So tiny and beautiful, she’s your perfect, little miracle. You can’t help touching those wrinkled fingers...nuzzling that little peanut nose...and squeezing those adorably pudgy arms and legs! No wonder you gave her that adorable nickname!

Introducing Little Peanut, our newest So Truly Real® baby by doll artist Tasha Edenholm. From her supple RealTouch® skin and shy brown eyes to her delicate eyelashes and darling pink ensemble, she’s irresistible. And when you feel her little weighted body in your arms, it’s easy to fall in love over and over again!

The moment you hold her, you’ll fall in love!

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So much like a real baby – available for a limited time!

Tasha Edenholm’s artist-original dolls sell for thousands, but Little Peanut can be yours for just 5 interest-free instalments of £25.99 – that’s only £129.95 (plus £9.99 S&S)*. She is also backed by our 365-day guarantee and accompanied by a Certificate of Authenticity. You need pay nothing now – simply complete and return your Reservation Application today!

Only 5 instalments of £25.99

**PAY NOTHING NOW**

RESERVATION APPLICATION
Please Respond Promptly
To: The Bradford Exchange Ltd, PO Box 653, Stoke-on-Trent ST4 4RA

YES! Please reserve ___ of the Little Peanut Doll for me as described in this advertisement. I need nothing now!

Complete today or call 0333 003 0019

Name (Mr/Mrs/Miss/Ms) ________________________________________________

Address __________________________________________________________________________

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Postcode ___________ Telephone ___________

Mobile _______________________________________________________________________

Email Address ____________________________________________________________

(PLEASE PRINT)

Applicants must be aged 18 or over. Please note, we may contact you by mail, email and mobile with information about your reservation. For details of our privacy policy, please go to www.bradford.co.uk/privacy-policy or contact us at the above address or phone number.

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Order Ref: P371487

www.bradford.co.uk/littlepeanut

or call our 24hr hotline on 0333 003 0019

and quote reference code P371487
I'm too beautiful to get a man

Set on fire at a party

Then I watched as the flames claimed my girl

He created a monster to kill his first love so he could be the hero

Engaged after two days but we didn't stop there!

My groom was a secret predator and my child was next

Strangers keep our toddler alive
FOUR REAL-LIFE COUPLES ARE PUT TO THE ULTIMATE TEST
WILL THEY STAY OR STRAY?

TEMPTATION ISLAND
SUNDAY & MONDAY
9PM
Everyone thinks they have the best mum in the world, right? Well, my mum is. Not only has my mum dedicated her life to raising me and my sister, Heather, but for the past ten years, she has been the full-time carer of her own mum, Elizabeth, and her brother, John.

Before me and Heather were born, my grandma was diagnosed with schizophrenia, and then, when we were little, she was further diagnosed with Parkinson’s disease. Mum spent virtually every day at Grandma’s house, helping my grandad John to look after her.

Then, about 15 years ago, my Uncle Johnny was also diagnosed with Parkinson’s disease, so she also took on the role of caring for him. Despite the heartache of seeing her loved ones’ suffering, she did what she felt she had to. She never once complained.

Mum and my dad, Damon, even moved everyone into one house, Mum was able to look after Grandma and Uncle Johnny full-time, making sure everyone was happy.

Then, in 2015, my son Jacob came along, and then, in 2017, Heather’s son, Leo, joined the busy household.

June 2019, my dad whisked her off to the Lake District for five days, for her 50th birthday. They then stopped off in Wales for a spa retreat. As my sister has mental health issues, I went over to the house everyday to make sure everything was OK. They also have five dogs, so I had to make sure they were fed and looked after. Of course, my mum still worried about how things were going at home. I just reassured her that everything was fine and that she needed to relax.

I stepped into her shoes for five days, and if I’m honest, I have absolutely no idea how she does it full-time. She really is a super mum!
We all love a good inflatable pool float for our summer holidays. But there is one problem – there’s never anywhere to put our drinks. Until now! This summer, inflatable cup holders seem to have taken the retail world by storm, coming in all shapes and sizes, including unicorns, pineapples, palm trees, and even doughnuts. They’re the answer to our prayers this summer season. So, lie back on your giant pizza float and let your drink bop next to you, without the worry of any spills!

Everyone’s talking about...

• Tea – Not a beverage, but rather hot gossip, as in, ‘What’s the tea?’
• Flex – the art of showing off your lavish lifestyle in a very non-humble way. For example, ‘flexing on Instagram’.
• Left on read – Originating from the read receipts on instant messaging, getting ‘left on read’ refers to someone reading your text and not replying to it. Perhaps one of the biggest insults of our time.

The UK’s Biggest LGBTQ Pride Festival is held in Preston Park from 2 to 4 August this year. Brighton and Hove Pride is widely acknowledged and one of the best, boldest and most popular international Pride events worldwide. This year, Pride celebrates the 50th anniversary of the 1969 Stonewall Inn uprising that ignited the Pride movement. Brighton Pride celebrates and remembers the activists and campaigners who fought for the equality of the LGBTQ+ community. Pride Festival, Parade and Village Party raises extra funds for the Rainbow Fund, and over 300,000 people pour out onto the city’s streets to participate in the all-singing and all-dancing carnival of colour.

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This week’s good deed

For what feels like forever, advertisers have used Photoshop to manipulate models’ bodies, and subsequently impact society’s perceptions of reality. In the fashion industry, stretch marks, pubic hair, dimples and cellulite don’t exist. And yet, in the real world, we all have them! In a bid to tackle unrealistic, retouched and edited photographs, the French government has implemented new rules to shine a light on the digitally-altered images. French advertisers will now be fined for editing models’ bodies without indicating the image has been retouched. A photographer could now be fined up to £33,000 if they don’t include the indicative ‘photographic retoucheée’ warning label. The new rules have come about because the French government believe that edited body shapes are promoting unhealthy and unrealistic body ideals to consumers. France are leading the way! Merci!

We love...

You might not think that dogs and gin are the perfect combination, but doggy travel experts from PetsPyjamas have other ideas. They’ve organised a gin tasting holiday that you can take your pooch on. Guests stay in a dog-friendly hotel and sample different gins, all with their furry friends in tow. The dogs will even come home with a souvenir ‘pooch’ bag full of treats! We can’t think of anything better! Visit www.petspyjamas.com for more information.

My baby girl Freya having a little kick about. So cute!

Lindsey Thomas, Bristol

A Nutella crepe is a must-have when in Paris!

Nadia Rouch, Somerset

Went out for some fancy mocktails with my friend. We need to go back for some proper cocktails when we aren’t driving!

Beth Coles, Bristol

Me and my beautiful mum on holiday together in Majorca! We had such a nice girls’ time away in Spain.

Em Cullen, Dorset

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I went to Rome with my boyfriend last month and we made our own pasta! Am I a chef yet?

Megan Rennie, South Gloucestershire

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This week's good deed

Snapped!

If your letter makes Star Letter of the week, you will receive some beautiful blooms from Flying Flowers. With over 30 years’ experience of helping celebrate life’s special moments and FREE delivery by post, a gorgeous bouquet by Flying Flowers is a lovely way to celebrate sharing smiles and happiness. See flyingflowers.co.uk for more details.

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Kate Collins, 39, didn’t have time to react when flames raced towards her, but the worst was yet to come...

The pain was nothing compared to seeing my girl in agony.

The lamps are banned.

Darren arrived to find his family in flames.

The lamps are banned.

Pick Me Up!
The pain quickly turned to horror, as I realised my little girl had also been engulfed by raging flames. I realised then that Eva had been right next to me when the flames took hold, not playing in the garden with the other children like I’d thought she’d been.

‘My baby!’ I screamed, racing out to her.

Call it mother’s love, but all my pain seemed to vanish as soon as I knew my girl needed me.

Reaching the garden, Eva was screaming in agony, and when I saw her, I burst into tears.

Her tutu and black leggings had melted into her skin, her purple top in shreds.

One of my friends had set up a hose and a bucket, so I dived in, dousing her with water.

‘Mummy, it hurts!’ she cried. ‘It’s OK,’ I panted, frantically patting her down.

‘It’s going to be OK.’ Just then, Darren came bustling in.

‘Oh, my God!’ he cried, seeing the state of us.

‘What’s happened?’ All he could do was stare at us helplessly as I tried to ease my daughter’s agony.

Suddenly, my pain came rushing back, and I collapsed to the ground next to her.

‘Kate, you need to stay with me,’ Darren pleaded.

But his voice, along with the screams of my friends in the background, became a blur and my vision became hazy.

I could faintly hear the sound of an ambulance in the distance, and closed my eyes.

‘Darren, make sure they take care of Eva,’ I managed to mumble.

‘No, Kate! Please!’ I heard him yell.

‘You go on, Mum said to him. ‘I’ll stay here with Kate.’
Our brave girl’s body was shutting down

I was torture being away from my little girl, knowing she was in just as much pain as I was.

‘At least I can understand what’s happened to me,’ I said to Mum. ‘Eva’s only five years old. She’s in so much pain and doesn’t know why.’

A few days later, though, I got to see her.

Setting up my laptop, Mum and Darren arranged for us to Facetime.

As Eva’s face came into view, I gasped in horror.

She was completely bandaged up, and all I could see were her eyes.

‘Hi baby,’ I smiled.

‘Hi, Mummy,’ she said. ‘I love you.’

I could tell that my girl was in so much pain, and it broke my heart.

‘You’ll be better soon,’ I said.

The next day, though, things took a turn for the worse.

‘Darren’s just called,’ Mum said, taking my hand.

‘Eva’s developed sepsis.’

My baby girl’s body was shutting down, and while doctors had rushed her into surgery, hooking her up to intravenous antibiotics, I was powerless to do anything.

Stuck in a hospital bed miles away, there was nothing I could do to help.

Thankfully, she recovered from her infection, with her dad by her side.

And, 17 long days later, I was finally allowed to go home.

I was still covered in bandages, but I was finally starting to heal.

All I wanted was to be with Eva, so Mum rushed me to the children’s hospital where she was.

There, Eva was groggy from all the pain medication, but she smiled when she saw me.

‘Mummy,’ she whispered, slowly reaching out her bandaged hand.

Gently touching her fingertips, I burst into tears, so relieved to finally be with her.

All I wanted was to wrap my arms around her and hold her close, but because of our injuries, that would have been too painful – for both of us.

After that, Darren and I were at her side every day, willing her to get better.

And finally, almost a month after the accident, Eva came home.

But we weren’t out of the woods just yet, and we’re still not.

Over the next few weeks, Eva had to undergo six more gruelling surgeries, and I had my last skin graft in June.

We’re both still wearing our dressings, which need to be changed regularly, and we’ll also have to wear compression suits for at least 12 to 18 months.

They’re meant to smooth the scars, so at the moment, I have no idea how bad our scarring will be in the future.

But I fear that the mental scars of what happened will always be there.

Eva and I suffer from horrible flashbacks and nightmares, and I often wake up screaming, after seeing huge flames coming towards me in my sleep.

My poor Eva has become a shell of herself and is so frightened all the time.

She hasn’t gone back to school yet, and she even decided not to go to a friend’s birthday party when she realised there would be a birthday cake with candles.

‘I don’t want to go,’ she screamed, bursting into tears.

We’re both seeing a psychiatrist, but I fear it will be a while before we’re OK.

Mel has since apologised for what happened. I know that she didn’t mean for this horrible accident to occur.

She’d been burnt as well, and I know she’s also suffering with her injuries.

But despite everything, I fear our friendship will never be the same.

I’ve also since learned that ethanol lamps are actually banned in Australia.

I didn’t know that on the night of the accident, but if I had, I would have never allowed it to happen.

I hope my story serves as a warning to other people about the danger of these lamps - or any naked flame at gatherings.

