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#### **20 February 2017**



Not many people can say they've changed the lives of tens of millions of women. Sarah Weddington can. As the lawyer who won the historic Roe v Wade case in 1973, leading to the decriminalisation of abortion in the US, her actions altered the course of history. Now, as Trump threatens to overturn the ruling - potentially setting back women's rights by decades – we interview the legendary lawyer, now 72, on page 46, about her extraordinary story, and the passion that still drives her. Watch out, Donald.

Last week, we said goodbye to Tara Palmer-Tomkinson. Another woman who, in her own inimitable way, changed our lives. 'It bags', 'It dresses', 'It girls' – it all began with her. Grazia's Emily Maddick, Tara's friend for over a decade, remembers the highs, the lows and her poignant last words (page 32).

And, because TPT wouldn't have it any other way, it just so happens that this issue we bring you spring/ summer's hottest It bags. From designer to the high street, they all come with serious bragging rights. Do some guilt-free splurging on page 63.

Finally, don't miss our insightful cover story on the crisis engulfing the Beckhams (page 12), the rise of 'angry dating' (page 35) and our surprising revelations about Pamela Anderson and Julian Assange on page 36.

Enjoy the issue!

**NATASHA PEARLMAN** 

PS This year we've partnered with the newly relaunched London Fashion Week Festival at 180 The Strand. During this four-day showcase, you'll get unparalleled access to the industry, catwalk shows, shopping and events. Join us there, with a special 25% saving on tickets, by quoting 'GRAZIA' when booking via londonfashion weekfestival.com

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# FASHION CHARTS

From EMBELLISHED sliders to a feminine take on the ATHLEISURE trend, here are this week's Top 10 wardrobe updates

2.

## 1.

#### HIT FROM THE HIGH STREET

Sliders, £110, Kurt Geiger (kurtgeiger. com). Pearl embellishment was everywhere on the catwalk. Trust Kurt Geiger to come up with these must-haves.



#### MODERN ROMANCE

Dress £2,500, boots £995, both Simone Rocha (020 7629 6317). Styling alert: wearing your best frock with wellies is officially a thing; it shouldn't work but it totally does.



#### **JEANIUS**

Jacket, £50, ASOS (asos.com). Introducing this summer's take on the denim jacket, complete with distressed detailing and XXL sleeves.



#### EAR CANDY

Earrings, £5.99, New Look (newlook.com). Be a lover not a hater and swap your hoops for these on-trend shoulder dusters from New Look.



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#### HOTLINE BLING

Phone case, £165, Chaos (chaos.club). The perfect case for taking calls from your secret admirer, or checking your Tinder profile. •







