

ISSUE FIVE • NOVEMBER 2022

# Be Phenomenal, *Women*





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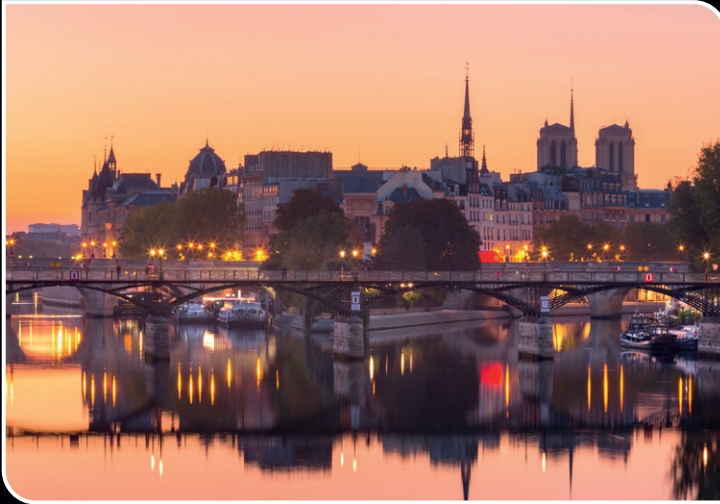
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# Be Phenomenal Women

It's hard to believe that our first issue of *Be Phenomenal Women* was published almost exactly one year ago.

Our hope for the magazine was that it would be first of all positive, but also encouraging and educational and I hope that we have achieved that throughout the year.

It can be hard to stay positive in a world that seems so chaotic at times. The war in Ukraine looks set to continue with very little hope of being resolved, the media coverage from the region showing the devastation of our European neighbours.

As a consequence of the war, we can see clearly the impact on food supplies throughout the world and those displaced families who have landed in our community are still traumatised by what they witnessed. But we don't need to look further than our own city, indeed our own town or even street, to see what the future has in store for some of our most vulnerable citizens.

Crippling energy costs are frightening and parents having to decide between heating and eating is commonplace, which is born out by the number of families reliant on food and fuel banks. Rail worker, postal and nursing strikes abound and it's easy to imagine further industrial action as more struggle to get by without a pay rise to match inflation.

All of this comes into our living rooms via 24/7 news coverage and it's hard to find a positive in your day to help you keep going.

But we must!

I was a teenager in the 70s and full of my own importance and what mattered to me - friends, homework, fashion, the charts etc. But I also remember the 3-day week brought about by the government in an attempt to save electricity during an emergency crisis. I remember my Dad sitting at the dining room table writing down our family expenditure in his little red book and of course, I remember the Ulster Workers' Council Strike in 1974 when we lit candles and were thankful for an open fire to keep warm.

It was a dire decade which ended with the winter of discontent and the misery didn't end but only rolled over into the 1980s.

All of this reminds us of hard times past, present and possibly future but it should also remind us that times do change and just as we left behind the 70s and early 80s, we will leave behind 2022 and 2023.

We may not feel it or even believe it but governments do change, and lies are revealed as lies and those who have walked us into chaos will be exposed for the greedy, narrow-minded, self-absorbed egotistical grifters that they are.

It's not easy to stay positive when your world is collapsing but remember that there is help out there and communities are pulling together to help those in need. The very fact that this is happening warms my heart and makes me hopeful.

The best of us rise to the occasion. You only need to look around and you'll find acts of selflessness in all walks of life. You'll find those with little, sharing what they have and random acts of kindness will make you smile - but you need to look.

Try to look past the overwhelming feeling of anxiety about the future and try to focus on what's possible with love and kindness.

And when you can't, when you feel at a loss and that feeling is becoming a part of you then talk to someone - anyone. Lean on friends and family, your church or community or pick up the phone to one of the many charities out there who are just waiting for your call.

See <https://helplinesni.com/> for services available in your area.



Gill ✨

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# 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](http://www.lifelinehelpline.info).

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

A woman with short blonde hair, wearing a tan wide-brimmed hat, a red vest over a tan button-down shirt, and red cargo pants, stands in a lush jungle. She is holding a large tarantula in her left hand. The background is filled with various tropical plants and ferns. The text 'The Jungle EXPERIENCE Sue Cleaver' is overlaid on the image. 'The Jungle' is in a white serif font, 'EXPERIENCE' is in a white all-caps serif font, and 'Sue Cleaver' is in a white script font. There are also some green caterpillar and beetle graphics near the text.

# The Jungle EXPERIENCE *Sue Cleaver*





Legendary Coronation Street actress Sue Cleaver has revealed she is taking part in the hit ITV series to 'shake things up' as she approaches her 60th birthday.

The Covid pandemic, explains Sue, who is known to millions as Eileen Grimshaw, made her determined to take on some new challenges. "Doing I'm A Celebrity... Get Me Out Of Here! is never really something I considered doing before," explains the Soap Queen. "But the pandemic happened and then this year, I have just turned 59 and so I decided for my 59th, I was going to shake things up a bit.

"I realised I needed something that would challenge me and I thought this show would be good - and so that's why I am doing it."

Sue - who has been written out of the soap whilst she flies out to Australia - goes on to reveal she confided in her co-stars, Simon Gregson and Jennie McAlpine, who have both taken part in the series before, to make sure they also thought she would enjoy the experience.

"I have spoken to Jennie and Simon," Sue says. "They seemed to think I will have an absolute ball. They have

told me I will love it and have a great time. It is very positive and I am going there feeling excited."

Bursting into laughter, the savvy actress says she definitely has no plans, however,

to reveal in public what phobias she has. "Don't be ridiculous, of course I have not admitted what my phobias are," she chuckles.

"I am not going to mention any of the trials that would worry me either!

"I am going in with an open mind. Nothing is going to kill us and I am not going to wind myself up, trying to overthink everything. I don't know how I will behave and I am going to let the experience unfold in front of my eyes."

Describing herself as a good cook who is happy to help with campfire duties, sleeping outside in the jungle will, she adds, be an amazing experience.

"I am most looking forward to the jungle," she explains.





"The thought of waking up and hearing the noises of the jungle is what I am excited about. I am really looking forward to being outside and being at one with nature...."

"I think I will take on more of a mum role in the camp. I can cook and it will be interesting meeting all the others. I hope it is a good team playing group. That is the biggest thing I want - that everyone is a team player."

Will she keep her cool if a fellow campmate starts being irritating? "It depends on the situation," replies Sue. "I can't stand injustice and I just hope there is not a huge overbearing ego to deal with!"

Joining Corrie 22 years ago to play Eileen, the actress says her only worry about taking part in *I'm A Celebrity* is the fact she will be filmed 24/7. It will, she says, be a very new experience and Sue goes on to joke that she hopes viewers won't prefer her soap character to her. "This is the scariest part for me," she says. "I am a very private person and I am putting myself out there, which is what I am most nervous about."

"I do keep my life private and I am very happy with my home life. Viewers are going to see a different person to the person they think I am! I am very different. That can be worrying. They might decide they don't like me as much as Eileen!"

Going on to talk about how excited her family are for her, Sue adds: "My family are really proud. We have got three grandkids watching and one that will arrive a couple of days before I fly to Australia. I might not



see the baby by the time I have gone... but that is going to spur me on, thinking everyone at home will be watching.

"I am very much a homebody and I am wrapped up with my family and that is going to be the biggest pull for me, but my husband and son are going to be flying out to Australia to meet me."

Going on to stress how determined she is to embrace the whole experience, Sue laughs, however, when asked if she considers herself a worthy Queen of the jungle. "I haven't even thought of that being a possibility," she declares. "I am just going in to enjoy the experience. I can't imagine an old bird like me winning! It is very much a young person's show but whatever happens, I am sure it is going to be amazing."

### Did you know?

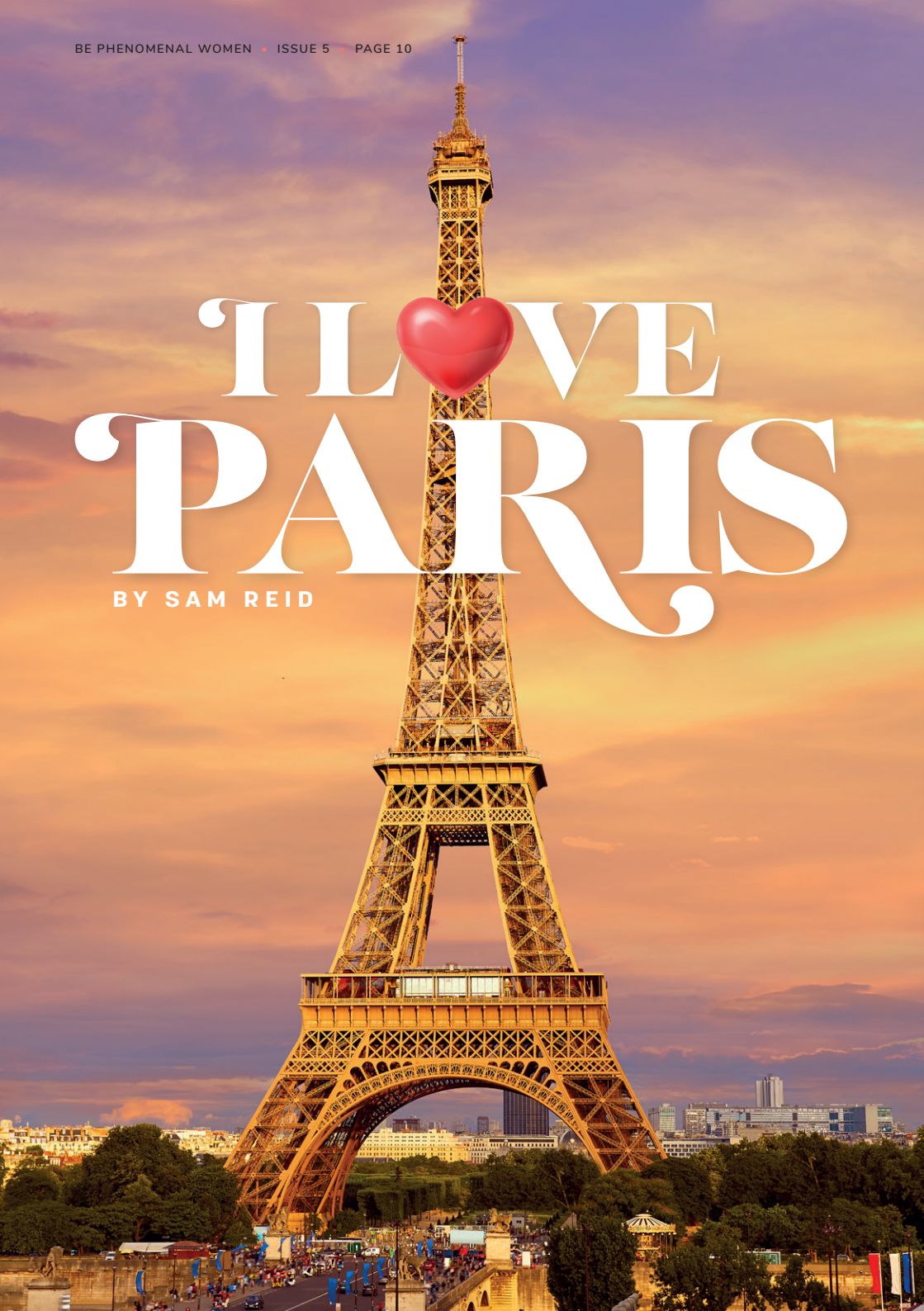
- Played Glenda in Victoria Wood's *Dinnerladies* 1998-2000
- Has played Eileen Grimshaw in *Coronation Street* since 2000
- Was once married to Corrie co-star James Quinn and has one son, Elliott
- Now married to Brian Owen, an electrician she met while they were both working on *Coronation Street*
- Starred alongside Johnny Depp and Cate Blanchett in *The Man Who Cried*
- Is a trained Psychotherapist and covered for Denise Robertson as the agony aunt on the ITV daytime programme *This Morning* until Robertson's death in 2016.
- Suffers from IBS and is Type 2 diabetic.





