

# Reader's Digest

JULY 2022

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# LIAM GALLAGHER

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Glued My Life Together"

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# Finally, I don't need a shopping list to remind me.



**V**eronica has always enjoyed living an independent life, being in control and making her own decisions. Enjoying a wide range of hobbies including knitting, crochet and painting, she began to notice that there were times she felt as if she was struggling to focus on the task in hand. 'Forgetting names, events and where I had put things,' was becoming more common place,' adds Veronica. She felt that at times she was living in a fog.

'I couldn't accept that there wasn't anything I could do to help myself. I had always had a good memory and a clear brain. I wanted to be able to carry on enjoying an active and busy life.

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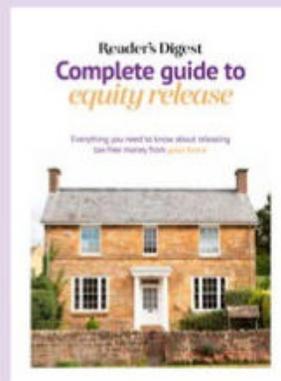
### **3 Help out**

Living costs are rising and the amount required to get onto the property ladder has doubled over the last decade, so you might be wanting to help loved ones with a financial boost.\* You could release equity to gift an early inheritance and enjoy seeing children and grandchildren benefit during your lifetime.

### **4 Enjoy**

Naturally, we tend to have more free time in our later years as we adjust to a retirement lifestyle. Many people choose to use a Lifetime Mortgage to fund this lifestyle, whether that's by purchasing a new car, taking the trip of a lifetime, or investing in hobbies new and old.

\*<https://moneyage.co.uk/Average-deposit-for-FTBs-soars-by-over-50pc-throughout-last-decade.php>



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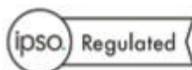
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# In This Issue...



It seems across the world, countries are being rocked by care home scandals, and the fallout from these often-shocking

revelations has many of us a little apprehensive for the day we may find ourselves in an assisted-living facility. For one group of elderly women in London, the idea of living in a traditional care facility—and particularly living in one where they rely upon men—was simply out of the question.

On p54, we meet the women who founded, and now live in, New Ground, the only senior women's cohousing project in the UK. The community of 25 flats and shared spaces is run by its residents under principles of mutual aid, active participation and social inclusion. Now that's real social change in action.

Anna



If you're surprised to see Liam Gallagher gracing the cover of this month's issue, we can see why. The potty-mouthed, havoc-wreaking Mancunian might not be a typical *Reader's Digest* interviewee, but just read the first couple of (heavily-asterisked) paragraphs of our interview on p20, and you'll see why we're so captivated by the former Oasis singer. From thoughtful musings on his tumultuous youth to his unique approach to making records, he's a deeply engaging individual who has more life wisdom to share than you might think.

This also makes him a delightful guest on the upcoming film, *George Michael Freedom Uncut*, reviewed on p117. Raving about his somewhat surprising admiration of Michael, he's one of the many highlights of this colourful documentary.

Eva

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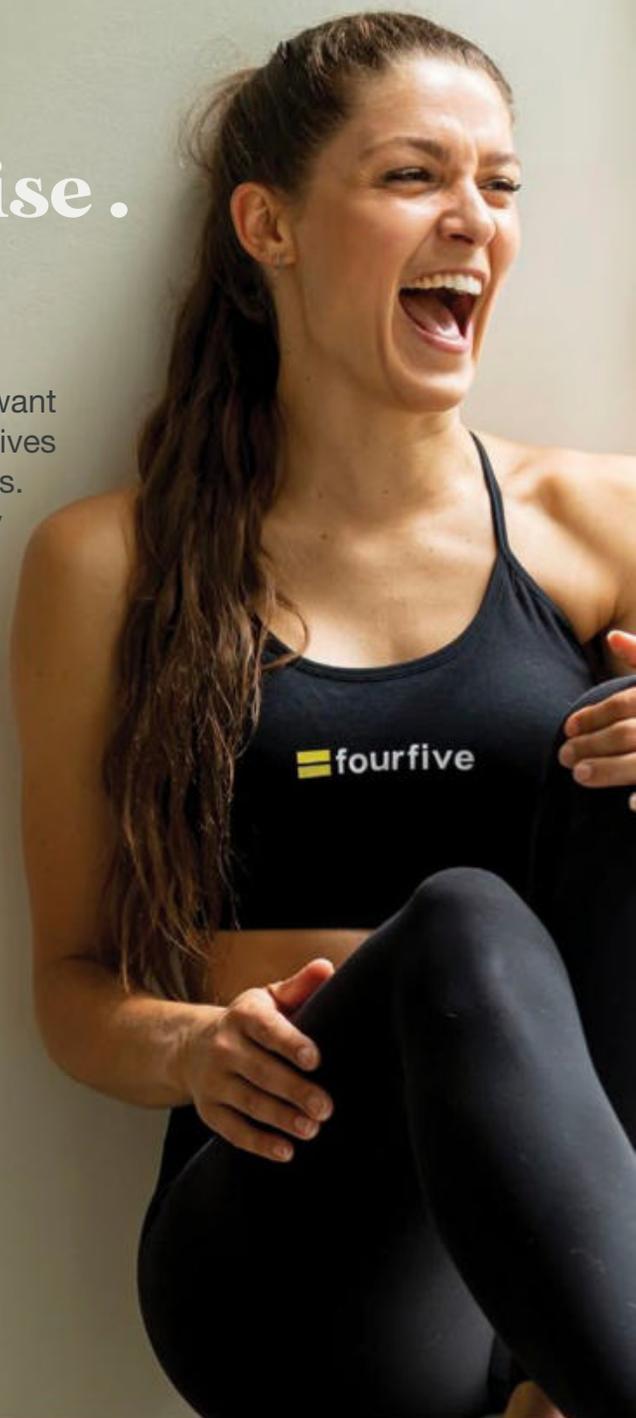
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# Over To You

LETTERS ON THE *May* ISSUE

We pay **£50** for Letter of the Month and **£30** for all others

## LETTER OF THE MONTH

I felt so inspired reading about Holly Ford, the “Call Box Cake Maker”, in your “Community Power” feature from the May issue.

Who doesn’t feel the nostalgic tug of the red phone box? Or feel suffused with a gentle warmth each time they come upon one?

Phone boxes are so quintessentially English, conjuring grassy verges, pretty villages and long stretches of open road. They remind us of times gone by, when life was slower and simpler, when community spirit and general decency prevailed. They are statues that represent a time and place and method of communication which once existed. They’re monuments to a past that is just beyond our grasp, reminding us of just how quickly change has swept through our world.

So, it’s very exciting to imagine how these icons of our landscape can be preserved and repurposed in a way that combines their enduring appeal with a relevance that will enable them to remain useful. I love finding an old phone box full of books. The thought of finding one full of cake is even better. I can’t wait to see what other uses they’re put to—it’s definitely time to revive our phone boxes.

JENNIE GARDNER, *Bath*



## NO PLACE LIKE HOME

It was nice to see Great Yarmouth in My Britain. I used to live in London but moved to Great Yarmouth 15 years ago and I’m so glad I did. I love it here. Home to fantastic heritage, throughout the town it is possible to spot the effect of every era since it was founded. There is endless history to be explored—did you know Great Yarmouth was once frequented by Admiral Lord Nelson? I myself have lots of visitors in the warmer months and find endless things to do, from adrenaline adventures up in the trees to shark and seal spotting on the sandbank of Scroby Sands. Thanks for such an informative article.

SHULAH CLARKSON,  
*Great Yarmouth*

## LIFE AFTER RETIREMENT

I could definitely relate to “Meet the Unretired”.

I have been partly retired for several years now, apart from a couple of temporary Christmas jobs, a voluntary job working part-time for a well known charity, and then some Christian ministry opportunities.

However, after seeing an advert calling people out of retirement to go into a position where there was a big need, I decided to apply. After training, I got the job at the age of 70.

There is no reason why a retiree can't be re-employed, unless they have a serious illness. The benefits of working after a break are enormous. I have witnessed people working in their eighties still, some out of financial necessity and others for the social need.

As a result, these people aren't just sitting at home and feeling lonely, but have companionship around them while helping others. A lifetime of knowledge and wisdom is not to be dismissed, as all age groups are needed to help each other.

SUSAN KING, *via email*



My father and father-in-law have both found jobs within two years of retiring. Finding a new job allows many older adults to live a more purpose-driven life while earning extra money. And with the cost of living skyrocketing, it's easy to understand why some feel the need to keep working.

My father's reasons, however, were because he wanted to live a more purpose-driven life. He works in a gardening centre and he claims it is his dream job—he wishes he'd done it sooner than working 9-5 in an office for 45 years.

Your seniors' stories of their retirement jobs were engaging, and certainly gave me food for thought for my own future.

JACK WEBB, *Clwyd*

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## WE WANT TO HEAR FROM YOU!

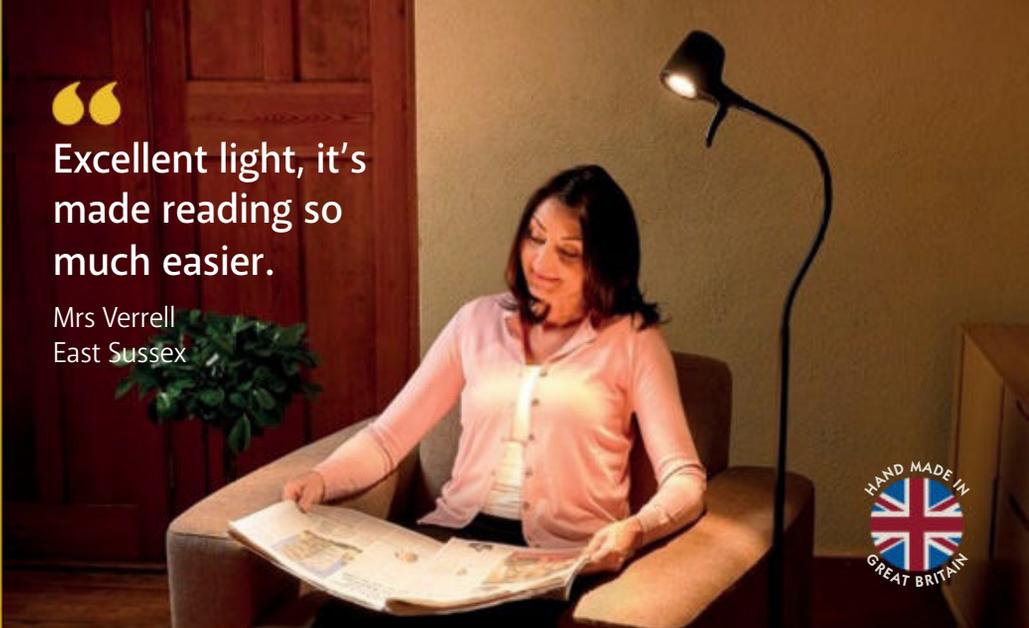
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**SEE THE WORLD...**

*turn the page →*





## ...DIFFERENTLY

**As clumsy as gannets are** on land, they are equally as elegant in flight. Seen here in the chilly North Sea, their hunting technique is reminiscent of a dive-bomber. With half-flattened wings the birds pierce through the sea's surface at an incredible speed to capture fish and squid below. With a bit of luck, they can snatch several of them in a single dive, swallowing everything completely before resurfacing.

# A Job Well Done

*This month Olly Mann laments the challenges of hosting a peak-season barbecue*

**A**T MY HOUSE, I'll have you know, barbecue season begins in late March, thank you very much, and is extinguished only in early November. And, actually (to use a meaty metaphor), I *prefer* the shoulder season. When I offer my guests kebabs at Easter time, they are pleasantly surprised, and typically delighted, to serenade the holiday with cubes of grilled meat (lamb, usually. Rabbit feels a bit on the nose). When Halloween hits, I wheel out my toasted marshmallows, and it's a joyous festive treat! But mid-summer barbecues? I can feel my

stress levels rising just thinking about them...

For one thing, barbecuing in the summer attracts spectators. I am a capable enough cook, but—as with my parallel parking and tennis serves—the presence of an audience directly discounts my ability to impress. There's enough to deal with as it is: balancing three incredibly sharp objects, unsure which has been used to prick raw meat and which was intended for the cooked stuff; preventing my kids from running right into the flames as they chase balloons and bubbles around the garden; trying to divert my own blood, dripping from my fingers thanks to said sharp objects, from erroneously brining the burger patties.

Attempting, therefore, to also sustain a conversation about property prices, or Elon Musk,



Olly Mann presents *Four Thought* for BBC Radio 4, and the podcasts *The Modern Mann*, *The Week Unwrapped* and *The Retrospectors*



or Partygate, while simultaneously sizzling sausages is almost impossible. Worst still is having to engage with one of those blokes (and it's always a bloke) who wants to discuss how *they* barbecue, while I'm doing something entirely different, and inevitably inferior (ie, I have not let the ribs to "rest" for ten hours in an upcycled whisky barrel, or bought a bespoke digital thermometer that beams the current temperature of my salmon steaks to my smartphone).

Usually, amid such tedious conversation, I accidentally flip a sausage out on to the lawn. And then what? As we all know, the "five-second rule" does not apply when there are witnesses. Even though I firmly believe a little turn in the gravel improves flavour immeasurably.

Tiresome summer guests also expect a selection of "sexy" drinks. At a spring or autumn barbecue, everyone's seemingly content with a bottle of beer in the brisk wind. But come mid-summer, when the sun has got his hat on, they come expecting a cocktail menu worthy of a West End hotel.

Ye Gods, I have tandoori skewers to supervise; I do not have time to be

ATTEMPTING  
TO HAVE  
CONVERSATIONS  
ABOUT ELON  
MUSK OR  
PARTYGATE  
WHILE ALSO  
SIZZLING  
SAUSAGES IS  
IMPOSSIBLE

slicing Sicilian oranges and picking mint from my herb box (my top tip, discovered after years of burning burgers in the service of fresh Caipirinhas: pre-mixed Sangria from Costco. A 1.5 litre bottle is eight quid. Decanted into posh wine glasses with ice cubes, this ticks the "exotic" box, while in fact being cheaper and easier to assemble than Pimm's and lemonade. Also, when you get your guests hammered, they don't notice when you give them the burnt bits!)

Another issue: the heat. When it's a hot day, and I'm sweating buckets, I'll tell you what I would most like to do: kick back on a deck chair and read the paper. Take a quick dip in the paddling pool. Sip gently from a bowl of gazpacho. I would not, especially, choose to bend over

a fiery pit, my face dripping into the meat juice, until my hair smells like a bonfire. Why would I?

Vegans are a pain, too. Sorry, but they are. Vegetarians I can handle: in fact, I reckon meat substitutes such as Beyond Burger have gotten so good, I'll happily forgo the beef entirely and eat the veggie stuff myself. But when a vegan is in attendance—which is almost

unavoidable in the Home Counties these days—it plays havoc with my salad. Because, as everyone knows, the only appropriate "salads" to have at a summer barbecue are coleslaw, potato salad, and pasta salad. I do all three. And my recipe for all of them—douse in full-fat mayonnaise, sprinkle with far more salt than you'd ever imagine possible, then smother in yet more mayonnaise—is, apparently, "inappropriate" for vegans.

Summer barbecues also generate spontaneous Plus Ones: the last minute, "oh, can I bring my boyfriend?" request. Well, sure, but that means we can't all fit around

our garden table... which means we'll end up perched on the end of sun-loungers and camping chairs, precariously balancing paper plates of bones, carbs and chips upon our knees, and then, sure as night follows day, inadvertently smearing sauce all over my garden furniture.

This overflow seating arrangement also results in at least one guest having to suffer the difficult ethical quandry of eating chicken wings in front of my pet hens (I usually offer this seat, at the end of the lawn, to the vegan).

So, for this summer's outdoor dining trend... might I suggest a takeaway? ■

## Fast Food Facts

The very first McDonald's drive thru was created for soldiers who were unable to leave their vehicle while in uniform

*Pizza Hut was the first company to deliver to outer space. In 2001 the company delivered a pizza to the International Space Station using a Russian rocket. The publicity stunt cost Pizza Hut around \$1 million, making it the most expensive pizza ever*

In the US, 37 per cent of adults consume fast food every day

*Subway is the largest chain in the world with more than 42,000 restaurants. But in its early days it was run under a different name—Pete's Super Submarines*

One of ice cream giant Ben & Jerry's founders struggles to taste. Ben Cohen suffers from anosmia, a loss of smell, which is why the texture of their unusual flavour creations is so important to the company

*McDonald's nuggets only come in four shapes: the boot, the ball, the bone and the bell*

# *Liam Gallagher*

## “I’d Love Oasis To Get Back Together”

By Dan Cairns

The motor-mouth is facing a big birthday—but he can’t stop baiting his brother Noel and stoking hopes of an Oasis reunion

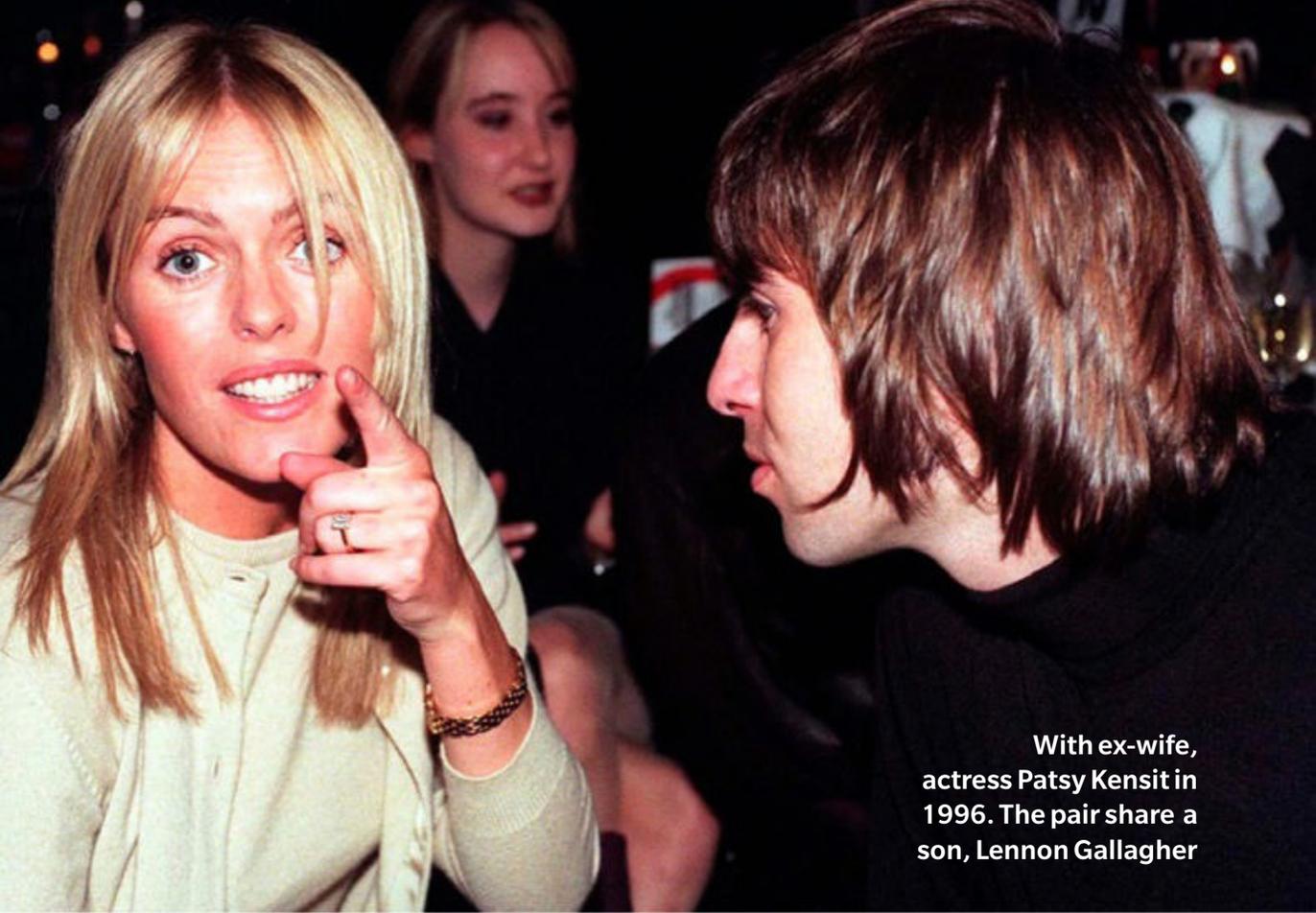
**T**O AVOID FILLING this article with asterisks to denote swear words, it will help if you assume that every fifth or sixth word from Liam Gallagher’s mouth during the hour I spent with him began with an F. Only the US singer Kelis has come close for potty-mouthed prolixity in my two decades of interviewing music stars.

In other respects, though, Gallagher has mellowed. At a restaurant near his home in Highgate, north London, the former (and, definitely maybe, future) Oasis frontman sips a cappuccino with no sugar. He may just be back from a sun break he describes as such a heavy “seven-day bender” that he needs another holiday, but the

days of dedicated, 24/7 hedonism are over. The star once synonymous with chaos and carnage reaches his half-century in September—and readily admits that he can’t hack it any more.

“That voice [in my head], which used to be very distant, saying, ‘Go to bed. You’re not going out tonight,’ is now very loud. Years ago it would have been like,” he says, cupping his ear: “‘You what? I beg your f\*\*\*ing pardon?’ These days it’s, ‘Chill out. You’ve had your share.’ And I’m listening to that voice a lot more... I don’t want to feel s\*\*t any more. Or break any more hearts. I’m nearly 50, I want to have good times, not s\*\*t times. I’d love to get off my t\*\*s all the time, but I can’t handle it. And bills have to be paid.”





With ex-wife, actress Patsy Kensit in 1996. The pair share a son, Lennon Gallagher

He is, he says, increasingly aware of the destruction his past behaviour left in its wake. Two marriages—to the actress and singer Patsy Kensit in 1997, to All Saints’ Nicole Appleton in 2008—and two divorces; infidelities; four children, one of whom Gallagher met for the first time when she was 19; hefty alimony payments; his continuing feud with elder brother Noel. Things had to change. “I’ve been humbled, I’ve lost a few things, marriage break-ups and all that. You’ve just got to look in the mirror and remember that. There’s things I’m not proud of, I’ve messed up and done some stupid stuff.”

Gallagher’s success as a solo artist may not have silenced the clamour for

an Oasis reunion, but it’s clearly given the singer a confidence boost. He is scathing about the Downing Street parties, in a very Liam way. “You can imagine Putin sitting there thinking, *Call that a party? ABBA and a cheese board? We’re a laughing stock.*”

His first two solo albums, *As You Were* (2017) and *Why Me? Why Not* (2019), both topped charts, and his third, *C’mon You Know*, came out in May. Seven days after its release he will play the first of two sold-out, 80,000-capacity shows at Knebworth Park in Hertfordshire—the setting for Oasis’s crowning moment in 1996. There are further stadium dates in Manchester, Glasgow and Belfast.

The choice of Knebworth might



Oasis pictured before their iconic Knebworth Park concert in 1996

## “I THOUGHT OASIS WOULD BE THE STONES, DOING IT UNTIL THE DAY WE DIED”

have been designed to goad Noel. Does Gallagher think his success bothers his brother? “Look, it’s got to, hasn’t it? I’m sure deep down he’s happy, he’s not all bad. But there’s going to be a bit of, *the f\*\*\*er’s out and about again*.

If he was doing Knebworth I’d be livid. I don’t care how much money you’ve got, how many houses you’ve got, how many celebrity mates, when you get home you’d be sitting there thinking, *f\*\*\*er*. But the geezer’s got many faces, so he can hide behind one of them.”

**When Noel walked out on Oasis** in 2009, after a fateful argument with his brother shortly before they were due on stage in France, Gallagher was distraught. “I thought we’d be the Stones, doing it until the day we died. We might have had a break, gone off and done our own thing, and then got back on it. For it to implode like that was disastrous. I went off the rails a bit when it happened, because it was the thing that glued my life together.”

Gallagher took the remaining members of the band with him



and formed Beady Eye, a band that never quite clicked with fans. He remembers that period vividly, he says—staring into the abyss and struggling not to be sucked into it.

“Beady Eye wasn’t happening, Noel’s thing [Noel Gallagher’s High Flying Birds] was taking off, my marriage was breaking up, I had a kid in New York. I thought, *I’m in the s\*\*t here*. I had to knuckle down, get my head together, sort my private life out. I thought, *I’m either going to end up sitting in the pub all day, not a pot to p\*\*s in and having ruined lots of people’s lives, or I can sort out my*

*napper* [Manc for ‘head’].”

He says he hasn’t seen Noel in years. “He just seems like a different person. It’s like he’s been abducted.”

The last time was when they bumped into each other while watching their beloved Manchester City. “He was there with his crew, I was with mine. We’d been drinking and he hadn’t because he was on a health kick. I remember coughing and he shrank back.” He imitates Noel cowering and whimpering. “I thought, *What the f\*\*k, man?*”

“But you know I love him. We split up nearly 13 years ago. It’s



ridiculous. We can go on about whose fault it is, but he's his own man. If he really wanted to get in contact, for my mum's sake, he could do it, but he obviously doesn't want to. There are only so many olive branches you can offer."

