

Notebook

Your regular magazine is inside



The hero on your hob

Make soup. A cheap and easy way to help our health and the planet.

Sainsbury's
Helping everyone eat better



Sainsbury's

Helping everyone eat better



Tonight, make a fragrant noodle soup

Ingredients (Serves 4)

2 tablespoons of red curry paste
1 large butternut squash, peeled and cut into very small cubes (around 700-800g)
200g of frozen broad beans, thawed
200g (4 whole) pak choi, halved lengthways
250g of rice noodles
400ml of low fat coconut milk
1 tablespoon of vegetable oil
700ml of vegetable stock, (more/less as needed to your preferred consistency)

1 mild red chilli, thinly sliced, to serve (optional)
1 small handful of cashew nuts

Method

1. Add the oil to a pan on a medium heat. Once hot, add the squash and fry for 2-3 minutes. Stir in 2 tablespoons of red curry paste until the aromas start to release.
2. Add 700ml of veg stock, a can of coconut milk, 450ml of hot water and let that simmer.
3. Stir in the pak choi then cover and cook for about 7 minutes until the squash is soft.
4. Stir in 250g of rice noodles. Cook for 2 more minutes then add 200g of frozen beans.

To serve, pour into 4 bowls and garnish with slices of red chilli and some toasted cashew nuts.





Tonight, make a vibrant pea and leek soup

Ingredients (Serves 4)

1 large leek, outer leaves removed, washed and finely sliced

2 large potatoes, peeled and finely diced

500g of frozen peas

2 tablespoons of vegetable oil

700ml of vegetable stock

4 tablespoons of toasted mixed seeds, to serve (optional)

A small handful roughly chopped mint, to serve (optional)

Method

1. Add the oil to a pan on a medium heat. When hot, add the potatoes and leeks to the oil. Fry until soft but not browned.
2. Pour in 700ml of vegetable stock, cover and cook on a low-medium heat for 10 minutes until the potatoes are soft.
3. Pour in 500g of frozen peas and 250-450ml of boiled water. Let it simmer for 1-2 minutes and then blend.

To serve, ladle the soup into 4 bowls and garnish with a handful of mixed seeds and a sprinkle of chopped mint.



Sainsbury's

Helping everyone eat better



Tonight, make a warming tomato and pepper soup

Ingredients (Serves 4)

1kg of ripe tomatoes, quartered
2 brown onions, quartered
2 large carrots, peeled and diced
4 cloves of garlic, peeled and left whole
2 red peppers, cored and quartered
1 x 400g can of chickpeas, drained
1 tablespoon of fajita seasoning, plus 1 tbsp for the croutons
2 tablespoons of vegetable oil, plus 1 tbsp for the croutons
700ml of vegetable stock,
(more as needed to your preferred consistency)

1 small bunch of coriander, leaves picked, to serve (optional)
4 tablespoons of sour cream, to serve (optional)
4 slices of bread (preferably slightly stale),
cut into small cubes

Method

1. In a large baking tray, toss all the veg in oil, seasoning and fajita mix until evenly coated. Arrange in a single layer and roast in the oven at 180C for 20-30 minutes until cooked.
2. Make croutons by tossing cubes of bread in a small bowl with 1 tsp of vegetable oil, 1 tbsp fajita seasoning and a few grinds of black pepper. After the veg has been roasting for 20 minutes, put the croutons on a small baking tray lined with greaseproof paper and place in the oven. Remove when you take out the veg.
3. Transfer the roasted vegetables to a large saucepan, then add 700ml of stock, the chickpeas, and 200ml of water. Bring to a simmer and cook for 5 minutes, then blend.

To serve, ladle into 4 bowls and add a dollop of sour cream, the croutons and a few leaves of coriander.



THE SUNDAY MIRROR MAGAZINE 23/01/22

Notepad

a lot of what you fancy...

FAMILY HEARTACHE
'I lost my twin sisters to Covid'

DOGGY STYLE
Matching outfits for
you and your pup

Kimberly
Wyatt

Ice queen

'Juggling Dancing On Ice
training and three children has
left me knackered - but it's an
incredible opportunity'



**Bathrooms are more than just sinks and showers.
Every tap, tile and texture to create your personal space.**



You can do it

My weekend...

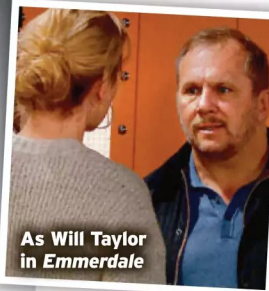
DEAN ANDREWS

The *Emmerdale* actor, 58, spends his downtime cycling with the boys, wining and dining his partner and watching football

“A typical Friday night would be popping to the pub for a couple of drinks. Usually I'm on the beer while my partner Helen is a prosecco girl.

Then, we'll come home and make tea. I'm a qualified chef, so I love cooking everything from lasagne to Chinese chicken, or sometimes we have something from the chippy. We'll settle down in front of the telly for *Gogglebox* or a good drama. I used to be more of a night owl when I was singing for a living, but the older I get, the earlier I go to bed! Helen likes to read for a bit and I'll look at my phone before we go to sleep.

On a Saturday, we'll get up at about 7am. I'm into cycling, so from spring onwards I'll



As Will Taylor in *Emmerdale*



Dean and his partner Helen

head out with the boys and do anything from 40 to 100 miles. We'll stop somewhere around 11am for breakfast before heading back. Helen works on the weekends so I'm left to my own devices. Once home, I'll watch the day's sport. If my football team,

'I'm a qualified chef so I love cooking everything from lasagne to Chinese chicken'

Rotherham United, are at home I'll go and watch the match. If they're away, I'll sit in front of the TV for the afternoon and watch the Premier League. On a Saturday evening, we'll either stay

in or head into the local village for a meal or a few drinks at the wine bars. We might meet some friends and then get a taxi home when we're worse for wear.

On Sunday mornings, I laze about at home watching the Ultimate Fighting Championship that I've recorded from the night before. I'll potter about with a coffee until midday before I start prepping Sunday lunch. We'll have a nice bit of beef, Yorkshire pudding and potatoes. Invariably, Helen's mum and dad will come over, too.

Afterwards, we'll sort ourselves out for the week ahead. If I'm filming the next day I'll look at my lines or I'll chill in front of the television.

NB: Dean Andrews narrates *Our Great Yorkshire Life*, Thursdays, 8pm, Channel 5

WORDS: ANNA MATHESON PHOTOS: SHUTTERSTOCK

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The Pussycat Dolls singer on taking part in *Dancing On Ice* and turning 40

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THE TEAM Editor-In-Chief Caroline Waterston (maternity) Acting Editor-In-Chief Karen Cross Acting Deputy Editors-In-Chief Lizzie Smith and Rowan Erlam Acting Celebrity & Entertainment Director Lisa Jarvis Acting Deputy Celebrity & Entertainment Director Jenny Kyte Celebrity Editor Sarah Morton Entertainment Editor Clare Fisher TV Editor Jenny Rodger Features & Lifestyle Director Emma Jones Deputy Features & Lifestyle Director Michelle Garnett Lifestyle Editor Victoria Gray Health & Real Life Editor Susanna Galton Fashion & Beauty Director Michelle Darlow Beauty Director Lynne Hyland Fashion Editors Harriet Wheeler and Lauren Goodwin-Grafton Beauty Editor Laura Mulley Creative Director Polly Leigh Art Editor Lauren Richards-Ozzati Deputy Art Editors Chloe Reeves and Louise Robinson Acting Deputy Art Editor Alexandra Hurst Picture Editors Abby Wells, Sal Jackson and Sarah White Senior Picture Researchers Jeanne Terblanche and Lina Darton Production Director Jennie Wignall Chief Sub Editors Becky Ward and Natalie Bowen Deputy Chief Sub Editors Melanie Hancill and Sam Kistamah Group Image Quality Manager Simon Spann Senior Studio Manager Lee Edwards

Cover credit: Lorna Roach

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n.o.b

10 things to make a note of this week

I'D LIKE TO BE A BOND GIRL'

Liberty Poole, 21, tells us about swapping the steamy Love Island villa for the chilly Dancing On Ice rink, and her big dreams for 2022 and beyond

How excited were you when you got the call for DOI?

I actually manifested it. My management said, "If there's one thing you want to do, what is it?" And I wrote down *Dancing On Ice*. So I feel like it was meant to be. Then I got the call on my birthday - I was so excited.

What made you want to sign up?

I've just always enjoyed ice skating with my mates. I've never been particularly good at it, but I used to like going around Christmas time. I've also always been a massive fan of the show. Me and my mum used to watch it, so it's like a nostalgia thing for me, too.

How did your mum react?

My mum was through-the-roof ecstatic. She's such a huge fan of the show. I'd even go so far as to say she's a super-fan! I FaceTimed her when I was with Torvill and Dean and I think she shed tears of joy. When she meets them in person that will be a magical moment. She'll probably try to get her skates on when I'm performing!

Have you bonded with the rest of the line-up?

We've got a WhatsApp group. Sally [Dynevor] from *Corrie* is like an angel sent from heaven, so warm and such a lovely energy. She's one of those people who, from the first moment you meet them, you feel like you could hug them even though they're a stranger. I'm quite close with the younger people like Connor [Ball, from *The Vamps*] and Kye [Whyte, Olympic BMXer]. We banter all the time. And Kimberly [Wyatt, former *Pussycat Doll*] is great too. All of them are great in their own way.

Will we see a different side to you?

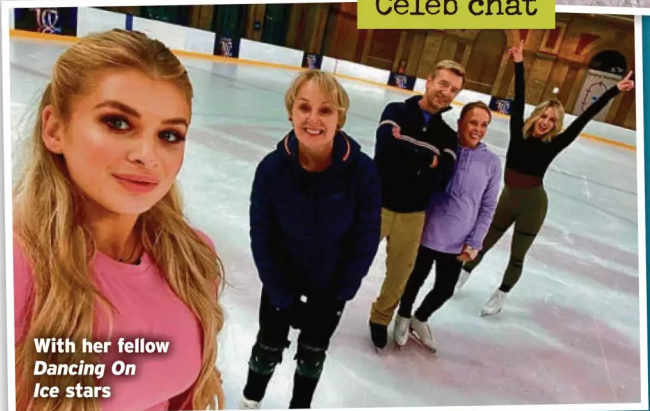
Love Island's very focused on you in

With her fellow *Dancing On Ice* stars



Liberty gets her skates on!

Celeb chat



a relationship, so people see the vulnerable side and obviously you falling in love. But I feel like viewers didn't get to see my personality. With *Dancing On Ice*, you'll see me being myself, rather than what I'm like being with someone.

What are you manifesting for yourself next?

I was on a red carpet and these people asked security if I was a Bond girl. I laughed so hard that I actually ended up snorting! Then a taxi driver said to me, "You could be the next Bond girl." It's happened now on four different occasions. But I ain't no Hollywood actress, so I'm not getting my hopes up!

NB: *Dancing On Ice* is on ITV on Sundays

WORDS: RIANNE ISON, KATY GALE, LYNNE HYLAND MAIN IMAGE: RACHEL JOSEPH



On last year's *Love Island*



New
jewels

The future's bright



Looking to update your jewellery? Affordable UK brand Estella Bartlett has just launched a new range of earrings, necklaces and bracelets with beautiful beads, birthstones and delicate florals. We're loving the bubble-gum pinks and minty greens that will freshen up any outfit.

NB: Prices from £15, estellabartlett.com

3 You glow, girl!

Beauty
pick

Skincare guru and beauty campaigner Caroline Hirons has come up with the goods once more, teaming up with StriVectin to create a refreshing hyaluronic face mist that will give you a glow whenever you spritz it. It's called Tears Of My Enemies, named after what she once claimed was the source of her glow (along with her menopause, LOL!) after going toe-to-toe with Boris and co during lockdown to champion Britain's beauty industry. Not only is it a great product, but 100% of the profits will go to her charity



Beauty Backed, which supports those in the business who are affected by the pandemic. Do good, feel good!