They may look pretty, but they can be lethal.

If my horrifying experience stops this from happening to one other person, it will have been worth it.

I worry about Eva every day, and I know that our scars will last forever.

But I also know that we’ll fight this, and together we’ll be stronger than ever.
I felt a piece of paper hit me on the back of the head as I sat, trying to concentrate in science class, age 15. Turning around, I saw a group of boys sniggering, and my face flushed red. Among them was my school crush, Neil, now 50.

Meet me at Woolworths after school? the note read – and my heart raced with excitement. After class, I ran to tell my best friend Louise, now 50, about the note.

‘T’ll come with you,’ she squealed – she knew how much I liked him.

That afternoon, the two of us rushed to my house so I could change out of my school blazer. But when we got to Woolworths, there was no sign of Neil.

‘He’s not coming,’ I sighed – all that excitement for nothing. The two of us headed home, Louise trying to make me feel better, but that confirmed it – Neil didn’t fancy me back.

The rest of the year flew by, and before long it was time to leave secondary school and go on to further education. Neil didn’t feature in my life again until 2015, when we met for coffee having not seen each other for a couple of months.

We chatted frequently, and would occasionally meet up for coffee to talk about life and reminisce about school. For a few years, this was what our friendship consisted of.

But as the years passed, my attraction to him was definitely gone, but it turned out Neil was also going through a divorce, so he proved to be a welcome friend when I needed it most, and vice versa.

We said our goodbyes in March, and I got divorced in May 2009. Soon after, I got a friend request on Facebook. It read:

Long time no speak, it read. I recognised the name – my childhood crush! Although over 25 years had passed, my stomach did a little somersault as I typed out my reply to Neil.

After hitting send, I grabbed my phone and rang Louise – who was still my best friend – to tell her who’d been back in touch. ‘What’s he like now?’ she giggled, the two of us immediately transported back to the school playground.

‘He’s definitely lost his looks,’ I laughed. ‘Seems to have put on weight and lost hair.’ My attraction to him was definitely gone, but it turned out Neil was also going through a divorce, so he proved to be a welcome friend when I needed it most, and vice versa.

We chatted frequently, and would occasionally meet up for coffee to talk about life and reminisce about school. For a few years, this was what our friendship consisted of.

Until March 6, 2015, when we met for coffee having not seen each other for a couple of months.

I was running late, and as I arrived, I looked through the window to see him waiting for me – and that feeling I’d had in school all those years ago came rushing back.

Oh, my God, Carol, you idiot, there is a really lovely guy in there who seems to really like you – what are you waiting for? I thought to myself. We had always been adamant that he would never get married again, which was tough for me to take, as I longed to be a wife again – but I decided to let it slide as we were so happy.

So when Neil woke me up from a nap one afternoon in October 2018 and proposed, I couldn’t believe my luck.

‘I know this is what you want,’ he beamed, slipping the ring onto my finger. ‘And it’s what I want, too.’

I couldn’t wait to marry Neil – and as if Neil had read my mind, he asked me out as we got up to leave.

‘I’d love to take you out tonight,’ he smiled. ‘I’d love that, too,’ I replied.

We took things slow, getting to know each other properly before Neil moved into my flat in January 2018. He had always been adamant that he would never get married again, which was tough for me to take, as I longed to be a wife again – but I decided to let it slide as we were so happy.

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Still slightly bleary-eyed from my sleep, I couldn’t believe it, but screamed ‘Yes!’ straight away.

It turned out Neil had even messaged my three children – who he knew fairly well – on Facebook to ask their permission to marry me, and they’d all been delighted, too.

I couldn’t wait to marry Neil...
and we decided to set a date for the wedding on the anniversary of our first date on March 6 this year.

Louise and I went out and bought a wedding dress within the first month of the engagement, and Neil and I set about finalising our wedding plans.

The kids started spending more time at mine with Neil and I, and we enjoyed a family Christmas all together – I couldn’t be happier to see everyone getting on so well.

Everything seemed to be going to plan, with the wedding date looming closer.

Then, one day in January 2019, my phone rang.

‘Are you with Neil?’ my ex-husband asked urgently.

He sounded hostile.

‘Yes of course, what’s going on?’ I answered.

He told me I needed to get Neil out of the house as he needed to speak to me alone and he was coming over.

He hung up, leaving me confused – the two of them got on well, what could this possibly be about?

Neil was still firmly glued to the TV when Daniel arrived, beckoning me outside to his waiting in the back.

They all looked as if they’d been crying.

‘What is going on? You’re scaring me,’ I asked.

‘I’ll tell her, Dad,’ Rose said.

I had no idea what she was going to say, but I never expected what came next.

‘I’m really sorry, Mum, but Neil’s a paedophile,’ she said.

My heart sank and my mind went blank.

‘How do you know? I wanted to ask.

But the look on my children’s faces told me everything.

My boys were ones to cry, but I could see that they had been.

I was filled with horror and disbelief.

Between them, they had happened over months, my mouth wider with each revelation.

Rose explained how she had first woken up in November 2018 to see Neil pleasuring himself while staring at her.

She rarely stayed over, but she said she was not mistaken in what she saw, and that Neil had messaged her the next day to ask if she had seen something she shouldn’t have.

On another couple of occasions, she’d woken to a similar situation, with Neil closer and closer to her each time.

Rose did not reply to the Facebook message, but was shocked and totally freaked out when she received a photo from her supposed new ‘step-father’ of his penis.

She blocked him immediately, but didn’t know how to tell me.

‘I didn’t want to ruin your life until I was absolutely sure, Mum,’ she sobbed.

‘But I unblocked him this morning to check and he sent me another horrible photo on New Year’s Day!’

I handed her the phone, I felt sick to my stomach as the picture he’d sent came into focus. I recognised the bedding and realised he had taken this photo while lying next to me in bed.

After seeing that photo, poor Rose had broken down and showed my son, Harry, who urged her to tell her dad.

I was consumed with shock and hurt and felt suddenly hollow – I had allowed this man near my precious daughter.

After giving Rose the biggest hug, I took the phone into the house and confronted Neil, who pointed blank at it.

‘I meant to send those to you, silly,’ he laughed – but I wasn’t having it.

I could tell that he was lying.

‘You disgust me!’ I screamed at him.

I left with my family and told him that he needed to be out that night.

I couldn’t stand to look at him or listen to his lies.

Although Rose was scared to involve the police, we persuaded her it was the right thing to do.

They turned up to arrest Neil after he confessed to a friend who was a police officer.

For days, I sat in disbelief, trying to get my head around the fact my fiancé was a paedophile and that my precious daughter was his victim.

Neil and I had never had an argument, there had been no clue as to what he’d been doing all this time.

The wedding dress I was meant to wear is now in a cupboard at my mum’s house.

I can’t bear to look at it, but I don’t have the heart to throw it out, either.

Rose had to have counselling for a while, but she’s doing much better now.

She’s so resilient, but I know this horrific ordeal will affect her for life.

At just 15, she had been exposed to something truly horrendous, but her resilience has inspired me.

On March 18, 2019, Neil appeared in court and pleaded guilty to engaging in sexual activity in the presence of a child, and sexual communication with a child, and was jailed for 18 months.

He will have his name on the sex offender’s register for seven years, and has to forfeit any cameras for the next 10 years.

The support for Rose from social workers, victim support and counselling services has been fantastic and she is doing so well given the circumstances – she is a such remarkable young woman and I couldn’t be prouder.

I thank my lucky stars every day that she was never physically harmed, and have learned to be more sceptical of people – even those you think you’ve known forever.

With my dream of a fairytale wedding left in tatters, I am now left questioning the last four years of my life – I’m just relieved I never said ‘I do’.
This week, our tip of the week will receive a great product from Addis! This is a stylish and convenient way to wash, serve and store your fresh fruit. Wash and drain fruit with the removable colander (£5.49). The locking lid keeps fruit sealed and fresh. For more ways to make your life easier, visit addis.co.uk

Plant power
A fern is a great household item! Put it in your bedroom and apart from looking nice, it will help keep the air fresh, absorbing toxins in the process.
David Anderson, Sunderland

Lather up
Use up leftover bits of soap by cutting into a sponge and pushing the soap into the hole, it will stay put and you will have a lovely lather.
Heather McEwen, Norwich

One for all
Mix four tablespoons of baking soda with one litre of warm water for a great homemade cleaning solution. It’s a penny pinching way to clean all kitchen and bathroom spills and stains!
Leeanne Maginn, Derry

Paperclip it
Lost the pin in your hinge? Use a paperclip as a temporary solution. Just thread through the pinholes and twist in place.
Christine Powell, Livingston

Loose threads
Put a couple of stitches towards the back of a hoodie to prevent drawstrings on fleeces from slipping through the hole and disappearing forever. A very simple and effective solution!
Debra Stapley, Dover
Complete the grid then read down the shaded squares to reveal the name of a British singer. Answer on page 47.

ACROSS
7 London football club (7)
8 Confused, disorganised (7)
9 Significance (7)
10 Jump with a parachute (7)
12 Retreat or fall behind (4,6)
13 Froth on beer (4)
15 Bonfire Night spectacle (8,7)
18 Be off with you! (4)
19 Bike’s steering part (10)
21 Need, want (7)
23 Science of the structure of the body (7)
24 Large female cat (7)
25 Squandering, consuming (5,2)

DOWN
1 Footwear cleaner (4,6)
2 Jess ___ , Hold My Hand singer (6)
3 ___ DiCaprio, Titanic actor (8)
4 Strangled or clogged (6)
5 Textured wallpaper (8)
6 Chicken ___, poultry dish (4)
11 Pleating, folding (7)
14 Above the usual price (2,1,7)
16 Articulate, fluent (8)
17 Lazy behaviour (8)
19 Trouble, annoy continually (6)
20 Sharp and cold (of wind) (6)
22 Film about heroic events (4)

Your answer

Strike it!

On your bingo card, cross out all the numbers that appear on the balls. Read the letters beside the remaining numbers on your card from left to right to spell out your answer word. Answer on page 47.

Number fit!

Which one of the listed numbers won’t fit in this mini grid? Answer on page 47.

235 / 293 / 352 / 359 / 592
This pretty silver-plated cupcake charm bracelet can be yours for free – just complete the coupon and send it along with a 83p stamped, self-addressed envelope, to the address given below. We’ve also put together 4 sets of detachable charms that turn your cute cupcake charm bracelet into a complete must have! There’s a set of 6 Adorable Dogs, 6 Shopaholic, 6 Handbags and 6 Cute Cat charm sets – all at only £5 per set. The complete collection costs just £20 and if you order all the sets, we will send you a mystery jewellery gift – absolutely free!

How to claim your free bracelet
Complete the coupon and send together with a 83p stamped, self-addressed envelope and any payment to:
LMS
PMU35 Cupcake Charm Bracelet
PO Box 998
Aylesbury
HP22 9LE

Closing date for all applications is 13 September 2019. Only one free bracelet per household. This offer is open to readers in the UK only and is subject to availability.

For safe & secure credit card ordering please telephone your order to: 01858 345108 and quote PMU35.
Lines open Mon-Fri 9am – 5pm

PMU35 JEWELLERY ORDER FORM

I enclose a 83p stamped, self-addressed envelope to qualify for my free bracelet

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
<th>Qty</th>
<th>Price</th>
<th>Total</th>
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<tr>
<td>JPR6000</td>
<td>Cupcake Charm Bracelet</td>
<td>1</td>
<td>Free</td>
<td>83p SAE</td>
</tr>
<tr>
<td>JPR1010</td>
<td>6 Cute Cat Charm</td>
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<td>£5</td>
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<tr>
<td>JPR1014</td>
<td>6 Handbag Charms</td>
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<tr>
<td>JPR1013</td>
<td>6 Shopaholic Charms</td>
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<td>£5</td>
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</tr>
<tr>
<td>JPR1011</td>
<td>6 Adorable Dog Charms</td>
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<tr>
<td>JPR1431</td>
<td>Full set of the above (with free mystery gift)</td>
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<tr>
<td>JPR6005</td>
<td>Additional Cupcake Charm bracelet</td>
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<td>£5</td>
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Total £...

