

Be inspired every day!

Woman's Weekly

4 August 2026 £1.99

EXPERT ADVICE TO

SLASH YOUR RISK OF STROKE

and reduce the chance of heart attack



Britain's stunning
TIDAL POOLS
You'll want to dive in!

Super simple SUPPERS

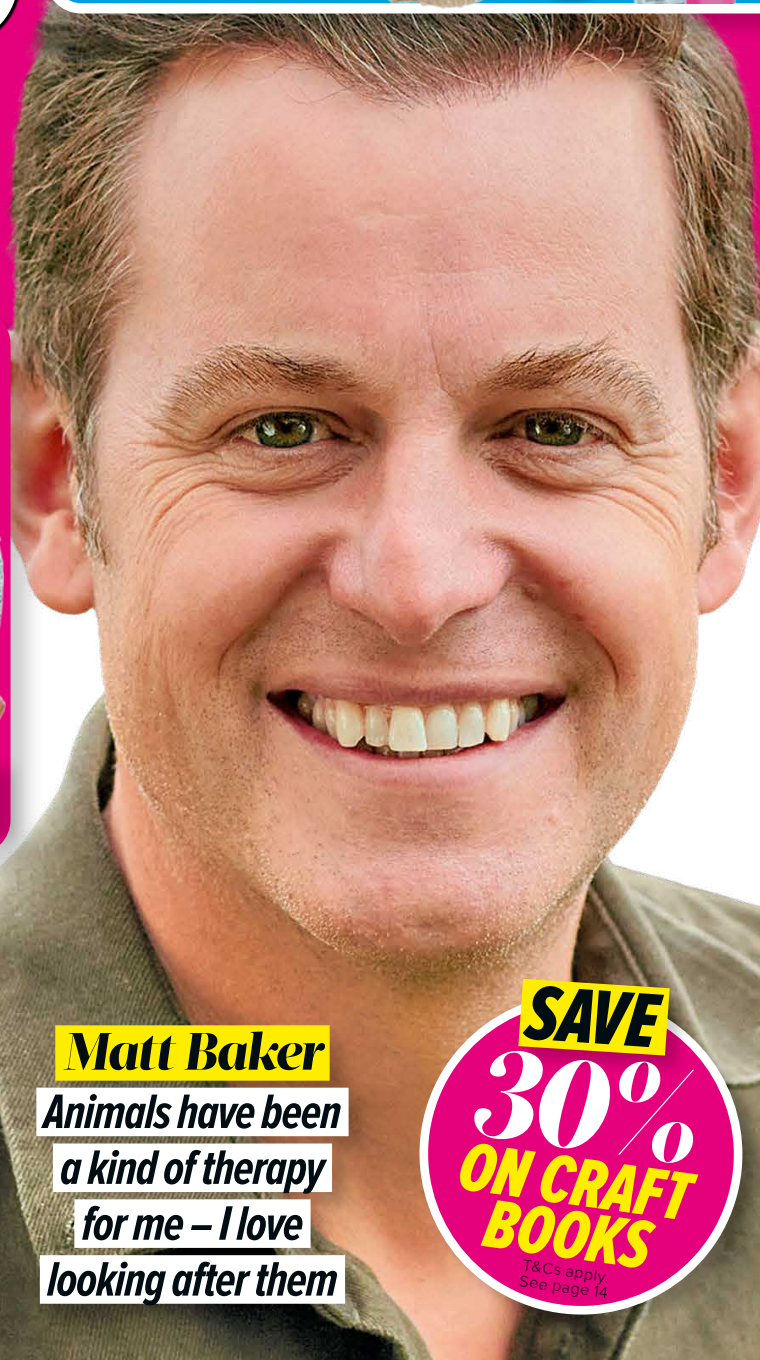
FULL OF
COLOUR AND
GOODNESS



BEST HAIR-BOOSTING
beauty
products



FROM
ONLY
£4.50!



Matt Baker

Animals have been
a kind of therapy
for me – I love
looking after them

SAVE

30%
**ON CRAFT
BOOKS**

T&Cs apply.
See page 14

Fun MAKES

**PRETTY
CLUTCH
TO STITCH**



**ADORABLE
TODDLER'S
TOP TO
CROCHET**



DAMART

Featuring...

Soft, stylish
pointelle knit
detail



Baby Pink



Cornflower



Off White



Cornflower Blue

**HALF
PRICE**

Longline Cardigan

NOW
ONLY **£17.99**

+ FREE DELIVERY

**A stylish, everyday
layer you'll love**

In a stylish pointelle knit with
wood-effect buttons, this longline
V-neck cardigan is the perfect
throw-on layer for summer days
- and even better at Half Price!

Colours:
Baby Pink, Cornflower,
Off White

Item Ref:
YMR867X

Sizes: 10/12,
14/16, 18/20,
22/24, 26/28

Was:
~~£35.99~~

OFFER PRICE
£17.99

Comfort fit. 100% Acrylic.
Length: 74cm (29") approx.

ORDER TODAY! Simply quote Item Reference **YMR867X**
and Offer Code **90397**

Click on the 'Quick Order' icon  when you visit

damart.co.uk/shop

CALL FREE 0800 085 9313

POST FREE to: Freepost DAMART

Your details: **IMPORTANT** Without this information we cannot process your order.

**OFFER
CODE: 90397**

Mr/Mrs/Miss/Ms: First Name: Surname:

Address:

Postcode: Daytime Tel No (if applicable):

D.O.B: DD/MM/YYYY Email:

Sign up now to get updates on the progress of your order and exclusive offers direct to your inbox.

ITEM REF	QTY	COLOUR	SIZE	PRICE
YMR867X				
YMR867X				
YMR867X				

Terms and Conditions: Offer is valid until 09/09/26, subject to item availability. **FREE Delivery** ~~£3.99~~

We reserve the right to withdraw the offer and cancel orders. It cannot be combined

with other promotions. Offer not available in concessions. The WAS price reflects the standard

for Autumn/Winter 2026. Prices correct as of 29/06/26; check our website for the latest updates.

Free delivery with item reference YMR867X and offer code 90397, any returns postage is to be paid for.

Stay in the loop? We'd love to keep you informed about new collections and exclusive offers. Tick the box if you'd rather not receive

updates by post ☐ or by email ☐. Additionally, we want you to benefit from products and offers sent by post from our trusted

partners. If you'd prefer not to receive these, please tick the box ☐. Your privacy matters to us. You can opt out or learn more about

how your data is used by us and our partners by calling 0800 0859314 or visiting www.damart.co.uk/privacypolicy.

Payment Options: (A) Damart Personal Account: This allows you to send no money now and take up to 28 days to pay for the items in full or to pay by monthly instalments upon receipt of a statement. If you pay in full you will not incur any interest, however if you do not pay the full amount it will cost you more. **Representative APR 39.9% variable.** Available to UK customers over 18 years old, subject to status and affordability. We'll check your details with credit reference and fraud prevention agencies. We'll also share information about your account with these agencies, to help prevent fraud and maintain up to date records. Our checks confirm your name, address and date of birth, to prevent fraud and tell us how you and others in your household have managed payments in the past. If fraud is found, you could be refused certain services, finance or employment. For more details on how we use your personal information and for full Terms and Conditions call 0330 1234083 or visit www.damart.co.uk/our-policies. **(B) Pay now by cheque** (payable to 'Damart') or; **(C) by payment card**, online or by phone. Credit is provided by Damartex UK Limited trading as Damart, Bowling Green Mills, Bingley, BD97 1AD. Registered in England no. 00852773. Authorised and regulated by the Financial Conduct Authority.



Hello!

Dipping in

I was a big fan of Enid Blyton when I was a young boy and the Famous Five books were my favourite. It may be different today, but back then, it seemed boys tended to read boys' books, and girls would read girls' books (the Famous Five were a rare crossover), so I never got to enjoy any of Blyton's Malory Towers series. Which is a shame because those stories are really very good. Oddly, I only discovered them through the BBC's recent and very successful TV dramatisation, largely filmed at Hartland Abbey, which is near where I live. Who wouldn't have loved a school with a tidal pool by the sea? See page 10.

Geoff

EDITOR

geoffrey.palmer@futurenet.com



Inside this issue

ON THE COVER

- 8 Matt Baker** 'Animals have been therapy for me'
- 10 Celebrating Britain** Six of the best tidal pools
- 12 Health** Nine ways to control blood pressure
- 14 Promotion** Save 30% on inspiring craft books
- 18 Beauty** Feel-good hair heroes
- 22 Cookery** New and tasty ideas for supper this week
- 42 Craft** Stitch a pretty patchwork clutch bag
- 47 Crochet** Create a colourful garment for a toddler

GREAT READS

- 4 Good to share**

15 It's a funny old world

Ruthie Henshall

17 Fashion

How to wear Bermuda shorts

20 Real life

Three women share their extraordinary friendships

27 Good to know

Ways to keep cool in the heat

38 Travel

Visit the pretty West Yorkshire home of the Brontë sisters

HEALTH

29 Your wellbeing

30 Dr Gill Coping with

an ingrown toenail

33 Here to help

YOUR HOME

34 Homes

Try the tranquil 'island life' trend

38

34

41 Gardening Make your own feed, and three of the best scented roses

FICTION

37 Short story

Homemade

44 Short story

Building Sandcastles

50 Serial

Part two of *Echoes in the Wind* by Christabel Smith

53 Books Our book editor's favourite picks

LAST BUT NOT LEAST...

54 Puzzle time

57 Your weekly stars

58 Rosemary

GET SIX ISSUES OF WOMAN'S WEEKLY FOR JUST £1*

Subscribe online at magazinesdirect.com/xwk/DL87P

Call 0330 333 1113 and quote code DL87P.

Offer closes 31 October 2026. Open to new subscribers only, when paying by UK Direct Debit. *After your first six issues, your payments will continue at £17.25 every three months, saving 29% on the full three-monthly subscription price of £24.33. We will notify you in advance of any price changes. For full terms and conditions, visit magazinesdirect.com/page/terms-and-conditions. For enquiries, please email help@magazinesdirect.com.

Pay less than in the shops



FROM US TO YOU

Good to SHARE

Clever plants, exploring the coastline, and discovering the Edinburgh Fringe



Dive in

As an island nation, many of us have an affinity with the sea. National Marine Week celebrates the wonderful variety of wildlife that lives in the waters and on the beaches around our coast.

To allow for different tidal patterns, it's actually longer than a week (25 July to 9 August), so there's plenty of time to join in. With lots of activities planned by local Wildlife Trusts, you could join a seal-watching expedition in Essex, spend an evening sea-dipping in Skegness, or even become a coastal explorer in Lancashire.

* wildlifetrusts.org/national-marine-week



Did you know?

In Scotland, grouse-shooting licences can be revoked if birds of prey are attacked. The RSPB wants the rest of the UK to follow, as it says hen harriers are being killed near grouse moors, as they eat the chicks. However, where grouse shoots have closed, hen harrier populations decline.



ADVANCED ABRACADABRA

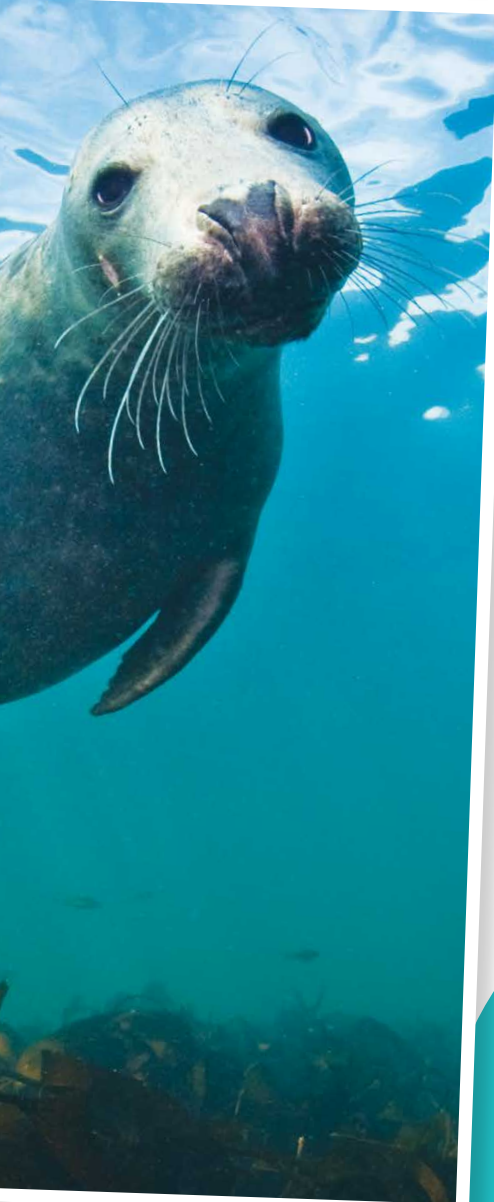
A dazzling show of magic and illusion opens in London this week, based on the *Now You See Me* movie franchise. The cast will include guest artist Eden Choi, the South Korean magician who reached the semi-finals of *Britain's Got Talent*, with his spectacular card tricks. It's on at the London Coliseum from 31 July to 6 September.

* nowyouseemelive.com



On this day in history

30 July 1966 England won the World Cup for the first time, with the dramatic game played in Wembley Stadium. The match finished with an all-time classic line from BBC commentator Kenneth Wolstenholme, just before goalkeeper Geoff Hurst put a fourth goal into the West German net for a 4-2 win: 'They think it's all over... it is now!'



SOMETHING FOR EVERYONE

For three weeks in August, Edinburgh Festival Fringe features hundreds of performances, from music and dance, to circus and theatre. This year, character comedian Imogen Andrews (@imogenandrewscomedy) brings her successful online presence to the stage, with *The Unlikeable Worms* at the Pleasance Dome, on 5-31 August.

* pleasance.co.uk



SNACK ATTACK

Research from zoe.com suggests 90% of us are regular snackers – but even snacks labelled ‘healthy’ are often loaded with sugar. Plain yogurt, unsweetened popcorn and avocado are some of the suggested alternatives. However healthy your snacking, 9pm is the cut-off for eating, to prevent your body clock getting out of tune.



CHECK THESE OUT

Keep kids’ eyes well protected from the sun this summer with this cute pair from Rockahula Kids, £16. In green and white check with striped arms, they come with a neat carry case.

* rockahulakids.com



Money-saving tip

On a roll Toilet paper is one of those boring but essential buys. For best value, always check on the price per 100 sheets and the ply. And you can save substantial amounts by buying big multipacks, as the price per sheet can often come down dramatically. Always check the supermarket aisles!

NATURE NOTES

From Louise Midgley



I’m always impressed by the ability some flowering plants have to communicate. Subtle changes of colour after the flowers have been pollinated tell any passing insects to look elsewhere. This adaptation ensures the insects get fed and the flowers pollinated in the most efficient manner. Very obvious examples of this include the candle-shaped blooms of horse chestnuts that change their yellow spots on each flower to pinkish/red once pollinated, and the little blooms of *Pulmonaria officinalis* – lungwort (above) – that open pink and turn blue after pollination. The natural world never ceases to amaze me.

My garden week

I have a multitude of biennial seedlings, including foxgloves and aquilegias, growing in the wrong places. This week I moved several to a position they will be appreciated next year.



FROM YOU TO US

Good to SHARE

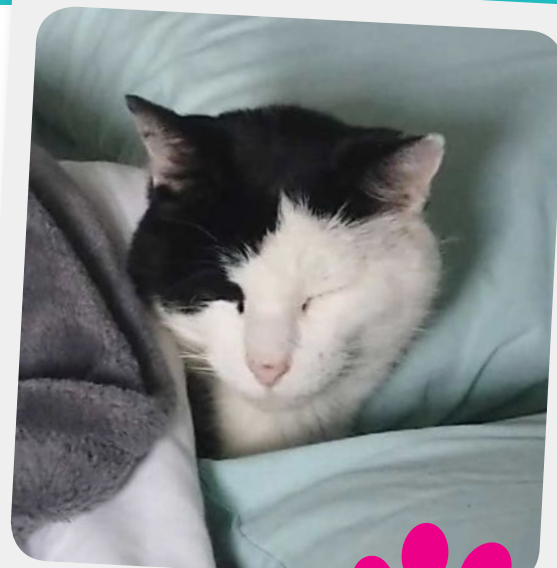
We love to hear what you've been up to, so do get in touch!

CHEERS FOR CLIFF

In the 12 May issue, you ran an article about the Eurovision Song Contest, featuring British singers. I wondered why you didn't mention Sir Cliff Richard? He participated in 1968 with *Congratulations*, and again in 1973 with *Power to All Our Friends*. As one of our longest-lasting vocal artists, I think he deserved a mention.

Anne Burnell, Caerphilly

Editor Geoff says: *Thanks Anne – we were focusing on the five British winners but Cliff is, of course, a Eurovision legend!*



PAWS FOR THOUGHT

I thought you would enjoy this snap of my senior cat Dickens. When he is feeling cold, he goes and tucks himself up in bed. Here he woke up, yawned and then went straight back to sleep.

Amanda Blyth, Northumbria

* Got a pet pic that makes you smile? We can give it a good home



Letter of the week

Devon homecoming

I just had to write to you, Geoff, when you mentioned in your editor's letter that you lived near Chittlehampton in North Devon. It is a name from my past as, along with my eldest sister and brother, I was evacuated there during the war. I was five years old at the time and nearly 10½ when I was reunited with my parents. The little school by the church in the square, as far as I can remember, housed children of all ages. We lived on a farm outside the village, and had to walk there and back every day to get to school. I visited again over the years but last time I was back the farm had been sold and turned into holiday accommodation. I am now 91!

Jean Robertson, Thatcham, Berkshire

Editor Geoff says: *The school building is still there but, sadly, it had to close forever in 2022 due to a shortage of children.*

Important! All contributions to *Woman's Weekly* must be original and NOT duplicated to other publications. £25 will be paid to the writer of the 'Letter of the week' for all rights in each letter printed. The Editor reserves the right to modify any letter. Future plc reserves the right to reuse any submission to *Woman's Weekly* in any format or medium, including social networking sites. We regret that we cannot enter into personal correspondence. Photos of children under 18 must be accompanied by written permission of a parent/legal guardian. All details correct at time of going to press.

GET IN TOUCH

WE LOVE LETTERS

Woman's Weekly, Future plc, 121-141 Westbourne Terrace, London W2 6JR.

P.S. It really helps when you put your details in capitals.

* We do not return photos (apart from *You Wore It Well*) so please do not send originals.

EMAIL US

womansweeklypostbag@futurenet.com

Tell us your full name, address and daytime phone number, please.



LOOK WHAT I MADE

This is a jumper I knitted for my grandson. It is from a pattern that was in *Woman's Weekly* magazine recently [14 April issue]. I like that it has three buttons at the back, for getting it over the head easily.

Dorothy Shewan, Fochabers, Moray

What you're WEARING



Natalie Calaz, 87

Tell us about your look

I love this dress. I bought it in Cape Town, South Africa. The store had a wonderful selection of colours and prints, and I liked this one the best. My pink bag was a gift (a lucky match) and my trainers are Pierre Cardin. These days I wear just what I please – I don't care what anyone else thinks!

What's your favourite thing about yourself?

I love interior decoration and my ability to make something out of nothing.



Sian Bridger, 52

My dress came from Tesco last year. I love the floral print and it's such a pretty, feminine style.

The fabric is also incredibly light and floaty. It looks great dressed up with wedge sandals but today I'm wearing Adidas trainers for comfort. My leather bag was a holiday buy from a market in Florence.

What's your favourite thing about yourself?

My laugh!



Sally Gornall (left), 45, and Gemma Davies-Fairclough, 52

Tell us about your looks

Gemma: We both love bright colours and prints. My purple cotton dress is by Per Una at M&S and Sally's floral dress is by Billabong (bought online). I love a coloured Adidas sock with a trainer, and I've lent Sally a pair today! Sally's bag is by Biba and my smiley bag is from Hoodies For Heroes – an online charity that supports mental wellbeing.

What's your favourite thing about yourselves?

Gemma: We are both quite creative and nature-loving.



Gosia Salmon, 40

Tell us about your look

I do most of my shopping on the high street. My pink halterneck dress is from Zara (last season). I've added tan accessories with a raffia bag from TK Maxx and platform sandals, also from Zara. I love my wide-brimmed straw hat with frayed edge, from H&M – it's the perfect summer hat.

What's your favourite thing about yourself?

Being understanding and compassionate towards others, and being present in the moment.

YOU WORE IT WELL

Susan Quin, 1985

Here I am aged 19, all dressed up and ready to go out with friends. Cerise was the 'in' colour at the time and Wham! was my favourite pop group. I think the dickie bow was inspired by them!



* We'd love to see how great you looked in any era up to and including the 1980s. Please send a good-quality photo with your name, address and daytime phone number clearly written on the back, to: Fashion Dept, *Woman's Weekly*, Future plc, 121-141 Westbourne Terrace, London W2 6JR. Photos will be returned.

‘Animals have been therapy FOR ME’

Matt Baker discusses the importance of pets to his family and his celebrity friends

Throughout his life, Matt Baker has found that animals calm him down. ‘As a lad, I was known as a hyperactive child, but now I know I have ADHD. As a youngster, having an animal companion to help me through the different phases in life was a kind of therapy for me,’ says Matt, 48, *Countryfile* presenter and former co-host of *The One Show*.

Animals are still a big part of his life, and one of the hardest periods, says Matt, was when he was briefly pet-less following his move to London to take a job on *Blue Peter* in 1999.

Matt has also realised he can be an animal whisperer. ‘I’m fascinated by how animals’ minds work,’ he continues. ‘Our miniature donkeys can be a great measure of how you’re feeling. If you’re too stressed or highly strung, they tend to avoid you. But if you calm yourself down, they’ll come over to

you. It’s something that I’ve carried on to other animals, as their reaction to you is a great reflection of the vibe you’re giving off.’

We’re discussing animals because Matt has just launched his first-ever podcast, called *Matt Baker’s Petcast*. He travels around the country with a retro caravan, which gives off the same cosy British vibes as Matt’s TV series *Matt Baker: Travels with Mum & Dad*; this time he visits famous celebrities, who bring their pets into the caravan and discuss their lives with animals.