# I LOVE PARIS

BY SAM REID





***Oh-la-la! Paris in the springtime has to be one of the loveliest and most romantic places to be on the face of the planet...***

***And it's everything you'd imagine it to be - a breathtaking city riddled with fantastical stories - of Quasimodo, of Amelie Poulain, of lovers kissing beneath the Tour Eiffel, of revolutionary intrigue, of a serenely smiling Mona Lisa, and of high kicking can-can girls.***

***So come with me on a tour of Paris and you'll see fantasy become reality in the most beautiful and romantic way possible...***

### Île de la Cité

Let's begin at the heart of the city, the Île de la Cité. This is the historic cradle of Paris, where the Celtic tribe of the Parisii settled more than 2,200 years ago.

Today the island floats like a small, green peaceful oasis in the middle of the big hectic city. The Île's Square du Vert Galant is particularly tranquil.

This charming green garden at the very tip of the island gets its name - which means 'the hearty gallant' - from King Henry IV, who was infamous for his romantic shenanigans.

### Conciergerie

From the park stroll across the Quai de l'Horloge to The Conciergerie, a part of the old royal palace that served as a state prison in the 14th century. This is said to be the oldest prison in France and contains the cell where 'Let them eat cake' Marie-Antoinette was imprisoned before facing the guillotine.

The 'guests' at The Conciergerie included Ravailleac, who murdered Henry IV in 1610, the notorious Highwayman Cartouche, Robespierre and Danton.

### Palais de Justice and Sainte-Chapelle

Just around the corner stands the high court. It was in this hall that Louis XIV uttered the infamous sentence: "I am the state." It was also from here that the Revolutionary Tribunal demanded the heads of aristocrats in 1793. Over the next two years more than 2,600 death sentences were pronounced in the Palais, and the condemned were taken by cart to the guillotine on Place de la Concorde.





Sainte-Chapelle, one of the oldest and most beautiful churches in Paris, also lies within Palais de Justice complex. Built by Louis IX in the 1240s to house relics from the Holy Land that included what was believed to be the original crown of thorns, Sainte Chapelle provides one of the most inspiring visual experiences in Paris due to its stunning stained glass windows.

### Notre-Dame de Paris

From Sainte Chappelle, if we wander past the flower stalls of the Quai de la Corse we'll arrive at the Medieval symbol of the city - Notre-Dame.

Originally the site of a Gallo-Roman temple to Jupiter, a Christian basilica and a Romanesque church; construction of Notre-Dame began in 1163 during the reign of Louis VII. This magnificent cathedral, which is one of the most important early Gothic buildings in the world, was completed almost 200 years later in 1345.

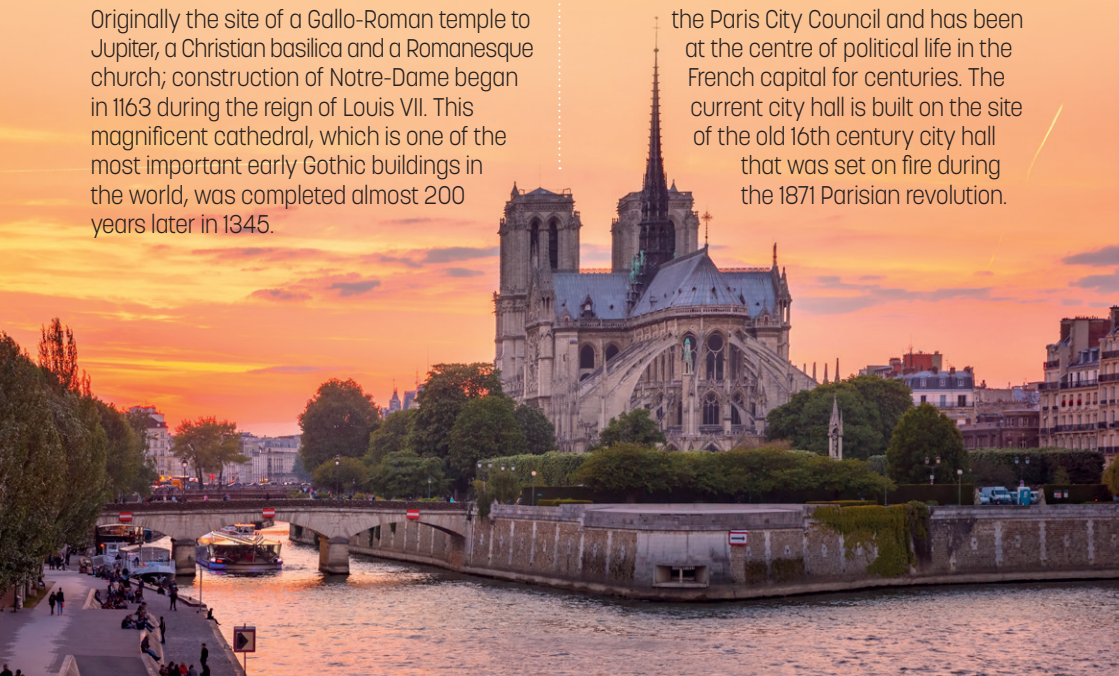


However, in April 2019 while Notre-Dame was undergoing renovation and restoration, its roof caught fire and burned for about 15 hours. The cathedral sustained serious damage as a result. Restoration is still ongoing and hopefully, it won't be long before we can climb the 387 steps to the top not only for the fantastic view of Paris - but also to have a look around for Quasimodo!

### Hôtel de Ville

If we cross the Seine we can see the mobile 'bouquinistes' (booksellers) along Quai de l'Hôtel de Ville.

The beautiful Hôtel de Ville itself is the seat of the Paris City Council and has been at the centre of political life in the French capital for centuries. The current city hall is built on the site of the old 16th century city hall that was set on fire during the 1871 Parisian revolution.







## The Louvre

From the city hall we'll head along the Rue de Rivoli towards The Louvre. The Rue de Rivoli is one of the most famous streets of Paris, and with its café society and boutiques, the street is a stroller's paradise.

And of course, the gem of the Rue de Rivoli is The Louvre, with its 15 acres of exhibition space that makes it the largest museum in the world. The origin of this impressive complex goes back to the 12th century when the Louvre was a fortress. After a spell as a royal palace, the Louvre opened its doors as an art museum after the Revolution.

We should go in, if only to catch a glance at the serene smile of the Mona Lisa. The restaurant, 'Le Grand Louvre' is a must for lunch as it has great views of the gigantic glass pyramid, designed by the American Architect Ming Pei.

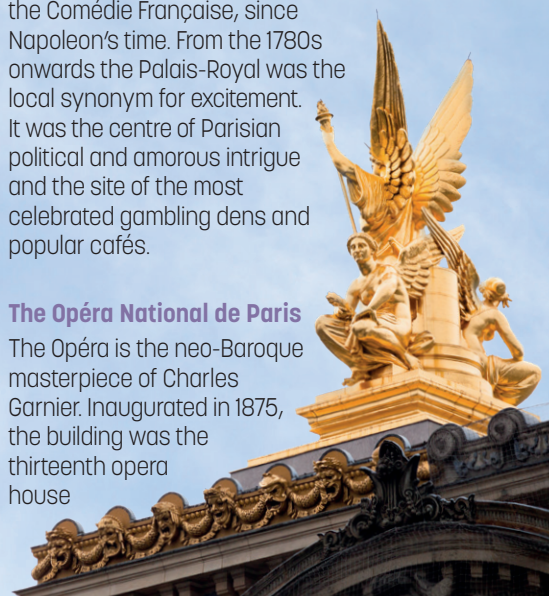
## Palais-Royal

Opposite the Louvre, the Place du Palais-Royal leads to the Palace of Cardinal de Richelieu, which was built in 1624. In the 18th century Louis-Philippe d'Orléans - who became Philippe-Egalite after the Revolution - undertook extensive building around the palace garden.

He built a beautiful oblong of colonnaded galleries and a theatre. The playhouse has been the home of the state theatre company, the Comédie Française, since Napoleon's time. From the 1780s onwards the Palais-Royal was the local synonym for excitement. It was the centre of Parisian political and amorous intrigue and the site of the most celebrated gambling dens and popular cafés.

## The Opéra National de Paris

The Opéra is the neo-Baroque masterpiece of Charles Garnier. Inaugurated in 1875, the building was the thirteenth opera house



since the creation of the institution by King Louis XIV in 1669. By acreage, it is the largest theatre in the world, but so much space is devoted to embellishments like the Grand Staircase, that in seating capacity it is not even the largest theatre in Paris.

### Place des Pyramides and Place Vendôme

Back on the Rue de Rivoli the next place we'll stumble across is the Place des Pyramides. A beautiful golden statue of Joan of Arc stands glistening not far from where she was wounded at the Saint-Honoré Gate in her unsuccessful attack on British-held Paris on September 8th, 1429.

Further, along Rivoli towards the Place de la Concorde, the Rue de Castiglione leads to the Place Vendôme, an elegant octagonal place that has changed little from the 1698 designs of Jules Hardouin-Mansart. In the centre, the Trajanesque Vendôme Column, standing at 44 metres high and spiralled in the bronze of 1,200 captured cannons, bears the effigy of Napoleon Bonaparte, who had it erected in 1810. It was pulled down during the Commune of 1871 and put back up again by the Third Republic.

### The Tuileries

Many-a stressed out Parisian is sure to find peace and quiet among The Tuileries' many flowerbeds, sculptures, avenues and splashing fountains.

This garden once enclosed the 17th century house of Catherine de Médici. The current layout of the Tuileries is set around a wide central avenue that extends from the Louvre to the Great Arch at La Défense.

And the gardens are something of a sculpture park, with statues by Maillol, Coustou, Rodin, Coysevox, Carpeaux, Max Ernst, Henri Laurens and Giacometti. Through the metal railings, we can sneak a peek of the Elysées Palace, which has been the residence of the Presidents of the French Republic since 1873.

### Place de la Concorde

Despite the racket and the noise of this crazy roundabout, this vast square remains one of the most beautiful spots in the French capital. On one side we have a view of the magnificent road leading up to the Arc de Triomphe and La Défense, while on the other side we have the Louvre, the Madeleine and the Palais-Bourbon.

The Place de la Concorde was built between 1755 and 1775 by Louis XV's Architect Gabriel. In honour of Louis XV, an equestrian statue was erected, but during the Revolution, the statue was removed from its plinth. Today the square is graced by an obelisk that is more than 3,000 years old. The Egyptian Governor presented the obelisk that had previously guarded a temple at Luxor, to the French King in 1831.