NB: StriVectin Caroline Hirons Tears Of My Enemies Hyaluronic Facial Mist, £25, all profits to beautybacked.com



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Find out more at [specsavers.co.uk/hearing](https://www.specsavers.co.uk/hearing)

Advance

Specsavers

4 The future of deliveries

Milk it Think milk rounds are old-fashioned? Well, think again. David Attenborough's *Blue Planet* documentary inspired The Modern Milkman - the latest milk delivery company on the block aiming to reduce the number of plastic cartons we use.

Just like in the olden days, glass bottles are collected, washed and reused - and milk isn't the only thing on the menu.

You'll also find milkshakes, eggs, fruit, vegetables and bakery goods.

You can make changes to your order on the app or website right up until 8pm the night before delivery to avoid any waste.

NB: themodernmilkman.co.uk



Wardrobe refresh

BACK TO WORK

Whether you're at the office or working remotely, Boden's new collection offers the perfect staple pieces - blouses, cigarette trousers, blazers, colourful skirts, shirt dresses and more. There's something for every work situation - even for those of us who insist on only dressing professionally from the waist up.

NB: boden.co.uk, prices start from £50



WORDS: JOSIE COPSON, HARRIET WHEELER PICTURES: ROB EVANS

5 Roll up!

What a circus Some of the world's best acrobats are taking to the stage at London's Royal Albert Hall for Cirque du Soleil's annual extravaganza - and it's full of unbelievable tricks guaranteed to wow you.

Princess Diana took sons Harry and William along years ago and, clearly impressed, Harry many years later treated wife Meghan to a ticket. Here are some Cirque stats to marvel at...

NB: Get tickets at royalalberthall.com/tickets/events

The troupe employs 1,300 performers from 50 countries.

The cast undertake strict training at the HQ in Montreal. Their warm-ups last 90 minutes!

In 2016 they had 22 Olympians in their shows.

The cast chomp through £3,000 of food each week while touring. Got to keep those energy levels up...



1/2
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NB: thedevout.com

Faith in fashion

If your New Year's

resolution involves living a more sustainable life, then the online clothing rental market is where you should be shopping. Retail gurus have predicted a 10% rise in the rental of clothing over the next year, with companies like *The Devout* tapping into the trend.

Rent three items (from brands like Ganni, LK Bennett, Adidas and Hugo Boss) for £39 per month, five items for £59 per month or 10 for £99 per month, with no hidden delivery or damage fees. Now go polish your halo...

8 WRITTEN IN THE STARS

Find your purr-fect pet

Astrologist Lisa Stardust believes that looking to your zodiac sign can help you choose the pet that suits you best! Find yours below



Aries
↳ ferret

Bold, ambitious and energetic, those with the Aries sign are naturally active - ideal for the attention that ferrets demand.



Taurus
↳ tortoise

A steadfast and stubborn Taurus needs an independent pet. A tortoise will settle happily with little maintenance.



Gemini
↳ parrot

Intelligent parrots put Geminis through their paces. Both have the gift of the gab, so the conversations will never end.



Cancer
↳ cat

Cancers can be emotional - an intuitive cat will tune into their owner's feelings, provide comfort and enjoy their independence.



Leo
↳ chicken

Loyal and creative Leos love attention, drama and noise. From clucking to egg laying, every hour of the day is chaos-filled with chickens.



Virgo
↳ dog

Dogs find comfort in a gentle Virgo's need for routine and structure. Both will enjoy time spent walking in their favourite places.



Libra
↳ lovebirds

These romantic birds are a Libra's match made in heaven. They'll connect with their owner over their need for affection.



Scorpio
↳ hamster

Scorpios mirror hamsters. The pets are constantly running on wheels, just as Scorpios need to keep busy in their fast-paced lives.



Sagittarius
↳ horse

Centaur Sagittarius naturally aligns with horses. They live by their own rules, embodying the fire sign's love for adventure.



Capricorn
↳ rabbit

Capricorns are reserved, observant and wise. They'll mesh well with quiet yet social rabbits who bring out their owner's playfulness.



Aquarius
↳ lizard

Aquarius needs a less conventional pet. Incapable of holding their tongue, this pairing is all about embracing freedom and eccentricity.



Pisces
↳ fish

Pisces folk trust their instincts when decision making. Finding kinship in their approach to life, this pair will get on swimmingly.



A gift in your Will can power research for years to come

In your lifetime you've witnessed the greatest scientific and medical leaps in human history. What you once considered science fiction is now a reality.

Despite all those great leaps forward, so many people are still dying from heart disease.

But you can help us change that, by leaving a gift for the British Heart Foundation in your Will.

A gift in your Will could power the scientific breakthroughs that will continue to help save lives – innovations that we could only imagine before, like 3D printed hearts and stem cell coated plasters.

Now you can use the power of a gift in your Will to turn science fiction into reality, helping to ensure a legacy of progress for future generations.

Find out more about the
power of a gift in your Will.
Search 'BHF Future Gift'

THIS IS
SCIENCE
FICTION 

British Heart
Foundation



1 GRATITUDE

"Our thoughts create our feelings, so it's beneficial to practise gratitude. It's easy to take things for granted, so take a moment to think about what you'd miss if you no longer had it. You'll soon appreciate the roof over your head, the people around you, your pets, clothes, mobile phone, the fact you can love and be loved, sing, dance, hug and breathe."

2 BUT LUCKILY

"These two simple words will change any negative into a positive. If you catch yourself saying or thinking something negative, add 'but luckily'. For example, 'It's Blue Monday, but luckily tomorrow is a new day.'"



Blue Monday, said to be the most depressing day of the year, is upon us tomorrow. So regular *This Morning* guests, Life Change therapists Nik and Eva Speakman, are here with five top tips to help get you through those testing 24 hours

BANISH THE BLUES

3 KINDNESS

"We've heard this statement more regularly in recent times. The fact is, being kind, or an act of kindness, can really help lift your mood. But remember to be kind to yourself, too. If New Year's resolutions are starting to wane, consider all the things you've achieved to date, realise that change takes time and patience, and tomorrow is a brand new day."

4 MOVE

"A positive state breaker is movement. Music, dancing, a walk outside or taking part in an aerobics class can offer a positive distraction and also help boost those feel-good hormones."

5 PEOPLE

"Being around fun friends is a brilliant boost. There's a lot to be said for 'a problem shared is a problem halved', so spending time talking to a friend can help lift some emotional weight off your shoulders. It's also an opportunity to laugh, share a hug and provide evidence that you're not alone and are valued."

9

Be happy



WORDS: MICHELLE GARNETT AND JOSIE COPSON PHOTOS: GETTY



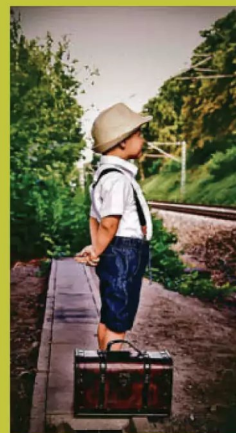
● Windmills captured at dusk in La Mancha, Spain by Steve Allen

10 *Going places*

Travel inspo

With far-flung holidays back on the agenda you might be seeking some ideas for your next trip. How about these images, captured for the travel and culture category in this year's global CEWE Photo Award. The theme? Our World is Beautiful. It most certainly is.

NB: For more info on the CEWE Photo Award see cewe.co.uk/cewe-photo-award.html



● A young traveller waits patiently for his train in Soest, Germany by Sabrina Hugendick



● The streets of New York by Markus Nocker



● The floating market in Banjarmasin, Indonesia by Abdul Gapur Dayak

'Turning 40 feels like a new lease of life'

Kimberly Wyatt and hubby **Max Rogers** chat about growing older together and why they don't fear a *Dancing On Ice* "curse"

The last time we spoke to Pussycat Dolls star Kimberly Wyatt and hubby Max Rogers they were in a baby bubble, having just welcomed their third child, Ford Senna (known as Senna). Fast-forward two years and we're pleased to report the couple - both 39 and also parents to Willow, seven, and Maple, four - are still dizzy with happiness.

When we catch up at their home in Surrey, Kimberly sounds perky despite feeling "knackered" from her training for *Dancing On Ice*. The American singer - who has been paired with Mark Hanretty on the ITV contest - can't wait to get going on the live shows but admits she was "reluctant" to sign up at first.

And like the rest of us, British model Max is looking forward to seeing his wife wow on the ice. "When Kim goes into this mode,

it's one of the reasons why I love her," he says.

Here, the couple talk all things family and reveal they're planning a star-studded joint 40th birthday celebration. Trust us, you'll want an invitation...

Hi both! Last time we spoke, you'd just welcomed Senna. What's life been like since then?

Kim: We tried to take it all in our stride. It was a real tough thing to go from what was supposed to be a Pussycat Dolls world tour to lockdown. We danced through it though!

Max: I did a lot of modelling from home in our newly built studio. Kim is now our in-house photographer [laughs]. We definitely added a few lines to our CVs.

What was it like having a young baby in tow through all of that?

Kim: In some ways it was amazing as it felt like the first maternity





On the ice with dance partner Mark



Kimberly with hubby Max and children Willow, Maple and Senna

leave I'd ever had! We definitely became a tighter unit.

Max: We're very fortunate. Lockdown came just as our family was completed.

Did it ever feel like it was getting on top of you?

Both: Yeah!

Kim: There was a time where I'd just had enough of the monotony... getting up, cooking, cleaning, taking care of kids, homeschooling, changing nappies. It was all too much. I had to acknowledge it was all falling apart, take a moment for myself and do what I could to pull through. There were some tough moments.

How do the kids get along?

Kim: I think three is a good number. The girls were either at each other's throats or best friends but now Senna is here it's mixed things up. They adore him - it's like he's got three mums!

The last time we spoke you both talked about having procedures to prevent having more kids. Can you tell us more?

Kim: A big part of our dream as a family is sustainability - being able to grow our own food and create our own energy. When it came to

being parents, I knew creating two humans meant we were replacing ourselves. By having more, we were adding to the population, so when Senna, the little surprise, came about it made me realise I - well, we - didn't want to have any more children. I had my tubes clamped during my C-section.

Max: I decided before Kim gave birth that I'd get the snip. Kim carried our children, had three C-sections, and this was one thing I could do to help our family planning, so I stuck to my guns.

You're both 40 this year. How do you feel about that?

Kim: I'm so excited! I've spent my thirties being pregnant, having children, changing nappies, breastfeeding... 40 feels like a new lease of life. Hopefully, my forties will be epic.

Max: Honestly, I've never really kept track of my birthdays. I'm not really a birthday guy. We'll do something together once Kim's finished *Dancing On Ice* to celebrate the entire year.

Kim: A midlife crisis party!

That will be a star-studded occasion! Who's on the guest list?

Kim: Zoe Hardman, Ashley

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Roberts, Abbey Clancy and Pete Crouch...

Max: The Dolls. We'll try to get them to perform - they've gotta do it somewhere! Aston Merrygold and JB Gill are really good mates as well.

Sounds amazing! Is there anything you've discovered as you've got older?

Kim: Being able to build a sturdy foundation with people who care about you and vice versa is great. I haven't had that in my life for a long time. Now that I have a family, there's a reason for everything I do and that's a really grounded place to be. I feel the most grounded I've ever felt. I don't have to be anything I'm not. I don't have to apologise for who I am.

Were you nervous about signing up for *Dancing On Ice*, Kimberly?

Kim: Yeah, I was incredibly reluctant to sign up for the show. But Covid meant my other work had been postponed, so there I was strapping on my figure skates, like, "OK, this is what we've gotta do!"

Are you worried about getting injured?

Kim: I'm definitely less of a daredevil than I used to be. My health is my wealth and the reason I'm able to support three children. They're expensive little things! However, that doesn't stop me putting in 100%.