‘It’s such a lovely thing, because people love to talk about their pets and you see a completely different side to them,’ enthuses Matt. ‘Susan Calman had us all in tears when she talked about having to have her cats put down during the pandemic and

not being allowed into the vet’s room – it was really emotional. But it wasn’t all sad, as within minutes she was doing West End-style singing, telling me that she has a musical introduction for all of her cats – whenever they walk through the door, she sings their intro theme tune. It was hilarious.’

Clare Balding, David and Frankie Seaman, Martin Clunes, Radio One’s Matt Edmondson, Bill Bailey and all their pets are also on the guest list. ‘Bill Bailey

still has a lot of animals, but at one point, he had registered as having the UK’s smallest zoo in his house

– he bred armadillos in the bathroom, and I’m not kidding!’ exclaims Matt. ‘Zoologists and researchers would come to his house to observe all of these

different animals that he’d acquired over the years. It was truly mind-boggling.’

The podcast series marks yet another new venture for Matt, who left *The One*



Matt and Nicola live between the Chilterns and County Durham

Show in 2020 after nine years to concentrate on developing and making projects close to his heart – since then, he’s scored hits with *Our Farm in the Dales*, *Travels with Mum & Dad* and *Our Dream Farm*.

Matt and his wife Nicola, a children’s author, share their time between their smallholding in the Chiltern Hills and the family sheep farm in County Durham. Between those homes, Matt has a menagerie of animals that includes seven dogs and three cats, plus the sheep, donkeys, goats and chickens on the farm.

When it came to his children, Luke and Molly, having pets, it was a definite yes, says Matt. ‘I mean, not having a pet was never an option. We got a black Labrador, called Annie, when our children were young. She was a brilliant family dog.’

‘Our children have grown up with sheep, chickens, cats, dogs and rabbits. Having the responsibility that comes with owning a pet and something else to concentrate on is



Matt’s hits include *Travels with Mum & Dad* (left) and *Countryfile*



THE
Woman's
Weekly
INTERVIEW

important. I love organising my life around other things and having animals to look after.'

Yet getting close to animals comes at a cost because, eventually, you lose them. In spring this year, Matt revealed he had been 'broken' by the loss of his beloved Border collie, Bob. 'I actually lost him at the end of last year, but I didn't feel I could talk about it publicly because I found it really difficult,' admits Matt.

'It was hard enough coping with the loss without then having to deal with all of the wonderful support from other people. All of that lovely correspondence, which was so welcome, I felt like I couldn't listen to it at that time because I needed to just let it settle. But I'm good now. And I'm not dogless; there might be some news about that quite soon.'

Canines are at the centre of Matt's world at the minute: along with the podcast, he's written a book, *Matt Baker: My Dogs and Me*, out in October, detailing his relationship with the 20 dogs he's had since childhood. He also has a new BBC series, *Matt Baker: Life with Dogs*, coming soon, which looks at the relationship between humans and dogs, from conservation dogs and therapy dogs to assistance dogs, and police and military dogs. 'The series will also follow my journey to hopefully acquiring a professional dog-training qualification,' says Matt.

He's off now to film a *Petcast* episode with Harry Hill and his dogs. So, who would be Matt's dream *Petcast* guest? 'It's difficult to choose, but if I had to, I'd love to sit and talk to

Dame Judi Dench and her parrot in my caravan. And this is the joy – with the caravan, we can go to hers!'

Let's hope Dame Judi invites him over.

*** Matt Baker's Petcast is out now, available on Apple Podcasts and other main podcast forums.**

'I'd love to have Dame Judi Dench and her parrot in my caravan'



SALTY sensations

Six of the best tidal pools for a seawater dip

You don't have to be a fan of Enid Blyton's *Malory Towers* series, which featured a tidal pool where the girls swam, to think there's something magical about sea-filled basins. Part secret swimming spots, part natural wonders, they offer all the joy of a bracing dip without the drama and waves of the open sea.

The idea of swimming in the sea for health benefits first became popular in the 18th century, when sea pools were developed as a way to offer easy access.

Some were little more than natural ponds that fill with seawater as the tide rises, while others were purpose-built, with the walls and a base constructed like a traditional swimming pool.

After World War Two, many were demolished, filled in or left derelict as more people chose to holiday abroad. However, with the recent boom in wild swimming, they are experiencing a revival. There are currently more than 70 spots around the country at which you can take a sea dip, and most are free to use.



The Blue Lagoon
Pembrokeshire

Originally dug for slate quarrying, the magical saltwater pool in Abereddy has been used for swimming since the quarry was abandoned and flooded in 1910. The distinctive teal colour of the water comes from the slate that surrounds it. The site closes in autumn to protect breeding seals, so it's worth checking the National Trust website (nationaltrust.org.uk) before visiting.

CASTLE SANDS POOL

St Andrews

This stunning swimming spot on Castle Sands, directly below the ruins of St Andrews Castle, was originally built as a women-only bathing pond in the early 1900s, when it cost a penny to use. Although the pool has fallen slightly into disrepair, it's popular with locals and a community group, The Hamish Foundation, is fundraising to preserve it for future swimmers (justgiving.com/campaign/castlesandstidalpool).

WALPOLE BAY

Kent

The UK's largest tidal pool (above) covers four acres beneath the chalk cliffs at Cliftonville, just east of Margate. It was opened in 1937, during the interwar boom in outdoor swimming, and is now Grade II listed. If you are lucky, you may even find yourself swimming with baby seals who have been known to enjoy the waters too!



Bude Sea Pool

Cornwall

There are more than 30 tidal pools around Cornwall, and this 1930s-built spot is one of the best and most accessible. Its large rectangular basin curves under the cliffs at Summerleaze beach, and it has a shallow end, making it suitable for children to take a dip. Not much has changed from how the pool would have been when it first opened, offering a nostalgic swimming experience.



**Visit
wildopen
water.com to
check tide times
before your
swim**

DANCING LEDGE

Dorset

Carved into the rock at what was once the site of a 19th-century Purbeck stone quarry, this dramatic swimming spot near Langton Matravers has been in action since 1928. It was created for pupils at the nearby Durnford School to learn to swim (including a young Ian Fleming who created James Bond). According to local legend, it got its name from the fact the ledge is the size of a ballroom – although some say it's because of the way the waves dance across the rock.



STAY SAFE

- * Check the tide times, as some tidal pools disappear, overflow or become dangerous at high tide. The safest and best time to swim is low tide.
- * Wear proper footwear. Slippery rocks and barnacles are common. Wear sturdy water shoes or trainers for the walk in and out of the water.
- * Swim with someone else where possible, especially if you are in a remote spot.
- * Get in slowly to let your body adjust to the cold temperature, and avoid jumping unless you know the depth and there are no hidden rocks.
- * Keep an exit route in mind and make sure you can climb out safely before the tide or weather changes.

THE TRINKIE

Wick

On the far north-eastern tip of Scotland, near Wick, the North Sea fills this pool carved from a former quarry. Its name comes from the Scottish word for trench, and it's much-loved by locals who gather every year to scrub, paint and preserve it.



9 ways to CONTROL BLOOD PRESSURE

There are plenty of things you can do at home to help keep it in the healthy range

High blood pressure is a serious health issue which can increase your risk of a heart attack, stroke or kidney damage if left untreated. Around 16 million of us in the UK have it, with nearly five million of us being totally unaware that we do.

'High blood pressure is known as the silent killer for good reason as it usually doesn't cause any symptoms,' says Professor Bryan Williams, chief scientific and medical officer at the British Heart Foundation. 'All too often I see patients who have suffered serious heart disease or stroke caused by their high blood pressure and they had no idea it had been elevated, probably for many years.'

However, there are ways you can keep tabs on yours, as well as simple changes you can make to help lower it.

GET YOURS CHECKED

'The only way to know if you have high blood pressure is to measure it,' says Prof Williams. Lots of places offer free checks, from GP surgeries and pharmacies to some supermarkets and even betting shops! The BHF has partnered with Tesco to offer free walk-in and pre-booked blood pressure checks at 350 Tesco Pharmacies across the UK.

FREE BLOOD PRESSURE CHECK

Find your nearest pharmacy offering this service at nhs.uk. Just type 'blood pressure check' into the searchbar to find a list of the places closest to you.



Buy a home-testing monitor

The NHS recommends monitoring your blood pressure at home. Home testing is often more accurate than testing in clinical settings because it avoids 'white coat syndrome', which may elevate readings because of anxiety caused by doctors' surgeries. It also allows you to track readings daily and at different times.

TRY THIS

The Omron M2 Essential Blood Pressure Monitor, £30, Argos, is simple to use and approved by the BHF.





GOT A HEART QUESTION?

Speak to a cardiac nurse on the BHF's Heart Helpline – 0808 802 1234.

Take medicines as prescribed

If you've been diagnosed with high blood pressure or your doctor has said you may be at risk, you may be prescribed medicine to help control it. Always take your medication as prescribed, and don't stop taking it without consulting your GP first.

DO REGULAR EXERCISE

Aim to do some moderate-intensity activity every day. 'It doesn't have to be for long – even 10 minutes will help keep your heart and blood pressure healthy,' says Prof Williams. Try to build up to 150 minutes of moderate exercise a week, or 75 minutes of vigorous exercise.

'Aerobic exercise is best for lowering your blood pressure and heart rate at rest, while strength exercises will help strengthen your muscles to make aerobic exercise easier,' explains Prof Williams. The BHF suggests a combination of both every week, in addition to some balance work and stretches.

Cut down on salt

'Too much of it can pull water back into the bloodstream which raises blood pressure,' warns Prof Williams.

Most of us eat too much of it – around 8.4g of salt per day, 40% more than the Government's recommended maximum of 6g (around one teaspoon). A lot of the salt we eat is already in the food we buy, which makes it harder to know exactly how much we're eating. Try cutting down on processed foods like crisps and sauces, and avoid meat such as ham and bacon.



Have at least five a day...

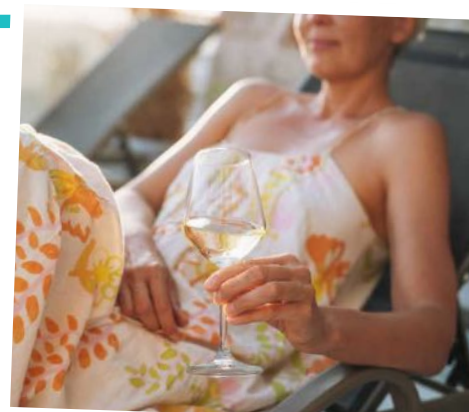
...of fruit and veg. Try beetroot and its juice, the nitrates in which have been found to help control blood pressure. You can also find nitrates in other fruit and vegetables, including spinach, celery, kale, bananas and strawberries.

Potassium can also help lower blood pressure, and this is found in all fruits and veggies, so try and eat at least five varied portions a day. 'The BHF advises getting potassium through your diet rather than supplements, as too much can affect your heart rhythm,' says Prof Williams.



DRINK IN MODERATION

Alcohol raises your blood pressure so stick within the recommended guidelines of no more than 14 units a week. Try to have several alcohol-free days each week, too.



MANAGE YOUR WEIGHT

'For some people, losing weight is all they need to do to lower their blood pressure to a normal level,' says Prof Williams. Try making small but realistic changes to your lifestyle, rather than following an extreme weight-loss plan or restrictive diet. Set yourself achievable weight-loss goals, such as initially aiming to lose 10% of your body weight. This will have big health benefits, even if your weight is still classed as overweight or obese afterwards.

Eat dairy foods

Think milk, yogurt and cheese. 'Dairy products contain a complex combination of nutrients, including calcium, which has been linked to blood pressure reduction,' says Prof Williams. Choose low-fat options to avoid too much saturated fat, which can be harmful to your heart.

If you've been diagnosed with high blood pressure, consider adopting the DASH diet (Dietary Approaches to Stop Hypertension). Created by researchers at the National Heart, Lung and Blood Institute in the US in the 1990s, it's been shown to be helpful by numerous studies.

Get
making for
Christmas

Save 30% on CRAFT BOOKS

Visit
searchpress.com
and use
WW565 at the
checkout

Adorable Amigurumi Christmas by Khuc Cay

Create 10 enchanting amigurumi characters, including Santa Claus, playful elves, a festive Christmas train, plus angels, polar bears and snowmen! With a complete techniques guide, clear written patterns and helpful photos at every stage, this super-cute, beginner-friendly book makes it easy to crochet with confidence.



**£12.99,
offer
price
£9.09**

All-New 20 to Make: Christmas Knits by Sachiyo Ishii

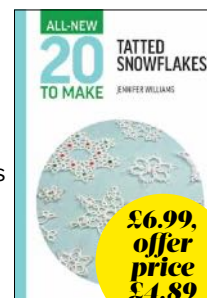
Fill your home with hand-knitted Christmas magic and discover adorable projects. Knit 20 stash-busting projects, perfect for stocking fillers, decorations and gifts. Choose from sweet decorations including a bauble, wreath and heart, and festive characters including a gnome, elf and reindeer.



**£6.99,
offer
price
£4.89**

All-New 20 to Make: Tatted Snowflakes by Jennifer Williams

This collection of 20 tatted snowflakes features vibrant threads as well as beads, sequins and buttons. These snowflake projects look beautiful as window decorations, on greetings cards or as framed pieces. Tattting is a traditional knotted lace that has stunning, intricate results.



**£6.99,
offer
price
£4.89**

65 New Christmas Balls to Knit by Arne and Carlos

Bestselling knitters Arne and Carlos have created 65 charming knitted designs so that you can bring a touch of Scandinavian winter into your own home. Each of the seasonal balls is adorned with stylish, colourful motifs to make your tree sparkle with festive cheer, and would make a stunning gift for friends and family.



**£14.99,
offer
price
£10.49**

Mini Amigurumi Nativity by Sarah-Jane Hicks

Crochet your way to Christmas with 10 charming amigurumi figures from the Nativity story, brought to you by popular designer Sarah-Jane Hicks. Create a set as a gorgeous scene decoration that can be used year after year, or use the characters as a festive playset.



**£7.99,
offer
price
£5.59**

Needle Felting Christmas by Roz Dace and Judy Balchin

Create your own charming decorations and ornaments with bestselling needle-felting authors Roz and Judy, aka The Woolly Felters! Whether you're a seasoned needle-felter or a curious beginner, the easy-to-follow, step-by-step tutorials will guide you through the process with ease.



**£14.99,
offer
price
£10.49**

PLEASE RETURN TO: Search Press Ltd, Wellwood, North Farm Road, Tunbridge Wells, Kent TN2 3DR

ISBN	TITLE	Qty	PRICE	TOTAL
9781800924161	Adorable Amigurumi Christmas	£9.09		
9781800924222	All-New 20 to Make: Christmas Knits	£4.89		
9781800923300	All-New 20 to Make: Tatted Snowflakes	£4.89		
9781800923355	65 New Christmas Balls to Knit	£10.49		
9781800921986	Mini Amigurumi Nativity	£5.59		
9781800921993	Needle Felting Christmas	£10.49		
		GRAND TOTAL	£	

I enclose a cheque/postal order made payable to **Search Press Ltd** for the sum of £_____ (please write your name and address clearly on the back of your cheque) **OR** please debit my Visa/Mastercard
CARD NO _____
VALID FROM _____ EXPIRY DATE _____ CVC NO _____
(the three nos on the back of the card) TITLE _____ INITIAL _____
SURNAME _____ ADDRESS _____

POSTCODE _____
PHONE NO (ONLY TO BE USED FOR QUERIES) _____

CODE WW565



Esme Clemo,
craft and
home editor



Sarah Neal,
knitting and
crochet editor



SEARCH PRESS
The world's finest art and craft books

We are both passionate about all sorts of craft, so we have pulled together a wonderful selection of inspiring books that we hope you'll like. Keep an eye out for more great offers throughout the year.

HOW TO ORDER To claim your discount, simply visit **searchpress.com** and use **WW565** at the checkout, or complete the coupon and either fill in your credit card details **or** send a cheque for the correct amount (made payable to Search Press Ltd) to: Search Press Ltd, Wellwood, North Farm Road, Tunbridge Wells, Kent TN2 3DR. **Alternatively**, call **01892 510850** and quote **WW565**. Phone lines are open Mon to Fri, 8.30am-5pm.

TERMS AND CONDITIONS P&P is free for UK orders. We cannot supply books to EU countries at present. Orders outside the UK will be charged £50. Please note, your personal details are stored securely to manage your order only and will not be passed on to any third party. The 30% discount applies to selected titles advertised above only and is only applicable on orders placed using promo code WW565. Cannot be used in conjunction with any other offers. While stocks last. Offer runs from 29 July 2026 to 31 October 2026.

IT'S A FUNNY OLD WORLD

‘Musical theatre still makes me feel alive’

THIS WEEK'S COLUMNIST Actor, singer and dancer Ruthie Henshall

“There is a special kind of magic that happens the moment the orchestra strikes that first chord.

You're immediately infused with energy. I've performed in plays where you have to physically find the fuel to walk onstage, but with a musical, the overture carries you. It's a journey you take with the audience from start to finish. Unlike filming, where everything is bits and pieces, live theatre lets you tell a story in real time.

I never give the same performance twice; I play with it every night to keep it fresh. You have to when there are eight shows a week.

I've always felt that dancers are the unsung heroes of our industry. They train their whole lives for this level of excellence, but because they aren't winning Olympic medals or BAFTAs, they aren't always considered the stars they truly are.

Looking back at my career, *Crazy for You* stands out because it was like an MGM musical brought to life onstage. I'd grown up with those films, and Polly Baker was

‘I never give the same performance twice’

my first big role in a new musical where I wasn't just taking over from someone else. She was me – feisty but a romantic. The choreography was out of this world. I cried like a baby when I left that show, but being the blueprint for a character is a huge honour. When you're the first, you set the map for everyone who follows.

Of course, some roles never really leave you. Roxy and Velma in *Chicago* were the gifts that kept on giving; I never felt I had to truly say goodbye to them. As I've grown

older, the roles have changed, but my current role as Fräulein Schneider in *Cabaret* is fascinating. Usually, the older characters aren't the romantic centre of the story, but here, we are the love story. She is the dowdiest character I have ever played, but the older characters have so much more life and story to give.

Eventually, I'll donate my costumes to charity, but I'll never get rid of my show jackets. They don't really make them any more – the ones with the show on the back and your name on the front. My *Cats*, *Crazy for You* and *A Chorus Line* jackets are staying with me.

As for the future, my bucket list is the same as any leading lady's: *Hello, Dolly!* and *Gypsy*. Stephen Sondheim, who penned the lyrics for *Gypsy*, created amazing characters for older women. Every woman in musical theatre wants to tackle them.

Musical theatre takes people out of themselves. It has kept its sense of fun. And, backstage, we are wholly irreverent and laugh all the time. That's the heart of it – that's why I love it.

*** *The Showgirl and The Prince* by Ruthie Henshall (£22, HB, Pan Macmillan) is out now.**

‘My funny old week’

WHERE I'VE BEEN Today, I took the car for an MOT and donated some clothes at a charity shop. It's been a bit of a boring day!

WHAT I'VE SEEN I'm currently in the smallest backstage I've ever encountered. I'm at London's Kit Kat Club, sharing a dressing room with another girl for the first time in 35 years.

WHO I'VE MET My whole college year is still in touch and my best mate came to see the show. I love her as much today as I did back then.

WHAT I'VE BOUGHT A new lipply from Boots because the old one ran out.



Ruthie's current role as Fräulein Schneider in *Cabaret*



HOTTER®

*Your everyday
go-to trainer*

SAVE
£50
WAS £95

Shell Grey Multi
Nubuck/Suede

Salsa/French Navy
Suede/Nubuck

French Navy
Nubuck/Suede



Lavender/Dark Rose
Nubuck/Suede

LEANNE II

An everyday trainer offering breathable comfort, cushioned OrthoLite® insoles and fatigue-reducing tech, designed to keep you moving comfortably all season.



3 FITS



HALF SIZES



LEATHER

NOW £45

More colours available online

ORDER TODAY AND SAVE £50 with code **LN50QX**
Call 01695 79 79 79 Mon-Sun, shop instore or visit hotter.com

This offer entitles the customer to purchase selected colours of Leanne II at £45, a saving of £50 off RRP with code LN50QX, subject to availability. Offer valid until 28th August 2026. For full T&C's, visit hotter.com/terms

HOW TO WEAR

Bermuda shorts

This summer essential is both modest and stylish



Blouse, £20, sizes 8-24,
Tu Clothing



Shorts, £44.99, sizes 6-24,
laredoute.co.uk



Top, £55, sizes xs-xl, Hobbs



Bag, £79,
White Stuff



Sunglasses, £26, Oliver Bonas

Necklace,
£28,
orelia.com



Blazer, £49,
sizes 6-26, Next

Designed
with bunions
in mind



Shoes, £149, Sole Bliss

Sophisticated
layering
piece



Earrings,
£12.50, M&S



Bag, £29.99,
Damart

Shoes, £79,
Dune



Feel-good HAIR HEROES

Give your tresses – and your self-esteem – a boost with these great ideas

Power up your shower

A good hair day often starts during your morning shower. Using the right products to suit your hair type and texture will give you the most noticeable results.

* For curly hair: **The Cornish Seaweed Bath Company Super Nutrient Curly Shampoo and Conditioner**, £28.95 each, cornishseaweedbath.co.uk

* For white hair: **Provoke Touch of Silver Ultimate Grey Shampoo and Conditioner**, £6 each, Boots

* For dry, dull hair: **Color Wow Money Laundering Shampoo and Conditioner**, £28 each, lookfantastic.com

* For thinning hair: **Dove Scalp-Hair Therapy Density & Growth Shampoo and Conditioner**, £4.50 each, Boots.



Shine bright

To unlock a glassy sheen, you'll need to focus on smoothing products. When the cuticle lies flat, it reflects light more effectively, which creates a healthy gleam.

John Frieda Frizz Ease Infinite Smooth Salon Blow-Out Spray, £9.99, Boots, is a style-sealing spray that locks down cuticles to keep hair smooth and silky for multiple washes. Once hair is styled, you can ramp up the shine factor even more with **Bed Head Tigi Headrush Superfine Shine Spray**, £12, Superdrug.