### The Champs-Élysées

From the Place de la Concorde, France's most famous boulevard, the Champs-Élysées stretches out to the Arc de Triomphe in the distance. This great long avenue takes its name from Greek mythology - the 'champs-elysées' or 'elysian fields' was where the souls of heroes and virtuous men found eternal rest.

Originally the Champs-Élysées was a favourite place to stroll, but in 1814 it was destroyed by the Cossacks. It was not until the Second Empire that 3,000 gas lamps and fountains were installed in an attempt to re-establish





the popularity of the boulevard. In 1902, the arrival of metro line number one gave a stamp of modernisation to the Champs-Élysées, and the boulevard's many hotels, cinemas and restaurants began to appear. The Champs-Élysées radiates splendour with its broadened pavements, lantern posts and trees.



### The Arc de Triomphe

Back in 1806, Napoleon commissioned what was to become the world's greatest triumphal arch in honour of his 'Great Army'. Construction began in 1806 and was still in the early stages in 1810 when his new imperial bride, Marie Louise the Archduchess of Austria arrived - so a gigantic full-scale representation was erected on the site to celebrate her arrival. Napoleon was never to see the soldiers of his old guard file through the monument, which was inaugurated in 1836 by Louis Philippe.

The Arc centres around great displays of French national pride: it has been the starting point for the July 14th military parades since 1919; the liberation of Paris parade in 1944 began at the Arc, and when France win the football - you can bet that there is a party right here at the Arc de Triomphe.



### Tour Eiffel

It's time to head underground. From the Arc de Triomphe, we can take a tube ride on line 6 'Nation' to Bir Hakeim. Back above ground, we are greeted by the Eiffel Tower, the unmistakable symbol of the city on the Seine.

Standing at 324 metres, the Tower is probably one of the most famous monuments in the world. Built by Gustave Eiffel in 1889 for the World Exhibition, the 'Dame de Fer' (Iron Lady) was dubbed as 'awful' and 'superfluous' - but today people from the four corners of the globe flock to see this iconic symbol of all things French. In fact, the Eiffel Tower welcomes over 7 million visitors every year who gaze at the legendary view of Paris from the Tower's highest floor.

It's the perfect way to finish our stroll through the streets of Paris. And looking down on this grand metropolis, I just can't help but love Paris... Ooh-la-la!





# *Introducing* **Eimear** **O'CAOILTE**







Originally from a drawing and painting background, Eimear was introduced to ceramics during her HND in Fine Art and immediately fell in love with the material. She found it to be a very therapeutic process as the material simply cannot be rushed. Having to respect the process forces you to slow down, focus on the moment and fully engage with the work.

Wanting to push her painting and print-making processes on the ceramic surface she transferred into the Contemporary Applied Arts Ceramics Degree course and after graduating with a BA Hons in 2015, she was selected for an Artist in Residence position in the Duncairn Arts Centre Belfast.

During her 5 years as Artist in Residence, she was given her own studio and access to necessary equipment for her practice. Here she was able to focus on her body of work, 'The Ease of Ignorance', which was concerned with ignorance in society and absent interactions in everyday urban life.

The body of work was made up of a series of portraits on ceramic slabs with a build-up of printing processes focusing on urban textures and forms. These were then combined with sketched narratives to imply a sense of disengaged chaos.

Even though she was able to spend some time focusing on her own work, her 5 years were mainly spent teaching ceramics to the local community, various groups within the community and the voluntary sector, and she even returned to teach at the Ulster University from where she graduated.

In 2021 she made the decision to leave the Residency to set up a home studio and focus solely on the development of her own works.

2021 saw the birth of Broken Earth Ceramics. This is a business/shop that studies, through clay, the texture of broken earth.







Presented in wearable and functional forms, the black ceramic texture shows how the earth can break itself so beautifully on its own.

The aim of this business was to create small ceramic, handmade and unique gifts inspired by the Irish landscape and culture. She also uses Ogham to create framed ceramic homeware and jewellery.

Ogham (oh-am) is an ancient alphabet. It is the earliest form of writing to be found in Ireland and surviving archaeological evidence dates back to the fifth century, although many believe that the alphabet itself was created much earlier.

Ogham is written vertically and read from bottom to top, each letter is represented by perpendicular or angled strokes along a central vertical line. It is found on standing stones, wood carvings and jewellery. Most archaeological finds are in Ireland although there have been examples discovered in Scotland and Wales.



Now that she has the freedom of her own studio, her focus for next year is to reconnect with her Fine Art background and work on a new collection of work.



*Eimear lives in Belfast with her partner Declan and her dog Alfie. Her work can be viewed and purchased through her Broken Earth Etsy page.*





# Christmas FASHION







### **F&F Clothing x Kelly Brook's Christmas Edit**

1 Winter walks have never been so cosy than in our comfy, patterned - and most importantly, matching - jumpers. Just ask @iamkb

Cosy Knits @fandfclothing - Jumper £19.50  
#FandFClothing #Tesco

### **Peacocks x Louise Redknapp**

2 Boxy T-Shirt £8, Sequin Skirt £25

3 Metallic Jacquard Blouse £18, Alexa Jeans £18

4 Tie Neck Blouse £22, Velvet Trousers £20





**Peacocks x Louise Redknap**

- 1 Roll Neck Jumper £14, Check Blazer £30, Wrap Coat £45
- 2 Suede Jacket £28, Premium Holly Straight Jeans £25
- 3 Stripe Jumper £22, Tapered Trousers £18
- 4 Short Quilted Jacket £30, Roll Neck Jumper £14, Premium Holly Straight Jeans £25
- 5 Sequin Belted Dress £30







**Peacocks x Louise Redknap**

- 1 Longline Check Shirt £18, Premium Holly  
Straight Jeans £25, Crew Neck Jumper £10
- 2 Striped Jumper £22
- 3 Hoody £18
- 4 Sequin Shirt £25, Straight Leg Trousers £12











**Peacocks x Louise Redknapp**

- 1 Racer Vest £7, PU Blazer £35, Velvet Trousers £20
- 2 V Neck Vest £20, Zip Jogger £18

**F&F Clothing x Kelly Brook's Christmas Edit**

- 3 Cosy Knits @fandfclothing Jumper from £19.50
- 4 Longline green coat £49



# Catherine's STORY





It was Catherine Graham's 25th birthday when her dad, Gerard gave her the devastating news, he had pancreatic cancer.

As part of World Pancreatic Cancer Awareness Month this November, she and other young people who have lost a parent to pancreatic cancer talk to NIPANC about why #TimeMatters when it comes to understanding the symptoms of the disease and seeking early diagnosis and treatment

"My dad's symptoms were subtle at first. He didn't notice much initially but then his palate changed. His food tasted metallic and he went off bread. Looking back, that was a tell-tale sign.

My sister was getting married at the time and he had lost weight. We just put that down to the wedding, getting measured for his suit and the fact he wasn't eating as many carbohydrates.

When he went off bread, something he used to love eating, this was the time when we should have asked more questions.

My dad then developed pain under his rib on the left side of his stomach which felt like muscle strain. Other symptoms included a sharp pain in his back, stomach cramps and a change in toilet habits.

As difficult as it is, I'm speaking about these symptoms as part of local pancreatic cancer charity, NIPANC's #Time Matters awareness campaign because my dad, Gerard Graham was only 60-years old when he died on August 5 2020.

Pancreatic Cancer is aggressive with a poor survival rate. Surgery is the only option to cure it. I want to say to people, it is so vitally important to understand the symptoms and get tested.

It's also important for health care professionals to know the signs and really listen to their patients so they can be seen early.

Time really does matter because if the tumours are still small, patients have an increased chance of survival. Unfortunately for our family, it was too late.

I'm 27 now and a primary school teacher working in Belfast. My mum is Margo Graham and I have a sister Laura McMullan.

I went to university in Liverpool and worked over there for a couple of years as a teacher. After daddy got sick,



I moved home. I was completing my master's in educational studies so transferred my credits through to Queen's University, Belfast.

I love music and am a wedding singer. Dad would always be found singing in the front row along to Simon and Garfunkel's 'The Boxer' during any pub gigs I played at.

He had been having pain and weight loss from March 2019 and went to the GP in May who following an OGD (Oesophago-Gastro-Duodenoscopy) treated him for gastritis. It did show inflammation but the tablets did not help so he kept going back.

We thought dad should have a scan but the GP felt at the time it wasn't needed. We looked to go private but he did eventually get a scan through the NHS. It identified some abnormalities. This led to a CT scan and that's the point dad was red flagged.

He was referred to hospital but there was a frustrating and stressful delay of many months before he eventually saw a consultant.

It took seven long months from when the symptoms first started, to getting his diagnosis of pancreatic cancer in October followed by treatment in the Cancer Centre in Belfast. It wasn't possible to operate on his tumour; his only option being palliative chemotherapy.

Then Covid-19 hit. I found this really difficult given how vulnerable he was. Alongside his treatment, we had home visits from staff at the NI hospice and district nursing team. They were a great support.

I had never heard of pancreatic cancer before but once dad got his diagnosis lots of other people started talking about some-one they knew who had died. I understood the outcome wasn't going to be good for daddy.





My dad trained sheepdogs and represented Ireland in competitions. He was well known in the sheepdog community and could often be found going to see 'a man about a dog.' He made an impact on everyone he met often telling jokes and stories. Everyone loved and respected him.

He meant the world to me, mum and Laura and was one of a kind. He loved cooking and entertaining guests. His signature dish was 'Cantonese Beef' but he wouldn't part with the recipe.

It was tough knowing my dad wouldn't be there for the important milestones in my life such as graduating with a master's degree, meeting my future family and other special occasions people get to celebrate with their fathers.

For a long time, the pancreatic cancer diagnosis was difficult to accept but dad tried to remain positive and hid most of his pain from his family. He tried to protect us. The painkillers did not take away his pain. He silently suffered but never complained.

We always wonder what might have happened if Dad's cancer was found earlier. Chemotherapy was harsh on his body and made him sick. He managed 10 rounds but the tumour grew bigger. The treatment stopped and he was given a few months to live. My daddy was going to die.

One of the few benefits of Covid was working from home and caring for dad with my mum. He called me his angel. I would have done anything for him.

He had no appetite so anytime he wanted a certain food we would go to any length to get it. I spent over four months taking care of him, making sure he was warm, farming with him, giving him his medication, cooking with him and spending quality time. I knew I would never get that time to spend with my dad again.

Some good memories include setting off a fire alarm with a sparkler during his

60th birthday, making his favourite cake (black forest gateau) even though he couldn't eat it. Him giving advice on how to train sheepdogs from his hospital bed. Going down to the river to check the sheep who were in lamb in the winter months.

I remember being out with sheepdogs the day before he went to hospital. The staff who looked after him were wonderful and did what they could to let us see him with all the Covid restrictions in place. One week later, he was gone. Nothing prepares you for the loss of someone you love.

I'm coping with it by trying to stay positive. I have raised over £4,300 for NIPANC during February 2022 with a running challenge.

I take each day as it comes knowing daddy would still be my biggest supporter in life. People, don't really understand what it's like to lose a parent at a young age. I've always been able to turn to my dad (even when I couldn't get my car bonnet closed in Liverpool).

What I would say to others is talk to your family member who is sick and tell them how much you love them. Spend time with them doing things you love.