Max: I'm not worried about her. She's an athlete and she's brilliant at what she does.

Max, there's no *Dancing On Ice* "curse" like there is with *Strictly*. Are you relieved?

Max: [Laughs] Yeah, I'd have

'All I ever wanted was to find love, get married and have kids. I've got it all'



The Pussycat Dolls in 2005

been snooping at every training session if it was *Strictly*. You're thrust into an intimate environment for a long time, so if there's any attraction, sparks could fly. With Kim, she's been dancing her whole life. I think she's immune to that kind of thing, so I don't think it would be much of a challenge for us.

Kim: Also, you do modelling campaigns where you're married to another woman with our children!

Max: That's true! I wouldn't have a leg to stand on, would I?

Are you looking forward to cheering Kimberly on, Max?

Max: Yeah. When Kim goes into this mode, it's one of the reasons why I love her. She inspires me - it's not often you get to be around excellence.

It's lovely how you support each other...

Max: It's not hard. Watching Kim dance is unbelievable.

Kim: I'm so grateful for Max. All I ever wanted was to find love, get married and have kids. I've got it all.

What's it been like juggling

training and parenthood?

Kim: I'm knackered! There are moments when all I want to do is sit down but



Max is looking forward to cheering on Kim

there are baths to be had and something needs tidying. But knowing it's such an incredible opportunity keeps me going.

What's the latest on the Pussycat Dolls world tour?

Kim: I feel just as out of the loop as everyone else! It's still up in the air. We worked hard to get the girls back together, so I'm staying hopeful!

What are relations like between you and the other girls at the moment?

Kim: I was the motivator for years. But at this point, I've done all I can. There's nothing to talk about among us girls until they figure things out between

Nicole [Scherzinger] and Robin [Antin, who is suing Nicole, claiming she is refusing to honour an agreement to join the reunion tour unless certain business demands are met - which Nicole denies].

Are you in touch with Nicole?

I have a good relationship with Nicole. I feel it's very important that women support other women. I've known Nicole for many years now and I can't wait to be with her and all of the girls on stage again.

Finally, what are your hopes for the year ahead?

Kim: [Sighs] A holiday...

Max: Get me on a plane!

KIMBERLY WEARS SUIT FROM NEVER FULLY DRESSED. MAX WEARS JUMPER AND TROUSERS FROM MOSS BROS

'BORIS PARTIED WHILE MY SISTERS DIED OF COVID'

Heartbroken Zoe Elizabeth Davis, 33, a writer from Yeovil in Somerset, lost identical twins Katy and Emma, both 37-year-old nurses, in 2020 due to coronavirus

Our singing filled the room before we broke into laughter, trying to keep up with *The Sound Of Music* tracks we were playing - they were my identical twin sisters' favourites. It was November 2019 and it was the first time I'd brought my boyfriend, Mark Britten, 41, an IT trainer, to meet Katy and Emma.

Things were getting serious with Mark and I wanted him to meet my sisters. We were all close and I was so proud of them both being NHS nurses in Southampton Hospital. They were six years older than me and when we were all together, we never stopped giggling. Katy was stubborn whereas Emma was more

shy, but both were kind natured - they loved taking care of people.

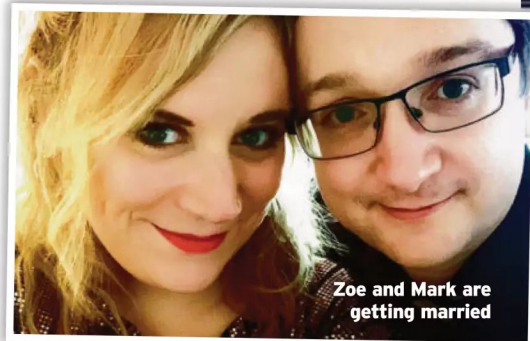
I didn't realise those precious few days with them would be the first and last time Mark would see my sisters, as by April 2020, in just three days, both died of Covid in the very hospital they worked in.

From a young age, the twins dreamed of working for the NHS and dressed up as nurses, feeding their dolls Smarties as medicine. They'd mother me, too, and they made everything so much fun. The three of us were joined at the hip - best friends as well as siblings.

We were a close family. Our mum Julie, 61, retired as an NHS office manager to be a full-time carer to my grandpa, Roy, while my dad Alan, 69, retired from the Department for Work and Pensions. But the girls had a special bond and both attended Southampton University to do nursing degrees, eventually sharing a house together in the city.

All three of us were diagnosed as having Behçet's disease, a rare auto-inflammatory disorder. From the age of 10, I suffered horrendous fatigue and joint pain, as did my sisters. In 2009, Katy received her diagnosis, with her joints and organs being inflamed. I was told I had it in 2014, with Emma then confirmed with the disease the year after. Emma's diagnosis presented as problems with her heart and walking, which affected her mental health.

As soon as the first lockdown was



Zoe and Mark are getting married

announced, Katy, a paediatric nurse, worked from home. She knew she'd die if she got Covid because she was so vulnerable from the disorder. Meanwhile, Emma, an adult care nurse, saw her own health worsen. Her lungs deteriorated, she struggled to breathe and became immobile. She could just about manage to walk from the lounge to the kitchen so she had to take early retirement.

Katy had become a wheelchair user in the last three years of her life, but was determined to work in her chair.

Still living together, they had carers to help with daily life, ordered groceries online and managed to survive, just about, on Katy's salary. Meanwhile, I was instructed to isolate. It was tough.

Emma's carers came and helped bathe her, dress her and prepare food. She and Katy were terrified of catching Covid as they knew it would be the end. Yet they said some of the carers never wore masks or gloves.

My mum witnessed this and Katy even emailed the care company to report it. In fact, in the week the girls were taken into hospital with Covid, three of Katy and Emma's carers tested positive. I feel that vulnerable patients like them, as well as the elderly, were treated as fodder during the outbreak and paid the ultimate price.

Emma became increasingly breathless and

'They were terrified of Covid as they knew it would be the end'



Emma and Katy as little girls



**Julie Davis (top)
with her daughters
Katy, Zoe and Emma**

was admitted into hospital on 16 April 2020. Katy followed the next day. She told Mum as she left the house for hospital that she sensed she wouldn't be coming back. In fact, she managed to use her phone for an afternoon and texted me, "I've got this funny feeling I'm going to be a news story."

Becoming patients themselves at the same place where they'd worked was tough on my sisters. They hated feeling like they were being a burden on their colleagues. The hospital offered to put them in the same room, as they didn't like being apart, but Katy refused. "If Emma sees me suffering, she'll also give up and I want her to keep fighting," she told my parents.

Katy also insisted I was banned. "I don't want Zoe to visit as she's at risk of catching Covid," she said. "She must be protected."

Even towards the end, they were both thinking about others and being a big sister to me. They were angels on Earth, as they are now in death.

Medics told the twins they couldn't do any more for them as they battled to stay alive and they were placed on end of life care.

I think Katy was too ill to understand, but had worked it out herself. Emma may have been aware, though she was sleeping mainly.

Emma and I were able to talk the night she was admitted. She was breathless but we chatted about TV. I called her from our grandpa's house. Mum held the phone and Emma could hear as I said, "Love you lots." She managed to reply, "Love you too - hope you and Gramps are OK. See you soon."

When I FaceTimed Katy, she was too breathless and drowsy to talk but she raised her hand and waved. I didn't know that was her final goodbye.

Just a week after admission, Katy died on 21 April. Then on 24 April, Emma passed away. They never got the chance to say goodbye to each other. I was heartbroken that I wasn't allowed to visit.

Our parents were at their bedsides dressed in full PPE for the girls' final days, unable to hold their hands without wearing latex gloves.

When Mum rang to say Katy had died, my legs gave way and I collapsed to the floor. Gramps had to pick me up.

Mum and Dad tested positive for Covid not

long after the girls died so they couldn't attend their funeral - neither could I as I was deemed too vulnerable. It all felt so cruel and it breaks my heart that we couldn't be there. Mum suffers long Covid symptoms to this day.

Six months later in November, my dear 92-year-old Gramps died from the virus. He'd been admitted to hospital for tests after a fall and caught it there. Another patient on the shared ward he was on tested positive and two days later my lovely grandpa died suddenly - with none of us at his side.

I'm now the sole surviving sibling and I want everyone in the country to know how awful it is to lose a loved one in Covid times and not be able to be there. Covid still needs to be taken seriously. My fabulous sisters were amazing ladies who didn't deserve to die in the way they were forced to. They were brilliant NHS nurses and they deserved a better death, as did we as their family.

The Covid bereaved community is very angry. We have been left in the dark while the Prime Minister and his wife and cronies partied - drinking wine while so many mistakes were made by them that meant lives were lost. I will never forgive them.

We're traumatised by how our family has been ravaged by the virus. Mum says her heart has been ripped from her.

I know my sisters would tell us we have to get on and enjoy life but it's not that easy. I'm campaigning for a day of remembrance for all Covid victims and am planning a memorial service in May this year on what would have been the twins' 40th birthday.

I'm glad my sisters saw how happy Mark and I are. We're getting married in September - they will be so badly missed on the day.

They were inseparable. Katy once said to me, "We came into this world together and we will leave it together." They did exactly that, but for me, it was just far, far too soon.



**Zoe, Katy
and Emma**

Lessons in life

TV presenter **JENNI FALCONER**, 45, on her secret talent for calligraphy and the nasty nickname she was called at school

My nicknames are... J Fall, Falky, Jen - a million different versions of my name. When I was at school I was called Goofy for a while because of my teeth, which was quite nasty.

My biggest challenge has been... to keep working! I've worked in entertainment for 25 years and found work all that time. There's so much competition so you need to continually add new strings to your bow, like the supplement brand Kollo Health I set up a few years ago, which I'm pleased to say has paid off.

My perfect evening would involve... doing nothing! On the sofa with my dog, my daughter

and my husband watching a great film. I wish it happened more often.

I wasn't prepared for... the overwhelming feelings when I became a parent. Literally everything changes - your priorities, your ambitions.

However much you think you're prepared to have kids, it's still a massive shock to the system.

'As a child my ambition was to be an architect'

I'm cheered up by... my dog! I can be out of the house for five minutes and he's so excited when I get back. You get unconditional love from pets.

My childhood ambition was... to be a TV presenter but I never thought it was possible so I settled on an architect.

One thing I would like to change about myself is... I'd like to be less obsessed with schedules and to-do lists. I can never keep up with my admin.

The best thing my parents taught me is... it's nice to be important but it's more important to be nice. It's also something I try to instil in my nine-year-old daughter, Ella.



My greatest weakness is... telling people things they don't want to hear. I hate upsetting people.

The bravest thing I've ever done was... I was offered a job in TV while I was at uni studying architecture. It was a really difficult decision, whether to drop out and take it or not, but I'm so glad I took the risk as it paid off.

Not many people know that... I studied Latin at university, I once showjumped at Olympia and I'm good at calligraphy. So now you know!

The worst job I've ever had... well, the only jobs I've ever had are calligrapher, waitress, babysitter and TV presenter so I actually think I've lucked out when it comes to jobs.

I'm inspired by... my daughter. You see things in a different light with children. She's so positive and only ever sees the good in people.

The most expensive thing I've ever bought is... my wedding dress. Which is such a shame as now it's just sitting unworn in a box!

NB: *Famous Firsts* with Jenni Falconer is out every Monday on Global Player



The star is happiest with her family

the **STYLE**

edit

Following 10 years of research, Caudalie's clever scientists have discovered an enzyme that actually reverses signs of skin ageing, at DNA level. You'll find this enzyme, boosted by magnolia extract and resveratrol, in the new Premier Cru range, which is proven to correct eight different signs of ageing.



NB: Caudalie Premier Cru The Cream, £85, The Rich Cream, £85, The Serum, £85, and The Eye Cream, £47.

