

ISSUE FOUR • SEPTEMBER 2022

Be Phenomenal *Women*





PATHWAYS

This employability programme for women includes:

- Personal development
- Employability skills
- Mentoring
- Accredited and certified training in a pathway of your choice



Upskill yourself in one of our employability pathways:

- ➔ Retail,
- ➔ Hospitality,
- ➔ Childminding,
- ➔ Caring, or
- ➔ IT / Co-Design



Contact TWN to see if you are eligible:

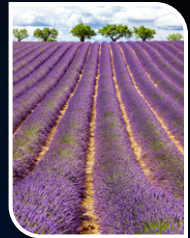
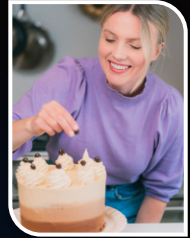
Pathways Team
Phone 028 9031 9888
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info@twnonline.com





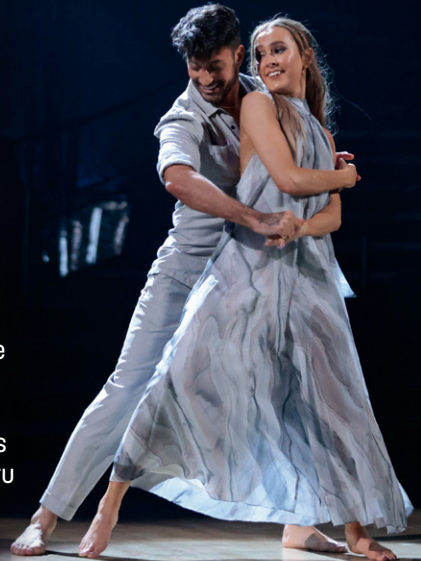
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Be Phenomenal Women

It seems that no matter what TV or radio channel you switch to, it's covering the cost of living crisis or the energy crisis or some other crisis yet not known, as its main headline.

There seems to be no escaping the constant discussion about how hard we're all going to find it and how the future looks as bleak as a dystopian novel.

I can imagine that, like me, you may be worried about how to manage such a crisis, what you can skimp on, what you can buy now and pay for someday when life is less complicated. Also, like me, you may be wondering what next?

A war in Europe, a planet that seems to be punishing us for years of neglect, a pandemic that hasn't yet left us, food banks, clothes banks, fuel banks, the death of a monarch who, no matter what your view of the Monarchy, was a phenomenal woman in her own right... it's an endless stream of things to be sad and fearful about.

So what can you do? Well, apart from making whatever small changes you can to help keep a roof over your head, there's not a lot - or so you may think.

The one glaringly obvious thing you can do is protect your mental health.

And before you say, "Easy for you to say", it's not easy for me to say because it is something I'm very familiar with and it is something that takes a lot of strength to do and sometimes you can fail but other times you can win, so you need to keep trying.

Scientists may differ in the amount of information we process every day but it's roughly 70,000 thoughts or the equivalent of watching 16 movies (74GB) on one of your gadgets. 500 years ago, 74GB of information would be what a highly

educated person consumed in a lifetime, through books and stories. So we are definitely being bombarded like never before.

When your mind is constantly taking in new information of a negative kind, it's no wonder our brain becomes overwhelmed and our mind begins to show signs of emotional cracks.

Not many of us can look after the strains on our mental health in solitude but we can start the process right now. Just for a while each day, turn off the negative conversations around you: Watching or listening to the news on a constant loop won't change the outcome but it will be better for your mind if you take a break. That friend who has nothing nice to say about anyone or anything? Take a break from them also!

Try to replace the negative with something positive - dogs doing stupid things works for me, as do stories of human kindness. You can find your own thing because only you know what makes you feel good.

Also, reach out to someone or some organisation that can help you cope with your thoughts. There's no quick fix right now but there are things we can do for ourselves and also for those in our circle of family and friends.

Namaste



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Everybody hurts sometimes

Lifeline

**If you or someone you know is in distress or despair
call Lifeline free on 0808 808 8000.**

(Textphone: 18001 0808 808 8000)

Calls to Lifeline are answered by trained crisis counsellors who can provide help and support. Counsellors are experienced in dealing with suicide, self-harm, abuse, trauma, depression and many other issues. Lines are open 24 hours a day, 7 days a week. Calls are free from all landlines and mobiles. For more information visit www.lifelinehelpline.info.

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



Introducing the new Head of the Lab

Paula, NEWSOMIE

When I realised that CSI Vegas was about to hit the screen I was beside myself with excitement. It was my favourite CSI above the New York and Miami versions and I was truly bereft when it came to an end.

Now, it's back with exciting changes to the cast but also bringing back some of the old characters to draw us viewers in; Gil Grissom, Sara Sidler and David Hodges all have a big part to play in Season 1 and rumour has it that Catherine Willows will play an equally important role in Season 2. Even, the original theme music, 'Who Are You?' by The Who is back to tickle our earbuds once again.

But the old cast members are only there to support the new cast, namely the new head of the lab Maxine 'Max' Ropey played by the lovely Paula Newsome who is probably best known for her role as detective Janice Moss on HBO's Emmy-winning series "Barry."

Newsome was born and raised in Chicago. Four months after moving to New York, she was cast in Lincoln Center's Tony Award-winning "Carousel." She then performed in several Off-Broadway and regional productions, before making her big screen debut opposite Dolly Parton in the romantic comedy "Straight Talk."

She also co-starred alongside Angie Harmon in the police drama 'Women's Murder Club' and had numerous guest star appearances on notable television series, most recently an emotional arc on 'Chicago Med' and 'City of Angels,' with Viola Davis. Other television credits include 'Suits,' 'Transparent,' 'Pretty Little Liars,' 'NCIS,' 'Suburgatory' and 'How to Get Away with Murder.'





How does she feel about this new opportunity to work on such an iconic show? Speaking recently to CBS's Matt Weiss she explained how she was approached to play the role of Max Ropey:

"You know it's one of the things that you never imagined happening. You imagine getting all kinds of phone calls but you don't imagine getting cold calls to be a lead on the next CSI reboot. I'm just very, very grateful.

It's an amazing opportunity. You know, I took a picture of myself because I was so

shocked. I just took a picture of my expression and I looked like that little kid from Home Alone"

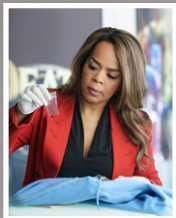
Newsome attended Webster University in St. Louis, Missouri and earned her degree in Musical Theatre. She is trilingual, speaking English, French and Italian, and enjoys riding horses. Currently, she resides in Los Angeles.

Follow her on Twitter @mepaulanewsome and Instagram @therealpaulanewsome.



CSI: VEGAS

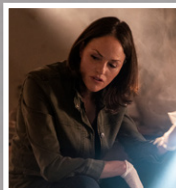
CSI Vegas' strong female cast members speak with Mara Reinstein for CBS' Watch magazine about what it's like working together on the show.



Paula Newsome

"I love working with Dhillon because she's a fun millennial. I still have to ask her how to post something on social media! Jorja is kind, smart and considerate. I'm grateful that she's been part of the show for so long and knows the ins and outs. It's a huge benefit." As for Newsome's role on the show, "She's the

kind of boss you would want to have because she's intelligent and funny. You don't get a lot over on her, and you can have a difficult conversation with her. We're in a new day, thank god, where women are not just the boss or the wife or the girlfriend. Maxine gets to do all of it, which makes her really fun. I'm grateful to be part of her journey."



Jorja Fox

"Sara Sidle is definitely my all-time favourite character... Now there's a lightness of being with her. When [as her character has been doing since leaving the CSI team] you travel the world to tropical places and work against climate change

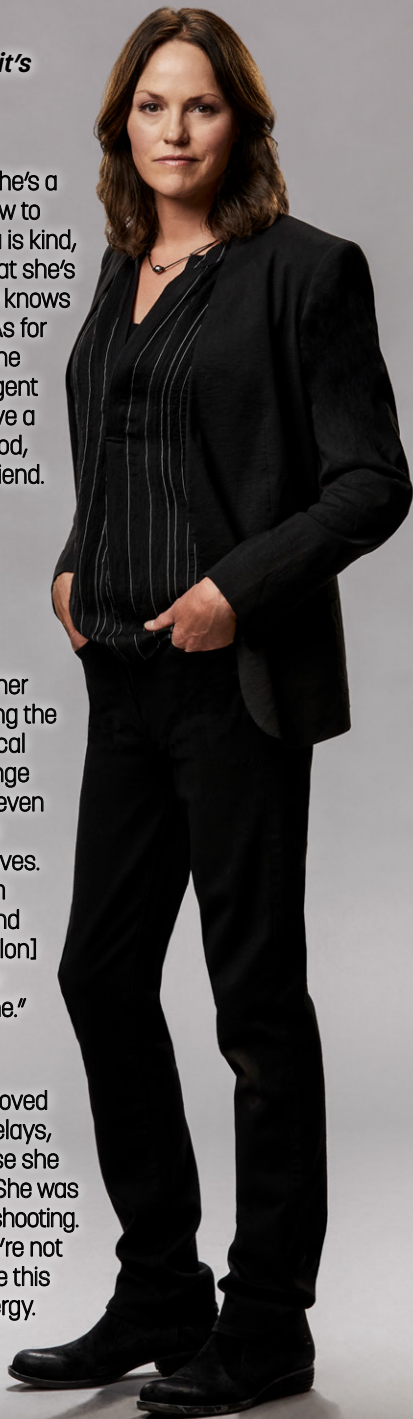
and mammal extinction, you're in a pretty amazing place, even though the work is challenging. And she's doing it with her husband [Gil Grissom, played by Petersen], the man she loves. She comes back in a really good place...Five years later, I'm with all these phenomenal new people. I love this group, and we have such an interesting dynamic...[Newsome and Dhillon] are both really strong, brave and interesting women...I love that we're three smart, bad-ass characters who get s-t done."



Mandeep Dhillon

Dhillon, who hails from London, and moved to the U.S. for this role as Allie Rajan, relays, "It's been so nice having Jorja because she knows what works and what doesn't. She was giving us advice from the beginning of shooting. Like, when you see a dead body - you're not supposed to have a reaction, because this

is your job... Jorja is so chill and lovely. Paula has great energy. It's great to see strong and smart women on the show, especially Black and brown women. It's very important, and I'm happy the producers went in that direction."



Canadian Chic



Every year, more than 11 million visitors swamp to Montreal in search of its unique blend of European-style chic and North American big-city atmosphere.

This makes the urban archipelago of Montreal Canada's second most popular destination after Toronto.

Made up of more than 400 islands covering some 310 square miles, it is said that the Montreal area is beautiful - beautiful and green. Gardens, parks and green spaces cover more than 10 percent of the land in the Montreal area, where there is one tree per two inhabitants.

Montreal is an immensely affectionate city and boasts a European flair for familiarity that is perhaps lacking in other North American cities.

Greeting a French person from Montreal can be confusing for visitors because it is customary to greet friends in Montreal with a kiss on both cheeks, starting with the right,

while Canadians in other provinces tend to just use a handshake!

After all, this is the city that played host to John Lennon and Yoko Ono during their famous Bed-In in 1969. John and Yoko spent a week in bed in site 1742 at the Fairmont Queen Elizabeth in downtown Montreal, surrounded by celebrities like Timothy Leary and Petula Clarke singing Give Peace a Chance.

But Montreal's history goes back much further than that. 'Discovered' in 1535 by Jacques Cartier, and founded more than a century later in 1642, by a handful of French settlers determined to convert the indigenous peoples to Christianity, Montreal is now home to some 4.2 million people of virtually every single nationality and creed under the sun.





Today Montreal is officially bilingual and proud of its status as the largest French speaking city in North America, and the second largest French speaking city in the world. It's a truly international city where newcomers feel right at home and visitors have no trouble finding someone who speaks their language.