Don't be afraid to cry or seek help. Others who have been through it may be a great support. Talk about how they would like their life to be celebrated and ensure you support your other family members on this journey together.

The most important message I have is that there is hope but please familiarise yourself with the symptoms [www.nipanc.org/symptoms](http://www.nipanc.org/symptoms) of this deadly disease and seek early diagnosis and treatment. That's when #TimeMatters the most.

### Fact box

- With a five-year survival rate in single digits, Pancreatic Cancer is one of the world's deadliest cancers
- It is a major health issue for NI. Approximately 260 people are diagnosed with the condition in NI each year
- Only 1% of those diagnosed will reach ten-year survival
- NI has one of the worst survival rates in the world ranking 32 out of 36 countries
- Three out of five patients could have surgery to cure their pancreatic cancer but were diagnosed too late





Do you have symptoms  
of 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](http://www.nipanc.org)

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Commission for Northern Ireland NIC108048.

# Quick Tips to **SAVE** ENERGY

BY  
ENERGY  
SAVING  
TRUST

## BEFORE YOU START

*Understand your energy bill. The information on a typical energy bill can be confusing, but understanding it can go a long way to helping you get to grips with your energy use at home.*



## HOW MUCH COULD YOU SAVE?

### 1. Switch off standby

You can save around £65 (£30 in NI) a year just by remembering to turn your appliances off standby mode.

Almost all electrical appliances can be turned off at the plug without upsetting their programming. You may want to think about getting a standby saver or smart plug which allows you to turn all your appliances off standby in one go.

Check the instructions for any appliances you aren't sure about. Some satellite and digital TV recorders

may need to be left plugged in so they can keep track of any programmes you want to record.

To find out which appliances use the most energy in your home [click here](#).

### 2. Draught-proof windows and doors

Unless your home is very new, you will lose some heat through draughts around doors and windows, gaps around the floor, or through the chimney.

Professional draught-proofing of windows, and doors and blocking cracks in floors and skirting boards can cost around £225, but it can save



around £125 (£100 in NI) a year on energy bills. DIY draught-proofing can be much cheaper.

To find out more about reducing home heat loss, [click here](#).

### 3. Turn off the lights

Turn your lights off when you're not using them or when you leave a room. This will save you around £25 (£12 in NI) a year on your annual energy bills.

Replacing all the lights in your home with LED bulbs could help you save even more.

### 4. Careful with your washing

You can save around £34 (£16 in NI) a year from your energy bill just by using your washing machine more carefully:

- Use your washing machine on a 30-degree cycle instead of higher temperatures.
- Reduce your washing machine use by one run per week for a year.

### 5. Avoid the tumble dryer

Avoid using a tumble dryer for your clothes: dry clothes on racks inside where possible or outside in warmer weather to save £70 (£35 in NI) a year.

### 6. Spend less time in the shower

Keeping your shower time to just 4 minutes could save a typical household £95 (£90 in NI) a year on their energy bills.

### 7. Swap your bath for a shower

Some of us might enjoy a long soak in the bath, but swapping just one bath a week with a 4-minute shower could save you £20 (£19 in NI) a year on your energy bills.

### 8 Be savvy in the kitchen

Kettles are one of the most used appliances in the kitchen. But many of us will admit that we at least



occasionally boil the kettle with more water than we're going to use.

Avoid overfilling the kettle and save yourself £13 (£6 in NI) a year on your electricity bill.

### 9. Fill your dishwasher

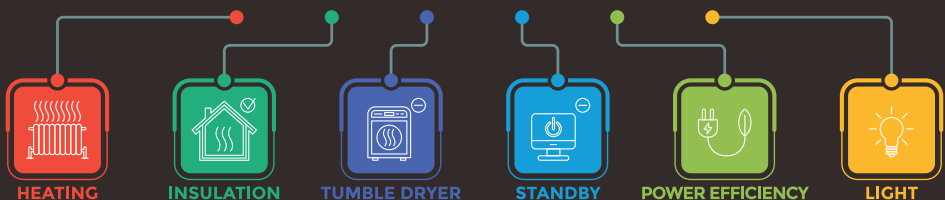
Only run your dishwasher when it is full to reduce the amount of water you use. Reducing your dishwasher use by one run per week for a year could save you £17 (£8 in NI).

### 10. Top up the insulation

Effective insulation of your hot water cylinder is important: even if you have thin spray foam or a loose 25mm jacket, you can benefit from increasing the insulation to a British Standard Jacket 80mm thick, saving £70 (£65 in NI) a year in the process.

Insulating your water tank, pipes and radiators is a quick and easy way to save money on your bills.

*Northern Ireland prices for gas and electricity are based on an average of supplier tariffs as of October 2022, discounted further according to the Government's Energy Bill Relief Scheme. Oil prices are based on an average 1,000 litre purchase in October 2022. Statistics and savings are based on discounted rates to ensure customers are provided with as accurate information as possible at time of publication. Correct as of 1 October 2022. Please note, the discounts are subject to change pending timelines for implementation.*



# Is Perfect Skin all about **WRINKLES?**





*We're so obsessed with wrinkles that according to top dermatologists, we're ignoring other things that really make a difference to our skin's appearance. So, what can we do to avoid beauty disasters?*

Whereas many of us will happily spend a small fortune on shoes we'll balk at the price of skin care products which promise to keep our skin in its prime or, worse, merrily fall into bed without so much as taking off our make-up.

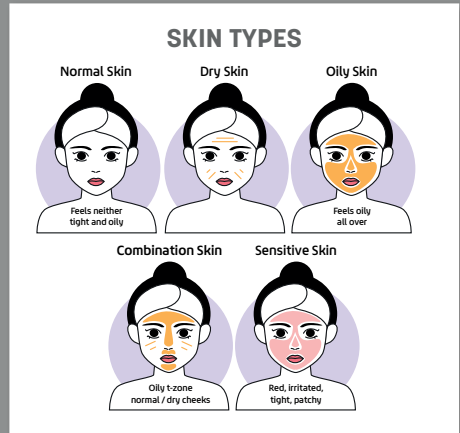
Fast forward to our thirties and forties and we're bemoaning burgeoning crow's feet and sighing at our ashy, dull complexions. Is it a future we can avoid by spending big at the cosmetics counter? Or could we even promise ourselves fabulously youthful skin by just making a few tweaks to our day-to-day schedule?

And once we've hit the sag and stretch, is there a way back to the bouncy, taut skin of our youth?

According to top dermatologists, we're so obsessed with wrinkles and sag that we're ignoring the things which really make a difference to the appearance of our skin. That's right, botox and face lifts may not be the answer after all.

In fact, the basics of good skin lie in colour, texture and sensitivity. Concentrate on these factors and you may be able to change your skin for the better and for good.

So how do you even begin to change those factors which seem unchangeable? The key is to understand your skin type and treat it accordingly. Many of us pick products which are totally wrong for our skin type but keep on using them on a promise of fewer wrinkles or a tighter jawline, ignoring the fact that they are causing irritation or are making little or no difference.



### An Easy Guide to Skin Type

We all know the six skin types but can we be sure which we have?

**Normal:** If your skin isn't coated in grease by mid-morning or flaking your skin is probably normal.

**Oily:** Oily skin is noticeably shiny with large pores and a tendency towards blackheads.

**Dry:** Dull, flaky skin, especially on your cheeks is a good indication of dry skin.

**Combination:** An oily T-zone and dry cheeks are the tell tale signs of combination skin.

**Mature:** Mature skin is characterised by thin, delicate skin, especially around the eyes.

**Sensitive:** Often inflamed and easily irritated, sensitive skin easily rashes.

Pick products specific to your skin type and follow a simple routine of cleansing, toning, using an active product (AHA or beta hydroxyl acid) and adding sunscreen, which is vital to the well-being of your skin.

Those with normal skin should avoid oil or soap based cleansers and moisturisers while oily skin types react best to water based, oil free products and combination skins may wish to use moisturisers only on their driest parts.



Sensitive skins should wear at least an SPF30 year-round and avoid anything fragranced, alcohol based or containing dyes.

From following this strict regime morning and night your skin will look rejuvenated, lessening the impact of any developing wrinkles or pigmentation spots and helping your skin to look younger from today well into the future.

## 5 Common Wrinkle Myths

**Myth #1:** *My parents both have wrinkles - and I'm bound to get them, too*

**Fact:** You may have inherited your eyes or your humour from your parents, but probably not your wrinkles.

**Myth #2:** *There's one perfect anti-ageing skincare routine out there*

**Fact:** Your sister, best friend, mother, neighbour - everyone has a different skincare routine.



**The question is:** Does someone have the secret to a perfect skin routine that avoids wrinkles?

**Myth #3:** *The best treatments for wrinkles are expensive*

**Fact:** Because wrinkles are inevitable, many companies have formulated treatments and procedures claiming to make your skin smooth and wrinkle-free-some of which come with a hefty price tag.

**Myth #4:** *Moisturising prevents wrinkles from forming*

**Fact:** Giving some love to your skin through moisture is a must, but it's not going to necessarily prevent wrinkles from forming. However, it may make them a little less noticeable.

**Myth #5:** *You only need to wear sunscreen when it's sunny*

**Fact:** When the sun is shining, you might feel it burning your skin, reminding you to apply - and reapply - sunscreen. However, even when the clouds are out it's essential to wear sunscreen and protective sun gear such as hats and sunglasses.



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AN  
ISLAND  
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# Giovanna Fletcher

**MADE IN ITALY**







*Brand new to ITVBe, Giovanna Fletcher: Made In Italy is a six-part series that will see Giovanna combine her two biggest passions; family and food.*

*Harking back to her Italian heritage, the values of family and good food have been passed on to Giovanna via dad Mario and her beloved 'Nonna'. Spending childhood summers together in Campania (South Italy), a stone's throw away from the beautiful Amalfi Coast and street food capital, Naples.*

*Now, Giovanna is heading back there with her dad 'Big Mario', big sister Giorgina and younger brother 'Little Mario', to discover more about her Italy; from the way of life and the history, to most importantly, the food.*

### **How would you sum up this new series for ITVBe?**

This series is me, my brother and my sister going with my dad, back to Italy, back to where he grew up and exploring our Italian heritage in a way we haven't before.

We saw things as kids - we were there all the time during the summer holidays - but I don't

think we really appreciated it in the way that we do now. Now, I am always amazed by people who would turn up with different things that they'd grown and that little trade-off.

Where my Nonna lived in Valva, because of the earthquake in the area that destroyed so much, she only had a small vegetable patch. So she'd grow tomatoes and make sauces and share them with her neighbours.



Once those sauces would run out, we'd take over things like little sweets and chocolates that she'd be able to trade with people. That sense of community and seeing the number of people that would always stop in and see her... it was a chance for us to go back and celebrate all that is there and see what we can learn from that.

***When you first arrived, what was it like to be back there?***

It was really emotional when we first arrived. We always have this thing, when you're driving up to Valva, there's a big Valva sign and we'd always say, 'We're in Valva right about... now.' We've always done it and we still do it now. Nothing really has changed that much since we were last there. It just felt really comforting to be back, back in that house.

With everything that's happened over the last few years with Covid, that sense of loss, that sense of understanding how life is such a fragile thing, it's made us all think about our own lives in such a different way. Going there and Nonna not being there it really hit in a different way than it has before. It felt like a very natural thing to be there as well.