I'm not sure you would describe Gallagher's regular pops at Noel on Twitter as olive branches, but who knows what may have gone on behind the scenes. Gallagher says their mother, Peggy, 75, whom he speaks to every day, is "sad about it, but she knows it is what it is. We just don't get on. I still feel that he

threw me under this bus, and he thinks I did. He doesn't want to know because he doesn't want to have to deal with the emotions. It would be nice to go out for a beer and all that, but there you go."

**Liam, Noel—who is five years Liam's senior—and the eldest brother, Paul,** grew up in a semi in Burnage that Peggy escaped to after leaving their "violent, alcoholic" father, who would regularly beat Noel and Paul.

As a teenager, Gallagher was a streetwise scally who barely gave



music a thought, until a head injury changed everything. “Paul was into music, Noel was too, I was just the little f\*\*\*er playing out in the street and being a little s\*\*t.”

Then, one day when he was in his mid-teens, “We were having a smoke by the bike shed, I was speaking to one of my mates’ sisters, and the next minute about 15 lads from another school come running down the hill, all hooded up. This lad runs over with a hammer and whacks me on the head. I woke up in the hospital, blood everywhere.”

Overnight, Gallagher says, his priorities changed; music ambushed him, the performer gene kicked in. “All of a sudden everything clicked. It was like the Bisto kid where you see the smell.”

**On *C’mon You Know*** Gallagher has again worked with the songwriters and producers Andrew Wyatt and Greg Kurstin. He co-wrote the album’s first single, “Everything’s Electric”—which he performed during February’s Brit awards ceremony—with Kurstin and Dave Grohl, ex-Nirvana, who also drums on the track. Other collaborators include Yeah Yeah Yeahs’ Nick Zinner and Ezra Koenig of Vampire Weekend.

Although the album isn’t short of songs that will please Oasis diehards, it’s a lot more experimental than its predecessors. Alongside predictable echoes of the Beatles and the Stones there are psychedelic wig-outs, a children’s choir, traces of T Rex, Hendrix, Arthur Brown and Mark E Smith, even outbreaks of dub, ska



## “NOEL JUST SEEMS LIKE A DIFFERENT PERSON, IT’S LIKE HE’S BEEN ABDUCTED”

and florid chamber pop.

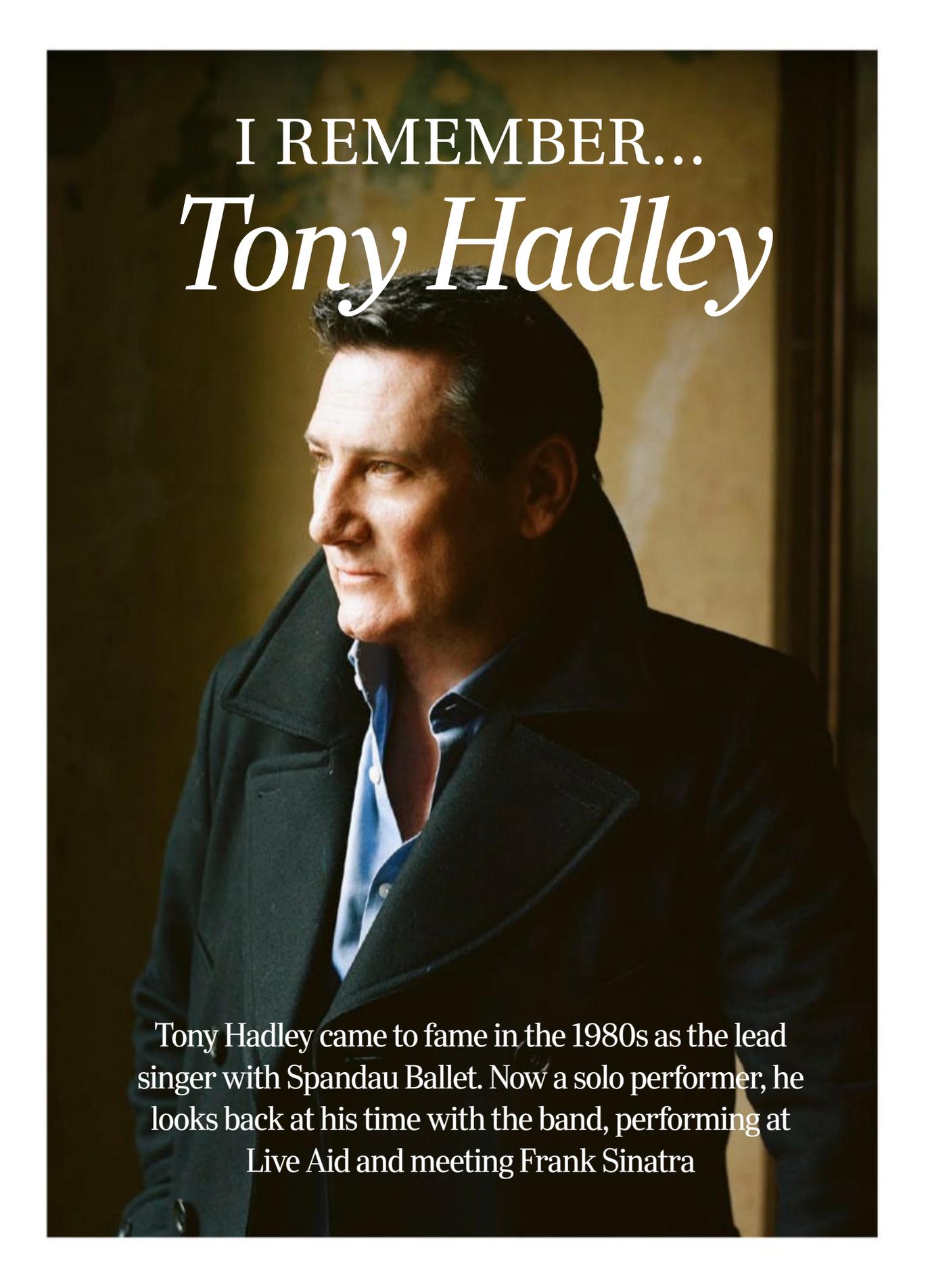
“It’s a bit peculiar in places,” Gallagher concedes, “which is good: 80 per cent madness and 20 per cent classic. If you’re going to start doing stuff like that on your third album, it helps if there’s a bit of COVID about. Because if it doesn’t take off, and people go, ‘I’m not sure about this, it’s a bit weird,’ we can blame it on the virus and go back to the classic stuff.”

Gallagher’s Twitter digs at Noel have lessened of late and, with two notable anniversaries—*Definitely Maybe*’s 30th in 2024, and *(What’s the Story) Morning Glory?* reaching the same milestone a year

later—coming down the tracks, there is fresh speculation that he and Noel will bury the hatchet to celebrate one or the other of them. There are rumoured to be offers in the hundreds of millions of pounds for a reunion tour. “I’d love Oasis to get back together,” Gallagher says. “If it happens, it happens. But I’m quite happy doing this.”

So that’s a “maybe”, then? Mr Motormouth is suddenly and uncharacteristically gnostic. “We should never have split up, but we did, and this is where we’re at.” Quite where that “this” is remains to be seen. ■





I REMEMBER...

# *Tony Hadley*

Tony Hadley came to fame in the 1980s as the lead singer with Spandau Ballet. Now a solo performer, he looks back at his time with the band, performing at Live Aid and meeting Frank Sinatra

**ONE OF MY FONDEST CHILDHOOD MEMORIES** was when my cousin Rob very kindly gave me his 24-inch bike—I was around eight or nine. It was my pride and joy and I really looked after it, although I fell off loads of times. I shouldn't really still be here because I would do stupid things like going downhill with no hands and one time I ended up in hospital with a concussion.

**DAD WAS AN ENGINEER FOR THE *DAILY MAIL*** and I loved visiting him in the machine rooms in Fleet Street. Mum was a housewife for a long time, then when we kids got older she worked for Islington Area Health. They were very much post-war parents who instilled in us the idea of “you can achieve anything you want” and they were very pleased



when I got into Dame Alice Owen's Grammar School.

**I GOT HOOKED ON MUSIC** when Dad would play his Frank Sinatra, Tony Bennett, Jack Jones and Ella Fitzgerald records in the run-up to Sunday lunches. I grew up listening to swing music, which is one of the reasons why I still love it. I was also massively into punk but Mum told me, “If you want to be a singer you should listen to all types of music, not just Johnny Rotten and Billy Idol.”

**SPANDAU BALLET WERE INITIALLY A SCHOOL BAND.**

I'd been singing at Pontins holiday camps, winning weekends away for my parents and my brother and sister. I already knew I wanted to be





in the music business and it was just by chance that Steve Norman, who was at the same school as me, said he was thinking of forming a band and I said, “You’re looking at your lead singer.” We were called The Roots, The Cut, The Makers, Gentry and finally Spandau Ballet.

**WE WERE A PUNK BAND FOR A WHILE**, but once punk had had its day we switched to electro. After doing lots of gigs around London, we signed with Chrysalis Records and had a UK number five hit with “To Cut a Long Story Short” in 1980. In those days if you went Top 75 with your first single the record company were happy and with Top 50—they were even happier. So reaching

number five was incredible.

**WHEN WE WENT TO NEW YORK TO PERFORM AT THE UNDERGROUND**

**CLUB** we managed to stop the traffic on several occasions because of how we were dressed. We took a load of people over with us, like the writer Robert Elms, the photographer Graham Smith, various designers and people who were quite influential in London. New York in 1981 was a pretty dangerous place and we weren’t viewed with the friendliest of faces because we





looked like something from Planet Zog.

**OUR FIRST ALBUM  
JOURNEYS TO GLORY DID**

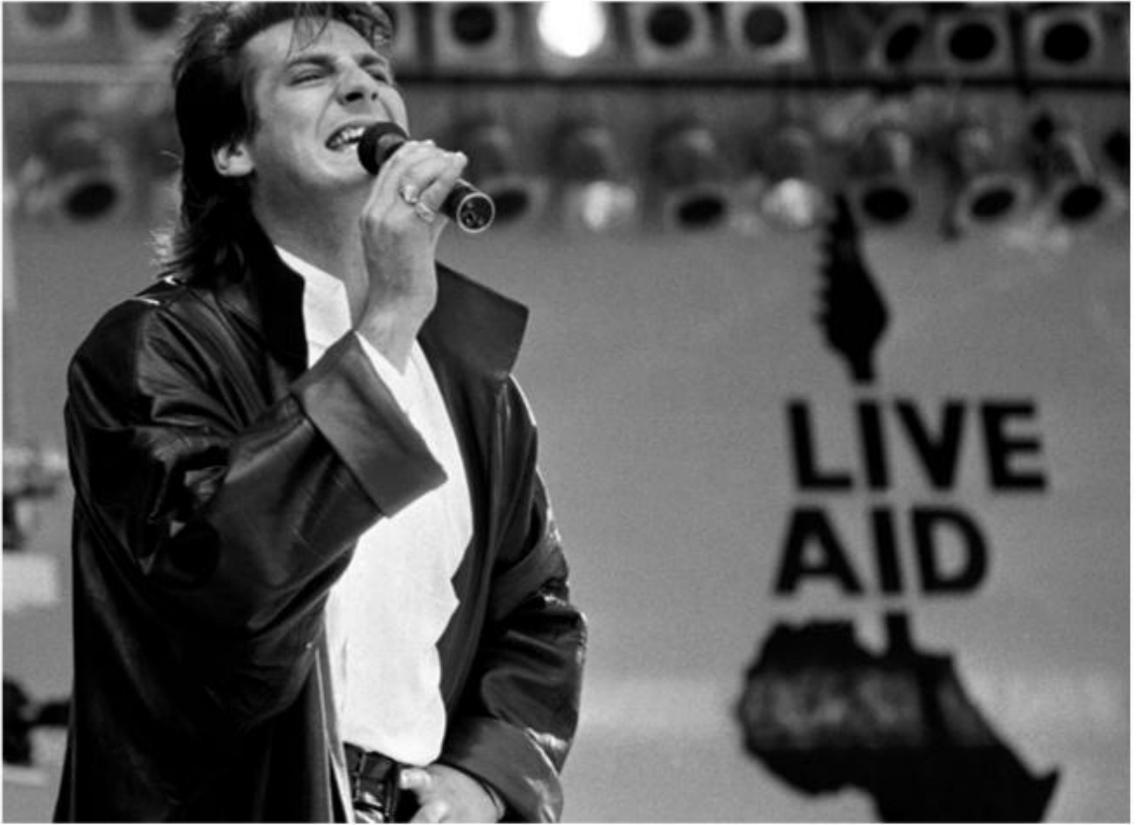
**WELL** but we weren't setting the world alight. Our second album *Diamond* was viewed as a bit of a turkey and it wasn't our finest hour. The *True* album changed everything, though. It was number one in 21 countries. Suddenly you're on private planes and in limousines and the world is your oyster.

**PERFORMING AT LIVE AID WAS AMAZING.** All my heroes that I used to watch on *Top of the Pops* as a kid

were there, like Queen, David Bowie, Phil Collins and Paul McCartney. There was a fantastic atmosphere

backstage and I didn't see any massive egos flying off the handle. We all felt part of something that was making history, although when we recorded the Band Aid single "Do They Know It's Christmas?" we never imagined it would lead to something as huge as Live Aid.

**WE MET PRINCE CHARLES AT A CHARITY EVENT** for the Prince's Trust. We presented him with a gold disc for our single "True" dressed in



what looked like our mums' blouses. I've since met him on several occasions and he's always been absolutely delightful, plus I'm a big supporter of the Prince's Trust. Many years later, in 2015, I met Her Majesty The Queen at a champagne reception for charity fundraisers at Buckingham Palace. She was absolutely lovely and my wife Alison and my mum were so proud.

**I KNEW FREDDIE MERCURY REALLY WELL.** We met many times over the years and he gave me some very sound advice as a young singer. Everybody thinks singers and artists are supremely confident but we're

not. We have moments of doubt like everyone else but Freddie told me: "As the lead singer it's your responsibility to carry the band. You're the focal point and it doesn't matter if you're feeling under the weather or a bit tired, your job is to communicate with the audience."

**GETTING TO PLAY THE ROYAL ALBERT HALL WAS A DREAM COME TRUE.** When I was 17 I was

backstage at a Frank Sinatra show there. The security pushed me away but he asked what was happening and I told him, "I just want to shake your hand and let you know I'm a big fan."

He said, "It's great to see young



people in the audience”, and when I told him I was in a band he wished me good luck. I also told him that one day I’d be performing at the Royal Albert Hall myself and I have, twice—first with Spandau, then as a soloist.

**WHEN I WAS ASKED TO DO *JESUS CHRIST SUPERSTAR*** for a BBC Radio 2 live show they asked me who I’d like to play Judas. I said Roger Daltrey, and that’s exactly who they got. Tim Rice, who wrote the lyrics, came along and he was over the moon about the performance. Later I played Billy Flynn in *Chicago*, which was more of a challenge because I’d never acted before or done an American accent. I thought it would be a piece of cake but the hardest thing was

remembering all the dialogue. While I was learning it I’d wake up in the middle of the night panicking but I ended up having a fantastic time.

**DOING *REBORN IN THE USA* WAS HILARIOUS.** I went around America with my mates Lee John and Peter Cox, finding great restaurants with fine wine while only having to perform a couple of songs a week. Getting to go to places like Philadelphia, Nashville and Memphis, where some of the best music ever originated from, was the icing on the cake.

**I’D DONE JUNGLE TREKS FOR ACTION MEDICAL RESEARCH** so being in the jungle for *I’m A*

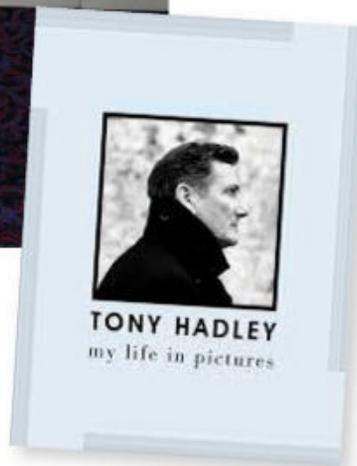


Tony with his wife, Alison Evers at a 2013 awards show

time we were recording a Spandau album just down the road and I only had two or three days to spare. I had the weekend off, then we were back in the studio. It was a beautiful day, a private moment for the two of us, then a couple of weeks later we had a big family party at a great pub in North London. She's been an absolute brick, we're blessed with two wonderful kids and I have three wonderful children with my first wife too. I consider myself to be a very lucky man.

**WHEN I STEP OUT ON STAGE NOW**

I marvel at the fact that I've even survived. Music is a tough business to be in and all you want when you sign that first record deal is to be doing this for as long as you can. Every gig I do now is a highlight. I've never said why I left Spandau Ballet. It's really complex. Things happen in life and you just have to take it on the chin but I'm still really proud of what we achieved and I wish them all the best. ■



*Celebrity... Get Me Out of Here* was a doddle. It gave me a whole new audience as well, with a lot of young kids going, "He's the bloke who sings 'Gold'!" Me and Lady C weren't exactly the best of friends but I didn't let it get to me. I thought it was a gas and there's so much of it they didn't show, like us building Cotswold stone walls and teepees.

**ALISON AND I GOT MARRIED AT CLIVEDEN HOUSE IN 2009.** At the

**As told to Simon Button**

*Tony Hadley: My Life in Pictures* is published by Omnibus Press and is out now. For more information visit [tonyhadley.com](http://tonyhadley.com)

THE  
NEW  
FIRST-AID  
RULES

Why you shouldn't soak a splinter, and other ways immediate care has changed

BY *Stacey Colino*

FROM THE WASHINGTON POST



Summer is here, which means we're making the most of barbecues, picnics, and other outdoor fun. That's all good, but it also means we're at increased risk of mishaps. When it comes to treating injuries, the strategies our parents used may no longer be the right things to do. In some cases, folk tales have been debunked; in others, doctors have found better treatments.

"As we learn new things from science, the guidelines change—and that's happening with first aid. We now have better evidence of what works," says Dr Sean McGann, a spokesman for the American College of Emergency Physicians and a clinical assistant professor of emergency medicine at Thomas Jefferson University in Philadelphia.

If your first-aid techniques aren't on target, you could end up exacerbating an injury. In a study published in the journal *Pediatric Emergency Care*, 654 adults took a multiple-choice test on recommended first-aid skills and not one person answered every question correctly. In addition, only half of the adults were familiar with 60 per cent of the questions.

It shouldn't be that way. To make sure you're up to speed on the latest in first aid, here are some dos and don'ts for various situations.

## You burned yourself barbecuing

**Place the burned area under cool running water** for at least 20 minutes to calm the pain and stop damage to the skin. "A lot of people don't realise the thermal damage is continuing even after they're no longer in contact with the source of the burn," says Dr Matt Wilson, associate chair



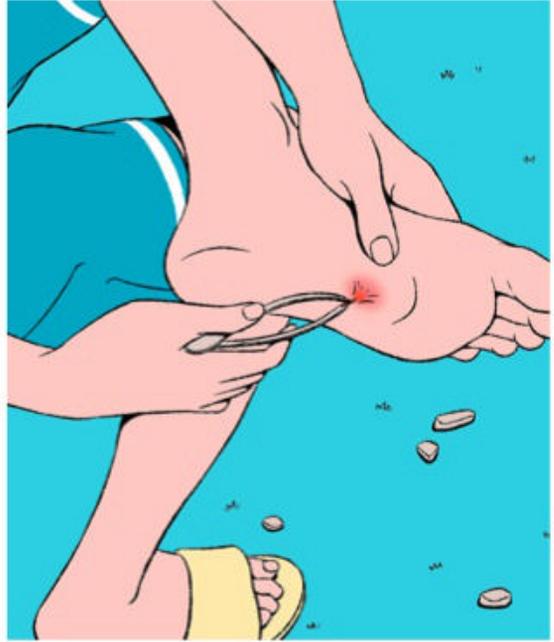
of emergency medicine at MedStar Washington Hospital in the US. “Cooling that area immediately is the key to limiting the damage.”

A 2020 study published in the *Annals of Emergency Medicine* found that treating burns with cool running water for 20 minutes was associated with a decreased depth to the burn and significantly lower odds of needing a skin graft to repair the damaged skin (if you aren't near a source of clean water, use a cold compress, such as ice wrapped in a towel).

After cooling the burn, pat it dry. You can take ibuprofen to reduce discomfort and apply an antibiotic ointment, which can help moisturise the area, says emergency physician, Dr Michael Carius.

**Don't apply butter, egg white, or vitamin E to a burn** because they could introduce contaminants or irritate the raw skin, Dr Wilson warns. Applying ice directly to a burn can lead to more tissue damage. And if a blister forms on the burn, don't pop it, because that bubble of skin provides a barrier that helps prevent infection. If it pops naturally, apply an antibiotic ointment and a clean bandage.

**Seek medical attention** if you suspect it's a deep burn because the skin looks angry (like raw meat) or waxy; go to A&E.



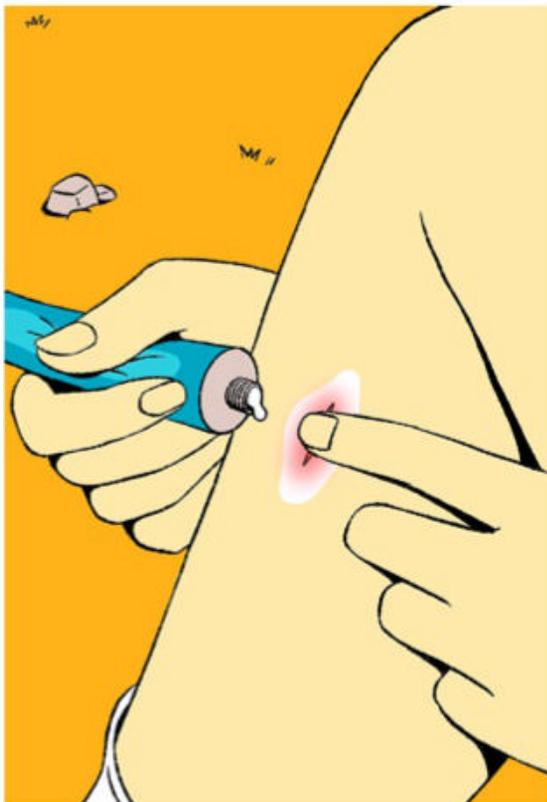
## You got a splinter walking barefoot

**Grab clean tweezers or splinter forceps and gently but firmly pull the splinter out.** “Make sure all of it is removed, otherwise it becomes a source for possible infection,” says Daniel Bachmann, an associate professor of emergency medicine. Then, wash the area with soap and water and keep it clean.

**Don't soak the splinter in water.** This makes the wood more susceptible to breaking apart under the skin and less likely to come out as a single piece, Dr Carius says.

**Seek medical attention** if you can't get it out on your own; consider going to A&E. “The splinter

has to come out, because it is almost certainly going to become infected if it stays under the skin,” Dr Carius says.



## You tripped and cut yourself

**Wash the cut with** soap and water, making sure all dirt is removed, then apply pressure, using a clean towel, to the wound to stop the bleeding. Apply an antibiotic ointment, which keeps the wound moist and facilitates healing, and cover the cut for 48 hours to prevent infection, Dr McGann says.

**Don't use hydrogen peroxide** to clean the wound. “In addition to being painful, applying peroxide can actually damage healthy tissue and slow down the healing process,” Dr McGann says.

**Seek medical attention** if the wound is gaping or very dirty, if there's a foreign body embedded in the cut, or if it's longer or deeper than six centimetres; head to A&E. Keep in mind: timing matters. “A lot of doctors won't close a wound after 24 hours because of the risk of infection,” Dr Carius says.

## Your nose starts bleeding profusely

**Place a towel or a wad of tissues** under your nostrils, and apply pressure by pinching the nose tightly, just below the nasal bone, for ten to 15 minutes straight. “Don't keep checking to see if the bleeding stopped,” Dr Wilson says. Lean your head forward to prevent the blood from going down your throat and into your stomach, which could trigger nausea.

**Don't keep tissue in your nose** to block blood flow, because “this could introduce a source for infection or make the situation worse,” Dr Bachmann says. Also, for a few hours, avoid vigorously

blowing your nose, so you don't restart the bleeding.

**Seek medical attention** if you can't stop the bleeding with nonstop pressure after 15 minutes. If you have a bleeding disorder or you're taking anticoagulant drugs, it may be harder to stem the bleeding; if you can't stop it, go to A&E.

## You twisted your ankle

**Elevate the ankle above your heart and apply cold or ice packs**—or a bag of frozen peas—for ten to 15 minutes at a time, every two to three hours, to reduce swelling, advises Dr Carius. Resting the injured joint and taking ibuprofen can help ease inflammation and pain. “The goal is to keep the swelling down, because that's what causes most of the pain,” Dr Carius says (note: some experts dispute the benefits of icing a sprain and say if it's done for too long or too intensely, it may slow the recovery process).

**Don't put ice directly on the skin**, because this could damage it, Dr Wilson says. And don't apply heat in the 48 hours after the injury, as this can increase swelling—the opposite of what you want.

**Seek medical attention** if you can't bear weight on the injured ankle

or it looks misshapen; go to A&E. “Sometimes it's hard for people to differentiate a sprain from something more serious like a fracture,” Dr Bachmann says.