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Space NK Voyage Uplifting Body Lotion
£14



Soak Sunday Cleo's Paradise Botanical Body Butter
£16



WORDS: LAURA MULLEY
PHOTOGRAPHY: PIXELEYES

Notebook 19



Flair of the dog

Take the matching outfits trend one step further with co-ordinating jumpers for you and your pooch

Jumper **Never Fully Dressed** £89
Trousers **Reserved** £25.99
Trainers **Marks & Spencer** £35
Dog jumper **River island** £18

Dress **Olivia Rubin**
at **Fenwick** £250
Dog jumper **Amazon** £19.99



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 Rollneck **Gap**
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 Hat **H&M** £9.99
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Bromley £245
 Dog jumper
Joules £20



Jumper **Marks &**
Spencer £99
 Jeans **Warehouse** £49
 Boots **Dune London** £160
 Dog jumper **Next** £16



Photography: Catherine Hack
Styled by: Megan Rees
Assisted by: Chloe Darrow
Hair & make-up: Caroline
 Piasecki using Nars &
 Vanderohe plus Doggone
 Fabulous
Model: Tinna Bergs at Profile
 Chair, Next, £260

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Scented candle **B&M** £6



Bag **Dune London** £70



Throw **National Trust** £45



Bra £22.50
Knickers £10
both **M&S Boutique**



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Freemans
£35

Jug
Trouva
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£55.99



COMPILED BY: MEGAN REES CONTRIBUTOR: LAURA MULLEY

CHOP AND CHANGE

Feel like freshening up your hair this year? Here are the latest cut, colour and care techniques to ask your hairdresser for

One of my favourite features about my phone is the way it collates little slide shows of my photos from over the years, grouped by places, people or categories of its own creation, such as "Exploring", "Tasty Bites" and "Let's Celebrate!". The one downside, however, is that it highlights (pun intended)

how I seem to have had the exact same hairstyle for the last eight years.

So this year, I'm making a pact to step away from my age-old "cool-toned highlights and a trim please" request and try something new when I'm next in the salon. Here, some of the UK's top hairdressers reveal what we should all be asking for in 2022...



Red hair is having a moment

ASK FOR... RED REVIVAL

What do Stacey Solomon, Gigi Hadid and the protagonist in *Squid Game* all have in common? They all recently switched up their usual hair colour to adopt a more fiery hue. The rise in Google searches suggests that it's a hair colour that's very much having a moment - and hairdressers agree. Red is also extremely light-reflective, giving hair a lovely healthy sheen.

Who it will suit: "For lighter skin tones, shades of strawberry blonde and copper are extremely flattering,"

explains Suzie McGill, artistic director at Rainbow Room International, Scotland's largest salon group.

"For medium and darker skin tones, vibrant cherry and red wine-like reds look beautiful."

TOP TIP
Red tones tend to fade quicker than others, so it's important to keep up the care at home with colour-protecting shampoos, conditioners and masks.



A French bob is flattering and easy

ASK FOR... A BOX BOB

Also known as a French bob, this sits just above the jaw, as high as your hairline at the back. You can also take it up a little shorter as it gets towards the front of the face for a softer look.

Who it will suit: This statement look can suit anyone, depending on whether you make the front slightly more rounded or if you keep it really sharp. "The only thing I would say is it's not the easiest hairstyle to maintain if you've got really curly hair," says Paul Percival, Percy & Reed co-founder.



French glossing combines colour and high shine

ASK FOR... FRENCH GLOSSING

Traditional gloss treatments usually involve an all-over rinse, but this new technique available in L'Oréal Professionnel salons is a two-step process that starts with a permanent colour applied to the roots to cover greys, then blended into a gloss on the lengths for a rich, luminous finish. The result is a sophisticated "Parisian chic" finish that delivers colour *and* shine.

Who it will suit: Those who have one colour applied, or balayage with a darker "root shadow", who want to cover greys while also injecting some life back into dull lengths. Avoid if you like a full head of highlights.

ASK FOR... 70S STYLES

Tousled shags, bowl cuts, even (whisper it) mullets – 70s-inspired hairstyles are back in fashion. "Think shaggy and textured medium-length cuts, long hair with low layers, loose, natural waves, and face-framing fringes," says Paco Latorre, creative director at the Live True London salon. Not quite brave enough for a full mullet? I don't blame you. Instead give a subtle nod to the era by getting a curtain fringe: long, pulled-forward bangs that part in the middle and get longer towards the edges. Tie-dye T-shirts and bell-bottom jeans entirely optional!

Who it will suit: While curtain fringes are flattering on a lot of people, shaggy cuts work best on medium to thick hair, as very fine hair would take time to get that texture.

TOP TIP

"The key to getting the cut right is to ensure it's finished when the hair's dry," says Paul. "Ask your hairdresser to dry your hair how you would at home before finishing it off."



Go back to the 70s like Halle Berry

ASK FOR... CASHMERE BLONDE



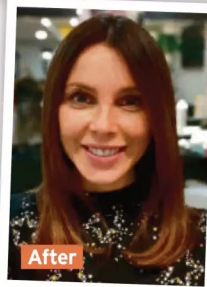
Hailey Bieber captures the cashmere-blonde look

Step away from the toner, as blonde moves away from cool, ashy shades and towards softer nude hues of honey and butterscotch. "It's a palette of muted creamy, tan, blonde shades where one shade melts seamlessly into another without a stark contrast," explains Zoë Irwin, Wella colour trends expert. Look to 70s icon Farrah Fawcett or modern-day natural beauty Hailey Bieber for inspiration. "It's about keeping to similar tones, just one shade lighter than your base," says Zoë. Think of it as "no-make-up make-up" for hair.

Who it will suit: Warm shades of blonde can actually look really flattering on all types of skin tones. Ensure you have a thorough consultation with your colourist beforehand to find the right shades for you.



Before



After

ASK FOR... BOND-BUILDERS

"For ages people were concerned with hair feeling moisturised, but that's more cosmetic – now it's all about strength," explains Paul, talking about the rise in bond-building salon treatments. "These bonders also allow you to colour, lift or process the hair more while keeping its integrity." *Notebook* beauty director Lynne Hyland has been impressed by the shiny results from the **INNOluxe V3 treatment, costing about £30**, which repairs damaged links within the hair, and can be used either as damage prevention during colouring or just as a super-glossy add-on to a blow-dry.

Who it will suit: Damaged, coloured or processed hair in need of bringing back to health.

WORDS: LAURA MULLEY, LYNNE HYLAND PHOTOS: GETTY, L'ORÉAL PROFESSIONNEL, INSTAGRAM: @RAINBOWROOMINT, @FRANFYNE

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BEAUTYnotes

Edited by Lynne Hyland



SHINE ON

Like half of the UK, I'm rather smitten with the original L'Oréal Paris Wonder Water and its "advert hair in a bottle" sheen. However, I now have a shiny new rival for my affections in the form of its sister product, **L'Oréal Paris Elvive Colour Protect Wonder Water, £9.99**. This performs the same trick of bathing hair in a glossy, swooshy veil (a tech previously only available at the backwash) but the new version has been specifically formulated to make dull, dyed locks look salon fresh again. Wonder by name, wonder by nature.

Here's just the thing to chase away the January blues - over £120 of luxurious beauty treats from brands like Korres, Ameliorate and Keys Soulcare for just **£4.95**. That's all you'll pay if you're a new subscriber to the **OK! Beauty Box**, which has put together a pampering "Go Love Yourself" package this month. Sign up at okbeautybox.co.uk.

LUXE LIFE



Skinny dip

I'm struggling to slim down a few things this month (spending, thighs, the usual) but at least one thing in my life is delightfully slender. That's **Huda's Liquid Matte Lipstick, £18**, one of my all-time favourites, which has just been revamped with a formula that's even lighter than before. It's got the same one-swipe coverage that lasts all day, but it now boasts the finest texture possible, packed with luscious oils and vitamins that keep lips smooth. There are 16 shades to choose from (plus matching liners, £17 each), but Icon and Bombshell are my slim pickings.

PHOTOS: PIXELEYES, MEGAN BRAMLEY

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**Victoria Beckham
Cheeky Posh Cream
Blush Stick £36**

A twist-up cheek stick in five suits-all shades.

Tester Lisa says: "A lovely cream blush that feels so light and velvety on my skin, and stays put all evening. It adds a great pop of pink, giving a natural look. I use a large stippling brush to apply it and it blends really easily. I would definitely recommend this product."



**Milk Makeup
Bionic
Blush £19**

A skincare/make-up hybrid designed to nourish skin while delivering a lightweight veil of colour.

Tester Karyn says: "This glides on the face and feels so smooth. The pigment of the blush is fantastic - it

doesn't require much product for a good colour pay-off, and it blends easily for a seamless finish. I am really impressed with this. I also love the size and that it is easily transportable."



Blushers

From creams and liquids to pressed powders, these gems gave us and our Real Beauty testers a flattering flush

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Blush £12**

Infused with rosehip oil and vitamin E for a creamy texture.

Tester Liz says: "This has a silky, paint-like texture, and is quite sheer when it is applied. It melts into skin really easily, allowing you to build up the colour. I am really impressed with this product's durability - even after a full shift wearing a mask, I can still see the colour on my cheeks. One of my colleagues told me I looked really healthy and had a glow about me! I also use it as a lip tint, which looks great!"



**Huda Beauty
GloWish Cheeky Vegan
Blush Powder £18**

A marbled, two-tone pressed powder infused with skincare ingredients such as rose oil, squalene and shea butter.

Tester Deborah says: "Goes on smoothly and evenly and lasts all day. It gives my face such a nice glow. The shade I tested was lighter than I would normally go for, but it creates a nice natural rosy complexion that beats any other blusher I have ever used, and you can't seem to overdo it, as I can with my other blusher. I love this blusher and it is now my favourite!"

e.l.f. Putty Blush £6

A putty-to-powder formula infused with argan oil, and available in five pretty shades.

Deputy beauty editor Zoe says: "My problem with cream blushers is that they usually dislodge any foundation I've applied, and having blotchy cheeks means I like to keep my coverage. But these formulas glide on and blend super easily, meaning I get a flush of colour without having to go back in with a concealer. Bora Bora is my top shade pick."



COMPILED BY: LYNNIE HYLAND

Want to join our Real Beauty testing panel? Just email us at testers@reachplc.com



OR SCAN HERE

HOW TO GET IT ON TAP

Everything you have ever wanted could be right at your fingertips



Manifestation has become a buzzword in recent years, with everyone from Lady Gaga and Mark Wright to Cardi B partly crediting the technique for aiding their success.

The method involves thinking and saying aspirational thoughts, and even acting as if they've already come true, which as a result, supposedly makes them become a reality.

Well, Poppy Delbridge, who describes herself as an "intuitive guide who has cracked an energetic code to make us unstoppable and unshakeable", believes there's a way to make this even more effective... by "tapping". Having previously worked with Fearne Cotton, she teaches others how to nail manifestation tapping, or rapid tapping as it's more commonly known.

Quite simply, it involves touching your face and chest with your fingers while setting intentions. It first began as an EFT (Emotional Freedom Technique) that was used as an alternative treatment for physical pain and emotional distress in the 1980s. In recent years it has been used to achieve much more by believers.

Still not convinced? Studies suggest that tapping can reduce signs of depression by 50%, reduce anxiety by 60% and increase general happiness by 33%.* Here's how to "tap into" this fascinating therapy...



Lady Gaga and Mark Wright 'manifest' - but Fearne Cotton 'taps'

DREAMS COME TRUE!

"It's all about creating possibilities in your life," explains Poppy. "I've helped people get pregnant, stop chronic pain, land their dream job and find homes. I've worked with 500 people privately, as well as over 5,000 through my courses and I haven't found anything yet that's off limits. It works by clearing away emotional and energy blocks that stop you creating the life that you want."