***What do you feel like you've learned from being there?***

It's definitely the community spirit, but sustainability and growing more food are definitely up there. I've had a go over the years, a tomato plant on the side... but to the scale they do it, to have their gardens or land feed them and give away to other members of the community, that's an invaluable thing.





It really inspired me to look into that, thinking, 'What can I grow when?' and 'How do I do it?' I keep eyeing up the well-rotted manure sign I pass every day on the school run, going, 'I know it's now I need to buy that, I know it's now!' Buying different books that are about making your garden work for you all year round. There are things that I definitely should be doing now, like getting my manure in.

I've definitely learned about making the most of where you are and the land around you. Like Ischia. Ischia is a volcanic island, the ground is really, really hot but the locals have learnt how to use that heat in terms of heating, in terms of their businesses, in terms of cooking their food in it as well. In Amalfi, where all their gardens are on a slope because it's clifftops, they tier everything and make sure nothing goes to waste - that's the biggest lesson I think I've learned from the whole trip, that nothing goes to waste. You can do so much with what you have.

The other thing we all did together was foraging. We weren't very successful in our foraging but we did try.

### ***What kind of gardener are you?***

I love it, I absolutely love it. I find it really satisfying seeing something start to grow.

One year I could see everything coming through and I was really happy and then a slug came through and ate everything. It was as if I'd dreamt up the whole thing!

Last year I had a really successful load of cucumbers. And for dad for his birthday I gave him a chilli, tomato and cucumber plant - I'd basically done all the starting bit for him. So you could see the tomatoes were starting to grow and the chillis were starting to come out and the cucumber, so all he had to do was keep it alive and nurture it. I love those sorts of gifts because they are not just about in the moment, they'll keep giving.

I take great satisfaction when something actually grows and gives you that food. And the kids love it as well actually. We go for little walks in the garden and the fact that they can take a pear off a tree or an apple, they're really fascinated by the fact that this is food and it's come from a tree and when I pick it there and eat it here, nothing's got to happen for that to go into your mouth. It's nice seeing them getting involved in it all as well.

### ***What do you hope your kids will take from this experience?***

Definitely the whole sustainability part of it.



There's so much food and great wine in the show, the whole thing was amazing in that way, but definitely that family element of it. We finished on this massive meal with the family and some friends as well. For me, that is what is important in life, having your family together.

I think seeing where Dad grew up for them, it's a really fascinating thing to understand how different it is to the world that they live in. And to really understand how that area isn't a rich area, but they're rich in so many other ways. How they can turn things that can just be grown from the ground into delicious meals.

My dad taught me how to make a pasta dish, which his mum taught him how to make. So me and the kids have been trying it out at home. That last meal, it was a meal me and Dad had made earlier on in the trip and the boys were literally like, 'This is the best pasta we've ever eaten!' It was just really lovely to see them trying all this food.

As kids as well I remember being over there and Nonna would always be trying to get us to eat things and we'd always be running away from the fork or the spoon not wanting to try. Going there as adults and just saying yes to everything and seeing our kids come over and be far more adventurous in what they are willing to try than we ever were. It's lovely seeing them fall in love with the culture in the same way we all have.



### ***If you had to live off one Italian meal for the rest of your life, what would it be?***

Pasta. Like a bolognaise. Nice, simple, that's what I'd go for.

### ***Do you sit down and eat meals as a family?***

Mostly we sit down at dinner together. That's really important to us. We've never been a couple who will eat when the kids go to bed. I just love us sitting round just talking. Also, once kids have an activity they do talk more. When you get them in the car at the end of the school day and ask them what they've been up to they're like, 'Nothing'. Who did you play with today, 'No-one', what did you eat for lunch, 'Can't remember'. Whereas at the dinner table, while they're eating and focussed on something else, they do start talking to you properly which, I feel for us, is really important that we have that time together.

### ***Any mishaps on the trip?***

We did so many amazing things. We had a day travelling on a boat. You'd see it on Instagram, this idyllic boat trip... but we all felt so sea sick. Horribly sea sick! So that was a bit of a disappointment. Thankfully none of us were actually sick.

### ***Would you ever live abroad, has this sparked any desire to live in Italy?***

Everytime we go to Valva we say we'd love to retire there or spend more time there. As the kids get older as well, once they don't need





to be at school anymore and live their own lives... Italy's just such a lovely place to be. It's so welcoming, there's just this sense of being there for other people. Tom always talks about retiring and going to Valva. There's just such beautiful places around. I definitely see us doing that. Or us just staying at home and creating a garden that's literally self sustainable and we just live off the land here. But I do think the sunshine and wine might tempt us.

***What are you like at packing? Any tips and tricks?***

I can travel light. With the kids, Ayda Williams told me about this actually - packing cubes. Packing cubes for kids are the best thing ever. Every child has a different colour packing cube and then you just put all of their shorts in one cube, their t-shirts in another, so when you get somewhere everything's really accessible, easy to find and it all goes into the suitcase really easily.

***Did I'm A Celebrity make you appreciate food more?***

I don't think I see it as a direct link to I'm A Celeb. I remember there being times when we'd get treats like half a brownie and being like, 'Oh my god, this is enough actually and when I come out of the show I don't need to have a whole brownie as half a brownie is more than enough because it's just about the flavour'. That all goes quickly! Even coming out back then I definitely do remember there being this sudden love of food just because you've been eating horrible things in there the entire time.

***Giovanna Fletcher: Made In Italy starts on ITVBe November 13th***



# Christmas Gifts



***For all from Dobbies***

*'Tis the season of giving, and Dobbies, the UK's leading garden centre, is spreading festive joy with its exciting new range of gifts, perfect for showing your loved ones you care this Christmas.*





Whether you're shopping for your other half, in-laws, friends, or Secret Santa, Dobbies has something for everyone, and there's even a gifting collection for pets because they're part of the family too!

With a wide selection of gifts for all budgets, Dobbies has ensured you don't need to spend a fortune to show you care this Christmas, with special treats available too. Explore the gifts that you'll love giving.

### Gifts for Her

All I want for Christmas candle, £6.99;  
William Morris Handcreams, £19.99;  
Mecura Grey Aroma Diffuser, £64.99.

Perfect for mums, aunties and other special ladies in your life, Dobbies' carefully curated collection of gifts is guaranteed to put a smile on her face on Christmas morning.

Give the gift of a festive fragrance with the All I Want for Christmas candle, with notes of sparkling citrus, powdery violet and warm amber. For jet setters, Dobbies' hand-picked collection of William Morris hand creams and soap is a perfect choice and comes in a vibrant velvet pouch that's ideal for travel. Containing three sumptuously scented hand creams and a patchouli and red berry soap, this gift set is a great way to spoil your favourite lady.

Or why not treat her to a spa experience at home with Dobbies' beautiful Mecura grey

aroma diffuser that will give any space a tranquil look and feel? Select from a range of essential oils that will fragrance the home for years to come.



### Gifts for Him

Back to the 80s Assorted Sweet Mix, £9.99;  
Hammer Multi Tool set £12.99;  
The Scottish Fine Soaps Co Thistle and  
Black Pepper Well Groomed Gift Set, £26.99

For the tricky-to-buy-for dads, grandads, sons and husbands, Dobbies has just the gift. For those who grew up in the 80s, gift the taste of nostalgia with a quirky Back to the 80s Assorted Sweet Mix that will make for the perfect post-Christmas dinner treat.





For any DIY enthusiasts, this 6-in-1 handy tool snips, files, piles, screws, opens bottles and hammers. With eleven functions in all, it is a must for the home.

And for the gents who like to take care of themselves, The Scottish Fine Soaps Co Thistle and Black Pepper grooming set is a fantastic choice and contains a body wash, aftershave balm and Eau de Toilette in a rich and woody fragrance to pamper him.

### Gifts for Foodies

La Cucina Oil Tasting Selection Set, £10.99;  
Edinburgh Preserves Hot & Spicy Sauces, £19.99;  
Edinburgh Preserves Coast Hamper Set, £25.99

If you have a foodie in the family, give them a delicious gift to savour this Christmas. The La Cucina oil tasting set is great for those who like to have fun in the kitchen and will level up the flavour of any dish.

If you're buying for an adventurous foodie who loves their spice, gift them a collection of Edinburgh Preserves' hot sauces to tantalise their tastebuds this festive season. Or for the foodie who has everything, you can't go wrong with Edinburgh Preserves Coast Hamper Set, which is full of delicious chutneys, jams and biscuits inspired by the UK coastline.



### Gifts for Gardeners

Cocktail Bar Garnish Kit, £12.99;  
Wrendale Designs Fork & Trowel Set, £22.99;  
William Morris Gloves and Handcream, £24.99

Proving itself once again as the go-to destination for a





gardeners' needs, Dobbies has an impressive selection of gardening gifts to spoil the green fingered people in your life.

For those who love to grow their own, Dobbies' Signature Cocktail Bar Garnish Kit includes seeds, terracotta pots and peat-free compost to create home-grown garnishes that add an extra flair to your drinks.

Great for all gardeners, the Wrendale Designs Fork and Trowel Set will upgrade any gardening toolkit and is a stylish stocking filler. Treat horticultural hands to a new pair of colourful gardening gloves from William Morris, with a soothing scented hand cream to accompany them.

**Coloured Poinsettia, £8.99;**  
**Phalaenopsis, £10;**  
**Anthurium, £12.99**



For those looking to give the gift of mindfulness, Dobbies has an eye-catching new range of houseplants that will make for the perfect present for any keen gardener. From the classic Poinsettia, available in traditional red, plus pink and white variations to suit all styles, to the elegant Phalaenopsis orchid or long-lasting tropical Anthurium which provides excellent value for money, these plants are a fantastic sustainable gifting option and will continue displaying gorgeous flowers into the new year.



### Gifts for pets

**Meowee! Meaty Cat Stocking, £6.79;**  
**PlayPud MegaBall, £14.99;**  
**William Morris Dog Walkers Kit £29.99**

Last, but certainly not least is Dobbies' collection of pawesome gifts for four-legged family members. Show your furry friend you care and give them a Christmas to remember with Dobbies' fun range of plush pet toys and treats to get tails wagging. And not forgetting about cats, the Meowee! Meaty treat stocking will have your companion feeling super loved this Christmas.

Get your pet into the festive spirit with a fun Christmas pudding soft ball that will provide them with endless fun throughout the holidays.

Discover the ultimate vegan self-care kit for dog walkers and their pooch designed to share. Six products inside a reusable Blackthorn print box, including a microwaveable hand warmer, a rich hand cream with moringa, calendula and nine essential oils to help hands feel soft and cared for after a dog walk. There's a pouch for poo bags, a paw cloth, a fragrance-free paw balm and a calming Lavender & Patchouli mist.



**For more gifting inspiration, and to browse Dobbies' wide range of products for Christmas 2022, visit [www.dobbies.com](http://www.dobbies.com)**

# *Fancy a* CUPPA?

BY ANGIE TANDON

*Crawling out of bed, stumbling down the stairs, searching for the kettle, hugging it and hoping for the caffeine rush that follows the first sip of strong coffee seems to be a thing of the past as we becoming a more health conscious, and possibly even image conscious nation.*







Herbal teas have become a statement to suggest 'I look after myself'; they are the new bottled water!