I enclose a cheque made payable to Lyncroft Marketing Services for the sum of £...........
( Please write your name and address clearly on the back of your cheque)
Title............. Initial............. Surname.................................................................
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Pet experience: connecting dog devotees!

BorrowMyDoggy, the trusted dog loving company, helps to connect dog owners with local borrowers for walks, weekends and happy holidays. In 4 simple steps:
1. Create a free profile and become a member.
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To find out more visit www.borrowmydoggy.com

BorrowMyDoggy also recommend pup activities and doggy days out. Their pick of the week is...

The Milky Way Adventure Park – Clovelly, Devon
Have some family fun at this theme park with your four-legged friends. Canine companions are very welcome to roam around the acres of land at The Milky Way Adventure Park.

Here’s looking at you kid!

Pooch selfie, £14.99,
Firebox.com
This smartphone attachment helps you take better pics of your dogs. Pooch selfie was funded by nearly two thousand backers on Kickstarter. Harness the powerful canine allure of a squeaky tennis ball. Your pup will finally say yes to paparazzi!

Insta love

@Goats_gone_grazing_acres
37.9K Followers
This small farm in western Kentucky is spreading the love of goats on their Instagram. Grow your love for goats and follow their life on the farm!

My best friend Roxy whenever I’m eating food. I’m not sharing pup!
Lauren Cordy, Bristol

My rescue cat Tilly was not happy at all when I had to move her to change the sheets!
Jo Garner, Bristol

Harvey the cat can sleep just about anywhere. He even falls asleep being carried like a baby.
Alex Coles, Salisbury

Flossy is the most beautiful pony! I might be slightly bias...
Harriet Wood, Wiltshire

BorrowMyDoggy also recommend pup activities and doggy days out. Their pick of the week is...

Pet of the Week

The Milky Way Adventure Park – Clovelly, Devon
Have some family fun at this theme park with your four-legged friends. Canine companions are very welcome to roam around the acres of land at The Milky Way Adventure Park.
Nothing’s worked Q My 15-year-old daughter has severe acne and nothing we’ve tried helps. What should we do? Sienna, Bradford-on-Avon

A Acne can be very upsetting at any age, but it typically affects those in the teenage years and can add a lot of distress to what is already a challenging time. If you have tried a variety of over-the-counter products without success, then I would talk to your GP. There are plenty of other options, including creams and lotions, that are available on prescription. These can be used alone or with another agent, such as some types of antibiotics or the oral contraceptive pill. Referral to a dermatologist can bring the possibility of stronger treatments such as Roaccutane, which are effective but require careful discussion and monitoring by a specialist. Reassure your daughter that help is available and her GP would be the best person to talk to.

Painful problem Q I’ve had shingles twice in the last 3 years and I’m worried it’s going to come back. Can I prevent it? Ellie, Bridgwater

A Shingles is generally very painful and unpleasant, and as with many conditions, when you have developed it once, the chances for developing it again in the future are higher. The good news is that there is now a vaccination that can help to significantly reduce the possibility of further episodes. The vaccine is a ‘once-only’ injection and can be given at any time of the year and is offered by the NHS. Availability is currently limited to those who are aged 70 to 78. It is not offered to people over 80 years of age as it seems to be less effective in that age group. If you are concerned that you may have shingles (feeling unwell with flu-like symptoms and a blistering tender rash usually restricted to one area of the face, scalp or body) then seek medical advice, as there are some medications available that may make the episode run its course more swiftly and comfortably.

Should I be worried? Q My elderly dad keeps forgetting things but insists his memory is fine. I’m worried about him and don’t know what to do. Kate, Lincoln

A This is a tricky situation as safety can be a real concern, particularly if you are worried about an older relative who may live alone. I think the most important place to start is to try and explain your concerns to your dad, as having him on board will make assessing and managing the situation much easier. This part of the process can take some time, as family members often feel very certain of their own abilities and can feel scared about the possibility that they may be losing their memory and what that would mean. Your dad’s GP would be a good person to speak to, as they can start to assess whether any memory trouble is a reflection of the natural process of getting older, or whether there may be something more specific such as Alzheimer’s disease that could benefit from further investigation. Your GP can also be a resource for accessing support for people with memory difficulties, and just as importantly, for those who care for them.

CONTACT US
For advice, contact us via one of the methods below. Letters and emails are selected randomly for publication. Sorry, doctors can’t reply personally.

WRITE TO: Pick Me Up! Media Centre, Emma-Chris Way, Abbey Wood Park, Filton, Bristol, BS34 7JU. EMAIL: hello@pickmeupmag.co.uk
A gathering up, I rubbed my body with soap. It was September 2015, and after a long day at work, a hot shower was just what I needed. Just then, I felt something - a raised area in my right breast.

That’s odd, I thought.

But I soon forgot about it, busy with work, spending time with my husband Scott, 42, and taking care of our son Alexander, then eight.

Over the next few days, though, it kept niggling in my mind, and I kept reaching my hand over my breast to feel it. ‘You should get it checked out,’ Scott said.

“It’s probably nothing,’ my GP said the next week. ‘But I’ll refer you to a clinic just in case.’

There, I had a mammogram and an ultrasound.

A few hours later, after a biopsy, I got my results.

‘I’m afraid you have stage 2 breast cancer,’ the doctor told me. ‘You have a 2cm tumour in your right breast, and it’s spread to your lymph nodes.’

‘But how can that be?’ I said, shaking with nerves.

I hardly recognised myself

Having breast cancer has changed the way I look at life. I’ve since quit my job, I’m closer to my family, and I’m more compassionate and understanding.

And really, it’s all thanks to our Bailey.

His sweet nature melts my heart and makes me smile every day.

It’s been a tough couple of years to say the least, but it’s impossible to feel sad when Bailey is around.

For support and information after breast cancer care, download Breast Cancer Care and Breast Cancer Now’s BECCA app at bccare.org.uk/BECCA.
Nurses reveal ‘taboo’ cancer side effects

In a bid to get people talking, Macmillan nurses have shared their experiences of supporting cancer patients, after a poll found sufferers were too embarrassed to discuss their side effects. A new study for the charity, by YouGov, found that around 20% of people living with the disease find it difficult to seek help for problems resulting from the illness, because they are too embarrassed or ashamed. In a moving video, nurses explain how they’ve tried to encourage patients to talk about some of the embarrassing issues they’ve faced, with incontinence topping the list of side effects. 46% of cancer patients listed problems with their bowels or bladder as being a problem after cancer, and Macmillan are determined to encourage patients to open up about the taboo subject.

Migraines

1. Only adults get migraines. [True/False]
2. Migraines don’t always result in a headache. [True/False]
3. Women are more commonly diagnosed with migranes than men. [True/False]
4. Stress is the only trigger for migraines. [True/False]
5. It’s possible to outgrow migraines. [True/False]

Have you tried... Solero SPF30 and SPF50.

For those with sensitive skin, it can be tricky to find the perfect sunscreen, and with the sun often worsening skin conditions, it’s important to find a product that won’t irritate it further. This sunscreen is fragrance-free and has been dermatologically tested for those with sensitive skin. £7, Lloyds Pharmacy.

Men’s health

with Dr Judith Holmes

Q: I’ve been feeling down for a few months now and I can’t seem to shake it. I’m irritable and constantly feel tired. I think I might be depressed but don’t know what to do. Pete, Hull

A: Anger and irritability are distress signals – a way of us showing others that everything is not OK. If you are also feeling tired and this feeling has persisted for months now, then it suggests that you may be suffering from depression. Other symptoms include feeling hopeless, loss of motivation, not wanting to be with others, difficulty sleeping, or even sleeping too much. It is important you talk to someone – ideally your GP – to get some guidance. This may be with self-help, therapy and medication. Take some gentle exercise, eat regularly and try to get a regular bedtime routine. Having a close friend or relative you can talk to is also invaluable.

3 in 4...

That’s the ratio of children between 18 months and four years old who are consuming too many calories, increasing the risk of childhood obesity.
I used to make excuses not to go out—what if I had an accident?? So I’d stay in and watch TV non-stop!! Then I tried Staydry pants. They pull on just like normal pants, you don’t even notice they’re on, and they keep you SO dry and comfortable. Now I’m a proper social butterfly—you think my telly misses me?

Sue,
out letting my hair down
XX

STAY DRY
STAY CONFIDENT

For free advice, visit boots.com/staydry or call our careline on 0800 072 3899
Only at Boots

Give them a call, they really can help 😊
Watching the removal men pile my furniture into the van, a huge weight was lifted from my shoulders. I had been trapped in an abusive relationship for nearly four years and I was finally getting out.

My daughter Laura, 24, and her partner Steve, 60, helped me make the move and after we'd finished packing, we stopped off at my local pub one last time.

'I've never seen somebody change so quickly,' Steve said, clutching his pint.

It was true. As soon as I'd left the house and ended things with my partner, I felt like a different person. I'd spent the last few years completely miserable, crying down the phone to Laura nearly every weekend. 'You really need to leave him,' she'd insist. 'I know,' I'd sigh, but I did little about it.

But in January this year, my partner kicked me out. It was the push I needed to start afresh. I decided it was best to move in with Laura and her family down in Plymouth.

The first few days were tough and although Laura and Steve welcomed me with open arms, I felt unsettled. I was used to my own space and felt like I had to ask if I wanted to do anything. 'Can I go for a shower now?' I'd say. 'You don't need to ask,' she'd laugh. I loved spending time with my grandchildren Braydon, 6 and Kiera, 5, but I needed to find my own place.

I started looking for a house and within days, I had moved out. I was finally feeling settled but there was just one thing I felt was
missing – a man!
‘I don’t want to be on my own forever,’ I cried to Laura one afternoon.
‘You won’t be,’ she consoled. As she sat flicking through the newspaper, Laura had an idea. ‘Why don’t you sign up to this online dating site from the newspaper?’ she said, pointing to the ad.

Thinking I had nothing to lose, Laura and I started filling out the profile. ‘Favourite food?’ she asked. I clicked onto the ad.

‘Hi, how are you?’ I asked. ‘Leave her be – Granny’s happy!’ Braydon asked Laura. ‘But I was certain Andy was the one for me. I messaged Laura and told her the good news. ‘That’s amazing, congratulations!’ she messaged me back. ‘I don’t have a ring yet, but I’ll soon get one,’ Andy joked. ‘I don’t care about that,’ I said, hugging him tight. ‘We only met last Saturday,’ I laughed. ‘Well when you know you know, I guess,’ the waitress said, shocked. But it’s true – I knew instantly with Andy. Being with him is a dream. He’s so romantic – the house is like a florist! He’s met the whole family now and although he’s not met my Mum yet, she’s spoken to him on the phone and given him the seal of approval during a video call. Like the rest of our relationship, we’re not wasting any time with our wedding. We’ve set a date for just a few months’ time.

We’ve both been married before, so we just want a simple, fuss-free wedding. Neither of us ever thought we’d remarry but feels right. I look at my life now and although he’s not met my Mum yet, she’s spoken to him on the phone and given him the seal of approval during a video call. Like the rest of our relationship, we’re not wasting any time with our wedding. We’ve set a date for just a few months’ time.

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I was so shocked I couldn’t sleep.

