appreciated through a good set of headphones. I'll be listening to this album for a long time to come.



Music in the Madness Ward Thomas

I came late to the Ward Thomas party only really discovering them during lockdown. Their second album, Cartwheels, was released in 2016 but in 2020 it was constantly on my iPod to the point I almost turned back into my teenage self, and I knew every

lyric on that album - remember those days? The twins' remarkable fifth album, is positive and uplifting and their vocal harmonies are simply wonderful. Love, family, unity and the healing power of music are recurrent themes on an album begun as war broke out in Ukraine and the world went into a post-Covid tailspin. In times of crisis, music matters even more. That's what they set out to celebrate and they succeeded.





Trustfall P!nk

This ninth album is named after the plunges people take when they want to test the devotion of those around them which is quite appropriate when you think of her daredevil tricks during live shows! While P!nk is mostly considered a pop artist, evident in her much acclaimed track, 'Never Gonna Not Dance Again', she can so easily adapt to other genres which is very obvious in her collaborations with other artists on this album - Colorado folkies The Lumineers, Swedish Americana duo First Aid Kit, and country traveller Chris Stapleton. It's an easy listening album with a feel-good factor - one for the car stereo.



I Go To The Rock Whitney Houston

The unmistakable voice of Whitney Houston is powerful and timeless. She reached the pinnacle of pop success, becoming one of the most accomplished recording artists of all time. But her heart was always in gospel music, and it profoundly influenced her life and career. I love a good gospel choir and there are some tracks that certainly hit those notes, especially her version of 'Bridge Over Troubled Water' performed with CeCe Winans. The album is a little saccharin for my tastes but tracks such as 'I Look To You' produces goosebumps and reminds you of what a loss the music world suffered 11 years ago. Whitney fans will most probably have many of these tracks already but still, it is nice to have a compilation of Houston's most spiritual songs, as well as add some previously unreleased records to the mix. The album accompanies a new documentary of the same name.



Fuse Everything But The Girl

I almost fell off my chair when I read that Everything But The Girl had released an album - 24 years after their last one! I knew that they had singularly been involved with projects and I, like many others, just never expected a joint venture again but lockdown provided them with the space to explore the possibility. Only time will tell if this husband and wife duo has another 'Missing' hit but on first play through it's obvious that they haven't lost the magic.



Book Reviews



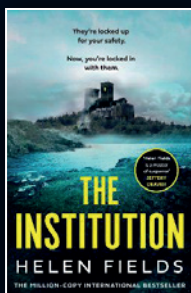
Mary Berry's Baking Bible (Revised and Updated)

Over 250 New and Classic Recipes

This stunning new edition brings together the best of Mary Berry's most

mouth-watering bakes. With 250 foolproof recipes, Mary Berry's Baking Bible has all the favourites, from Frosted Walnut Cake and Hot Chocolate Soufflés to The Very Best Shortbread, plus exciting new recipes - treat your friends and family to indulgent Brownie Loaves with White Choc Chip, moreish Paprika and Cheese Biscuits, a fabulous Rainbow Unicorn Cake, and much more.

With beautiful photography and easy-to-follow instructions, this timeless classic is a must have for every baker, big and small.



The Institution *Helen Fields*

Dr Connie Woolwine has five days to catch a killer.

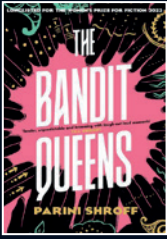
A scream shatters the night on a locked ward in the world's highest-security prison hospital. The

next morning, a nurse's body is found and her daughter has been taken. A ransom must be paid, and the clock is ticking.

Forensic profiler Dr Connie Woolwine is renowned for her ability to get inside the mind of a murderer. Now, she must go deep undercover among the most deranged and dangerous men on earth and use her unique skills to find the girl - before it's too late.

But as the walls close in around her, can Connie get the killer before The Institution gets her?



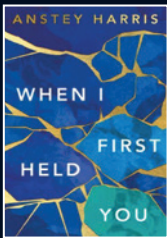


The Bandit Queens *Parini Shroff*

For Geeta, life as a widow is more peaceful than life as a wife...

Until the other women in her village decide they want to be widows, too.

Geeta is believed to have killed her vanished husband - a rumour she hasn't bothered trying to correct because a reputation like that can keep a single woman safe in rural India. But when she's approached for help in ridding another wife of her abusive drunk of a husband, her reluctant agreement sets in motion a chain of events that will change the lives of all the women in the village....



When I first held you *Anstey Harris*

In 1960s Glasgow, anti-nuclear activists Judith and Jimmy fall in love. But their future hopes are dashed when their protestors' squat is raided and many, including

Jimmy, are sent to prison. Pregnant and with no word from Jimmy, Judith is forced to enter an unmarried mothers' home, give up their baby and learn to live with her grief.

More than half a century later, Judith's Mending Shop restores broken treasures, just as Judith herself has been bound back together by her late, much-missed partner, Catherine. But her tranquillity is shattered when Jimmy - so different and yet somehow the same-reappears, yearning to unpick the painful past.