But the truth is, herbal teas and infusions have been used for centuries due to their therapeutic and possible medicinal purposes.

There seems to be a tea for every ailment nowadays, and it is even possible to get a natural pick me up from your elevenes. Most herbal infusions are free from caffeine and teas are either caffeine free or reduced enough to make a difference. Herbal teas are now replacing coffee and black tea in everyday life.

However, to get the best out of your green teas, herbal tea, infusions, speciality tea, organic teas, and Ayurvedic teas it's good to know when to drink them and what benefits you will achieve.

## MORNING

Liquorice tea is a great reliever of coughs and colds and it will also improve the digestive system and ease menstrual cramps.

This cuppa is perfect first thing in the morning if you're having one of those 'I can't afford to have a cold and/or PMS' days.

Other benefits include a lessening of seasonal allergies and congestion whilst also increasing libido. However, if liquorice isn't to your taste, cinnamon tea is also perfect for those wintry mornings. It relieves an upset stomach, improves your circulation, eases flu symptoms and regulates blood sugar.

For that extra pick me up on those low days, try a cup of St. John's Wort tea. Its benefits include it reducing apprehension and irritability whilst perking up the mood.





## AFTERNOON

Mint tea is a great afternoon tea; it helps alleviate headaches so it is definitely recommended throughout the day. On a tea or lunch break, it's perfect, especially on those stressful days as it has relaxing properties and aids an upset tummy. Peppermint tea is also great after meals as it eases digestive problems as well.

## EVENING

There are many different teas that relax you and aid a restful slumber, the most popular being Camomile, as it is a calming herb.

Valerian tea is also a relaxant and promotes sleep whilst easing nerves too. Kava Kava tea has the same effects and it is a diuretic as well.

Green, Jasmine and Oolong teas are all beneficial throughout the day. Although they can contain a small amount of caffeine as the de-caffeinating process is thought to lessen the benefits of the tea itself, it is a small amount compared to traditional black tea and coffee. These Chinese teas are very high in antioxidants.

Studies suggest they have medicinal purposes such as preventing arthritis, cancer, protecting the liver and heart whilst controlling high blood pressure.



Brewing the perfect cuppa is definitely exclusive to the drinker; there is no right or wrong way however bottled, filtered or mineral water is preferred. For a stronger taste and to invoke more flavour if using tea bags it is recommended to 'dunk' the bag several times in the water.

Brewing times and water temperature are again specific to the drinker's taste. The suggested brewing time is between 3-5 minutes. Teas can also be enjoyed with honey to sweeten or a slice of lemon.

Experiment with your tea habits, the perfect cuppa is only a teaspoon away.

## DID YOU KNOW

### *Drink your way to the top...*

80% of office workers now claim they find out more about what's going on at work over a cup of tea than in any other way.



### *Big in India...*

Apart from tourism, tea is the biggest industrial activity in India.

### *A long time ago...*

Tea was created more than 5000 years ago in China.





*Does PMS have to be a,*  
**MONTHLY  
MONSTER?**



According to research, 80% of women are affected by premenstrual syndrome, with an incredible 67% needing to take time off work with the condition. When you consider that nearly all women between the ages of 12 and 51 will have a period every 28 days, that's a whole lot of time with stomach cramps, headaches, sore breasts, joint pain and fluid retention. Not to mention bloating, mood swings, depressive feelings, insomnia, bad skin, and cravings.



Additionally, a condition known as premenstrual dysphoric disorder (PMDD) is recognised as affecting 3% to 5% of menstruating women, distinguishing itself from PMS by the extreme nature of the symptoms that are exactly the same only more severe and often last for a longer time.

Understanding PMS can help women to accept it as part of their lives and look for solutions. A good start is to recognise those things that contribute to your premenstrual symptoms. Although these may vary from one woman to another, and some cannot be helped, it is commonly accepted that high caffeine intake, high levels of stress, low levels of certain vitamins (especially magnesium, manganese and vitamin E) and smoking can all worsen PMS symptoms.

Other factors that can lead to PMS include increasing age, a history of depression, allergies, and a family history of PMS. Although none of these can be changed it is worthwhile understanding the part they play in your PMS when considering how best to combat it.

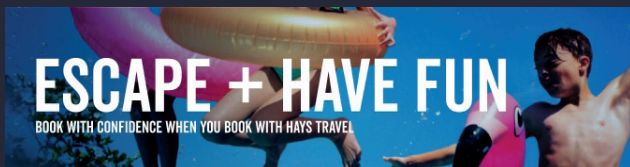
The starting place for treating PMS symptoms is, as with so many other conditions, your diet. A diet high in fresh vegetables and fruit and low in dairy is recommended with caffeine eliminated and junk food, high levels of sugar and salt and refined or processed foods kept to a minimum. Consider adding vitamin and mineral supplements to your daily routine with magnesium, evening primrose oil, Vitamins B6 and E and St John's Wort but check with your doctor before doing this.

Aromatherapy is thought to assist PMS sufferers greatly with rose and geranium



essential oils a must and a drop of women's bush flower essence on the tongue also recommended. Alternative therapists also suggest drinking a tea of raspberry leaf and lady's mantle to combat painful cramping. In fact, spending time on oneself is an excellent relief for low, depressed moods, irritability and stress. Accept that you need to indulge yourself by pampering and resting for the good of your health and sanity (as well as that of those around you) by enjoying long, hot baths, taking naps or just reading a book alone.

If you think you may be suffering from PMDD keep a diary of your symptoms and how long they last to help in diagnosing the condition. Your GP may prescribe the contraceptive pill or suggest an anti-depressive be taken for part of your cycle. Improvements have also been seen in women prescribed Cognitive Behavioural Therapy (or CBT).



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# Festive Christmas Rolls

Prep Time: 20 mins • Cooking Time: 30 mins • Serves: 12

*Christmas dinner wrapped in pastry, sounds delicious!*

## Ingredients:

320g Ready roll puff pastry  
400g Turkey Mince  
4 Streaky Rashers Chopped up small  
75g Dried stuffing mix  
1 Egg Beaten  
Handful chopped fresh sage  
Cracked Black pepper  
4 tbsp Festive Fig & Port Chutney  
150g stilton  
Gravy Optional Dip  
1 Egg For egg wash

## Cooking Method:

Preheat your oven to 200°C/180°C Fan. Line a baking tray with baking parchment.

In a bowl mix together your turkey, bacon, stuffing, egg, sage and pepper until well combined.

Roll out your ready roll puff pastry and cut in half into two long strips.

Down the centre of each strip spread on the Festive Fig & Port Chutney.

Mould your turkey mix into two long rolls then place down the centre of each of your pastry sections on top of the chutney.

Place some thinly slice stilton on top of the turkey.

Brush one side on the pastry on each strip with egg wash.

Fold pastry over and seal the edges with a fork. Repeat with your other section.

Place on to your baking tray leaving enough space between them to expand.

Egg wash each roll and cut slits.

Bake for 30 mins until golden.

Cut into how many portions you wish. We recommend 12.

Leave to cool for a few minutes then tuck in! Dip into gravy for Christmas heaven.







# Pear & Mincemeat Crumble Cake

Prep Time: 20 mins • Cooking Time: 1 hour and 40 mins • Serves: 12

*Our alternative post-Christmas cake!*

## Ingredients:

4 firm pears, peeled, cored and cut into small pieces  
 3 tbsp golden caster sugar  
 1 tsp mixed spice  
 250g pack salted butter, softened  
 250g golden caster sugar  
 1 tsp vanilla extract  
 5 large eggs  
 200g self-raising flour  
 100g ground almonds  
 7 tbsp plain flour  
 6 tbsp mincemeat



## Cooking Method:

Put pears into a non-stick frying pan with 2 tbsp sugar and 2 tbsp water.

Cover, then cook over a medium heat for 10 mins until tender, stirring every so often. There shouldn't be juices once the pears are cooked. Add the spice; leave to cool.

Heat oven to 160°C/140°C fan/gas 3.

Butter then line the base and sides of a 20cm round, deep cake tin.

Put butter, sugar, vanilla and ¼ tsp salt into a large bowl. Beat with an electric hand whisk until pale and fluffy.

Add eggs and flour, beat until smooth, then fold in almonds. Remove 85g batter and put into a small bowl. Into this add the plain flour and chop into the mix with a cutlery knife to make a soft, crumbly-looking mix.

Spoon half the cake mix into the tin, top with half the pears, dot over half the mincemeat, then dollop the rest of the cake mix on top. Scatter with remaining pears, mincemeat, then the crumble mix. Sprinkle with final 1 tbsp sugar.

Bake for 1½ hours, covering with foil after 1 hour, until golden, risen and a skewer inserted into the middle comes out clean. Cool in the tin for 10 mins, then cool on a rack.



# Christmas Morning Marmalade Buns



Prep Time: 1 hour  
Total (including rises): 4 hours 30 mins  
Cooking Time: 25 mins • Serves: 12

## Ingredients:

240ml whole milk  
135g dark brown soft sugar  
2 tsp mixed spice  
½ tsp ground cinnamon  
2 sachets instant yeast (7g per sachet)  
115g unsalted butter, softened to room temperature, cut into 4 pieces  
2 large eggs, lightly beaten at room temperature  
½ tsp salt

563g strong white bread flour, plus more for surfaces  
2 tsp oil for bowl  
1 jar Winter Warming Marmalade, at room temperature  
100g unsalted butter, very soft/room temperature  
55g full fat cream cheese  
250g icing sugar  
2 tbsp double cream  
2-3 tsp orange extract (taste for desired flavour)





### Cooking Method:

Grease a large bowl using 2 tsp of oil, set aside.

Heat milk to just below boiling point to scald. Remove from heat and cool to room temperature (must still be warm).

In a stand mixer, using the dough hook attachment, combine all dry dough ingredients. Add eggs, followed by the warm milk. Mix at a medium speed for 10 minutes.

Quickly switch to a high speed to gather all dough mixture together, before tipping onto a lightly floured surface. (Dough will be soft).

Knead dough into a ball and place into a large, greased bowl. Cover tightly with cling film and move to a warm spot to prove for 2 hours, or until double in size. (Tip: Take a medium sized glass bowl, fill with boiling water, put inside a cold oven and place bowl of dough inside the oven and close. This creates the ideal rising environment during proving).

Whilst dough is proving, grease and line a 20 x 30cm baking tin (ideally loose bottomed).

Once doubled in size, knock back the dough (punch down to release the air). Tip onto a lightly floured surface.

Gather into a neat ball and using a lightly floured rolling pin, roll dough into a 50x35cm rectangle, making sure the dough is smooth and evenly thick as possible. (Tip: If the dough keeps shrinking back. Stop and cover it lightly with cling film and allow to rest for 10 minutes).

Place the rectangle of dough with a long edge facing you. Spread the softened butter all over the dough, ensuring you go right to the edges. (Tip: the softer the butter, the easier to spread!).

Spoon over jar of Winter Warming Marmalade (reserve 1 tbsp for dressing) and spread over the top of the butter.

Starting from the long edge furthest away, roll the pastry towards you, keeping the dough as tight as possible as you roll (make sure the seal is on the bottom).

Take a sharp knife and trim the ends (roughly 1-2 inches each side).