It was literally love at first sight.
Whether it's smoking or biting your nails, habits can be tough to break as they are hard wired into our brain by the repetition. Doesn't help that some habits, like eating too much chocolate, is pleasurable and can break the pattern. For you give in — like the way you open a fridge. Your brain connects the dots so change your routine to avoid temptation and substitute it for something else. Pick up the phone and call a friend or have your favourite fruit on standby. Then reward yourself for making progress! It's said it takes 21 days to break a habit so stick with it.

**GETTING HELP**

- **If you’d like advice from our Pick Me Up! expert, email us at hello@pickmeupmag.co.uk or write to us at the address on our contacts page (pg4).**
- **If your problem affects your mental wellbeing, you can call the helpline run by the charity Mind on 0300 123 3398, open 9am to 6pm weekdays.**

**Breaking a habit**

Whether it's smoking or biting your nails, habits can be tough to break as they are hard wired into our brain by the repetition. Doesn't help that some habits, like eating too much chocolate, is pleasurable and can break the pattern. For you give in — like the way you open a fridge. Your brain connects the dots so change your routine to avoid temptation and substitute it for something else. Pick up the phone and call a friend or have your favourite fruit on standby. Then reward yourself for making progress! It's said it takes 21 days to break a habit so stick with it.

**Family Feuds**

My brother and I don’t get on because he doesn’t like my husband. Our mum has been really upset by it and I feel so guilty that we can’t be civil.

**Causing a divide**

I hate my best friend’s boyfriend. In five years, he’s cheated on her twice. He breaks up with her regularly and she takes him back. I’m left picking up the pieces. They’re talking about getting engaged. How could I ever be her maid of honour?

**He’s just my type**

I have a secret crush on a guy in my office. I’m happily married and wouldn’t do anything, but I get a buzz from the excitement. I love my husband, but should I tell him about my crush?

Danielle, Norwich

Whether you speak to your husband about this or not, depends entirely on how you communicate in your relationship. There are many couples who are extremely open — because they know it’s natural that either party will at times be attracted to someone else. Some couples tell each other if they develop a crush on someone else, and it acts as a bond builder. Commonly, however, a lot of couples choose to ignore the fact that either of them might have these feelings, and only address it if they have to. The risk is that if you tell your husband he could feel insecure and threatened, so it would also be worth checking in with yourself on what having a crush really means. These feelings are natural, but can be very fleeting. Perhaps rather than keep it a secret, which can fuel the fire, talk with a close friend who is non-judgemental, or even a therapist, and get it out of your system. It sounds like you are in a happy marriage, and it would be a shame to allow a crush to interfere with that.

**Causing a divide**

I really feel for you. When our friends hurt, we hurt, and it really sucks when our closest friends end up in relationships we just can’t get on board with. It’s important to remember, you can only control your own behaviour, not anyone else’s. It’s very hard when our friends continue to ask us for advice, or want us to pick up the pieces, but then tumble right back into the same mistakes and mistreatment. I imagine you desperately want to be able to share in your friend’s happiness, but can’t because it wouldn’t be genuine. You have to look after yourself, too, and perhaps you’re not able to support her when you don’t agree with her being with someone who has treated her so poorly. It’s unlikely you can change your friend’s mind, given the previous evidence, but you can make her aware that it’s too upsetting for you to watch her get hurt over and over. Tell her you will respect her decisions, and still want to be in her life, but that you’re not able to be maid of honour when you feel she is being used. It may be hard for you to say, and for her to hear, but in the long run, at least you know you tried your best to let her know you don’t think it’s the right thing for her.

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Subject to availability. Offer valid 17th July 2019 to the 13th August 2019.
Sipping my cocktail at the bar, I peered over my talkative friends. There were two handsome boys in smart shirts stood near us. ‘He looks nice,’ I said. ‘Be realistic Jenny,’ my friend laughed. ‘He’s way too quiet for you.’ That was always my problem - the nice guys never go for me. I have come to the conclusion after years of dating, that I’m too beautiful to men to find love. They find me intimidating. It might sound like I’m bragging, but let me share a few things about my dating life with you, and let you decide.

Growing up, I was always the shy kid. If people said ‘Hello,’ to me, I’d smile back, my mouth shut. That all changed when I hit 20, and I began modelling with one of my friends. I wanted to put myself out of my comfort zone. And, being photographed and getting glam gave me the confidence that I’d been missing. I learnt self-love, and I’ve been outgoing and confident ever since.

Today, it’s been two years since I was last in a settled relationship, and I do want to meet someone. But it’s difficult having children - my kids Emilia, five, and Enzo, one, are my whole world. We come as a three, and any partner I have will need to impress my babies, too. Dating is online now, and I’m not a

Jenna Thompson, 36, from Essex, blames her single status on her good looks and glam lifestyle...

Can you spot the bee cleverly disguised in this optical illusion? On average it takes 8 seconds – can you beat that?

The puzzle was designed by online blind retailer Swift Direct Blinds to remind us that bees are vital to the planet’s ecosystem. They pollinate about three quarters of all plants, but pesticides, parasites, disease and habitat loss has resulted in a dangerous decline in the bee population. Find out more at directblinds.co.uk. Answer on page 47.
I think dating apps are a minefield to navigate and super shallow. Everyone wants to message online for weeks – the dating game has all changed.

If you don’t want to meet up with me and go on a date straight away, I don’t want you. I’m looking for a boyfriend, not a pen pal!

Why swipe right when you can just ask someone to go out? And, everyone just wants to hook-up, but I’ve got two kids – I’m not down for that!

Being a full-time influencer means I get lots of DMs on my Instagram account @miss_jenna_thompson. I try to keep my business and my life separate, so I dip in and out of Bumble. Women get to make the first move, so I’m more in control that way. But, I always find myself going for the same type – I like heavily tattooed guys, good looking, who workout in the gym.

I like someone with a bit of depth and personality, too. People with tattoos are normally deep and artistic. I need someone who is able to connect with me on an emotional level, and not just like me for my glam image. I think men are afraid to talk to me and date me because they think I’m intimidating.

A lot of men like to date multiple girls, but I’m not into that – I’m always loyal to the one person. In the last year, I’ve dated about six people in total. I always have more than one date, but they never seem to really go anywhere. It’s safe to say that among those six dates, I’ve had some serious dating disasters.

I was once dating a man who told me very late in that he was actually married! He sat me down face-to-face when we were having a drink, and said, ‘Jenna, I’ve been hiding something from you.’ I stormed off angrily, fuming, and humiliated. He was chasing after me in the wet and cold, and slipped over trying to run. I actually had to take him to the hospital because he knocked himself out.

Just my luck! Another time, my friends set me up on a blind date, and the man was a parking attendant that had given me a ticket just earlier that day. Cheers Cupid!

I was rushing to get ready for the date when he fined me. And if I’m being honest, I don’t really want to date a parking attendant.

I love horse riding, charity events and going to toddler festivals with the kids – I’m a social butterfly. My ideal first date would be active, and something that scares me. It’s fun to bond and see what someone’s like. Whenever things fizzle out, I put off men in general for a while. I think I need to branch out and be more open to dating different types of blokes, because I clearly have a type that isn’t working for me.

But, I can’t help what I’m attracted to. I do want a man that’s genuine and honest. If I approach a nice shy guy, he won’t want to talk to me because I overpower him. I’ve not got a chance. Some of my friends blame my image on Instagram for my dating disasters. ‘Why don’t you tone it down a bit,’ they say.

‘If you change your image, you’ll attract the right men...’ But the thing is, if you change yourself, you’re never going to be truly happy.

How long can you wear a mask before it starts to slip? You’re not going to be authentic to the person you’re looking for, so you’ll be doomed from the get-go.

Being an influencer means I put myself out there – there’s pros and cons to the lifestyle. Having a career that is 24 hours a day, seven days a week, puts guys off.

I’m an alpha female, and I think lots of men don’t like to take a back seat. The types of guys that approach me just want to have a trophy girl. Sure, I look after myself, but I’m more than that.

Men think they’re less masculine if they date a dominant woman. But being glam doesn’t mean I don’t want to have fun - I want someone that can fit into my crazy lifestyle.

That doesn’t mean I’m on the hunt, though. I can get by just fine without a man by my side.

I’m a strong independent woman and mum. And, I’m not sure I can be dealing with any more married men or parking fines...
When life gives you lemons, wear them! Bright and bold fruit prints are back. This classic summer print sweetens up your wardrobe with some colour and zest. We’ve cherry-picked the high street’s juiciest pieces just for you.

**Top tip**
Go matching with your little one in this two-piece tankini!

**Top tip**
Flappy hats are in this season! And we love the embroidery on this one.

**Complied by Nia Dalton**

**Stock photos: Alamy**

**Bikini top, £18**
**Swim skirt, £20**
**Child’s swimsuit, £9**

**M&Co**

**Open shoulder top, £22**

**Roman**

**Lemon earrings, £10**

**Accessorize**

**Lemon necklace, £6**

**Accessorize**

**Wedge earrings, £10**

**Accessorize**

**Citrus bikini bottoms, £17**

**Accessorize**

**Citrus bikini top, £18**

**Accessorize**

**Lemon purse, £6.99**

**BHF**

**Floppy hat, £25**

**Laura Ashley**

**Shorts, £20**

**M&Co**

**Trousers, £22**

**M&Co**

**Dress, £32**

**M&Co**

**Open shoulder black top, £22**

**Roman**

**Lemon bikini top, £18**

**Accessorize**

**M&Co**

**M&Co**

**M&Co**

**M&Co**

**M&Co**
WHAT IS AVAXHOME?
AVAXHOME – the biggest Internet portal, providing you various content: brand new books, trending movies, fresh magazines, hot games, recent software, latest music releases.

Unlimited satisfaction one low price
Cheap constant access to piping hot media
Protect your downloadings from Big brother
Safer, than torrent-trackers

18 years of seamless operation and our users' satisfaction

All languages
Brand new content
One site

AvaxHome - Your End Place

We have everything for all of your needs. Just open https://avxlive.icu
Fruit salad

This beautiful lemon print dress is so classic and versatile. Pair with espadrilles for a picnic or a family BBQ, or pop on some strappy heels for a summer wedding.

Lemon Print Midi Dress, £40, M&Co

Top tip
A basic tee is a wardrobe staple – wear this with denim shorts or some black spotty wide leg trousers.

Must have item of the week

Watermelon earrings, £12
Accessorize

Strawberry top, £25
Joe Browns

Playsuit, £28
Dorothy Perkins

Lemon bag, £29
Accessorize

White embroidered top, £22
Roman

Lemon t-shirt, £8.99
New Look

Sustainable t-shirt, £14.99
Bon Prix

Sustainable t-shirt, £14.99
Bon Prix

Lemon t-shirt, £8.99
New Look

Watermelon earrings, £12
Accessorize

Strawberry top, £25
Joe Browns

Playsuit, £28
Dorothy Perkins

Lemon bag, £29
Accessorize

White embroidered top, £22
Roman

Lemon t-shirt, £8.99
New Look

Sustainable t-shirt, £14.99
Bon Prix

Pick Me Up! 27
Bethany Heartwell, 28, from Lancashire, had a surprise £1,500 win on a quiet Sunday night in Pulling into our road I smiled. "What a great week," my husband, Kevin, 27, said. "Wasn't it just? Though I think it's knackered them out!" I laughed nodding to our sleeping kids, aged 3 and 2, in the back.

Bless, they both looked utterly exhausted, but it wasn't a surprise. The last five days had been spent splashing around in the pool in Skegness and nights dancing under the stars and having an incredible time. Hard to believe it was all following my latest big bingo win.

It was February this year and the day was like any other. The four of us devoured a roast dinner, then as Kevin washed up, I tucked both children into bed.