## Someone is having a seizure

**Call 999**, then clear the area around the person so they won't hit something. “The most important thing is to protect the person from being injured while they are having a seizure,” Bachmann says. If possible, help them get on the ground and turn them on their side, so “secretions will leak out of the mouth and not into the airway,” Dr McGann says.

**Don't force anything (such as your fingers or a spoon) into the person's mouth** to try to prevent them from biting their tongue, Dr Carius says. “That's one of the more dangerous things you can do.” Doing so can cause the person to chip their teeth or choke.

**Seek medical attention** for anyone who has a seizure for the first time. They should be evaluated in an emergency department so doctors can determine the cause and assess their health and mental status afterward, Dr Bachmann says. ■

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# Stretch Yourself

*Remain limber  
as you age*

—  
BY *Laura Williams Bustos*

**B**RADY PETERSON, A retired university professor, had always been active, working out and walking up to 10 miles a day. Then, about four years ago, after increasing stiffness and pain in his extremities, the 75-year-old was diagnosed with *polymyalgia rheumatica*, an inflammatory disease that can affect every part of the body.

“I couldn’t even raise my arm above my head without it hurting, and just moving around in bed trying to sleep was painful,” he recalls.

Peterson’s rheumatologist wanted to prescribe the steroid prednisone long-term. But Peterson knew it could have significant side effects,

ranging from loss of bone density to cataracts.

“I asked my rheumatologist if I could work on an alternative approach before beginning the prednisone,” he says. The doctor agreed and scheduled a follow-up appointment for six months later.

Peterson began meditating and eating better, and focused on stretching. “I rolled out my yoga mat and did poses I learned from videos,” he says. “When I started, I couldn’t do a warrior pose without pain and couldn’t come close to an acceptable triangle pose. But in doing whatever I could, I began stretching every muscle group.”

Stretching can stave off many of the mobility-related problems that can be considered inevitable as we age. Nevertheless, it remains the often-ignored part of an exercise triad that includes cardio and strength training.

Besides maintaining range of motion, “stretching can be helpful in preventing injuries, managing muscle soreness, and allowing for

## REGARDLESS OF YOUR AGE OR MOBILITY, STRETCHING CAN IMPROVE FLEXIBILITY

participation in a variety of exercises and physical activities,” says Ryan Glatt, a personal trainer and brain health coach.

However, loss of flexibility caused by injuries early in life, scar tissue, arthritis, or inflammation may be difficult to ease or prevent. Likewise, joint cartilage can wear down over time, which can also contribute to pain and stiffness. Regardless of your age or mobility, stretching can improve flexibility.

Peterson is a great example of why stretching should be part of your daily life. Not only does it offer short-term comfort and relief, but it can lead to long-term lifestyle benefits.

“I worked consistently and gradually, and I became more flexible,” he says. When he returned to his rheumatologist half a year later, the doctor agreed he didn’t need the prednisone. Peterson now cycles and hikes, and does strength training with weights.

“The stretching is essential for everything else to work,” he says. “When I stretch my muscles on a regular basis, things like just getting up out of my chair or tying my shoes become movements I don’t have to think about—I just do them. And if I forget to stretch, I can feel the old stiffness whisper in my ear.” ■

### **The Wakeup Twist**

- 1)** First thing in the morning, sit upright in your bed, with feet flat on the floor, knees and hips bent at 90-degree angles. Roll your shoulders back and look straight ahead.
- 2)** Place your left hand on the bed, behind and to the outside of your left hip. Place your right hand on your right knee.
- 3)** Take a deep breath. As you exhale, turn your shoulders to the left and look behind you, twisting your spine while keeping your hips steady. Hold the stretch for five seconds, return to centre and repeat on the right side. Do five twists on each side.



# Water Works

*Whether you're drinking it, getting active in it or bathing, H<sub>2</sub>O is awash with health benefits*

**Water might protect against cancer and heart disease** It helps convey nutrients, hormones and proteins around the body, and messages to the nervous system. Water also flushes out our liver, kidneys, bladder and bowels. In fact, a US study found that men who drank six 250ml glasses of water a day halved their risk of bladder cancer, while another study suggested that women who drink more water cut their risk of colon cancer by up to 45 per cent. Other research found it also lowers women's risk of a heart attack.

**It might help you lose weight** Some research has suggested that quaffing Adam's ale can help you burn calories. At the very least, it will curb hunger pangs and boost your energy. Both hunger and fatigue might be signs of dehydration, as are headaches.



Susannah Hickling is twice winner of the Guild of Health Writers Best Consumer Magazine Health Feature

## Healthy foods hydrate you too

While we should all be drinking six to eight glasses a day of this life-saving liquid, some healthy foods also have a high water content. These include smoothies, soups, cucumber, tomatoes, courgettes, watermelon and citrus fruits.

## Swimming's a great no-sweat

**exercise** Not only does swimming provide a full-body workout, destress you and boost your energy, it's also a sport that won't leave you sweaty, because the water surrounding your body will keep you cool.

## Canoeing calms you down

Like swimming, canoeing and kayaking are low-impact sports. They're great for your arms, torso and legs, but another bonus is paddling on tranquil water has a meditative quality and can release stress.

## Paddleboarders have

**better balance** Stand-up paddleboarding (SUP) is great for fitness, according to Australian research. What's more, it improves balance on dry land in older adults, according to a 2018 Brazilian study.

## Floating has the feelgood factor

But if the thought of all that activity

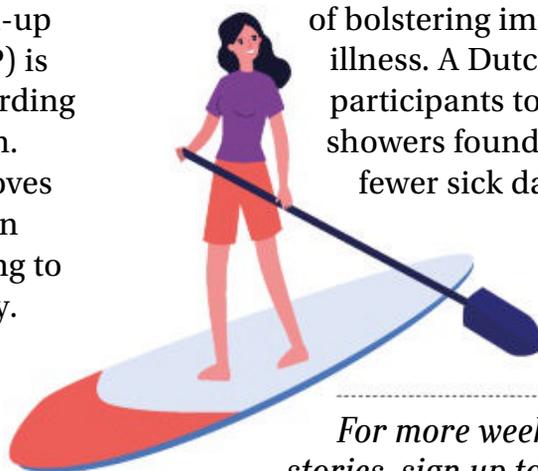
has left you exhausted, you'll be cheered to learn that floating in warm salt water in a flotation tank has been shown by researchers to lower stress and reduce pain, while increasing optimism and sleep quality.

## For pain and stress, a bath is best

If sensory deprivation in a floatation tank is not your thing, just taking a warm bath will soothe aching muscles and make you feel relaxed. Even better, a review of research from Coventry University found that a regular soak in a hot bath or hot tub, or session in the sauna, can replicate some of the benefits of exercise without having to lift a finger! It can reduce blood pressure, blood glucose and inflammation.

## Boost your immune system with a shower

Not only will a shower get you cleaner than a bath, it might have the added advantage of bolstering immunity from illness. A Dutch study where participants took hot-to-cold showers found that they had fewer sick days from work. ■



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*For more weekly health tips and stories, sign up to our newsletter at [readersdigest.co.uk](https://www.readersdigest.co.uk)*

# What Nosh Makes Us Happy And Healthy At The Same Time?

**Takeaways** Admittedly, a kebab or burger isn't the most obvious choice for a healthy meal, but takeaways make us feel good, according to a 2021 survey from food delivery company, Lieferando. Any kind of takeaway increases happiness by 52 per cent, the study found. The happiest meal? A curry. An Indian boosted contentment levels by 83 per cent. While we wouldn't recommend one every day, the occasional takeaway could boost your mental health.

**Fish** If battered cod and chips make you feel upbeat, that might be partly down to the omega-3 fatty acids in the fish. According to a 2021 study in *Nutrition Research and Practice*, post-menopausal Korean women who had the highest dietary intake of omega-3 fatty acids had the lowest levels of depression. Two of them—eicosapentaenoic acid (EPA) and

docosahexaenoic acid (DHA)—are thought to be the good guys. Salmon, mackerel, tuna and sardines are particularly high in omega-3. Other sources are red kidney beans, cauliflower and broccoli.

**Picnics** Eating out of doors always makes food taste better and lifts our spirits. In fact, there's ample evidence that getting out in the open air is good for our mental health. Sunshine is

also a vital source of Vitamin D (but don't overdo it, because sunburn isn't healthy).

Pack a whole grain loaf, low-fat cheese, some slices of turkey, an easy-to-eat salad of cut-up peppers and cucumbers and some cherry tomatoes, and a punnet of strawberries. What could be healthier?



**Breakfast** When it comes to food to lift your mood, breakfast really is the most important meal of the day. Research backs this up. For example, an Australian study in *Psychological Medicine* in 2019 found that skipping breakfast or delaying it was associated with a higher likelihood of mood disorder, such as depression. Make your breakfast a healthy one—eggs contain spirit-lifting zinc, while whole grain toast may boost serotonin, a chemical in the brain that can affect mood. Choose cereals fortified with B vitamins, also believed to enhance emotional wellbeing. ■

# Ask The Expert: Plantar Fasciitis



Dr Richard Shaffer is a clinical oncologist and expert in the use of radiotherapy to treat plantar fasciitis and other benign diseases at GenesisCare

**How did you become a specialist in treating plantar fasciitis?** As an oncologist, I treated brain tumours, bladder, prostate and skin cancer, but I've always had an interest in radiotherapy for non-cancerous conditions. My practice now focuses on this area. I started with plantar fasciitis, because it's really common and there's good clinical evidence that low-dose radiotherapy is effective. I had plantar fasciitis and it took two years to go. It was pretty disabling, so I thought, *there's a real need here.*

**What is plantar fasciitis?** It's one of the main causes of heel pain. It's caused by overuse or strain of the plantar fascia, the band of tissue running from the heel to the front of the foot and supporting the arch. Things that can strain it include being overweight, having a very flat foot or high arch, wearing high heels and over-exercising.

**What can people do to relieve it?** For 80 per cent of people it will go

naturally in a few months. Keep off your feet, wear proper footwear with insoles you can buy. Sometimes people find stretching exercises useful, stretching the bottom of the foot and the calves. There are videos online. Icing can help, as can losing weight if you're overweight.

**What treatments are available if that doesn't work?** If conservative treatment doesn't work and you have other symptoms, like tingling, go to your GP. Steroid injections give short-term relief, extracorporeal shock wave treatment (ESWT) is widely available but painful, and surgery is a salvage option. I do low-dose radiotherapy, which most people find completely painless, although sometimes there can be a little soreness afterwards. Eighty per cent feel a benefit after three weeks or a bit longer.

**How can people avoid developing plantar fasciitis?** Wear sensible shoes, keep weight off, build up exercise gradually. ■

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For more information  
visit [heelpainpractice.com](http://heelpainpractice.com)

# Selfless Souls

*This month Dr Max muses on the patients who, even at death's door, won't put themselves first*



**O**NE OF THE things that have fascinated me over the years of being a doctor is how, when faced with death, some people seem to approach it with astonishing bravery and calmness, often thinking of others rather than themselves. I like to think I'd be the same, but you never know until it's your turn. I remember one man who was admitted when I was a junior doctor working in surgery. Mr Goodman came to A&E feeling very unwell. He had been to see his GP the previous week because he wasn't opening his bowels. Then he started feeling really sick. He began

shaking and was short of breath. He drove himself to A&E ("I didn't want to bother the ambulances—they're so busy, aren't they") and then promptly collapsed in the car park and was brought in on a stretcher.

His X-ray showed that his bowels had perforated. In effect, they had burst open inside his abdomen. I watched as the registrar stabilised him in A&E so that he could be transferred to theatre. He lay quietly while all this was going on around him, smiling politely and thanking everyone despite the pain. I stood next to the registrar as she explained that he'd have to have an operation to mend the hole. And I stared intently at the notes in my arms, pretending to be diligently scribbling away while she explained how serious this was, and that it was possible that they would find cancer when they opened



Max is a hospital doctor, author and columnist. He currently works full time in mental health for the NHS. His new book, *The Marvellous Adventure of Being Human*, is out now

him up. He nodded gently, frowning slightly, intently listening without commenting, until, after the surgeon had finished, he sighed and said, “that’s a bit awkward, isn’t it”.

That word struck me: awkward. An understatement that only became even more so: “the thing is, my wife is paralysed, and I’m her carer. She’s at home on her own now and I need to put her to bed. She’s waiting for me. I told her I’d only be a few hours. She’ll need her catheter bag changed soon.” Yes, a bit awkward indeed.

“So thank you awfully for your help, but do you think you could give me some tablets for a few days and then I can come back in for my operation once I’ve made arrangements for my wife?”

The registrar interrupted him: “Mr Goodman, there is a hole in your bowel. If you are not operated on in a matter of hours you will die. You may still die but if we don’t operate, your chances of survival are zero.” He was silent for a few moments.

“Oh dear, well that is really very awkward.” I stood in silence. He unquestioningly put his wife’s own welfare before his own. His stoicism was remarkable. Somebody made arrangements for his wife to be brought into hospital as well and he

was transferred up to the theatre. The surgeons operated on him into the early hours of the morning.

**THE NEXT DAY** on the ward round we saw Mr Goodman. He had been sent from the operation straight to the intensive care unit. I stood at the end of his bed, while the surgeons discussed the previous night’s operation and looked at his chart. “Riddled with cancer”. The following day we visited him again and although

he was awake, he had a tube in his throat so couldn’t speak. The surgeons asked him if he had any questions and he used a laminated piece of card to spell out “Who is looking after my wife?”

One part of me wanted to shake him and tell him to start thinking

about himself for once. And another part of me wanted to applaud him, to commend his persistent devotion and dedication; his refusal to allow events to deter him from his duties. And the way he did it all in such an unassuming, gentle, humble way.

A few days later Mr Goodman died. All his responsibilities, his concerns, his duties: gone. In one moment, wiped out. Someone will have had to tell his wife. She’ll have been put into a nursing home no doubt. Tidy up his affairs. Sell the house. Very awkward indeed. ■

## ONE PART OF ME WANTED TO SHAKE HIM AND ANOTHER PART WANTED TO APPLAUD HIM

# The Doctor Is In

*Dr Max Pemberton*

**Q:** Every night when I go to bed, the underneath of my tongue begins to tingle and it lasts throughout the night. It's not painful, but quite distracting when I am trying to sleep. Any clue what this could be?

- Catherine

**A:** Hmm, so I'm going to admit, this really stumped me. The problem is, a tingling tongue could be down to a lot of things so ideally I'd have a bit more information and be able to examine you. Often mysterious symptoms come and go and doctors never really know what the underlying cause was. It could be a mild allergic reaction to something you're using just before bed—the toothpaste or mouthwash you use, the coating on your floss, or if you wear a mouth guard, the disinfectant solution that it sits in during the day.

There's also a condition known as Raynaud's phenomenon that affects the blood flow to parts of the body. It's usually the hands, fingers or toes but can affect other parts of the body such as the tongue. As well as a tingle, you might also notice a change in colour to either blue, very red or pale. This

tends to last quite a short time and you'd probably have other symptoms such as cold feet and hands too.

There are other possibilities. Low vitamin B12. Low calcium. Low blood glucose. Burning Mouth Syndrome is a persistent feeling of tingling or discomfort in the mouth, lips or tongue. It's often accompanied by a strange taste and can be triggered by a yeast infection. Multiple sclerosis can also, rarely, cause a tingling tongue. With all these conditions you're likely to have other symptoms too so I'd recommend speaking to your doctor. They'll be able to have a look and run some blood tests to rule out some of the causes.

Finally, a *sudden* tingling in the tongue that also affects your face, arm or legs can be a sign of a stroke and so if this happens the person should seek medical help immediately.

Given that this is happening every night this wouldn't fit with your symptoms, but it's worth mentioning in case other readers experience this. ■



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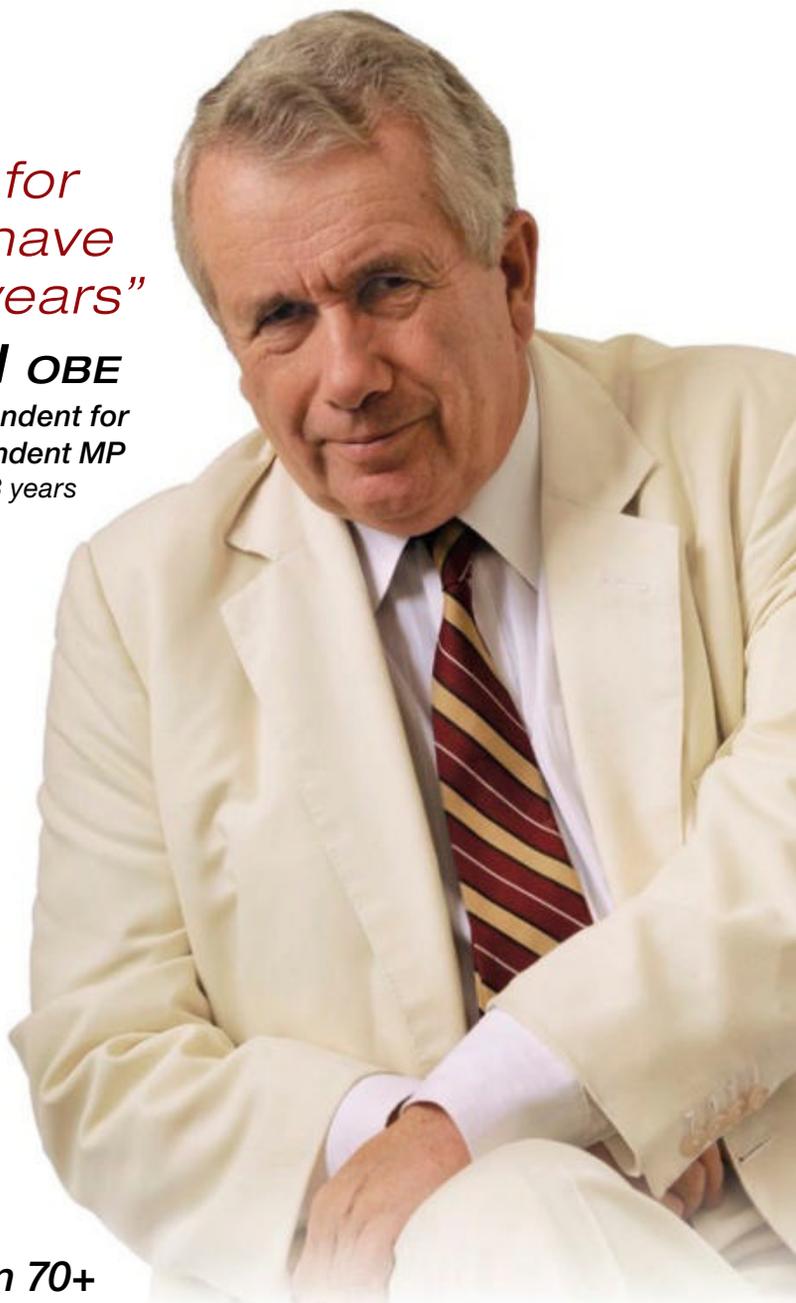
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# How To Be More Memorable

*Five simple tricks for making your name stick, from our memory expert, Jonathan Hancock*

**I** THOUGHT BUSINESS cards had gone out of fashion in the digital age—but I was wrong. I attended a big conference recently, and everywhere I looked I saw people swapping small rectangles of cardboard, exchanging contact details in one quick move.

How reassuring to know that your new acquaintance has a lasting record of you—rather than having to rely on their memory. After all, remembering names is one of the hardest learning tasks of all. And, if someone doesn't take your card, there's little hope of them knowing your name beyond this conversation—right?

Well, partly. If you leave it to chance, they probably won't keep your name in their head long enough to add you to their contacts. However, there are some easy ways to imprint your name on their brain.

## 1. Flip their learning “switch”.

Everyone's brain benefits from knowing when it needs to be in “memory mode”. So say something to signal that this is such a moment—even if it's as simple as, “Let me introduce myself.”

2. Be interested in them. It's another

great way to nudge people into being receptive and alert. If they've got an unusual name, ask them about it. Without even realising, they'll be automatically more interested in who you are.

3. Keep them focused. Distractions are the enemy of recall, so always introduce yourself clearly. Try not to do anything else while you speak. And don't ask them something difficult immediately afterwards—otherwise that thought process will replace your name in their short-term memory.

4. Repeat their name. When they realise that you know them, they'll feel it's even more important to remember you.

5. Prompt them to practise. Retrieving information is a powerful way to embed it in the brain. So connect with the person again a short while after your meeting—with a follow-up email, for example, or by stopping for a chat in the hallway. And if you leave enough of a gap for them to strain a little to recall who you are, you'll have the greatest impact on their memory long term.

Through these small nudges, your acquaintances may even improve their learning habits in general, and start taking more control of their memory whenever they meet someone new.

And even if they don't, at least there's an excellent chance that they'll still remember you. ■

# Just Cycle And fold away

There's no excuse not to get on your bike this Spring. Get your indoor cycling fix and feel the benefits.

Great for general cardio fitness, exercise bikes can be a brilliant way of training at home. However, choosing the right bike is incredibly important, which is something that Roger Black and his team recognised when creating the Roger Black Folding Exercise Bike.

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Anna, Farnham



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**Janet, Sue and Vivien share a moment after a difficult session on limits of informal care**

*New Ground: Pioneering*  
**Senior  
Living**



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WORDS AND PHOTOGRAPHS BY Angeles Rodenas

## The residents of New Ground consider themselves lucky.

They live in the only senior women’s cohousing project in the UK. Built five years ago in Barnet, London, the community of 25 flats and shared spaces is run by the women themselves, under the principles of mutual aid, active participation and social inclusion.

Chatting in her bright two-bedroom flat, Shirley Meredeen doesn’t hesitate in describing the benefits of living here. “It keeps my brain going. We are all very active because there is so much to do... It’s good mentally, socially and physically”. Above all, she stresses, “it’s a really supportive community”. At 91, Meredeen lives independently knowing that her neighbours look out for each other, not *after* each other, which in practical terms means collecting prescriptions from the chemist, accompanying to medical appointments, doing the local shopping... and—since the pandemic—having a health buddy with detailed medical information and family contacts in preparation for an emergency.

The generally harmonious coexistence wouldn’t have been

possible without a conscious effort to build the foundations of the community: social activities to get to know each other and workshops on conflict resolution, equality and diversity where they learned to deal with difficulties. “I am obstinate, like most of the women here—which creates problems sometimes—but we wouldn’t have got where we are otherwise”, admits Meredeen.

In a highly organised fashion, the residents have created 28 teams according to their interests and knowledge to deal with daily issues. Then, decisions are taken collectively once a month. Meredeen belongs to Membership, Communications and, as a pedestrian, the Car Park group, as they felt it was important to have the views of a non driver. She used to be in Gardening too, but when it became too much physically she swapped activity rather than slowing

down, living up to the collaborative spirit that imbues every inch of the lively community.

“Cooperation is of the essence. One has to be willing to work and have an open mind”, she adds. A commitment that, she acknowledges, is not for everybody.

**Creating New Ground** was an 18-year-struggle for Meredeen. In 1998, she was retired and separated from

her husband when she attended a presentation by then-university researcher, Maria Brenton, about the concept of cohousing as developed in the Netherlands.

“There, the government decided to invest in societal ageing. They helped promote these groups because they understood that older people would be happier being more autonomous and therefore, keeping active would reduce their demands on health

### Shirley Meredeen in her living room



and social care”, explains Brenton. The idea started in Denmark in the Sixties and it soon expanded to Sweden and the Netherlands, where there are around 300 projects to date, before it reached the United States in the 1990s. At that time, it was a revolutionary concept in the UK.

At the end of the presentation, Meredeen and her friend Madeleine Levius, who passed away in 2005, decided to create the Older Women Cohousing (OWCH) to replicate the Dutch collaborative model with one marked difference—their project would be for women only.

“Older men’s attitudes are very unreconstructed, they didn’t go through this sort of feminist wave. OWCH members didn’t want to constantly be having to defer to the will of men who think they can take all the decisions, which these days is more likely to happen in groups of older people rather than younger ones”, says Brenton, OWCH member who has become ambassador for the British cohousing movement.

They didn’t imagine that it would take so long and some women gave up the fight throughout the years. They had to navigate sexist attitudes and compete with big developers for skyrocketing-prices of land. Also, their intention to allocate eight of the flats in the development to social renting made the conversations with decision makers very difficult. Brenton remembers that councils

## THESE WOMEN WANTED TO TAKE CONTROL OF THEIR FUTURE INSTEAD OF RELYING ON CARE HOMES

always compared their pioneering idea to sheltered accommodation and saw it as a burden for their already overstretched budgets. “They were deaf and conservative—not helpful”, she concludes.

For [Melissa Fernández Arrigoitia](#), lecturer in Urban Futures at the University of Lancaster and researcher on community-led housing, the women’s proposal was a “radical” departure from the conventional understanding of later life. “They presented a new way of living together based on interdependence, they wanted to take control of their future instead of relying on their families or care homes”. The novelty of the idea coupled with the lack of data to prove the social and economical benefits it was claimed came from senior cohousing made it difficult for decision makers and stake holders to get on board.

The lack of research remains a hindrance to accessing public money. One of the few reports



Above: The orchid and greenhouse provide plenty of work and are a source of pride for the residents. Below: Some residents participate in a research session with academics Fernández Arrigoitia (second right) and Kath Scanlon





### The residents mail boxes display the colours of the suffragettes

was published last November, commissioned by the government and carried out by academics from London School of Economics, Bristol, Northumbria and Lancaster. It gave empirical backing to the intuitive idea that a shared living environment and group activities reduce loneliness and improve wellbeing. Cohousing advocates go further: tackling isolation prevents depression and physical health issues that put pressure on public services.