Smell fantastic

Hair is naturally more porous than skin, so it holds on to fragrance well. But it's important to use a fragrance designed specifically for hair, since the alcohol content of regular perfume can be drying. Spritz **Merwave Hair Mist**, £17, merwave.co.uk, through your ends for a sunny blend of mango and lime, with soft rose and warm vanilla. It also tames frizz as well as adding fragrance. For a sweet treat, try **Gem Roasted Almond & Toffee Fragrance Mist for Body and Hair**, £6, M&S, with dessert-inspired notes of buttery toffee and sweet almond.



Revitalise your colour

There's nothing like freshly coloured hair to put a spring in your step. If it's starting to wane and lose its vibrancy, use at-home toners to revive and refresh your colour between salon visits. **Shrine Gloss It**, £8.99, Superdrug, comes in 13 shades to enhance tone, vibrancy and shine in just 10 minutes. The colour rinses out gradually between three and 16 washes.

Add a final flourish

An eye-catching headscarf or chic clip can elevate any hairdo in seconds. Take a simple silky scarf like this **Scene Embroidered Scarf**, £6, Primark (left), to wear as a headband or tied around your ponytail. **Ethel Yellow Stripe Knot Headband**, £19.50, oliverbonas.com, is a joyful choice. If you're putting your hair up, **Braid & Bow Gold Shell Hair Claw**, £9, braidandbow.com, will add a summery spin.



Turn up the volume

A bouncy blow-dry is one of life's great pleasures. Recreate that silky, salon swish at home with a few essentials. First, prep damp hair with **Aveda Pure Abundance Volumizing Style-Prep**, £25, aveda.co.uk, to encourage volume and hold. Blast hair until it's about 80% dry then use the **Babyliss Big Hair**, £50, babyliss.com, on two-inch sections. The spinning brush emulates the lift and pull of a professional blow-dry, injecting volume at the root, and enough tension through the lengths and ends to give a smooth, shiny finish.



Extraordinary FRIENDSHIPS

Three women describe how they've created special bonds through challenging circumstances

'He's like a brother to me now'

Alison Hitchcock, 58, is married to Ben, 62, and lives in Blandford, Dorset. Brian, 69, lives near Ascot, Berkshire, with his partner Neil, 63.

When Brian and I met, we didn't think we had anything in common. But it was the last day of a yoga holiday in 2009 and we were next to each other doing headstands. We both farted at exactly the same time! We crashed to our mats laughing. Our shared embarrassment caused us to connect.

We said we'd meet up for a drink when we got home. Six months later we did. And Brian blurted out that he'd been diagnosed with stage three bowel cancer. We barely knew each other. I didn't know what to say. I wanted to help but I didn't want to get involved. So I made this bizarre offer to write letters to cheer him up through his treatment.

I wasn't a letter writer – I didn't have time, I worked in the City. But it really niggled me that this lovely man had cancer, so I sat on my sofa with a big glass of wine and wrote.

Every two weeks for two-and-a-half years – in about 100 letters – I shared anything I found amusing. He didn't write back but would phone, and we'd meet occasionally. It helped him to talk about the letters, not his cancer.

I was also sharing a lot more of myself in the letters than I would have normally, so it created a unique friendship between us.

Alison's letters helped Brian through cancer treatment



'We text each other all the time'

In 2013, Brian got the all clear and went back to work. The last proper letter

I wrote to him was for his 60th birthday. But I found I loved creative writing, so did an MA and left my job.

Brian's an incredibly important part of my life.

He's more like a brother

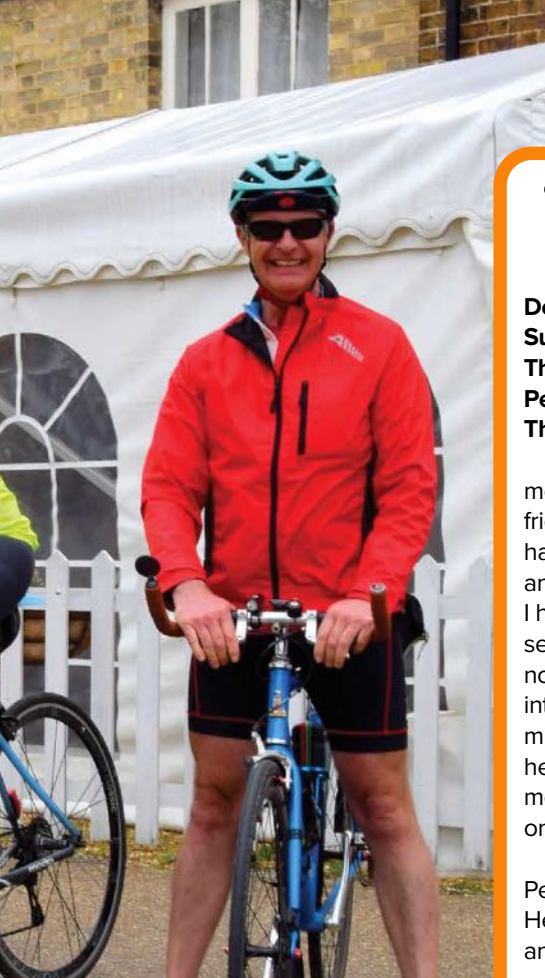
to me, and we text all the time. We share a sense of humour and a desire to help people. In 2017, we set up the letter-writing charity, From Me to You.

When I wrote the letters, I had no agenda other than to make Brian smile. What eventually grew out of that was so unexpected.

✱ frommetoyouletters.co.uk



Wendy is like a sister to Eva



'He knew his way around the countryside and we liked talking to each other'

Deb Bunt, 64, lives in Saxmundham, Suffolk, with her husband Martin, 63. They have two sons and five grandchildren. Peter is 61 and married to Teresa, 62. They have one daughter.

I met Peter in a cycle shop in 2019. I'd just moved to the town and was looking to make friends. The shop owner told me that Peter had cycled across the country, and had Alzheimer's. Peter and I had a chat, then went our separate ways and I thought nothing more of it. But I bumped into him again just a few minutes later and it was obvious he had no recollection of having met me. He was 53 then. At the time I thought only old people got Alzheimer's.

After a few cycle rides with a group, Peter and I started going out on our own. He knew his way round the countryside and we liked talking to each other. He

'He hasn't lost his humour'

Now I've written two books, telling Peter's story. We've done a number of charity cycle rides to raise money and awareness, and we speak to groups of people all over the country and overseas. Peter wants to say yes to every invitation. We can't rehearse, so Peter speaks from the heart.

Each person with dementia is different.

Peter is very much a showman, masking his memory loss. He hasn't lost his sense of humour and it's impossible not to get on with him.

I see our friendship as equal, even though we have different roles. We acknowledge each other's skills. He won't do any of our talks without me but he's supported me too. I can offload any old nonsense to him, receive some good feedback, then he'll forget all about it. How perfect is that!

I separate Peter from his dementia. Otherwise it would be a friendship tainted by pity. Although he needs support in remembering what we're doing, he's still an independent adult.

He's such a lovely man to hang out with. He says life isn't over with dementia, it's just different, like our friendship.

*** *Slow Puncture* and *Patching the Puncture* by Peter Berry and Deb Bunt (both £9.99, The Book Guild) are out now.**

has a wonderful way with words in describing his experience of living with Alzheimer's and how he'd like people to understand it better.



A chance meeting has resulted in two books

'I'd been waiting 70 years for Wendy to write my story'

Eva Clarke, 81, lives in Cambridge. She is widowed and has two sons. Wendy, 65, is married to Chris, 71, and lives in Suffolk.

Wendy found me on the internet. It was 2013 and as a journalist, she was researching stories about babies born in the concentration camps during World War Two. I was one of those babies and I'd been telling my mother's story in schools and interviews for many years. Wendy wanted to meet me to find out more.

She couldn't believe her luck that I lived in Cambridge, not far from where she lives, although she said that if I'd lived in Australia, she would have flown out.

We immediately clicked and it was wonderful for me that she was so

interested in my story. She asked if she could write a book about me and my mother Anka. It felt like I'd been waiting 70 years for this.

My mother gave birth to me at the gates of Mauthausen concentration camp in 1945. It was six days before the camp was liberated by the Americans and a day after the last gassing had taken place. We were repatriated and returned to Prague before making a home in Cardiff.

Sadly, my mother had died just a few months before Wendy first phoned me. I don't have many regrets, but I really do wish Wendy had met my mother. They would have liked one another.

Wendy thought my story must be unique – to have survived a birth in such conditions. But I told her I'd found two other babies, Hana and Mark, and she's written about them too in her book *Born Survivors*.

Hana, Mark and I have become very

'She really makes me feel alive'

close. We don't have any siblings and we consider Wendy our honorary sister.

Wendy and I talk almost every week to have a catch up. And every time we meet in person we pick up where

we left off, which is wonderful. It's such a pleasure to be with Wendy. She really makes me feel alive.

*** *Born Survivors* by Wendy Holden (£12.99, Sphere) is available now.**

Simply DELICIOUS

Try something
new and tasty this
week for supper



COOK'S TIP

This salad works with grilled chicken or prawns. Simply toss with the chilli jam for the last few mins of cooking.

PER SERVING

739 cals, 40g fat,
22g sat fat,
61g carbs

Grilled halloumi and fruity bulgur salad

Sweet and salty with a little spice for good measure, this is a dive-in dish you'll love.

SERVES 4 PREP 10 mins COOK 15 mins

- * 120g bulgur wheat
- * 1 small red onion, sliced
- * 2tbsp red wine vinegar
- * 2tbsp chilli jam
- * 3tbsp extra virgin olive oil
- * 1 fat garlic clove, crushed
- * ½tsp ground cumin
- * ¼tsp sumac
- * 1 mango, peeled, cheeks finely sliced, the rest chopped off the stone
- * Juice 1 lime
- * 2 x 250g packs halloumi, each cut into 8

- * 4 sticks celery, sliced
- * 200g grapes, halved
- * 25g flat leaf parsley, chopped
- * 15g fresh mint, chopped

- 1** Cook the bulgur wheat in a pan with 600ml cold water. Bring to the boil; simmer for 15 mins. Drain and rinse.
- 2** Put the red onion in a glass bowl with 1tbsp vinegar and a pinch of salt.
- 3** In a separate mixing bowl, combine the chilli jam, 2tbsp oil, 1tbsp vinegar, the garlic, cumin and sumac with black pepper. Whizz 1tbsp of it in a small

processor/blender with the chopped mango, remaining 1tbsp oil and the lime juice. Season to taste.

- 4** Heat the grill to medium-hot. Put the halloumi on a lined grill and brush both sides with the first chilli jam mixture (use it all; keep the bowl to hand). Grill for 6-8 mins, turning halfway.

- 5** Meanwhile, toss the cooked bulgur wheat in the bowl you mixed the dressing in, then add the celery, grapes and herbs. Pile onto a platter, top with the mango slices, halloumi and red onion, and drizzle over the mango sauce.

Sticky chicken and pineapple tray bake

A riot of colour and flavour, this sweet and spicy dish is perfect paired with a tangy slaw.

SERVES 4 PREP 15 mins

COOK 50 mins

- * 1 large pineapple, peeled, cut into wedges
- * 1tbsp each sriracha, dark brown sugar and groundnut oil
- * ½tsp allspice
- * 8 bone-in, skin-on chicken thighs

FOR THE SLAW

- * 1tbsp each Dijon mustard and apple cider vinegar
- * 1tsp sriracha
- * ½tbsp dark brown sugar
- * 25ml groundnut oil
- * 190g pack baby corn and sugar snap peas, both thinly sliced
- * 25g pack mint, leaves chopped
- * 1 eating apple, cut into matchsticks
- * 3 spring onions, thinly sliced, plus a few extra to garnish
- * ½ small white cabbage, shredded

1 Heat the oven to 180C Fan/Gas 6. Put 250g of the pineapple in a food processor with the sriracha, sugar, oil, allspice and a big pinch of salt. Whizz until smooth. Toss the chicken and remaining pineapple in it on a large

PER SERVING
644 cals, 34g fat,
8g sat fat,
33g carbs



baking tray, turning to coat everything in the marinade.

2 Bake the chicken skin-side up for 40 mins, until cooked through, basting several times with the marinade. Then transfer to the grill (or barbecue) and cook for a few more mins, until the chicken and pineapple are a little charred.

3 To make the slaw, whisk the mustard, vinegar, sriracha, sugar and oil in a large bowl with a pinch of salt. Add the remaining slaw ingredients and toss to coat. Serve with the chicken and pineapple, garnished with extra chopped spring onions, and any pan juices spooned over.



COOK'S TIP

Finishing this on the barbecue is great for added smoky flavour.

PER SERVING

424 cals, 16g fat,
7g sat fat,
23g carbs



Mushroom speltotto

Nutty spelt is good for your gut and so tasty in this easy one-dish marvel.

SERVES 6 PREP 15 mins

COOK 35 mins

- * 2tbsp olive oil
- * 1 large onion, chopped
- * 1 stick celery, chopped
- * 1 carrot, peeled and chopped
- * 2 garlic cloves, crushed
- * 200g chestnut mushrooms, chopped
- * 350g spelt
- * 200ml red wine
- * 1.2ltr hot vegetable stock
- * 100g wild mushrooms
- * 1tbsp butter
- * 4tbsp parsley, chopped, plus extra to garnish
- * Parmesan

1 Heat 1tbsp oil and cook the onion, celery, carrot and garlic for 10 mins. Add the chestnut mushrooms and cook for a further 2 mins. Stir in the spelt, then add the wine; cook until it has been absorbed.

2 Add the stock and simmer for 25 mins, or until the spelt is tender.

3 In 1tbsp oil, fry the wild mushrooms; add to the spelt with the butter and parsley. Top with Parmesan and extra parsley. >>

COOK'S TIP

We used a mix of wild mushrooms, but you can use any variety you like. Find spelt in larger supermarkets, and online from Ocado.

Grilled pork and grains

A bowl full of good-for-you grains and greens, with tender, spiced pork.

SERVES 4 PREP 15 mins

COOK 20 mins

- * 1tbsp baharat seasoning
- * 2 garlic cloves, crushed
- * 1tsp dried oregano
- * 1tbsp olive oil
- * 1tbsp red wine vinegar
- * 2 oranges, zested, then peeled and the flesh sliced
- * 420g pork fillet
- * 190g pack baby corn and sugar snap peas
- * 3tbsp extra virgin olive oil
- * ¼tsp sumac (or squeeze of lemon juice)
- * 50g hazelnuts, toasted and roughly chopped
- * 1tbsp pomegranate molasses
- * 25g mint
- * 2 x 300g pack ready-to-eat greens and grains mix
- * Avocado, houmous and crispy fried onions, to serve

- 1 In a glass or ceramic bowl, mix the spice mix, garlic, oregano, olive oil,

PER SERVING
645 cal, 25g fat, 5.5g sat fat, 61g carbs



COOK'S TIP

Baharat seasoning is a warming Middle Eastern spice blend. If you can't find it, ras-el-hanout or garam masala are both good alternatives.

vinegar and orange zest with salt and pepper. Add the pork and turn regularly to coat in the marinade. Set aside.

2 Slice the corn then cook in a pan of boiling water with the sugar snaps for 2-3 mins until tender. Drain and refresh in cold water.

3 Heat the grill to medium-high. Put the pork on a lined grill pan and cook for 10 mins. Turn, then cook for 8-10 mins more (or until 63C on a digital probe). Set aside to rest, then slice.

4 Meanwhile, in a mixing bowl, mix the extra virgin oil with the sumac, or the lemon juice, and seasoning. Add the veg, orange segments, toasted hazelnuts, pomegranate molasses and mint.

5 Heat the grain pouches according to the pack instructions. Serve in bowls with the veg, orange segments, avocado, houmous, pork and crispy fried onions. Drizzle over any dressing left in the bowl.

Lemony prawn tagliatelle

A speedy one-dish dinner, combining zingy lemon and prawns in a silky sauce.

SERVES 2 PREP 10 mins

COOK 20 mins

- * 250g frozen raw king prawns, defrosted
- * 1tbsp plain flour
- * 1tbsp olive oil
- * 25g unsalted butter
- * 1 banana shallot, sliced
- * 1 garlic clove, crushed
- * 2tbsp capers, roughly chopped
- * 100ml dry white wine
- * 100ml fresh chicken stock
- * 150g fresh tagliatelle
- * 200g pack Tenderstem broccoli and green beans
- * 20g tarragon, chopped
- * 1 lemon, zested and sliced

1 Toss the prawns in the flour and season with salt. Heat the oil in a frying pan, then fry the prawns over medium heat for a few mins on each side. Remove and set aside.

2 Add the butter to the same pan, with the shallot and cook for

2 mins. Add the garlic and capers, and cook for a further 2 mins.

3 Add the wine and stock, season and cook for 5 mins, until slightly thickened.

4 Meanwhile, cook the pasta and greens according to the pack instructions, drain and reserve the pasta water.

5 Return the prawns to the sauce, cook for a few mins, then add most of the tarragon and all the lemon slices. Toss the pasta and greens in the sauce to coat, adding a splash of reserved pasta water if needed. Divide between 2 plates, and scatter over the lemon zest and remaining tarragon.

COOK'S TIP

To rapidly defrost prawns, submerge them in a bowl of cold water. Use any combo of quick-cooking veggies – try peas and runner beans.

PER SERVING
653 cal, 21g fat, 8g sat fat, 52g carbs



Fragrant butternut curry

This vegan dish is more than the sum of its parts thanks to a rich curry paste and fresh coconut topping.

SERVES 4 PREP 20 mins

COOK 25 mins

- * 1tbsp vegetable oil
- * 1 large onion, sliced
- * 1 sprig fresh curry leaves, or about 8 dried
- * 3cm piece fresh ginger, grated
- * 190g jar Sri Lankan-style curry paste
- * 700g mixed squash, peeled and chopped
- * 400g tin coconut milk
- * 160g green beans or sliced runner beans
- * Basmati rice, to serve

FOR THE COCONUT SAMBAL

- * 25g each mint and coriander, leaves picked, chopped, a few reserved

- * 80g fresh coconut chunks
- * 1 green chilli, chopped
- * 1 small shallot, peeled, chopped
- * Juice 1 lime

1 Heat the oil in a large-lidded frying pan or sauté pan. Add the onion and curry leaves, then fry for 15 mins, until the onions are softened and starting to brown.

2 Add the ginger and cook for 1 min, then add the curry paste and fry for 2-3 mins. Stir in the squash to coat in the sauce, then add a jar of water and the coconut milk. Bring

to a simmer, then cover and cook over a low heat for 20 mins, until the squash is just tender.

3 To make the sambal, whizz the mint, coriander, coconut chunks, chilli, shallot and lime juice in a small food processor until finely chopped. Season with salt and set aside.

4 Stir the beans into the curry and cook, covered, for 5 mins, or until just tender.

5 Heat the rice according to the pack instructions and serve with the curry, topped with some coconut sambal and the reserved herbs.

COOK'S TIP

Vary the curry paste to suit what you have (Thai red curry, or Madras both work well).

PER SERVING

598 cal, 43g fat, 24g sat fat, 36g carbs

ENJOY PEACE OF MIND
and INDEPENDENCE
with the
**YOURSTRIDE ALARM
WATCH**

**48% of falls
happen outside
of the home**



With the **YourStride Alarm Watch**, you are covered wherever you go **24 hours a day, 7 days a week**. At home, in the garden, or out and about.



**FEATURING
AUTOMATIC
FALL
DETECTION**

Be safe in the knowledge that with just a push of a button you can be immediately connected to an emergency support team and get the help you need.

**A DISCREET, EASY-
TO-USE ALARM**

Lightweight and comfortable, the YourStride Alarm Watch is a regular wristwatch with time and date display. In an emergency, simply hold the SOS button on the front of the watch or have the watch automatically detect a fall and you will be immediately connected to our expert emergency care team.

**24/7 EMERGENCY
HELP FOR LESS
THAN 60p A DAY**

1. Raise an SOS by holding the button, anywhere in the UK
2. Our friendly team speaks to you through the watch to understand what has happened
3. We will send the right help to your location whether that's your named contacts or the emergency services
4. We will keep your contacts up to date with information as required.

**AN ACTIVITY AND
HEALTH MONITOR**

The watch goes beyond just the SOS feature. It also monitors your heart rate, blood pressure, and your physical activity with a step-counter. The watch does not need a landline, Wi-Fi or smartphone to work as it uses mobile networks. This means wherever you go in the UK you are always able to get the help you need.

**The UK's HIGHEST
RATED ALARM SERVICE**

97% rated us 5/5 stars.



"I think it is great, easy to wear and so comfortable. It certainly gives you confidence to travel and know you are safe." - Adrian



"The service is so reassuring. The team is accessible and quick to respond, going above and beyond to make sure I'm happy." - Jan



Not satisfied?
Return your
watch within
30 days for a
full refund.



ORDER YOURS TODAY WITH NO RISK

The YourStride Alarm Watch is just £59.99 with 24/7 emergency help for £17.99/month on a flexible, rolling contract with no minimum term. Fall detection only an extra £2/month.