We were both looking forward to having a bit of down time. For Kevin, that meant scrolling through Facebook while the Match of the Day highlights played out on the telly. As we settled, I thought to myself, 'I'm going to have a game of Bingo' I'd always loved it, even my hen do was bingo themed! Since having kids I'd not been able to go to the bingo halls with my friends as much.

That's where Pick Me Up! Bingo came in when I couldn't always make it out. It was as much fun and I had made lots of new friends in the chat rooms too.

I had my first big win in December 2014, a £1,000 Full House on Sapphire! With my winnings, I'd bought a camera because of my love for photography and I have since become a professional photographer! I love the community and the chat-chat that Pick Me Up! Bingo has in the chat rooms, as well as being able to relax and watch the game while the numbers are daubed off for you! I've even had another two £1,000 Full Houses and a
My screen erupted in colours and flashing fireworks. I'd won £1500 – but at first I didn't believe it.

Then, as I saw my balance shoot up, I screamed with excitement.

'I won! I won!' I squealed. 'You what?' Kevin said. I shoved my phone right under his nose. 'Look!'

Seeing the number in my balance he jumped out of his seat and swept me into a hug.

'Well... what are you buying for me,' Kevin teased. Cheeky!

We had a chat about what to do – and decided to put a good chunk of it away into savings.

But the rest...

'Let's take the kids to Skegness for a week,' I smiled.

In June, we bundled the kids into the car and set off.

A treat for us, and a holiday to remember forever.

It had been a great break, and my Pick Me Up! Bingo win made it even more special.

**£1,500 Full House win, all on Sapphire.**

Signing in that Sunday evening in February, I clicked on the Sapphire room.

My favourite game, it was fun to play and you could get tickets from just 10p.

I deposited and then bought 36 tickets for the next game. The excitement was starting to build in the room as I waited for my numbers to come rolling out!

One by one my numbers were ticked off and before I knew it... I've only got three to go!' I chimed.

Kevin nodded at the other end of the sofa; his face glued to his own screen.

Then another one of my numbers flashed up.

'Just two left... now one!' I said unable to look away and then...

JACKPOT!

My screen erupted in colours and flashing fireworks.
The weather was cold, but watching my three kids tear around the amusement park in January 2019, I smiled. Because I realised, you don’t need sunshine, just your loved ones beside you.

My partner and I grinned as our brood ran riot. ‘That was a great day,’ my bloke smiled back home. I hoped we’d have more like it, particularly once I bought a car. I’d passed my test back in October 2018, was looking forward to my first run around.

I have always been a fan of bingo and used to go to bingo halls to play. But sometimes I found them too busy and overwhelming. ‘Too much going on, I can barely keep up,’ I’d tell my partner Andrew, 46. But Pick Me Up! Bingo had me intrigued. Plus, I’d be able to play it from the comfort of my own home.

I decided to set up an account and deposit £10, entering the code in Pick Me Up! and claiming my free bingo tickets.

I decided to play the Sapphire 90-ball bingo game, as it was the most like the bingo I’d played in the past. One of the great things about the game was I could leave it to run in the background.

But when I next looked back at my phone, I realised I only had one number to go. Then…

‘I can’t believe it!’ I gasped in delight.

I’d won! The first day I’d ever played on the site – and I’d scooped a £1,500 Full House!

On my balance, it suddenly hit home. And I knew exactly what to spend it on. Andrew and I are planning to go to Germany this year. We can’t wait for our holiday, and to know that it’s all paid for by my win makes it all the sweeter.

I still play Pick Me Up! Bingo, usually about once a week, and the slots are my favourite games at the moment. It’s such a fun site. There are always new games and promotions to enjoy.

I couldn’t believe I had won!

Hayley Younie, 46, Darlington booked a holiday with her big win

Relaxing one evening in May 2018, my husband Callum, 47, was busy channel-surfing, but I wasn’t in the mood to watch telly.

So, I logged on to Pick Me Up! Bingo.

I’d tried other sites in the past but I didn’t enjoy them as much.

In 2016, I’d heard a colleague talking about a game on Pick Me Up! Bingo called Sapphire and how much fun they had.

Sapphire Bingo is like the 90-ball games you know from the bingo halls, where you can win with one line, two lines or a Full House.

Sounds like something I would enjoy, I thought, so
I am so happy and thrilled with my win.

Massive Jackpot!

I checked out the website. I liked the variety of games on offer and decided to sign up.

That evening in May, I bought 12 tickets for £1.20 for Sapphire at 10p per ticket. Then I sat back and relaxed. My game went well. First I won £24 on two lines. Then, before I knew it, I'd won the £85 Full House. But wait…

In the blink of an eye, the screen started flashing. ‘Congratulations! You’ve won £7,458!’ I froze. Was this for real? ‘Callum!’ I yelled. ‘Callum, I think I’ve won the jackpot!’ It meant my Full House had been won within a set number of ball calls.

I couldn’t wait for him to reply. I was so excited I grabbed the laptop and rushed over to him. ‘What’s going on?’ he asked. ‘I can’t believe it!’ I said. I thrust the computer under his nose. ‘Is it true? Have I won?’ I asked, barely able to believe it. ‘It certainly looks like it!’ Callum gasped. Looking at the screen, I realised other players were congratulating me.

The jackpot! You always hear of it happening to other people, but you never imagine it’ll be your turn.

‘Let’s wait until tomorrow and see, but I think you’ve definitely won!’ Callum said.

We decided not to tell our three kids yet. But secretly, I knew what I wanted to spend the surprise win on – a family holiday.

I tried to sleep, but was too excited and shocked.

First thing in the morning, I checked my account. And there it still was, my winnings.

We called our eldest, Amy, 27, first, who was over the moon, as were my other children. And then I told them I was going to treat us all to a holiday in Turkey.

We went for a week in June and loved it. We’ve also got around to doing a refurb at home, and we still have some winnings left.

I still play Sapphire, and have even had a couple more wins. It’s always lots of fun. Thanks Pick Me Up! Bingo for all the good times on site.

NOT A MEMBER YET?

1 Register at pickmeupbingo.com
2 Deposit and play £10 with code PMUL32
3 Claim your £50 of FREE BINGO


**PROMOTION**

Our Amazing August!

Get involved with our summer fun at Pick Me Up! Bingo!

Here are two of our highlights this week

25 Plays of Summer

In fantastic prizes every day! It’s not too late to enjoy the remaining days of this popular promotion.

’Tis the sea-sun so enjoy a very summery advent calendar, with exciting games to play and prizes to be won, including £1,000 holiday vouchers, tech bundles and more! Simply open that day’s numbered door to opt in and you can come back every day between now and Monday 12 August to discover the game and prize of the day. Opt in and £1 wager required.

Play! Arcade Bomb!

Cause a bang in this explosive slot game, Arcade Bomb! Blow up the reels and multiple bombs and you could cause an eruption of wins! Arcade Bomb is a Daily Double Jackpot game, so there are three different jackpots to be won!
S taring down at the pregnancy test, I sunk down to the floor with tears of joy.

Me and my husband Darren, 45, had been trying to have another baby for ten years.

We already had two children, Jamie, then 13, and Kieran, then 11, but we longed for a third.

As soon as I had my 12-week scan, I told everyone the news.

‘Now you rest up,’ Darren would tell me.

Our two boys were already in secondary school, so we were going to be starting all over again.

I had a healthy pregnancy, and everything was going to plan.

Then at about 6am on 29 August 2010, I suddenly woke up feeling unwell.

‘I don’t feel right,’ I said, nudging Darren awake.

‘You’ll be okay,’ he said sleepily, then fell back to sleep.

I decided to get up and walk it off, but within an hour, I was having contractions.

‘Get up, I said to Darren.

‘We’ve got to go. We had to stop for petrol, but we headed straight to the Royal Albert Edward Infirmary.

When we got to the hospital, we were put into a room and told to wait it out.

It was still very early, but within just 40 minutes I started bleeding.

‘We need help in here,’ Darren called out, and a nurse came rushing in.

‘We need get you down for an emergency C-section,’ the nurse said.

‘The baby is breach.’

I was already nine centimetres dilated, so they rushed me down for surgery.

Surprisingly though, I wasn’t in too much pain.

I was given a spinal block and the doctor suggested that I should try pushing, but my contractions had stopped.

‘We had no option but to go ahead with the C-section,’ Darren was by my side when the doctors started cutting.

He wasn’t at Jamie or Kieran’s birth as he was working, so it was super special to have him there. Although my stomach had been cut open, I felt on top of the world.

But then all of a sudden, I felt a massive pop in my head, and a burning headache suddenly came over me.

I could barely get my words out, and I started being sick.

Darren was given a bowl for me to aim in, as the doctors continued getting the baby out.

Then ten minutes later, our beautiful son Billy was born.

I couldn’t wait to hold him, but the doctors placed him in Darren’s arms, and they were whisked away.

I had no idea what was going on, but all I remember is the doctor saying; ‘she is bleeding profusely, get a bladder doctor here now.’

After that, everything went black, and the next thing I remember is waking up on the ward with all the other new mums.

I was in pain and disorientated.

‘I can’t move,’ I said to Darren.

‘Are you sore?’ he asked.

I nodded.

‘I’ll get a nurse,’ he said.

When the nurse came in, she said that I was just drowsy.

‘You’ll be fine soon. The anesthetic is wearing off.’

Then, about two hours later, when I was still unable to move, the doctors decided to take me down for a CT scan.

‘We’re just going to check to see if anything has happened,’ they said.

Afterwards, I was put in a side room with Billy, Darren and my mum, Debbie, 59.

‘Sam the doctor just told us now I’ve lost the ability to talk’

Doctors told my family to say goodbye to me

Darren has given up his job to care for me
A spokesperson for Wrightington, Wigan and Leigh NHS Foundation Trust said: ‘[we] can confirm that in 2010, we received a request from a solicitor acting on behalf of Ms Wilkinson with regard to providing copies of her medical records. As per the request, we provided copies of Ms Wilkinson’s medical records. We did not hear anything further from the solicitor and the case was closed in 2015.’
The rise of catfishing

We’re falling victim to online predators, but we are guilty of bending the truth too.

Up until 2010, the term catfish referred to a fish with whiskers. But now, thanks to the American documentary series, Catfish, The TV Show, the phrase also refers to someone who sets up a false personal profile on a social networking site for fraudulent or deceptive purposes. But just how serious is the issue? And how dangerous? Just like many things, it comes on a scale. From low level picture editing, to more serious money scams that are criminal.

According to research carried out by Insurance2go, 25% of the nation have experienced some form of catfishing online. Some cases have even hit the headlines, and yet, we’re still drawn into scams.

Back in June 2018, conman Akinyemi Adigun, posed as a handsome doctor and convinced a widow in her 70’s to give him almost £10,000. He managed to fool her into believing that he was using the money to fly from Nepal to the UK and see her.

Adigun was found guilty by a jury of possessing criminal property, but his victim never got her money back.

It’s said this high level fraud happens to around 8% of the British population. However, these statistics could be much higher because, as FBI Special Agent Christine Beining states, ‘romance scams are highly underreported. This

is largely because victims feel ashamed and embarrassed for having fallen prey to this type of scam.

Cases like these typically occur when the fraudster is using a fake profile with images collected from Google and model websites.

Surprisingly, whilst it’s often used as a money grabbing tactic, it isn’t always. In fact, 27% of people admit that they do it simply because they’re unhappy with their appearance, and 26% do it to make friends.

To gather more information, Insurance2go spoke to a former catfish who admitted he’d pretended to be a girl to find people to chat to.

‘I chose a picture of some random girl that I found online. I didn’t want to use my real identity because I never have,’ he admits.

‘I’ve never had many friends and spent most days alone in my room.