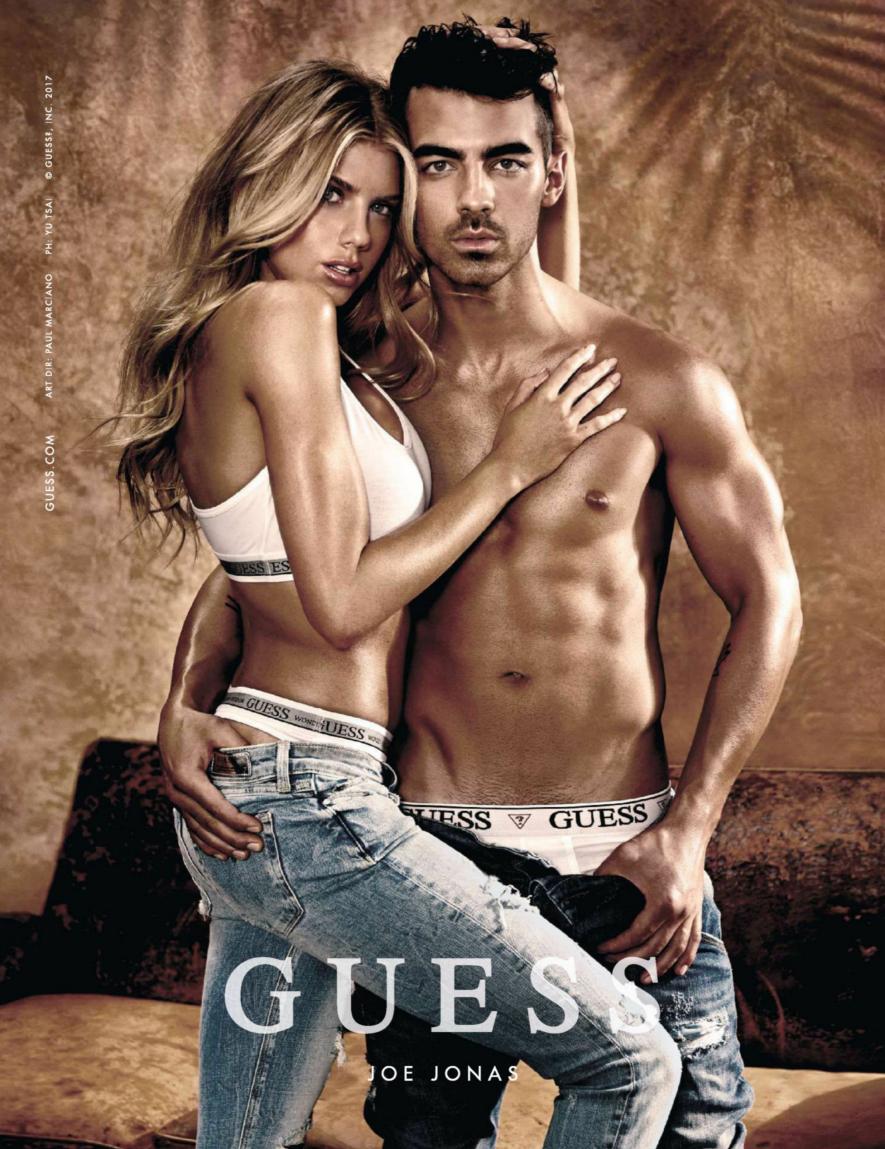
your winter wardrobe

origami-esque It bag.

with Isa Arfen's









the new intense fragrance

# paco rabanne

# GRAZIA'S CHART OF LUST

This week, who we LOVE, want to TWEET, and, yes, even actually BE



#### 1. NEW IN

#### DORY SEARCH **PARTY**

Or if you'd rather: actress Alia Shawkat, whose portrayal of a millennial on a mission in the E4 comedy is funny and compelling and also giving us wardrobe ideas, aka TV gold.



#### **MELISSA McCARTHY**

For last week's immaculate SNL skit on Trump's press secretary Sean Spicer, aka the official launch of what must surely be a new golden age of political satire.



#### 3. NEW IN

#### **MARTELLUS** BENNETT

Of the New England Patriots, who won the Super Bowl, which we don't really understand; however, we respect his decision not to accompany teammates to the White House to be honoured by Trump.



#### 4. UP

#### DREW **BARRYMORE**

Long-term CoL icon, now starring in the weird but totally doable zombiesin-suburbia comedy Santa Clarita Diet on Netflix.



#### 5. UP

#### ZOE **KRAVITZ**

Gracing HBO series Big Little Lies with the gift of her talent and immaculate genes. We just like looking at her, really.



#### 6. NON-MOVER

#### MARIAH

For burning 250 grands' worth of what would have been her wedding dress had she not split from fiancé James Packer, in her new video. LIT (in all the senses).



Christian virgin reality TV sensation who last week compared pre-marital sex to soup, which titillated the pants off Twitter; oh, the irony.

#### 8. UP

#### **GUY GARVEY**

Our person Who Knows Music tells us the new Elbow album is stunning; plus we've given up pretending we're too cool to like them. We're not.



Because she looks stupidly good here, at The Hollywood Reporter's pre-Oscar nominee's night, and we like looking at pretty things.



#### @LEVOSTREGC

Chaucer Doth Tweet, our new Twitter joy. Sample tweet: 'THINGES MY CATTE HATHH EATEN YN LAST DAYE... tempura sauce... parte of the couch.





# WHATNEXT



As Victoria jetted into New York to unveil her latest collection, explosive claims about David threatened to overshadow her big moment. Can Brand Beckham weather the storm?



BECKHAM?

# FOR BRAND

WORDS HANNAH FLINT

#### **VICTORIA BECKHAM WAS last**

week pictured in New York, wearing a procession of her own designs ahead of her spring/summer show. To all intents and purposes, it was business as usual for the designer. But behind closed doors, things were far less rosy.

Just 24 hours before Victoria had jetted out of London, the Beckham family had been thrown into turmoil when shocking messages sent between David and his PR manager Simon Oliveira were leaked to the public.

Obtained by hackers, the emails purported to show that David had used his charity work to launch a desperate campaign to secure a knighthood, that he had claimed it was a 'f\*\*king joke' that the singer Katherine Jenkins had been awarded an OBE, and had called the •



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#### GRAZIA COVER STORY

honours committee 'unappreciative c\*\*ts'.