The founders settled along the banks of the St Lawrence River, and today, as you tour the Old port and Old Montreal, you'll find that much of what they built has been lovingly preserved: graceful stone buildings, stately churches and cobblestone streets.

Montreal's historic buildings soar in all their splendour when night falls on the city. Since 1642, Old Montreal fascinated citizens and tourists alike, both by day and night, and the respondent lights have only added to the old city's timeless appeal.



© Eva Blue - Tourisme Montréal

The lights were specially designed to emphasise the beauty of the intricate architectural details of the city's centuries old buildings. Their warm glow blends effortlessly with the buildings' natural tones, bringing out a myriad of architectural styles that stood side by side for years on end.

Although Old Montreal's charms are best discovered on foot, a ride in a horse-drawn carriage will take you right back to the hustle and bustle of life in the early colony. To add to the enchanting atmosphere, gas street lamps have been installed along Saint-Helene Street. Ever since, this delightful corner has been home to many a movie-making set.

Some 350 years of history await all who make their way through Old Montreal. Awash in the radiance of dazzling lights, the old city's narrow and winding streets provide an idyllic backdrop for lively nightlife, Old Montreal is more than just a historic city; it is also a city of its time.



© Eva Blue - Tourisme Montréal

© Alexandre Choquette -
Tourisme Montréal



Montreal has a wonderfully continental feel to it, regardless of its Canadian location. It even has an authentic Parisian metro grille that was a gift to the city from Paris on the occasion of Expo '67. It was installed in the Square-Victoria station, near the Montreal Exchange tower. And in a small lane called Ruelle des Fortifications near the World Trade Centre stands a portion of the Berlin Wall, which the German city gave to Montreal to mark the 350th anniversary of its founding.

But one of the city's most shining landmarks is the cross on Mount Royal. The cross was erected in 1924, in remembrance of December 25th, 1642, when a flood threatened to wash away the French colony. On that day, Paul de Chimed, Sierra de Maisonneuve, promised to carry a cross up the mountain if the floods would spare the colony. On January 6th, 1643 he kept his promise and carried a wooden cross to the summit.

Fibre-optic lighting, installed when Montreal celebrated its 350th anniversary, now illuminates the cross. You can see a statue of Paul de Chomedey at the centre of Place d'Armes in Old Montreal.

And just as Paul knew how to celebrate a job well done, Montreal today is a city that thrives on festivity.

The city is bursting at the seams with creative spirit and is home to the Orchestre Symphonique de Montreal, L'Opera de Montreal, and more than 300 other musical organisations, including the Orchestre Metropolitain and the Orchestre Symphonique de Laval. There are more than 100 English and French theatre companies, and every year Montreal plays host to more than 40 major festivals and events.

Which just goes to show: there's always something to celebrate in chic Montreal....

Article by: Vickie Sam Paget



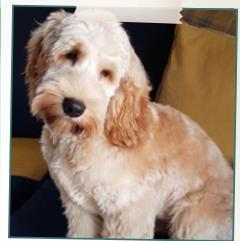
Sky Blue Vickie is a travel and tourism storyteller located in Vancouver. Come with her as she travels the world! Follow her on Instagram @SkyBlueVickie

© Laura Gérard @thediamondsofflife



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My Fostering Journey

I've known you for many years now, but tell our readers something about yourself other than your interest in fostering.

My name is Nina, I just turned 50 in January and I'm engaged to Harry. I have a son Finley and the real love of my life is Ted, my 4-year-old cockapoo.

Why did you consider fostering and what in particular were you most concerned about?

When Harry and I got together 6 years ago, we both talked about our desire to foster children and offer a home to a little one that maybe hasn't had it easy in life. Once we bought a house and moved in, I made the call but we had to wait a year as we needed to keep our spare room free for Harry's son who was only 17, so fostering was put to the back of our mind.

The following January, FCA (Foster Care Associates) called me again and asked whether we were still interested, I jumped at it and the next thing we knew we had a Social Worker sitting in our home explaining

the process, the highs and the lows and everything in between.

We agreed we would like to go ahead with the process but then Covid set in with the lockdowns associated with that and we thought, well that's the fostering on hold, but surprisingly we were assigned a social worker to take us through the steps to fostering, and we completed everything remotely.

The process took us about 8 months of weekly 2 hour sessions and additional homework. In a way, we felt the lockdown was a blessing for us as we would have found it hard to squeeze in these meetings and both work full time. We went through the panel on the 20th November 2020.

Due to lockdowns, a child wasn't placed with us until the following February, this gave us loads of time to do all the online mandatory training. Because I had spent almost 30 years in hospitality before this, I completed every training module I could to ensure that I knew everything I could, before a little one came to stay with us.





My main concern when we decided that this was to be my new career, was the challenging behaviour I may face and also the possible allegations that can sometimes accompany that: plus no one tells you how much you will cry!

Fostering is a huge commitment not just for you but also for your immediate family and friends so how did they react when you told them what you intended to do?

I think it came as a shock to most but as soon as they thought about it everyone was onboard. I have a great support network which helps. Everyone just wants the same as us; to make a difference in a child's life.

What kind of preparation did you need to make before you welcomed your first foster child?

Well, we did the steps to fostering which took months, we went through the panel and did all the mandatory training. We also put together a welcome pack that is given to a child before they arrive, this gives full details about us, who we are, where we live, their room etc. With FCA they have an excellent matching team and the children are matched to suitable foster carers, taking into account location and others living in the house. It's important to build a good relationship with the matching department. You will have many calls regarding children before the right one for everyone comes to stay.

Like everything else in life, there are positives and negatives so can you give me at least one of each for anyone out there considering doing the same as you have?

The positive for me is seeing a child laugh and sing on the way to school. It takes time for the little one to trust so when you eventually get that long-awaited hug it's a feeling I wish I could bottle.

The negatives, for me, are trying to understand the trauma, and the resulting behaviour the child may display cease of that trauma and when a child lets you into their previous life, it can sometimes be very upsetting.

My advice for anyone thinking of fostering is.... do it.

It's the most rewarding job ever! When we sit and look at how far the little one placed with us has come on in the past year it's amazing.

Things that we take for granted are sometimes firsts for these little children, like a visit to the beach. The way their wee faces light up over simple things to us but huge things to them. These children change your life and make you appreciate the little things, it brings you right back to the beginning.

Be prepared for the tears, you cry for everyone, good tears and bad.



Make a difference that lasts a lifetime.

Foster a child with FCA

With thousands of children coming into care each year, we need foster parents to provide a safe and loving home to a vulnerable child or young person.

Fostering is one of the most rewarding things you can do. If you are over the age of 21 and have a spare bedroom, then you could give a child the fresh start they need.



Get in touch today to
change a child's life.

Call us on: 0800 023 4561
Email: enquiries@thefca.co.uk
Find out more: www.thefca.co.uk

Just A SCENT AWAY

Is it possible that a scent can make you more mellow and increase dramatically the relationship you have with others around you?



Thousands of people around the world have discovered the powerful benefits of Aromatherapy. And you can do it too.

With all the stress involved in our way of living today, we find that there are psychological and physiological consequences to our fragile health. We spend more of our hard-earned money on over-the-counter medication or on prescriptions to help cure our little and bigger pains.

The power of Aromatherapy could help lead to a better outlook on life and keep more money in your pocket.



But what exactly is Aromatherapy?

Aromatherapy is the art and practice of using essential oils, extracted from aromatic plants and herbs, to restore or enhance health, beauty and well-being. Aromatic molecules interact with the tops of your nasal cavity and give the signal to the limbic system (the emotional switchboard of the brain). The limbic system is directly connected to the part that controls the heart rate, blood pressure, breathing, memory, stress level and hormone balance. And it works. For example, we use Vicks for our colds, sinusitis and sore throat. It contains Eucalyptus. For me, it's the only treatment that I find effective for Bronchitis, despite antibiotic treatment.

Let's talk about Lavender. Lavender is a multi-use oil; it has strong psychological effects and physiological cures.

This flower has a fresh, sweet, floral scent. It has a calming effect; smell it when you are stressed in traffic, at work, or right before

an exam because Lavender has calming properties for panic attacks, stress, and anxiety. It's a gentle narcotic for mental and physical strain.

Some couples use Lavender based candles during giving birth to have the most calming experience, for the mother and the newborn. Other people burn a candle after surgery to help cope with the pain. You can also do it to calm the kids in the house! Or, for an anticipated quiet night at home with your lover.

Lavender is also a good antibiotic for the skin. If your child has cuts or burns, you can apply creams or lotion with enough concentration of oil to prevent infection. It also reduces scarring.

Another good aromatic oil is Rosewood. It originates from a native tree in Brazil and has a psychological effect of balancing, uplifting and enlivening.





You can use it before an interview, a business meeting, or even before a hot date! If you are feeling down or lack that, "joie-de-vivre", this aromatic essence can change your state of mind and make you look like an enjoyable person!

Rosewood is also good to treat sensitive or aged skin because it stimulates the regeneration of the skin.

You can use Aromatherapy in different forms; candles, shower gels, soap, bath mousse, diffuser, potpourri, spray

for the room, etc. Whatever you feel comfortable with.

You can use aromatherapy for different emotional states; anger, anxiety, confidence, depression, burnout, loneliness, and concentration - to name a few.

The use of aromatic products is a cheap solution for better health and happier life.

Wishing you great moments.



Other Oils & Their Uses

Clary Sage

Relieves Menstrual Cramps

Relaxing

Relieves anxiety/stress

Cypress

Treats Respiratory Complaints

Cellulitis

Menstrual Pain

Muscle Pain

Fennel

Digestive

Menstrual Irregularities

Antimicrobial

Geranium

PMS

Indicated or hormonal imbalance

Antimicrobial

Nerve Pain

Ginger

Digestive

Constipation

Relieves Nausea

Anti-Inflammatory

Lemon

Antioxidant

Uplifting

Anti-stress

Immune Enhancing

Great for Cleaning or Cleansing Home and Environment

Lemongrass

Cleansing

Antiviral

Insect Repellent

Use for Cleaning

Antimicrobial

Mandarin

Calming

Great for Children (can combine with Lavender)

Slightly more warming citrus aroma

Neroli

Relieves and Reduces Anxiety

PMS

Nourishing

Pregnancy/Delivery

Patchouli

Antidepressant

Anti-Inflammatory

Soothes the nervous system

Peppermint

Relieves Nausea

Analgesic for Muscular Aches and Pains

Relieves and Reduces Migraines

Energising

Antispasmodic

Roman Chamomile

Menstrual cramps

Sedative

Relieves Anxiety/Stress

Insomnia

Great for children (soothing, comforting)

Anti-inflammatory

Rose

Nourishing the Emotions

Aphrodisiac

Relieves and Reduces Stress and Anxiety

PMS

Tea Tree

Supports/Enhances Immune System

Antibacterial

Antifungal

Antiviral

Ylang Ylang

Aphrodisiac

Antispasmodic

Nourishing

This article is provided for informational or educational purposes only and is not intended as a substitute for the advice provided by your healthcare professional or physician.

Please make sure to test a little of the oil before general use and never apply it to the skin unless advised by an Aromatherapy practitioner.



ROSE COTTAGE

FASHION

Autumn is well and truly on its way - some may say it's already here! But being the season between summer and winter allows for crossover fashion and those lovely deep colours that we associate with this time of year.

Leave behind the bright flimsy feel of summer and before you prepare for the cold dark days of winter, permit yourself a wee bit of indulgence from some of the most popular catalogue and online fashions.