**In the end**, the developer Hanover bought the site and allowed the women to select the architects. Pollard Thomas Edward was chosen as “a very participative firm that allowed the group to have a strong voice in the design—recognised with

several awards—for which we are eternally grateful”, says Brenton, who supported the project throughout. The women sold their own properties in order to pay for the new ones and the housing association Housing for Women bought and manages the remaining eight flats for social renters.

The complex comprises one, two and three-bedroom flats as well as a communal kitchen, meeting room, laundry, garden, orchard, car park with an electric car charging station and a guest room, now made available to displaced Ukrainians. Beyond the humanitarian gesture, residents are keen to show that New Ground is not, as Brenton puts it, “a gated community but open to the outside world”.

During the pandemic, they

## GUEST ROOMS HAVE BEEN MADE AVAILABLE TO DISPLACED UKRANIANS

donated food to the staff of their local hospital and they are now planning to offer their various skills in a series of webinars.

If social integration makes them proud, the lack of diversity in New Ground is something they regret. Both Brenton and Meredeem agree that it is a generational problem.

In the Afro-Caribbean and South Asian groups they contacted in the Eighties, older women didn't want to join the project as for them it would be "a reflection of the failure of their family", says Brenton. Younger generations have a different mindset, however, and OWCH's extended membership, Brenton argues, is more diverse.

**New Ground's waiting list** is growing, but the current occupants are in no hurry to vacate their flats. Meredeem hopes to stay here until the end. "This is the difference with cohousing for young people—that is transient. This is a place where you come to live and possibly to die".

She thinks that the setup is

suitable for someone with dementia or a physical disability. Carers or relatives can support residents as they would do in conventional housing, though the limits of informal care among residents without compromising the wellbeing of the whole community still needs to be worked out.

According to OWCH, 3.64 million people over 65 live on their own in the UK. Almost 70 per cent of them are women, and yet New Ground is still the exception. "It is a shining example", says Brenton, amid a "very paternalistic, patronising and ageist approach to old people", where institutions "construct and reinforce dependency" of old people.

However, support for community-led housing is starting to emerge in the form of guidance and funding and, although it can take between six to ten years to complete, according to UK Cohousing Network there are 19 cohousing communities built and 60 in development.

OWCH has paved the way to alternative living arrangements in later life and Fernández Arrigoitia thinks the current situation encourages this model to thrive. "Cohousing has the ability to respond to multiple crises that are going to keep growing: housing, health, ageing, the environment... If politicians are willing to see its potential, then the model has a bright future." ■



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St Abb's Head



## My Britain: The Berwickshire Coast

By Anna Walker

Just an hour's drive from Edinburgh, the Berwickshire Coast is a place of extraordinary natural beauty, and a hotspot for wildlife lovers.

The coast's small and picturesque villages, including Coldingham, Eyemouth and St Abb's, offer some of the finest food of the Scottish Borders, including award-winning fish and chip shop Giacopazzi's, which also offers some of Scotland's best ice cream, Jarvis Pickle pies and Leftfield Kombucha.

Film fans may be surprised to recognise the scenery from the small town of St Abb's from the Marvel blockbuster *Avengers: Endgame*, where it played the role of Thor's "New Asgard". The local lifeboat station was even branded "New Asgard Lifeboat Station" during filming.

If movie locations aren't your thing, there's plenty more to enjoy, from fresh scenic coastal walks to horse riding, stunning nature reserves, surfing, golfing, e-bike tours and trips around the area's many stunning lighthouses. We spoke to two residents about their businesses on the Berwickshire Coast for a flavour of local life.

## DANIELLE MCKINNON

**Manager, founder, coach and a youth worker at Eat, Sleep, Ride**

I love the community here on the Berwickshire Coast. It's so diverse, like a real family—I call it the land that time forgot. My business, Eat, Sleep, Ride, brought me to Berwickshire originally, and now we are building a larger carbon neutral community sports hub in Lamberton too.

Eat, Sleep, Ride is a community interest company and social enterprise providing affordable therapeutic equine

and countryside interactions for children, young people and their parents, guardians, and carers in Southeast Scotland and Northumberland. Our purpose is to help, support and inspire people through the provision of experiential learning, equine-based training, accreditation, certification, volunteering, work placements and employment opportunities.

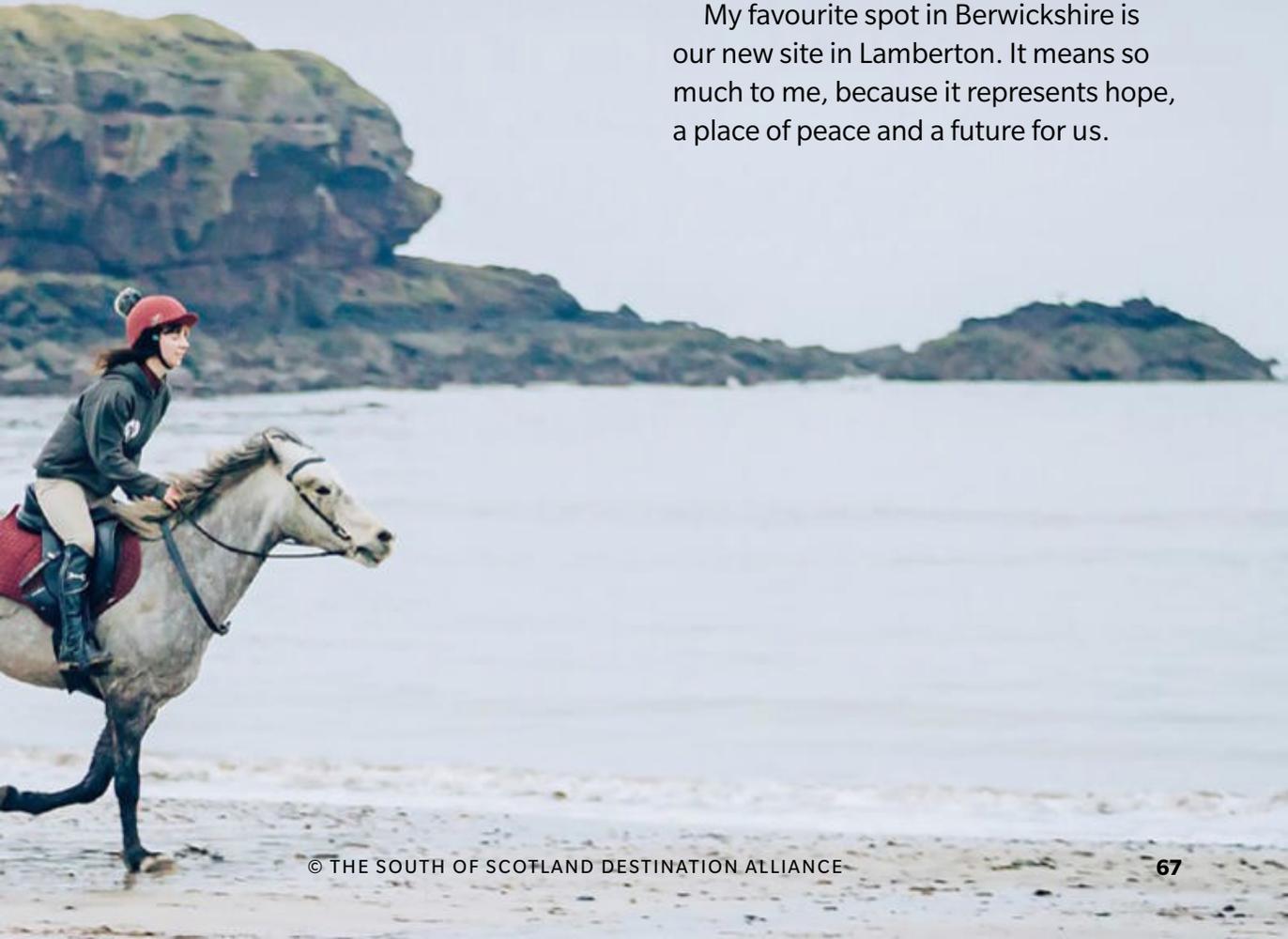
We work with people living with the challenges of mental and physical ill health, drug and alcohol use, and those who are isolated, vulnerable, and facing poverty and deprivation.



We are a conduit for training and accreditation, using experiential learning to help develop social and emotional competencies, providing interaction with, and connection to our community. The Eat Sleep Ride mission is to support young people and their families to take positive steps forward in life by providing an inclusive, accessible, and tailored service. Working collaboratively with a range of partners and supported by a team of volunteers, we design and deliver activities that inspire young people to develop, grow and reach their full potential. We have an

amazing and diverse team working with Eat, Sleep, Ride who all live within the local areas and always have stories to tell of the shop, farmer, butcher and villages. If you look hard enough you find the hidden gems of Berwickshire and there are so many—each bringing their own personality, wisdom, friendship, and support. Many of the people who we work with sometimes struggle to put food on the table. The area has limited transport and resources, and this has been made worse over recent years due to COVID. Despite these challenges, however, everyone within the local community has been so supportive and helpful of our mission.

My favourite spot in Berwickshire is our new site in Lamberton. It means so much to me, because it represents hope, a place of peace and a future for us.





## LIZA COLE

### **Liza's business, In Our Nature, offers wildlife and nature tours of Berwickshire**

I first came to Berwickshire for a job—to be the Ranger for the Berwickshire Marine Reserve. I was then Senior Ranger for St Abb's Head National Nature Reserve and I set up my own business, In Our Nature, offering wildlife cruises, walks, talks and courses in 2020. There's so much I love about Berwickshire. Its stunning scenery. Its variety of landscapes and habitats and range of amazing wildlife, both above and below the water. Its friendly people. In places you can feel like you are a million miles from anywhere, when in reality you're just an hour's drive from Edinburgh, a little more from Newcastle; and less than four hours from London on the train.

The thing that underpins everything on the Berwickshire Coast is its varied and fascinating geology. The jewel in the crown is Siccar Point. With its world-famous non-conformity it's considered the birthplace of modern geology. But there are also the stunningly striped rocks at Pease Bay, the striking reddish-purple cliffs and sea stacks at St Abb's Head and the incredibly folded rocks south of Eyemouth. The geology not only shapes the landscape, but it also impacts on the wildlife, forming varied habitats from steep sheltered

valleys and towering cliffs to sheltered sandy bays.

There's nothing I like more than being out in nature and sharing my passion with others, so starting up In Our Nature was a no brainer. In the warmer months I offer tours on land and sea to help folk enjoy the amazing wildlife and scenery of the Berwickshire Coast. In the darker months my online courses help people learn about wildlife in the hope that it will increase their enjoyment of the marine and coastal environments they spend time in.

My favourite spot on the Berwickshire Coast has got to be a place called Petticowick, just west of St Abb's Head. The views up the coast and inland to the Mire Loch are second to none. It's a place where you can marvel at geology which spans unimaginable periods of time, including the petrified ripples from a sandy beach dating back 450 million years or more. You can listen to and watch thousands of seabirds that return to the cliffs to breed each spring. Or witness all the amazing activity of the breeding seal colony on the beach below during the early winter.

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For more information visit [inournature.rocks](http://inournature.rocks) and [visitberwickshirecoast.co.uk](http://visitberwickshirecoast.co.uk)



## If I Ruled The World

# Sheila Hancock

Dame Sheila Hancock is the multiple *Sunday Times*-bestselling author, and one of Britain's best loved actors of stage and screen

### **All showers would be the same.**

Every hotel or house you go into has a different shower and, invariably, you have to find which is the overhead one, and which is the hand-held one. I hate water coming on my hair because it ruins it, and it's a nightmare. If all showers, even the ones in homes, were exactly the same, you would always know how to work them.

### **Couples over 60 would be forced to learn what their partner does around the house.**

Women would know how to change a lightbulb, turn the fuse off, while men would be able to do things like cook and sweep the floor. So, if your other half dies, you

won't end up in that awful situation where you don't know how to do the finances, what your insurance is, or perhaps just starve to death, because you've never cooked anything beyond a cup of tea.

### **We would stop politicians talking in superlatives.**

I'm sick to death of hearing, "We have *the best* vaccination service," "We have *the best* unemployment figures," and so on. It's all part of Brexit—they have to make out that we're fine. And they frequently lie. Take, for example, Boris Johnson saying, "We are the best country in the world for receiving refugees." We've got queues of people

waiting to come over because they can't fill in the forms\*. It's a disgrace. Politicians shouldn't be allowed to ever use a superlative unless it's followed by the evidence and the statistics to back it up.

**Boys and girls would be taught how to respect one another.** With the #MeToo movement that's happening, women are becoming conscious of what their relationship with men really is. If men were tackled about what a little girl feels when a load of builders whistle at her when she goes past a building site, then they wouldn't do it. But they think they're paying a compliment. So, I think that very early in primary school, it should be possible for a little girl to say, "You've upset me by saying that"; "You've upset me by pulling my dress up." And for the boy to understand that what he's doing is upsetting—because most of them don't. They think it's a lark. It's terribly important to start changing men's relationship with women because it's leading to violence and rape.

**Children would start cookery lessons when they're in primary school.** Economically we're coming into a really tough time, and it is much cheaper to cook your own meals. In the old days, you would buy a piece of meat at the beginning of the week, then you'd have it cold, then you'd have it minced, then you'd have it in a

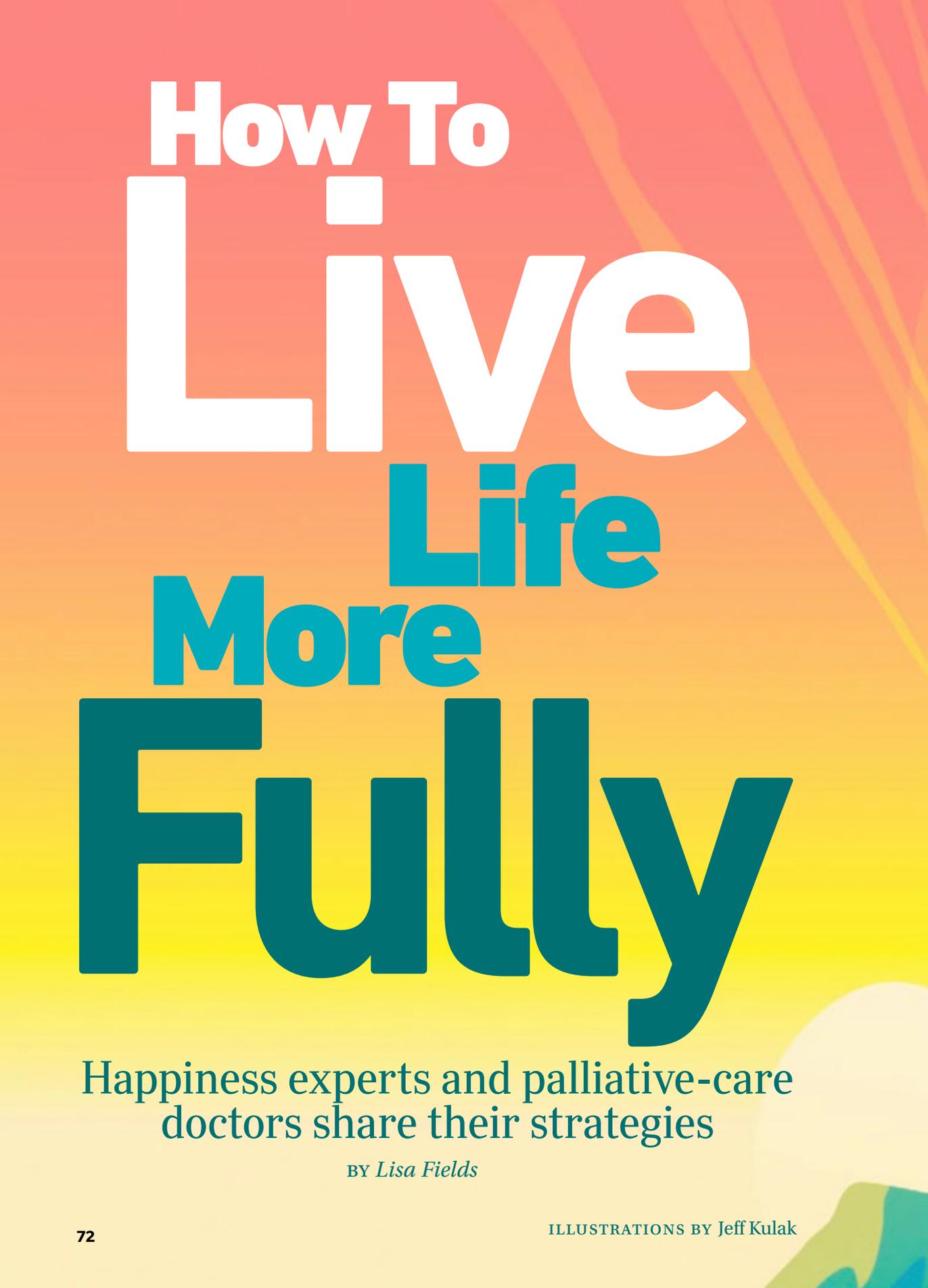
stew. It lasted the whole week. Children should be taught to enjoy simple, healthy cooking, and you've got to catch them at five, start right at the beginning. Mummies and daddies don't have time to do that now because they're working hard and they just want to get the meal on the table, so most kids grow up not knowing how to cook. Luckily, mine did because I'm such a lousy cook that they did it in self-defence.

**You wouldn't be allowed to ask questions like "Do you still drive?" or "Are you still working?."** It's just deeply ingrained in people to think that old folk can't do things. I think there should be an appeal to stop people from being invisible after they're 70. If I go anywhere with my daughter, they address her, not me. They don't see me because I'm old. They think they'll talk to the young one who might explain it to me later—or whatever their motive is. I also loathe all the articles in magazines that tell you what will make you "look younger" or "rejuvenate you". *Why?* Why should I want to look younger? I'm nearly 90 and I'm proud of it. I'm lucky. This fear of old age and death is disturbing. ■

\*The interview took place in March 2022

### **As told to Eva Mackevic**

*Old Rage* (Bloomsbury, £18.99) by Sheila Hancock is out now



**How To**  
**Live**  
**Life**  
**More**  
**Fully**

Happiness experts and palliative-care doctors share their strategies

*BY Lisa Fields*



WHEN JOHN HELLIWELL married his wife, Millie, 52 years ago, the two were already incredibly close. “She may have been my best friend then, though it wasn’t something I thought about,” Helliwell says about their courtship, which gave way to a joyful and rewarding partnership that’s still going strong.

Decades into his marriage, Helliwell, a professor emeritus of economics at the University of British Columbia in Vancouver, Canada, not only started to think about happiness more, but to take a professional interest in the factors that influence our well-being.

In 2017, Helliwell’s research confirmed that marriage increases happiness, and people who think of their spouses as their best friends

experience twice as much happiness as other married people. Because Helliwell considers Millie his closest friend, it follows that their relationship boosted his happiness throughout the past half-century.

Helliwell isn’t the only academic to glean meaningful lessons from his own findings to live life more fully. Research also shows that happiness isn’t just about a fulfilling marriage.

*Reader’s Digest* spoke with several happiness experts to see what they’ve applied from their work to lead more satisfying lives. Palliative-care physicians also shared insights they gained through helping patients plan for the future, bolstering important relationships, and appreciating each day—before it’s too late. Here is some of their advice to incorporate into your own life.

## Accept That Age Is Just a Number

BETWEEN 2002 AND 2017, German researchers asked adults 40 and older to share their chronological age, then describe their perceived age. People who felt younger than their actual ages experienced greater life satisfaction, with fewer negative emotions such as guilt and anger, leading to an overall increase in their sense of well-being. Those who felt older experienced the opposite.



Health-related factors played a role; perceived poor health, chronic illness, and physical limitations were associated with feeling older and a decreased sense of well-being.

“An individual with chronic health problems may feel an increased discrepancy between perceived age and chronological age over time,” says study author André Hajek, professor of interdisciplinary health-care epidemiology at the University of Hamburg. “At the same time, this individual may lower their expectations of longevity, and so they may have problems enjoying their life. This may become a self-fulfilling prophecy, leading to marked decreases in future health because of bad lifestyle habits.”

Hajek, who is 38, says he identifies with his chronological age because he has two small children and recently became a professor, which is the typical age for such an appointment in Germany. “This could change in the second half of my life, when family obligations with my kids may decrease,” Hajek says.

“Factors such as general self-efficacy, optimism or, particularly, passion in life—for your job, for example—can very positively affect your perceived age,” he continued. “I try to live a life with true passion for science, which hopefully will play a role in keeping me young and satisfied.”



## Embrace Uncertainty

PALLIATIVE-CARE PHYSICIANS often see patients with life-limiting diagnoses who don't know how much time remains for them. When these people accept uncertainty, then plan for possible scenarios while still living in the present, it helps improve their mental health and overall quality of life, according to a 2016 Scottish study.

Says study author Scott Murray, professor emeritus of the primary palliative care group at the University of Edinburgh: “People often ask, ‘What’s the prognosis?’ and what they’re saying is ‘How long have I got?’. But it’s actually something deeper: ‘What’s it going to be like for me?’”

He says that one way for patients to cope with their new reality is to check items off their “bucket list,” which can help them to focus on priorities and pursue achievable goals in the time they have left.

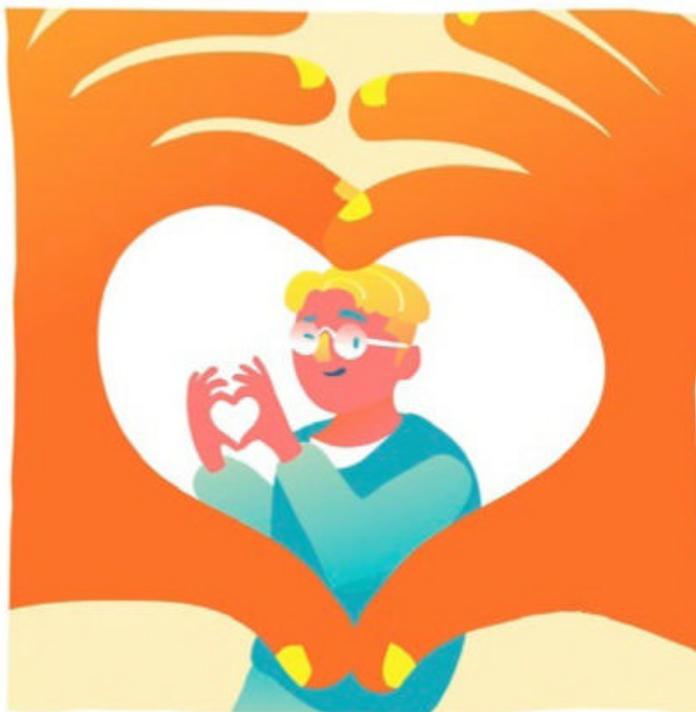
Murray’s familiarity with these kinds of conversations helped him when he was diagnosed with lung cancer seven years ago. “Having faced up to the fact you might die, then been at the final frontier and retreated, you’re going to get on living,” says Murray.

Although Murray’s results ended up being clear-cut and treatment was possible, he faced high levels of stress as he awaited that diagnosis. His research has shown that people often feel most anxious at this stage of the process and knowing that provided him some relief.

His research background and familiarity with palliative care and cancer diagnoses helped him approach his situation differently than many people do, which may in turn serve others well. “Over the last 20 years, I’ve got this idea of ‘illness trajectory,’” Murray says. “People don’t just die; there is a progressive trajectory of events. And people should ask about that rather than just focus on the word ‘prognosis.’”

## Express Gratitude

AS PEOPLE AGE, they’re more likely to experience health problems,



cognitive decline, and the loss of loved ones, possibly compounding feelings of depression and loneliness. But adults middle-aged and older who express gratitude are less likely to feel lonely, according to a 2019 Dutch study.

“Feelings of gratitude might lead to a broadened life perspective, more social behaviour, and more connectedness,” says study author Jennifer Reijnders, assistant professor of lifespan psychology at the Open University in Heerlen, the Netherlands.

Reijnders has begun expressing gratitude more in her own life since she began researching its benefits. “Doing that has increased the connectedness and positive emotions I experience with some

people and has diminished emotions like feeling alone," she says.

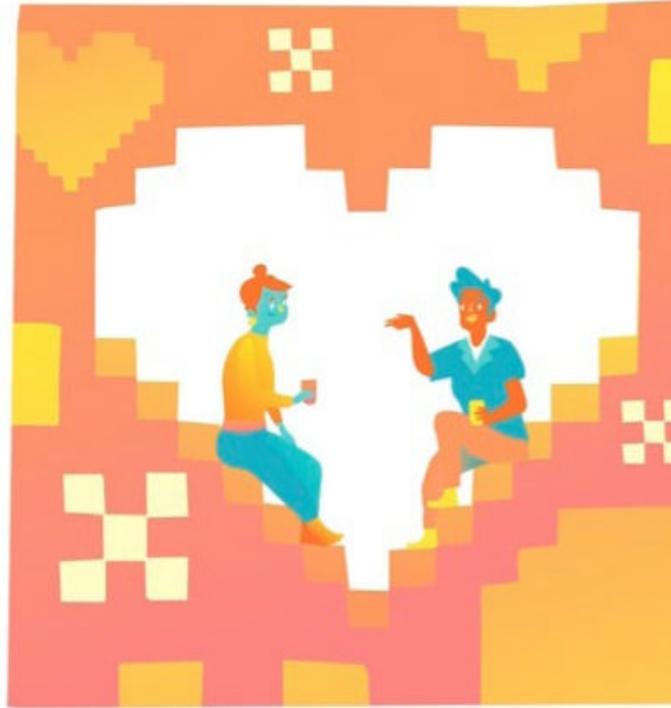
Reijnders first noticed its power after expressing gratitude toward a friend in a birthday card. "She appreciated this very much, got really emotional, and started doing the same in her cards. It really intensified our connection and bonding. I now write this kind of note regularly to people."