NOW FOR THE SCIENCE

"Manifestation is spiritually based, but tapping is more clinically proven as an approach to manifestation," explains Poppy. "It's been proven that it reduces stress and also neutralises unhelpful emotions, changing our energy into a more positive state. We're then able to access more opportunities and possibilities because we're behaving differently.

"Tapping puts you into the correct zone in which to manifest. It takes you out of your mind chatter and stops the negative thoughts. If you're trying to manifest based only on affirmations, you're not dealing with the subconscious mind, which makes up 95% of our thoughts."



A QUICK GUIDE TO TAPPING

WHERE

■ “Your tapping points are on the face, collarbones, and the top of the head. There’s also one under the bra,” says Poppy. “I prefer to start tapping in between my eyebrows, before moving to the temples at the side of my eyes, and then under my eyes, under my nose, the chin and finishing on the collarbone.”

HOW

■ “Use two fingers and find a speed that feels comfortable. Stay for between seven to 10 seconds on each point. Breathe slowly and deeply to maximise the results. The rest of your body can be relaxed, doing what feels natural.”

■ “As you’re tapping, say aloud what it is you want to put the focus onto. Manifesting skips straight to the positive, but tapping first works to remove the blocks rather than just putting a plaster over them. For beginners, I recommend filling in the gaps in this phrase: ‘I feel... because... but it is possible for me...’”

■ “For the ‘I feel’ and ‘because’ section, tap the face as this is the best place to get rid of blocks. Move down to the body for the manifestation part (“but it is possible for me”). This will seal in those positive intentions as you carry on with your day or night.”

WHEN

■ “I recommend doing it once in the morning and once at night. It can take less than a minute and you can do it anywhere. People have sent me videos of them tapping on public transport and even behind a wheelie bin! Journalling alongside this will help as you’re working on figuring out exactly what you want.”

Use two fingers and find a speed that feels comfortable

IS IT REALLY WORKING?

“Every tap you make is changing your subconscious to be more aligned to positive manifestation,” says Poppy. “You won’t necessarily feel it happening, but it’s working behind the scenes. People need to know that so that they don’t give up. I have had clients who’ve experienced physical reactions, like they suddenly feel really calm or happy, or even feel a tingling in their body.”

The secret to success is perseverance



FINAL TOP TAPPING TIPS

“It’s important to keep repeating and reinforcing,” says Poppy. “You wouldn’t expect to transform your body after one visit to a gym! Remember, you’re not simply tapping along with your affirmation - it’s deeper than that. It’s about clearing away the stuff you don’t even consciously know about. It’s like getting deep under the bonnet of a car.”

WRITER JOSIE COPSON GIVES TAPPING MANIFESTATION A GO FOR HERSELF

Although Poppy tells me that I can do this anywhere, for my first go, I decide to try it in my bedroom with the door closed. My parents have become accustomed to many of my, erm, unique habits since moving back in with them at the start of the pandemic. This includes showering at midday and eating whipped cream directly from the can. I don’t think they’re emotionally ready to hear their daughter proclaim her future goals while tapping her face!

First I have to pinpoint what it is I want to manifest. I’ve got an enjoyable job, plus lovely family and friends, so I decide to get myself a nice boyfriend. Why not?

I start tapping between my eyes as advised, saying, “I feel I have not yet had romantic love because it has not been my time.” I then move down to my chest and conclude with, “But it is

possible for me as I deserve a partner.”

I repeat this another three times to ensure the universe really hears me.

Shortly after I’ve completed the exercise again the following day, my doorbell rings and I excitedly make my way to the front door to retrieve my

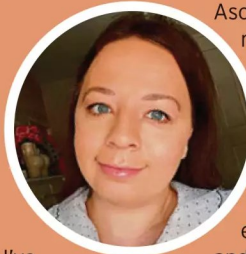
Asos parcel. Standing before me is a very good-looking postman, around my age.

He has definitely not visited my home before.

Without sounding too creepy, I would have remembered him! We engage in some small talk,

and end the conversation with a “See you soon”.

Finally my shopping addiction is going to come in handy! Perhaps he’s been personally delivered to me (see what I did there?). Or, let’s face it, maybe he already has a wife and kids at home. I make it my mission to continue tapping anyway, just in case!



Black and white decor will add understated elegance to your home

MODERN *monochrome*

For a relaxed look in the bedroom, use cream and navy hues to soften a monochrome scheme. This Sofa.com Sunday bed is upholstered in Oyster vegan suede and costs £1,600. The light-wood Turin bedside tables are £580 each.



This elegant hallway is lit by Pooky's brass and glass cage Dibble pendant light, £155. The Jaggery table lamp is made with mosaic bone tiles, costs £180 and is paired with an Ikate shade, £93.

With rippled glass on the sides, this stylish black arch metal and glass cabinet, £595, from Rose & Grey is a perfect fusion of classic and industrial design. The wicker pendant costs £110, while prices for the vases start at £38.

LIVINGnotes



Dunelm's Lara dining chairs, inspired by classic 1950s wishbone seating, have comfy, paper-cord woven seats and glossy black painted beech legs. The chairs cost £129 each. The Kelso dining table and bench cost £327.20 and £179 respectively.



GET THE LOOK

Small Mila table lamp
Cult Furniture
£59



Cushion
Matalan
£11.20



Woven basket
HomeSense £19.99



Vase
Cox & Cox £35

COMPILED BY: VICTORIA GRAY



Coquille
dinner plate
OKA
£250 for four



Concrete tray
Smith & Goat £40



Crest of a wave

Get ahead of the curve with
scallop-edged designs



Evelyn armchair
Cult Furniture
£289



Stella waxed Italian linen placemat
Rebecca Udall £45 for two



Cushion
Oliver Bonas
£22.50



Scalloped mini bowl
Hudson Home £15 each



Cassia marble
side table
Audenza £166



Pen pot
Martha Brook £19.95



Ornella vase
Soho Home £70

Appley ever after

Serve up dishes that are simple, healthy and delicious using the distinctive Pink Lady apple

APPLE, MELON AND GOAT'S CHEESE SALAD

SERVES TWO

- 2 Pink Lady apples
- ½ cucumber, peeled and sliced
- 180g watermelon, cut into chunks
- ¼ small red onion, thinly sliced
- ½ tsp coriander seeds, crushed
- ½ tbsp red wine vinegar
- ½ tsp extra virgin olive oil
- 50g rocket leaves
- Sprigs mint, leaves only
- 50g soft French goat's cheese

1. Quarter the apples and remove the cores, then slice each quarter thinly on the diagonal.
2. Place in a large bowl with the cucumber, watermelon, onion and coriander seeds. Season to taste.
3. Drizzle over the vinegar and oil. Toss well.
4. Place the rocket on serving plates then top with the apple salad. Scatter with mint, spoon over the cheese and serve.



APPLE AND CELERIAC SOUP

SERVES FOUR

- 2 tbsp rapeseed oil
- 1 leek, roughly chopped
- 5 sprigs fresh thyme, leaves removed
- 2 sticks celery, roughly chopped
- 1 medium celeriac, peeled and roughly chopped
- 2 garlic cloves, thinly sliced
- 2 Pink Lady apples, cores removed and roughly chopped
- 1 vegetable stock cube
- 300ml unsweetened almond milk
- Chopped walnuts and extra virgin olive oil to garnish

1. Put a deep pan over a medium heat and add the oil, leeks, fresh thyme and celery. Slowly cook until soft. Then add the celeriac, garlic and chopped Pink Lady apples (retaining a few pieces to garnish) and stir well.
2. Dissolve a stock cube in 1 litre of boiling water and pour into the pan until everything is just covered. Let it simmer for 15 minutes, until the

celeriac is cooked through.

3. Once everything is soft, blitz in a blender until smooth. Add the almond milk to achieve the consistency of your liking and season with salt and pepper, tasting as you go.

4. Serve the soup garnished with the diced Pink Lady, the chopped walnuts and a drizzle of extra virgin olive oil.



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Vegan Pizza



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Vegan Gnocchi



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Vegan Ice Dessert



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500ml



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99p
180g



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lidl.co.uk/meatfree

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SEARED STEAK AND APPLE SALAD

SERVES TWO

- 2 x 170g extra-lean beefsteak medallions
- 1 tsp vegetable oil
- 400g can green lentils, rinsed and drained well
- 1 tsp red or white wine vinegar
- 1½ tbsp extra virgin olive oil
- 2 Pink Lady apples, cored and chopped into small cubes
- 2 tbsp chopped chives
- 2 tbsp chopped parsley
- ½ mild red chilli, finely chopped
- 100g radishes, sliced
- 100g watercress

1. Heat a non-stick frying pan over a medium-high heat. Season the steaks and rub with the vegetable oil. Cook for 3-4 minutes per side, or until cooked to your liking. Transfer to a plate and leave to rest for 5 minutes.

2. Meanwhile, place the

lentils in a mixing bowl, add the vinegar, oil, apple, chives, parsley and chilli. Season and stir well.

3. Spoon the lentil mixture onto two plates and scatter over the radishes and watercress. Thinly slice the steak and place on top.



SEASONAL ROASTED VEG

SERVES TWO

- 2 raw beetroots, scrubbed
- 200g Tenderstem broccoli
- 1 large fennel bulb, sliced lengthways
- 2 large courgettes, sliced 2cm thick on the diagonal
- 2 tbsp rapeseed oil
- 2 tbsp capers
- Zest and juice of 1 lemon
- 3 tbsp extra virgin olive oil
- 10g mint, finely chopped
- 10g dill, finely chopped
- 1 Pink Lady apple, thinly sliced

1. Preheat the oven to 200°C/fan 180°C/gas mark 6.

2. Wrap the beetroot in tin foil, place on a baking tray and bake in the oven for around 1 hour.

3. Meanwhile, prepare the vegetables. On a large baking

tray, add all the vegetables and toss in the rapeseed oil. Pop in the oven for 20 minutes so they are nicely charred and cooked through. Remove from the oven if they become too dark in colour.

4. Remove the beetroot from the oven, peel away the skin and slice into wedges.

5. Fry the capers without oil in a small frying pan on a medium to high heat, until they pop and are nice and crispy. Let them cool then add the lemon zest and juice, extra virgin olive oil and chopped herbs, and mix well.

6. Arrange the roasted veg, beetroot and Pink Lady apple slices on a serving plate, then spoon over the dressing and enjoy!

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FOODnotes

SOMETHING FISHY

A national favourite has been revamped for the Co-op's plant-based range, **GRO. Fishless Fillet & Chips, £3.50** for 370g, features tasty fillets made from plant protein and lemon juice wrapped in batter.



WHIZZ ALONG

This hand mixer from **Smeg, £149**, has retro styling and offers 250 watts of power for fast results. **Optimus whisks** are ideal for sponge bases and biscuit doughs.

Milky wahey

Award-winning **Liik** dairy-free milk delivers on taste, texture and flavour. The plant-based alternatives are great in tea and coffee, or on their own. **The Common Blend** and **The Lush Blend** cost **£12** for a pack of 6 1-litre cartons from Ocado.



WORDS: VICTORIA GRAY



FLOUR POWER

If you love making bread but find sourdough tricky to use, make it easier with the **Matthews Cotswold Flour Sourdough Kit, £59.95**. This clever kit includes

five different bread flours from one of the oldest family-run flour mills in the Cotswolds, as well as baking tools, accessories and recipe cards.

HAVING A BALL

Tuck into **Lemon & Pistachio Protein Balls**, the latest healthy snack from **The Protein Ball Co.** They're 100% natural, have no added sugar, and are high in fibre and vitamins. They are also free of gluten, wheat, GMOs and palm oil. Buy them at **Morrisons** for **£1.99** for a 45g bag containing 6 protein balls.



OH HECK!

For a flavoursome vegan alternative, try **Vegan Italia Burgers** from **Heck**. They are made from fava beans blended with vegan cheese, tomato, basil and garlic and are low in fat. They're available at selected **Tesco** stores for **£2.50** for a pack of 2.