Victoria's Favourite Paisley Dress
£60 from Joe Browns



1

- 1 V&A Green Trellis Wrap Skater £45 from Lipsy
- 2 V&A Placement Floral High Neck Blouse £39 from Lipsy
- 3 Mark Heyes Double Breasted Jacket £69 from Freemans



3



4



5

- 4 Light Green Ribbed Button Front Tie Waist Midi Polo Dress £27.99 from Freemans
- 5 Mark Heyes T-Shirt £25 from Freemans
- 6 Funky Floral Dress £40 from Joe Browns



2



6



- 1 V&A Embroidered Dobby Angel Sleeve Midi Dress £55 from Lipsy
- 2 Ravishing Vintage Dress £60 by Joe Brown
- 3 Jane's Boutique Coat £130 by Joe Browns
- 4 Shirt £13 from Primark



- 1 Love Mark Heyes Abstract Square Print Pleated Midi Dress £59 from Freemans
- 2 Enchanting Embroidered Faux Fur Coat £130 from Joe Browns
- 3 Primark X Keith Haring Print Tshirt £8 from Primark
- 4 Primark X Keith Haring Snuddie £19 from Primark
- 5 Long Rainmac £72 from Lipsy
- 6 Primark Cares Reversible Jacket Made Using Recycled Polyester £32 from Primark



Friends Like These
Angel Sleeve Belted
Jumpsuit £42 from
Lipsy



1



2

3

- 1 Women's Black Hooded Maxi Wrap Gilet £49.99 from Freemans
- 2 Khost Clothing Pom-pom Hat & Scarf Set £39.00 from Freemans
- 3 Black PU gloves £16.00 from Freemans
- 4 Joe's Favourite Wrap Dress £50 from Joe Browns



5

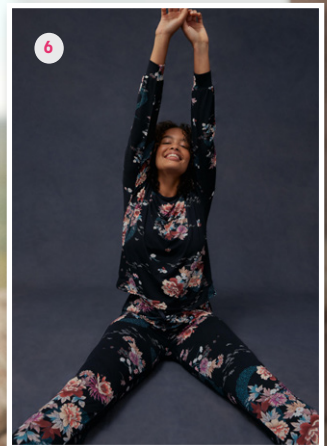


6

- 5 Friends Like These 3/4 Sleeve Satin High Neck Blouse £28 from Lipsy
- 6 Primark Cares Jogger Made Using Recycled Polyester £7 from Primark
- 7 Primark Cares Floral Pyjama Set Made Using Recycled Polyester £13 from Primark



4



6



TWN TAMPON TAX FUND

The purpose of the Tampon Tax Fund from the Department of Digital, Culture, Media and Sport is to allocate the funds generated from the VAT that was charged on sanitary products to projects that improve the lives of disadvantaged women and girls. The fund was announced by the then Chancellor during the 2015 Autumn Statement.

The 2021/22 round of Tampon Tax funding invited charitable, benevolent and philanthropic organisations from across the United Kingdom to bid into one of two categories: Ending Violence Against Women and Girls, and a General Programme.

Training for Women Network Ltd (TWN) was delighted to be successful in its bid to acquire the funding to run a Small Grants programme across Northern Ireland through the Improve Project. To date, TWN has allocated over £166,000.00 to 15 organisations across Northern Ireland.

One of our funded projects, Foyle Women's Information Network were delighted to receive

a grant through the fund and their Co-ordinator, Catherine Cooke said, 'FWIN were delighted to be successful in their bid for a grant from the Tampon Tax Fund. Awarded through TWN, this funding enabled women from the North West area to partake in a variety of activities. The variety of programme events will help assist women in building up their skills, they will be working alongside other women as part of a group and this encourages personal growth, increases their confidence and helps reduce stress. This project was very timely as it helped women become emerged back into society and begin to value themselves again.

The funding will engage around 300 women but the ripple effect on families and the community is much greater.

Call 3 of the Tampon Tax fund opens on Wednesday 7th September 2022 and closes on Monday 19th September 2022 at 12.00 noon.

THE IMPROVE PROJECT WILL PROVIDE ONWARD GRANTS IN THE AREAS OF:

- (1) Education and employment and
- (2) Skills for the future.

In NI, there remain significant gaps in the accessibility and quality of training, education, and employment services, as evidenced by a high level of individuals without vocational qualifications and the failure of a large number of people to secure employment. As well as ensuring flexible, accessible, relevant education and training opportunities, there is scope to develop more targeted and user-friendly advice and information services to ensure that women know what opportunities are available and how they might best take advantage of them. Furthermore, the lack of affordable childcare has led to the exclusion of those with childcare responsibilities, from the opportunity to participate economically, particularly women from disadvantaged areas. Following the pandemic, there is a need for developing leadership and digital skills for the future to support the inclusion of women in the economic recovery of NI and to ensure that women have the digital skills necessary for sectors that have changed as a result.

Activities of funded projects could include:

- Training and vocational education, aimed at upgrading skills, improving quality, including the redevelopment and promotion of sectors, for example, tourism and hospitality, in a post COVID-19 economy.
- Training and education actions aimed at the promotion and development of entrepreneurial and work skills to avail of the changing opportunities in NI, e.g. digital skills
- Generic vocational education, training, guidance and counselling packages for those most affected by the conflict

- Guidance, counselling, training and retraining for employees and those recently made redundant or facing redundancy as a result of COVID-19
- Assistance towards self-employment and the promotion of entrepreneurship
- Addressing barriers to women's participation, e.g. provision of childcare with a view of increasing access to training, education, and employment opportunities
- Provision of leadership and mentoring training to advance women in the workplace as well as developing leadership for a sustainable future
- Training and education opportunities in digital skills for the growing IT, Telecommunications and Media and Communications sectors
- Advance women in STEM and contribute to the Women in STEM Strategy

Funded projects should:

- Have a long-term impact and sustainability
- Use approaches which are innovative
- Full inclusion of vulnerable, disadvantaged, underrepresented groups
- Demonstrate a contribution to NI Economic Recovery Plan following COVID-19

Eligibility

Applicant organisations with a live TTF Small Grants project are not eligible to apply.

Applicant organisations should have an annual turnover of no more than £250,000.

If you or your organisation require any further information and would like to talk about a proposed project idea, please contact Elizabeth or Amanda on 028 9031 9888.

THIS PROGRAMME IS FUNDED BY THE TAMPON TAX FUND FROM THE DEPARTMENT OF DIGITAL, CULTURE, MEDIA & SPORT, MANAGED BY TRAINING FOR WOMEN NETWORK



A portrait of Dr Olivia Chapple, a woman with shoulder-length dark brown hair and bangs, wearing a dark navy blue blazer over a white collared shirt. She is smiling slightly and looking towards the camera. The background is a soft-focus garden with dry, brownish branches and some small purple flowers.

Horatio's Garden

Dr Olivia Chapple, Founder & Chair of Trustees

I am a GP by training, married to a spinal surgeon and until my life changed in 2011, I worked as a busy GP trying to find a work-family balance to bring up our three energetic sons. Since 2011, I have run the charity Horatio's Garden. Horatio's Garden is a national organisation improving the lives of people affected by spinal injury by creating thriving, accessible gardens in heart of the UK's spinal injury centres.

The charity is named after Horatio Chapple, my eldest son, who wanted to be a doctor and who volunteered at one of the UK's eleven specialist spinal injury centres in Salisbury, during his school holidays.

When volunteering, Horatio was particularly struck by the lack of outdoor space available to patients with these life changing injuries, so he tried to find a solution by talking to patients and those caring for them. From these discussions, Horatio developed the idea of a beautiful, subtly accessible garden to support recovery during long stays in hospital.

In 2011 tragedy struck, and devastatingly, Horatio was killed in the most dreadful situation. In the summer holiday when he was 17, he went on a science expedition with a group of young people to Svalbard and their camp was attacked by a polar bear. Horatio, strong, courageous and determined as ever, fought back against the bear, so bidding time for his friends to escape, but he lost his life.

In the awful aftermath, there was an outpouring of love and goodwill, from people who were touched by Horatio's story. Donations flooded in for his garden to be created and a year after he died, thanks to the support of many wonderful people, we opened the first Horatio's Garden.

Since then, Horatio's legacy has continued to grow with a vibrant momentum and is now helping patients, families and NHS staff throughout the UK.

Leading landscape designers create each Horatio's Garden, using both Horatio's original research and their own ideas to bring the gardens to life.

We currently have six projects in Salisbury, Glasgow, Midlands, Stoke Mandeville, Cardiff and London and are working to bring the seventh to Northern Ireland's only spinal injury centre at Musgrave Park Hospital, Belfast. The garden has been designed by nine-times



Chelsea gold medal winning designer, Andy Sturgeon. We are hoping to start building later this year as long as we reach the fund-raising total.

The stunning accessible garden, with a large garden room, has been carefully designed to improve people's physical and psychological health as they adjust to, or care for someone with, life-changing injuries.

In my personal life, I have always loved gardens and nature and when working as a GP I was an advocate of the benefits of gardens and gardening to health. So, it was no surprise that in the depths of my grief it was the natural environment that gave me comfort, support and hope. Navigating the loss of a child is exhausting, stressful and relentless and I found, like many people, that nature was the tonic that sustained me through each day.

This experience has driven me to improve the environment for patients with life changing injuries, all of whom are going through a form of bereavement and post traumatic stress. It's incredibly hard to adjust to a life of paralysis let alone in the formica environment of a hospital ward for months and month.

Since founding Horatio's Garden, I have found a new purpose – one that connects me to Horatio and gives me the most incredible sense of satisfaction. The testimonials from patients, families and staff are so moving.



I now know that Horatio's life continues to have relevance and every day he is helping to improve people's wellbeing. It's been a very powerful and emotional experience.

In the last ten years I have contributed to articles and spoken at conferences highlighting the benefits of gardens and the environment in healthcare settings.

In 2017 I was awarded a Points of Light award by the prime minister for voluntary service and my volunteer group received the Queen's Award for Voluntary Service. I was presented to Her Majesty the Queen at Windsor Castle in 2019. Last year I was honoured

to be the first recipient of the RHS Carew Pole Award for outstanding contribution to horticulture by a non-horticulturist.

In just ten short years, thanks to the novel ideas of a young man, we've grown from a local charity to a national organisation planting hope for patients with spinal injuries and their loved ones throughout the UK.

We have some incredible people involved including Frankie Dettori, Joanna Lumley and Mel Giedroyc as well as extraordinary Ambassadors who have experienced spinal injuries themselves. The community of Horatio's Garden has brought together many people who share our ethos of kindness and understand the benefits of gardens to health.

I am so excited to be working with people from all over Northern Ireland to bring Horatio's Garden to Belfast and would love to hear from anyone who would like to be involved.

I thank Horatio every day for the energy he has infused in us all, for the happiness he has brought to people and the lives he has changed.

www.horatiosgarden.org.uk





Tired at Work?

Whether you're a night bird or up with the larks, all of us have our unique sleep patterns. But an international study by The Sleep Council suggests that the natural sleeping habits of the human race are not suited to traditional nine-to-five working hours, with many of us being at our most inactive in the middle of the day.

The worldwide survey into global sleeping habits discovered that most people either regard themselves as working best in the evening (38%) or in the morning (41%).

By showing a preference for morning or evening work, the implication is that the majority are not fully alert in the middle of the day - the traditional time for a siesta in hot countries. We must conclude from this survey that the traditional nine-to-five working day does not suit the majority.

This study indicates the hours of nine-to-five are not ideal for many people; speculatively, it implies that there are at least four types of workers: early morning/pre-lunch; afternoon/evening; siesta-type; and the orthodox nine-to-five. If you allow people's natural sleep preferences to prevail, you could actually extend office hours beyond the traditional nine-to-five.

So, is it time to move towards a more European way of working, bringing benefits for both our health and the economy? Unfortunately, globalisation means that rather than adopting the Mediterranean mid-day nap, daytime dozes are being slowly eradicated as what was once thought of as normal is now only practised by nine per cent of people globally.

The Best Aids for a Good Night's Rest
That uniformity is reflected in 82% of the 12,000 participants' belief that sleep is important, as many people attempt to get good quality kip to avoid dozing off at their desks the following day.