Cut the rolled dough in half, then halve your two half again (leaving you with 4 quarters). Slice each quarter into 3 equal slices and place on their cut side into the lined baking tin.

Cover the rolls tightly with cling film and allow to rise until doubled in size (approx. 1 hour).

Pre-heat the oven to 180°C (fan). Once doubled, remove cling film and place in oven for 25-30 minutes, or until lightly golden on top. (Tip: If after 15 minutes they appear to be quickly darkening, cover with tin foil to prevent burning).

Remove tin from oven and place on wire rack to cool as you prepare the frosting.

In a medium bowl, using a hand-held or stand mixer (fitted with paddle or whisk attachment), beat the cream cheese on a medium speed until smooth and creamy.

Add double cream and sifted icing sugar. Switch to high and beat for 1 minute.

Add orange extract and beat on high to combine. (Taste for desired orange flavour).

If frosting is too soft, add icing sugar to stiffen until desired consistency is reached.

Spread the icing over warm rolls in swirls and serve immediately. Alternatively, dress rolls when cool.

Dust with cinnamon and decorate with reserved Winter Warming Marmalade.





# Dark Chocolate & Marmalade Truffles

Prep Time: 20 mins • Cooking Time: 5 mins • Serves: 30

*Crunchy on the outside, gooey on the inside!*

## Ingredients:

150ml double cream,  
200g Dark chocolate chips  
25g unsalted butter  
1 zest of an orange  
5 tbsp Bucks Fizz Marmalade  
1 tbsp light brown sugar  
Bucks Fizz Marmalade  
15g cocoa powder, sifted  
100g roasted, chopped hazelnuts



## Cooking Method:

In a small saucepan, bring the cream, butter and sugar to just below boiling point, stirring over a gentle heat. Add Bucks Fizz Marmalade and stir through until melted. Zest the orange into the mixture.

Pour the hot cream mixture over the chocolate chips and stir gently until melted and smooth. Pour into a shallow dish or tray to cool, then cover and chill in the fridge for at least 3 hours, or until firmed up.

Put the marmalade, cocoa powder, and hazelnuts in separate bowls.

Remove the truffle mixture from the fridge. Using a spoon, scrape from the dish, then use your hands to shape the chocolate into small balls.

Starting with the marmalade, then the cocoa powder and lastly the hazelnuts, roll the truffles in the different toppings until evenly coated. Chill again to firm up. Pop into mini paper cases, if you like.



# Chocolate Mulled Orange Cheesecake

Prep Time: 10 mins • Cooking Time: Overnight chill time • Serves: 12

*A festive take on this citrus cheesecake!*



## Ingredients:

300g Bourbon Biscuits  
150g Unsalted Butter  
600g Cream Cheese (full fat)  
300ml Double Cream  
75g Icing Sugar  
300g Terry's Chocolate Orange  
8 heaped tbsp Mulled Orange All Butter Curd  
1 orange zest + zest for decoration  
Dehydrated orange slices

## Cooking Method:

### For the Biscuit Base:

Melt the butter in the microwave on short bursts until fully melted. Blitz the biscuits in a food processor to a small crumb or in a bag with the end of a rolling pin, add the butter, and mix until it is combined well.



Tip into a 20cm Deep Springform Tin and press down firmly. Chill in the refrigerator for at least an hour.

### For the Cheesecake Filling:

Melt the 300g Chocolate orange in a bowl over a pan of gently simmering water, stirring gently or microwave in short bursts until fully melted.

Mix together the cream cheese and icing sugar until thick and whip up the double cream in a separate bowl - fold the mixtures together, and then fold through the melted chocolate and 2 heaped tbsp of Mulled Orange All Butter Curd. Zest in the orange.

Evenly spread 6 heaped tbsp of Mulled Orange All Butter Curd over the chilled biscuit base.

Pour the cream cheese mix on to the curd layer, smooth over, cover, and chill in the fridge for 6 hours, or preferably overnight.

### For the Decoration:

Top with dehydrated sliced orange and zest.



# Show Stopper - Mince Pie Bundt

Prep Time: 20 mins • Cooking Time: 1 hour • Serves: 10

## Ingredients:

250g unsalted butter  
220g golden caster sugar  
200g light muscovado sugar  
4 large eggs  
350g plain yoghurt  
2 teaspoons mixed spice  
1 jar Mincemeat  
320g plain flour  
2 teaspoon bicarbonate of soda  
tiny pinch of salt  
1 teaspoon ground cinnamon

## Cooking Method:

Preheat the oven to 175°C/150°C fan.

Grease the bundt pan with melted butter and dust with flour.

In a stand mixer, mix the butter and sugars until pale and fluffy.

Add the eggs one at a time and mixing together.

Mix the plain yoghurt and mincemeat together and add to the mixer.

In a separate bowl, measure and sieve out the flour, bicarbonate of soda, salt and all the ground spices.

Sieve in the flour gradually and stop when the flour is evenly mixed in.

Pour the mix into a greased and floured tin and bake for 1 hour or until a skewer comes out clean.

The cake will pull away from the edge of the tin when it is ready.

Leave the cake to cool fully before removing from the tin.

Decorate with icing sugar and berries of choice





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# I'm A Celebrity... Get Me Out Of Here!



*Returning to its home in Australia after a two-year break, the celebrities will leave their plush pads and luxuries far behind as they spend up to three weeks taking on the Australian jungle with a whole host of surprises created just for them.*

*So who are the celebrities and what are their thoughts before heading into the jungle*







## SUE CLEAVER

*Corrie Star*

### *Phobias:*

Don't be ridiculous! I am not going to admit to what I fear most!

### *Missing any special occasion:*

Coronation Street and we are expecting another grandchild any day, so hopefully, it will arrive before I fly out to Australia.

### *Biggest misconception you want to dispel in the jungle:*

I think people think I am like my soap character, Eileen, but I am very different.

### *Role in the camp:*

I will be more of a mum - that is where I will naturally fit.

### *Best attribute:*

I can cook and I am a good listener, so hopefully I will be a friendly ear for everyone.

### *Dream camper:*

Good Morning Britain's Richard Arnold. He is my TV husband and it would be lovely to have an ally in camp!





## SCARLETTE DOUGLAS

*TV Presenter & Property Expert*

### *Phobias:*

Spiders. There is no point in lying about it! I've got an irrational fear of them.

### *Missing any special occasion:*

Just a holiday which I can postpone.

### *Biggest misconception you want to dispel in the jungle:*

People know me for property and so it will be nice for everyone to get to know me better. I love music and goofing around!

### *Role in the camp:*

Mum, cook and morale booster. I always like to look at the positive side of life.

### *Best attribute:*

I can cook and I will be good at making sure everything is tidy in camp.

### *Dream camper:*

Mo Gilligan. He is hilarious and I totally fancy him!



## CHARLENE WHITE

*TV Presenter & Journalist*

### *Phobias:*

I am not sure what my fear factor will be because I've never had rodents, spiders and snakes crawling all over me!

### *Missing any special occasion:*

My children's annual school ball which I am gutted about.

### *Biggest misconception you want to dispel in the jungle:*

When you work in news, people assume you are one person. I love music, dancing, clubbing and a good box of great chicken and chips!

I want people to see that I am just a regular girl from South London who reads the news.

### *Role in the camp:*

Mum and cook. I don't mind falling into that position.

### *Best attribute:*

I like to listen and talk. I love learning about people and I have a natural curiosity for people.

### *Dream camper:*

Colin Murray and Richard Osman.



*Other celebrities heading into the jungle for the new series are:*

**Pop Icon - Boy George**

**Hollyoaks Actor - Owen Warner**

**Ex England Rugby Player - Mike Tindall MBE**







## OLIVIA ATTWOOD

### TV Personality

#### Phobias:

I hate the dark so I'm keen to avoid any challenges in the darkness.

#### Missing any special occasion:

No, had the show been on the air any later, I could have missed my sister's wedding.

#### Biggest misconception you want to dispel in the jungle:

I think people think I won't be able to cope without make-up but I am happy to muck in.

#### Role in the camp:

Clown. I was always the class clown at school and I love having a laugh.

#### Best attribute:

I don't take myself seriously and I have got a good sense of humour.

#### Dream camper:

A pop legend like Dolly Parton who has amazing stories to tell.

Olivia has left the jungle for medical concerns.



## JILL SCOTT MBE

### England Lioness

#### Phobias:

I don't like rats and the thought of being underground fills me with fear!

#### Missing any special occasion:

The Men's World Cup. I am going to find it weird not being able to know how the men are getting on in the tournament. Hopefully, they will still be in the tournament when I come out of the jungle.

#### Biggest misconception you want to dispel in the jungle:

Everyone knows me for

playing football, so it will be nice for people to get to know my personality a bit better.

#### Role in the camp:

Helping hand. I like to help people if they aren't having a good day.

#### Best attribute:

Hard worker. I will always find a way to add value. I am also very honest.

#### Dream camper:

Another sports person would be great as it would be someone to bounce ideas off.

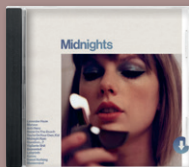


Radio Legend - Chris Moyles  
Comedian - Babatúndé Aléshé  
MP and Ex-Secretary of State for Health - Matt Hancock

Information correct at time of publication.



# Music Rocks



## Taylor Swift Midnight

So it continues. Taylor Swift's domination of the charts is eye-watering and with *Midnight*, she has once again achieved

a 10/10. She manages to effortlessly span several genres but *Midnight* is definitely all Pop as she reflects on 13 sleepless nights: it's a concept album about nocturnal contemplations and let's face it - we've all been there! Whatever it was that kept her awake all those nights, I'm fairly sure that some of those reasons match our own so it is quite easy to identify with her angst.



## First Aid Kit Palomino

I just love First Aid Kit and with this album, I've fallen in love all over again. It's got

a poppy upbeat feel, which was missing in their 2018 album, *Ruins* and their inspiration for the album... Fleetwood Mac, Kate Bush and Tom Petty. It's been 15 years since the Swedish sisters uploaded their cover version of *Sleep Foxes*, *Tiger Mountain Peasant Song* to YouTube. Now in their 30s, Johanna and Klara Söderberg are bound to capture a whole new group of fans with the confident, yet playful swagger of this album.



## Spice Girls Spiceworld

Yes, it really has been 25 years since *Spiceworld* was released and took the world by storm. This once-in-a-generation sensation girl band planted themselves well and truly in our lives back then and for many of us (of a certain

age) well, we still can't fail to bop just a little.







### Meghan Trainor **Takin' It Back**

Takin' It Back is another solid album from Meghan reminiscent of her early work which took her to the top of the charts back in

2014. She has her own vibe going on and thankfully she has returned to her original self with every track being bouncy and upbeat but still meaningful and uplifting. This album will pull even the most reluctant bopper onto the dance floor.



### Lainey Wilson **Bell Bottom Country**

The rising Nashville star has been racking up award nominations this year, and her second album proves the hype is well-earned.

She's definitely one to watch in the Country world giving her contemporaries, like Miranda Lambert and Hayley Whitters, a real run for their money. The album reflects her Louisiana roots: a little rowdy, a bit gritty in places but honest and there's even hints of '70s rock, funk and soul in the mix. IF you like Sheryl Crow, you'll most likely enjoy this album.