CALL: 020 3885 0603

VISIT: www.YourStride.com

Keep your COOL

Stay comfy with these handy ideas for beating heat and humidity



2 WRAP UP COLD

When a damp flannel won't do, reach for **CoolTowel**. Once dampened, wrung out and given a quick snap, the remaining water begins to evaporate from its polyester fabric, leaving your skin deliciously chilled. Packed in a bottle so you can grab and go, its makers estimate that it will lower the temperature of your skin for one to three hours. **£14.99, cooltowel.com**



4 TAKE IT EVERYWHERE

It's an investment but **Shark's ChillPill** is the portable fan you won't want to put down. As well as offering 10 speeds, you can swap its fan attachment for a personal water mister or instant cooling plate for pressing against pulse points or your forehead. It even swivels to stand on a desk. **£129.99, sharkninja.co.uk**



1 SOOTHE YOUR SOLES

JML's Chillmax Cooling Slippers might not register in the style stakes but your feet will thank you on a humid day. Filled with cooling gel, all they need is an hour in the freezer to become a hot day go-to. **£14.99, jmldirect.com**



3 JUST ADD WATER

If you are concerned that a misting fan will make everything soggy, it's time to try **Dreo's TurboCool Misting Fan 516S**. It prevents damp by producing micron-sized droplets from dedicated channels that are then distributed by the fan, so larger drops can't form. All of which delivers an air temperature reduction of around 3C. **£99.99, uk.dreo.com**



5 DREAM TOPPER

Craving a comfortable night's sleep? Crafted with breathable fabric that helps air to circulate, while wicking moisture away from your body, **Silentnight's Wellbeing Cool Touch Mattress Topper** will help you beat the night-time heat. **From £149 for a double, silentnight.co.uk**

6 SECRET WEAPON SCARF

Breeze through the warmer months with **Buff's CoolNet UV neckwear**. Made from light, stretchy fabric that's designed to evaporate moisture for a cooling sensation, you can wear it around your neck or as a headband. It even provides UPF 50 sun protection. **Pictured here in Senia Azalea, £16.95, buff.com**



6 issues for £1*

4 easy ways to subscribe



MAIL coupon below



VISIT magazinesdirect.com/xwk2026



CALL 0330 333 1113



SCAN QR code



Complete this coupon and send to: **FREEPOST FUTURE PUBLISHING LIMITED** No further address needed. No stamp required – for UK only.

YES! I would like to subscribe to Woman's Weekly
CHOOSE FROM TWO EASY PAYMENT OPTIONS

1. UK DIRECT DEBIT: 6 issues for £1* followed by £18.25 every 3 months, saving 24%

Name of bank

Address of bank

Postcode

Name of account holder

Sort code

Account No

Please pay Magazines Direct Direct Debits from the account detailed on this instruction subject to the safeguards assumed by the Direct Debit guarantee. I understand that this instruction may remain with Magazines Direct and, if so, details will be passed electronically to my bank or building society.

Instruction to your bank or building society to pay by Direct Debit
For office use only. Originator's reference – 173594



Signature (if over 18)

Date

2. CREDIT/DEBIT CARD/CHEQUE/POSTAL ORDER/CASH
(Circle option)

PLEASE TICK OFFER THAT APPLIES

- ☐ **UK 1 year** Pay only £77.99 for 12 months, saving 20%
☐ **UK 2 year** Pay only £145.99 for 24 months, saving 25%

PAYMENT DETAILS

☐ Payment enclosed £.....

☐ Charge my (please circle)

Visa / Mastercard / Amex £..... only

Card No:

Expiry Date:

Signature (if over 18)

Date

SHIPPING DETAILS OF SUBSCRIPTION (yourself or gift recipient)

To give more than one subscription, please give address details on a separate sheet.

Mrs / Ms / Miss / Mr (please circle)

Forename

Surname

Address

Postcode

BILLING DETAILS

Mrs / Ms / Miss / Mr (please circle)

Forename

Surname

Address

Postcode

Home telephone

Mobile

Address

E-mail

☐ Please keep me up to date with special offers and news just by email from carefully selected companies. Your personal details will not be shared with those companies - we send the emails and you can unsubscribe at any time.

By submitting your information, you agree to our Privacy Policy available at www.futureplc.com/privacy-policy/. Please keep me up to date with special offers and news from Woman and other brands within Future Publishing Ltd Group by ☐ email, ☐ post, ☐ telephone and/or ☐ SMS. You can unsubscribe at any time.

THE DIRECT DEBIT GUARANTEE This Guarantee is offered by all banks and building societies that accept instructions to pay Direct Debits. If there are any changes to the amount, date or frequency of your Direct Debit, Magazines Direct will notify you three working days in advance of your account being debited or as otherwise agreed. If you request Magazines Direct to collect a payment, confirmation of the amount and date will be given to you at the time of the request. If an error is made in the payment of your Direct Debit by Magazines Direct or your bank or building society, you are entitled to a full and immediate refund of the amount paid from your bank or building society. If you receive a refund you are not entitled to, you must pay it back when Magazines Direct asks you to. You can cancel a Direct Debit at any time by simply contacting your bank or building society. Written confirmation may be required. Please also notify us.

TERMS AND CONDITIONS: Offer closes 31st October 2026. Offer open to new subscribers only. Direct Debit offer is available to UK subscribers only. *After your first 6 issues, your subscription will continue on at £18.25 payable by Direct Debit every 3 months, saving 24% on the full 3 monthly subscription price of £24.33. We will notify you in advance of any price changes. The full subscription rate is for 12 months (60) issues, and includes postage and packaging. If the magazine ordered changes frequency per annum, we will honour the number of issues paid for, not the term of the subscription. **Access to the digital library ends with your subscription. Payment is non-refundable after the 14 day cancellation period unless exceptional circumstances apply. For full terms and conditions, visit magazinesdirect.com/pages/terms-and-conditions. For UK enquiries please call: +44 (0) 330 333 1113. Lines are open Monday-Friday 9.30am-5pm, Saturday 10am-3pm UK Time (excluding Bank Holidays) or email: help@magazinesdirect.com. Calls to 0330 numbers will be charged at no more than a national landline call, and may be included in your phone provider's call bundle.

Your wellbeing

LATEST HEALTH SOLUTIONS FOR YOUR MIND AND BODY

3 WAYS TO...

Ease prickly heat



1 STAY COOL and try to avoid overheating by wearing loose, lightweight clothing. Take cool showers after sun exposure.

Avoid heavily perfumed body washes and lotions.

2 AVOID HEAVY, PORE-CLOGGING SKINCARE In hot weather. Choose lightweight, breathable sunscreen and reapply it regularly.

3 TRY A COLD COMPRESS Apply a damp cloth or ice pack (wrapped in a soft towel) for 10-15 minutes.

Gently pat your rash for relief; don't scratch.

Try...
Green People Scent Free Sunscreen SPF50+
£30 for 150ml, greenpeople.co.uk.
Ultra light and fragrance free for sensitive skin.



WHAT'S THAT?

It's a new supplement helpful for stronger bones. Together Health Vitamin

D3 + Vitamin K2 combines two nutrients that work in unison to support calcium balance, bone health and overall wellbeing. They also help your immune system, teeth and muscle function too.



£12.99 for 30 capsules, Holland & Barrett

I'M 71 AND I FEEL STRONGER THAN EVER!

Alison Arnold, 71, is from Bovey Tracey, Devon.

I've always been active. I enjoy tennis, golf, painting, sewing, gardening and helping with my grandchildren.

But I'd started to notice my shape becoming 'old'. My daughter suggested I try Holism, a strength, nutrition and mindset community for women in midlife.

I was sceptical. Joining a gym was never for me. I'd start off enthusiastic but my interest would wane. And as it was an app, I thought I'd give up on that too. But I signed up to the Fundamentals First programme, an eight-week introduction to strength training built around short sessions and the basics of movement.

The first weeks weren't easy. The push-ups were hard and my wrists ached from the mountain climbers. The results came gradually, then became impossible to ignore. My shape and posture improved so clothes look better. Now I'm doing nine push-ups, lifting my eight-year-old grandchildren with ease and gardening with a flexibility I haven't felt in years. And I feel genuinely happy about my age!

I hadn't expected how much the community would matter. The app connects members, sends



reminders and creates a sense of being seen. Having other people follow your progress and encourage you with an emoji is brilliant. It inspires you to keep going even when you feel heavy and lacking in energy. When I posted a video of me doing nine push-ups (sort of!), the response was tremendously uplifting. I even went on one of the retreats, which combines strength training, yoga, breathwork and good food. The camaraderie, encouragement, food and yoga were literally *the best*.

The whole experience has been about more than just building strength. It has made me more confident in my body, while developing a realistic and sustainable approach to staying well. I just wish I'd found it sooner.

* Find out more at weareholism.com

New read

THE ULTIMATE HIGH FIBRE HANDBOOK (£22, HB, OCTOPUS BOOKS)

Nutrition expert Jenny Tschiesche reveals the different types of fibre, and easy ways to get them into your diet to boost your heart health, balance your hormones and improve your immunity. The book includes 70 delicious, high-fibre recipes.



Doctor Gill

ADVICE FROM OUR WOMAN'S WEEKLY DOCTOR

Walk fast for your heart

People who walk briskly are less likely to experience cardiac arrhythmias according to a UK Biobank analysis of 420,000 participants over 14 years. Arrhythmias, most commonly atrial fibrillation, were 30% less frequent in brisk walkers. Brisk walking may help in arrhythmia prevention. However, as the arrhythmia association was stronger in women, those aged over 60, obese participants and those with two or more long-term conditions, would these factors just make them walk more slowly?

Coping with an INGROWN TOENAIL

This is a painful problem where the nail grows into the toe and becomes infected

An ingrown toenail can affect any toe but it is usually the big toe, and can occur in anyone of any age from newborns to the elderly. However, they're most common in teenagers and young adults (ages 11–30) due to hormonal changes, foot sweating and athletic activity. They also occur in older adults due to age-related nail thickening.

The toenail starts to curve into the soft tissue causing pressure, becoming red, painful and swollen, and finally resulting in possible infection. Further signs of an infected toe include pus in the affected area, feeling hot, shivery and generally unwell. The worst case scenario is that the infection spreads to the rest of your foot.

To prevent ingrown toenails be careful not to cut your toenails too short. Make sure you cut straight across the nail, not the edges, and always keep your feet clean and dry them thoroughly.

If you go to your GP with an ingrown toenail, they'll usually suggest home management first, which involves soaking your foot in warm, salty water to help dry out the skin around your toe, making it more resistant to the nail rubbing on it.

Saltwater foot baths also reduce the chance of infection. Use two handfuls of salt in a plastic bowl with enough water to cover the toe and leave your foot in it for 30 minutes.

'Saltwater foot baths help reduce the chance of infection'

Keep your foot dry for the rest of the day and wear wide, comfortable shoes or sandals with laces or Velcro fastening.

Rest and elevate the foot when possible. Consider paracetamol or ibuprofen for the pain. If you have chronic diseases that reduce your

Ways to help manage it

*** TOENAIL CUTTING** Don't cut your toenail short, leave it to grow out. Don't pick at it. Don't wear tight, pointy shoes or high heels as they increase local pressure.

*** SEE THE PHARMACIST OR GP**

A pharmacist can suggest treatments to help ease the pain and prevent an infection. Your GP can assess it and may prescribe antibiotics.

*** SEE A PODIATRIST** They may offer further treatments, such as cutting away part of the nail, which is about 98% effective. An injection of local anaesthetic may also be given to numb your toe when this is done.

*** TOTAL NAIL AVULSION**

This completely removes your toenail. Afterwards, you'll have an indentation where your nail used to be. However, it's perfectly safe for you not to have a toenail.



UPDATE: SKIN & SUN

While naturally darker brown skin provides sun protection – skin components, such as melanin, absorb some UVB rays – you should still protect yourself from sunburn, skin ageing, hyperpigmentation, skin cancer or sunstroke. Although less likely in people with naturally brown skin, sunburn can happen. If it does, seek medical advice as your skin may be extra sensitive to sunlight. Hyperpigmentation is also common in those with dark skin, so use sun protection to maintain a uniform skin tone.



True or false?

The menopause never occurs before the age of 45.

False. Around one in 100 women experiences an early menopause between 40 and 45. One in 1,000 has premature ovarian failure (POI) with menopause occurring by 30. Causes can be genetic, with a family history of very early menopause, or due to medical treatments such as surgery or chemo. The cause can also be unknown.

4 FIXES FOR...

Dandruff

1 HAIR WASHING

Dandruff isn't caused by poor hygiene but will show more on unwashed hair, so wash regularly. Stress and cold weather may also make dandruff worse.

2 KEEP IT BASIC

It could be a reaction to products like dye, shampoo, conditioners, sprays, gels or mousses, so try using baby shampoo and no other products.

3 ANTI-DANDRUFF SHAMPOOS

Ask the pharmacist about ones that contain selenium sulphide (or selenium sulfide), ketoconazole or coal tar with salicylic acid. Try each for a month.

4 SEE YOUR GP

If it doesn't settle, it could be psoriasis, eczema, seborrhoeic dermatitis or a fungal infection, for which there are other treatments.

immunity, such as diabetes, or you are on immune-suppressant medication, it will be more likely to become infected.

Talk to your GP or pharmacist if treating your ingrown toenail at home isn't helping, especially if your toe is painful and swollen, there is pus present, you have a very high temperature, or feel hot, cold or shivery.

The GP can give you antibiotics if your toenail is infected. If you have a badly ingrown toenail, they may refer you to a foot specialist (podiatrist), although you might be able to refer yourself directly to a podiatrist without seeing a GP.

Referral to a podiatrist on the NHS may not be available to everyone and waiting times can be long. If that's the case, you can pay to see one privately.

If things really don't improve, surgery may be recommended to remove part, or all, of the affected toenail.

Q I'm 35 and regularly get blisters on my right hand. Why?

A You say they affect the index, middle fingers and palm, occurring two or three times a year, always in the same place, and are painful, lasting several days. You've no rash elsewhere and you're otherwise well.

A few conditions cause blisters. Hand, foot and mouth disease is possible but usually causes lesions on the feet or mouth, and rarely recurrently. A type of eczema called pompholyx eczema causes blistering on the hands that can be recurrent but tends to cause itchiness



rather than pain. Dermatitis herpetiformis is an uncommon skin issue which results in blistering, but tends to be persistent, on the extensor surfaces (such as elbows and knees) and is strongly associated with coeliac disease, which you don't

mention. So, this is most likely a herpes rash. Your symptoms are characteristic of herpes simplex, widely recognised as cold sores, but these blisters can occur anywhere on the body. Ask your pharmacist for aciclovir cream.



Fred. Olsen Cruise Lines

EXCITING ADVENTURES AWAIT FOR READERS OF WOMAN'S WEEKLY

Enjoy up to £200pp on-board credit with our exclusive code **RP26WW**



SPAIN & MOROCCO WITH THE FLEET FIESTA

21st November 2026

Bolette • Sails from Liverpool

16 nights • Cruise code T2628

Prices from **£2,499pp**

Enjoy **£200pp on-board credit**



IN SEARCH OF THE NORTHERN LIGHTS

4th March 2027

Bolette • Sails from Newcastle

10 nights • Cruise code T2706

Prices from **£1,249pp**

Enjoy **£100pp on-board credit**



MORE INCLUDED IN 2026 SAILINGS

Gratuities & selected drinks with lunch and dinner

Visit fredolsencruises.com/ww for more information
TO BOOK, PLEASE CALL **03300 295 779** QUOTING **RP26WW**

Terms and conditions apply. On-Board Credit benefit is valid for new bookings only made between 1st Jul 2026 and 31st Dec 2026, cannot be applied retrospectively and is not combinable with any other discounts or offers. The On-Board Credit offer is applicable on selected sailings and the amount varies depending on the cruise duration. Readers will need to present their Reader Promotion booking code and at the time of booking. The On-Board Credit is automatically applied to your on-board account and cannot be transferred, refunded or exchanged for cash. Visit fredolsencruises.com/legal/terms-and-conditions for full T&C's. E&OE.





Here to help

LET COUNSELLOR KEREN LIGHTEN YOUR LOAD

I hate all the group gossip

Q I joined an exercise class a few months ago. They seemed a friendly and sociable group, and usually go for coffee after the class. Over the months, I've realised that they're not as close as they seemed, and they often bitch about each other if they meet in small groups. I expect they talk about me too! I like the class but now dread going, as I don't want to get caught up in the dynamics. I'm not sure what to do.

Trish, Middlesex

A I'm wondering what's preventing you from going to the class, saying a quick hello and then going home without joining them for coffee. Staying for coffee is a choice, and you can choose not to. You can also decide not to go to the smaller group activities. I wonder, however, if what is really bothering you is the thought that they are talking about you. It's not nice but I think it is a fact of life that most people talk about others. If you could accept this and not mind, you would find you were a lot more comfortable with the situation.

Is it wrong to be proud?

Q My granddaughter has just received a prize as the most outstanding student at her school. We are thrilled. I sent a video of her receiving this to my closest friend and she accused me of showing off and being insensitive, as her grandchild – who is the same age – has learning disabilities. Is it so wrong to share your joy with others?

Clare, Liverpool

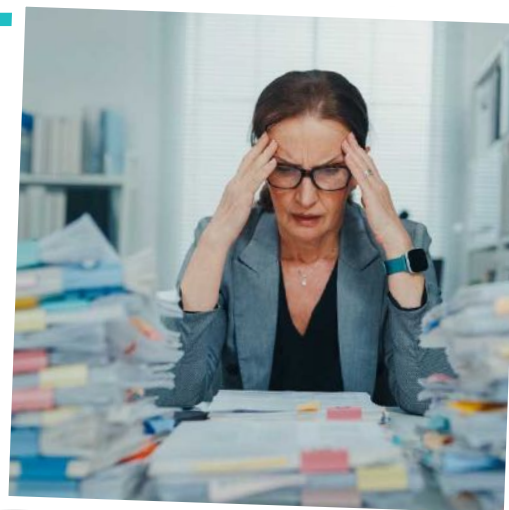
A You must be very proud of your granddaughter and I'm not surprised you wanted to share your joy. Most people would be able to be pleased for

Crushed by my workload

Q My manager keeps piling on extra work but never acknowledges it. I want to stand up for myself but I'm scared of being seen as difficult or ungrateful. I feel like I'm reaching my limit but don't know how to say so and still feel wanted.

Angela, Worcester

A This is a situation many women find themselves in. They're being given more and more because they're capable, reliable and don't want to rock the boat. But silence often leads to burnout, not appreciation. The key is to speak up in a way that's calm, factual and professional. Instead of saying, 'I'm overwhelmed', try something like, 'I want to make sure I'm prioritising the right things. Here's what I'm currently



working on. Which of these would you like me to focus on first?' This shifts the conversation from emotion to workload management. It also signals that you're not refusing work; you're asking for clarity and fairness. Most reasonable managers respond well to this approach. And remember, advocating for yourself isn't being difficult, it's being responsible.

Our relationship expert Keren Smedley has over 20 years' experience. Keren welcomes your letters, emails and texts, but she cannot reply to individual cases and will select correspondence at random for publication.

you and share in your delight. Even so, put yourself in this friend's shoes. It reminded her that she won't ever be in this position, it made her sad and she lashed out. I'm not condoning her behaviour but it's important to understand it. I'm sure there are lots of other mutual joyful things you can both share. Next time, it might be wise to find someone who won't be triggered by your granddaughter's success.

She's being ungrateful

Q I had a friend to stay recently who lives abroad. I went out of my way to organise things for her to do, including reconnecting with old friends, going to new, interesting things that

have developed since she left, buying theatre tickets and so on. She always had a negative word about what we were doing and it annoyed and upset me. She's coming back after she's been to Europe and I want to say something to her but I'm not sure what, as I don't want to make things uncomfortable.

Marcia, London

A Take a moment to think about your desired outcome. Are you wanting her to be different or to tell you why things weren't as she wanted last time and what she'd like this time? Be clear about your purpose. I think focusing on the future visit would be the most helpful. Ask her what she'd like and what would make her feel good. Then tell her the impact of what you perceived was her negativity on you. Ask her how you can both feel more satisfied and work out together what each of you needs.



Ziya kelim jute rug, from
£200, John Lewis



Natural rattan, small,
easy-fit lampshade,
£24, Habitat

Island LIFE

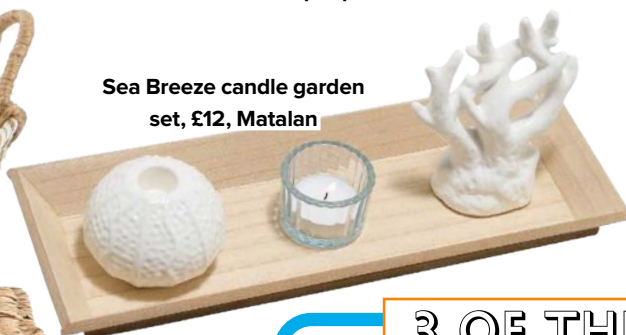
Recreate this tranquil
scheme in a bedroom with
soft blues and creams



Island Life wooden wall
plaque, £4.50, Primark



Round basket tray,
£4.99, Home Bargains



Sea Breeze candle garden
set, £12, Matalan



Handmade storage
basket, £49.99,
H&M Home



Rope resin side
table, £115, Next

3 OF THE BEST...

Cushions



Natural starfish shaped,
£13, Matalan

Fringed tufted,
£12, Primark



Embroidered palm
tree, £15, Matalan



STYLE TIPS

1 CHOOSE A CREAMY PALETTE

Neutrals are a must for this look, giving your bedroom a light feel. Instead of bright whites on your walls, choose warm-toned whites reminiscent of sun-kissed sands. For a similar paint shade, try Dulux's Natural Calico in a matt emulsion.

2 EMBRACE ISLE STYLE

Look out for patterns that encapsulate island life – think palm trees, coral, starfish and shells, all in sun-bleached or sea blue shades.

3 USE DIFFERENT TEXTURES

Add interest to a neutral room by experimenting with various materials and textures. A rattan headboard, jute rug and bamboo light fitting will work together tonally, while the distinct woven textures will set each piece apart.

4 LET LIGHT IN

Keep window treatments minimal, blending the fabric colour with your wall colour. Pair a set of long voile curtains – the sheerer the better – with a blackout Roman blind in a soft cotton or linen.

Everett rattan bed frame, from £450, Toile bedding set, from £45, natural rattan scallop side table, £85, wave easy-fit light shade, £80, jute striped rug, from £45, and linen-look natural stripedvoile, from £26, all Next; other items, stylist's own

Mediterranean floral vase, £10, Primark

Woodblock floral bedding set, from £20, M&S

Harbour scene hand-painted detail framed wall art, £40 for two, Next

Natural raffia shade ceramic table lamp, £22, George Home



Mrs. Taylorson, Cumbria

NEXT
DAY
INSTALL



**ACORN
STAIRLIFTS**

- NEXT DAY installation available
- Stay in the home you love
- For straight and curved staircases
- FREE no-obligation survey and quote
- 365-day local service and support

Scan for more
information:



FOR YOUR FREE BROCHURE & QUOTATION

CALL ACORN NOW ON FREEPHONE

0800 326 5153



- British designed and manufactured
- Safely lowers and raises you at the click of a button
- Battery operated, no wiring or cables just recharge every 7-10 days
- Belt retracts into cassette for normal bath use for other family members
- Stud walls no problem
- Normally fitted in under an hour

For a FREE brochure call us on:

0800 011 4138

TRY IT OUT!
WITH A FREE 'DRY'
HOME DEMO

ASK ABOUT OUR WALK IN BATHS & SHOWERS

Britain's household name in bathing mobility

Be inspired every day!