Nearly 90% of UK participants say that what they lie on will impact their slumber and while Western-style sprung mattresses are universally popular, the Eastern habit of meditation is becoming increasingly popular in the West, with 10% of Brits using it to relax at bedtime.

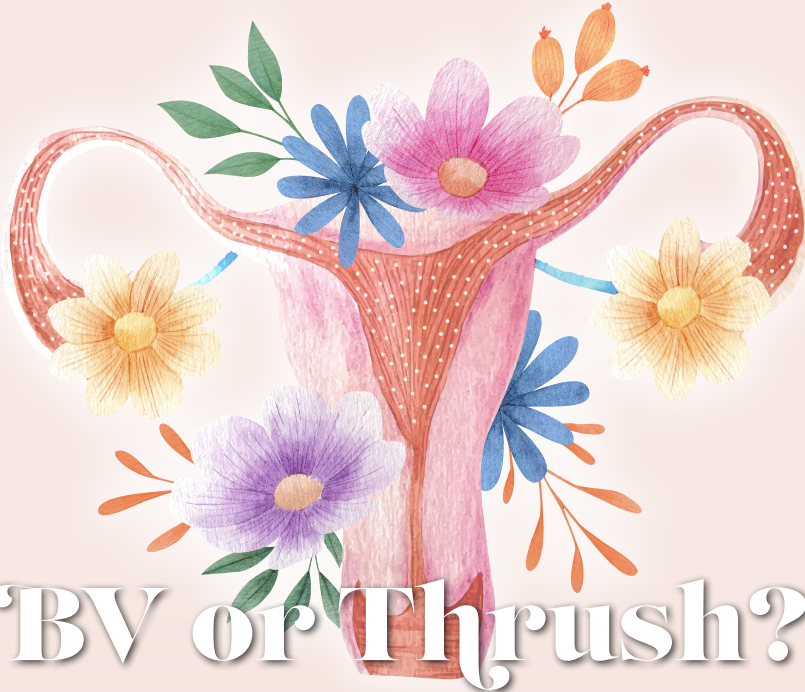
Sex gains universal recognition as a sleep aid with 37% of all those questioned and 39% of Brits agreeing, which is not surprising given that the UK is also the most scantily clad of nations at night-time with 51% going naked in summer and a brave 29% in winter.

Reading at 63%, having a bath before going to bed - 32% - and listening to the radio - 26% - or watching TV - 57% - in bed are other well-used bedtime wind-downs.

More heartening was the news that UK residents were outnumbered by nearly three to one in their use of sleeping pills, with just seven per cent of those taking part using them as opposed to 18% of our overseas counterparts.



But one thing that unites humanity globally is a lack of sleep. Feeling dozy during the day was reported by 63%, 20% of whom admitted nodding off during films or parties and worryingly, 12% say they feel sleepy while driving. And the fact that 73% of the world uses alarm clocks confirms the need for more sleep - Otherwise, we would wake up naturally!



BV or Thrush?

What your vagina is trying to tell you...

Vaginal health has been hitting the headlines in recent years, but did you know more women in the UK suffer from Bacterial Vaginosis (BV) than thrush? They also suffer more often, typically 3-4 times per year and up to 72% of women will get a recurrence of BV within 7 months. Yet very few people have heard of BV and typically treat symptoms as thrush.

Isn't it time to listen to what your vagina is desperately trying to tell you?

Bacterial Vaginosis is caused by a change in vaginal pH. Bacteria called lactobacilli to keep the vagina acidic to prevent other harmful bacteria from growing there. With BV, the temporary shortage of lactobacilli allows bad bacteria to thrive, disrupting pH levels and causing unusual vaginal discharge. BV is a naturally occurring and common condition, it isn't a sexually transmitted infection (STI) but it can be triggered by sexual intercourse.

So how can you tell the difference?

Experienced Consultant Obstetrician and Gynaecologist Dr Shazia Malik on behalf of

Balance Activ™, a leading women's intimate healthcare brand, explains, "Unfortunately, the symptoms are very similar to thrush but the treatments should, yet often aren't, very different. BV comes with the classic itchiness of a yeast infection, so it's easy for customers to mistake it for thrush.

One of the main differences between BV and thrush is that BV causes a strong and unpleasant fishy odour, that can come on especially after sex whereas discharge from thrush is odourless. Discharge from BV is thin watery and grey whereas from thrush it is white and much thicker. Another tell-tale sign is that thrush can cause pain during sex whereas BV won't."

The most common symptoms of BV are:

Thin, watery, greyish-white discharge that has a fishy odour which gets stronger after sex or an abnormally large amount of discharge.

Occasional discomfort.

Possible redness and irritation of the skin around the vulva.

Here are eight things to look out for that increase a woman's chance of developing BV and these include:

Taking antibiotics - Antibiotics can put the vagina at risk of other infections and can kill the good bacteria that are there to defend it.

Using medicated or perfumed soaps - These aren't quite gentle enough to leave the natural healthy balance of good and bad bacteria alone.

Having an intrauterine device (IUD) - IUDs cause heavier and longer bleeding during periods, resulting in a pH imbalance which can in turn lead to BV.

Having unprotected sex - Semen upsets the vagina's natural acidity which can cause BV to occur.

Using antiseptics - These are harsh and can irritate the vagina, leaving it vulnerable to infection.

Douching - The vagina is a self-cleaning organ so internal washing can upset your intimate areas natural balance, leaving you more vulnerable.

Menstruation - Blood has a neutral pH, making the vagina less acidic so during and after menstruation is a vulnerable time.

Pregnancy & breastfeeding - Both pregnancy and breastfeeding can cause hormone fluctuations that alter the pH of the vagina.

So, what is the best way to treat BV?

Dr Shazia Malik warns that although antibiotics are a therapy option for BV, Public Health England launched a campaign in 2018 to

support the government's efforts to tackle antibiotic resistance. She says, "Evidence also suggests that there is a strong link between antibiotic use later causing thrush, as antibiotics may destroy good bacteria. Women are also increasingly favouring alternative and natural remedies, which are easily available OTC (over the counter), particularly those with recurring conditions."

Balance Activ™ is a natural alternative to harsh antibiotics in the successful treatment of BV. Balance Activ gel and pessaries are safe and effective at restoring and maintaining the pH of the vagina and should start to work after just one dose. Balance Activ™ products are available nationwide from ASDA, Boots, Morrisons, Tesco, Superdrug and amazon.co.uk Use Balance Activ™'s free symptom checker to understand more about your symptoms.

Free Samples

We have a limited number of free samples to give away so if you would like to be considered just send us an email to competitiontime@bephenomenalwomen.com with your home address and which samples you are interested in receiving.



BALANCE ACTIV™

All That Glitters!



All That Glitters is back and on the hunt for the UK's next up-and-coming jewellery star. Hosted by the fabulous Katherine Ryan, the six-part series takes place in a specially built workshop nestled in Birmingham's historic Jewellery Quarter, home to more jewellers than anywhere else in Europe.

The latest series welcomes new judge Dinny Hall, a jewellery world titan with over 35 years experience in jewellery making, who has created pieces for celebrity A-listers across the world. Alongside jewellery royalty Shaun Leane who returns as a judge, in each episode they will decide who has earned the coveted title of Jeweller Of The Week - and who will be leaving the competition.



From spinner rings to mismatched earrings, engagement rings to hairpins, each episode of All That Glitters sees the jewellers face two real-world challenges: The Bestseller, where they are tasked to design the latest must-have piece that everyone will want, and The Bespoke, where they create a one-off piece for some very special clients from all walks of life.

Gleaming with gemstones and precious metals, All That Glitters gives a fascinating insight into the craftsmanship and hard work that goes into creating stunning bespoke jewellery that will last forever.

Here, we talk to Katherine Ryan about the upcoming series this autumn

"There are some gut-wrenching moments in this series where pieces break at the last minute or just that the jewellers just don't finish in time. You spend so much time with them you want everyone to do well and when it goes wrong it's awful. But it does make great TV..."

- Katherine Ryan



Welcome back to the workroom! How does it feel to be back for a second series?

It's great to be back in Birmingham! It's incredible to see how much the first series of All That Glitters resonated with jewellers across the UK, and how many were inspired by the show. Showing the beautiful work and talent of this season's jewellers to audiences is going to be a thrill.

We have an amazing cast and one jeweller with a truly incredible story: he started to make jewellery whilst he was living in the Calais jungle, having walked there from Syria, and he's now settled in the UK. We get to see his heritage in his work and it's so beautiful. We also have a Brummy jeweller who could not be more proud of her hometown, weaving a little bit of it into all her creations. But honestly, they're all so talented.

The first series of All that Glitters was such a success, what do you think made it such a hit?

Jewellery making is so visual and satisfying to watch, but it's the jewellers themselves that make the show unmissable. They're all so warm and different, and they all have uniquely compelling personalities and stories that they bring into their craft.

Hugo, our winner from series one, has gone on to do amazing things and launched the most beautiful collections, I think he has been nominated for an award too. That's pretty amazing. It's a cliché but proves that this show really can change our jeweller's lives.

And we have a new judge, Dinny Hall. How was it working with her and Shaun?

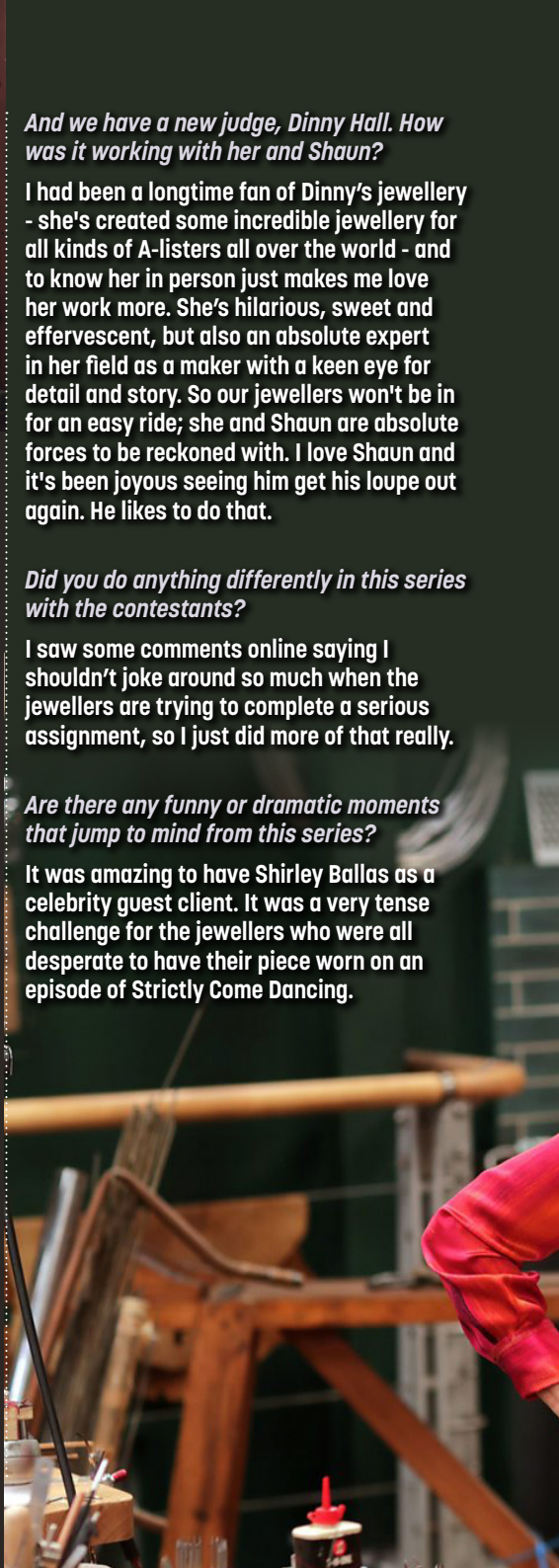
I had been a longtime fan of Dinny's jewellery - she's created some incredible jewellery for all kinds of A-listers all over the world - and to know her in person just makes me love her work more. She's hilarious, sweet and effervescent, but also an absolute expert in her field as a maker with a keen eye for detail and story. So our jewellers won't be in for an easy ride; she and Shaun are absolute forces to be reckoned with. I love Shaun and it's been joyous seeing him get his loupe out again. He likes to do that.