Another message revealed that, in response to Oliveira's suggestion that he donate £800,000 to a prize-giving dinner thrown by Unicef in Shanghai, David had written, 'I don't want to put my personal money into this cause. To pour this [money] into the fund is like putting my own money in. If there was no fund, the money would be for me. This f\*\*king money is mine.'

It was even claimed that David had only agreed to back the campaign opposing Scottish independence in 2014 after Oliveira had advised him that it could 'play well with the establishment and





in turn help your knighthood.'

But while a spokesman for the 41-yearold swiftly claimed the emails, released by Football Leaks, were 'outdated material taken out of context', a backlash against the Beckhams had already erupted. It only intensified when it was reported that the reason David had been denied his knighthood in 2013 was due to concerns over his tax affairs.

It's unsurprising, then, that last week is said to have been one of the most testing of Victoria's life. According to one source, 'While Victoria isn't directly implicated in the latest scandal, naturally she's found the whole episode extremely stressful.

'When she heard the news she had a stiff drink and then issued a mantra to staff that it was "business as usual". Behind the scenes, she was in damage-limitation mode and is determined to carry on as normal until it all blows over, but she's keenly aware of the harm that this has done to her family's brand.'

Yet Victoria wasn't the only one acting as though nothing had happened. Last week, David was pictured looking relaxed in London, while Brooklyn uploaded a typical family photo of David and the couple's daughter Harper to Instagram.

At the time of going to press, the family was also expected to put on a 'show of unity' on the front row of Victoria's fashion show. But were the Beckhams right to ignore the storm?

According to PR expert Mark Borkowski, 'They are damned if they do, damned if they don't. If David didn't continue as normal or if he had shut down his social media channels, he'd be seen to be more guilty. Whatever you do in a crisis like this is wrong.

'As for Victoria, she and David are symbiotic but separate. Isolating herself like this has its advantages and it's easier for a fashion label to bounce back from something like this than it will be for him.

'Personally, I'd have a totally different strategy. But the fact is, David has chosen •



THIS IS A STAIN ON AN IMMACULATE FAMILY IMAGE. THIS WILL ALWAYS BE AROUND, LIKE A BAD SMELL

#### GRAZIA COVER STORY





Far left: David collects his OBE in 2003. Left: one of Victoria's family snaps, posted before the email storm

that approach, and I'll be very interested to see if it works.'

In financial terms, Mark predicts a 'short-term downturn' if charities and brands feel hesitant to work with David. This may prove significant. Since David — worth an estimated £280m — has retired from football, his sponsorship deals and lucrative advertising contracts are driven by his charity work. In addition, Victoria's label, while critically acclaimed, is said to be bolstered by David's earnings. At the start of the year it was reported to have

borrowed £6.7 million from his businesses.

And what of the damage to the Beckhams' reputation? 'This will always be around like a bad smell,' said Mark. 'This is a stain on an immaculate family image. What's certain is that there is no going back on the knighthood, and that's the one thing he craves.

'Having said that, there are some things that you can't bounce back from, but this isn't one of them. It'll be a rocky road, but I can see a path to recovery.'

It wouldn't be the first scandal David

has weathered. In 2004, his personal assistant Rebecca Loos gave an explosive interview claiming to have had an affair with the footballer (which he described as 'ludicrous'), while in 1998 he became a national pariah after he was sent off during a World Cup match against Argentina.

According to Mark, the lasting impact could be emotional. Last week, it was claimed that the emails were part of a £1 million blackmail plot and had been released after David refused to give into demands for cash.

'I'm sure there will be a deep sense of paranoia in the family and their whole organisation,' continued Mark. 'If you have a whiff of failure around you, you begin to see who your real friends are.

'This will be a huge scar to them, because it has threatened their privacy and their sanctum. That's the real price of this.

'Everything depends on what they do next. This is a new episode of the Beckham family show. Let's just hope they have a very good script writer.' ■