Available as a print or digital subscription from
www.magazinesdirect.com

On sale
every
Wednesday



Homemade

Summer would need to be crafty to fit into village life

It's not cheating, Mum!' Summer insisted, pulling her shopping trolley into the bakery section. 'No one cares where the scones come from as long as they come with loads of cream.'

'So you're going to admit you bought them at the supermarket rather than slaving over a hot mixing bowl?'

'Of course not! I want to make a good impression.'

Jenny drew alongside her and distastefully inspected a packet of scones.

'Believe me, they'll be able to tell these aren't homemade. Especially if they're as particular as you say.'

Summer sighed. She'd just moved to a new village where they were keen on community events. There was always something to worry about – costumes for the library fundraiser, the runner-bean-growing contest at her son Ollie's school, and now treats to bring to the summer fete. It was nice that people were so friendly but Summer didn't have a crafty bone or green finger in her body.

She paused thoughtfully.

'Mum...' she wheedled.

'Hmm?'

'You like baking, don't you?' Jenny eyed her warily.

'I bet your scones would blow them away,' Summer said with charm.

Jenny rolled her eyes. 'As if I don't have enough to get on with.' But she put the scones back on the shelf.

When Summer returned from a run that afternoon, Jenny was chatting to Summer's neighbour at the garden gate while Ollie kicked a football about on the grass.

'What a nice chap,' Jenny said to Summer as Gordon moved off with a wave. 'He popped by to remind you about the book club.'

Summer groaned as she went inside. 'I haven't even started the book yet. It's not really my taste.'

'This one?' Jenny picked up the novel from the counter. 'Looks interesting.'

'Take it,' Summer grinned. 'Tell me what happens! I might be able to fake it at the book club.'

She slumped down on a chair. 'I really want to fit in here, Mum,' she said. 'But it's just so much! Don't they have anything else to do?'

'I suppose they enjoy it. I like this new area of yours – it's friendly.'

'Claustrophobic, more like,' Summer muttered.

Last thing on Sunday night, Summer was trying to put together a giant felt unicorn to go in the window as part of a fundraising project organised by the Scouts.

'You're always telling me not to leave things until the last minute,' Ollie said, holding the unicorn's head as she pinned it. 'Gran could help...'

'Gran's very busy. She hasn't got time to run around after us making unicorns and scones.'

And reading books on my behalf, she thought guiltily.

The following weekend, Summer was relieved that her

mum's scones were a big hit. There was even a small scuffle between the usually well-behaved Harris twins over the last one.

'Goodness, Summer!' the twins' mother said. 'Your scones are amazing.'

'Thanks, Gloria, but my mother's the baker,' Summer admitted, hauling Jenny forward.

Jenny pinkened under Gloria's praise.

Over the next hour, she was

inundated with so many requests for the recipe that she had to start taking email addresses. Summer lingered, ready to rescue her, but it was clear that Jenny was enjoying herself.

Summer watched in wonder. She'd thought her mother didn't like this kind of thing any more than she did.

Suddenly, her neighbour Gordon appeared at her side. 'Do you think you could bring some of those scones to the next book club?' he asked, picking at the crumbs left in his napkin.

'I'm so sorry, Gordon, I won't make the book club. I need to get another training session in before my half-marathon.'

'Oh, that's a shame,' he said.

'Perhaps my mother could take my place,' Summer suggested. They turned to where Jenny was in the centre of a group exchanging baking tips. For Summer it would have been torture, but she hadn't seen her mother so animated for ages. 'She's even read the book,' Summer added.

Gordon brightened. 'I'll go and ask her.'

As he headed off, a young woman approached.

'Did I hear you say you were doing a marathon?' she said. Summer recognised her from the PTA.

'Just a half-marathon. I'm

working my way up.'

'I've always wanted to run a marathon. I used to run a lot before other things started

taking up my time.'

Summer considered her. 'If you're interested,' she said, 'I could do with a training buddy?'

'Oh, I'd love that!' She nodded towards Jenny and the table of confectionery. 'I think I'm going to give up baking. Don't tell anyone, but I bought my cake from the supermarket.'

Summer laughed. She might just fit in here after all.

THE END
Cilla Moss

I might be able to fake it

Brontë BEAUTIES

Take a *Wuthering Heights*-inspired literary tour in and around the West Yorkshire village of Haworth

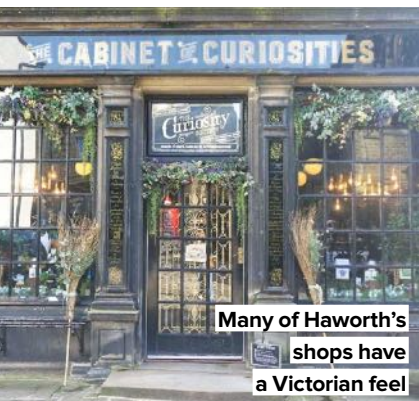
The hilltop village of Haworth was home to author Emily Brontë, who lived there with her sisters, Charlotte and Anne, in the early 1800s. Today, the village draws in weekenders keen to walk in the sisters' footsteps while exploring the surrounding moors. Its unique shops, quirky steampunk weekends (May and October) and writing retreats add to its appeal.

Indie shops

It's easy to spend a morning perusing Brontë-themed gifts, local artwork and regional produce sold in the shops on Haworth's cobbled Main Street. Don't miss Riddle & Rind for cheeses (riddleandrind.co.uk), and Mrs Beighton's for sweets (mrsbeightons.co.uk). Wave of Nostalgia bookshop holds regular author-led events (wavesofnostalgia.co.uk).

Rich in history

Look out for the Original Brontë Stationery Store, where Emily once bought her writing paper, and the Black Bull Inn where you can see the chair used by the sisters' brother, Branwell (theblackbullhaworth.co.uk). The Cabinet of Curiosities, meanwhile, once an apothecary and now a perfume shop, takes you back in time with its Victorian feel (the-curiosity-society.myshopify.com).



Many of Haworth's shops have a Victorian feel



The village's cobbled streets are steeped in Brontë history



The sisters have put Haworth on the map

The Brontë Museum

The Brontë Parsonage Museum houses the world's largest collection of Brontë artefacts, ranging from furniture and clothing to the sisters' writing desks. It's an essential stop for seeing Charlotte Brontë's mourning bracelet, too. A replica of this garnet-centred band, made from her sisters' hair, was worn by actor Margot Robbie, star of the new *Wuthering Heights* film, at its London premiere. Sketches by brother Branwell, plus the family's cabinet piano, which Emily and Anne once played, are also on display. The sofa on which Emily died is located in the family dining room, and



Brontë fans should make a beeline for the Parsonage Museum

there's an exhibition about the Brontës' lives.

Next to the parsonage is the Old School Room where the sisters taught. Drop into the adjacent Church of St Michael and All Angels to see the Brontë vault where all the family, except Anne, are interred.

Over the moors

Haworth's surrounding heather moorland transports hikers to the wild landscape immortalised in *Wuthering Heights*. For a challenging four-hour out-and-back hike, follow the path from the Brontë Parsonage Museum and head out of Haworth to explore the rolling moorlands that stretch for miles in every direction. Next to Penistone Hill Country Park is a path that snakes over Haworth Moor to Brontë Falls and Brontë Bridge. This is where the sisters sat in



Top Withens and its inspirational landscape

Some of the artefacts on show in the museum

contemplation and gained inspiration for their novels. A steep climb out of the valley and along a section of the Pennine Way leads to the lofty heights of Top Withens. This ruined farmhouse's location is thought to have inspired the Earnshaw home's desolate setting in *Wuthering Heights*.

Time to refuel

At the top of Main Street, Haworth Old Post Office lures in Brontë fans keen to see where the sisters sent off their manuscripts to London publishers under the pen names Currer, Ellis and Acton Bell. Lattes, rather than letters, are now passed over its original Victorian counter as it's now a curio-filled cafe serving tasty dishes such as Yorkshire breakfast buns and mackerel pâté open sandwiches (hawortholdpostoffice.co.uk).

For delicious giant rounds of Yorkshire parkin, drop into

Villette Coffee House and Bakery, also on Main Street.

Book ahead for dinner at The Hawthorn Haworth (thehawthornhaworth.co.uk) and enjoy grilled Yorkshire lamb. This restaurant is the former Barraclough of Haworth clockmakers, where the Brontë family got their grandfather clock, which is on display in the Parsonage Museum.

More to do

The Brontë Writing Centre holds popular writing workshops (brontewritingcentre.uk), and the Writers' Bloc bar features Brontë-themed cocktails and monthly book clubs. The Keighley & Worth Valley Railway appeared in the 1970 film *The Railway Children*, and its heritage steam train offers a nostalgic five-mile journey through neighbouring mill towns (kwvr.co.uk).

Or extend your trip overnight at the nearby Brontë Birthplace, Thornton, where you can stay in the Brontë sisters' former bedroom (brontebirthplace.com).

National Trust's East Riddlesden Hall is also worth a visit. The enchanting 17th-century manor house was used in previous *Wuthering Heights* film adaptations (nationaltrust.org.uk).

BOOK IT

Steam View Cottage is within walking distance of Haworth's cobbled streets, with two-night stays from £386 (sykescottages.co.uk). The Brontë Birthplace, Thornton, has doubles from £223 per night via Airbnb (airbnb.co.uk). For more information about planning a trip to Haworth, see visitbradford.com



Travel offers

8 days,
1st person from
£1,349
2nd person now from
£674.50

Italian Riviera

Portofino, Cinque Terre, Pisa, Lucca, Florence & Tuscany

Buy One Get One Half Price*

Special Offer for all Woman's Weekly readers

Discount offer ends 26th August 2026

using voucher code **WWHALF**

8 days, departing in Sep & Oct 2026, Apr - June, Sep & Oct 2027

Half Board & Included Excursions | Flying from 11 airports

Discover the wonderful contrasts of the Italian Riviera and Tuscany on this superb holiday to one of the most beautiful regions of Italy. With an included programme of fabulous excursions to exclusive resorts and breathtaking coastlines, historical cities and ancient towns, picturesque villages and rolling hills - this delightful holiday offers them all.

Your Holiday Includes:

- Excursion to Florence and a guided tour.
- Excursion to Portofino and boat trip.
- Excursion to Pisa and Lucca.
- Excursion to the Cinque Terre and train ticket.
- 7 nights' half board accommodation in a 3 star hotel.
- Twin/double bedroom with en-suite bathroom.
- Return flights to Pisa, luggage and hotel transfers.
- Services of a Mistral Holidays' tour manager.
- ATOL Protected.

Accommodation

The family owned three star Hotel La Pace is typical of the three star hotels we use on this holiday. All of our hotels have a bar and the continental breakfasts and evening dinners are taken in the hotel's dining room. All bedrooms have an en-suite bathroom and TV. An upgrade to a four-star hotel is available for a supplement; please visit our website for details.

Please note we use a variety of small, family run 3 or 4-star hotels in our featured resorts of Lido di Camaiore, Marina di Pietrasanta and Forte dei Marmi.



To book or for more information...

Visit **mistralholidays.co.uk**

or call **01352 756864**

quoting **WWHALF** Mon-Fri 10am-5pm



ABTA No. V0669



Open Monday to Friday, 10.00am to 5.00pm. Operated by Mistral Holidays. ABTA V0669 and ATOL protected 6900. Subject to availability and full T&C's apply. Single room supplements apply and flight supplements apply from some airports and dates. Prices are per person, based on two people sharing a twin or double room. *Discount offer applies to new air holiday bookings only and applies to the base holiday price and excludes any supplements or upgrades. Offer expires 26/08/26. Discount codes cannot be used in conjunction with any other discount codes, promotions or offers and can only be used with the holiday shown above. Prices shown are inclusive of current discounts and are subject to flight and accommodation availability. Prices are correct as of 25/06/26 and are subject to change without notice and will be confirmed upon enquiry, see our website for latest pricing, T&Cs and more holiday details. Your holiday will be accommodated in one of our selected 3- or 4-star hotels in Lido di Camaiore, Marina di Pietrasanta or Forte dei Marmi. Not all 4-star hotels include a swimming pool.

Hydrangea 'Groundbreaker Blush'

**WORLD
FIRST**

In association with
**Woman's
Weekly**

- ✓ Get all the incredible displays of a hydrangea, in a ground covering version!
- ✓ Blush-pink panicles from summer to autumn
- ✓ Compact, hardy, and irresistible to pollinators
- ✓ Ideal for border edges, containers, or patios

FREE

you
garden
gardening for everyone

- Peter McDermott, *peter*
Head Gardener

J. Price, Trusted Customer ★★★★★ **feefo**

143,000+ reviews

★★★★★ **feefo**



Gold Trusted Service Award
2016

Normally ~~£44.97~~ Offer **£27.97**

Growing success guaranteed. The best compost available to the gardener today! Supplied as a 60L and 50L bag of premium compost with **FREE DELIVERY! ITEM CODE: 100206**

the latest products and selected offers by post from other trusted retailers, charities, finance, travel, FMCG
/Privacy.

© Copyright YouGarden Limited, 2026.

Tips,
tricks
& buys

GARDEN notes

DIY feed and scented roses

SNACK HAPPY

Container plants with scarce blooms and pale or discoloured leaves could be starved of nutrients. The fertiliser in bagged compost is typically used up at 6-8 weeks. After that, it's up to you to add more. Diluted liquid seaweed gives a quick boost – apply little and often in warm weather. Or make your own feed from garden greens (check out recipes online), such as nettles, grass clippings and comfrey.



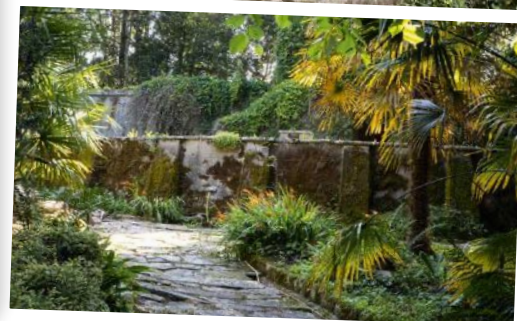
ALPINE WAY

Longing for plants but short on space? Create a mini rock garden with small alpines. Fill a shallow pot with two parts peat-free compost and one part grit. Add a couple of interesting stones, then densely plant around them. Moss campion (*Silene acaulis*), saxifrage and alpine daisy (*Aster alpinus*) are worthy choices. Top with grit and keep on a sunny windowsill or doorstep.

GARDEN TO VISIT

Arts and Crafts style meets the Mediterranean at Great Ambrook, a romantic Italianate garden on a Devon hillside. Open Fridays and selected weekends.

★ theitaliangarden.org



3 OF THE BEST...

Scented roses



'BATHSHEBA'

Train this climber around a window and let the aroma of sweet myrrh drift inside. H3m.



'LADY EMMA HAMILTON'

This prolific bloomer delivers clouds of fruity, citrus scent. H90cm.



'BOSCOBEL'

Notes of elderflower, pear and almond form the fragrance of this silky shrub rose. H90cm.

Sunburst CLUTCH

Stitch this pretty patchwork pouch in some of your favourite fabrics



FINISHED SIZE 25x16cm

YOU WILL NEED

- * Tracing paper and pencil
- * 8x12cm rectangles of nine assorted patterned cotton fabrics
- * 40cm of 110cm wide plain blue cotton fabric
- * 20x60cm rectangle of medium-weight sew-in wadding
- * 26cm zip
- * Matching sewing threads

STOCKIST

Nantucket summer charm pack,
£14.50, Sew Hot, sewhot.co.uk

**TESTED
BY US**
so they work
for you

MAKING PATTERNS & CUTTING OUT

- * On a photocopier, enlarge the patterns to 200%.
- * Trace the patterns on to tracing paper, placing the clutch on folded tracing paper, matching the broken lines to the fold.
- * Cut out the patterns and open out flat. Mark the arrows.
- * From patterned fabrics, cut nine sunrays.
- * From blue fabric, cut two pairs of clutches and two 5x2.5cm rectangles for zip-end covers.
- * From wadding, cut one pair of clutches.

Making the patchwork front

NOTE Take a 6mm seam allowance. Join pieces with right sides together and edges level.

1 Fold the wide end of each sunray in half. Pin the long side edges together. Stitch the wide ends. Clip the corners, press the seams open. Turn the sunrays right side out. Press the wide end with the seam centred to form a triangle at the wide end.

2 Arrange the sunrays in a pleasing semicircle. Pin and

stitch the first two sunrays together along one long edge. Press the seam open. Repeat to join the sunrays in a semicircular sunburst.

3 Press under 6mm on the inner curve, tack in place. With right sides facing up, pin the sunburst to one clutch, referring to the pattern for positioning. Hand sew neatly to the clutch with small slip stitches.

Making the clutch

NOTE Take a 1cm seam allowance. Join pieces with right sides together and edges level.

1 Tack wadding to the wrong side of the patchwork front and one other clutch, which will be the back. The remaining clutches will be the lining.

2 Press under 1cm on the short edges of the zip end covers. Press the covers in half parallel with the short edges with wrong sides facing. Trim an equal amount off each end of the zip, making the overall length 28cm. Slightly open the zip. Slip each end of the zip into a zip end cover, with the raw edges of the covers level with the long edges of the zip. Tack in place through the layers.

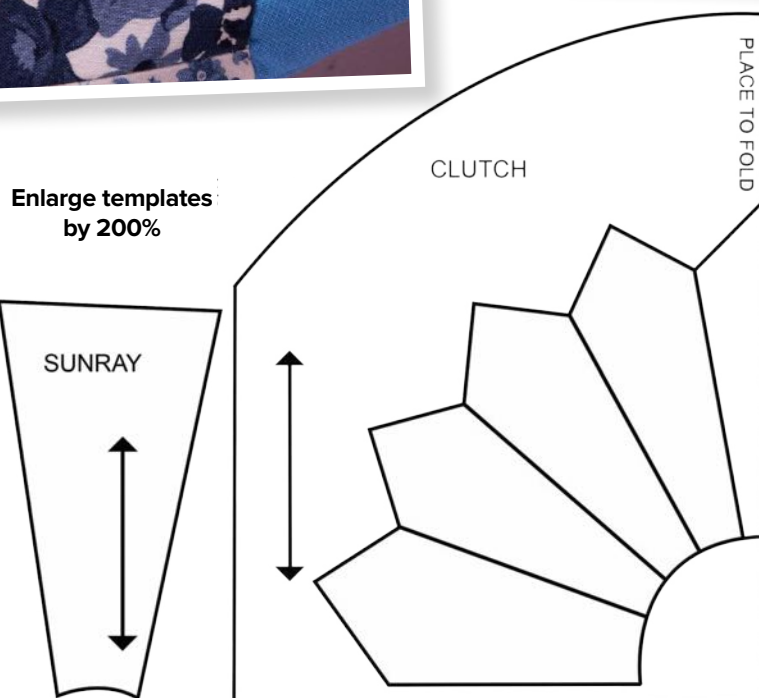
3 With the zip centred, pin and stitch the zip to the curved edge of the front. Repeat to

stitch the zip to the curved edge of the back. Press the front and back away from the zip. Topstitch the front and back close to the seams. Open the zip.

4 Pin the front and back together. Stitch the side and lower edges. Clip the corners, press the seam open.

5 Press under 1cm on the curved edges of the linings. Pin the linings together, stitch the side and lower edges. Clip the corners. Press the seam open. Turn the lining right side out.

6 Slip the clutch into the lining. Pin the pressed curved edges of lining to the zip, slip-stitch in place. Turn the clutch right side out and push the lining into the clutch.



BUILDING *sandcastles*

Humiliated, Hannah wondered what the future held for her and Matt



Hannah stumbled out of the cafe. Tears stinging her eyes, she walked briskly past the people queuing for ice cream at the kiosk. She heard Matt behind her, calling her name, but she increased her speed as she couldn't face him.

Ducking into an alleyway, she watched as he ran by on the promenade, unaware she was hiding from him.

Taking deep breaths, making sure Matt was out of sight, she made her way to a bench outside the pier and sank on to it, her mind in a whirl.

When Matt had suggested a holiday to Cornwall for her 30th birthday, she'd been so excited, hoping he might propose. She'd been sure they were soulmates. He always cheered her up whenever she felt down, and she couldn't imagine being without him.

But as the last day of their break approached, and he hadn't gone down on bended knee, she'd nervously asked if he'd like to move in with her. She couldn't quite pluck up the courage to propose marriage.

He'd hesitated for what seemed like an eternity. The whirring of the coffee machine and the laughter and

conversations of the cafe's customers had magnified Matt's shattering silence.

He'd run a hand through his dark, curly hair and eventually said, 'Hannah, I'm sorry. I'm not sure.'

Instead of staying to ask him what that meant for their future, she'd fled like a petulant child.

Now she'd had time to calm down a little, she felt foolish as well as heartbroken.

She watched a little boy on the beach digging a moat around a huge sandcastle. His dad helped him ferry buckets of water from the sea to fill it.

Once they'd finished, they stuck a colourful windmill on top of the centre turret and the dad took photos of his son standing proudly beside it.

Hannah gulped at the bittersweet memories this brought back.

She and Matt were both schoolteachers. Two years ago they'd been on a school trip to Cornwall, along with colleagues and their classes of seven-year-olds.

They'd visited a museum in the morning and the children

had been well behaved but became restless and bored after a while. So, in the afternoon, they'd gone to the beach to have some fun.

Once they arrived, Hannah had an idea and consulted with the other teachers before announcing, 'We're going to have a sandcastle-building competition.'

The pupils cheered and chattered excitedly about who was going to win.

She, Matt and the other teachers distributed the buckets and spades they'd brought with them in case they had time for a trip to the beach.

They divided the children into groups to work together to build their masterpieces.

'It's a good team-building exercise as well as allowing them to let off some steam,' Hannah winked at her fellow teachers.