Did you do anything differently in this series with the contestants?

I saw some comments online saying I shouldn't joke around so much when the jewellers are trying to complete a serious assignment, so I just did more of that really.

Are there any funny or dramatic moments that jump to mind from this series?

It was amazing to have Shirley Ballas as a celebrity guest client. It was a very tense challenge for the jewellers who were all desperate to have their piece worn on an episode of Strictly Come Dancing.





There are some real gut-wrenching moments in this series too where pieces break at the last minute or just that the jewellers just don't finish in time. You spend so much time with them you want everyone to do well and when it goes wrong it's awful. But it does make great TV...

Has the series changed how you shop for jewellery? What are your favourite pieces?

I borrow a lot of jewellery and own very little, but *All That Glitters* has inspired me to investigate more local artists and invest in

their work. It's so easy to forget the hours of work that go into designing and making jewellery, but seeing it being crafted in front of you really brings it home. I love rings and broaches.

Was there a piece from the series you wish you could keep?

The jewellers made very ornate modern ear cuffs for a special client and I loved those, but overall the pearl challenges are my favourite. I love every piece that comes from a pearl.



Understanding the Menopause

WEBINARS

There are many myths and misconceptions surrounding menopause, so it's essential to know the facts and a great way to do this is to attend a webinar by a leading expert and public speaker. In addition to presenting talks, workshops and webinars to workplaces Norma Goldman, founder and director of The Menopause Exchange, is now hosting her own regular webinars for women interested in the menopause, called 'Understanding the Menopause'.



Norma Goldman
BPharm.(Hons)
MRPharmS. MSc.
(health promotion)
has a pharmacy
degree and worked
as a pharmacist for
several years and
is a qualified health
promotion specialist.

She has been presenting talks and workshops on the menopause for over 23 years when she founded The Menopause Exchange, and her in-depth knowledge has helped thousands of women enjoy a more comfortable menopause.

Norma's 'Understanding the Menopause' webinar is suitable for women at or approaching the menopause, women who have had a premature menopause (before age 40) or a hysterectomy, or anyone with an interest in women's midlife health. Post-menopausal women attend presentations too.

Every webinar provides impartial, reliable, up-to-date and practical information on all aspects of the menopause, to help women



The Menopause Exchange website features a navigation bar with links for Home, Our Blog, Our Experts, Why Join?, Healthcare Professionals, Media & Press, Join Us, and Contact Us. The main content area is titled 'WELCOME TO THE MENOPAUSE EXCHANGE' and includes a 'FREE Newsletters' sign-up form. The form asks for the user's first name, last name, email address, country of residence, and if they've heard of the site, with a 'SIGN UP NOW' button. Below the form, there are three columns of text: 'Our aims are:' (to raise awareness, provide information, help women make informed decisions, and help healthcare professionals), 'We can help you if:' (if you are approaching or going through menopause, have had hysterectomy or premature menopause, are a post-menopausal woman, or are a healthcare professional), and 'Menopause Webinars, Talks and Workshops' (featuring Norma Oxlinden, a gynaecologist and health promotion specialist). A footer contains social media icons for Twitter and Facebook, and a disclaimer stating the website is not sponsored by any companies or organizations.



The Menopause Exchange is unbiased and independent and isn't sponsored by any companies or organisations. Our free quarterly newsletter contains articles written by top UK medical experts, including gynaecologists, GPs, consultants, specialist menopause nurses, complementary practitioners, pharmacists and dietitians.

We also include news, book reviews and our 'Ask the experts' page. Each issue of The Menopause Exchange's free quarterly newsletter is emailed to over 11,500 people, including women, men, healthcare professionals, workplace managers and journalists.

make informed decisions about coping at this time of life.

If women join the webinar, they'll be able to ask questions, receive a factsheet and hear about other women's experiences. The webinars are not designed for healthcare professionals and those in the healthcare industry. The webinars are accessed through Zoom.

Topics covered include:

- General information on the menopause
- Menopausal symptoms
- Health promotion advice and self-help lifestyle tips
- HRT
- Prescribed medicine alternatives to HRT
- Complementary therapies and medicines
- Nutrition
- The menopause at work



The Menopause Exchange

If women wish to attend a webinar, to arrange one for a group of friends or find out more information, they should e-mail norma@menopause-exchange.co.uk or call **020 8420 7245**.

To join The Menopause Exchange, anyone can sign up for free on our website, <http://www.menopause-exchange.co.uk>. You can also find us on **Facebook & Twitter (@MenopauseExch)**.



Juliet Sear

Juliet Sear has created some exclusive recipes for Camp Coffee including a showstopping coffee cake, easy-to-make whoopie pies and a festive bundt cake.

As a proud wearer of many hats. Mum, food stylist, TV Presenter, author, cook and of course - baker, Juliet has had the honour of making all sorts of cakes and other delicious treats for countless people, including Prince Harry, Kate Moss, Holly Willoughby, McFly and Alexa Chung (to name drop a few!).

Juliet's recipes and food styling can be found in countless magazines, in her 4 recipe books and you can see her on TV on This Morning and Sunday Brunch. Her YouTube channel features easy family meals with a wow factor, a whole lotta cake, and some amazing collaborations with special guests.





Whoopie Pies

Makes approx. 12-14 pies
Prep Time: 20 mins
Cook Time: 10-12 minutes

Ingredients:

150g Dark Chocolate
 100g Salted Butter
 25g Cocoa Powder
 125g Self-Raising Flour
 100g Light Muscovado Sugar
 2 Medium Free-Range Eggs
 2 tsp Camp Coffee

Filling:

60g Unsalted Butter at room temperature
 120g Sifted Icing Sugar
 40g Full Fat Cream Cheese at room temp
 2 tsp Camp Coffee

Method:

Preheat the oven to 180°C/fan or 4 °C/gas and line two large baking trays.

Melt chocolate and butter together in a Bain Marie, or the microwave on medium heat for 30-second blasts, stirring in between.

In a separate bowl, mix the flour and cocoa powder.

Whisk the eggs and Muscovado sugar for 1-2 minutes on high with an electric whisk until thickened, pale, and a ribbon trail appears in the mix when the whisk is lifted out.

Add the chocolate and butter then mix for 1 minute on high. Add the camp coffee and whisk again to mix through.

Fold in the flour mix, using two spoons or an ice cream scoop place dollops of batter on parchment-lined trays with space in between for spreading. Bake for 8-9 minutes until just baked. These should remain a little fudge-like and be very soft and squidgy when baked as they will set as they cool and you want them to remain fudge.

Leave to cool on the tray.

Once cool make the frosting. Beat the butter until smooth and creamy, add the icing sugar and beat well until very pale and fluffy. Gently beat in the cream cheese and camp coffee and mix until combined.

Use a piping bag or spoon on the filling onto half the upturned soft cookies and sandwich with a second half to create the Whoopie Pies. Best eaten when fresh but these will keep in the fridge in an airtight container for up to 3 days. Remove and allow to come to room temp before eating.



Coffee and Gingerbread Christmas Bundt Cake

Prep time 20 mins • Cook time 45 mins • Makes 1 x large bundt cake

Ingredients:

250g Soft Butter, room temperature
250g Light Muscovado Sugar
5 medium Free Range Eggs
250g Self Raising Flour
1 tsp Baking Powder
2 tsp Ground Ginger
2 tsp Ground Cinnamon
75g Buttermilk
50ml Camp Coffee

A little extra melted butter to brush in the tin to prevent sticking

A little extra flour for dusting
Icing sugar to decorate

Method:

Brush a little melted butter inside the tin making sure to get in all the nooks and crannies, then dust with flour, shaking the tin to ensure the whole tin is buttered and floured to help the cake turn out without sticking.

Preheat the oven to 180 degrees centigrade and place a large baking sheet in the centre of the oven to place the bundt tin onto whilst baking.

In a stand mixer, with an electric whisk or by hand with a bowl and wooden spoon, cream the butter, and sugar together well until pale and creamy.



Gradually add the eggs one at a time beating until incorporated.

Add the spices and baking powder to the flour and mix to distribute, then mix into the wet batter.

Mix in the buttermilk and camp coffee then spoon into the bundt tin, smoothing over with a spoon to ensure it is all pushed into the points of the tin, pushing the batter up the sides of the tin a little.

Bake in the oven for approx. 35-45 mins until cooked through, the sponge should be light and springy and when a knife or skewer is inserted into the centre of the cake it should come out clean.

Once cooked, leave it in the tin for 5 minutes invert the tin and carefully lift it up to reveal your amazing bundt cake. Dust with icing sugar for a snowy effect. Add a little sprinkle of glitter or edible lustre if you wish to make it twinkly. Slice and serve slightly warm. The cake will keep in an airtight container for up to 3 days or can also be frozen for up to 3 months.







Showstopping Camp Coffee 'Mocha Ombre Cake

Makes one 7" round cake to serve approx. 20-24 small portions
Prep and decorating time 1.5 hours/Bake time approx. 25 mins • Chill time 1 hour

Equipment needed:

4 x 7" round cake tins (or do in batches)
 Medium crank handle palette knife
 Small palette knife or sharp knife
 Icing scraper (optional)
 Piping bag fitted with a large open star nozzle (I used a 1m)
 A cake plate or stand
 Cake turntable (optional)
 Baking parchment

Cake Ingredients:

300g Self Raising Flour
 80g Cocoa Powder (unsweetened)
 425g Golden Caster Sugar
 1 teaspoon Baking Powder
 1 teaspoon Salt
 160g Sunflower or Vegetable oil
 4 Medium Free Range Eggs
 2 teaspoons Vanilla Extract
 330ml Buttermilk, at room temperature
 300ml Hot Water
 4 tbsp Camp Coffee

Chocolate and Coffee Buttercream ingredients:

1.2kg Icing Sugar, sifted
 600g Unsalted Butter, softened at room temperature
 2 tbsp Camp Coffee
 75g Dark Chocolate Chips or Chopped Chocolate

Plus some chocolate-coated coffee beans to decorate (optional)

Method:

Preheat the oven to 170 fan.

Grease, base and sideline 4 x 7-inch round cake tins (or do in batches if you have one or two tins).

Dry whisk the flour, cocoa powder, sugar, baking soda, baking powder, salt, and together in a large bowl.

Using an electric whisk, stand mixer fitted with a whisk attachment or by hand with a balloon whisk, mix the oil, eggs, and vanilla together on medium-high speed until combined.

Add the buttermilk and mix. Pour the wet ingredients into the dry ingredients, add the hot water and Camp Coffee, and whisk or beat on low speed until the batter is completely combined. It will be a runny, liquid batter.

Divide evenly between the cake tins and bake for 22-26 minutes or until a toothpick inserted in the centre comes out clean. Baking times vary with different ovens so keep an eye after 20 minutes.

Let them cook in the tins for 10 minutes then carefully turn out onto a wire rack. Don't worry if they sink a little bit, this is a dense, rich and moist cake and this is normal. While they are cooling prepare the buttercream.

This makes plenty, it's always best to prepare a bit more than you need. Everyone adds icing at different thicknesses, any leftover can be kept in the fridge for 2 weeks or frozen for 3 months.

In a stand mixer, with an electric whisk or by hand with a bowl and wooden spoon, beat the soft butter until really pale and creamy.

Gradually beat in the icing sugar on slow, then turn up the speed once the sugar has disappeared and beat in well until all the icing sugar is beaten in and you have a pale, creamy fluffy frosting. Beat in the Camp Coffee until smooth and blended, set aside covered with a clean tea towel.