The internet gives you so many opportunities to have social interactions, and the fact that you’re anonymous means that you can create your own identity instead of using your real, boring one.’

In most cases, catfishers use an image of a model in a foreign country or generic images off Google.

However, there have been several cases where regular people discovered that their images have been used by a fake profile.

Worryingly, catfishers are increasingly tracking down regular Instagram and Facebook images to use. Aside from the more predatory side of catfishing, are we all guilty of doing it?

It’s no secret that we all love a good filter and that we work lighting to make sure we only post the most flattering images of ourselves.

According to computer company Asus, we’re all pros at Instagram, and a quarter of 16 to 24 year-olds admit to editing their snaps to make them look more attractive to their

A quarter of us in the UK have been catfished

We’re used to tweaking our photos

Are you getting the real story?
um-of-one Hayley*, 50, had recently split from her partner of 20 years when she was preyed upon by a stranger. ‘I split with my husband back in September 2018, and it was a big adjustment for me. When my son went travelling a few months later, I felt really lonely,’ she admits.

Hayley experimented with online dating and even set up an Instagram page, so she could showcase her fun and glamorous life. ‘I was talking to guys here and there, but it was nothing serious.’

‘Then, when I returned from visiting my son, I had no one to talk to at the end of the day. ’That’s when I received two messages on Instagram from two different guys in America. ’One was a painter and decorator and one was in the military,’ Hayley admits that she was skeptical at first. ‘I was going to ignore them, but I guess I just sent one message, and the next thing I knew I was in a full-blown conversation. ’I told them that I wasn’t interested in a relationship over text, but both of them were so lovely. ’I felt a bit cheeky for messaging both of them, but being single was very new to me,’ she said.

Soon, Hayley was having in-depth conversations with both of the gentlemen on Google Chats. Hayley also found herself telling them about her past relationship and marriage. ‘They were so friendly, especially the painter and decorator, who I knew as Mark. We would chat about our families and it just felt very natural. ’However, sometimes the tone would change and both of them could become very snappy. It did raise alarm bells, but I enjoyed chatting with them,’ Hayley admits.

Messages to Hayley from Mark

Emmamessaged the real guy, Ronaldo Sciculuna. She’d only found out that the military guy was also fake, also found out that the man she was talking to was actually talking to a woman called Harriet from Gloucester. In a radio interview, Perry said, ‘my heart goes out to [him]. I felt bad for him.’

Despite the tragic loss of ex Love Island cast members, this year’s entries have still been subject to a string of online abuse. In particular, social media influencer, Molly-Mae has been called a catfish due to her insta perfect photographs. One tweet compares a picture from her social media to one of her in the villa, with the caption, ‘Have you ever seen a bigger catfish in your life mate.’ Twitter users have said that she uses filters, angles and photoshop to make herself look more attractive online.

In 2016, the show Catfish told the story of a man who was tricked into believing he was in a relationship with Katy Perry. After a string of text messages and phone calls, over a six-year period, he believed the pair were in love and even bought her an engagement ring. It was thanks to the TV show that he discovered he was actually talking to a woman called Harriet from Gloucester. In a radio interview, Perry said, ‘my heart goes out to [him]. I felt bad for him.’
In February I took Adeline, two, for a routine check-up at the paediatricians. I was in my third trimester carrying twins, and Adeline was full of energy, forever running around wanting to play. ‘Come on, Mummy,’ she said. I waddled after her, struggling to keep up. After weighing and measuring Adeline, the paediatrician was concerned. ‘I’m going to take some blood to check on her iron levels,’ she said. ‘Adeline looks a little pale.’ I’d never noticed her skin tone before now. Adeline was a normal, happy toddler – she’d just started nursery and she was really enjoying making friends. Two hours later, my husband Jordan, 27, and I got a call from the paediatrician. ‘Adeline’s iron levels are abnormally low,’ the doctor told us. ‘Abnormal blood cells had led to bone marrow failure. ‘But there’s nothing wrong with her,’ I choked up. ‘She’s always so happy and energetic.’ Jordan pulled me into a hug. No-one could have seen this coming our way. ‘What will we do? What will happen?’ I asked Jordan, my mind going into complete overdrive. I had a million questions to ask, but due to the rarity of Adeline’s cancer, the doctors couldn’t answer them. ‘We do know that a bone marrow transplant will keep Adeline stable,’ the doctor explained. Adeline’s damaged bone marrow means that her body cannot make enough red or platelet blood cells to keep her healthy. She needs blood transfusions every week, until we find a perfect donor. Platelet transfusion takes 20 minutes, and transfusion of red blood cells takes three and a half hours. The blood transfusion tops up her system with vital oxygen and nutrients. Worried that Adeline’s cancer was hereditary, we discussed the possibility the twins having it. ‘Could you imagine if we were to blame?’ Jordan cried out. Clutching my bump, I prayed that Adeline would have the chance to be a big sister. I had life growing inside of me, whilst my little girl was fighting to survive. Answering our worries, the doctors informed us that Adeline’s cancer wasn’t genetic – the twins wouldn’t have it. Relieved that we could focus our care on Adeline, we began hunting for a perfect donor. ‘How can we help?’ our family and friends begged. They began signing up to the bone marrow transplant list, in the hope that they might be a perfect match. But whilst Adeline was in and out of hospital, so was I. I gave birth to Jude and Josie on 16 April – it was a rollercoaster of emotions. They’ve brought joy into our lives, and Adeline adores them. ‘Where are Jude and Josie?’ she asks us every day the moment she wakes up. She loves being a big sister. Carrying around her own baby dolls, feeding and changing them when I do. It’s lovely to watch. There are so many people that have saved Adeline’s life, and they have no idea. For every bag of platelets, 20 donors are needed. So far in total, Adeline has had 10 transfusions, including...
There are 35 strangers in this world that have our little girl alive. And, they don’t even know it. Before Adeline’s cancer, I’d never even thought about signing myself up for the bone marrow register. Since, I’ve learnt how vital and important it is to be a bone marrow donor. We’ve made it our mission to normalise Adeline’s cancer. She doesn’t fully understand what she has, or what’s to come, but she does understand when she gets blood tests or blood transfusions.

‘My special juice,’ she calls the bag of blood.
‘And my toggles,’ she points at the Hickman line.
‘That’s right baby,’ I say calmly, kissing her head.
She isn’t scared at all.
She isn’t scared at all.
Adeline constantly makes us so proud.

To become a bone marrow donor:

You can register with the NHS on the British Bone Marrow Registry (BBMR). You will need to send a swab of your mouth in the post. If you are a match, you will either be asked to donate blood stem cells by giving blood, or aspirate bone marrow from your hip bone. You can also save lives by donating blood. Regular blood donations are vital for emergency and long-term treatments. To become a blood donor, register at www.blood.co.uk
Crack it!

Work out which letter each number represents. When you’ve filled the grid, put the correct letters into the answer boxes at the bottom to spell out a word. We’ve given you three to start you off.

Answer on page 47.

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Beard bouquet, £10.99, Firebox.com
Hey bud, how’s it growing? Mix up a bunch of flowers with this beard bouquet. Clip these 9 beautiful blossoms into your majestic face fuzz and let them work their magic.

**Verdict:** BONKERS!
Not quite as romantic as real flowers.

‘I could eat a horse’ spaghetti measurer, £9.95, Amazon.co.uk
We’re fed up of guessing the wrong amount of pasta, and finishing a meal either starving or with leftovers. This handy gadget helps you calculate the right quantity you need for a child, a woman, a man or a ‘horse’ (4 people).

**Verdict:** GENIUS!
We’ll still choose the horse sized.

Jimini’s Edible Grasshoppers, £6.99, Firebox.com
The early bird catches the worm, or in this case – the grasshopper. Savour the gourmet ingredients of the future with these grasshopper snack boxes. Coming in three flavours – Greek Spices, Fruity Curry and Paprika. They’re packed full of protein, fibre, B vitamins and omegas.

**Verdict:** BONKERS!
But they are super sustainable!

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**ANSWER**

| 18 | 11 | 2 | 5 | 10 | 4 |
This week: How to look like a star

Loved by celebs

Face Halo the modern makeup remover, £7, Boots

Used live by Jess Glynne at the 2019 Brit awards, the pad will remove your makeup with just water. And yes! It really does work! Perfect for those lazy nights or post-night out when you can't face a full routine. Just rinse under warm water and remove all your makeup, even waterproof mascara!

Silky smooth skin

UpCircle coffee body scrub, £14.99, Boots

Enriched with shea butter, this exfoliating scrub will leave your skin soft and smooth after buffing away dry cells. Made with repurposed coffee grounds, there are no harsh chemicals, making sure your skin receives a quality scrub. Available in lemongrass, tangerine or peppermint.

Palmolive pampering clay with rose body wash, £2.49, Superdrug

Combining luxury rose oil and milk, this soothing shower gel will purify your skin. Clay is known for absorbing the natural oils of the skin. Mixed with rose, oil and milk, this body wash allows the clay to work whilst giving your skin a radiant and smooth finish.

Iroha 24k gold face mask, £39.99, Boots

Loved by reality TV star Vicky Pattison, this gold mask is the perfect product for a pamper night. Feel like a million bucks for high street prices as you lather the gold into your face. This mask will minimise the appearance of pores, resulting in soft and revitalised skin.

Dove pro-age body lotion, £6.29, Superdrug

Nourish your mature or extra-dry skin with this moisturising lotion. Enriched with olive oil and vitamin B3, this lotion will help renew your skin as it gently exfoliates and tones. Giving your skin a soft and silky appearance, this moisturiser will help your skin’s natural restoring process. With regular use, this lotion will leave your skin radiant from the inside out.

Cacofman cactus bristle body brush, £7, Tesco

Reach hard to get areas with this long body brush. Made with naturally exfoliating cactus bristles, it will leave your skin soft and radiant. Use wet with your favourite body wash, or dry to stimulate good circulation. Ensure every inch of your body is scrubbed and cleaned as you run this brush over you in the bath or shower. Up your pamper evening with this nifty product.

GLAM BEAUTY

Try a DIY facial

In desperate need of relaxation and rejuvenation, but can’t justify a trip to the spa? Well, you can achieve a salon perfect facial from the comfort of your home with these simple steps.

• Remove your makeup with your favourite cleanser. Use a clean flannel to get rid of any excess dirt.
• Then, gently exfoliate your skin either with a chemical or a physical scrub. A chemical exfoliator will include glycolic or lactic acid. Whatever you use, be gentle.
• Grab a bowl of boiling water, add your favourite oil, drape a towel over your head and lean into the steam for 10 minutes. Don’t get too close to the water.
• Next, pop on your favourite clay, mud or sheet mask and relax for 15 minutes. Place some cucumber on your eyes for that real spa feel.
• Apply a toner to bring your skin back to its normal pH levels. If you don’t have one, you can make your own by mixing green tea and apple cider vinegar.
• Next, it’s time for your serums and oils. Make sure you apply these before your moisturiser, otherwise they won’t work properly.
• Finish by moisturising your face and neck. Massage into your skin for two minutes for the ultimate home facial.
Family favourite Heinz is celebrating their 150th anniversary! So we’re sharing their delicious recipes all made using Heinz Tomato Ketchup. First launched in the USA in 1876, it’s still made using a secret recipe of just five ingredients, including delicious sun ripened tomatoes grown in California and the Mediterranean.