## Foster Virtual Connections

IF YOU CAN'T get together with friends because you live far apart, have mobility issues, or are wary of socialising in the wake of the pandemic, going online to maintain important relationships can help you remain close and improve your quality of life.

A 2021 British study found that older adults who used the internet to communicate with people during the pandemic had a higher quality of life and a reduced risk of low mood or depression than older adults who didn't communicate this way.

"Based on our study, it seems the best type of internet-based social contact is via email or video calls," says study author Simon Evans, a lecturer in neuroscience at the University of Surrey's school of psychology. "This is a great way to



help older adults feel more socially connected and socially included" (social media isn't ideal, however, as it may provoke anxiety or feelings of missing out).

In recent years, Evans has consciously chosen to socialise with close friends through video calls and email, partly because of his findings. "Online communication really helps me feel more in touch with the people who matter to me," says Evans, who stayed in contact this way both before the pandemic and during it, when seeing each other in person became complicated. "There's no doubt that connecting online during lockdown periods allowed me to feel less cut off and more positive during difficult times."

## Document Your Healthcare Wishes

IN 2009, GERMANY enacted legislation that strengthened the power of advance directives, which are legal documents that allow people to specify the type of medical care they'd like, or would refuse, if they can't make healthcare decisions for themselves.

## FORGIVENESS DOESN'T REQUIRE RECONCILIATION. YOU CAN FORGIVE IN YOUR HEART WITHOUT TELLING THE PERSON

In the decade following that legislation, these directives grew in popularity and usage: a 2021 German study out of Berlin suggested that the number of people with life-limiting diagnoses who used advance directives may have almost tripled from 2009 to 2019.

Advance directives help you communicate your wishes to your physicians, and the documents help ease decision-making burdens on relatives. Knowing you'll prevent loved ones from guessing your healthcare wishes during a stressful time may positively affect your well-being now, speculates study author Dr Jan Graw, a physician in the

department of anesthesiology and intensive care medicine at Charité University Medicine Berlin.

Dr Graw's work prompted him to analyse scenarios where people may lose their capacity to make healthcare decisions. It also inspired him to think beyond advance directives. "I would consider speaking with those close to you and discussing your personal beliefs—your attitudes related to life and death—and identifying potential future surrogate decision-makers," he says. Being prepared for possible stressful situations, he adds, can contribute to well-being.

## Forgive Others

OLDER ADULTS WHO are more forgiving are less likely to experience depression, according to research published in 2019, possibly because forgiveness helps them experience greater emotional and physical well-being, as well as improved life satisfaction.

"Later in your life, you tend to look back at things that happened with you: actions that you took, decisions that you made, relationships that have broken, pain that you suffered," says study author Jessie Dezutter, a senior lecturer in psychology and educational sciences at KU Leuven in Belgium.

"Forgiveness is a really important

tool to find a bit of peace of mind so that you can wrap things up in a constructive and positive way and be OK both with specific mistakes or faults that you made or that others made towards you."

Forgiveness doesn't require reconciliation. You can forgive in your heart without telling the person concerned. This is helpful if someone has died, if the person you're forgiving was abusive, or if a relationship has run its course.

Dezutter used this technique with an old friend. "The painful situations became so extreme that I decided forgiveness was necessary but that continuing to invest in the relationship wasn't wise," she says.

"It's not so much forgetting about the relationship as it is taking a more distant position," continues Dezutter. "Accepting that we are all human with our own faults and mistakes can bring a sense of relief. It can also open up new opportunities to engage further in relationships and in friendships."

## Tie Up Loose Ends

AS A PALLIATIVE-CARE physician who treated hospice patients for many years, Dr Ira Byock helps people with life-limiting diagnoses find closure through meaningful conversation. And his lessons can be applied to anyone who wants to live a happier

life—starting right now.

Imagine, he says, that you were in a car accident and knew you were about to die. What would be the things that you wished you had said to your loved ones while you had the chance? "There are only four things we really need to say to people: 'Please forgive me. I forgive you. Thank you. And I love you,'" says Dr Byock, the California-based author of *The Four Things That Matter Most*. "So, why wait to say these things?"

For his part, Dr Byock relishes the way he feels after apologising, forgiving, and sharing gratitude with, or expressing feelings of love toward, the important people in his life.

"When nothing critically important is left unsaid between two people who care about each other, the quality of the relationship changes," Byock says. "You're more aware of the intrinsic value of the relationship, which for me, defines celebration."

Mending and nurturing relationships helps to increase happiness because people value friends and relatives more than possessions. "This is as close to universally true as almost anything I know about human beings: when you really get down to what matters most, it's not things, it's always other people," Byock says.

"The exercise here, as we age, is to keep asking ourselves, 'What really matters most?'" ■



For the residents of  
Schoonschip, the chance  
to go swimming is just a  
few steps from home

A man in a dark jacket and pants stands on a wooden rooftop terrace, holding a camera. The terrace is part of a modern building with large windows and is decorated with various plants in pots. In the background, other buildings and bicycles are visible, suggesting an urban setting.

# FLOATING LIFE

*A unique Dutch neighbourhood is showing how cities can prepare for rising sea levels*

BY *Shira Rubin*

FROM THE WASHINGTON POST

PHOTOS BY *Ily Njiokiktjien*

**M**ARJAN DE BLOK readjusts her body weight as she treads along the jetty linking a floating community on a canal off the River IJ. Through the whipping winds, she shouts greetings to many of her neighbours.

On the day I visited in autumn 2021, heavy rains and 50 mile-an-hour winds put Amsterdam, just a short ferry ride away, on alert. But in the northern neighbourhood of Schoonschip, life carried on mostly as usual. De Blok visited with neighbours while the homes glided

up and down their steel foundational poles with the movement of the water below.

“It feels like living at the beach, with the water, the saltiness of the air, and the seagulls,” she says. “But it also feels special because, initially, we were told that building your own neighbourhood, it’s just impossible.”

A long list of European lawmakers, urban planners, entrepreneurs, and citizens have visited Schoonschip to see the real-life manifestation of a once science-fiction idea. De Blok, a Dutch reality-TV director, has shown them Schoonschip’s patchwork of environmentally focused social projects: lush floating gardens beloved by the water birds; a community centre featuring floating architecture diagrams; and a nearby on-land vegetable patch. But the homes’ industrial-chic design and their immediate proximity to the city, she says, are what surprise visitors most.

Schoonschip can serve as a prototype for the more than 600 million people—close to ten per cent of the world’s population—who live near the coast and less than ten metres above sea level. As the effects of climate change intensify, sea levels are forecast to rise somewhere between 30 and 240 centimetres this century, and storms are expected to increase in frequency and intensity. In the summer of 2021, at least 220 people died in Germany and



Marjan de Blok with her family in her floating home

Schoonschip is setting an example for communities coming to grips with rising sea levels around the world



Belgium from a once-in-400-year rain event. In Zhengzhou, China, 630 millimetres of rain fell in one day, killing nearly 300 people.

By the end of this century, the kind of intense precipitation events that would typically occur two times per century will happen twice as often, and more extreme events that would occur once every 200 years would become up to four times as frequent, according to a study published last year by a team at the University of Freiburg.

**T**HE NETHERLANDS HAS long contended with water—nearly a third of the country is below sea level and close to two-thirds is flood-prone. Since the Middle Ages, Dutch farmer collectives have drained water to make room for agricultural land.

The groups evolved into regional water boards that keep the land dry using canals, dikes, dams, and sea gates. Water management is such a normal part of Dutch discourse that many citizens are surprised to be asked about it, assuming it is common in every country.

The Dutch have historically lived on water. As international commerce flourished in the 17th century, foreign tradespeople moored their boats to the land to sell their goods. In the 1970s, people started converting boats into homes.

And over the past decade, Dutch water management strategists have sought to embrace, rather than resist, the rising sea levels brought on by climate change, with floating communities emerging in Amsterdam, Rotterdam, and Utrecht.

These homes are relatively low-tech, constructed off-site, and weighted by basins filled with recycled, water-resistant concrete, then pulled across the water by tugboats and moored in place. Heavy pieces such as pianos are counterweighed with bricks on the opposite side of the house, and interior design is carried out in line with the Dutch principle of *gezelligheid*, or “cosiness.” Many rooms are outfitted with modular furniture that can be easily disassembled or reassembled to accommodate life changes such as the birth of children.

“It’s evident that sea waters will rise, and that many big cities are really close to that water,” says Schoonschip resident Sascha Glasl, whose architectural firm, Space & Matter, designed several of the community’s homes. “It’s amazing

that not more of this innovation and building on water is being executed.”

De Blok, who has no engineering, architecture, or hydrological training, says that she never intended to spearhead a movement in floating urban development. In 2009, she had become disenchanted with her life in Amsterdam. She worked all the time, bought things she rarely used, and had little time to see friends.

On a cold winter day, she visited a solar-panelled floating event venue called GeWoonboot as part of a series of short documentaries she was shooting on sustainable living. She was stunned by its contemporary feel, its immediacy to the water and the city, and its use of experimental sustainability practices.

“Before I visited that boat, I wasn’t really conscious that I didn’t like the way I was living,” she says.

When she asked friends if they had interest in building a floating community, she was unprepared for the deluge of responses. She cut off the list at 120 people.

She scouted waters around Buiksloterham, a 100-hectare, post-industrial area that had been largely abandoned after manufacturers—including Shell and the Fokker airplane factory—left the city for lower-wage countries in the second part of the 20th century. When she learned that the city was planning to develop tens of thousands of housing



**Eelke Kingma helped design Schoonschip's renewable-energy grid**



Schoonschip has created a strong sense of community. Here, residents hang decorative lights among the houses

units in the area, she realised, *We could be pioneers here.*

In Buiksloterham, the 22-storey Shell tower has been rebranded as the Amsterdam Dance and Music Tower, with dance clubs, a revolving restaurant, and an observation deck. The grassy Overhoeks Promenade, which served as a gallows from the 15th to 18th century, hosts the hulking, modernistic Eye Film Museum. The NDSM wharf is peppered with artist collectives, vintage shops, and a luxury hotel.

When “Schoonschip” is made into a verb, “to do schoonschip,” it means “to cleanse.” Looking to make a different kind of community, De Blok had all residents sign a manifesto committing them to constructing, insulating, and finishing their homes with eco-friendly materials such as

straw, burlap, and bamboo. They also informally signed up for eating together, swimming together, and conducting their lives largely in common view of one another, with curtains only rarely drawn. They use a vibrant WhatsApp group to request almost any service or borrow virtually any item from neighbours, including bikes and cars.

The neighbourhood feels like an extended block party mostly because many of the residents are actually De Blok’s friends, or friends of friends, including colleagues from the TV and entertainment industry. Most of them joined the project in their twenties and thirties, when they had no kids and ample time to invest in building a community. Twelve years later, those young couples have young families.

During the summer months, their children jump out of their bedroom windows directly into the water below. On clear winter nights, the neighbourhood gleams with soft lighting and buzzes with the hum of chattering residents on their top-floor porches. “When it’s dark and all the lights in the houses are on, it feels like a set from a film,” De Blok says.

To realise Schoonschip’s sustainability goals, De Blok drew on the residents themselves. Siti Boelen, a Dutch television producer, mediated between the Schoonschip

An AI-automated program under development will use the homes’ smart meters to inform residents when they can earn the most from selling their electricity, based on the fluctuations in energy market prices. This would make Schoonschip the first residential neighbourhood in the country to turn a profit from generating energy, Kingma says.

The program is being monitored in collaboration with 15 European companies, universities, and institutions, organised by the European Commission, which

## **“LIVING ON WATER DOES SOMETHING TO YOU,” SAYS DE BLOK. “THERE’S SOME MAGIC TO IT”**

representative committee and the local municipality. Glasl, the architect, helped design the jetty that connects the houses to each other and to the land.

Eelke Kingma, a resident and renewable tech expert, joined a community task force that co-designed the neighbourhood’s smart grid system. Residents collect energy from more than 500 solar panels—placed on roughly a third of the community’s roofs—and from 30 efficient heat pumps that draw from the water below.

They then store it in enormous batteries below the homes and sell any surplus to each other, as well as to the national grid.

supports renewable energy experiments in the hopes of scaling them up across the continent.

OVER THE PAST decade, the floating-house movement has been gaining momentum in the Netherlands. The Dutch government is amending legislation to redefine floating homes as “immovable homes” rather than “boats,” to simplify the process of obtaining permits.

Amsterdam and Rotterdam are reporting a sharp uptick in requests for permits to build on the water. The trend is coinciding with a national water awareness campaign for an era in which climate change is already a fact of life. The government launched



“We want to upgrade cities near the water,” says Koen Olthuis, a Waterstudio architect. “Now we’re at a tipping point where it’s actually happening. We’re getting requests from all over the world.”

After two decades of meticulous planning, his firm along with Dutch Docklands, which specialises in floating developments, will oversee the construction on a

200-hectare lagoon off Malé, the capital of the Maldives.

The city sits less than three feet above sea level, making it vulnerable to even the slightest rise. The small, simply designed complex will house 20,000 people. Pumps will draw energy from deep-sea water and the homes’ artificial coral-clad hulls will encourage marine life.

Dutch and international projects are showing that “we can cope with the challenges of sea-level rises,” Olthuis says.

In Schoonschip, De Blok hopes that one day everyone will be able to live in communities built in harmony with the natural environment. “Living on water does something to you, being aware that under your house everything is moving,” she says. “There’s some magic to it.” ■

THE WASHINGTON POST (DECEMBER 17, 2021), COPYRIGHT © 2021 BY THE WASHINGTON POST

an app called Overstroom Ik?, or Will I flood?, that allows residents to check if their area is at risk of flooding. And the Room for the River programme has run more than 30 projects to manage high water levels in flood-prone districts over the past 15 years.

The people behind Schoonschip and other floating neighborhoods, office buildings, and event spaces across the Netherlands are increasingly being consulted for projects across the world.

In 2013, the architectural firm Waterstudio, which designed several of the houses in Schoonschip, sent a floating, internet-connected converted cargo container, called “City App,” to the Korail Bosti slum of Dhaka, Bangladesh. Children attended remote classes in it during the day, and adults used it to develop business projects at night. In 2019, the vessel was relocated to a slum near Alexandria, Egypt, where it remains stationed.

IMAGE: SCHOONSCHIP/ISABEL NABUURS

# PILGRIM'S PROGRESS

At the end of a walking holiday through beautiful villages, woods and mountains, imagine finding a special robed priest, leaning on a twisted wooden stave, waiting to say, “well done!”

Tackle the medieval pilgrim route of St Olav's Way across Norway and you can look forward to a dedicated priest greeting you at the end, right outside the cathedral at Trondheim.

It usually proves an emotional moment, whether you've hiked for a month from Oslo or just joined the trail for the very last section. You will have just descended from the “Hill of Joy” where medieval pilgrims celebrated their first view of the cathedral. The priest is trained to spot weary walkers and will lead you into the beautiful stone church, the world's most northerly medieval cathedral, to visit the grave of Norway's patron saint St Olav.

Details like this special finale are helping to make walking routes like St Olav's all the rage. More travellers are looking for slow travel adventures on routes with captivating historical and spiritual backstories. Today's hikers like to ponder as they plod, and that's why medieval pilgrim routes are being revived, as post-pandemic travellers swap traditional staycation breaks for more meaningful “waycation” experiences.

Europe's pilgrim walking routes vary from trails of thousands of miles to short walks of a few miles. Holiday walkers can do as much or as little of them as they want. We looked at some of the routes that are a step ahead of the others...

By Simon Heptinstall



YOUNG O / ALAMY STOCK PHOTO



## Camino de Santiago

Spain (can include France and Portugal, too)

The “Way of St James” is the best-known European pilgrim route, attracting hundreds of thousands of walkers every year. It’s actually not just one path but a network of them, spanning a wide region of France, Spain and Portugal.

Some of these paths stretch for hundreds of miles across the mountains and hills between the French Pyrenees and Portuguese Peneda Geres—but all lead to the same spot in Spanish Galicia—the Cathedral of Santiago de Compostela. This shrine to the apostle St James is a Unesco World Heritage Site that has attracted visitors for hundreds of years.

The far west of Spain is a green and unspoilt region and Santiago de Compostela is a spellbinding medieval city. But sometimes the route is so popular there can be shortages of accommodation along the way, so it’s best to book ahead. The sheer number of pilgrims finishing the route can lead to a bottleneck of weary walkers queuing to enter the cathedral at the end too.

[santiago-compostela.net](http://santiago-compostela.net)



## St Olav's Way

Norway (some paths include Sweden too)

Trondheim may be a long way up Norway's west coast, and only 350 miles short of the Arctic Circle, but for hundreds of years, thousands of pilgrims trekked to Olav's shrine from all over the continent.

Norway's Protestant Reformation put a stop to the idolatry that encouraged these pilgrimages. Another 500 years on, however, and the boom in spiritual walking holidays has prompted Norwegian authorities—with typically well-funded efficiency—to refurbish the Olav route.

The 400-mile path from Oslo to Trondheim is now maintained with smart signage and centres along the way providing maps, guidebooks, food and accommodation.

The trail includes crossing sweeping fertile farmland and rocky moorland, following forest paths and enjoying inspiring coastal views. Best of all are the refurbished medieval wooden pilgrim hostels with humble traditional meals, sometimes served by owners in period costumes.

[stolavways.com](http://stolavways.com)

## St Patrick's Way

### Northern Ireland

The 82-mile route of this spectacular new trail links religious sites between Northern Ireland's ecclesiastical capital Armagh and the patron saint's tomb at Downpatrick Cathedral. This is a large flat slab simply marked "Patrick" but it's an atmospheric spot to finish a walk—a grassy mound overlooking views of the Mourne Mountains. The idea of St Patrick's Way was inspired by the success of the Camino trail and it opened in 2015. It has gradually gained in popularity but the rugged landscape means it is unlikely to get as crowded as its Spanish rival.

It's an arduous trail crossing the remote heart of the Mourne Mountains, following the wild unspoilt eastern coast and passing through the dense Tollymore Forest. Walkers are rewarded for their efforts by "passports" that can be stamped along the route and final certificates on completion from the dedicated St Patrick's Visitor Centre at Downpatrick.

[walkni.com/walks/saint-patricks-way-the-pilgrims-walk](http://walkni.com/walks/saint-patricks-way-the-pilgrims-walk)



## The Pilgrim's Way

### England

This drover's path across a ridge of chalk hills may have existed since prehistoric times but it became spiritually significant after the murder and canonisation of Thomas Becket in 1173. His Canterbury shrine started to draw pilgrims from all over Europe, including Geoffrey Chaucer's colourful bunch in *The Canterbury Tales*. The most celebrated route winds from St Swithun's Shrine in Winchester Cathedral 150 miles across the North Downs to Canterbury. It's a glimpse of classic English countryside, full of wide rural views.

After collecting the medieval "wayfarer's dole"—a free ration of bread and beer—on leaving Winchester, walkers follow tree-lined paths that pass a long sequence of historic sites like the Black Prince's holy well and Chilham's Norman castle.

[britishpilgrimage.org/portfolio/pilgrims-way-to-canterbury](http://britishpilgrimage.org/portfolio/pilgrims-way-to-canterbury)



SJ IMAGES / ALAMY STOCK PHOTO



## The Pilgrim Route to Rome

[England, France, Switzerland and Italy](#)

In medieval times the ultimate Christian pilgrimage was to trek all the way to the Pope in Rome. British believers with money and time set off from Canterbury on what they called “Via Francigena”.

Hundreds of years ago that was a huge undertaking that braved a wide range of hazards. Even today the 2,000-mile route would be a major challenge.

Some opt for a much shorter and manageable section of the Via Francigena from the Swiss border down to Rome. The trail from the San Bernard Pass in the Alps to the Vatican could still take 50 days however.

Others choose even shorter sections of this—they can still provide amazing walking holidays as the route uses many timeworn mule tracks or tiny gravel country roads. Highlights include the Italian lakes, the magnificent Appenine Mountains and rolling landscapes of Tuscany.

Until a decade ago this historic Via was largely only of interest to fervent Catholics and scholars—but the success of the Spanish Camino has created a revival of interest in what was once Europe’s prime pilgrimage route.

The European Union has now recognised the Via as an official walking route and travel operators are offering self-guided pilgrimage packages. Holidays have become much easier as special walkers’ accommodation has opened along the trail.

[viefrancigene.org/en/the-path](http://viefrancigene.org/en/the-path)



## St Cuthbert's Way

Scotland/England

Walking across the narrow tidal causeway to Lindisfarne Abbey on Holy Island would give anyone spiritual goosebumps. The timeless atmosphere of this early Christian monastic site is a rewarding finale to an epic 63-mile walking trail through the Scottish Borders.

The official route is now being promoted by tourism officials keen to recreate the success of the Camino. You'll find all the modern internet marketing and online maps, but don't forget the path commemorates a seventh-century Anglo Saxon monk, bishop, hermit and saint.

St Cuthbert died alone in his remote refuge on the Farne Islands but his relics were buried at Lindisfarne and repeatedly protected from Viking raids. He became a medieval cult figure inspiring pilgrims from all over Britain, including Alfred the Great who claimed to have been inspired to unite Britain by a dream of the Saint.

Today Cuthbert's route starts at a 12th-century abbey at Melrose, the town where he grew up. Walkers follow modern signs featuring St Cuthbert's cross over the glorious panoramic viewpoints of the hilly borderlands and along the River Tweed to the Northumberland coast.

[stcuthbertsway.info](http://stcuthbertsway.info)

## Les Chemins du Mont Saint Michel

### France

Walking across Normandy from Rouen to Mont St Michel can provide a wonderful pastoral walking holiday across the top of rural France. Traditional routes to Le Mont cover 200 miles from Rouen or 100 miles from Caen.

There is one part of the medieval experience however, that today's walkers should avoid. The fairytale island religious sanctuary stands alone in a wide bay of mud flats where the tide notoriously comes in at the speed of a galloping horse. A thousand years ago pilgrims didn't have the benefit of tide tables and trusted in God to protect their walk across miles of tidal mud. Sadly he didn't always hear their prayers—and many were swept away by tides.

Some still carefully take paths across the bay at low tide today but for most it's safer to approach Le Mont via the new bridge and causeway.

[lescheminsdumontsaintmichel.com](http://lescheminsdumontsaintmichel.com)



## Via Coloniensis

### Germany and Luxembourg

Medieval Germany had its own pilgrimage routes and one of the best has been revived for modern walking holidays. The Via Coloniensis runs for 150 miles across the gentle wooded hills of western Germany and modern Luxembourg.

The route was considered a preliminary for hardy pilgrims bound for the enormous trek to Santiago de Compostela. Today's walkers can start at Cologne's magnificent gothic cathedral, the largest in northern Europe, and follow clearly marked paths to finish at Trier's multi-spired St Peter's. St Peter's Cathedral was commissioned by Emperor Constantine in the fourth century, making it Germany's oldest church.

[jcjourneys.com/way-of-st-james-germany-via-coloniensis](http://jcjourneys.com/way-of-st-james-germany-via-coloniensis)

*My Great Escape:*

# Bonny Bournemouth

*Our reader Esther Chilton revisits a childhood favourite*

**B**OURNEMOUTH IN DORSET has always been my favourite seaside town. When I was growing up, Mum and Dad didn't have much money, but they'd saved enough for a few days in Bournemouth. I was four years old at the time. I don't actually remember much about the trip, apart from being devastated when we had to leave. Mum said I fell in love with the place and insisted on waving goodbye to the sea when it was time to go. So I grew up believing Bournemouth was a wondrous place.

Forty years on, my partner and I returned for a week's break. I was nervous, wondering if I'd be able to recapture that delight I'd felt as a child. I needn't have worried. We had a fantastic time. It helped that

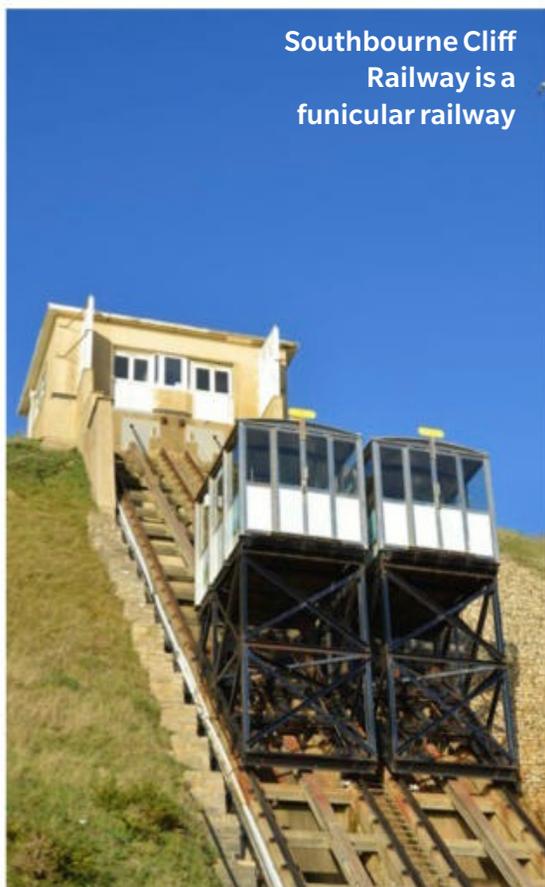
Bournemouth Pier and beach



Brownsea Island

the British weather had decided to bestow us with blistering temperatures and plenty of sun. But it was Bournemouth, and its vicinity, that captivated me, making me feel like a child again.