The truth will always come out - and sometimes it can be hard to swallow.

By Carole Johnstone

There are 65 stone steps leading down through the lowest lawn. At their bottom is a high fence, cast-iron and blue. And a gate, which is always shut. I've often wondered why the gate exists at all, because beyond it is only cliff, fragile and treacherous, and a 250ft drop down to the Atlantic.

We spent most of our time indoors, Ailsa MacLeod and I. In cavernous old rooms full of dust and cobwebs. The curtains were always shut and the lights were always off. She marched from dark room to dark room like a savage Miss Havisham, rich and peevish. While I would shuffle, arms outstretched, as if I was the one who was blind. She'd lost her sight and the use of one arm in a train derailment 20 years before. She'd been one of only three people in the very last carriage, its sole survivor. She seemed proud of this fact, as though it was pluck rather than luck that had spared her. Perhaps it had been.

As her live-in carer, I was supposed to be of more use than I was, but she'd take mortal offence at any offered hand or word of concern. Our lives were measured in, "How many steps to the door, girl? How many stairs to the top?" Me following in her gloomy wake, reciting numbers and directions like a code or mantra, the rhythm of our lives lived in those cold rooms. And yet I loved it, that dusty old boneless house teetering on the edge of a cliff. Some days I mouthed the word in my bedroom mirror, fogged black around its edges. Home.

Come rain or shine, we always dined in the garden at a rotting wooden table under a cloth gazebo, listening to the sea. Ailsa prided herself on being able to tell the time by intuition alone. She went to bed late and rose early. She wore voluminous black dresses that were far too big. When she was tired she forgot her slow, round vowels, and her accent would grow harsh, betray

'FOR YEARS,
PEOPLE TRIED TO
HIDE THE TRUTH
ABOUT MY BIRTH'

humbler beginnings. She had no family or friends but never liked to be alone. She drank Tanqueray gin by the litre. And she tolerated me only in small doses, but would start bellowing my name the minute I left her side. For the first year, I wondered how to tell her that she was my mother.

Growing up, I'd been obsessed with lies. I collected them like crabs in a bucket, and kept them in a jar by the bed. Once someone had told me enough, I'd fish them out and read them aloud to the teller. It never made anyone anything but mad. But they misunderstood me.

The point wasn't that they should stop lying. It was that they needed to get better at it. I wonder now if that was because, for years, people tried so badly to hide the truth about my birth, about my mother, from me.

She'd left me on the steps of the Royal Infirmary two days after I'd been born. She'd had me out of wedlock, no doubt, people assured me, as if that rejection might bruise less. The private investigator I hired knew

only those things and nothing more, and yet within a month he found her, the mother who had left me in the dark and the cold, with only a soft wool blanket and a note that said "I loved you". And less than one month after he did, I was knocking on the door of this huge old mansion, my courage failing me as I asked instead if she needed help, a live-in companion. Hardly expecting that the answer would be, "Only if you can count, girl, and otherwise be quiet."

I wondered how to tell her the truth because I didn't want her to think I was only after the house or the money. She'd eye even the most generous of people with suspicion; from Ailsa MacLeod, people unilaterally deserved hee-haw. No exceptions. But I wanted to be the exception. Because - for all her meanness and rudeness - I wasn't averse to her being my mother. I wasn't averse to this small life of ours, its days and rhythm measured in steps and turns and the sound of the sea.

And so, outside in the dark under that cloth gazebo, accompanied by the stars and a bottle of gin, I asked her without asking her. "What's the biggest lie you've ever told?"





"I had a lover," she said. "He was married. And rich." I could hear the sly smile in her voice, the pride. The truth. "And I told him that I loved him, so that he would leave his wife. I didn't mean it for a minute."

I looked at the moon. Out of wedlock. "Did you ever have any children?"

And the pause was endless until finally she turned and I saw the shine of her eyes in the moonlight as she shook her head.

And I, a lifelong collector of lies, knew that this was not one.

I stole and replaced both her toothbrush and hairbrush. I posted them to the PI on my weekly trip into town. I waited. Endured the steps and turns and the smell of the sea until finally an email arrived.

In all analysed PCR systems, the alleged mother does not show the genetic markers which have to be present for the biological mother of the tested child. The probability of paternity is 0%.

The PI phoned with profuse apologies. He told me that he didn't know how this could have happened. But I did.

Lying to her lover wasn't the biggest lie she'd ever told. Not even close. The biggest

lie of all was that her name was Ailsa MacLeod. I thought of her accent after one too many gins. I thought of those two other people in that rear train carriage twenty years ago. Crushed and killed. Burned beyond all recognition. And I wondered which one had been my real mother. Rich and aloof and just as alone. Unmissed. I imagined how it might have been: that carriage's sole survivor, blinded and crippled, but still determined to seize her chance – the opportunity to have another name, another life. Perhaps they had been friends. Perhaps she thought she knew all there was to know about my mother. Except for one thing. She never knew about me.

The room is small and duck-egg blue.

The counsellor is in her fifties, unsmiling. I've never seen the point in therapy. And I've never regretted a single thing that I've done in my life. But sometimes, as I rattle around the cavernous high-ceilinged rooms, turning

on every single light just because I can, I do feel the need to unburden myself.

I still have nothing against lying. Nothing at all. So long as they're good lies. Impenetrable, like a fortress.

"What's the biggest lie you've ever told?" I say to the counsellor.

She frowns.

"Generally," she says, "people ask the questions they themselves want to answer. So, what's the biggest lie you've ever told?"

And I think of that lowest lawn and its bright herbaceous borders of fuchsia and fern. I think of the woman who lied all her life about her name, about being my mother. Not an impenetrable lie, only opportune and never challenged. I think of watching her going slowly down those stone steps, one by one. And I think of telling

her that she shouldn't, it was too dangerous. Because that was always like a red flag to a bull.

"How many steps, girl?" she'd said instead, already counting as she kept on going, down and down.

"I want to hear the sea."

And I watched her ugly voluminous dress whipping in the wind, her nose in the air, spine ramrod straight like Miss Havisham. Stepping down and down in black flat shoes, getting closer and closer to that last 60th step, that fragile and treacherous cliff, that 250ft drop down to the Atlantic. "How many steps, girl?"

"Norah?" the counsellor says. "Did you hear me? What's the biggest lie you've ever told?"

I look at the floor and I think of that jar I used to keep beside my bed. I think of the note that said "I loved you".

I think of looking across the lawn at the woman who was not my mother, and letting out a long, low breath that sounded a little like the sea before the words came, sweet and warm and loud.

"There are 65 stone steps leading down through the lowest lawn. At their bottom is a high fence, cast-iron and blue. And a gate, which is always shut."



Carole Johnstone's debut novel *Mirrorland* is out now in paperback (Borough Press, £8.99)

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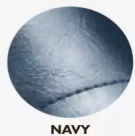
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TV choice

Our heads-up on the must-see shows

PICK OF THE WEEK

Trigger Point
Sunday, 9pm, ITV

Vicky McClure and Adrian Lester head the cast

ON THE EDGE

Terrorists target London in this explosive new drama that puts the Met's bomb squad on the front line

This cracking new drama starring *Line Of Duty*'s Vicky McClure turns the spotlight on the Metropolitan Police Bomb Disposal Unit. And as it's produced by the much-lauded *Line Of Duty* writer Jed Mercurio,

comparisons between the two dramas are bound to be drawn.

But Vicky, who plays former soldier Lana Washington, says her character is very different from *Line Of Duty*'s Kate, and the two series are quite distinct.

"There's a lot more action. It's an explosive drama," she says. "Of course, it can't be avoided that the police department is going to be part of it, but I think the audience will get involved in this new world and very quickly be transported there."

Vicky is joined by *Hustle* actor Adrian Lester as fellow officer - or "expo" - Joel "Nut" Nutkins.

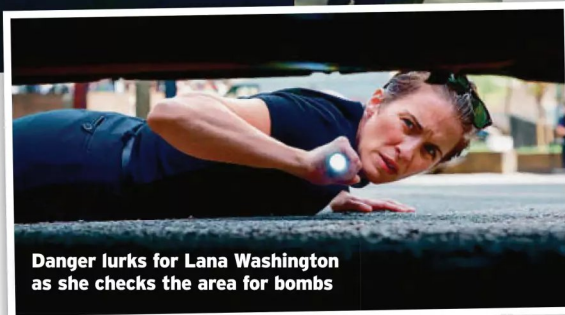
When a terrorist campaign hits London, Lana and Nut have the task of tracking down those

responsible - and diffusing the devices - before more lives are threatened.

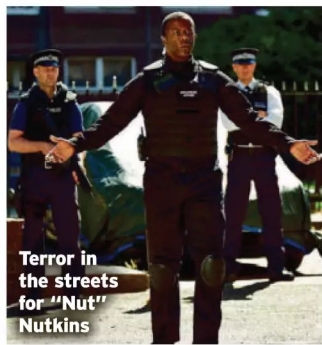
"Lana becomes more lost as she tries to work out who is planting these bombs and why it's getting closer to home," explains Vicky.

"They start to recognise signs that there's a connection to the devices they're picking up. Then in the middle of that she's got her own personal issues to deal with."

The show, filmed in and around London last summer, includes plenty of pyrotechnic explosions and action.



Danger lurks for Lana Washington as she checks the area for bombs



Terror in the streets for "Nut" Nutkins

WORDS: STEVEN MURPHY

"I'm always keen to do as much as I can, but this was the most physical job I've ever had," Vicky adds.

"There's a big protective bomb suit I wear. It weighs an absolute ton, but I purposefully didn't want the weight taken out of it. It has all these tubes that feed aircon into the suit and you feel very suffocated and claustrophobic. I was intrigued by how that would feel." →

TVchoice

SUNDAY

NEW



The Caribbean With Andi And Miquita 9pm, BBC Two

Mother-and-daughter duo Andi and Miquita Oliver came together during lockdown to host a series of cooking videos on Instagram. And they clearly loved working together as they've done it again for this two-part travel series. Chef Andi heads to her ancestral home of Antigua and takes her daughter and fellow TV presenter along for the ride.

The Good Karma Hospital 8pm, ITV

We head back to beautiful South India as the medics return to the wards for a fourth series. As always, Dr Lydia Fonseca (Amanda Redman) is fighting to keep the under-resourced cottage hospital from going under. This year, she also falls foul of local politics, while her relationship with Greg comes under fire.

NEW



MONDAY

I, Sniper: The Washington Killers 10pm, Channel 4

This six-part crime documentary examines one of the most shocking crimes in US history - how Lee Malvo became a mass murderer aged just 17. The 2002 Washington DC sniper case saw Lee and 41-year-old Gulf War vet John Allen Muhammad go on a 22-day killing spree. Now, 20 years later, we follow a detailed account of what happened.



NEW

The Nilsen Files 9pm, BBC Two

The so-called "Muswell Hill murderer", Dennis Nilsen, was convicted of killing six men and boys in 1983 - although it's thought there were between 12 and 16 victims in total. Interest in the Nilsen case was reignited last year with the release of ITV drama *Des*, starring David Tennant, and now Michael Ogden re-examines Nilsen's crimes, focusing on the victims and asking why, 40 years on, they remain a footnote to his story.

TUESDAY

Sarah Beeny's New Life In The Country 8pm, Channel 4

LAST IN SERIES

We've watched Sarah and husband Graham transform their country pile with help from their four sons. Now it's time for the kitchen to go from a shell to the heart of the home. And there's a treat in store, as they see their boys perform in family band The Entitled Sons (see what they did there!) for the first time.



In a battle of women-with-drills, our money's on Sarah - sorry Katie

The Responder 9pm, BBC One

This gritty drama looks at the grim reality of being a bobby on the beat. Over the course of five nights we follow Chris Carson (Martin Freeman), an urgent response officer doing night shifts in Liverpool. But there's more to this constable than meets the eye.