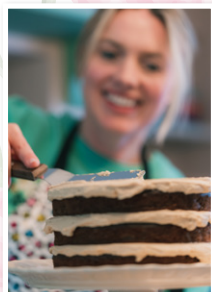
Now it's time to fill and coat the cake.

If your sponges are a little uneven, carefully trim with a long sharp bread knife or cake leveller. You want the layers to be a nice and even thickness, so the cake looks neat. It depends on your oven; you might find they are all perfectly flat.

Place the first sponge layer centrally on the cake stand or plate and pipe on about 150g of frosting. With a palette knife held at a flat angle against the cake, smooth over evenly over the sponge, allowing it to slightly poke over the edge a little.

Top with the second sponge, make sure it is central, push down firmly and repeat with another layer of about 150g frosting. Continue with the last sponge, invert this so that the smooth part that was in the bottom of the tin is uppermost, push down and check it's all in line as much as possible.

Smooth around the cake edges spreading the icing to fill the gaps between each sponge layer, then pile on about 300g of icing to the top of the cake and using a palette knife, spread over the top and sides as neatly as you can, giving the whole cake a thin coating of icing that will cover over, fill any gaps in the



sponge and seal in the crumbs ready for the next coating. This is called a crumb coat in the trade!

Pop this into the fridge. This will help you to decorate your cake in the ombre style neatly, because if you went straight over the cake at this stage, it would move and slide about and be hard to get a neat finish.

Once the cake has set, it's time to add the rings of chocolate mocha icing to finish.

Melt the chocolate over a bain marie or in a microwave gently, then leave to cool slightly. Place 250g of buttercream in a bowl and add the melted chocolate and beat in well to combine.

Place 200g of coffee buttercream in a bowl ready to mix with the remaining chocolate buttercream.

To begin, use a small or medium palette knife to spread a ring of the chocolate coffee icing around the cake in a neat band, approximately 1/3 of the depth in a circle around the bottom edge. It needs to be fairly even and about 4/5mm thick. Don't worry if it's not completely straight just make it as neat as you can.

Use whatever icing you have left and add this to the bowl of coffee frosting that you reserved earlier to make a mid-light brown icing shade.

Add this in a ring around the middle of the cake, joining against the chocolate ring, bringing the icing up to about 2/3 of the sides. Smooth it around as neatly as you can.

For the rest of the cake pile about 350g on top of the cake and spread over the top with a medium-sized palette knife in a back and forth motion, to cover the top of the cake, pushing this right over the edge, then change the angle to be upright against the side of the cake and spread a band around the top of the cake, joining this up to the mid colour shade to finish.

You'll need a spare bowl to hand as you will end up scraping off some of the mixed



colours of buttercream, as you spread over and neaten the sides, so you can scrape this into a bowl and this will keep in the fridge or freezer to use another time (or serve as extra with the cake slices).

Use the palette knife to smooth all around the cake, keeping it at a straight angle to the cake, swooshing round over all three shades to create a flat coating.

If you want to get it very smooth, you can use a clean cake scraper to go around the edge. It is handy to do this on a turntable if you have one (top tip, you can use a microwave plate which helps you to spin the cake round). The way to do it is to hold a large clean palette knife or cake smoother against the side of the cake, holding it completely straight and at an angle of about 30 degrees against the cake and then, in one motion, begin at the back of the cake and spin the cake round, sweeping the coating firmly, ideally all in one go to smooth over the cake. Tidy up and icing that is creeping up over the top edge with a



clean sharp knife or palette knife and try to get the top and sides as neat as you can.

If you want to make it look really fancy, it's nice to put an extra 200g of buttercream in the piping bag and pipe little swirls around the top of the cake, as shown, and top each of these with a little chocolate-coated coffee bean as a finishing touch.

This cake will last for up to 3 days in the fridge, make sure to bring it to room temperature when you want to eat it. Alternatively, slices can be frozen for up to 3 months too.



Enjoy Your Garden for Longer this

Autumn

with Dobbies

As summer draws to a close, people are looking for ways to extend their time outdoors and make the most of their gardens while they can. According to Dobbies, autumn is the perfect time to refresh your outdoor space, regardless of size, and take advantage of the cooler temperatures that the season brings.

As summer draws to a close, people are looking for ways to extend their time outdoors and make the most of their gardens while they can. According to Dobbies, autumn is the perfect time to refresh your outdoor space, regardless of size, and take advantage of the cooler temperatures that the season brings.

Dobbies' Horticultural Director, Marcus Eyles says that contrary to what some might think, autumn is not a season of the shutdown.

There are plenty of things to be getting on with that will extend the colour in your garden from late summer into early autumn, and then as we get into late autumn, there are ways that we can prepare our gardens for winter.

Here are some top tips on how to get the most out of your garden this autumn and enjoy it for longer.

Autumn - The New Gardening Season

Contrary to popular belief, we shouldn't cut back all flowers and plants in autumn. Summer bedding plants are fine to leave in and just deadhead and they should continue to flower until the first frost. Roses can also continue to flower well into autumn so continue to remove



them as soon as they go over to encourage more. In terms of what should be pruned, late summer flowering shrubs should be cut back immediately once they finish flowering to ensure they bloom well next year.

Grasses and Hydrangeas should be enjoyed in autumn and will last well into winter when they become decorated with dew and frost, so avoid cutting these back. Leaving your borders with foliage and flower stems will also encourage wildlife to thrive and give them a space to shelter during the colder months.

As we get into late autumn, Marcus recommends putting plants into covered protection to continue growth.







Herbs can be placed into a grow house, cold frame or windowsill so you have fresh home-grown leaves over the winter. Micro-greens and salad leaves can be grown indoors with supplementary light to make sure you have fast-growing, healthy crops throughout the year.

Seasonal Refresh and Planting

Early autumn is the perfect time to refresh your garden with colourful blooms. Bring some of the season's signature warm colours, such as ochre and orange, to your outdoor space by using Chrysanthemums, Crocosmia and Rudbeckia. Even add some purple, pink and white to really catch the eye with seasonal plants like Echinacea, Anemone and Hebe.

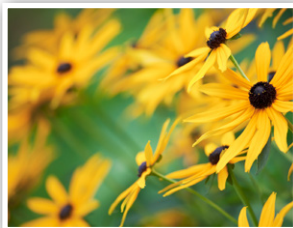
Redecorate your garden by refreshing containers and hanging baskets with seasonal plants such as Pansies, Violas and Wallflowers that will last through winter and brighten up your garden through the cold months.

From mid-August, it's time to start planting spring flowering bulbs such as Snowdrops, Crocuses, Daffodils and Tulips for a colourful display that will start to bloom as early as next February.

The autumn flowering Saffron Crocus is a fantastic choice for those looking to add colour to their garden and should be planted with Dobbies' Peat Free No 3 Mature Plant Compost, which recently won RHS Chelsea Sustainable Product of the Year. As these plants are typically grown in woodland areas, they can be planted either in pots or in beds beside shrubs and trees. If you are planting in pots, make sure you reposition these near your doorway in late autumn so you can appreciate their fresh cheerful flowers.

Grow your own

Early autumn is a fantastic time to grow delicious fresh produce, and some mini vegetables can even be harvested in time for your Christmas dinner! Potatoes are a top choice for planting in late summer and early autumn as they grow quickly, so if you plant them now, you'll have fresh potatoes by December. What's more, once potatoes are planted, they take very little looking after, meaning they're great for people just starting their gardening journey. For best results, it's recommended that you sow potatoes in large containers in a sunny spot and use Dobbies' Peat Free Multipurpose Compost. Carrots can also be sown in early autumn and



grow well in an open site with fertile, well-drained soil, and these can also be grown in deep containers. Carrots don't need too much water, although if your garden experiences long periods without rain, they will appreciate a generous watering every couple of weeks. To prevent carrot flies from damaging your crop, cover them with insect mesh, and harvest your carrots as soon as they are large enough to use - usually 12 to 16 weeks after sowing.

If you're looking to grow your own produce in late autumn, there is still time to get planting for a winter harvest. Kale is a hardy vegetable that can be grown at home, even during the coldest months, and is great for planting in raised beds or containers. Marcus recommends an insect mesh to cover the crop and prevent caterpillars from accessing the crop, and you should water the kale regularly, picking the leaves weekly as they grow to ensure they don't start to flower.

Lawncare

If you like an ornamental lawn, you should begin to remove moss and dead grass with a wire rake or electric scarifier in autumn and use an aerator to take out the old soil and allow better movement of air and water. Once you've done this, use a peat-free lawn dressing to refresh the soil and help fix any dips and troughs and finally sow some fresh grass seed. For a more wildlife-friendly lawn with meadow-like grass, you should hold off as long as possible in terms of mowing and start to cut in early autumn, once you're sure the flower seeds have dropped.

In late autumn, when leaves begin to fall, make sure you remove them from your lawn as soon as possible, as they will block air and sunlight; two essential things that grass needs to survive. Autumn sown grass seed will germinate ahead of winter and help fill in any sparse areas ahead of the first frost.



Sustainable Gardening

When tending to your garden this autumn, Marcus stresses the importance of keeping sustainable practices at the forefront of your gardening. Late autumn is a great time to start making your own compost if you haven't already, and creating your own compost at home couldn't be easier.

One of the most important things when it comes to composting is ensuring you have a good balance of green materials, such as fruit and vegetable peelings, grass clippings, eggshells and teabags, and brown materials, such as weeds, dead leaves, sawdust, and bark. Green materials supply most of the nutrients in your compost, which in turn will enrich your garden, and brown materials bulk out your compost, add organic matter and allow air to filter through the pile. To ensure an effective compost, use roughly four parts brown materials to one part green materials. And whilst you can compost most food waste, don't compost meat, fish and dairy as this can attract flies and unwanted pests.

When working on your beds and borders, Marcus says that mulching well with peat-free compost or Bloomin Amazing will ensure good soil health and help to keep weeds at bay, meaning you can avoid using any harsh chemical weed killers that could be harmful to both wildlife and the environment.

Your Autumn Gardening Toolkit:

- Dobbies' Peat Free Compost from **£3.99**
- Composter, HotBin Mini Compost Bin 100L **£199.99**
- Wire rake, Stainless Steel Long Handled Lawn/Leaf Rake **£34.99**
- Electric scarifier, Webb 36cm Scarifier **£159.99**
- Good quality gardening gloves, Gold Leaf Soft Touch Gloves **£24.99**
- Secateurs, RHS Pro Bypass Secateur Burgon & Ball **£34.99**

For more gardening advice and inspiration visit www.dobbies.com



The Truth About 'Empty NESTERS



Research has shown that Empty Nest Syndrome is hitting parents hard, with 98% left feeling a sense of real grief once their young person has left home to go to university for the very first time.



While this heightened sense of loss might feel overwhelming as a parent or guardian, rest assured it's very common to feel this way - especially once you consider the increased amount of time you've spent with your loved ones during the pandemic.

At Unite Students, we know those first few weeks after your child has flown the nest can be hard.

As the UK's largest provider of student accommodation, we've teamed up with Dr Dominique Thompson - a GP, young people's mental health expert, TEDx speaker, author and educator - to offer help and support for anyone who's struggling to cope without their child living at home.

Just remember, you're not alone. In fact, a poll of 1,000 parents of first-time university students revealed:

- **20%** feel like a part of them is missing.
- **17%** are now questioning the future of their marriage or other relationships now their child has left home.
- **30%** say they're drinking alcohol more, or have started drinking.

- **87%** wish they'd thought about the impact of their child leaving home in advance or sought advice.