We stayed in a beautiful Victorian apartment, a short drive away from the sea. As the weather was so



Southbourne Cliff Railway is a funicular railway

glorious, we spent a couple of days at the beach. We had the best of both worlds—a day on Bournemouth beach, which was busy, where we soaked up the atmosphere and shared our sandwiches with the cheeky and noisy seagulls, and a day at Southbourne, a few miles away. It was so deserted, we felt as if we had our own private beach!

Bournemouth and its neighbour, Boscombe, are always busy, alive with chatter, music and other lively sounds. But as we stepped into Boscombe Chine Gardens, all the noise faded away. A sense of peace and tranquility spread through us as we meandered along the paths, delighting in the squirrels scurrying up and down the trees and the vibrant colours of the pretty shrubs.

One morning, we made the short trip to Poole Quay and took the ferry to Brownsea Island. Owned by the National Trust, it's a feast for the eyes, from its mock Tudor entrance, to the many peacocks strutting around, to the magnificent views of the sun sparkling on the shimmering waters and boats bobbing up and down, seen from the island's highest point.

Before we knew it, it was time to return home—but not before waving goodbye to the sea. ■

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Tell us about your favourite holiday (send a photo too) and if we print it, we'll pay £50. Email [excerpts@readersdigest.co.uk](mailto:excerpts@readersdigest.co.uk)



# SHAM CASTLE

## *Bath*

Traditionally, fortresses were built to deter invaders or house monarchs. Very few were erected solely to improve the landscape.

Then again, Sham Castle isn't actually a castle at all. As the name indicates, this is really a folly—to the extent that it is all façade. Behind a wall featuring ornate windows, turrets and towers lies... nothing at all. Even the rear side of that wall is wholly blank; like a Hollywood set, this is a place only ever intended to be seen front-on.

More specifically, it was built in 1762 to be seen by one Ralph Allen. Residing on a luxury estate on Bath's southeastern fringes, this Post Office reformer despaired at his views of Claverton Down. Deciding to add in some completely-fake medieval history, Allen had Sham Castle erected using stone from local quarries he also owned—meaning it also doubled as advertising. Problem solved, and then some.

Renovated in 1921, the now-Grade II-listed folly today decorates Bath Golf Club's course. If you'd rather not pay visitor fees (from £37.50, [bathgolfclub.org.uk](http://bathgolfclub.org.uk)), stride uphill for about 30 minutes from Sham Castle Lane, then look through trees left of the club gates.

For a longer walk, follow the six-mile Bath Skyline circular, which climbs from the city's Abbey to meadows and woodland by Sham Castle and frequently offers wonderful vistas of Bath's spires and domes.

Also responsible for Prior Park Landscape Garden's similarly-illusory Sham Bridge, two miles south, Allen—who inspired Squire Allworthy in Henry Fielding's *Tom Jones*—lies in a pyramid-topped tomb in Claverton's churchyard. ■

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By Richard Mellor

# Holiday Money



*With most travel restrictions lifted, this is going to be a big summer of getting away. And seeing as it could well be three years since your last summer holiday I wouldn't be surprised if you've forgotten some of the ways to make your money go further when overseas.*

*Whether paying by cash or card, this article will have you covered so you're getting the best rates on your holiday spending.*

## **The best cards to use abroad**

In most countries you're going to be spending in the same way you do here in the UK—with your debit or credit card. But if you do just use your normal card there's a strong chance that you'll be hit with some extra charges.

Fortunately there are a handful of alternatives available that are fee-free. What you spend will be as close to the true exchange rate as possible with no mark up.

If you've got a relatively recent mobile phone, then use it to open up a current account. **Chase Bank** is the leading contender as you'll also earn

1% cashback on top with all your debit card spending for 12 months, at home and abroad. You don't have to make this your main bank account if you don't want to—you can instead transfer over some funds before you go away.

Another card that offers cashback is the **Barclaycard Rewards** credit card. You'll get less back at 0.25% but you will get added consumer protection on purchases over £100 and a credit card is likely required if you want to hire a car. This card also doesn't require you to have a smart phone or app.

Both these cards also let you take out cash from ATMs without charges, so will be cheaper than using a bureau de change before leaving the UK.

Alternatives that are fee-free but won't earn cashback are **Starling Bank** (debit) and **Halifax Clarity** (credit). I'd also recommend



Andy Webb is a personal finance journalist and runs the award-winning money blog, *Be Clever With Your Cash*

getting a free **Curve** or **Currensea** card as a back up. This lets you connect your existing Visa and Mastercard cards via an app and pay with them at a better rate—though it won't be as good as the others mentioned.

If you want to lock in rates before you go, then another digital bank, **Revolut**, lets you do this—effectively making it a fee-free prepaid card. However you'll have to pay £5 to get a physical debit card (a virtual one is included on the app).

While we're still on cards, make sure you always choose to pay in the local currency, even if you're offered the choice of paying in pounds. Picking sterling will wipe out the savings you'll make from a specialist card.

## **The best way to get travel cash**

Though I rarely use cash abroad, I always like to have some on me for when I arrive. And of course, more out-of-the-way destinations might still favour notes and coins.

The worst place to change over your money is at the airport. Once there, your choice is down to one or two places, and the exchange rates and commissions will be among the highest out there.

In fact, be wary of anywhere that bills itself as “commission free”—they will largely still be making some cash by setting their own exchange rates.

You're best off looking at a comparison site such as **Travelmoneymax.com** to see where you'll get the best rate. There's an option to choose delivery or to enter your postcode. Those in London will have access to more competitive rates than smaller towns.

It's still worth doing this even if you leave it really late—you might find the rate available to collect when you arrive at the airport is better than what you'll get once you go through security to departures.

I wouldn't take too much with me unless you know you won't

have access to cash machines or the local charges to use them are high. Most travel insurance policies will have limits on how much you can claim if it's stolen or lost. It's better practice to withdraw as and when you need it (using one of the cards mentioned above).

One last point here. Don't use your credit card to “buy” the foreign currency as it's classed as a cash withdrawal, meaning you'll be charged interest and fees. Instead use your debit card or bring cash. ■

## THE WORST PLACE TO CHANGE OVER YOUR MONEY IS AT THE AIRPORT

# On The Money

*Andy Webb*

**Q: I have recently started a few switching deals based on your advice. I had a question regarding one offer. As per the conditions I need to have two direct debits from the account. The issue I am having is that I don't really have any spare ones and I'd rather not alter anything at the moment with bills, TV subscriptions, etc. So I wanted to ask what else would count as direct debit?**

*-Taz*

Hi Taz, yes, this is a common problem for serial bank switchers! One way to get around this is to set up payments to charities of your choice. Or there are actually a few you can set up that don't require signing up for new products and shouldn't cost you anything.

An easy one is PayPal. Use it to pay for a service like Spotify or Netflix (anything which you regularly pay for via your debit card) and then transfer the balance via Direct Debit.

Or you could pay for similar services and subscriptions via a credit card, and

set up a direct debit to clear the balance every month.

If those don't work, consider using a savings account with **MoneyBox** or **Plum** (both are app-only) or a regular saver with **Ecology Building Society**.

Just remember that you will need to have enough money in the account you switch

to to cover these two monthly payments, so set up a standing order to cover this.

Once you get the welcome money from the new bank for switching, you should be fine to stop or change the new direct debits, but do check the offer terms and conditions. ■



# Dinosew

*Follow this straightforward technique to create your own unique plush toys*

**I** HAVE TWO young nephews (aged one and four)—so, over the past few years, I've made a lot of kids' toys. I love making them gifts; it's a chance to indulge my inner child, and let my imagination run wild!

This month's craft project is a good example: a dinosaur plush toy. It's a nice, quick project to sew, even for beginners. And it's really easy to customise in different colours, sizes and shapes. You could even get the kids involved in making it with you—they could help choose the fabrics, and watch along as you sew it together.

## You will need

- Quilting-weight cotton fabric
- Midweight craft felt
- Soft cushion stuffing
- Needle and thread
- Fabric scissors



## What to do

- 1.** Cut out two dinosaur shapes from your cotton fabric (there are lots of free templates online), making sure to add at least 1.5cm for a seam allowance all the way round. Cut out a series of spike shapes from your felt.
- 2.** Lay one dinosaur shape flat, with its right side facing up. Place the white felt spikes on top, pointing down towards the dinosaur's feet. Make sure they're very neatly aligned, so that they all touch each other and they hang slightly over the top edge of the dinosaur.
- 3.** Pin the felt pieces in shape, then sew them down with a basting stitch (remove the pins as you go). Sew this approx 0.5cm from the top edge of the dinosaur (this step will ensure that the felt spikes don't slip when we add the next layer).
- 4.** Place the other cotton dinosaur piece on top of the felt spikes, with the right side facing down. Align it as neatly as possible with the bottom



cotton piece. Pin in place all around the edge.

**5.** Starting at the bottom, next to one of the feet, sew almost all the way around the edge of the dinosaur shape (removing pins as you go) with a 1.5cm seam allowance, and backstitching at the start and end. When you are almost back to the start, stop sewing approximately 10cm from where you started the stitch. Leave this 10cm unsewn and open.

**6.** Turn the entire plush inside out through the 10cm hole you left at the bottom. Use a blunt item, like a chopstick, to push the smaller sections through.

**7.** Using soft cushion stuffing, fill

the DIY plush toy as tightly as you can. Make sure you get right into the corners so it's nice and plump!

**8.** Next, use a ladder stitch to hand-sew the opening closed. To finish it off, you can stitch some beads onto your dinosaur to make eyes—but be aware of any small, loose parts, especially if you're making this for an infant.

This basic method can be used to make a plush toys in pretty much any shape you choose—the only limit is your imagination! I totally want to make a whole collection of dinosaur cushions now... and maybe a robot or space ship! ■



Mike Aspinall runs one of the UK's most popular craft blogs, The Crafty Gentleman. His new book, *Modern Paper Piecing*, is out now



## Dress Cool When It's Hot

*Bec Oakes shows you how to have fun with fashion while staying cool this summer*

**G**REAT NEWS: after another seemingly endless winter, summer is well and truly upon us. It's time to stock up on Pimm's, throw some sausages on the barbie and push your jumpers and jackets to the back of your wardrobe.

But while the sun is a welcome change from the frigid winter and spring showers, dressing for the heat can be challenging, especially when you want to still appear stylish. There are, however, a few reliable ways to dress for the heat and humidity.

To start, choosing the right materials is key. Feel the weight of the cloth; it should feel light. It's a good sign if it's slightly see-through

when you hold it up to the light. But, just because a fabric is lightweight, it does not guarantee that it's breathable. As a general rule, natural fibres tend to be more breathable, soaking up moisture from the skin and allowing it to evaporate from the outer surface. Opt for soft, lightweight cottons or linens and avoid synthetics, which don't allow your skin to breathe as effectively.

On top of this, consider the colours of the clothing you wear. The darker the fabric, the more light it will absorb and turn into heat. So, choose lighter tones which reflect, rather than absorb, the sun's rays.

When it comes to dressing for summer, the goal is to allow as much airflow as possible, allowing heat and moisture to escape, keeping you cool. Stay away from tight clothing and loosen the silhouette of your outfit. Go for wide-leg linen trousers, oversized cotton shirts and flowing



Bec Oakes is a Lancashire-based freelance journalist with particular passions for fashion and culture writing

dresses, all of which offer you a little extra room to breathe.

Also on the topic of airflow, avoid tucking in your shirt wherever possible. It's just like keeping the windows closed in a hot house, trapping in heat and moisture and restricting cooler air from entering through the hem's opening.

It may seem counterintuitive, but consider wearing long sleeves as the temperature rises. There's a common misconception that you have to bare all to stay comfortable in the heat but while dressing minimally does allow you to release more internal body heat, your body can actually absorb more heat by being directly exposed to the sun. Not only that, but it leaves you more vulnerable to sunburn. While sunscreen acts as a barrier to the harmful UV rays, it can often leave you feeling hotter—the smooth layer covering your skin allowing sweat to form into larger droplets which don't evaporate as easily. The stickiness of sunscreen on my skin is my least favourite feeling, so I tend to layer a white cotton shirt over all my summer ensembles.

Lastly, finish every summer outfit with footwear that is equally breathable. Lightweight canvas trainers, such as Converse, worn with thin socks in temperature-regulating fabrics like merino are a great option for keeping your feet from overheating. Or, opt for open-toed shoes like sandals or flip-flops—once again in natural fibres—which allow for optimum air circulation.

Dress smart this summer. Pick the right fabrics, colours and silhouettes, and you'll stay cool, no matter how hot it gets! ■

## Top Tips

### **Ditch the denim**

As one of the heaviest fabrics, denim can be incredibly uncomfortable to wear during the summer months. This is particularly true for skinny jeans which trap body heat and allow no air circulation whatsoever. Instead, look for loose trousers in lightweight cotton or linen.

### **Avoid over-accessorising**

Dangling necklaces, bangles and scarves have a really bad habit of sticking to your skin when it's hot, especially if you're wearing sunscreen. It's uncomfortable, to say the least, so minimise your summer accessories and try picking those that will make a statement without making you sweat, like a large hoop earring.

### **Rely on dresses**

Your summer hero piece is without a doubt the sundress. They're incredibly versatile—a quick change from trainers to heeled sandals instantly transforms it from day to night. And, with loose, flowing silhouettes guaranteed to be on-trend every year, it's the easiest way to stay both on-trend and breezy.

# Oily Skin, Gone Extinct?

*Jenessa Williams investigates beauty's latest miracle product—the mattifying volcanic face roller*

## What is it?

In our bid to rid our complexions of excess oil, many of us have been relying on clay masks, soaking up sebum with its chalky finish. Volcanic ash has recently been found to be a gentler antioxidant alternative, but now it appears that some beauty brands have cracked an even simpler solution. Housed in a handy lipstick-like case, the volcanic roller ball can be swept cleanly across your face, swiftly mattifying the skin. One **Revlon** brand has been a breakout star on TikTok, attracting over 9,000 reviews from eager new converts.

## What are the benefits?

Though a little natural oil is good for your skin, an excess can feel heavy, interfering with make-up application or contributing to blackheads. With thousands of tiny, barely perceptible holes, a volcanic stone traps sebum in the cavities, in much the same way that our facial pores trap the

pollutants and residues of the day. By drawing this oil away from the face, the volcanic stone leaves our skin free to breathe, with a much drier, smoother finish.

Although the volcanic roller is suitable for all skin types, it particularly appeals to those with sensitive or acne-prone skin, with no risk of further irritation. Unlike single-use blotting papers, it is also reusable, a true boon for any new-to-market beauty product in 2022.

## Does it actually work?

Like any oil-absorbing product, the efficiency will depend on your skin type. But for quick, tangible results, one can't ask for much more from this handy little tool. Easy to pop discreetly in a handbag, the cooling effect of the stone feels relaxing, making it much more appealing than a messy scrub or cleanser.

Retailing at around £10, they're also affordable, a great gift to pop in a holiday beauty bag or bridal shower hamper.

As a reusable product, the roller does need to be cleaned often. Luckily, the process is simple—detach with a twist, rinse with warm water and leave to air dry. Though you may not want to throw out your favourite cleanser just yet, you may want to make some more space on your bathroom shelf—this is one beauty invention that is worth the hype. ■



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A TASTE OF  
**HOME**



## Adam Wood

# Grilled Shellfish And Wild Garlic Butter

Coming from South Wales, I was lucky to grow up in the countryside and near the coast. This dish, which is currently on our menu, can use any shellfish you can get your hands on from your local fishmonger—such as cockles, mussels or clams, or a mixture of them all. The butter sauce is made with wild garlic, which is currently in season and you can find easily through foraging in



your local area—so it's a real homage to both land and sea. My favourite dishes are the ones that are simple, but delicious; you want to spend as little time cooking and as much time eating good food with your favourite people. This is my Welsh take on the French classic Moules Marinier. Set a table outside, light the barbecue and make sure you have a loaf of sourdough to mop up any leftover butter sauce.

### METHOD:

1. Light a barbecue.
2. Clean and debeard the shellfish under cold running water—clams and cockles tend to contain a fair bit of grit so the longer the better.
3. Once the barbecue is ready, place all the shellfish above the coals and leave for a few moments until they begin to open (if barbecuing isn't an option, place the shellfish under the grill on a baking tray until open).
4. Add the butter to a large saucepan and begin to melt.
5. Once the shellfish are beginning to open, transfer to the pan and cover with a lid.
6. Turn the heat up and gently shake the pan to encourage them to all open.
7. Once open, add the 3/4 of the sliced wild garlic and lemon juice.
8. Transfer to a serving bowl and finish with the rest of the wild garlic.

### INGREDIENTS:

- 100g mussels
- 100g clams
- 100g cockles
- 50g wild garlic leaf, finely sliced, including the stems
- 50g unsalted butter
- Juice of 1 lemon

Adam Wood is Executive Chef at Garden House all-day restaurant set within the Graduate Cambridge hotel. Adam focuses on locally-sourced, seasonal produce, with a menu of contemporary yet familiar takes on British classics, plus traditional Sunday roasts and Afternoon Tea. Visit [gardenhousecambridge.co.uk](https://www.gardenhousecambridge.co.uk)

# World Kitchen

SPAIN:

*Fabada Asturiana*



**Monika Linton, a chef and founder of the UK Spanish food shop Brindisa, introduces us to a hearty taste of Spain, with a sumptuous white bean stew with chorizo and black pudding...**



“This is quite a rich, heavy dish—a medieval-style stew really, which is not meant to be eaten late in the evening as you need several hours to digest it. The key to this dish is the lengthy cooking process, and since the stew shouldn’t be stirred, it’s a good idea to use a heat diffuser, especially if you are using a saucepan rather than a terracotta dish.

This ensures the beans cook gently and evenly with no risk of burning. If you like, you can make this the day before you need it, as it will improve massively with a night’s keeping in the fridge. Just reheat very gently before serving.”

**Method:**

1. Remember to soak your beans overnight before beginning the recipe.
2. Drain the beans and put them into a casserole dish with all the ingredients except the saffron and salt. Cover with fresh cold water and bring to the boil.
3. Skim off any foam that comes to the surface, then turn down the heat. If possible, place a diffuser under the casserole, as from now on, the dish shouldn’t be stirred at all, since moving the beans and black sausage around might break them up.
4. Cook very gently—just the occasional bubble breaking the surface will be enough.
5. The cooking time will depend on the age and quality of the dried beans you use, so it is a good idea to taste a bean after the first hour and at regular intervals to assess how long to cook for. Ideally, if you cook it really slowly and gently, it should take around 3-4 hours.
6. About 15 minutes before the beans are ready, lightly toast the saffron in a small dry pan and add to the casserole. The panceta and chorizo will add some saltiness, but taste the stew right before serving and add a little more if necessary.

**Serves: 8**

**Cooking time: 3-4 hours**

**Ingredients:**

- 400g dried faba beans or dried judión beans
- 150g panceta, in a single piece
- 1 lightly smoked cooking chorizo sausage
- 1 smoked Asturian morcillas, or any similar black pudding sausage
- ½ head of garlic
- 1 bay leaf
- ½ dried red guindilla pepper
- 2 strands of saffron
- sea salt, to taste



To discover more recipes and authentic Spanish products, visit [brindisa.com](http://brindisa.com)



*Above: Medusa  
Wandered the Wetlands  
of the Capital Citadel  
Undisturbed by Two  
Confederate Drifters  
Preoccupied by  
Poisonous Vapors that  
Stirred in the Night Air,  
2021. Oil, acrylic, spray  
paint, and watercolour  
pencil on tiled sheets of  
paper glued to canvas  
151.6 x 208.3 x 0.3 cm*



PORTRAIT BY SHANTI KNIGHT, 2020. COURTESY OF SEDRICK CHISOM AND PILAR CORRIAS, LONDON

# State Of The Art:

## Sedrick Chisom

Sedrick Chisom is showing in “In The Black Fantastic”, a show of works that use science fiction, myth and Afrofuturism to question our knowledge of the world.

### How would you describe your art?

My larger practice is worldbuilding, developing an atmosphere, and a particular world, and that takes the form of paintings most of the time.

My paintings are very dreamy, and there’s a very labour-intensive material process of layering colour. They’re figurative paintings that hover between legibility and illegibility, but they all suggest a kind of post-apocalyptic vision.

### Who or what are your main influences?

There’s a lot! They go from the art of someone like Frank Bowling or Edmund Dulac to Francisco Goya. But there’s also *Mobius*, there’s Octavia Butler. And David Lynch in terms of developing an eerie kind of atmosphere and mood.

### What appeals to you about working in mixed media?

I’m restless when it comes to material exploration. I don’t have one particular method, it really varies from painting to painting. You have to find ways to refresh and rejuvenate your practice, and to not make it stale.

### You’re showing in the exhibition “In The Black Fantastic”. What does the show mean to you?

We can’t help but ground ourselves in myth, to explain where we come from, even in history. There’s a proliferation of conspiracy theories around right now, I think because people are kind of lost. They might not have spiritual alliances, so they need a larger story that explains where the world is headed. The fantastic is the aesthetic face of mythology.

### What do you hope visitors take away from the exhibition?

I don’t think somebody’s going to go to an art exhibition and it’s going to revolutionise human consciousness, and people are going to protest and revolt and then completely recapture the State and reform society. But what I *can* do is put you in the mood, and indirectly shift your perspective.

I hope the exhibition transports people from their material lives into another world and forms some interesting questions that they carry after the exhibition is concluded—after they’ve left the physical exhibition space, and they’re on with their lives. I hope that the questions that they leave with remain with them and shift the dialogue they have with themselves. ■

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“In the Black Fantastic” is at the Hayward Gallery in London from June 29 to September 18. Visit [southbankcentre.co.uk](http://southbankcentre.co.uk)



★★★★★

## CHA CHA REAL SMOOTH

**W**HEN IT COMES TO romantic comedies, this humble number from newcomer Cooper Raiff is somewhat an anomaly. In it, nearly everyone involved gets their heart broken, settles for something they don't truly want, and comes to some crushing realisation about life in general. On paper, it's almost on par with the existential angst of Ingmar Bergman; in reality though, it embodies the silly pep of *Harold and Kumar Go to White Castle*. On a Venn diagram, it lives somewhere in between the two.

*Cha Cha* follows the story of a somewhat hapless but utterly lovable 22-year-old, Andrew (also Raiff), who's fresh out of college and not yet sure which direction his life should take. His lucky break comes at a soul-crushingly dull bat mitzvah party,

where his goofy geniality and dance moves get the party started, landing him the gig of a motivational dancer at his younger brother's classmates' celebrations. At one such party, he meets a single young mum, Domino (a listlessly dreamy Dakota Johnson) and her autistic daughter Lola, who give him the steer he'd craved so much—or so he thinks.

It's a witty and whacky film with a soft, gooey centre: from the syrupy, saturated cinematography, to the inherent goodness—however deeply buried—shining through each character, it'll disarm you with its effortless warmth and big heart. Raiff proves himself to be a director and actor with a magic touch, and we can't wait to see more of the tricks he has hidden up his sleeve.

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By Eva Mackevic

## Also Out This Month...

### GEORGE MICHAEL **FREEDOM UNCUT**

**F**ROM HIS EARLY days in Wham! to his meteoric rise to international stardom as a solo artist, George Michael's life was always the subject of controversy, speculation and intense media scrutiny. In this new, posthumous documentary, he "reclaims" the narrative of his career, personal life and scandals in collaboration with co-director and friend, David Austin. Michael was heavily involved in the making of this film before his tragic passing in 2016, making it a poignant, if somewhat unbalanced tribute to his legacy.