Oven-baked chicken dippers with spicy cheese dip

Serves 4

For the sauce
☐ 200g low fat cream cheese
☐ 3 tbsp Salad Cream
☐ 2 tsp Heinz Tomato Ketchup
☐ 1 tsp chilli sauce (adjust to taste)

For the dippers
☐ Baking potatoes, cut each into 8 wedges
☐ 1 tbsp olive oil

1. Preheat the oven 220°C, fan 200°C, gas 7
2. Place the wedges into a pan of salted water, bring to the boil and simmer for five minutes and drain
3. Place the wedges onto a large baking tray, toss in the oil and season. Place in the preheated oven on the top shelf for 20 minutes, turning halfway
4. Meanwhile place the flour on a plate, followed by the eggs on another plate
5. Mix together the breadcrumbs, Parmesan cheese and paprika, and place on a third plate
6. Dust the chicken in the flour to coat thoroughly, tapping away any excess. Then dip them into the beaten egg, followed by the Parmesan breadcrumbs
7. After 20 minutes of cooking the wedges, turn them and move the wedges onto the next shelf down. Place the chicken onto a lined large baking sheet (the one that comes with the oven is ideal) and place the chicken on the top shelf and cook everything for a further 15 minutes until the chicken is cooked and the wedges are crispy. Serve with the spicy cheese sauce!

Heinz Tomato Ketchup was officially approved by NASA for use on the International Space Station in the 1990's

The sweet spot to tap on the Heinz bottle is the “57” on the neck, just apply a firm tap there and the ketchup will come out more easily!
BBQ ribs

Serves 4

- 1 packet pork ribs
- For the marinade
  - 1 minced onion
  - 30 ml water
  - 30 ml olive oil
  - 6 tablespoons of Heinz Tomato Ketchup
  - 1 tsp brown sugar
  - 2 garlic cloves, crushed
  - 1 tablespoon balsamic vinegar
  - 1 tablespoon Worcestershiresauce
  - Fresh ground pepper, to taste

1. Blend onion and water into a puree
2. Cook onion puree in olive oil until softened
3. Add all marinade ingredients and simmer for 10-15 minutes
4. Allow marinade to cool – it should take around 30 minutes
5. Apply to the ribs, wrapping in foil to really seal the flavour. Allow to crisp at the end of cooking by taking off the top layer of foil.

Sesame-crusted salmon

Serves 2

- 3 tbsp Heinz Tomato Ketchup
- 4 tbsp dark soy sauce
- 1 1/2 tbsp runny honey
- 10g root ginger, peeled and finely chopped
- 1/2 garlic clove, finely chopped
- 1/2 red chilli, deseeded and finely chopped
- 2 x 150g salmon fillets
- 1/2 tbsp sesame seeds
- Sugar snap peas
- Rice to serve

1. Preheat the oven to 220°C, fan 200°C, gas 7
2. Mix together Heinz Tomato Ketchup, dark soy sauce with honey, ginger, garlic and chilli
3. Place the salmon fillets on a baking tray, spoon over the sauce and sprinkle over the sesame seeds
4. Bake in the preheated oven for 15 - 18 minutes until the salmon is just cooked
5. Serve the salmon with the sugar snap peas and rice

Over 650 million bottles of Heinz Tomato Ketchup are sold every year!

Sweet & sour pork

Serves 4

- 1/2 teaspoon of brown sugar
- 2 tablespoons of dark soy sauce
- 6 Tablespoons of Heinz Tomato Ketchup
- 1 teaspoon of malt vinegar
- 4 Pork loin Steaks
- 4 Spring Onions
- 1 red pepper
- 1 yellow pepper
- Packet of babycorn
- Splash of pineapple juice

1. Mix the Heinz Tomato Ketchup, malt vinegar, brown sugar, pineapple juice and dark soy sauce until smooth.
2. Fry the pork in a little oil until cooked through. Then add the red pepper, yellow pepper and babycorn.
3. Serve with rice, garnishing with spring onion.

Pick Me Up! 41
William Riley Gaul was determined to get the attention of his ex, whatever the cost.

The football team at Central High School in Knoxville had won their game against a rival school and a few of the students were celebrating. Among the revelers at a student’s family home, was vibrant cheerleader Emma Walker, 16.

It was November 2016, and just a fortnight earlier, she’d split from her football player boyfriend William Riley Gaul, then 18.

They’d broken up before, but this time Emma knew it was over.

She just wished that William would accept it. Since the break-up, things had been awkward between the two of them.

At the party, Emma received a threatening text on her mobile.

Go to your car with your keys...it read. I’ve got someone you love. If you don’t comply I will hurt him. We have him now.

Emma was immediately suspicious by the message. Emma showed the sinister words to a friend, suggesting it was probably William trying to get her attention.

She sent a text back, accusing the person of being a friend of William’s, but they denied it, and the messages got more aggressive.

If you don’t care about him any more then it shouldn’t bother you, they said.

Call the police, and he dies. Your choice... if you’d like to hear his final screams, give me a call. He’s in a ditch beside [the house]. It’s a shame you can all of a sudden not value someone’s life.

Eventually Emma reluctantly did walk outside with a friend and they found William face down in a ditch.

He said he’d been hit over the head and didn’t remember anything about his ‘kidnapping.’

Emma was upset and angry, refusing to believe what he’d said.

Just what was William playing at?

At the start of their two-year relationship, the couple seemed perfect on paper.

Talented football player William and popular cheerleader Emma had met at Central High School and made an attractive pair. When

Emma believed someone was following her

William went to Tennessee’s Maryville College where he was a wide receiver on the football team, they were on-and-off.

He’d just finished his freshman season, when Emma ended things for good.

She felt they’d run their course and even her parents didn’t like the way that William spoke to her.

It had caused tension between the family. Emma was ready to move on, but William had been bombarding her with messages, and she’d stopped talking to him.

She was sure that William had made up the kidnapping story to gain her attention.

But over the next few days, she was unsettled.

She’d seen a man dressed in black, wandering around her family home. When there was banging on her door,

Emma was so frightened that she asked her mum to set the house alarm.

Maybe there was a sinister character around after all? Had William been telling the truth the whole time?

Three days after William’s kidnapping claims, on November 21, Emma’s mum Jill came into her daughter’s bedroom in the morning to wake her up.

She found her lifeless and to her horror, when Jill checked for a pulse there wasn’t one.

Emma was dead.

There was a bullet wound to the left side of her head, just behind her ear.

But it hadn’t been fired in the room – it had been fired through the wall from the backyard into the one-storey home, fatally striking Emma.

Her dad had heard ‘thumps’ in the night and had checked on Emma, but in the darkness, he could make out her outline
in bed like she was sleeping. In fact, she'd been shot in the head around 3am. William was quick to post on social media about his grief. That's my beautiful Emma, rest easy now, sweetheart, he tweeted. There's not a human on earth that can make the impact that you've had on my life. I miss you more than anything. You'll weigh heavy on my mind for the rest of my life because no one can fill the void that's in my heart now.

But right from the start, police had him as a prime suspect in the murder. Investigators believed that the 'kidnapping' and stalker in the neighbourhood were all part of William's plan to create a suspect for Emma's murder. They argued that it was a cold-blooded killing.

On the night before her death, William had bombarded Emma over 60 times with messages. Hours later she was dead. William's housemate even testified that he'd been out that night and had got in around 4am, before going straight to sleep. In the closing arguments, the prosecution said Emma's death had been devastating, thanks to William. 'Every person in here that she touched, their lives will never be the same again because of him, and his selfishness, his lies, his possessiveness, his manipulation and his obsessiveness of Emma Walker,' prosecutors said. They're crushed with the loss of a spirit that was like sunshine to them... she was their light.'

In May this year there were audible gasps in the courtroom when William, now 19, was found guilty of murder, stalking, tampering with evidence and possession of a firearm.

He was automatically jailed for life and ordered to serve 51 years before there was a chance for parole.

This time, no amount of money could keep William out of prison. William will live the majority of his life from the emptiness of a cell. He's taken the life of a young and confident woman. Emma had so much ahead of her, but now her family will never know the life she was destined for.

William tried to create a threatening stranger that Emma would fear so much, she'd come back to him for safety and comfort. In fact, the only person Emma had needed to be frightened of, was the very boy she knew all too well.

William Gaul made up a plot to try and be the hero, but his actions only made him the villain.
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Sudoku!

To solve the puzzle, each 3 x 3 box, each column and each row must contain the numbers 1 to 9. Solve the puzzle, then read down the numbers in the highlighted squares for the answer. Answer on page 47.

```
 1 5 8 9 5 2 3 4 6 5
 5 9 2
 2 5 8 6 7 8
 9 1 4 2 9 3
```
Improving your life in just a week!

Making friends as adults can be tricky – it’s certainly not as easy as it was when we were kids! Follow these 7 simple steps to meeting new people and forming new friendships...

Compliments go a long way
Want a great icebreaker? People love to hear compliments, even from total strangers. When you give an authentic compliment, you’re letting someone know that they have something that you admire. It can also suggest you’d like to get to know them better. And that can lead to follow-up questions where you may both discover that you have things in common.

Get out more
Say yes to everything! Sure, your sofa and Netflix may be calling your name, but you need to be social if you want to meet people, so go to the friend of a friend’s art show or your new neighbour’s house warming. Even if the host doesn’t end up being your new BFF, there could be at least one person there who could have friendship potential.

Reconnect with old friends
New friends are great, but don’t forget about the old ones. Maybe they moved away, or you lost touch after you stopped working together, but that doesn’t mean you can’t pick the relationship back up, especially in this ever-connected world of social media. It can’t hurt to reach out and say hello to someone you haven’t seen in years – who knows, it could turn into a wonderful friendship!

Do anything together
Friendships when you were younger may have been all about big nights out on the town or exotic holidays abroad, but these days a friendship could revolve around more simple, casual activities like going to the supermarket together, having lunch, or walking your dogs. Companionship is really all we need to benefit, and just showing up to simple things is a big part of building a friendship.

Do volunteer work
Volunteering is one of the most rewarding hobbies to help you make new friends. Many of us tend to think of it as just unpaid work, but it’s so much more than that. Keep a lookout on your town’s website and Facebook page for volunteering opportunities in your area – you can also refine your search to include your interests and skills. Chances are, other volunteers will have the same interests as you – and voila – you’ve made a connection!

There’s an app for that
In this day and age, technology does everything for us – including making friends. The Friender app is basically the Tinder of the friendship world. Users can create a profile, and within seconds, the platform matches you up with other users who share at least one activity that you enjoy. You’ll have the freedom to swipe through matches, message who you’re interested in, and create events that others can connect with. Who knew it could be so easy?

Be open to change
The friends you made when you were younger were probably a lot like you, especially if you went to school together or met at work. You would have naturally had many things in common. But it’s time to stop looking for people out there who are just like you. Embrace a friendship with the stay-at-home mum, but also with the corporate executive. Become friends with your Zumba instructor! Reach out to those you wouldn’t normally, and diversify your friend group – you’ll learn a lot!

This Week
Finding friends

STOCK PHOTOS: ALAMY
This week’s puzzle answers!

Bitesize! pg 3 Milk

Strike it! pg 13 Vestigal
(Cross out: 8, 14, 36, 49, 61, 75, 83)

Number fit! pg 13 293

Follow it! pg 9 Sub-arctic

Crack it! pg 38 Suited

Fill it! pg 13 Harry Styles

Sudoku pg 45

Cross it! pg 45 Source

PLEASE NOTE
Pick Me Up! will still be bringing you great puzzles to pit your wits against, but will no longer be offering prizes. All puzzle entries up to and including Issue 26 will be processed as normal.

Don’t forget, you can do puzzles for big cash prizes every week in our sister magazine, Chat.

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Published by TiMedia Limited, 161 Marsh Wall, London E14 9AP
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**FOOD AND DRINK**

**Young's Chip Shop Fillet of Fish Fillet Quarter Pounder, £2, ASDA.**
You’ll no longer need to head to your local chippy, with this new burger from Young’s. Made with 100% flaky fish and their famous chip shop crisp bubbly batter, this fish burger will make the perfect Friday treat.