'OK,' Hannah said to Matt, who was in charge of the group next to her. 'Teachers can help if needed. May the best team win.'

She smiled. 'But as you've worked with me for a few months now, you've probably realised I'm very competitive!'

Matt nodded, but strangely looked a little worried.

Hannah began working with her enthusiastic group of five kids. She glanced over at Matt.

He stood watching as Tommy tipped out his bucket and the sand collapsed into a heap.

She frowned. Why wasn't Matt helping his group, who seemed to be struggling a bit?

Matt looked across at her and ran his hands through his hair. An action she'd come to know meant he was nervous.

She was close enough to see he was gnawing his lip.

Her heart skipped a beat. Matt joining Woodlands was the best thing that had happened at the school for years. Most of the teachers, including her, admired him. As well as being handsome, with dark hair and sapphire-blue eyes, he was supportive, kind and funny.

But currently he looked as if sandcastle building was about as far from fun as it was possible to get.

'Everything OK, Matt?' she asked.

He winced and whispered, 'I, er... I've never built a sandcastle before, so I'm afraid I'm not best placed to help my group.'

'It's fallen down again, sir!' Tommy exclaimed as he emptied his bucket and the

*She'd fled like
a petulant
child*



sand spread out instead of becoming turret-shaped.

Hannah stared at Matt, not fully understanding. 'You've never built a sandcastle?'

She wasn't sure if she'd heard him right.

He shook his head. 'No. Mum brought up the four of us alone. She was great, but there wasn't money for trips to the seaside or buckets and spades or anything like that.'

As he said it, Hannah could see the earnest little boy Matt must have been. Her heart melted, and it had nothing to do with the searing sunshine.

She reflected on how lucky she'd been as a child. She and her sister must have built hundreds of sandcastles over the years on the many holidays they'd been lucky to have, both at home and abroad.

Now, she looked at the children, who shrieked with delight, concentrating hard as they emptied out their buckets. Her competitiveness blew away in the tiny breeze that had rustled up out of nowhere.

She leant closer to Matt and caught a whiff of his citrusy scent.

'The secret is to use sand that's a little wet,' she whispered. 'Then turn the bucket upside down and pat it with the spade before lifting it up.'

He smiled, revealing the dimples she loved to see every morning in the staffroom when he handed her the cup of strong coffee she needed before facing the day.

'Ah, got it! Thanks.' He looked relieved.

He accompanied Tommy and his group to the water's edge for wetter sand.

'OK, now let's decorate our castles!' Hannah said.

She looked over at Matt's group. They'd built a huge castle with many turrets and an enormous moat around it.

'Yes, great idea. Let's decorate!' Matt echoed but turned to Hannah, mouthing, 'How?' raising his palms upwards.

'You can use shells, pebbles, feathers. Anything you can find on the beach,' Hannah said loudly so Matt's group could hear too.

The children set off scouring the beach, yelling when they discovered a particularly pretty or unusual shell, or a smooth, coloured pebble, or a piece of sea glass.

Once completed, all the children's sandcastles looked magnificent and the teachers declared a draw, much to the children's disgust, boos and shouts of 'Ours is best!'

Back home after the trip, Matt asked Hannah out for a meal to thank her for her discreet help with the sandcastle building. He explained that his father had been in and out of their lives for a few months at a time before disappearing for good. Matt had been 10 years old when he'd last seen him.

'But my mum more than made up for him. She was fantastic. She made sure we were all clothed, warm and fed, even if there wasn't much money left for treats.'

He smiled, his love for his mum shining in his eyes. 'She also made sure I was able to go

to university so I could become a teacher. She wouldn't hear of me taking a job straight out of school, even though it would have helped with the finances.'

He raised his glass of white wine. 'To strong women.'

Hannah clinked glasses with him, her heart breaking for the hurt little boy he'd been.

His love for his mum was obvious, but she felt his sadness when he spoke about his dad, despite him trying to be brave and gloss over it.

They'd started dating a week later and enjoyed many trips to the seaside, where they always built a sandcastle together.

As a result, Hannah had a collection of different-shaped, multicoloured buckets and spades in her shed at home.

Hannah didn't want to return to the hotel. She wasn't ready

to see Matt yet. She had no idea what to say to him or what would happen next. She couldn't bear the thought of losing him but if he didn't want to take their

relationship to the next level, what did the future hold for them?

She stared at the flotilla of tiny sailing boats bobbing on the shimmering horizon. The sky and sea melded together in a kaleidoscope of blues.

Children ran into the water, jumping the waves and yelling as the cold hit their skin.

She decided to walk to her and Matt's favourite beach, which was a bit more secluded, a little further around the wide, sweeping bay.

As she turned the corner, she saw Matt coming up from the beach. He was wiping sand from his jeans.

Her heart jolted. Maybe subconsciously she'd come here hoping to find him. She needed to know why he didn't feel ready to make a commitment after two years.

She strode towards him. He looked up, saw her, and pulled

her into his arms before she could say anything.

'Hannah, I'm sorry I didn't say yes straight away.' His blue eyes searched hers.

She looked away. Her heart felt like a boulder in her chest. Was this the end of the road for them?

'I was scared, Hannah,' he continued. 'Scared I'll turn out like my dad and run away if things get tough. Scared I won't make a good dad if we decide to have children.'

'You'd be a great dad!' she exclaimed. 'You're brilliant with the kids at school.'

'But I realised that what I'm more scared of is losing you, Hannah,' he said, as if she hadn't spoken. The words pouring out of him like sea water from a leaking bucket.

'I want to show you something.' He took her hand and steered her down the steps to the beautiful, golden, sandy beach.

She blinked and put her hand to her mouth. He had built the most enormous sandcastle she'd ever seen. It must have had at least 10 turrets, was surrounded by a moat and decorated with hundreds of shells.

In front of it, on the sand, he'd written in huge letters, 'Hannah Will You Marry Me?'

She turned from staring at the sandcastle to see he'd actually gone down on one knee.

'Please forgive me and say yes!'

'Yes!' she laughed.

A dog walker and a couple strolling by on the promenade whooped and cheered at witnessing the unusual proposal. Yet Hannah was oblivious as she leaned in for Matt's kiss.

The tide was coming in and the waves would soon sweep away Matt's sandcastle proposal, but Hannah didn't care – because she knew their love would last a lifetime.

THE END

Sharon Haston

His blue eyes searched hers

**SO EASY
TO USE!**

Tiny Rechargeable Hearing Device

HALF PRICE OFFER*

**Buy 2
SAVE
50%**

★★★★★
**5-STAR
REVIEWS**

"I've tried so many hearing devices, but this is the BEST! And no batteries to buy!"
James Hare



**RECHARGE
WHILE YOU SLEEP**

If you struggle to hear on the phone, in noisy places, have difficulty keeping up with conversations, or turn the TV volume louder than others, then help is at hand!



**COMFORT
FIT**

**SMALL &
DISCREET**

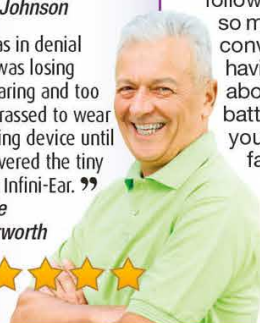


"My hearing is now crystal clear thanks to MICRO Infini-Ear, and it's so discreet and comfortable." **Jenny Martin**



"The MICRO Infini's are so small you hardly notice them, - I'm just so glad I tried them. I would highly recommend them to anyone with hearing problems." **Fiona Johnson**

"I was in denial that I was losing my hearing and too embarrassed to wear a hearing device until I discovered the tiny MICRO Infini-Ear." **Charlie Butterworth**



Using the very latest digital technology you can now enhance your hearing and live life to the full again with the new **MICRO Infini-Ear**.

DISCREET DESIGN

This amazing new super small device fits perfectly in your ear - in fact it's so discreet you can hardly notice it. Simply slip it in your ear, adjust the volume to suit your hearing needs and away you go! The design is so compact and comfortable you'll soon forget you're wearing it.

ADVANCED DIGITAL TECHNOLOGY

The advanced digital amplification circuitry will enhance your hearing without any whistles or interference that you find with cheaper imitations. And because we sell direct to customers we are able to offer the **MICRO Infini-Ear** at a very affordable price. Other companies like you to believe that improved hearing costs a fortune, but not with the **MICRO Infini-Ear**.

SAVE MONEY! NO MORE BATTERIES!

And an added bonus is that you'll never have to worry about the cost of replacement batteries. The **MICRO Infini-Ear** is fully rechargeable! Just pop it into the charger and turn it on. You can charge them while you sleep so they are ready for the following day. It's so much more convenient than having to fiddle about with batteries. Ditch your old-fashioned fiddly device and try the new **MICRO Infini-Ear**.

**BUY 2 &
SAVE 50%**

As part of our introductory launch we are selling the **Micro Infini-Ear** at **HALF PRICE**, when you buy 2, **SAVING £120**. The **Micro Infini-Ear** comes complete with charging unit which also doubles up as a storage case.

Super small device brings discreet and enhanced hearing.

- ✓ **Advanced digital technology**
- ✓ **Super small discreet device**
- ✓ **Adjustable volume**
- ✓ **Comfort fit**
- ✓ **No whistles or interference**
- ✓ **Rechargeable - no more batteries**
- ✓ **Complete with charging unit**

ORDER NOW, ONLINE @ livingrange.co.uk/EAR745
or call our 24-hour UK Order Line
Living Range 0808 156 4989
For Everyday Needs quoting discount code EAR745

Post to: **Living Range, Discount Code EAR745, Unit 9, Romsey Ind. Est., Greatbridge Rd., Romsey, Hants SO51 0HR**
☐ I enclose a cheque/PO payable to Living Range for £
☐ Please charge my credit/debit card (tick): ☐ VISA ☐ M/C ☐ AMEX

SIGNATURE _____ EXPIRY ☐ ☐ ☐

Title _____ Name _____

PLEASE PRINT Address _____

Post Code _____

IMPORTANT: Please include in case we need to contact you about your delivery:

Telephone _____

Email _____

We will send you other offers for this and similar products, if you do not want these offers tick this box ☐ We may also share your postal details with selected charities and approved companies selling similar health and lifestyle products. If you do not want these offers tick this box ☐

If you have bought a health product, these offers will be tailored to similar health products, so they are relevant to you.

If you are happy to have these offers tailored like this, tick here ☐

Delivery within a week but allow 21 days. Refund policy of 90 days. If not all items are returned, refund will be pro rata. Risk free trial offers for first order only. P&P non-refundable. All returns are subject to a £2.95 returns processing fee. Privacy policy www.livingrange.co.uk/privacy or call/write to the number/address above. Living Range is a trading style of Prime Star Shop Ltd. ©Prime Star Shop Ltd.

Tick	Please send me:	Price
☐	SAVE 20.00 1x MICRO Infini-Ear £119.95	£99.95
☐	HALF PRICE OFFER* 2x MICRO Infini-Ears £239.90	£119.90
☐	Additional Tips (Set of 4)	£2.95
☒	Insured P&P	£3.95

TOTAL £

EAR745

Fringe BENEFITS

Use bright cottons to create a pretty garment for a toddler



**TESTED
BY US**
so they work
for you

Instructions overleaf

Crochet

MEASUREMENTS

To fit 18-24 months.

Actual chest

measurement 56cm/22in.

Length excluding straps and fringe 23cm/9in.

MATERIALS

3 x 20g (43m) balls of Sirdar Happy Cotton DK (100% cotton), in Pink (Giggle 795), and 1 ball in each of Turquoise (Seaside 784), Light Blue (Bubbly 785), Orange (Juicy 792), Green (Wicket 781), Lilac (Tea Time 751), Mid Blue (Yacht 786) and Red (Cherryade 754)*. Size 4mm crochet hook.

TENSION

Each completed square measures 10x10cm.

ABBREVIATIONS

BLO, back loop only; **ch**, chain; **ch-sp**, chain space; **cl**, cluster; **dc**, double crochet; **dtr**, double treble crochet; **htr**, half treble crochet; **slst**, slip st; **st(s)**, stitch(es); **tr**, treble crochet; **yrh**, yarn round hook.

NOTES

Choose colours for A, B, C, D and E as desired. Yarn amounts are based on average requirements and are approximate. Pattern uses UK crochet terms. Figures in square brackets are worked as stated after 2nd bracket.



SQUARES (MAKE 8)

1st round: Wind A around index finger of left hand to form slip ring, insert hook in ring, yrh and pull loop through, working into ring, 3ch, (counts as 1tr), 1tr in ring, slst to top of 3ch, pull end of yarn tightly to close ring, fasten off – 12 sts.

2nd round: Join B between any 2 tr, 3ch (counts as 1htr and 1ch), [1tr between next 2 tr, 1ch] to end, slst in 2nd of 3ch, fasten off – 12 ch-sps.

3rd round: Join C to any ch-sp, 2ch, [yrh, insert hook in same ch-sp as join, yrh and pull through, yrh and pull through 2 loops on hook] 3 times, yrh and pull through all 4 loops on hook – cl made, 2ch, *yrh, insert hook in next ch-sp, yrh and pull through, yrh and pull through 2 loops on hook, [yrh, insert hook in same ch-sp, yrh and pull through, yrh and pull through 2 loops on hook] 3 times, yrh and

pull through all 5 loops on hook – cl made, 2ch; repeat from * 10 times more, slst in top of first cl, fasten off.

4th round: Join D to any ch-sp, 3ch, (1dtr, 2ch, 1dtr, 1tr) all in same ch-sp, *[3tr in next ch-sp] twice, (1tr, 1dtr, 2ch, 1dtr, 1tr) all in next ch-sp; repeat from * twice more, [3tr in next ch-sp] twice, slst in top of 3ch, fasten off.

5th round: Join E to any corner ch-sp, 3ch, (1tr, 2ch, 2tr) all in same ch-sp, [1tr in next 10 sts, (2tr, 2ch, 2tr) all in next ch-sp] 3 times, 1tr in next 10 sts, slst to top of 3ch, fasten off.

6th round: Join B to any corner ch-sp, 2ch, (1dc, 2ch 2dc) all in same ch-sp, [1dc in next 14 sts, (2dc, 2ch, 2dc) all in next ch-sp] 3 times, 1dc in next 14 sts, slst in top of 2ch, fasten off.

Weave in all ends.

TO MAKE UP

Arrange Squares using photograph as a guide. With right side facing and Pink, join Squares from corner to corner with slst in BLO of two corresponding sts on each Square. Press work before joining last two Squares. Join remaining two Squares on both sides to form a tube.

Lower edging: **1st row:** With right side facing, join Pink to 3rd st from inner corner on 1st Square, 2ch (counts as 1dc and 1ch), miss next st, *[1dc in next st, 1ch, miss 1 st] 7 times,

(1dc, 1ch, 1dc) all in outer corner ch-sp, [1ch, miss 1 st, 1dc in next st] 7 times, 1ch, miss 1 st, insert hook in next st, yrh and pull through, insert hook in 3rd st from inner corner of next Square, yrh and pull through, yrh and pull through 3 loops on hook; repeat from * twice more, [1dc in next st, 1ch, miss 1 st] 7 times, (1dc, 1ch, 1dc) all in outer corner ch-sp, [1ch, miss 1 st, 1dc in next st] 7 times, 1ch, miss 1 st, insert hook in next st and into first ch of 2ch on 1st Square, yrh and pull through, fasten off and weave in ends.

Top edging: Working 4ch instead of 1ch at each outer corner, work as for Lower edging.

Ties (make 4): With Pink, make 60ch.

1st row: 1dc in 2nd ch from hook, 1dc in each ch to end, fasten off.

Insert end of each tie into 4ch-sp at top of each outer corner, fold back to wrong side and stitch securely.

Lower fringing: Cut Pink into 132 x 30cm lengths. Using two lengths at a time, work fringes into ch-sp along lower edge by folding in half, inserting central loop into ch-sp, passing ends through loop and pulling to secure. Trim ends.

*** If you have any queries about this pattern, please contact knitting and crochet editor Sarah at sarah.neal@futurenet.com**

*YARN SUBJECT TO AVAILABILITY

NEXT WEEK
Ribbed
vest top

The
knitting
NETWORK

Buy your yarn

at theknittingnetwork.co.uk,
the UK's favourite online
yarn store. Delivery is FREE
on orders over £35 and
orders are dispatched
the same working day.
Visit the website today
or call 01795 570303.

Lines are open Monday to
Friday, 9am-5pm.



DESIGN: TINA EGGLETON. PHOTOS: RICHARD BUTCHER

COUNTRY
COLLECTION

Distinctive style for **Town & Country**

Don't Let a Shower Spoil Your Day

**Lightweight packable
rain jackets in three
beautiful prints**

**Special introductory
price £29**

A lightweight, practical rain jacket made from 100% polyester. It features a full zip, adjustable hood, waist, and hem, plus front pockets. The jacket is packable and can fold into its own pocket - ideal for unpredictable weather. Back length approx. 36".

Machine washable.

S (10-12) M (14-16) L (18-20) XL (22-24)

WX7 DA Daisies **only £29**

WX7 SW Swans **only £29**

WX7 BD Birds **only £29**

Delivery ~~£5.50~~ **FREE**

- Lightweight & Practical
- Two Front Pockets
- Full Zip, Adjustable Hood, Waist & Hem
- Foldable Into Jacket Pocket
- Machine Washable

Phone **0333 241 4498**

Monday-Friday 9am-6pm,

Saturday 9am-5pm

Offer code
WW316

Order online

countrycollection.co.uk

Hurry offer ends 29th August 2026

**Only £29
& FREE
Delivery**

Swans

Daisies

Birds

REF	SIZE	QTY	PRICE	TOTAL
			only £29	
			only £29	
			only £29	

Offer code **WW316**

Delivery

Grand Total

~~£5.50~~ **FREE**

Phone **0333 241 4498**

I enclose a sterling cheque payable to Country Collection or charge my Mastercard, Visa or American Express card no:

[illegible]

Expiry date					
-------------	--	--	--	--	--

Last 3 digits on the signature strip on reverse.
4 digits on the front of the card for AMEX.

Post to: Country Collection, FREEPOST CE451, Dept. WW316, Craw Hall, BRAMPTON, Cumbria CA8 1BR

COUNTRY
COLLECTION

Please tick the relevant box if you **do not** wish to receive:
☐ Email ☐ SMS/Text Message.

Please tick if you **do not** want to receive offers from other carefully selected companies ☐.
See www.countrycollection.co.uk for additional information.

BLOCK CAPS PLEASE

Name (Title) _____

Address _____

1883 1884 1885 1886 1887 1888 1889 1890 1891 1892 1893 1894 1895 1896 1897 1898 1899 1900 1901 1902 1903 1904 1905 1906 1907 1908 1909 1910 1911 1912 1913 1914 1915 1916 1917 1918 1919 1920 1921 1922 1923 1924 1925 1926 1927 1928 1929 1930 1931 1932 1933 1934 1935 1936 1937 1938 1939 1940 1941 1942 1943 1944 1945 1946 1947 1948 1949 1950 1951 1952 1953 1954 1955 1956 1957 1958 1959 1960 1961 1962 1963 1964 1965 1966 1967 1968 1969 1970 1971 1972 1973 1974 1975 1976 1977 1978 1979 1980 1981 1982 1983 1984 1985 1986 1987 1988 1989 1990 1991 1992 1993 1994 1995 1996 1997 1998 1999 2000 2001 2002 2003 2004 2005 2006 2007 2008 2009 2010 2011 2012 2013 2014 2015 2016 2017 2018 2019 2020 2021 2022 2023 2024 2025 2026 2027 2028 2029 2030 2031 2032 2033 2034 2035 2036 2037 2038 2039 2040 2041 2042 2043 2044 2045 2046 2047 2048 2049 2050 2051 2052 2053 2054 2055 2056 2057 2058 2059 2060 2061 2062 2063 2064 2065 2066 2067 2068 2069 2070 2071 2072 2073 2074 2075 2076 2077 2078 2079 2080 2081 2082 2083 2084 2085 2086 2087 2088 2089 2090 2091 2092 2093 2094 2095 2096 2097 2098 2099 2100 2101 2102 2103 2104 2105 2106 2107 2108 2109 2110 2111 2112 2113 2114 2115 2116 2117 2118 2119 2120 2121 2122 2123 2124 2125 2126 2127 2128 2129 2130 2131 2132 2133 2134 2135 2136 2137 2138 2139 2140 2141 2142 2143 2144 2145 2146 2147 2148 2149 2150 2151 2152 2153 2154 2155 2156 2157 2158 2159 2160 2161 2162 2163 2164 2165 2166 2167 2168 2169 2170 2171 2172 2173 2174 2175 2176 2177 2178 2179 2180 2181 2182 2183 2184 2185 2186 2187 2188 2189 2190 2191 2192 2193 2194 2195 2196 2197 2198 2199 2200 2201 2202 2203 2204 2205 2206 2207 2208 2209 2210 2211 2212 2213 2214 2215 2216 2217 2218 2219 2220 2221 2222 2223 2224 2225 2226 2227 2228 2229 2230 2231 2232 2233 2234 2235 2236 2237 2238 2239 2240 2241 2242 2243 2244 2245 2246 2247 2248 2249 2250 2251 2252 2253 2254 2255 2256 2257 2258 2259 2260 2261 2262 2263 2264 2265 2266 2267 2268 2269 2270 2271 2272 2273 2274 2275 2276 2277 2278 2279 2280 2281 2282 2283 2284 2285 2286 2287 2288 2289 2290 2291 2292 2293 2294 2295 2296 2297 2298 2299 2300 2301 2302 2303 2304 2305 2306 2307 2308 2309 2310 2311 2312 2313 2314 2315 2316 2317 2318 2319 2320 2321 2322 2323 2324 2325 2326 2327 2328 2329 2330 2331 2332 2333 2334 2335 2336 2337 2338 2339 2340 2341 2342 2343 2344 2345 2346 2347 2348 2349 2350 2351 2352 2353 2354 2355 2356 2357 2358 2359 2360 2361 2362 2363 2364 2365 2366 2367 2368 2369 2370 2371 2372 2373 2374 2375 2376 2377 2378 2379 2380 2381 2382 2383 2384 2385 2386 2387 2388 2389 2390 2391 2392 2393 2394 2395 2396 2397 2398 2399 2400 2401 2402 2403 2404 2405 2406 2407 2408 2409 2410 2411 2412 2413 2414 2415 2416 2417 2418 2419 2420 2421 2422 2423 2424 2425 2426 2427 2428 2429 2430 2431 2432 2433 2434 2435 2436 2437 2438 2439 2440 2441 2442 2443 2444 2445 2446 2447 2448 2449 2450 2451 2452 2453 2454 2455 2456 2457 2458 2459 2460 2461 2462 2463 2464 2465 2466 2467 2468 2469 2470 2471 2472 2473 2474 2475 2476 2477 2478 2479 2480 2481 2482 2483 2484 2485 2486 2487 2488 2489 2490 2491 2492 2493 2494 2495 2496 2497 2498 2499 2500 2501 2502 2503 2504 2505 2506 2507 2508 2509 2510 2511 2512 2513 2514 2515 2516 2517 2518 2519 2520 2521 2522 2523 2524 2525 2526 2527 2528 2529 2530 2531 2532 2533 2534 2535 2536 2537 2538 2539 2540 2541 2542 2543 2544 2545 2546 2547 2548 2549 2550 2551 2552 2553 2554 2555 2556 2557 2558 2559 2560 2561 2562 2563 2564 2565 2566 2567 2568 2569 2570 2571 2572 2573 2574 2575 2576 2577 2578 2579 2580 2581 2582 2583 2584 2585 2586 2587 2588 2589 2590 2591 2592 2593 2594 2595 2596 2597 2598 2599 2600 2601 2602 2603 2604 2605 2606 2607 2608 2609 2610 2611 2612 2613 2614 2615 2616 2617 2618 2619 2620 2621 2622 2623 2624 2625 2626 2627 2628 2629 2630 2631 2632 2633 2634 2635 2636 2637 2638 2639 2640 2641 2642 2643 2644 2645 2646 2647 2648 2649 2650 2651 2652 2653 2654 2655 2656 2657 2658 2659 2660 2661 2662 2663 2664 2665 2666 2667 2668 2669 2670 2671 2672 2673 2674 2675 2676 2677 2678 2679 2680 2681 2682 2683 2684 2685 2686 2687 2688 2689 2690 2691 2692 2693 2694 2695 2696 2697 2698 2699 2700 2701

Postcode

Mobile

Email _____

FREE DELIVERY

FREE RETURNS

NO TIME LIMIT GUARANTEE

Echoes in THE WIND

Laurel's solo Greek adventure had begun – but had she made a terrible mistake?