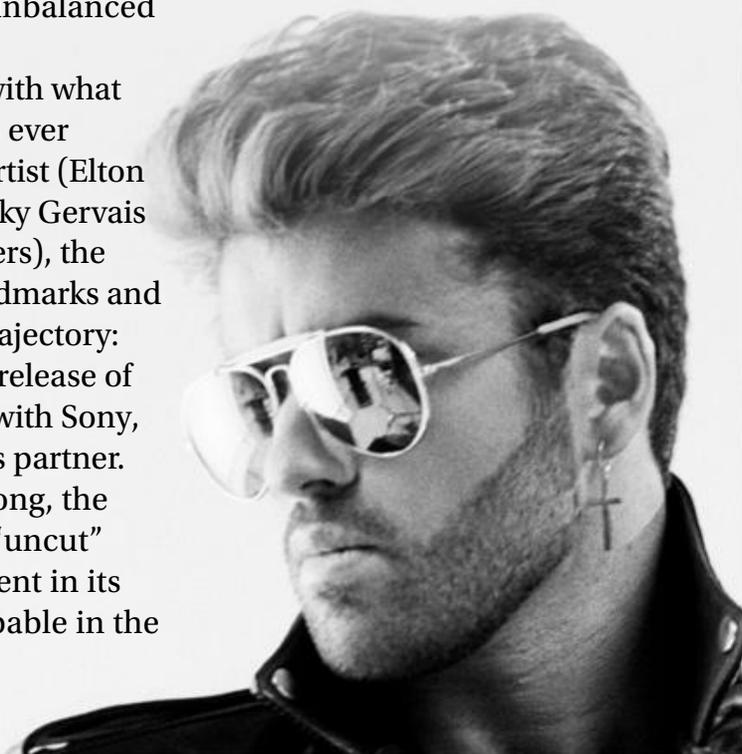
Featuring interviews with what feels like everyone who's ever crossed paths with the artist (Elton John, Stevie Wonder, Ricky Gervais among many, many others), the film zeroes in on the landmarks and events that shaped his trajectory: struggles with fame, the release of "Freedom," legal battles with Sony, the untimely death of his partner.

At almost two hours long, the film certainly does feel "uncut" and Michael's involvement in its making is distinctly palpable in the way his story is told. The tone sometimes

verges on adulatory, painting a somewhat one-sided picture of a man who seemingly did no wrong. Yet, if you go in knowing exactly what you're in for—a deftly produced, lip-smackingly entertaining two hours of fan service, brimming with beloved hits—you won't be let down.

*George Michael Freedom Uncut* will be screening in cinemas worldwide on June 22

By Eva Mackevic



WITH NO OLYMPICS, and the World

Cup set for Christmas, the schedules seem comparatively sport-light this summer (relief for some, no doubt). More room, then, for two major new studies of contrasting sporting figures. The eight-part *Muhammad Ali* (iPlayer) is the old-school contender, and a family affair. Overseen by the revered Ken Burns with his daughter Sarah and son-in-law David McMahon, it benefits from expert talking heads and irresistible archive footage of a subject who was born to be filmed, a showman as compelling outside the ring as he was inside it. The fights are covered in exhilarating depth, extending to blow-by-blow analysis of Ali's evolving technique; we're shown exactly what the judges were marking. Yet what impresses most is the unflinching portrait of Ali the man: proof you can profile the greatest, without overlooking their many complications and failings.



*Gazza* (iPlayer) represents the new-school doc: its talking heads—dizzily diverse witnesses, encompassing everyone from Linda Lusardi to Jim Rosenthal—manifest as disembodied voices floating over an initially jubilant, then increasingly sorry parade of images. The effect is haunting, as it should be: we're watching one of this country's most natural and joyous footballers being pursued, harried and eventually consumed by demons (some of whom remain at large in the British media). These two hours comprise a marked editorial improvement on 2015's *Gascoigne*, a theatrically released documentary that whitewashed its subject's own part in his downfall. But it's uncomfortable viewing, and the final shot—of Gazza as he is today, hollowed out by experience—is a genuine spinechiller. Becoming a legend, it turns out, is easy; handling it another matter entirely.

by Mike McCahill



## *Retro Pick:*

### ***The Last Dance***

(Netflix) A lockdown hit, this polished, absorbing ESPN account of Michael Jordan's elevating Chicago Bulls career seduced even the basketball-phobic.

*Album Of The Month:****In Amber***

by Hercules and Love Affair



**T**ECHNO MEETS  
EXISTENTIAL  
contemplation on  
this thunderous

new record by DJ Andy Butler's eclectic project, Hercules and Love Affair. Originally created as a collaboration with pop provocateur ANOHNI (a collaboration which gifted us with the multiple award-winning disco hit, "Blind"), the group features a rotating cast of performers and musicians, with Butler at the helm.

*In Amber* is quite a departure from the artist's usual dance music fare, "born out of a desire to explore emotional fields outside of the well-worn tropes in electronic music." The fields, as it turns out, run far and wide, encompassing everything from anger and defiance (like on the industrial-inspired "Poisonous Storytelling") to redemption and empowerment (the clubby techno track, "One"). Though consistently inventive—employing a panoply of elegant motifs such as church bells and harpsichord—the record really reaches a high-water mark when ANOHNI enters the soundscape with her unmistakably hair-raising vocals. Here, she shifts her typically lyrical style of delivery into a warrior goddess-like realm, lending the record an aura of dark, ethereal ancientness.

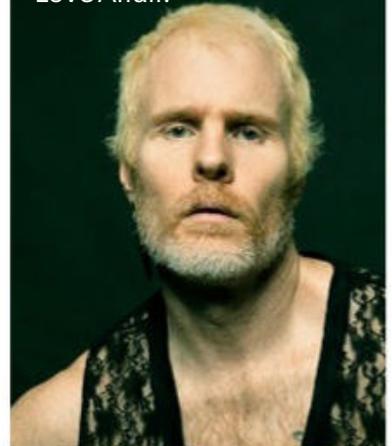
Reflective of its title, *In Amber* captures a collective emotional response to a momentous, troubling time in history, suspended in audio form—raw and immediate in its expression, bridging a gap between past and the future.

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*In Amber* by is released on June 17 via BMG records  
By Eva Mackevic

**Andy Butler on the  
inspiration behind  
*In Amber*...**

"The sound of *In Amber* was inspired by the environments in which it was made. It was mostly produced in the medieval city of Ghent. Being surrounded by awe-inspiring centuries-old buildings and ruins, while simultaneously listening to music from the era like Gregorian chants or harpsichord pieces by Jean Rondeau—as well as artists who draw from early music like Dead Can Dance and later works from avant-garde band Controlled Bleeding—definitely informed and coloured the album. These are musical landscapes I had never explored before with Hercules and Love Affair."



# July Fiction

*A mesmerising story set in Elizabethan East Anglia is our top literary pick this month*

## ***The Bewitching***

by **Jill Dawson**

(Sceptre, £18.99)

**J**ILL DAWSON'S NOVELS are often set in the Fens, often based on true stories and often written with a clear feminist purpose. And yet, they're also astonishingly varied.

Her last book *The Language of Birds*, for example, turned the nanny murdered by Lord Lucan in 1974 from a historical footnote into a warm and vivid human being (from the Fens). Now, in *The Bewitching*, another real-life case allows Dawson to plunge us deep into the very strange, superstitious heart of East Anglia in Elizabethan times.

The novel opens with Alice, an old woman of 49, being summoned to the



local manor house where the Throckmorton family's nine-year-old daughter Jane is having mysterious fits. As the village healer, Alice is willing to help—but once she starts to, Jane denounces her as a witch who'd caused the fits in the first place.

And from there, it's pretty much downhill for poor Alice, whose other giveaway witchy characteristics include a strikingly pretty daughter and an unfortunate tendency to speak her mind, even to her social betters.

Watching all this with a sharpness that would surprise the Throckmortons is their servant Martha, the narrator of much of the book. Martha doesn't



James Walton is a book reviewer and broadcaster, and has written and presented 17 series of the BBC Radio 4 literary quiz *The Write Stuff*

doubt the existence of witches—but in this case she does, somewhat nervously, wonder if everything is quite as it seems. And she is of course right to wonder. While the direct accusations of witchcraft come from Jane, and later her sisters, the supposed theological underpinning is supplied by a series of patriarchal men whose belief in female inferiority is absolute. Not that this rules out female desirability...

Only very occasionally does Martha's perspective feel suspiciously modern. The rest of the time, she conjures up a wholly convincing picture of what it was like to live in a society with little understanding of medicine, and where the supernatural was seen as perfectly natural. There's also a cracking page-turner of a plot in which the (non-supernatural) revelations keep coming.

The result is one of those novels that thoroughly immerses you in a world that might now seem unimaginable—except that the author has imagined it so completely. ■

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## *Name the character*

**Can you guess the fictional character from these clues (and, of course, the fewer you need the better)?**

1. She's an orphan who grows up with her uncle's family at Gateshead Hall.
2. At Lowood school, her friend Helen Burns dies in her arms.
3. She later works as a governess for Mr Rochester.

Answer on p124

## *Paperbacks*

### **Never**

**by Ken Follett** (Pan, £9.99).

Follett's first present-day novel since 2004 is a gripping, carefully researched, globe-trotting and alarmingly plausible thriller about the possibility of nuclear catastrophe.

### **Putting the Rabbit in the Hat**

**by Brian Cox** (Quercus, £10.99).

The veteran actor looks back on his life and career with jolting honesty—and very little of the usual showbiz politeness to fellow thespians.

### **Mothers and Daughters**

**by Erica James** (HQ, £8.99).

For all their closeness, a widow and her grown-up daughters prove to have some big secrets in this warm and absorbing family drama.

### **How to Survive Family Holidays**

**by Jack Whitehall** (Sphere, £9.99).

With help from his mum and dad—and plenty of great anecdotes—the comedian gleefully explores family holidays in all their glory and strangeness.

### **The Twyford Code**

**by Janice Hallett** (Viper, £8.99).

Tricky, ingenious crime story with a cracking twist—or rather, several of them.

## RECOMMENDED READ:

# The Best Of Breakfast

*Take a journey across Britain and explore the numerous takes on the nation's favourite meal of the day*

**I**N 2018, Felicity Cloake cycled around France sampling the country's culinary classics: an experience she wrote up in the hugely enjoyable *One More Croissant for the Road*, complete with a large selection of recipes. Now she does the same with British cuisine—except that here all the culinary classics are part of what's long established as our favourite meal of the day.

Although perhaps not as long established as you might think. Cloake's introduction brings the startling and somehow disappointing news that the Great British Fry-Up is, similarly to the cream tea and the ploughman's lunch, a relatively modern invention. Only in the 1930s did the full cooked breakfast, as we know it, really take off.



But while Cloake does keep the historical background coming, her main interest is in the people and places that produce the best British breakfasts today. To find them, she cycles through all parts of the UK—which, given how much she eats, might be just as well. Her extensive travels also allow her to investigate such regional specialities as West Country hog's pudding, Ulster soda bread and Staffordshire oatcakes.

On a less cheerful note, she reports on former favourites that seem in danger of disappearing: kippers, for instance, and possibly even marmalade.

Despite the book's winningly genial tone, Cloake isn't afraid to take sides in some of the great breakfast controversies, coming out passionately in favour of Marmite, but against baked beans

(she does, however, have a fun time with Captain Beany, who runs an impressive baked-bean museum in his Port Talbot council flat).

We join her here in Carrbridge in Scotland, home of the world porridge championships, run by locals Charlie, Fiona and Heather:

“The championships began in 1994, and now attract entrants from as far afield as Oregon and Australia, though the Swedes have been the mainstay of the competition recently, apparently. ‘Mind you, remember the Finnish ladies in the leotards?’ Charlie muses. ‘I couldn’t take my eyes off them!’

The competition is always oversubscribed these days, Fiona says hastily; ‘we have to draw the names out of a hat’. Those who get lucky must make two bowls of porridge for the judges, one traditional, using just oatmeal, water and salt, and one ‘speciality’, to which other ingredients can be added.

Oatmeal, rather than rolled oats, though Charlie admits he uses the

latter at home. Contestants can use any grade (fine, medium or coarse-cut) of oatmeal they like; they can even bring their own from home. Using the oatmeal you’ve practised with makes sense, but some also arrive with their own salt (‘you would not get an inch past our judges’ noses if you didn’t put salt in’) and a few even their own water.

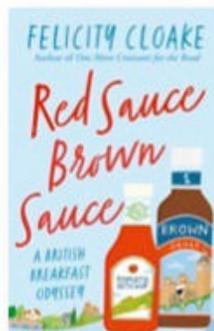
Pre-soaking of the oats is allowed, but no other advance preparation is permitted—and they’ve had to crack down on gadgets too. ‘They used to come with a carrier bag,’ says Heather. ‘now it’s a house move with bain maries, electric mixers, all sorts. We’ve had to put a stop to that though—we’ve only got limited space in the hall.’ Nevertheless, Fiona, who sees every porridge that goes into the judge’s room, ‘and that’s a lot,’ says it’s surprising how much they differ given they’re all made from the same thing.

The judges, an eclectic mixture of past winners, chefs and celebrities, assess entries ‘on the consistency, taste and colour, and on the competitor’s hygiene in the cooking process’. The speciality competition also takes into account how well the flavourings ‘blend and harmonise’ with the porridge, which must demand a certain open-mindedness on the part of the judges, faced with a bowl spiked with smoked fish or squeezy cheese when all they really want is some cream and brown sugar.

Indeed, the days of just sticking

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**Red Sauce Brown Sauce: A British Breakfast Odyssey** by Felicity Cloake is published by Mudlark at £16.99



some fruit on top are long gone, Heather tells me—‘now people just go wild! Last year’s winner was an oat-based version of the classic French \*croquembouche\* (‘crunch in the mouth’) choux puffs, filled with cream and dipped in caramel. Other submissions included confit duck oatmeal tacos and a pina colada porridge.

I ask them, before I go, if they have any tips for amateur porridge fanciers like me. They’re unanimous; ‘never be in a hurry,’ Charlie says firmly. ‘Yes, take your time,’ Heather chimes in, ‘those microwaveable packets, they might be OK, but they destroy the ethos of it for us.’ ‘My father used to stand for ages over the porridge pot,’ Fiona agrees.

‘But,’ Charlie says kindly, ‘you must make it the way you want it, don’t worry about history or whatever.’

‘Unless you come and make it for us,’ Heather says firmly. ‘Then you’ll make it our way!’ ”

### *Answer to Name the Character:*

**Jane Eyre**—in the Charlotte Brontë novel published under the pseudonym Currer Bell. “On one assertion we are willing to risk our critical reputation,” wrote one magazine, “and that is, no woman wrote it.”



## Felicity Cloake’s Choice Of Best British Food Books

### ***Oats in the North, Wheat from the South* by Regula Ysewijn.**

Beautifully photographed, painstakingly researched love letter to British baking from one of the judges of the recent Platinum Pudding competition.

### ***The Taste of Britain* by Laura Mason and Catherine Brown.**

If you’ve ever wanted to know more about the Scottish-Italian ice cream tradition, or regional pig varieties, this is the encyclopaedia for you.

### ***New British Classics* by Gary Rhodes.**

The late Gary Rhodes was one of the finest British chefs of his generation, and these refined, but never fussy recipes are him at his best.

***Scoff* by Pen Vogler.** From the ongoing Gravy Wars to the cultural significance of the avocado, this social history of food and class is truly fascinating.

### ***Good Things in England* by Florence White.**

Despite the title, this 1932 gem includes recipes from around the UK—from George I’s Christmas pudding to Manx Good Friday fritters.

# Books

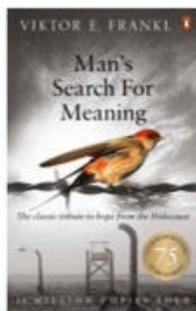
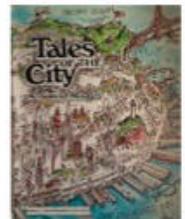


## THAT CHANGED MY LIFE

Alexis Caught is an award-winning podcaster, therapist and author of *Queer Up: an Uplifting Guide to LGBTQ+ Love, Live and Mental Health* (£7.99, Walker Books)

### *Tales Of The City* by Armistead Maupin

For my 16th birthday, my mother gifted me this landmark piece of LGBTQ+ fiction. She gave it to me with quiet, yet excited, reverence as she had enjoyed the series over the years and was now sharing it with me. In these books, you meet a beautiful, charismatic, and touching “logical family” who are drawn from across the LGBTQ+ spectrum (and allies), while the events of the 1970s, 80s, 90s, 00s and lately the 10s play out. The characters’ love and support for one another and sense of queer joy gave heart to me as an isolated gay teenager, and something to hope for my future.



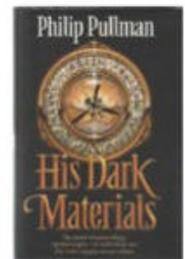
### *Man's Search For Meaning* by Viktor Frankl

Sometimes books come along and they're exactly what you need at that point in your life. Written by Frankl about his time as a

prisoner in the concentration camps of the Second World War, there are many powerful words, insights and observations. The one which leapt out of the page and burned itself into my mind forever, though, was “He, who has a why to live for, can bear with almost any how”. I read it at a point in my life where I had just begun to make sense of some dark times, and it helped with my framing, my understanding and my drive forward.

### *His Dark Materials* by Philip Pullman

I inherited a love of Tolkien from my dad, but this was the first fantasy series I had for myself. I love that Pullman knows that young readers can handle big topics and includes critiques of religious dogma, control and patriarchal power all wrapped up in a beautiful and tender coming of age story. I re-read it once a year, and I shed a tear every time. The series has become even more important to me in times of rising hate where Pullman, unlike other some other authors, continues to be a beacon for a better, more inclusive and safer future, protecting and amplifying the messages—and legacy—of his work.



# Fly Me (Back) To The Moon

*James O'Malley considers the now-imminent future of lunar space travel*

**T**HIS YEAR MARKS 50 years since humans last stepped foot on the Moon. That's far too long, but the good news is that sometime in the next few years—maybe as early as 2025—we should be going back, and a First Woman will take her place in the history books next to Neil Armstrong.

Crucially, what makes NASA's current plans so exciting is that they're not just fantasy. Over the last five decades, missions have been drawn up and abandoned when politicians saw the price tag, but now the space agency is very nearly finished building the new Moon rocket, known as SLS—the “Space Launch System”.

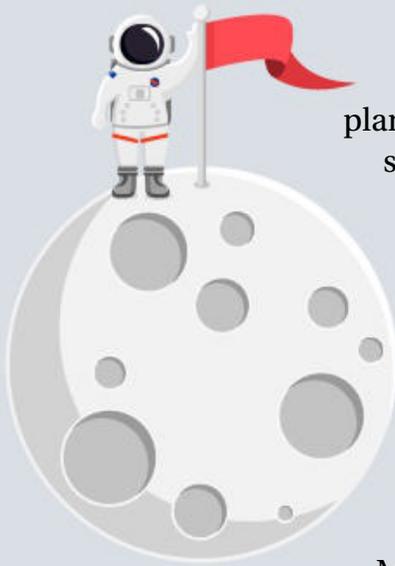
At 321 feet tall and weighing in at 70 tonnes, SLS is one of the largest rockets ever built, roughly equivalent in size to Big Ben, and is similar in concept to the Saturn 5 rockets that took Apollo astronauts to the Moon in the 1960s: the rockets consist of multiple stages, each breaking off during the journey after propelling the capsule a little further.

The landing site will be the Moon's south pole region, where scientists believe there are large deposits of water, and this is where things will start to look a little different to 50 years ago: instead of descending to the lunar surface in a tiny capsule like Armstrong and Buzz Aldrin, the lucky astronauts will be flying down using another massive rocket, which they'll dock with in orbit around the Moon.

This landing rocket is also currently being tested in Texas by SpaceX, the private space firm owned by Elon Musk. The rocket, known as Starship, is similarly massive as SLS, which means that the astronauts can take with them more than just a flag and a lunar buggy this time—now they'll be able to take much of the equipment that will be needed to start a full-time moon base.

That's right—this time humans won't just be going to the Moon for a brief visit, but to establish a more permanent presence, much like how there have been astronauts aboard the International Space Station for

over 20 years now. And yes, it all sounds very sci-fi, but this really is part of the plans. In fact, the first two lucky astronauts to land are expecting to stay on the Moon for around a week and will conduct four space walks in that time—a level of magnitude different from Armstrong and Aldrin, who were only on the Moon for 21 hours.



plans after Artemis 3's scheduled launch in 2025, presumably in expectation the schedule will inevitably slip.

Assuming these missions are successful though, there are already much longer-term plans to establish the Moon base. NASA also wants to build a new space station that will orbit around the Moon, called Lunar Gateway, that will provide logistics support to astronauts on the Moon's surface. And because the project is so big, this time it isn't just America going it alone—18 other countries, including Britain, have signed up to help. So maybe we'll see Tim Peake head back into space to go further than no Briton has gone before too.

## **So when will this actually happen?**

---

The current plan is for three initial missions: Artemis 1, which will be an uncrewed test mission, which is due for launch later this year, then if successful it will be followed by Artemis 2 in 2024, which will see four astronauts go into orbit around the Moon. And if everyone comes back in one piece, NASA will finally launch Artemis 3, maybe as early as 2025—which will be the moment that humans finally touch down on the lunar surface again.

After these first three missions, NASA currently has plans for a further five missions going through to 2031. Though it's likely the timeline will slip slightly, as space-watchers know that it always does. And even NASA has left a big, year-long gap in its launch

The bottom line is this: things are about to get very exciting. And here's one last tip: start boning up the current crop of NASA astronauts now. Because the chances are, the First Woman is already a serving astronaut. In fact, if I were place a bet I'd say look out for Jessica Watkins. The 33-year-old astronaut is currently on board the International Space Station, and has a PhD in geology, so might be exactly the sort person you'd want stepping out of the capsule first when Artemis 3 touches down in a few years' time. ■

# £50 PRIZE QUESTION

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Rearrange the letters of the phrase below to form a cognate anagram, one which is related or connected in meaning to the original phrase. The answer can be one or more words.

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ANSWER TO JUNE'S PRIZE QUESTION

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**EACH CAN HAVE THE PREFIX CIRCUM- TO FORM A NEW WORD**

**AND THE £50 GOES TO...**

**LAUREN KROTOSKY, Hertfordshire**

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**My son came home from a session at our local swimming pool in a grumpy mood.** When I asked why, he complained that he hadn't been able to do as many lengths as he would have liked to that evening.

"The pool should have three lanes," he told me. "One for fast swimmers, one for slower swimmers, and one for women who just want to talk."

GERALDINE BURTON, *Clwyd*

**I recently underwent a hospital scan.** The radiographer and nurse were inside a protective enclosure and the instructions came over a slightly crackly speaker. We went through several rounds of "Hold your breath... and breathe", and then I heard, "Hold you breath... and... burp."

This is not something I can do on purpose, but I did try. I was unsuccessful, and again heard, "...And burp!"

I apologised and said, "I am sorry, I am trying to burp, but I can't."

Then came the nurse's cut glass accent, "My colleague is asking for your date of birth..."

So glad I was unable to perform.

KATE MORRIS, *Kent*

**While chatting with my friend's four-year-old son**, the subject of age came up and I asked him when he would be five. With the look small children reserve for stupid adults he replied, "On my birthday."

SANDRA NEWCOMBE, *Derbyshire*

**I was invited to my friends Lucy and Jack's home for Father's Day.** Lucy and Jack's eight-year-old Amelia asked why there was a Father's Day.

"Because daddies look after families, give lifts and help around the house".

"That sounds like you, Mummy!", Amelia replied.

JILLIAN COHEN, *Leeds*

**A few years ago, my husband and I** decided to go on holiday to Thailand. It was a very long flight and we arrived at the hotel feeling pretty grubby and exhausted. I went to reception to start the check-in process while hubby popped off to the cloakroom nearby.

As I was talking to the receptionist, her colleague brought a small bowl to me, which I very gratefully drank.

When hubby came back, he too was offered the small bowl, into which he quickly dipped his fingers,



"THAT'S MRS ROBINSON, OUR TEACHER!"

to wash them.

To this day, we don't know whether the liquid was for drinking (me) or washing (hubby) but we often have a laugh about it—the staff didn't bat an eyelid at either of us, but one of us must have bemused them!

HILARY REID, *Derbyshire*

**Despite being aware that Americans can be quite direct**, I was still surprised when the first thing our new neighbour in the holiday park asked me was whether "my John" worked. Assuming he meant my husband, I replied that he was happily retired. There was a moment's silence and then a guffaw.

"Sorry, Ma'am. We're getting no flush next door and I wondered whether the water was off all over the park."

MAGGIE COBBETT, *North Yorkshire*

# TRIVIA

BY *Beth Shillibeer*

**1.** Which 1975 film, released in July of that year due to a technical delay, started the trend of Hollywood blockbusters premiering in the summer?

**2.** What did Princess Charlotte Casiraghi of Monaco ride down the runway at a 2022 Chanel show?

**3.** What kind of summer footwear has been worn since early civilisation in the Americas, Asia and Africa?

**4.** South Pacific nation Vanuatu offers the world's only post office in what location?

**5.** What popular summer food, previously thought to be poisonous, is also known as "love apples"?

**6.** Which common drink may reduce the likelihood of Alzheimer's, liver disease and depression?

**7.** How many countries celebrate their nationhood on July 1?

**8.** What species was Magawa, the first of his kind to be recognised for uncovering hidden land mines in Cambodia?

**9.** President Emmanuel Macron sparked a national debate by altering what colour on the French flag?

**10.** Where would you find the freshwater species known as the pink river dolphin?

**11.** Which club requires members to expose their bodies to a 150-degree-Celsius change in temperature?

**12.** Yttrium, lanthanum, terbium and scandium belong to which highly sought-after group?

**13.** What was the first national park in Canada, initially designated for public use in the 1880s?

**14.** Ukraine is the world's largest producer of seeds and oil from its national flower, which is what?

**15. Research engineers at Purdue University claim their newly developed reflective white paint may replace what?**



**Answers:** 1. *Jaws*. 2. Her horse. 3. Flip-flops. 4. Underwater. 5. Tomatoes. 6. Coffee. 7. Four (Canada, Burundi, Rwanda and Somalia). 8. Rat. 9. Blue. 10. Amazon and Orinoco river basins. 11. Antarctica's 300 Club. 12. Rare-earth elements. 13. Banff National Park. 14. The sunflower. 15. Air conditioning.