**Levi Roots Reggaenaise, £1.99, Tesco.**
Adding a kick to any meal, Levi Roots have created a new sauce. Reggaenaise. A mix of their signature Reggae Reggae sauce and creamy mayonnaise, the Caribbean inspired mayo will add a mouth-watering twist to any dish.

**Bounty Secret Centre Biscuits, £1.99, Sainsbury’s.**
One of the nation’s favourite chocolate bars is now available in biscuit form. These shortcake cups are filled with Bounty’s coconut cream, sprinkles of desiccated coconut and covered in delicious chocolate.

**Aqua Libra Cucumber, Mint & Lime, £1, Ocado.**
Free from sugar and artificial ingredients, Aqua Libra’s latest flavour of sparkling water with cucumber, mint and lime is a refreshing hit of fizz – without the calories.

**Go!**

**Specialist tour guides britmovietours.com take us to the sets of some of the most popular shows on telly...**

**EMMERDALE**
Discover how this iconic soap started back in 1972, when it was all centred around Annie Sugden’s farm. As you depart from Leeds city centre, you’ll go past the ITV studios where the interior filming takes place and who’s exteriors have been used as Hotten General Hospital. The tour will also stop in Otley, the location for Hotten. The next stop is the village of Esholt, which was used as the original Emmerdale village. There will also be a brief stop at Butler’s Farm where Moira Barton lives. Finally, you’ll drive past the farm near Leathley, where the show was originally shot.

**Tickets from £22**

**THE ONLY WAY IS ESSEX**
Come and visit some of the locations from this hit ITV show. This unique TOWIE tour is a great way to get closer to the cast and characters and will be the closest thing to starring in an episode yourself. With locations scattered across Essex, this four-hour mini coach tour is the most reem way to see the sites. You’ll have the chance to take pictures and browse through some of the shops owned by current and former cast members. Along the way, you can also test your TOWIE knowledge with a trivia quiz as you travel between locations.

**Tickets from £21**
Sacred Wonders BBC One
This wonderful new series explores how far people go for faith in some of the most stunning sacred places on earth. Many of the world’s best-known landmarks are inspired by faith. They’ve attracted worshippers for thousands of years. At these amazing places, many embark on astonishing acts of worship that can be dangerous and display extraordinary deeds of devotion, rarely seen by outsiders. The first episode visits Angkor Wat in Cambodia, the largest religious site in the world, Al Aqsa in Jerusalem, and Shaolin Temple in China, home to the art of Kung Fu.

Inside The Factory, BBC TWO
We love this series, and if you haven’t seen it, you should. Each episode sees Masterchef’s Gregg Wallace being allowed behind the doors of some fascinating factories to allow us to see everyday objects being produced on a huge scale. This week Gregg visits a clothing factory in South Shields to learn how they make 650 complex waxed jackets a day. Meanwhile, inquisitive Cherry Healey learns all about the science of staying dry, and historian Ruth Goodman investigates the fishy origin of waxed jackets.

George Clarke’s Council House Scandal, Channel 4
Architect George Clarke says the housing system in the UK is in total crisis and is being very vocal about the failing political approach to building new homes for our growing population. George believes that as a country, we can do better, and this series explores the escalating problem. The architect grew up in a council house and has called for more to be built, replacing the properties sold off under the right-to-buy scheme. After the council houses were sold, they weren’t replaced at the same rate and now there aren’t enough homes for those in need. Thought provoking stuff.

Ralph Breaks the Internet, Sky Cinema
One to keep the kids happy in the holidays! This Disney adventure comedy sequel to Wreck-It Ralph sees video game bad boy Ralph (John C. Reilly) and new best mate Vanellope (Sarah Silverman) discovering a wi-fi router in their arcade, leading them into a new adventure into the vast, uncharted world of the internet. Along the way they team up with tough-as-nails racer Shank (Gal Gadot) and a right royal gathering of Disney Princesses.
have always found comfort in animals.
  After my parents divorced, I was lonely, young and struggling to
cope with PTSD.
  I had a turbulent childhood and caring for animals gave me
a passion and a purpose.
  I discovered my love for animals when I was a child.

Mylittlesister Sarah and I
  found a poorly stray cat on the
  street in Bolton.

We were determined to
  nurse it back to health!

Looking after that little fur
  ball bought me so much
  happiness-I knew I wanted to
do this forever.

Growing up, I've always
  worked with animal charities
to rehome mistreated pets.

I take in animals, look after
  them and then release them
  back into the wild when they're
in good health.

Sometimes I get attached
  and decide to keep them...
I guess that's how I've ended
  up with 19 pets!

When I was 16, I met my
  partner Pete in a local park.

I was on the
  swings with some
  friends, and he was sitting on
the hill with his mates.

From that day on we've
  always stayed together.

It's been 20 years, and we
  live in a house a few doors
down from the same park.

Love at first sight!
Pete was always surrounded
  by pets growing up.

His family ran Hull's
  Hedgehog Hospital.

Our first pet
together was a cat
  called Choggy.

Since then, our
  family has grown.

We now have 22
  pets and two
  daughters, Sophie,
18, and Katie, 14.

Pete has epilepsy
  and the animals are amazing at
caring for him.

Our dogs and raccoons
  always know when Pete is
about to have a fit, and they sit
with him when he's at his
worst, until he feels better.

Pete has always
  been supportive of
me looking after all
  sorts of animals.

In 2013, I
  discovered a
charity that had
  saved lots of poorly

owls from being horribly
  trapped and left in a cramped
rabbit hutch.

Many of them had cancer
  and we were warned they
wouldn't survive.

But I insisted on taking one
  home, a European eagle-owl.
Pete agreed and we called
  our newest pet Snot.

Shortly after she came home,
  Snot wasn't well and
her beak fell off.

Worried, we took her
  straight to the vets.

The vet broke the
don't think you know
  Lianne,' Pete replied. 'She will
find a way to save her.'

We took Snot home and I
  cared for her every day and
night for weeks.

Miraculously, she mended
  herself back to health.

After that, my friends always
  call me Doctor Dolittle!

I love all my pets, but secretly
  Snot has got to be a favourite.

Having 22 pets isn't as
economical as you might expect.

I've got great connections in
  the animal world, so people are
always offering their help and
  favours if we need anything.

It is difficult to leave the
  house every day though.

If I'm popping to the shops, I
  need to make sure all the

animals are secure and safe.

The owls and dogs are
  attached to me, and they get
very nervous if I leave.

We've all got a great bond.

We always name our
  animals by their personalities.

We've got four owls, Gucci,
  Snot, Loki and Atka.

Then there's three racoon
dogs, Bear, Knuckles and Nan-
  Nook, and one racoon, TP.

We have three dogs, Poppy
  the Pomeranian, Tyrone the
Staffordshire Bull Terrier, and
  Hexe the Wolf dog.

And we've got two jackdaws
  Draven and Fungus, one crow
Willow, and five macaws.

Lots of our family and
  friends have cats and dogs, but
no one has a zoo quite like us.

Both my daughters have
  always loved our pets.

I know when they leave
  home, they'll have little animal
families of their own.

We never expected to own
  22 pets, but we'd take on more.

If I get a phone call to take on
  another animal, I discuss it
with Pete, and we decide
whether to take them in
permanent or temporary.

I rehome all kinds of
  animals without making any
money from it.

I just love looking after
them and helping them
back to health.

I don't think I will
  ever change.

I need animals, and
a lot of poorly animals
need my help.
ARIES 21 March–20 April
Love is well starred and you start to pay more attention to your long term needs. You’re starting to put down roots and your life is sure to feel more in your control. Careful of letting down close ones with arrangements this weekend. They may not be as forgiving as you think. Understanding their needs pays back dividends. Focus on: Giving up bad habits before Saturday.

Call: 09058 170 710*

TAURUS 21 April–21 May
I know you’re nervous about upcoming confrontations. You’ve got this, Taurus, as you’re the one telling the truth. Don’t be afraid to wear your heart on your sleeve this week. It’s what will convince others that you’re serious. Game playing has given you a bad reputation. Change that this week. Life is waiting. Focus on: Standing out from the crowd.

Call: 09058 170 711*

GEMINI 22 May–21 June
The last few days have gone by in a flash. I know you think you don’t have time to deal with all that’s before you right now. Delegate! It’s what your sign is good at. Try to give your close ones a pep talk. Mercury hands you the gift of the gab, so much so, you could sell ice to the Inuit. Try to prioritise in chronological order for the greatest success. Focus on: Finding YOU again.

Call: 09058 170 712*

CANCER 22 June–2 July
The things you buy this week are a sure indication to your close ones that you’re ready to put down more roots. The plans you come up with this week really can lead you to the life of your dreams. Don’t be afraid to aim higher than usual. This is your week to make an otherwise ordinary life into a truly extraordinary one. Focus on: Working out a doable financial gameplan.

Call: 09058 170 713*

LEO 23 July–22 Aug
Finances come to the fore. This week you have to decide quite calculatingly who you need to cut ties from, before they drag you down in all matters monetary. Try to teach your close ones boundary lines, so they can look after themselves, and hopefully in time, you, when you need it. The rewards will be worth the pain of teaching them. Focus on: Going back to your true career goals.

Call: 09058 170 714*

CELEBRITY SAGITTARIUS 23 Nov–21 Dec
Fun times link to you, allowing you to let your hair down. I don’t know if you’ve looked behind you recently, but you’re nearly out of the woods! Time you spend going over facts and figures in your personal time is sure to pay back dividends. Dress well this weekend. You’ll want to feel confident with the faces you’ll be meeting. Focus on: Making that call you’ve been putting off.

Call: 09058 170 718*

LIBRA 23 Aug–22 Sept
A close one’s recent actions have caught you off guard and you’re not too sure if the response you are feeling is over dramatised, or if you’re in the right to feel this way. This week provides you with all the proof that you are right to trust your instincts. Money can be made with phone calls on Thursday and Friday. Use them as your action days. Focus on: Not sending those negative texts in your head.

Call: 09058 170 715*

SCORPIO 23 Sept–22 Oct
You can love someone, but that certainly doesn’t mean you have to like them all the time. Recent events have left you feeling as if you have to cope alone. This week you learn who you can rely on and I really think you’re going to be pleasantly surprised. Try to avoid getting involved in family arguments this weekend. You can’t possibly know ALL the facts. Focus on: Helping yourself more this week.

Call: 09058 170 716*

SAGITTARIUS 22 Nov–21 Dec
It’s where we go and what we do when we get there that tells us what sort of a person we are. Dream big, your dreams are within your reach if you looked ahead, instead of behind you, (as has been the case recently, my friend!). Time spent with old friends begins a better social chapter of your life. You’re back! It’s good to see you, now go have some fun. Focus on: Telling loved ones how much they mean to you.

Call: 09058 170 719*

CAPRICORN 21 Dec–20 Jan
Time needs to be used to your advantage this week. It may be worth your while setting your alarm an hour early, so that you’re properly prepared for all that’s ahead. Forms you sign this week make your future a more secure one. Watch out for an old flirtation returning. Remember why you stopped last time. Focus on: Doing something just for you.

Call: 09058 170 720*

AQUARIUS 20 Jan–19 Feb
It feels as if your time is not in your control, but it will be. You’re coming out of a situation which made you feel as if you were going backwards. It’s all part of the process to get you to the next chapter of your life. It’s decision time on Friday, and it could change two lives if you speak with total honesty this time. Focus on: Making up with those you fell out with.

Call: 09058 170 721*

PISCES 18 Feb–20 March
*Starlines updated every Thursday. Calls cost 80p per min plus your telephone company’s network access charge and last approx 4 mins. Callers must be 18+. You must have bill payer’s permission. SP: Spoke 0333 202 3390.