THE STORY SO FAR

Flattered to call handsome Nate her boyfriend, Laurel doesn't see the warning signs – that he is vain and self-centred. After her mother Hestia pointedly tells her about the ancient Greek myth of Narcissus, who spurned the love of beautiful Echo because he was obsessed with his own reflection, the penny eventually drops. When Laurel is then made redundant from her hotel job, she tells Nate that she needs space and she nervously sets off for a solo adventure around the Greek Islands. She arrives in Hydra, her first port of call, which seems heavenly, although Nate's parting shot about her 'not lasting five minutes' on her own is still ringing in her ears.

Laurel woke up to sunshine streaming through the blue wooden slats in her bedroom and the sound of donkeys' hooves clattering on the cobbled street below.

Getting out of bed, she went to sit on her little balcony, so she could watch the comings and goings as the island was also waking up.

Endless days stretched ahead of her and she wanted to make the most of every moment of her new-found freedom. Also, if she was honest, she didn't want to lie in bed in case thoughts of Nate came creeping in.

She was so happy she'd found this pretty apartment, and Maria, who ran it, had been lovely when she'd welcomed her the night before, marking up a map of the island with all kinds of recommendations.

Looking at it now, Laurel wondered what she should do with her first day. She was so used to Nate calling all the shots when it came to plans, she'd almost forgotten how to make up her own mind.

Suddenly, her tummy rumbled and she realised that she was feeling famished.

Great for breakfast, Maria had written on the map in curly writing beside a place called Cafe Cohen.

Fifteen minutes later, Laurel found the cafe in a small square

with a tree in the centre. The sun was already beating down fiercely and she sat at a table beneath the tree's spreading branches, grateful for the shade.

She took a photo of the scene and sent it to her mother.

Hestia replied at once. *How wonderful! The cafe must be named after Leonard Cohen! He used to spend summers in Hydra. Have a great day, darling. I'm just off to my mindfulness class.*

The message gave Laurel a pang of homesickness. When would she see her mum and her best friend Ella again? She had been on such a mission to get away from Nate before he managed to change her mind and get her to stay, she hadn't even booked a return flight.

She found the cafe in the square

'You'll be reunited at the end of this adventure,' she reminded herself sternly. 'Whenever and whatever that might be.'

Unused to going out alone, she felt slightly self-conscious and sat with her head down, studying the simple menu as if it were a vital exam.

A smiling waiter appeared. '*Kalimera*,' he said. 'English?'

Laurel reddened. 'Yes, I am. And, um... *kalimera*.' The Greek word for 'good morning' was the only one she knew.

She ordered coffee, orange juice and eggs, all of which tasted delicious.



Along with her bill, the waiter brought a slice of cake. 'A gift from my mother, she bake this today,' he said. 'I think you stay at Maria's house? She is my cousin.'

Laurel wasn't surprised that everyone knew each other's business in this friendly little town. Charmed, she ate the cake in three bites, which made the waiter beam all the more.

Fortified, Laurel spent a happy morning exploring the town, noticing the sleepy cats and bearded priests with flowing black robes.

Up the hill, away from the harbour's clothes shops, bakeries and bars, there were dusty back streets, grocery stores with strips of multicoloured plastic hanging in the doorways, and old-fashioned pharmacies smelling of handmade soap. She resisted the urge to buy any, as she needed every inch of space in her bulging backpack.

Later at the harbour, fishermen were selling the day's catch, and boat hands were calling out to passing tourists. 'Book your round-the-island trip here! See the hidden



coves and caves! Lunch and drinks included!

Laurel approached the boat Maria had circled on the map and booked a ticket for the following day.

'You're welcome,' the moustachioed man twinkled. 'I am Captain Yanis, Maria's uncle.'

Laurel smiled, then headed to one of the bars. Sipping a glass of rosé, she watched the paling sun set behind the mountains. It really was beautiful.

Only, once dusk fell, she suddenly felt alone amid the couples strolling arm in arm, and groups of friends laughing and drinking. She wondered what Nate was doing. Did he miss her?

Going down that route was against all the rules she'd promised herself she'd stick to, but the years they'd been together couldn't be erased in a puff of smoke. Nate had never been flavour of the month with her mum, or any of her friends for that matter, but she'd been flattered when she'd caught his eye. She'd never been confident about her looks and he was gorgeous, so sure of himself. She would never meet anyone like him again, and he

would certainly never forgive her for leaving him. Had she made a terrible mistake?

She was so deep in thought that when someone pulled out the chair beside her, she jumped.

It was Maria, her long-lashed eyes full of concern. 'Why do you look so sad?' she asked.

Laurel rallied, told her she was fine, had just been lost in thought.

Maria ordered more wine and they were soon chatting as if they'd known each other for years.

'I've met lots of your relations today,' Laurel laughed.

'The island is small,' Maria shrugged. 'And my family's big.' She explained that as well as managing several holiday apartments on Hydra, she was a wife, mother, historian and occasional psychic. 'And you?'

Laurel thought 'single, redundant hotel worker' sounded so lame by comparison, she just muttered something about being in hospitality and needing a career break. 'Greece is the perfect place for thinking about your

future,' Maria told her. 'Before you leave the island, I'll give you a reading.'

Early next morning, before heading to Captain Yanis' boat, Laurel had breakfast in Cafe Cohen. This time, she had a bowl of yogurt with local honey. 'Nectar of the Greek gods,' she thought, licking her lips.

She was beginning to enjoy her own company and having these little chats to herself. It was a stark contrast to being with Nate, who would dominate conversations and laugh at her if she said something he considered 'weird', telling her, 'You sound like your woo-woo mum.'

'Why didn't I stand up for myself?' Laurel now wondered.

It was a huge question, which she had no time to answer because she could hear the boat's horn sounding from the harbour, telling passengers it was time to board. Captain Yanis was waiting, his nut-brown arm extended to help her down the gangplank.

As they chugged out of the harbour into the wide, sparkling sea, Laurel sat back, a smile on her face as she lifted it to the sun. She was leaving the

stresses of the past weeks behind, like the boat's white wash in the water.

Telling his passengers to watch out for dolphins, Captain Yanis pointed

out ancient monasteries on the cliffs, and pine forests that swept down to the shore.

They stopped for half an hour so passengers could climb down rope ladders into the sea. Laurel lay back in the warm water gazing up into an azure sky. Bliss.

Finally, Captain Yanis steered the boat into a secluded cove. On the beach, the crew barbecued lamb kebabs, and served them on paper plates with warm pitta bread and Greek salad. The most delicious

lunch Laurel had ever had.

Afterwards, as she lay lazily on the sand, the peace was shattered by people whooping and the loud thumping of drum and bass.

Opening her eyes, she saw a huge superyacht with an American flag had dropped anchor in the bay. Before long, its noisy passengers were roaring around on jet skis, and when they tired of that, a huge inflatable banana towed by a speedboat.

One of the young men fell off the banana and swam to the beach, where he approached Laurel, dripping water on to her towel.

'Hey, I'm Kayden,' he said, displaying perfect white teeth. 'Wanna ride back to Hydra?'

His astonished expression when she turned him down reminded her of Nate when he didn't get his own way. And Captain Yanis looked at her with new respect as they got back on board.

Over the next days, Laurel settled into the rhythms of island life. She was becoming a familiar face around town, and locals greeted her with a *kalimera* or *kalispera*, depending on the time of day.

Early one morning, she decided to mix things up with a walk in the hills. After a long, hard climb to a lookout point, she sat on a stone bench and ate the pastry she'd bought from Cafe Cohen.

She breathed in the scent of pine needles, but there was something else in the air... the unmistakable smell of burning wood!

In the near distance, she could see grey smoke, wisps that were darkening by the minute. A forest fire!

Instinct made her get out her phone, but who to call? Even if she knew the fire brigade's number, how would they get here when Hydra had no cars?

'Call Maria!' she thought.

CONTINUED OVERLEAF

*She
could
see grey
smoke*

'She'll know what to do.'

When Maria's phone went to voicemail. Laurel left a garbled message. The air was getting hotter and the fumes were beginning to reach her lungs.

She was half-running, half-walking back down the hill when she saw a gang of men with hosepipes running towards the fire. They were shouting to each other in Greek.

One man held out his hand to her. 'Come, I take you back,' he said.

Together, they stumbled down the path until they reached the harbour, which had turned into a hub of activity.

Overhead, little planes were already flying to dump water on the fire.

'This is thanks to you,' the young man said in good English. Then he added, 'I am Dimitri, I'm...'

Laurel laughed. 'Don't tell me. You're Maria's cousin.'

He nodded, beaming, before waving goodbye as he went to rejoin the other volunteers.

Laura was ordering a cold drink outside a bar when Maria phoned. 'Where are you?' she said. 'I'm coming now.'

Within minutes, she was there, enveloping Laurel in a hug. 'Thank goodness you are safe!' she gabbled. 'I missed your call by seconds, but your voicemail meant that I could send for help straight away.'

Then she lowered her voice. 'My uncle is head of police...'

'Of course he is,'

Laurel thought.

'...he says the fire started because some idiot set off fireworks from their yacht.'

Before long, Maria had a call from Dimitri to say the fire was under control. 'He wanted to know how you were,' she twinkled. 'I think he likes you.'

'Hmm,' thought Laurel. 'The last thing I need is a man to mess up my plans.'

People kept stopping to talk to Maria, and when she told them that Laurel had raised the alarm, they all

wanted to shake her hand.

Everyone fell silent when they saw police marching towards the end of the harbour, where the biggest yachts were moored. On their return, they were leading several men in handcuffs, who were looking intently at the ground to avoid the fury on the locals' faces.

One man glanced up and caught Laurel's eye. It was Kayden, the brash American from the beach! Setting off fireworks close to forests was just the kind of mindless thing those guys would do, Laurel thought.

She later heard that they had been fined and ordered to leave the island.

A few days after the drama, posters appeared for the island's annual run. Maria explained the tradition was based on the myth of Atalanta, a huntress who challenged her suitors to a race. Atalanta wanted to marry the winner and kill the losers, which, as Maria pointed out, was a little extreme for a holiday island. Hydra's version was a running race for the men of the town. The winner was awarded a golden apple, which he could present to the girl he liked best. Afterwards, there would be a big party.

Laurel loved watching the preparations, the runners' course being marked out, the children rehearsing their dances, the fairy lights going up in the palms.

When Maria asked her to join her table at the finishing line, Laurel was thrilled. 'That's such an honour!' she gasped. She hadn't even noticed that she'd not given Nate a thought for days.

On the evening of the race, excitement was in the air as the men lined up at the starting line, wearing traditional white shirts and red, knee-length breeches.

'Far more glam than the London Marathon,' Laurel thought.

As they set off, she spotted Dimitri and Maria's cousin from Cafe Cohen, along with several other waiters and Captain Yanis himself. Whoever won was bound to be one of Maria's family!

As the crowd of runners neared the finish, women of all ages went wild. It was neck and neck, then Dimitri pulled forward and sprinted across the line.

'It's all that firefighter training he's had to do,' Maria said as she and Laurel cheered.

The crowd quietened and began to clap slowly as Dimitri walked to the plinth where the golden apple awaited. He lifted it from its plush silk cushion, then made his way towards Laurel's table and, with a courtly bow, presented it to her.

'Help! Wha-do-I-do?' Laurel asked Maria out of the corner of her mouth.

'Just smile and take it,' she replied.

Tradition dictated that the winner and his chosen one dance the first dance. As a

victorious Dimitri twirled her around and cameras clicked in her face, Laurel felt like a bride – worryingly so.

'Now you are my girl,' Dimitri declared.

She had to put him straight. She explained she was honoured he'd selected her, but that she definitely wasn't *his* or anyone else's girl.

Dimitri looked crestfallen and slunk off to change.

'I feel terrible!' Laurel wailed to Maria.

'Don't be,' her friend said. 'This is the 21st century. Women can no longer be won in a race!'

In the days after the race, Laurel seemed to keep bumping into Dimitri, all crestfallen and puppy-dog eyes.



'Take no notice,' Maria said. 'He already has at least one girlfriend in Athens.'

It confirmed to Laurel what she had been thinking – that it was time to move on. Maria told her she'd give her a psychic reading before she left. Laurel had never had one before, and she had always resisted Hestia when she urged her to try anything spooky. But wasn't the whole point of travel to expand the mind?

The night before Laurel was due to catch her next ferry, Maria arrived at the apartment with a black lace shawl over her head. She lit candles and incense sticks, then took Laurel's hand.

After a while, she went into a semi-trance. 'Many experiences await you,' she said, her voice light and lilting. 'But only one man. I see him – strong, impatient, dark-eyed. He's laughing. Very loudly...'

Nate! She had never even mentioned him to Maria, but her description was unmistakable. Was he her destiny after all?

Unbeknown to Laurel – 1,500 miles away in the UK – her mum Hestia was at a workshop on 'manifesting' at her local community centre. Learning about the power of positive thinking, she was fervently sending a message her daughter's way. 'Laurel is free. Laurel is happy in Greece. Laurel will never, ever go back to narcissistic Nate...'

TO BE CONTINUED
Christabel Smith



Great reads

Zoe West shares her picks for the week

Villa Coco

by Andrew Sean Greer
(£16.99, HB, Hodder & Stoughton)

Reviving the 'charm novel' with this warm, witty tale set in a crumbling Tuscan villa, Andrew Sean Greer crafts a story you won't want to leave. When a young American archivist arrives to catalogue the belongings of a formidable 92-year-old baronessa, he becomes absorbed into the rhythms of her eccentric household. From chasing a marten to pilfering an urn at a funeral, his tasks become increasingly absurd. But beneath the gentle humour and lazy summer days lie thoughtful reflections on youth, friendship, mortality and the passage of time.

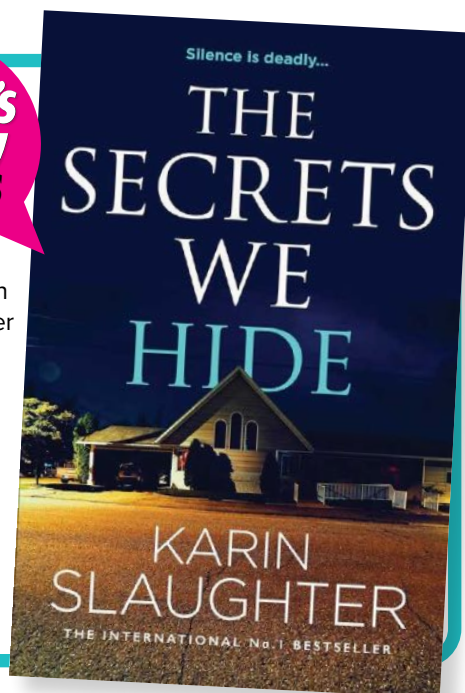


The Secrets We Hide

by Karin Slaughter
(£22, HB, HarperCollins)

Just after attending her mother's funeral, acting sheriff Emmy Clifton is faced with the brutal attack on fellow officer Allison and her daughter Mandy. But who would want Allison dead? Pitted in North Falls for staying with an abusive partner, she had no obvious enemies. Suspects include a mystery man Mandy met and a past criminal. With help from her estranged sister Jude, an FBI psychologist, Emmy battles grief and unpopularity while uncovering the clues Allison left behind. Clever twists and shocking revelations from the past make this a must-read for summer.

Woman's Weekly
LOVES



Rewilding

by Jane Green
(£16.99, HB, HarperCollins)

Looking for your second act? This fiercely honest memoir about reclaiming your life at any age could be the perfect companion. At 55, Jane Green stopped conforming to reconnect with the vibrant, creative woman she once was. Green's storytelling is raw and relatable, and a reminder that it's never too late to choose yourself and live unapologetically.



The Queen's Painter

by Wendy Holden
(£20, HB, Headline)

Anne Boleyn's rise and fall is seen through the eyes of painter Hans Holbein in Wendy Holden's vivid retelling. From her dazzling courtly influence to her execution, Tudor splendour is always shadowed by fear. As Holbein's skill earns Henry VIII's attention, he must balance his loyalty to Anne with the dangerous rivalries and schemes at court. Sent across Europe with Thomas Wyatt to paint the king's future bride, Holbein learns that true power may rest with the artist holding the brush.



Natural Disaster

by Lisa Owens
(£16.99, HB, Little, Brown)

Lisa Owens captures the chaos and tenderness of modern motherhood with painful honesty. Following one mother across a single, impossible day before she returns to work, Owens balances absurd comedy with quiet heartbreak, finding meaning in exhaustion, frustration and fleeting moments of joy. Anyone who has raised children will feel deeply seen by this fully realised portrait of family life, identity and survival.



Get six issues of
Woman's Weekly for just £1*

SUBSCRIBE ONLINE AT

magazinesdirect.com/xwk/DJ94T

Call 0330 333 1113 and quote code DJ94T.

Offer closes 31 October 2026. Open to new subscribers only, when paying by UK Direct Debit. *After your first six issues, your payments will continue at £18.25 every three months, saving 24% on the full three-monthly subscription price of £24.33.

We will notify you in advance of any price changes.

For full terms and conditions, visit magazinesdirect.com/page/terms-and-conditions. For enquiries, please email help@magazinesdirect.com.

PAY
LESS THAN
IN THE
SHOPS

GET IN TOUCH

and let us know what you're reading – we love to hear your recommendations.
Email zoe.west@futurenet.com or drop us a post @zoeannewest

Puzzle TIME

Wordwise

You have 15 minutes to find as many words as possible using the letters in the grid. Each word must contain four or more letters, one of which must be the central square. No proper nouns, plurals or foreign words are allowed. There is one nine-letter word in the grid, for which the clue is: **Decoration, embellishment.**

E R G
I U A
N R T

Average = 15 More than 35 = well done

SUDOKU

To solve this puzzle, fill in the grid so that each 3 x 3 box, each row and each column contains the numbers 1 to 9.

	4		1	6			3	
		9	8		7			4
7			5			1	6	
8						4		5
	3			9			7	
9		4						3
		6			4		8	2
5			3		6	7		
	7			2	1			

**YOU CAN
WORK IT OUT...**

LINKWORDS

Fit 10 words into the grid so that each links with the end of the word on its left and the beginning of the one on the right. Then unscramble the letters in the shaded squares to make a word.

CLUE: An essential amino acid obtained through diet.

SUN										POT
SUGAR										BY
HUMAN										TRAIL
RAW										CONTEST
SPIN										UP
MEDICAL										DOLITTLE
LADIES										HUMOUR
PREMIER										FINAL
CARRIER										PIE
SOOTH										GRACE

Codeword

A codeword is like a crossword puzzle but there are no clues!

Every letter of the alphabet has been replaced by a number, the same number representing the same letter throughout the puzzle. Just decide which letter is represented by which number. To start you off, we've revealed the codes for three letters. Once you've filled in these letters throughout the puzzle, you'll have enough info to guess words and discover other letters. Use the letter checklist and letter grid to keep track of the letters you have found.