# IGNITE CURIOSITY - WHAT DOES YOUR CURIOSITY ALLOW YOU TO DO, FEEL, OR ACCOMPLISH?

## *The Box and My Trouble Getting It*

is a gripping adventure story of a man working in outer space.

*The Box and My Trouble Getting It* follows the story of Joneb who started in a space colony on Deneb, the other side of the Milky Way. For him, space travel was a way to escape from the everyday humdrum existence on his planet, even if he missed his family. However, that's another story. Joneb has a variety of adventures some more exciting than others. The last one was particularly harrowing and Joneb was rather glad to sign on with an interplanetary freighter, the Star Struck; then he commences a more exciting adventure.

"Suddenly, I found myself being sucked up toward the cargo bay doors, so I grabbed hold of the nearest steel tie ring on the floor. The tie rings looked to be about two inches in diameter. I struggled, trying not to get sucked up through the opening cargo bay doors. I was hit in the leg by a box, which almost made me lose my grip on the floor ring. I kicked the box away; it struck the floor and flew open."

- text from the book.

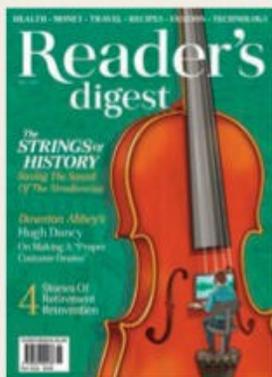
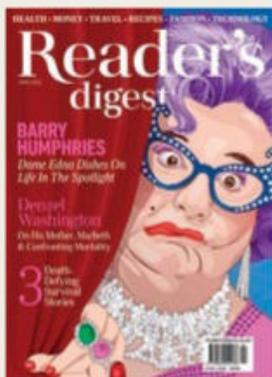
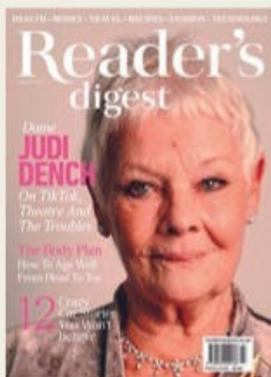
Books are available at [brucetryon.com](http://brucetryon.com)



True courage can be tested when you are afraid. No matter how hard the challenges are, one must be strong to confront them and continue the quest.

*The Box and My Trouble Getting It*  
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IT PAYS TO INCREASE YOUR

# Word Power

*Life doesn't always steer clear of extremes, and neither does the English language. When it comes to exceeding the bounds of moderation, how's your vocabulary?*

BY CRYSTAL BELIVEAU

**1. frore**—

- A: very hairy.
- B: easily excited.
- C: freezing.

**2. adamantine**—

- A: long-suffering.
- B: unbreakable.
- C: keenly discerning.

**3. havoc**—

- A: widespread destruction.
- B: harsh, guttural sound.
- C: sledgehammer strike.

**4. corybantic**—

- A: wild or frenzied.
- B: long-winded.
- C: power-hungry.

**5. elliptical**—

- A: regarded as having overinflated importance.
- B: carefully detailed.
- C: concise to the point of being unclear.

**6. trifling**—

- A: dramatic.
- B: insignificant.
- C: involving three lovers.

**7. catatonic**—

- A: insane.
- B: in a stupor.
- C: overwhelmed with anger.

**8. dreggy**—

- A: extremely tired.
- B: depressed.
- C: filthy.

**9. Cimmerian**—

- A: deeply gloomy.
- B: perfectly virtuous.
- C: repulsive.

**10. rococo**—

- A: elaborately ornamental.
- B: ludicrous.
- C: agitated.

**11. scintillating**—

- A: violent.
- B: sharply painful.
- C: brilliantly clever.

**12. meteoric**—

- A: causing a great surprise.
- B: very sudden or fast.
- C: liquefied by extreme heat.

**13. stentorian**—

- A: wicked.
- B: unreasonably excessive.
- C: thunderous.

**14. avaricious**—

- A: utterly hopeless.
- B: extremely greedy.
- C: overly sweet.

**15. catharsis**—

- A: purging of emotion.
- B: bitter sarcasm.
- C: state of awe.

# Answers

1. **frore**—[C] freezing. The Nunavut winter was dark and *frore*.

2. **adamantine**—[B] unbreakable. Navya tried to talk her brother out of joining the army, but his resolve was *adamantine*.

3. **havoc**—[A] widespread destruction. Out-of-control bushfires created *havoc* in the Australian city of Perth.

4. **corybantic**—[A] wild or frenzied. Alan exploded in *corybantic* dancing when he learned his rare stamp could make him rich.

5. **elliptical**—[C] concise to the point of being unclear. The professor's lectures were so *elliptical* that it seemed she was talking in code.

6. **trifling**—[B] insignificant. The NHL decided the hit was too *trifling* to warrant suspension.

7. **catatonic**—[B] in a stupor. That five-hour experimental play where the cast was naked and never spoke? It left me *catatonic*.

8. **dreggy**—[C] filthy. Without

running water, the squatters were living in *dreggy* conditions.

9. **Cimmerian**—[A] deeply gloomy. Inga hated November's *Cimmerian* weather.

10. **rococo**—[A] elaborately ornamental. When it comes to furnishings, my husband's tastes run toward the *rococo*.

11. **scintillating**—[C] brilliantly clever. Pianist Glenn Gould's virtuosity in interpreting Bach was *scintillating*.

12. **meteoric**—[B] very sudden or fast. From interning at 18 to becoming CEO at 30, my sister's rise at the firm was *meteoric*.

13. **stentorian**—[C] thunderous. The preacher's *stentorian* voice allowed him to be heard above the din in the tent.

14. **avaricious**—[B] extremely greedy. With billions in the bank, the tech company became *avaricious*, devouring smaller start-ups.

## VOCABULARY RATINGS

7-10: fair

11-12: good

13-15: excellent

# Reader's Digest

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We are looking into ways to enhance the magazine as well as the reader experience of the Reader's Digest magazine, to help us identify the areas where we need to improve.

Your opinion matters, so we'd like to invite you to complete a survey to tell us a bit more about yourself and your preferences so we can consider this in our future content.

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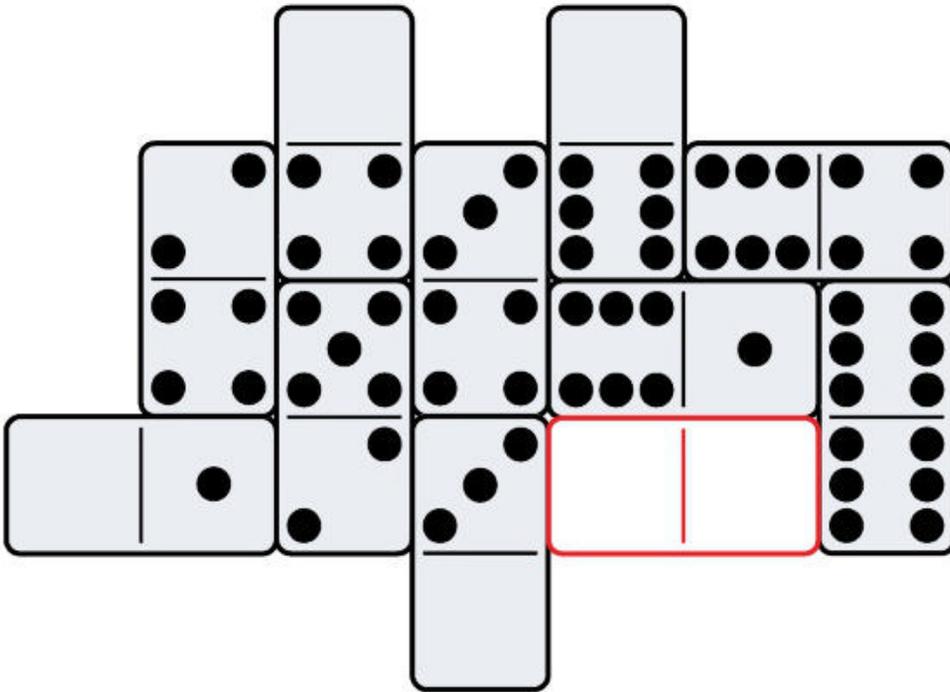
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If you are signed up for a subscription, you will find a printed copy of the survey in your pack that you can complete and return to us in the post.

Prize draw closes 31st August 2022, and winners will be drawn at random and notified on or before 15th September 2022. One first prize winner will receive £250 cash, plus five runner-up prize winners will each receive a free gift subscription to Reader's Digest for a 12-month magazine subscription to gift to a family member or friend. No prize alternative.

# BRAIN TEASERS



## Missing Out

**DIFFICULT** These dominoes have been arranged to make three complete mathematical statements, one on each row, if you look at them the right way... except one domino has been removed. Which domino is it, and in which orientation should it be placed (to save you some time, the answer is not the four-five domino)?

## Spymaster

**MEDIUM** Deduce a secret number made of four different digits 1 through 9. The chart shows four guesses at the number, and a score for each guess using marbles. Any digit that appears in the secret number in the same position as in the guess is scored with a black marble. Any digit that appears in the secret number in a different position than in the guess is scored with a white marble. Any digit that is not in the secret number does not get a marble. It's up to you to determine which digits are indicated by the marbles. What is the secret four-digit number?

|   |   |   |   |   |   |
|---|---|---|---|---|---|
| 8 | 4 | 5 | 6 | ● | ● |
| 7 | 8 | 4 | 1 | ● | ● |
| 2 | 9 | 3 | 1 | ● | ● |
| 5 | 4 | 8 | 3 | ○ | ○ |

## The Artist at Work

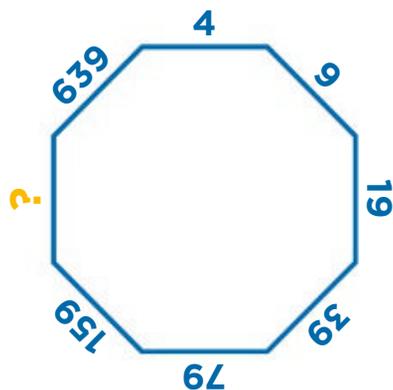
**MEDIUM** Charlotte is going to paint a still life, but first she has to set the scene. She has the following eight items: red grapes, a bottle of red wine, a banana, a sunflower, a green apple, a green vase, a pine cone, and a wooden bowl. From the following clues, can you determine which objects Caroline will select?



- ◆ She will pick only one fruit.
- ◆ She will pick the vase only if she also picks the sunflower.
- ◆ She will pick exactly two man-made objects—but only one made of glass.
- ◆ She will pick exactly one item of each colour.

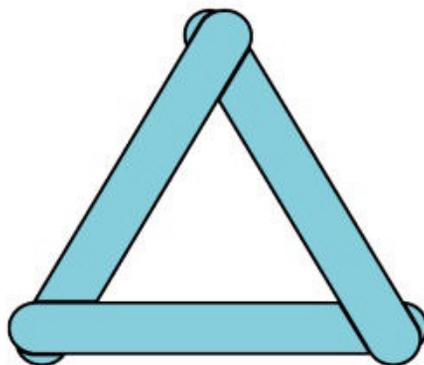
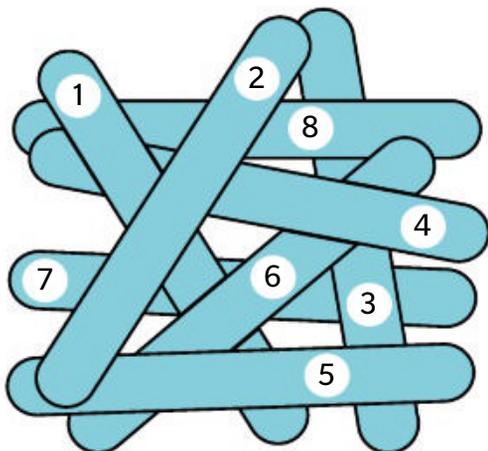
## All Around the Octagon

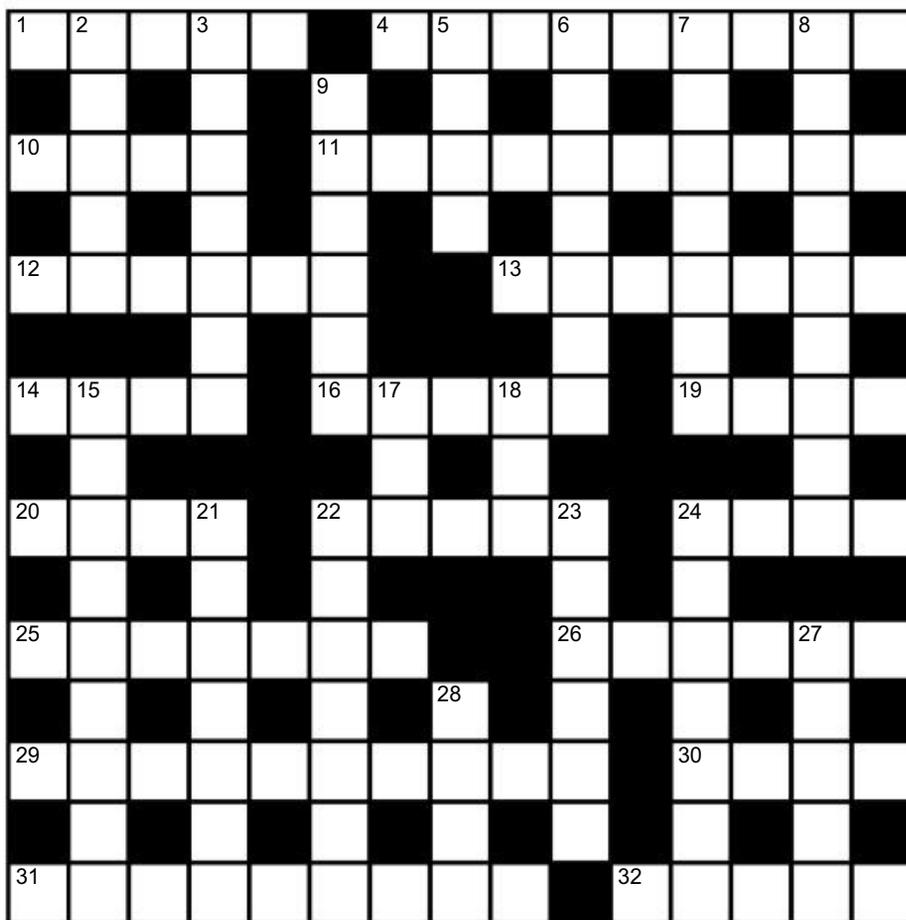
**EASY** If these numbers form a sequence, which number is missing?



## Stick Formation

**MEDIUM** Find the three numbered sticks in the left-hand diagram that overlap one another in the way shown in the example triangle on the right; that is, each stick should lie under one stick and over the other.





## CROSSWISE

Test your general knowledge. Answers on p142

### ACROSS

- 1 Farm honkers (5)
- 4 Declares formally (9)
- 10 High-pitched flute (4)
- 11 Happening together (10)
- 12 Safe stores (6)
- 13 Casual tops (1-6)
- 14 Second World War turning point (1-3)
- 16 Lowest-value chessmen (5)
- 19 Deciduous timber trees (4)
- 20 Cloth colourist (4)
- 22 Portable music players (5)
- 24 Deep voice (4)
- 25 May contain peas or beans, for example (4,3)
- 26 Shows broadcast again (6)
- 29 Mental analysis (10)
- 30 Woodwind instrument (4)
- 31 Graceless (9)
- 32 Up (5)

### DOWN

- 2 My Fair Lady --- Doolittle (5)
- 3 Author of "Ozymandias" (7)
- 5 Tolled (4)
- 6 Consecutive parts of a meal (7)
- 7 International carrier (7)
- 8 Frequently (4,5)
- 9 Misbehaves (4,2)
- 15 Rainless months (3,6)
- 17 Egyptian cobra (3)
- 18 Indicate agreement (3)
- 21 Profoundly different (7)
- 22 Household chore (7)
- 23 Wanders away (6)
- 24 Obtains temporarily (7)
- 27 Model --- Campbell (5)
- 28 Stupefy (4)

# BRAINTEASERS ANSWERS

## Missing Out



|   |   |   |   |   |   |
|---|---|---|---|---|---|
| 2 | 4 | / | 6 | = | 4 |
| 4 | x | 4 | = | 1 | 6 |
| 1 | 2 | / | 2 | = | 6 |

The two-six will complete the last equation as shown.

## Spymaster

7936.

## The Artist at Work

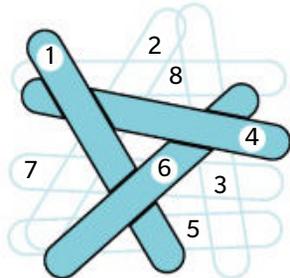
Caroline selects the grapes, the sunflower, the vase, and the bowl.



## All Around the Octagon

319. Double a number and add 1 to get the next number.

## Pick-Up-Sticks



BY *Jeff Widderich*

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

## To Solve This Puzzle

Put a number from 1 to 9 in each empty square so that:

- ◆ every horizontal row and vertical column contains all nine numbers (1-9) without repeating any of them;
- ◆ each of the outlined 3 x 3 boxes has all nine numbers, none repeated.

## SOLUTION

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

# Laugh!

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Go to [readersdigest.co.uk/contact-us](https://readersdigest.co.uk/contact-us)  
or [facebook.com/readersdigestuk](https://facebook.com/readersdigestuk)

**I'm annoyed that "cowards" doesn't mean** to move in the direction of cattle.

*Comedian ANDY RYAN*

**Writing a letter to Father Christmas** now because I don't want to seem like one of those friends that only reaches out when I want something.

*JOHN DRAKE, via Twitter*

**There was a huge queue to get into** the National Dominoes Championships until I pushed that guy at the back over.

*Comedian OLAF FALAFEL*

**I used to work with a grumpy older guy** called Philip Eno and I was

always too scared to ask if he was related to Brian Eno. Anyway, years later I actually met Brian and I said to him: "Is your brother Philip Eno?"

He replied: "No, he's English".

*Comedian ANDY RYAN*

**People say the grass is always greener** on the other side but I turned mine over and it was just brown with worms in it.

*Comedian GARY DELANEY*

**Wedding parties should have a worst man too.** Like here's my best man, Scott, my brother Mike, my friends Richie and Dave Cactus, and then Derek who I assume is going to get

To err  
is human.  
To MOO  
is bovine.

*Submitted via Facebook*



drunk and fight the cake.

*Seen on Twitter*

**I might open a mattress shop when I retire.** It's important to have something to fall back on.

*Seen on Reddit*

**I was busted recently writing my name in wet cement.** They had my name and my fingerprints. It was concrete evidence.

*Comedian DAVID GREEN*

**A few psychics have told me** that I was a cowboy in a past life, but I don't know if I believe in reinternation.

*Comedian PETER STEGEMEYER*

**They say don't judge a book by its cover.** Unless it has a T-Rex on it. Then it's usually pretty cool.

*Comedian CARLOS GARCIA*

**I recently drove past a sign indicating**



## *Terrible Travels*

THESE HILARIOUS PHOTOS  
SHOWCASE THE TIMES  
HOLIDAY PICS WENT  
UTTERLY WRONG...

via boredpanda.com



the location of a nearby lighthouse. If you need a sign for your lighthouse, your lighthouse must suck, dude!

*Comedian SASHA ROSSER*

**Horses make a fantastic pet, if you've always wished that your bicycle could make terrible decisions.**

*Seen on Reddit*

**My neighbour's house doesn't have any numbers on its door or postbox. I just feel like that's something that needs to be addressed.**

*Comedian CHRIS SCHMIDT*

**All I want is to live in a world where Rage Against the Machine lyrics are no longer relevant.**

*via Jason Z Comedy on Reddit*

**I showed my friend my collection of over 1,000 board games. He asked me, "How do you keep track of which games you own and which ones you don't have yet?"**

I replied, "Oh, I don't have a Clue."

*Comedian ALEX WHITTENBURG*

**While healing the man who was born blind, I hope that Jesus said, "Sorry. My dad can be a real jerk sometimes."**

*Comedian NAT BAIMEL*

**I did a gig in a fertility clinic recently. I got a standing ovulation.**

*Comedian TIM VINE*

# Grandma Knows Best



**Twitter users share hilarious quotes from grandmothers**

**@BrendanBurkeNRT:** My grandma texted me, "LOL" after my cousin got hurt. She thought it meant "lots of love".

**@HammerHeadHope:** My grandmother would order water without ice, because she didn't want it (the water) to be "watered down".

**@BrittB\_412:** My grandma came to visit me when I was at university. She was 95 at the time and told all my guy friends that if they didn't treat me right, she'd haunt them.

**@Kevin44274458:** We have a friend called Pablo, but my grandmother couldn't remember his name, so she called him Pecky. That became his new name.

## CROSSWORD ANSWERS

**Across:** 1 Geese, 4 Proclaims, 10 Fife, 11 Concurrent, 12 Vaults, 13 T-shirts, 14 D-Day, 16 Pawns, 19 Elms, 20 Dyer, 22 iPods, 24 Bass, 25 Seed pod, 26 Reruns, 29 Psychiatry, 30 Oboe, 31 Inelegant, 32 Astir

**Down:** 2 Eliza, 3 Shelley, 5 Rang, 6 Courses, 7 Airline, 8 Many times, 9 Acts up, 15 Dry season, 17 Asp, 18 Nod, 21 Radical, 22 Ironing, 23 Strays, 24 Borrows, 27 Naomi, 28 Stun

IN THE  
AUGUST ISSUE

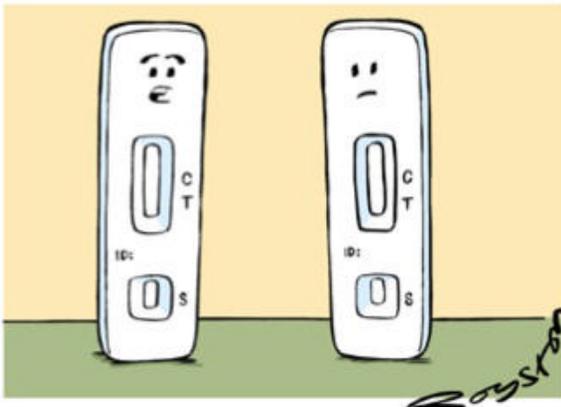
# Beat the Cartoonist!



Think of a witty caption for this cartoon—the three best suggestions, along with the cartoonist's original, will be posted on our website in mid-July. If your entry gets the most votes, you'll win **£50**.

Submit to [captions@readersdigest.co.uk](mailto:captions@readersdigest.co.uk) by July 7. We'll announce the winner in our August issue.

## MAY WINNER



Our cartoonist's caption, **"Things are still a bit grim, but I'm trying not to be positive"** was the pick of the pack this month, just narrowly beating the competition to emerge victorious. Don't let him keep his crown for long! Enter the competition above for your chance to win.



## Maureen Lipman

The British actor and writer on her life, career, and her upcoming one-woman show



## PLATONIC LOVE

Meet the people who became life partners with their best friends



## EATING DISORDERS

Why it's not just a young people's problem and what impact COVID has had on our eating habits

# A Century Of Change

As we continue our centenary celebrations, we look at how news reporting has changed in the last 100 years...

**T**HE LAST 100 YEARS have seen major transformations in news reporting. Print newspapers dominated the early 1900s, but in November 1922, the dawn of radio news arrived when the BBC launched its first daily radio service. It marketed itself as news by and for social elites, and broadcasters were required to use “received pronunciation”.

News shifted to television broadcasting in the 1950s. A perhaps revolutionary change came in 1980 with the creation of America’s Cable News Network (CNN)—the world’s first 24-hour television news network.

In 1991, the first Gulf War became the first time viewers around the world watched a war begin on live television. Satellite news brought with it celebration of the “live moment”. Now, the mark of a good story was how soon it was told after it happened.

The creation of the WorldWideWeb in the 1990s changed things again. The internet has become a key site for sharing information, and news is more accessible than it has ever been before. Crises can be reported from on the ground by people

who intimately understand them. Stories can be shared with the click of a button—which can be dangerous. In the time it takes for a story to move from a news site to Facebook to your WhatsApp group chat, context is lost and facts go unchecked.

In 2016, we witnessed a watershed moment for the news landscape. Following a US election dogged by dishonesty and misinformation spread largely on social media, Oxford Dictionaries announced “post-truth” as its international word of the year. Frequency of the word’s usage rose by 2,000 per cent that year.

With so much information at our fingertips, the sheer volume of news can be overwhelming. Couple this with the increasing uncertainty about what is true and what is not, it is perhaps no wonder that recent years have seen the birth of the “slow journalism” movement. First coined in 2007 by Susan Greenberg, it invites us to slow down and really pay attention to what’s happening around us. ■

BY ALICE GAWTHROP





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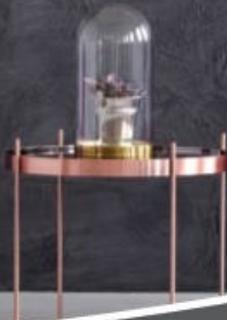
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