### Alicia Keys **Santa Baby**

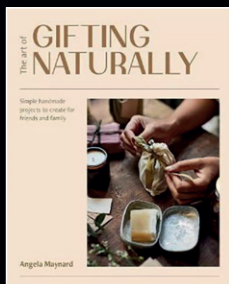
Here to deck the halls with the arrival of her first-ever Christmas album Santa Baby. Alicia goes back to basics on Santa Baby, a

collection of music reminiscent of her early days but also within the 11 tracks are her take on some old Christmas favourites such as "Please Come Home For Christmas," "Happy Xmas (War Is Over)," "The Christmas Song (Chestnuts)" and "Ave Maria" - showcasing her musicality, vocals and range with equal fervour.

Santa Baby is more Christmas chill than party, however, perfect for when you need some downtime during the hustle and bustle of the holiday season.



# Book Reviews



**The Art of Gifting Naturally: Simple, Handmade Projects to Create for Friends and Family**  
*Angela Maynard*

From soothing skin-care and fragrance to jam-making and

natural dyeing, Angela shows us ways to reconnect with nature and reflect on its importance in gift-giving. Consideration is also paid to the ways to wrap your gifts, such as doing away with plastic in favour of reusable materials.

With a focus on sustainability, slow-living and mindful crafting, *The Art of Gifting Naturally* is a timeless book to be enjoyed and shared with loved ones.



**The Cocktail Edit: Everything You Need to Know About How to Make All the Drinks that Matter**  
*Alice Lascelles*

The *Cocktail Edit* is built around a 'capsule

collection' of 12 classic cocktails - each of these is followed by six twists, plus tips and inspiration for creating many more. The book also offers essential advice on getting your home bar set up and shows how easy it is to make amazing cocktails with just a few basic tools, ingredients and techniques.

It's a guide brimming with trade secrets on everything from choosing the best-value spirits to making cocktails for a party; written in a conversational style, and illustrated with beautiful photography, *The Cocktail Edit* is practical, opinionated and fun.





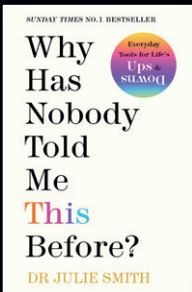


## The Keeper of Stories Sally Page

Cleaner Janice knows that it is in people's stories that you really get to know them. From recently-widowed Fiona and her son Adam; to opera-singing Geordie; and the awful Mrs 'Yeah

YeahYeah' and her fox terrier, Decius, Janice has a unique insight into the community around her.

When Janice starts cleaning for Mrs B - a shrewd and tricky woman in her nineties - she finally meets someone who wants to hear her story. But Janice is clear: she is the keeper of stories, she doesn't have a story to tell. At least, not one she can share.



## Why Has Nobody Told Me This Before? Dr Julie Smith

Drawing on years of experience as a clinical psychologist, online sensation Dr Julie Smith shares all the skills you need to get through life's ups and downs.

Filled with secrets from a therapist's toolkit, this is a must-have handbook for optimising your mental health. Dr Julie's simple but expert advice and powerful coping techniques will help you stay resilient no matter what life throws your way.

Written in short, bite-sized entries, you can turn straight to the section you need depending on the challenge you're facing - and immediately find the appropriate tools to help with...

- Managing anxiety
- Dealing with criticism
- Battling low mood
- Building self-confidence
- Finding motivation
- Learning to forgive yourself

This book tackles the everyday issues that affect us all and offers easy, practical solutions that might just change your life.



## Who's Lying Now? Susan Lewis

You think you're safe. You think you know your neighbours. But can you ever really know who's telling the truth?

Jeannie Symonds is a force to be reckoned with - an eccentric, award-

winning publisher, spending lockdown with her husband in a house near Kesterly-on-Sea. She seems to have it all: a high-flying career, a happy marriage, and a niece she adores.

And then one day, she vanishes.

Cara Jakes is a new trainee investigator - young, intelligent and eager to prove herself. When she teams up with detective Andee Lawrence to look into the disappearance, she is determined to find out what has really happened to Jeannie. Cara begins to question the residents of this close-knit community, sure that someone has a secret to hide.

But how can she separate the truth from the lies?

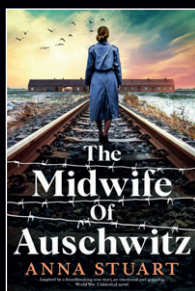


## The Herd Emily Edwards

Elizabeth and Bryony are polar opposites but their unexpected friendship has always worked. They're the best of friends, and god-mothers to each other's daughters - because

they both trust that the safety of their children is their top priority.

Little do they know that they differ radically over one very important issue. And when Bryony, afraid of being judged, tells what is supposed to be a harmless white lie before a child's birthday party, the consequences are more catastrophic than either of them could ever have imagined.

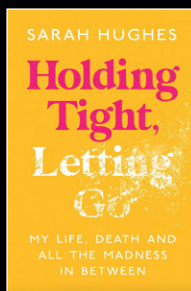


### The Midwife of Auschwitz *Anna Stuart*

Inspired by an incredible true story, this poignant novel tells of one woman's fight for love, life and hope during a time of unimaginable darkness.

Ana Kaminski is pushed through the iron gates of Auschwitz beside her frightened young friend Ester Pasternak. As they reach the front of the line, Ana steps forward and quietly declares herself a midwife - and Ester her assistant. Their arms are tattooed and they're ordered to the maternity hut. Holding an innocent new-born baby, Ana knows the fate of so many are in her hands, and vows to do everything she can to save them.

An absolutely heartbreaking and page-turning WW2 novel of one woman's bravery and determination to bring life and hope into a broken world.



### Holding Tight, Letting Go: My Life, Death and All the Madness In Between *Sarah Hughes*

Too often we minimise the reality of terminal cancer, concentrating instead on survival records and talking only

in positive pink ribbon terms. But what of those who live daily with the shadow of the disease? This is a book about how that feels. It is about how to die as much as about how to live; yet it is also life-affirming, funny and shot through with hope.'

Life is full of small details that we tuck away somewhere to revisit when we need them most: the calming sound of the sea, that childlike joy when you feel the sun hit your face on an early February morning. These small details knitted together, make up our perfect, ordinary lives. Few understood the importance of these more than Sarah Hughes, who lived with terminal metastatic cancer for over three years and who died in April 2021.



### Agatha Christie *Lucy Worsley*

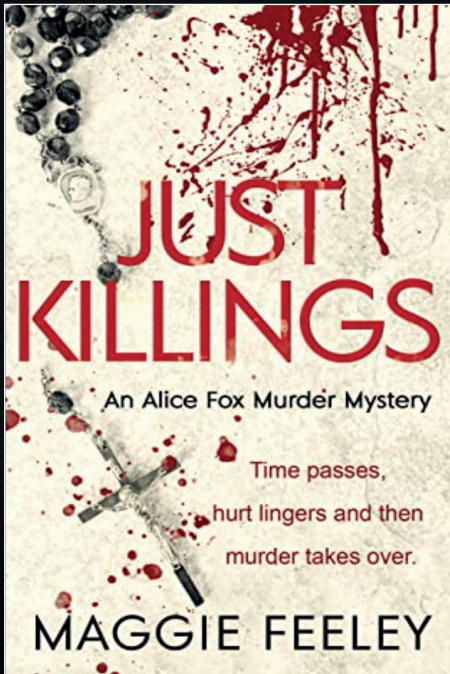
Why did Agatha Christie spend her career pretending that she was 'just' an ordinary housewife when clearly she wasn't? As Lucy Worsley says, 'She was thrillingly, scintillatingly modern'. She went surfing in Hawaii, she loved fast cars, and she was intrigued by the new science of psychology, which helped her through her devastating mental illness.

So why, despite all the evidence to the contrary, did Agatha present herself as a retiring Edwardian lady of leisure?

She was born in 1890 into a world which had its own rules about what women could and couldn't do. Lucy Worsley's biography is not just of an internationally renowned bestselling writer. It's also the story of a person who, despite the obstacles of class and gender, became an astonishingly successful working woman.

With access to personal letters and papers that have rarely been seen, Lucy Worsley's biography is both authoritative and entertaining and makes us realise what an extraordinary pioneer Agatha Christie was - truly a woman who wrote the twentieth century.





## Just Killings

*Maggie Feeley*

Several months after her first collaboration with the Belfast Murder Squad in *Murder in the Academy*, Alice Fox is about to get drawn into helping to solve another mysterious Irish killing spree.

It's 2014 and US post-doctoral scholar, Alice, has found love and is happily settled in Belfast. On the tenth floor of Belfast's iconic Divis Tower Block, Jed, a member of Alice's restorative justice youth project in West Belfast, is feeling deeply troubled. Her efforts to support him bring Alice into close contact with his mother, Brenda,

a woman who has had more than her share of hard luck and who is just beginning to fight back. The two women establish a bond of trust that is tested in the days that follow as past harms are uncovered and motives for murder are a cause for speculation.

When two members of Catholic religious orders are found brutally murdered, in Belfast and Wicklow, Alice becomes embroiled in the investigation through her previous experience with DI Caroline Paton and the Belfast Murder Squad. Evidence of a distinctive signature at both crime scenes suggests that the two men are victims of the same meticulously organised and sadistic killer. Are the victims connected or might this be the beginning of a hate campaign against members of the Church? And if so, who will be next?

There is rarely a time in Ireland when reports of clerical and institutional abuse are not in the headlines. The Ryan Report in the south of Ireland in 2009 laid bare much of the detail of historic abuses in Irish industrial schools. It was followed in 2014 by an inquiry that covered abuse of children under 18 who lived in children's homes, borstals, training schools, juvenile justice centres, hospitals and orphanages between 1922 and 1995 in the north of Ireland. In both jurisdictions, there were those who had been harmed whose case was outside the remit of the enquiries.

*Just Killings* considers the context of hurt and betrayal left behind historic abuses and poses the question: is there ever such a thing as a just killing? This is a very Irish thriller but will resonate with those around the globe who have concerns about state and social harms and the lack of satisfactory resolutions to these widespread legacy issues.



Maggie is an educator and committed activist on issues of gender, sexuality and equality in general. Now, as an almost retired person, she is determined to continue the discussion of equality and social justice through the medium of writing engaging detective fiction. Her first of three murder mystery books entitled *Murder in the Academy* was in August 2021. *Just Killings*, her second in the series is available now.



# Roots

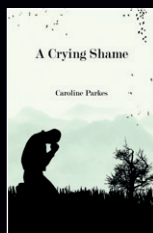
The roots of old acquaintance,  
Lay buried in our past  
Betwixt, between the daffodils  
Down lanes that we have cast  
Beside the running waters  
In the rivers of our mind  
Where friendship and forget-me-nots  
Grow ever more entwined

Where memories are planted  
That death cannot defeat  
For death leaves no impression  
Where the past and present meet  
It's lost amongst the ripples  
In the rivers of our mind  
Where times but a notion  
That our hearts can leave behind

And I will find you there my friend  
Laughing in the breeze  
Speaking to me softly  
In the rustling of the trees

Waiting by the waters  
In the rivers of our mind  
To watch the wind together  
As it makes the past unwind

And what you had to teach me  
Can be heard in all I say  
Making you a part of me  
Until my dying day  
You'll always live within me  
In the rivers of my mind  
Until the currents carry me  
To where our should entwine



***Caroline Parkes***

Taken from her new book,  
**Crying Shame**





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