Realising they each know only half of the other's story, Jimmy and Judith finally break the silence that tore apart what might have been their family. Amid heartbreak and hope, how much can now be mended?



Running Up That Hill: 50 Visions of Kate Bush *Tom Doyle*

Kate Bush: the subject of murmured legend and one of the most idiosyncratic musicians of the modern era.

Comprising fifty chapters or 'visions', *Running Up That Hill* is a multi-faceted biography of this famously elusive figure, viewing her life and work from fresh and illuminating angles.

Featuring details from the author's one-to-one conversations with Kate, as well as vignettes of her key songs, albums, videos and concerts, this artful, candid and often brutally funny portrait introduces the reader to the refreshingly real Kate Bush.

Along the way, the narrative also includes vivid reconstructions of transformative moments in her career and insights from the friends and collaborators closest to Kate, including her photographer brother John Carder Bush and fellow artists David Gilmour, John Lydon and Youth.

Running Up That Hill is a vibrant and comprehensive re-examination of Kate Bush and her many creative landmarks.



Wayward *Emilia Hart*

KATE, 2019

Kate flees London - abandoning everything - for Cumbria and Weyward Cottage, inherited from her great-aunt. There,

a secret lurks in the bones of the house, hidden ever since the witch-hunts of the 17th century.

VIOLET, 1942

Violet is more interested in collecting insects and climbing trees than in becoming

a proper young lady. Until a chain of shocking events changes her life forever.

ALTHA, 1619

Altha is on trial for witchcraft, accused of killing a local man. Known for her uncanny connection with nature and animals, she is a threat that must be eliminated.

But Weyward women belong to the wild.
And they cannot be tamed...



The House is On Fire *Rachel Beanland*

Richmond, Virginia 1811. It's the height of the winter social season, the General Assembly is in session, and many of Virginia's gentleman

planters and their wives and children have made the long and arduous journey to the capital in hopes of whiling away the darkest days of the year. At the city's only theatre, the Charleston-based Placide & Green Company puts on two plays a night to meet the demand of a populace that's done looking for enlightenment at the front of a church.

When the theatre goes up in flames in the middle of the performance, Sally, Cecily, Jack, and Gilbert make a series of split-second decisions that will affect their lives and those of countless others. And in the days following the fire, as news of the disaster spreads across the United States, the paths of these four people will become forever intertwined.

Based on the true story of Richmond's theatre fire, *The House Is on Fire* offers proof that sometimes, in the midst of great tragedy, we are offered our most precious - and fleeting - chances at redemption.



Lead Sister: The Story of Karen Carpenter *Lucy O'Brien*

When the Carpenters first toured Japan, a journalist mistakenly referred to Karen as the 'lead sister' of the band.

This designation stuck and Karen liked it so much that she had a T-shirt custom-made with the slogan, which she wore while drumming on the band's 1976 world tour. The term also sums up the approach of this biography: a celebratory re-evaluation of a pioneering woman.

As one of the biggest-selling acts of the 1970s, sibling duo Richard and Karen Carpenter created lush soundscapes of melodic pop, producing global hits like 'We've Only Just Begun', 'Top of the World' and 'Close to You'. However, though Karen is rightly recognised as one of the greatest singers in popular music, the tragedy of her early death in 1983, at the age of just thirty-two, often overshadows all that she achieved. She has long been portrayed as a victim, controlled by her family and exploited by the music industry.

This book now seeks to reframe her life and legacy.

Despite the chronic nature of her illness, Karen Carpenter was, above all, a creative, dedicated and assured artist whose music delivers an emotional resonance that has transcended generations - and that is how she should be remembered.



Beach Cat OF FALIRAKI



Like your Egyptian ancestors
you flaunt a mysterious air.
Stealthily moving forward,
right rear, right front,
left rear, left front.
Pouncing on donated scraps
from feasting tourists,
who adore cats back at home.

On that island of colours,
in a coastal village
you fight with other ferals.
Until that day when injured
you lie dying.
Generous tourist, a vet is found.
Stitched up, cleaned, released
back to your locality.

The beach, an empty sunbed
curled up basking in morning sun.
Stretching as sunbathers arrive,
they name you Smudge,
give you morsels,
cooked fish or meat gyros.

A celebrity these days,
living the good life.
They visit Faliraki to see you
lying on a gaudy towel, on that lounge.
Hidden scars make you nervous,
your future is the pleasure of the fickle,
who disappear as sun is fading.

By Sandra Griffiths



Easter

'RESURRECTION

By Louisa McKee

Skeletal against the March sky
She stretches grey and brittle wood -
Extends a brown fist toward the hail.

Cracking a gnarled knuckle she rends
Her own flesh to reveal a white vein,
A fallen shard of the full Easter moon.

A flicker of waxy tongues emerges
to taste the night bright air
and test the faint taste of Spring.

Aching with the imperative
To uncurl, unfurl,
Cramped with impatience,

Sweet magnolia overcomes
The containing bud
To stretch her outstretched palm
Towards the morning's first sun.



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