NEW

Ooh, Bilbo's had a change of career

POLICE

WEDNESDAY



Jay Blades: Learning To Read At 51 9pm, BBC One

The presenter opens up about his journey with reading, from the experiences that set him back at school to how he organises his upholstery business without the written word. Over six months of learning, this intimate film captures Jay's progress through Read Easy - a system developed by The Shannon Trust to help prisoners improve their literacy skills.

We Are England 7.30pm, BBC One

This unique current affairs programme puts the latest news into the hands of Joe Public. *We Are England* dives into the issues that matter most to people, allowing them to tell the stories from their own perspectives. Themes range from mental health and the housing crisis to unsolved murders and young entrepreneurs striving to set up successful businesses in the face of adversity.



Bet Laurence Llewelyn Bowen is quaking in his boots

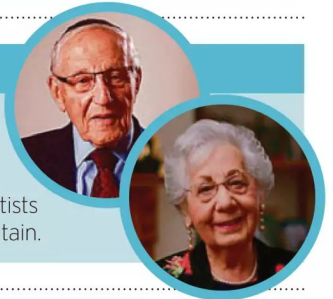
Katie Price's Mucky Mansion 9pm, Channel 4

The former glamour model is on her journey to put her past traumas behind her and turn her Mucky Mansion "into a home" again. The 43-year-old's West Sussex pad has been sitting nearly untouched for a long time as she's stayed in Essex with partner Carl Woods. She's hoping to renovate the 19-room house and vanquish its bad memories.

THURSDAY

Survivors: Portraits Of The Holocaust 9pm, BBC Two

This documentary marks Holocaust Memorial Day and follows a project led by the Prince of Wales, who commissioned seven leading artists to paint portraits of the last survivors of the Holocaust. The film will hear from the artists and the survivors, all of whom were children in the camps and now live in Britain.



Secrets Of The Krays 9pm, ITV

They're probably Britain's most famous gangsters, but if you thought you'd heard everything worth saying about the Krays, you'd be mistaken. This new in-depth docu, which first aired on Brit Box, chronicles the rise and fall of Ronnie and Reggie with contributions from family, gang members and the twins' lawyers.



"OK, which one of you superglued this hot, stuffy jacket to my shirt?"

FRIDAY

Death In Paradise 9pm, BBC One

Things have been awkward between Neville and Florence after he confessed a desire to date his colleague. However, she may need help from the British detective tonight. Florence's undercover role takes a dangerous turn when she finds herself in familiar surroundings, amid the drug lords and a murder investigation.



BBC One

F'VIEW 1 • SKY 101 • VIRGIN 101 • F'SAT 101

- 6.00am Breakfast 7.35** Match of the Day (R) **9.00** Sunday Morning **10.00** Politics England **10.30** Wanted Down Under Revisited (R) **11.15** Sacred Wonders (R) **12.15pm** Bargain Hunt (R)
- 1.00** BBC News; Weather
1.15 Songs of Praise
1.50 Lifeline An appeal.
2.00 Tennis: Australian Open Highlights 2022 Day seven.
3.00 Garden Rescue A traditional space with a modern twist. (R)
3.45 The Green Planet (R)
4.45 BBC News; Regional News
5.10 Countryfile A look at County Durham's Heritage Coast.
6.10 Around the World in 80 Days (7/8) Fogg lets a lawman and his prisoner share his stagecoach.
- 7.00** The Green Planet (3/5) The strategy, deception and feats of engineering plants use to thrive in the changing weather of different seasons, when survival is often a question of perfect timing.
8.00 Call the Midwife (4/8) Sister Hilda and Dr Turner support a father with a lung condition whose wife is planning a home birth, and discover he is also coping with the repercussions of a past trauma. Cyril looks for a job that will put his qualifications to good use.
9.00 The Tourist (5/6) Shocked to her core by what she's witnessed, Helen turns to the police for help. But when she receives some information from an unlikely source, she decides to lead the charge on a risky mission. Jamie Dornan stars.
- 10.00** BBC News; Regional News
10.30 Match of the Day 2 Mark Chapman reviews the day's Premier League action, with fixtures including Crystal Palace v Liverpool and Chelsea v Tottenham Hotspur.
11.40 The Women's Football Show Highlights of the weekend's games in the Super League, including Manchester United v Tottenham Hotspur. **12.15am** **FILM** Z for Zachariah (2015/12) A woman who thinks she is the sole survivor of a nuclear apocalypse finds her life changed by two new arrivals. Sci-fi drama, starring Margot Robbie and Chiwetel Ejiofor. ★★ 1.45 Weather for the Week Ahead **1.50-6.00am** News

BBC Two

F'VIEW 2 • SKY 102 • VIRGIN 102 • F'SAT 102

- 6.35am A to Z of TV Gardening** (R) **7.20** Christine's Garden (R) **7.50** Life in a Cottage Garden with Carol Klein (R) **8.20** Countryfile (R) **9.15** Monty Don's Japanese Gardens (R) **10.15** Saturday Kitchen Best Bites **11.45** Rick Stein's Cornwall (R)
- 12.15pm** **MOTD: Women's Super League.** Brighton & Hove Albion v Chelsea (kick-off 12.30pm). Action from Broadfield Stadium.
- 2.40** **Bowls: World Indoor Championships 2022** **Live** Featuring the open singles final from Potters Resort in Norfolk.
5.15 **Flog It!** The experts visit the University of Nottingham. (R)
6.00 **Hawaii: Earths Tropical Islands** A journey across Hawaii's varied islands. Last in series. (R)
- 7.00** **Antiques Roadshow** Fiona Bruce and the team return to Castle Ward in Co Down, with items including two sculptures made out of ostrich eggs and a watch designed for astronauts to wear on the Moon. (R)
8.00 **Ski Sunday** Action from Kitzbuehel, home of the Hahnenkamm downhill – a race with history and danger in equal measure and the one that skiers arguably want to win more than the Olympics. Plus, British Olympian James Woods catches up with Markus Eder.
9.00 **The Caribbean with Andi and Miquita** Part one of two. Andi Oliver and her daughter visit the region to see the changing West Indies from the perspective of two generations, with stops in Antigua, Barbuda and Barbados.
- 10.00** **The Souvenir** (2019/15) **FILM** Premiere. In 1980s London, film student Julie becomes romantically involved with a complicated and untrustworthy man, but her love for the suave Anthony brings disruption and heartache. Drama, starring Honor Swinton Byrne and Tilda Swinton. ★★ ★★
11.55 **Inside Dubai: Playground of the Rich** As the tax haven celebrates its 50th birthday and looks to the future, a look at plans to more than double the number of tourists over the next 20 years. Last in series. (R) **12.55am** Question Time. Fiona Bruce hosts. (R) **1.55** Holby City (R) **2.35-6.30am** This Is BBC Two

ITV

F'VIEW 3 • SKY 103 • VIRGIN 103 • F'SAT 103

- 6.00am** **CITY 9.25** ITV News **9.30** **NEW** Dickinson's Real Deal Winners **10.00** Love Your Weekend with Alan Titchmarsh **11.55** The Pet Show (R)
- 1.00pm** **The Secret Life of Our Pets** How pets use their intelligence to live in a human world. (R)
2.00 **ITV News; Weather**
2.10 **Paul O'Grady: For the Love of Dogs** A poodle with anxiety. (R)
2.40 **Dad's Army** (2016/PG) **FILM** Second World War comedy, starring Toby Jones. ★★
4.35 **Tipping Point: Best Ever Finals** Coin-drop quiz show. (R)
5.05 **The Chase Celebrity Special** With Mark Chapman. (R)
6.05 **ITV News; Weather**
6.20 **Regional News; Weather**
- 6.30** **Dancing on Ice** Phillip Schofield and Holly Willoughby host as six more celebrities take to the ice with their professional partners in the hope of avoiding the first dreaded skate-off.
8.00 **The Good Karma Hospital** **NEW** Lydia is forced to admit a patient who has the highly contagious Nipah virus when Ruby and new British-Asian doctor Samir Hasan break protocol in the fight to save the girl's life. Return of the medical drama, with Amanda Redman.
9.00 **Trigger Point** (1/6) **NEW** Bomb disposal officers Lana Washington and Joel Nutkins are called out to a Met counter-terrorism operation at a London housing estate to investigate a potential bomb factory. Thriller, starring Vicky McClure and Adrian Lester.
- 10.00** **ITV News; Weather**
10.15 **Bradley & Barney Walsh: Breaking Dad** The actor and his son embark a 3,000-mile journey through Europe, beginning in Croatia, where they go head-to-head on aqua bikes alongside a former world champion. (R)
10.45 **Keeping Up with the Aristocrats** Following four of Britain's most prominent aristocratic dynasties. (R)
11.45 **Martin Clunes: Islands of the Pacific** In Vanuatu, Martin climbs an active volcano. (R) **12.35am** Home Shopping **3.00** Motorsport UK (R) **3.50** Unwind with **ITV 5.05-6.00am** Tipping Point. Coin-drop quiz. (R)

Channel 4

F'VIEW 4 • SKY 104 • VIRGIN 104 • F'SAT 104

- 6.00am** **Mike & Molly** (R) **6.45** The King of Queens (R) **8.00** The Simpsons (R) **9.30** Sunday Brunch. With Fearnie Cotton, Kiefer Sutherland and Vernon Kay. **12.30pm** The Simpsons (R)
- 2.00** **Fantastic Mr Fox** (2009/PG) **FILM** Animation, with the voice of George Clooney. ★★ ★★
3.40 **Madagascar 3: Europe's Most Wanted** (2012/PG) **FILM** Animated comedy, with the voice of Ben Stiller. ★★ ★★
5.25 **Chateau DIY** Matt and Helen convert their orangery into a reception venue. (R)
6.20 **Channel 4 News**
6.45 **Billion Pound Cruise** Compilation episode looking behind the scenes of the Symphony of the Seas. (R)
- 7.45** **The Great Pottery Throw Down** Ellie Taylor hosts Raku week, in which the potters are challenged to make a Japanese-inspired tea set and take on a handle-pulling task. Ceramicist Florian Gadsby joins regular judges Rich Miller and Keith Brymer Jones in assessing their efforts.
9.00 **Sue Perkins' Big American Road Trip** Part two of two. Sue drives through Colorado into the Rocky Mountains, and discovers how forming communities can help people to deal with the challenges of life on the road. She meets a couple who have taken their toddler on the move, meets a woman who creates online videos offering tips on campervan life, and attends a festival in the Colorado desert.
- 10.00** **Gogglebox** TV critiques. (R)
10.55 **First Dates** Becky, a 22-year-old from Bristol, seeks a man who will accept her and her snake. It remains to be seen whether Lee from London will prove to be the open-minded guy she's looking for. (R)
12.00m't **Heineken Champions Cup Rugby: The Big Tackle** A round-up of all the European Heineken Champions Cup action. **12.55** Ramsay's Kitchen Nightmares USA (R) **1.45** Couples Come Dine with Me (R) **2.40** Undercover Boss Australia (R) **3.25** Location, Location, Location (R) **4.25** Food Unwrapped (R) **4.50** Mend It for Money (R) **5.45-6.05am** Kirstie's House of Craft (R)

Channel 5

F VIEW 5 • SKY 105 • VIRGIN 105 • F'SAT 105

- 6.00am Milkshake!** Children's shows.
10.00 SpongeBob SquarePants (R)
10.25 Entertainment News on 5
10.30 NFL End Zone Action from the latest matches in the NFL.
11.00 Friends: The Best of Ross (R)
12.55pm You've Got Mail (1998/PG) Romantic comedy, starring Tom Hanks and Meg Ryan. ★★★
3.20 What Women Want (2000/12) A freak accident gives a womanising executive the ability to hear the thoughts of the opposite sex. Comedy, starring Mel Gibson. ★★★★★
4.20 5 News Update Round-up.
6.00 5 News Weekend Headlines.
6.05 Inside Legoland: A World of Wonder Staff get the park ready for Halloween. (R)