EXPERT TOP TIPS: COMING TO TERMS WITH AN EMPTY NEST

It's natural for parents and guardians to feel at a loss when their young person leaves home for the first time. Here, Dr Dominique Thompson provides ten top tips for those dealing with Empty Nest Syndrome:

- 1 Find a new purpose:** Having a new reason to get up every day is vital for well-being and provides structure and meaning. Why not help a neighbour, try volunteering, or even get a pet or plant to nurture?
- 2 Establish new routines:** Loss of routine and daily structure can throw you. Establish routines that make you feel good. A peaceful morning coffee or evening walk will help ground you and reduce anxiety.
- 3 Address sensory loss:** You may miss their voice, their smell, and even their movement around the home. Photos can remind you of happy times, while a bottle of their scent or aftershave can trigger sensory memories. It's normal to miss their presence, so wean yourself off gradually.
- 4 Address other issues:** Rather than making life-changing decisions in throes of empty nest sadness, use the time to sort things out. Talk to people you trust, take time to ponder options and decide when you're ready.
- 5 Give it time:** If the loss of their presence feels like a bereavement, remember it takes

time to adjust and recover. However, as with grief, it happens in small steps, and you might need support to get there.

- 6 **Focus on you:** Take time to address health issues, tackle weight loss, increase fitness, investigate a hobby, or learn something new.
- 7 **Avoid loneliness:** Actively plan to spend time with your family, friends or partner. Make sure you see or speak to someone every day if you need companionship.
- 8 **Stay in touch:** Pre-arrange how often you'll speak to your child, and plan when you'll see them next. For anything in-between, set up a WhatsApp group for pictures and banter.
- 9 **Don't make them feel guilty:** Instead, let them know they're missed. Send a picture of their empty room with a joke about how tidy it is, rather than a crying face emoji! They'll know that you miss them but want to feel reassured that you're coping.
- 10 **Ask for help:** If you're still struggling after four to six weeks, try not to overburden your child with worries. Talk to your support network and ask your GP for help. You're not alone - help is out there.



Dr Dominique Thompson has over 20 years of clinical experience caring for students, most recently as Director of Service at the

University of Bristol Students' Health Service. She is also a clinical advisor.

Further Resources & Support:

Websites

www.growingagrownup.com
www.studentminds.org.uk/supportforparents.html
www.theuniguide.co.uk/advice/advice-for-parents
www.savethestudent.org/student-finance/parents-guide-tips-university.html

Books

'How to Grow a Grown Up' by Dominique Thompson and Fabienne Vailes
 'The Empty Nest: Your Changing Family, Your New Direction' by Celia Dodd

Communities of Support

For single parents - Gingerbread - gingerbread.org.uk/community/online-forum/topic/empty-nest-cant-stop-crying/

For all parents and carers - Facebook - The Growing a Grown Up private community created by Dr Dominique Thompson





Women Around The World

PERU



***Throughout the last decades,
women around the world have been acquiring equality in society.***

Some of these are the right to participate in elections through suffrage movements around the world since 1893. Also, other women's issues have been addressed such as equal pay, marriage freedom and labour rights. In Peru, a country in South America, most women acquired suffrage rights in 1955. This was the result of continuous political and social activism of women such as Maria Jesus Alvarado and Zoila Aurora Cáceres. However, only in 1979, Peru reached universal suffrage which benefited women the most and increased the rates of political participation. Since then, the Peruvian government and society have increased their focus on women's issues. Even though there have been great accomplishments, their efforts have not been sufficient to address these problems.

One of the main issues in Peru is domestic and gendered violence. Unfortunately, this is a common experience amongst women.

According to official studies, 7 in every 10 women have been victims of violence in their life. This includes sexual, physical and psychological aggression. This study positioned Peru as one of the countries with the highest gendered violence rates. Furthermore, this has only worsened during the Covid-19 lockdown. Women were not able to leave their homes and were required to spend more time with their husbands or romantic companions. This increased rates due to the fact that 52% of the perpetrators of women's violence in 2021 were their current and ex-partners. In 2021, there were 146 femicides and 123 attempts.

Another important issue that women in Peru face daily is sexual harassment. This involves various places such as their workplace, streets and even their own home. Various studies have concluded that among employed people in Peru, 34% have experienced sexual harassment in the workplace. Also, the great majority were women.



However, only 49% of them were able to recognise these situations. In other words, 96% of victims were not aware of what constituted sexual harassment and catalogued this behaviour as normal. This clearly portrays the great normalisation of sexual harassment in Peruvian society. This, in turn, makes finding a solution to this problem more complicated.

Furthermore, one of the most significant problems concerning women in Peru is the lack of education. It has become difficult for women, adolescents and girls to access education. This is more common in the most vulnerable areas of the country. In rural areas, 6.2% of women successfully finish tertiary level education. This includes authorised universities and superior education institutes. In addition, 23% of girls between 12 to 17 years old have abandoned school to take on family and domestic responsibilities. There are three main barriers to the completion of secondary and tertiary education. First, women and adolescents get married at a young age and leave their educational responsibilities. Second, women have decided and/or been forced to attend to their families without any financial compensation.

Third, some families do not want their daughters to be exposed to sexual harassment and violence at school and outside.

Nevertheless, on a brighter note, in Peru, the levels of women's participation in politics have been rising in the past years. In the last elections (2021), a historical record was set in Peruvian politics. Around 38% of the legislators elected were women. Even though this number is still low, it is encouraging. It has increased by 10% compared to Congressional elections in 2016. However, there is still a large gender gap in political participation and opportunities at the different levels of governmental institutions. This gap also occurs due to women being constant victims of discrimination, stereotype and sexual harassment in their workplace. Women's participation and inclusion in policy-making is essential to reach equality in society. Women constitute around 50% of the total population in Peru and in order to achieve economic, social and political goals; their opinion must be heard and taken into consideration in the decision-making process.

Since the beginning of the century, there have been many initiatives and projects with the goal to address the problems that women face in Peru. However, they have not been enough to provide a permanent solution. The official governmental institution in charge is the Ministry of Women and Vulnerable Populations. They have launched various projects to assist victims of violence and harassment but lamentably, these are not easily accessible to rural communities with lower resources. There is still a need for more aid and advisory to tackle these problems. However, in order to do this, long-term solutions are essential.





This includes the educational aspect. Women and men; girls and boys should receive an education with a gendered focus that acknowledges the current problems, raises awareness and provides information to prevent them.

Additionally, it is important to open the conversation to men and women equally. This is essential because both are being affected negatively by these issues. Also, both should collaborate and be part of the solution as they are both co-existing in society. Lastly, there should be a greater implementation of the law concerning violence and harassment. This is because only 0.6% of reports by victims have been sentenced. A zero-tolerance approach to perpetrators is necessary to tackle this problem.

Furthermore, it is not only important to talk about women's situations but it is also vital to listen to the victims. Solutions must be provided and acted upon by the central and local government. However, it is also necessary to bring awareness at an individual level by engaging in conversation to facilitate understanding, denormalisation and sensitivity.



ARIANA BURGOS

I am 20 years old and I am from Piura, a city in the north of Peru. I study at Queen's University in Belfast. I am in third year in International Studies and politics and currently doing a placement at Training for Women Network (TWN). I have been living in Belfast since 2019 and have fallen in love with the city, culture, university and the friendliness of the people. I am really interested in social issues such as women's rights and the environment.





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education or training.

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The PASS project includes:

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- Certificate



Contact:

TWN PASS Team
Phone 028 9031 9888
WhatsApp 07858 307804
pass@twnonline.com



Strictly Come DANCING



The multi-award-winning *Strictly Come Dancing*, is set to return to BBC One and BBC iPlayer for its 20th series, once again bringing glitter, glamour and glorious dancing to homes across the nation.

Meet some of the female celebrities who'll be taking to the dance floor in the hopes of securing those all-important points from judges Craig Revel Horwood, Motsi Mabuse, Shirley Ballas and Anton Du Beke.



KYM MARSH

Kym Marsh is an actor, television presenter and singer.

Kym Marsh says: "I've considered doing *Strictly* for years but the timings never worked out. I'm so delighted that this year they have! I'm a huge fan of the show and can't believe I'm going to go from watching at home in my pyjamas to actually dancing in front of the judges in a glittery dress, it's unreal!"

Kym is well known for her role of Michelle Connor in *Coronation Street*, for which she won 'Best Newcomer' at both the *National Television Awards* and *British Soap Awards*. Kym has also had a successful music career, both in the band *Hear Say*, which she won a place in after appearing on the show *Papstars*, and as a solo artist. Recently Kym played the notorious Alex in the touring theatre production of *Fatal Attraction*. Currently a presenter on *BBC One's Morning Live*, Kym is soon set to star in the revival on BBC One drama *Waterloo Road*.

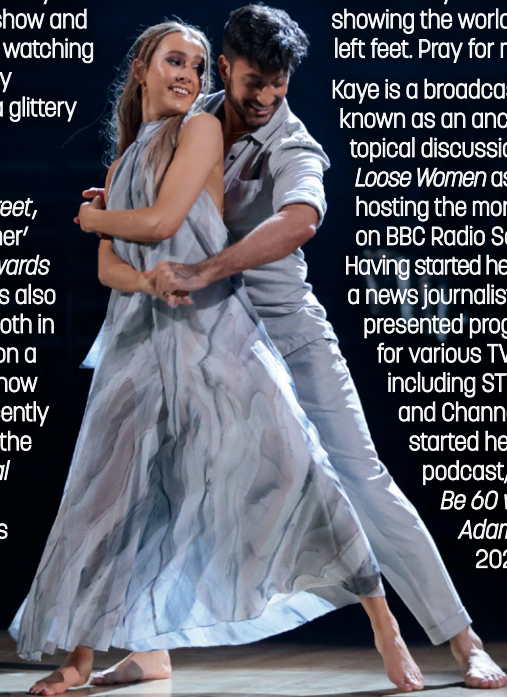


KAYE ADAMS

Kaye is a TV and radio presenter and journalist.

Kaye says: "I said I wanted to make the last year of my fifties memorable and I can't think of a better way of doing it than showing the world my two left feet. Pray for me!"

Kaye is a broadcaster best known as an anchor on ITV topical discussion show *Loose Women* as well as for hosting the morning show on BBC Radio Scotland. Having started her career as a news journalist she has presented programming for various TV channels including STV, the BBC and Channel 5. She started her popular podcast, *How To Be 60 with Kaye Adams*, in 2022.





Jayde Adams

Jayde is an award-winning comedian, actor and presenter.

She says: "Since I watched the first series in 2004, I feel like every step I've taken in my career over the last 11 years was to be on *Strictly*. I cannot begin to express the emotions I am feeling, this means so much to me and my family. I've always watched it, apart from a brief hiatus in 2011 as I was relentlessly giggling every weekend. I've been a massive fan of the show for years. I feel like I'm watching myself in a dream and I can't believe I've manifested this. Holding this in has been torture for me!"

Best known as a comedian, Jayde has won several comedy awards and was nominated for the coveted Best Newcomer with her *Edinburgh Fringe* debut stand-up hour. Her *Amazon Prime special, Serious Black Jumper*, received global critical acclaim, was released worldwide and was longlisted for an Emmy.



Ellie Simmonds

Ellie Simmonds OBE is a five-time Paralympic champion and broadcaster.

Ellie Simmonds OBE said: "Oh my gosh! I'm literally bursting with excitement! It's been soooo hard keeping this secret as I've wanted to tell everyone. I'm going on *Strictly Come Dancing*! I'm a tad nervous too, well more than a tad... I'm absolutely petrified. To be asked to be part of the *Strictly* family is just so exciting and I cannot wait, it's going to be so much fun. I'm counting down the minutes until it starts; learning to dance, meeting my partner and everyone else involved in the show. Plus wearing the sequins and all that, it's going to be a blast. I've been watching *Strictly* from as far back as I can remember; it's a traditional lead-up to Christmas with my family and it's a genuine privilege to be part of it."

Ellie is best known as a gold medal-winning Paralympic swimmer. At the age of 13, she won



BBC *Young Sports Personality of the Year* and a year later, at just 14 years old, she became the youngest person ever to receive an MBE. She was elevated to OBE in the 2013 New Year Honours for services to Paralympic sport.