1	2	3	4	5	6	7	8	9	10	11	12	13
			T									
14	15	16	17	18	19	20	21	22	23	24	25	26
											A	R

/ A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

			10		1			7		17				
7	17	22	4	9	26		13	16	14	14	9	16	4	10
	22		16		22		25		7		2		25	
15	25	26	26	25	4	9	26		6	12	7	6	21	10
	23		17		12		26		4		15		7	
15	9	4	22	6	7	11	9	25	26	17	10			
	15		7				4		22			6		
18	25	26	26	7	17			6	12	7	8	16	7	
	14				7		4			23		10		
			13	25	13	7	26	1	7	22	23	12	4	10
	19		14		25		7		24		4		9	
4	22	15	22	7	26		11	25	13	4	22	10	5	10
	20		7		4		14		9		5		7	
26	7	4	26	22	7	20	7		10	12	7	26	26	3
			10		17			7		26				

Jumbo puzzle

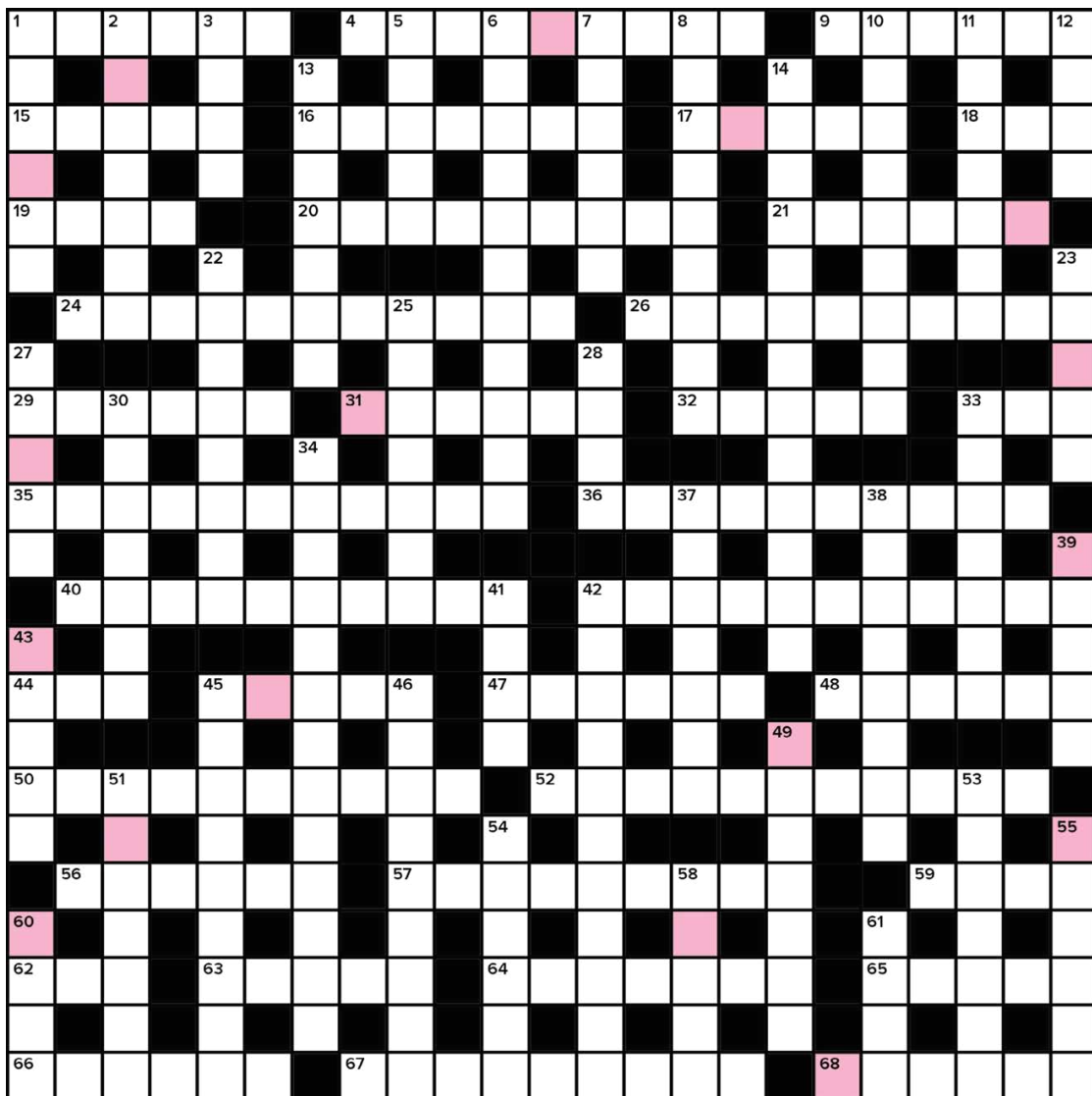
Read down the letters in the shaded squares to spell out a **Caribbean country (9,8)**.

ACROSS

- 1 Burial casket (6)
- 4 Home (9)
- 9 Scowls (6)
- 15 Month (5)
- 16 OK (7)
- 17 Amid (5)
- 18 Boy (3)
- 19 Naming word (4)
- 20 Pact (9)
- 21 Food fish (6)
- 24 Alliance (11)
- 26 Wasteland (10)
- 29 Calculate (6)
- 31 Artillery weapon (6)
- 32 Premature (5)
- 33 Rubbish holder (3)
- 35 Units of weight (11)
- 36 Frenzy (10)
- 40 Encircled (10)
- 42 Dramatic production (11)
- 44 Belonging to him (3)
- 45 Intended (5)
- 47 Long narrow furrow (6)
- 48 Rubbed out (6)
- 50 Biting insects (10)
- 52 Hilly (11)
- 56 Author (6)
- 57 Being (9)
- 59 Information (4)
- 62 Hurricane centre (3)
- 63 Freight (5)
- 64 Idea (7)
- 65 Give expression to (5)
- 66 Harry __, singer (6)
- 67 Indispensable thing (9)
- 68 Ham-fisted (6)

DOWN

- 1 Lengths of metal links (6)
- 2 Recipe (7)
- 3 Lazy (4)
- 5 Mistake (5)
- 6 Cookery components (11)
- 7 One of two (6)



- 8 Sea margin (9)
- 10 Quite often (9)
- 11 Receive warmly (7)
- 12 Flank (4)
- 13 Harmed (7)
- 14 Thoughtfulness (13)
- 22 More powerful (8)
- 23 Employing (5)
- 25 Heavily criticised (7)
- 27 Stopping device (5)
- 28 Formerly (4)
- 30 Hues (7)
- 33 Fruits (7)
- 34 Creators (13)
- 37 Towed vehicle (7)
- 38 Cell boundary (8)
- 39 Requirements (5)
- 41 Lodgings (4)
- 42 Ratios (11)
- 43 Verse (5)
- 45 Hair on the upper lip (9)
- 46 Thus (9)
- 49 Mothers and fathers (7)
- 51 Medical centre (7)
- 53 Chemical element (7)
- 54 Small (6)
- 55 Only just (6)
- 58 Time after sunset (5)
- 60 Limbs (4)
- 61 Wicked (4)

*** Find the puzzle answers on the horoscopes page.**

**YOU CAN
WORK IT OUT...**

FUTURE

Connectors.
Creators.
Experience
Makers.

Future plc is a public company quoted on the London Stock Exchange (symbol: FUTR).
www.futureplc.com

Chief Executive Officer Kevin Li Ying
Non-Executive Chairman Mark Beeson
Chief Financial Officer Stephen Sullivan
Tel: +44 (0)2025 442 244

WOMAN'S WEEKLY (ISSN 0043-7417, USPS XXXXX) is published 50 times a year with a double issue in November and December by Future plc, Quay House, The Ambury, Bath BA1 1UA. Call 01225 442244; email womansweeklypostbag@futurenet.com. Unless otherwise stated, all competitions, free samplings, discounts and offers are only available to readers in the UK, Channel Islands, Isle of Man and the Republic of Ireland. All details correct at time of going to press. Covers and text printed by Walstead UK Limited. **Advertising:** 01225 442244. **Distribution:** Marketforce UK Ltd, a Future plc company, 121-141 Westbourne Terrace, London W2 6JR; email mfcommunications@futurenet.com. **Licensing and syndication:** Contact licensing@futurenet.com or view available content at futurecontenthub.com. **Airfreight and mailing in the USA:** By agent named World Container Inc., c/o BBT 150-15, 183rd St, Jamaica, NY 11413, USA. Periodicals postage paid at Brooklyn, NY 11256. **POSTMASTER:** Send address changes to Woman's Weekly, c/o World Container Inc., c/o BBT 150-15, 183rd St, Jamaica, NY 11413, USA. **Subscription rates:** One year, 50 issues incl. postage & packaging: UK £97.32; Europe €224.83; USA and rest of world US\$254.39. For enquiries and orders, email help@magazinesdirect.com or go to magazinesdirect.com. If you are an active subscriber, you have instant access to past issues through your iOS or Android devices. You will only be able to access the digital past issues as long as you are an active subscriber. Manage your subscription online with MyMagazine. Visit mymagazine.co.uk/FAQ to view frequently asked questions or log in at mymagazine.co.uk. Magazinesdirect.com is owned and operated by Future Publishing Limited. **ENGLISH WOMAN'S WEEKLY** is published by Future plc, PO Box 3873, SYDNEY NSW 2001. For customer service and subscriptions, call 1-800-428035 or email eww@customersvc.com. Our Privacy Policy is available at timesouthpacific.com or may be obtained by emailing timeincprivacyofficer@time.com.au. Printed in Australia by IVE Print Web Offset, Unit 1/83 Derby St, Silverwater NSW 2128. Distributed in Australia by Network Services, 54 Park St, Sydney, NSW 2000, and in New Zealand by Netlink Distribution Co, c/o Moore Gallagher, 6 Donner Place, Mt Wellington, Auckland. ISSN 1039-5814.



Puzzle TIME

Arrow word

French author Victor Hugo dedicated *Toilers of the Sea*, his first novel after writing *Les Misérables*, to which location?

Solve the puzzle by following the arrows and writing in your answers. Then, read down the letters in the shaded squares to find the answer.

YOUR ANSWER:

_ Martin, medical sitcom	Leader		State of matter	Very wicked	O	Possess	Item for rowing a boat	Belonging to that man	Knead, massage	Leave out	Tennis court divider
Rita _, singer			Female chicken	Which person? Not on	W	H	O	Metal Mix up liquids			
Pillow					N	Suppose Become older					
	Young bear	Santa's helper			Skill Acquire			Small piece			
	As well	Organ of hearing	Thick mist			Flung		Social insect	Early time of life		Barrier
			Un-opened flowers	Follow orders	Double-cross					Group of three	
Uncovered		Relating to Taxi				Irritation		Short letter			
Scour					Broadcast			Change direction			
			Wishes or longs for						Twitch		
Snake that constricts	Hard at work				Novel, fresh			Item of footwear			

WORDSEARCH

Paradinha is the name of a technique associated with which of these footballing terms?

The answer is the one missing from the grid.

YOUR ANSWER:

H	R	S	Y	E	K	C	O	J
C	E	S	S	C	S	Y	Z	T
D	N	A	L	O	E	A	F	T
N	R	P	D	L	R	L	E	O
U	O	I	L	E	I	C	L	O
T	C	O	B	C	R	R	K	H
M	V	N	K	B	U	I	C	S
E	P	I	H	C	L	F	A	H
G	R	E	V	O	P	E	T	S

CHIP
CORNER
CROSS
CURL
DRIBBLE

FLICK
HEADER
JOCKEY
NUTMEG
PASS

PENALTY
SHOOT
STEPOVER
TACKLE
VOLLEY

Mini crossword

	1	2		3
4				
5			6	
7				

The shaded boxes spell out a word.

ACROSS

- 1 Wealthy (4)
5 Irritate (5)
7 Retained (4)

DOWN

- 2 Sir _ McKellen, actor (3)
3 Dried grass (3)
4 _ Twain, author (4)
6 Away from home (3)



Your stars

For 29 July to 4 August with Bracha Goldsmith
yourastrologysigns.com

ARIES 21 MAR – 20 APR

There are many opportunities coming up to start afresh. Just let your conscience guide your actions and you won't go wrong.

TAURUS 21 APR – 21 MAY

The week may be choppy, so don't over-schedule. Flexible arrangements will serve you well and help you glide over obstacles.

GEMINI 22 MAY – 21 JUN

The focus is now on your health and vitality. Decide on a few easy steps and you'll notice a positive difference.

CANCER 22 JUN – 23 JUL

Give yourself time to process the various experiences you've been through. Your heart will open and flower again.

LEO 24 JUL – 23 AUG

This promises to be an exciting and stimulating week filled with a variety of new connections. You certainly won't be bored!

VIRGO 24 AUG – 23 SEP

You're often too critical of yourself. This week, look at all the ways you've made progress – it will boost your mood.

LIBRA 24 SEP – 23 OCT

It's a wonderful time for planting new seeds – aka ideas. Set your sights high and you won't fall far below.

SCORPIO 24 OCT – 22 NOV

Think carefully before you share your innermost feelings around this time. You'd do well to keep your own counsel.

SAGITTARIUS 23 NOV – 21 DEC

Taking time out to relax and regenerate your energy is vital. Short, regular breaks will help you to perform at your peak.

CAPRICORN 22 DEC – 20 JAN

You may find yourself revisiting something that you started long ago. Cast around carefully to see just which projects are ripe for completion.

AQUARIUS 21 JAN – 19 FEB

You're coming into a period when you can let go of heavy responsibilities. Don't feel guilty about that – freedom is calling out to you right now.

PISCES 20 FEB – 20 MAR

It's time to push yourself out of your comfort zone. Each day, resolve to do something you've been putting off repeatedly.

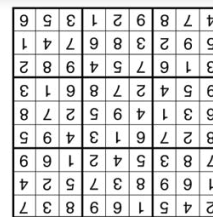
PUZZLE ANSWERS



WORDSEARCH



MINI XWORD



SUDOKU



CROSSWORD



ARROW WORD

JUMBO PUZZLE Across: 1 Coffin 4 Residence 9 Frowns 15 April 16 Alright 17 Among 18 Lad 19 Noun 20 Agreement 21 Salmon 24 Partnership 26 Wilderness 29 Reckon 31 Cannon 32 Early 33 Bin 35 Kilogrammes 36 Excitement 40 Surrounded 42 Performance 44 His 45 Meant 47 Groove 48 Erased 50 Mosquitoes 52 Mountainous 56 Writer 57 Existence 59 Data 62 Eye 63 Cargo 64 Thought 65 Voice 66 Styles 67 Necessity 68 Clumsy **Down:** 1 Chains 2 Formula 3 Idle 5 Error 6 Ingredients 7 Either 8 Coastline 10 Regularly 11 Welcome 12 Side 13 Damaged 14 Consideration 22 Stronger 23 Using 25 Slammed 27 Brake 28 Once 30 Colours 33 Bananas 34 Manufacturers 37 Caravan 38 Membrane 39 Needs 41 Digs 42 Proportions 43 Rhyme 45 Moustache 46 Therefore 49 Parents 51 Surgery 53 Uranium 54 Little 55 Barely 58 Night 60 Legs 61 Evil **Answer:** DOMINICAN REPUBLIC **LINKWORDS** FLOWER, RUSHES, NATURE, TALENT, PLATES, DOCTOR, TOILET, LEAGUE, PIGEON, SAYING **Answer:** TRYPTOPHAN **WORDWISE** Agree, airgun, argue, arguer, auger, augite, aunt, auntie, gaunt, gaunter, gaur, grunt, grunter, guar, guinea, guitar, gurn, inure, nature, nutria, rerun, ruin, ruing, rune, rung, runt, taurine, trine, true, truer, truing, tuna, tune, tuner, tung, turn, turner, unit, unite, untie, urea, urge, urgent, urine **Answer:** GARNITURE **Answer:** HARP **Answer:** GUERNSEY

IN YOUR NEXT ISSUE £2.70

BUMPER VALUE!
Two mags in one
32-PAGE
EXTRA PAGES
FICTION & PUZZLES SPECIAL



SUMMER TUMMY TROUBLES – SORTED!



BRITAIN'S CLASSIC POSTCARDS



EASY TEATIME TREAT RECIPES

ON SALE 5 August

GPSR EU RP (for authorities only), eucomply OÜ Pärnu mnt 139b-14 11317, Tallinn, Estonia. hello@eucompliancepartner.com, +3375690241

General Product Safety 2023/988: The use of our product under normal or reasonably foreseeable conditions of use, including the actual duration of use, does not present any risk or only the minimum risks compatible with the product's use, which are considered acceptable and consistent with a high level of protection of the health and safety of consumers.

Woman's Weekly is a member of the IPSO (Independent Press Standards Organisation), which regulates the UK print and digital news industry. We abide by the Editors' Code of Practice and are committed to upholding the highest standards of journalism. If you think that we have not met those standards and want to make a complaint, please contact legal@futurenet.com. If we are unable to resolve your complaint, or if you would like more information about IPSO or the Editors' Code, contact IPSO on 0300 123 2220 or visit www.ipso.co.uk.

ipso. Regulated

Lav ACTUALLY



What should we women call the ladies?

“The three of us – me, Wendy and Mrs Beasley – were sitting together in the back room of the charity shop in front of three mugs of coffee and a packet of Fox’s Golden Crunch Creams.

We would normally prefer dark chocolate digestives, but it’s impossible to eat dark chocolate biscuits in hot weather without getting sticky fingers. And no customer wants chocolate fingerprints on their Winter Scenes of London 1,000-piece jigsaw.

‘Well, isn’t this nice?’ I said. ‘The three of us here – it’s just like the old days.’

‘You’re right,’ said Mrs B, who abandoned her post as our manager to visit her sister in New Zealand and then enjoyed a midlife gap year. ‘It’s almost as if I never went away.’

‘Yes, it’s very nice,’ said Wendy, helping herself to another Crunch Cream. Her fourth. ‘Not quite the same, though, is it? You weren’t blonde back then.’

When Wendy has sharpened her claws, nobody is safe.

‘I thought I’d have a bit of change,’ said Mrs B. ‘Patrick says it quite suits me.’

‘Who’s Patrick?’ I asked.

‘Never you mind,’ said Mrs B. ‘I’ll tell you about him in due course. Rose, it’s getting a bit stuffy in here. Would you mind turning on the air conditioning?’

I got up, mouthing the words, ‘She’s never mentioned a Patrick before,’ to Wendy, and set about my task.

The air conditioning in this shop is remarkably sophisticated. To turn it on, you first open the back door of the storeroom.

Then, you prop the shop’s front door open with a cast-iron model of Mr Punch that we keep especially for this purpose.

‘It’s too hot for coffee, really,’ said Wendy.

‘No, no,’ I said. ‘According to science, tea or coffee cool you down. Hot drinks make you sweat, which lowers the body temperature.’

‘Who on earth told you that?’ she asked.

‘I read it somewhere.’

‘Was it a 1962 edition of *Look & Learn* by any chance? If this weather keeps up, I might bring in some of my homemade elderflower.’

‘I can’t drink elderflower,’ I said. ‘It makes me, you know, it makes me want to go...’

‘Yes, yes,’ said Mrs B. ‘We understand. It’s diuretic.’

‘No, it just makes me go to the lavvy a lot.’

‘Lavvy?’ said Wendy.

‘Lavvy? Are you auditioning for a remake of *The Liver*

Birds or something?’

‘What do you mean, *Liver Birds*?’ I asked.

‘That’s what they say in Liverpool, isn’t it? And didn’t you grow up in Surrey?’

‘I might have done. What’s that got to do with anything?’

‘In which case, you should say lavatory,’ she pronounced. ‘I’m sure that everybody in Surrey says lavatory.’

I’m actually more of a ‘loo’ woman, if you see what I mean, but Wendy is apparently somebody who deploys the full ‘lavatory’. Whenever I try that, I seem to lose the will to carry on after the second syllable.

Although, when it comes to lavatory, toilet, loo and all the rest, I have always adapted to whatever word I think will be used by the person I’m talking to. That

was probably the reason I came out with the word ‘lavvy’ when talking to Wendy.

‘I always say toilet,’ added Mrs B. ‘It’s a no-nonsense word that everybody understands. Public signs don’t say loo, do they? They say toilet.’

‘Isn’t toilet supposed to be common?’ asked Wendy.

‘I don’t care,’ said Mrs B. ‘I am common.’

Wendy raised her eyebrows so far that for eight minutes they could have observed the dark side of the moon. ‘Really?’

‘I’ll have you know that my father worked as a dustman,’ said Mrs B.

‘I had no idea,’ said Wendy.

‘Yes,’ said Mrs B. ‘It was before he went to Cambridge, but he was a dustman for a whole summer. And he said toilet.’

At this point, a customer came in, so we broke up this important discussion on class indicators in 21st-century British society and tried not to sigh deeply when they gabbled, ‘I’m only looking.’

The rest of the afternoon passed peacefully enough, but at about four o’clock a young mother came in, dragging a reluctant little girl beside her.

‘I’m terribly sorry to bother you,’ she said, in a voice like rich clotted cream, ‘but do you have a lavatory we could use? The Tesco ones are out of order and the other shops I tried were very unhelpful.’

‘Of course,’ I said. ‘Just follow me.’

As I passed Wendy, she hissed at me in triumph, ‘You see? Lavatory! Not so difficult, is it?’

‘I can’t drink elderflower, it makes me go’

”

Rosie XX

Clever Comfort™

BY HSL

HSL's range of chairs and sofas are ergonomically designed to ensure key areas of your body are fully supported to improve your overall posture, wellbeing and reduce pain.

Sizes to Fit You



Neck and
head support

Precision
back support

Enhanced
lumbar

Higher seat for easier
sitting and rising

Limited Time

SALE

up to

50% off*

Everything

Was from
£1,495

NOW FROM
£895**

Now
Available to
**ORDER
ONLINE**

THE ORIGINAL
MORRIS & Co

Glenmore Plain Back Fireside Chair
Available in Morris & Co. Strawberry Thief Crimson
HURRY WHILST STOCKS LAST

HSL

Feel Good Furniture
Experts since 1968

Find your local showroom, order online or
book a FREE Home Demonstration

01924 486903 | hslchairs.com

'Excellent'



★ Trustpilot
from over
29,000 reviews



Sizes to fit you. Get your FREE Exclusive Chair Fitting in-store today.



HANDMADE
in YORKSHIRE

*Save up to 50% off our collections on orders placed between 1st July and 31st August 2026. Cannot be used in conjunction with Great Deals or any other promotional offer, nor on retrospective purchases. Discounts shown are correct at time of printing and are subject to change without notice. **Price refers to the smallest size of Chair in the fabric shown whilst stocks last. High Seat Limited, Units 1-3a Grange Road Industrial Estate, Grange Road, Batley, WF17 6LN. | Media: WOW26

Boots



**When the
heat makes it a
not-so-fun run**

**Be ready for the beauty
of British summer**

Selected stores. Subject to availability