- 7.00 Motorhoming with Merton & Webster** Paul Merton and his wife Suki Webster hit the road as they embrace Britain's booming motorhoming scene, seeking out the UK's famous sights and hidden gems. (R)
8.00 Bargain-Loving Brits in the Sun (3/6) Drag queen Colin 'Coco' Brown holds a fundraiser for his horse rescue centre, while Carol has a trial day working at a bar across the road from where she lives.
9.00 Hotel Benidorm: Sun, Sea & Sangria (3/6) The staff at the Rio Park and its sister hotel the Flamingo Oasis are gearing up for a gala dinner night. For hospitality manager Nelson and his team of chefs it's a chance to showcase their culinary skills, but will the Brits just want beer and bangers and mash.
10.00 The QE2 Dubai: World's Most Luxurious Hotel Valentine's Day sees two big events happening on board the floating hotel – a lavish brunch for 450 in the main dining room, followed by a romantic opera gala dinner out on deck. (R)
11.00 World's Funniest TV Ads with Jason Manfred The comedian takes a look at more commercials from around the world. **1.00am** The 21.co.uk Live Casino Show **3.00** Entertainment News on 5 **3.10** GPs: Behind Closed Doors (R) **4.00** Casualty 24/7: Every Second Counts (R) **4.45** Wildlife SOS (R) **5.10** Great Artists (R) **5.35** Peppa Pig (R) **5.40** Thomas & Friends (R) **5.50-6.00am** Milkshake! Monkey's Amazing Adventures (R)



Sue Perkins' Big American Road Trip 9pm, Channel 4

LAST: If "van-lifer" sounds to you like some kind of jail sentence, then you're not alone. While Sue can see the appeal of full-time campervanning, she suspects she'd find it too solitary. That said, as she ends her trip in Colorado tonight she detects a real community vibe. (Good heavens, we just used the word "vibe".)

ITV2

F VIEW 6 • SKY 118 • VIRGIN 115 • F'SAT 113

- 6.00am** Totally Bonkers Guinness World Records **6.30** Love Bites **9.25** Dress to Impress **11.30** The Masked Singer **1.00pm** Celebrity Catchphrase **2.00** You've Been Framed! **2.30** **FILM** Hotel Transylvania 2 (2015/U) Animated comedy. ★★★ **4.15** **FILM** Johnny English Reborn (2011/PG) Spy comedy, with Rowan Atkinson. ★★★ **6.15** **FILM** Spider-Man 3 (2007/12) Adventure, with Tobey Maguire. ★★★★★ **9.00 Family Guy** Five episodes. Brian appears on a TV show; Peter sells Meg to pay a debt; Lois is sent to prison; Meg goes out with a naturalist; Lois meets one of her former boyfriends. **11.25** American Dad! **12.20am** The Stand Up Sketch Show **1.25** Don't Hate the Playaz **2.25** CelebAbility **3.00** Totally Bonkers Guinness World Records **3.30-6.00am** Teleshopping

BBC Four

F VIEW 9 • SKY 116 • VIRGIN 107 • F'SAT 107

- 7.00pm Danceworks: Ballet Black – The Waiting Game** Inside the world of Ballet Black, a dance company nurturing black and Asian talent.
7.30 Carlos Acosta: This Cultural Life Cuban ballet star Carlos Acosta talks about the key moments in his life.
8.00 Ballrooms and Ballerinas: Dance at the BBC Archive footage of dance featured on the BBC.
9.00 The Royal Ballet: The Dante Project Wayne McGregor's new ballet based on Dante's The Divine Comedy, from the Royal Opera House.
10.50 Betroffenheit from Sadler's Wells Filmed performance of the modern dance production.
12.40am Dancing Nation. Highlights of the series. **1.40** Carlos Acosta: This Cultural Life **2.10-3.10am** Ballrooms and Ballerinas: Dance at the BBC

ITV3

F VIEW 10 • SKY 119 • VIRGIN 117 • F'SAT 115

- 6.00am** Emmerdale Omnibus **8.50** On the Buses **9.55** **FILM** Holiday on the Buses (1973/PG) Comedy, starring Reg Varney. ★ **11.40** Foyle's War **6.00pm** Agatha Christie's Poirot The sleuth is summoned after the body of a murder victim is discovered surrounded by stopped clocks.
8.00 Long Lost Family A woman whose memory of a week with her younger brother 50 years ago is driving her to find him, and a man who cannot shake the question of how a mother could give up her child.
9.00 Joanna Lumley's India Joanna visits the Maharaja of Dungarpur.
10.00 Lewis An elderly don is killed on the night of his release from prison, and Lewis embarks on a new relationship.
12.00m't Wycliffe **4.05** On the Buses **5.30-6.00am** Unwind with ITV

Drama

F VIEW 20 • SKY 143 • VIRGIN 130 • F'SAT 158

- 6.00am** Teleshopping **7.10** The Bill **11.00** Emma **3.40pm** Catherine Cookson's A Dinner of Herbs. Part two of two. Drama, starring Billie Whitelaw.
6.40 Call the Midwife Sister Julienne helps a woman from Pakistan who is unable to have children, but who has found to her shock that her husband is bringing a second wife into their home, who is already eight months pregnant.
8.00 Miss Marple Feature-length episode. An unusual advertisement appears in Chipping Cleghorn's local gazette, purporting to reveal details of a forthcoming murder, including the date, time and venue.
11.20 Death in Holy Orders. Conclusion. The death toll at St Anselm's theological college continues to mount. **1.20am** Broken **2.30** The Heart Guy **4.00-6.00am** Teleshopping

SUNDAY

23 JANUARY

Scotland & Wales

BBC Scotland

12.00noon This Is BBC Scotland **7.00pm** The Seven **7.15** Back from the Brink. The conservationists who are striving to save European species from extinction. **8.05** Grand Tours of Scotland's Lochs. Paul Murton explores Sutherland. **9.00** Still Game. Jack and Victor board a Dial-a-Bus tour. **9.30** Life on the Bay. Wedding supervisor Amanda works hard to make everything perfect for a couple's big day. **10.00** The Force: The Story of Scotland's Police. A look at policing in times of social change, from 18th-century mob rule and the miners' strike of the 1980s, to the violent G8 protests in 2005. **11.00pm-12.00m't** Seven Days

BBC One Scotland

As BBC One except: **10.00-10.30am** The Sunday Show. Martin Geissler presents. **5.00-5.10pm** Reporting Scotland

BBC One Wales

As BBC One except: **10.00-10.30am** Politics Wales **3.45pm** The Bidding Room **4.15-4.45** Kiri's TV Flashback **5.00-5.10pm** BBC Wales Today

BBC Two Wales

As BBC Two except: **6.00-7.00pm** Back in Time for the Factory. Women experience a re-creation of 1960s factory life.

STV

As ITV except: **2.10-2.40pm** Clear Out, Cash In **6.20-6.30** STV News: Weather **3.50-5.05am** Unwind with STV

ITV Wales

As ITV except: **6.20-6.30pm** ITV News Cymru Wales. Headlines; Weather

S4C

6.00am Cyw **8.50** Penblwyddi Cyw **9.00** Prosiect Pum Mil **10.00** Gwesty Aduniad **11.00** Jermusalem: Tir Sanctaidd **11.30** Dechrau Canu Dechrau Canmol **12.00noon** Yr Wythnos **12.30** Adre **1.00** Rygbi Pawb **1.45** Dudley: Cymru ar Blat **2.15** Caru Slopa **2.45** Cynefin **3.45** Codi Hwyl **4.15** Y Tyrchwyr gyda Iolo Williams **4.45** Ffwrnes Gerdd **5.40** Teulu Shadog: Blwyddyn ar y Fferm **6.10** Pobol y Cwm Omnibws **7.15** Newyddion a Chwaraeon **7.30** Dechrau Canu Dechrau Canmol. Lisa Gwilym learns about the history of St Dyrwynen. **8.00** **NEW** Efaciwis. The experience of evacuees in Wales and the history of Wales as a place which has offered a refuge to those who have been forced to leave their homes due to war. **9.00** Enid a Lucy. The time has come for Enid to take revenge on Dewi. There is no sign of Sid, but Enid carries on regardless and receives help from an unexpected direction. Last in series. **10.00** Cefn Gwlad. In this archive edition from 1992, Dai Jones, Llanilar visits Lyn and Lorna Jones and their six children on Orchwy Farm, on the mountain above Treorchy. **11.00-11.35pm** Y Byd yn ei Lle



Dawn gets a sMacker

TVchoice

* Emmerdale

Ryan is shocked to discover that his adoptive mum, Irene, has died. He rings Charity but she ignores the call as she is busy with Vanessa and the kids, so Mackenzie supports Ryan. Charity later

blames Mack for not telling her the news sooner. And as Mack drowns his sorrows with Dawn, jealousy hits him when he misinterprets a conversation between Charity and Vanessa - so he plants a kiss on Dawn! Is Charity and Mack's romance in serious trouble?

With the new evidence over Ben's death, it looks like Liv is set to be released. But as she prepares for the hearing, her family worry how she'll react to the news that Aaron won't be attending her homecoming. With Liv excited, Vinny can't burst her bubble and lets her think Aaron is on his way. But has he only made things worse?

Chas and Paddy find it difficult to look on as the "For sale" sign goes up at The Woolpack. While they try to look to their future, it's clear that Al and Cain can't put their feud behind them.

Manpreet struggles physically and mentally after her ordeal. Charles stays by her side but when she tells him she's planning to move away, can he stop her? Meanwhile, Meena lurks, quietly seething. She has seen Dawn's save-the-date post for her wedding. What does she have planned?



Phil and Kat feared Sharon was trying to come between them

* EastEnders

Phil's been in Walford forever and dated so many women he really should know that communication is key. But

rather than tell Kat that he's about to spend much longer than she thinks in the clink, he dumps her with little explanation.

He's also getting his affairs in order and selling up his business but Kathy urges him to make Ben his number one priority.

Kat's not the only one smarting thanks to Phil - both Jean and Sharon are furious that he's ditched her. Under some intense questioning from Sharon, he admits he's facing life and she declares that if he doesn't tell Kat, she will. He finally 'fesses up - but will Kat stand by him?

Phil's not the only person leaving Walford as Harvey tells Jack he'll be off soon and lies about his mum being sick. Dana, however, doesn't want to leave and has a shock announcement that Peter overhears.



Stacey knew Martin had pinched her table's salt

Meanwhile, Gray continues to manipulate Chelsea and is thankful that a doctor interrupts as Kheerat tries to get him to confess. Baby Jordan is still poorly and Gray is asked to make a big decision. Will he do the right thing?

At least one person in the Square is happy - and that's Stacey, who is starting her first day as a market inspector. She is determined to give this opportunity her all and when she asks Martin if he's jealous, he can't help but tell the truth and admit that he turned the job down.

None of Chelsea's lottery numbers came up



soap notes

* Coronation Street

Tim asks Kev to speak to Sally as he faces surgery and explain how much he loves her, and how sorry he is for keeping her in the dark. After she's arrested, Sally vows to quit politics - but Tim's not convinced.

Bernie warns Hope to stay away from Joseph and keep quiet about the deal with Clint, and later tells Joseph not to spend the cash or they'll be in trouble. Bernie makes an excuse when Evelyn queries her buying a gift for Joseph. But after Evelyn calls the police, Bernie and Chesney are hauled in for questioning. Later, with relations frosty, Bernie hopes Joseph will tell the truth.

News from Craig scares Emma but Faye is relieved Ted's funeral is going ahead. However, when Craig shares the latest developments, then comments about an e-fit looking like Emma, Faye crumbles and tells him everything.

Carla makes Jenny think again about her relationship with Leo. Later, Jenny rushes to hospital after Leo is injured in a rugby game - but there's another shock in store when she gets there.



Bernie faces a police grilling



Tim makes a last-gasp gesture to Sally