After retiring from competitive swimming in 2020, Ellie has gone on to present for *BBC Sport*, most recently for the *Birmingham 2022 Commonwealth Games*, as well as making documentaries such as *Ellie Simmonds: A World Without Dwarfism?* for BBC One and BBC iPlayer. She is set to explore disability and adoption in a recently announced ITV film.

Ellie Taylor

Ellie Taylor is a comedian, broadcaster, writer and actor.

Ellie says: "Well, cover me in fake tan and roll me in sequins! I'm absolutely over the moon to be a part of *Strictly* 2022. I've watched the

show for years so to be able to take to the dance floor is a dream come true, for both me and mum who is a *Strictly* super fan! At the moment I'm focusing on the excitement and glitter and choosing to ignore the fact that I have the dancing ability of a newly born giraffe. Bring it on!"

Ellie Taylor began her career as a stand-up comedian after appearing on ITV's Show *Me The Funny* and has gone on to write and perform five stand-up comedy shows, one of which, *Cravings*, streamed on Netflix as part of *Comedians of the World*. Ellie is known as a regular on the *BBC's Mock The Week*, *The Mash Report* and *Live at the Apollo*, *Late Night Mash* on Dave and, most recently, as a co-host on Channel 4's *The Great Pottery Throw Down*. She also stars in Apple TV's multi-award winning comedy series *Ted Lasso*. Ellie's debut book, *My Child and Other Mistakes*, became a Sunday Times bestseller in 2021.



Mollie Rainford

Molly Rainford is a singer and actress.

She said: "I'm so excited to be part of *Strictly Come Dancing*, I've watched it for years and can't wait to meet the pros and the others taking part! I can't wait to learn the moves and get dancing!"

At only 21 years old, 'intergalactic pop super-star' singer and actress Molly Rainford is about to become a household name.





Molly burst onto TV screens at the age of eleven in 2012, when she became the youngest ever finalist of *Britain's Got Talent*. Choosing to continue her studies after *BGT*, Simon Cowell and Sony Music honoured Molly with their first ever drama school scholarship at internationally renowned Sylvia Young Theatre School.

Since graduating, Molly is currently starring in the lead role as intergalactic pop superstar 'Nova Jones' in the hit CBBC show *Nova Jones*.

Fleur East

Fleur East is a singer-songwriter, TV and radio presenter.

Fleur East says: "I'm equally nervous and thrilled to be part of this year's *Strictly* line up. I'm excited to learn new skills and I want to soak up every moment of this magical experience. It's such an honour to be on the show after years of watching it with my Father who loved it so much. Unfortunately, my Dad is no longer with us but I know he will be watching over the ballroom in spirit. I'm doing this to make him and my family proud and can't wait to get my dancing shoes on!"

After coming runner-up in series 11 of *The X Factor*, Fleur has been a regular face in the world of music and broadcasting. As a singer she has released two albums, with European chart hit single *Sax* reaching number three in the UK singles chart. After appearing on *I'm a Celebrity... Get Me Out of Here* in 2018 she



became host of the *Hits Radio* Breakfast show which she hosts every weekday. She has also appeared as a presenter on the last three series of *Ant & Dec's Saturday Night Takeaway* and a host of ITV gameshow *The Void*.

Helen Skelton

Helen Skelton is a TV and radio broadcaster.

Helen Skelton said: "I'm really excited to get stuck into a fun adventure. My family and friends have always loved the show and can't wait for me to get started."

Helen started her TV career in children's television, presenting *Newsround* and *Blue Peter* on the BBC. Whilst presenting on *Blue Peter* for 5 years she took on some incredible challenges, including completing the Namibia Ultra Marathon, cycling to the South Pole and kayaking over 2018 miles down the Amazon River. Since then, she has presented shows across various channels, including *Countryfile*.



Music Rocks



Special Lizzo

3x-GRAMMY Award-winning superstar Lizzo has become a household name with well over 6 billion global streams and a Platinum-selling debut album

to date. Three years in the making and with over 170 songs to choose from, 'Special' debuted at #2 on the Billboard 200 album chart, making it the highest Billboard 200 charting album released this year by any female artist. For me, 'About Damn Time' is not the only possible single of this feel-good, toe-tapping pop album. Fast becoming a Lizzo fan with this album.



Quiet City Alison Balsom

The concept of this project began decades ago when Alison decided that Copland's film score to

'Quiet City' was a work that everyone needed to hear. When I listen to this album I envisage the growth of America back in the 30s and 40s, challenging and driven but set against a background of poverty and despair for many - quite pertinent today as we emerge from the loneliness of the pandemic and into another chapter of darkness in today's turbulent world. Having said that, the album is a wonderful bridge between classical and jazz which is a delight.



Finally Enough Love: 50 Number Ones Madonna

Yes, there are 50 tracks on this album: Madonna's favourite remixes, rare and unreleased versions and all newly remastered. On several songs, Madonna is joined by other incredible artists, including Britney Spears ('Me Against The Music'); Justin Timberlake and Timbaland

('4 Minutes'); and Nicki Minaj ('Bitch I'm Madonna.'). Even if you're not a Madonna fan, you must at the very least respect the sheer force of nature she has become, with the ability to reinvent her persona and also her music genre.





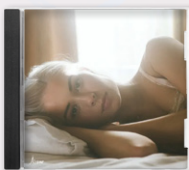
Good Person Ingrid Andress

I wasn't really aware of Andress until I heard her gold certified single 'Wishful Drinking' featuring Sam Hunt and it was one of those songs, that once in your head, you can't get it out again! So I was delighted to see a new album and I wasn't disappointed. Rolling Stone described it as "a gripping examination of the way we perceive others and compare ourselves without ever knowing the full story." This description changed how I listened to each track and made the album even more enjoyable. Right up there with my favourite albums of 2022 so far.



Big Time Angel Olsen

Big Time is an album about the expansive power of new love, written during the time Olsen was coming out as queer, and having her first experience of queer love and heartbreak. But this brightness and optimism is tempered by a profound and layered sense of loss; both of Olsen's parents passed within weeks of each other, just after Olsen came out to them. I was a little undecided about the album after my first listen - worried that it was a bit too twangy for my ears but that impression didn't last long the more I revisited it. It's an album worth taking the time to listen to properly; for me, that's through a good set of headphones and nothing to do for an hour or so.



Älskar Nina Nesbitt

Made during a time of introspection, loss and fear of lockdown, Älskar celebrates life in all of its complexities as well as love in every form imaginable. It shimmers with both tender, intimate ballads and huge escapist '80s-tinged bangers that beg for the dance floor. Nesbitt describes making the album as a completely different experience from anything she'd made before and that even though a lot of the music was created remotely, she felt that she processed so much and learnt a lot about the relationships in her life during the last few years and as such wanted to capture all types of love in their raw forms, whether it be romantic, heartbreak, friendship, coming of age, familial or self-love.



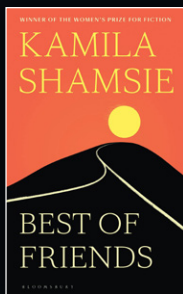
Book Reviews



This Much is True
Miriam Margolyes

Find out how being conceived in an air-raid gave her curly hair; what pranks led to her being known as the naughtiest girl Oxford High School ever had; how she ended up

posing nude for Augustus John aged 17, being sent to Coventry by Monty Python and the Goodies and swearing on University Challenge. This book is packed with unforgettable stories from why Bob Monkhouse was the best (male) kiss she's ever had to being told off by the Queen. This is as warm and honest, as full of life and surprises, as she is.



Best of Friends
Kamila Shamsie

Although their families are from different social classes and have different values, Pakistani high-schoolers Maryam and Zahra had been loyal friends. After a dangerous encounter

left them shaken, they took different paths to adulthood. Eventually relocating separately to London, they reconnect decades later when a threat from the past emerges, and they find their present-day identities have roots in their shared history. A captivating portrayal of two women trying to learn whether a once-treasured friendship can overcome differences.

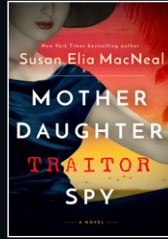




The Red Widow: The Scandal that Shook Paris and the Woman Behind it All
Sarah Horowitz

Paris, 1889: Margeurite 'Meg' Steinheil is a woman with ambition.

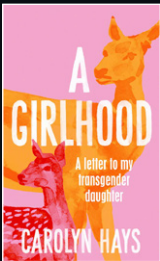
But having been born into a middle-class family and trapped in a marriage to a failed artist twenty years her senior, she knows her options are limited. A real-life femme fatale, Meg influences government positions and resorts to blackmail and maybe even poisoning to get her way. Leaving a trail of death and disaster in her wake, she earns the name the "Red Widow" for mysteriously surviving a home invasion that leaves both her husband and mother dead. With the police baffled and the public enraged, Meg breaks every rule in the bourgeois handbook and becomes the most notorious woman in Paris.



Mother Daughter Traitor Spy
Susan Elia MacNeal

June 1940. France has fallen to the Nazis, and Britain may be next but to many Americans, the war is something

happening "over there." Veronica Grace has just graduated from college; she and her mother, Violet, are looking for a fresh start in sunny Los Angeles. But the mother and daughter stumble upon a Nazi cell in Los Angeles during the early days of World War II and find the courage to go undercover. Inspired by the real mother-daughter spy duo who foiled Nazi plots in Los Angeles during WWII, this is a powerful portrait of family, duty, and deception that raises timeless questions about America and what it means to have courage in the face of terror.



A Girlhood: Letter to My Transgender Daughter
Carolyn Hays

One ordinary day, a caseworker from the Department of Children and Families knocked on the Hays family's door to investigate an anonymous

complaint about the upbringing of their transgender child. It was this knock, this threat, that began the family's journey out of the Bible Belt but never far from the hate and fear resting at the nation's core.

Self-aware and intimate, *A Girlhood* asks us all to love better, for children everywhere enduring injustice and prejudice just as they begin to understand themselves. It's a call to action, a plea for empathy, a hope for a better future. *A Girlhood* is a love letter to a child who has always known exactly who she is - and who is waiting for the rest of the world to catch up.



Strangers to Ourselves
Rachel Aviv

A powerful and gripping debut, Aviv raises fundamental questions about how we understand ourselves in periods of crisis and distress.

Drawing on deep, original reporting as well as unpublished journals and memoirs, she writes about people who have come up against the limits of psychiatric explanations for who they are.

With a profound sense of empathy, she asks how the stories we tell about mental disorders shape their course in our lives. Challenging the way we understand and talk about illness, her account is a testament to the porousness and resilience of the mind.



From Boston to Belfast

TWN's latest podcast features Heather Lindsay chatting with Shannon O'Connell, Director of Programmes at the Westminster Foundation for Democracy. TWN podcasts are available on Spotify.



For more than three decades, Shannon has worked in partnership with political parties, candidates, elected officials and community

movements around the world on efforts that lead to better outcomes for citizens and societies. This often involves reworking and constructively challenging decision-making systems to ensure that they are inclusive and consultative and that they accommodate women's natural role as political and societal leaders. Her work is based on the extensive research on the benefits to societies that actively pursue equality and inclusion, particularly gender equality.

Shannon brings that frontline experience in programme development and delivery to her current role of Director of Programmes, where she works with WFD's talented and

innovative programming team to cultivate and support legitimate and resilient democratic governance.

Shannon is a specialist in organisational development, policy advocacy and political strategy. She is also an experienced trainer and facilitator and is an authority on adult learning.

Shannon has worked with the Northern Ireland Assembly, US House of Representatives, National Democratic Institute, Mercy Corps, EMILY's List, Amnesty International, Children in Northern Ireland, as well as with groups and individuals seeking positive change in more than 20 countries worldwide.

She holds a Bachelor of Arts in Political Science from Boston College and a Master of Law and Diplomacy from the Fletcher School at Tufts University. Shannon resides in Northern Ireland with her husband and two children.



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