#### CRISIS? WHAT CRISIS? Victoria's week in NYC













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1

# YOUR FASH





#### WE'RE BRACING OURSELVES

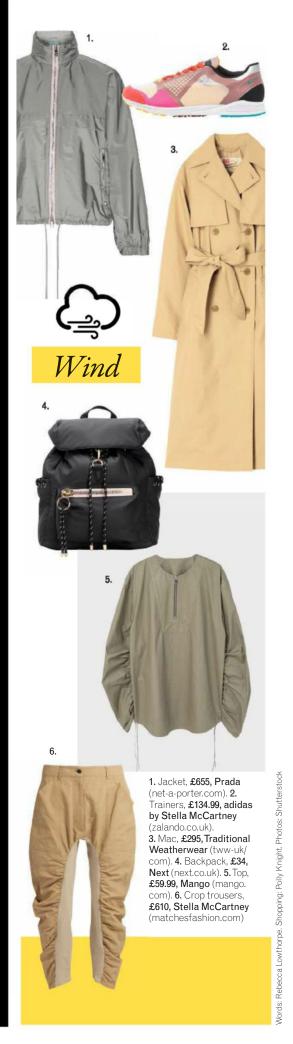
for DWS (distressing wardrobe syndrome), thanks to February's weather which, according to the Met Office, is the coldest on record. Or is that the wettest? Frostiest? Windiest? The only thing it's safe to predict about this climate is that we'll encounter all weather conditions this month/today/in the next hour.

So how to weatherproof your wardrobe? We all know you need the right basic outerwear, lightweight layers and sensible footwear. Warehouse's puffer coat? Check. COS's longsleeve tops? Check. Sorel snow boots? Check. That's all well and good, but how to keep things chic? Head to waterproof specialist Stutterheim for a practical statement mac, add M&S's wipe-dry leather leggings and pull on Hunter's low-rise wellies. It just warmed up? Throw that Topshop Boutique floral dress over your polo neck and dig out your leather biker and, yup, you can even bring out your suede booties thanks Jay Dubs. Hang on, the wind just got up. You need funky Stella for adidas trainers, a backpack (so you can warm your hands on a cup of bone broth) and why not embrace the rip-stop parachute craze with a reflective Prada jacket? Rain or shine, wet or windy, check out your all-weather capsule wardrobe.



FORECAST







**NEXT.CO.UK** 



# ANGELINA'S SECRET MOVE TOLONDON





2







Angelina has already moved in political and diplomatic circles in the UK. From top: with David Cameron and William Hague (also right); meeting the Duchess of Cornwall; Angelina and Baroness Helic

#### WHEN ANGELINA JOLIE FILED

for divorce from Brad Pitt last September, it was reported that the actor and humanitarian was eyeing up a move to the UK, where she could focus on her burgeoning political career.

Now, that seems one step closer to becoming a reality. According to sources, Angelina has been making enquiries to buy a £10 million mock Tudor mansion in Richmond, West London, prompting further rumours that she is planning to move to Britain with her six children, Maddox, Pax, Zahara, Shiloh, Knox and Vivienne.

The mansion was briefly home to the Jolie-Pitts in 2012, when Brad filmed *World War Z* in the UK. At the time, the couple rented it for £40,000 a month.

Speaking exclusively to *Grazia*, neighbour Carole Walker said, 'Angelina has been talking to the owner of the house about living there and was in Richmond late last year. The local talk is that Angelina has been making moves to buy the property because she's familiar with it and knows it can work for her and the children. It's close to Central London and her friends. The local polo club has also let her use its grounds to land her helicopter, so she can get around the country or to Heathrow Airport easily.'

It comes after claims last week that Angelina's bitter custody battle with Brad had largely been driven by her desire to move to London. According to the couple's biographer Ian Halperin, Angelina needs full physical custody to allow her to take the children away from Brad, who is seeking joint custody.

'Angelina painted Brad as a villain because she wanted full custody. And the reason she wants that is because she hopes to move to the UK,' he said.

'She is infatuated with England and sees it as a place where her political career will thrive. Vilifying him was her only shot because she knew full well that if he got joint custody she couldn't move, according to California state law.'

The mansion's proximity to Angelina's close friends Baroness Arminka Helic and Chloe Dalton, who both live only 10 miles away in Central London, is no doubt another draw.

The pair are well-known to be the actor's closest allies after they worked



Brad just wants to be an ACTOR in HOLLYWOOD, and Angelina has different ASPIRATIONS

together in 2012 on Angelina's campaigns with the former Foreign Secretary William Hague. The pair launched a campaign to raise awareness of rape in war-torn regions.

The news will only add to reports of tension between Angelina and Brad over the two women, who are said to have prompted furious rows during their marriage. Brad is even said to have told Angelina that the pair were 'brainwashing' her.

'Angelina wants to be powerful politically in the UK,' continued Ian. 'She has been close to Chloe and Arminka for years, and Brad didn't like those relationships. He resisted it and felt like they were intruding on his private life and his personal affairs. Brad just wants to be an actor in Hollywood with a family, and Angelina has different aspirations.

'But she's the most genuine celebrity out there about philanthropic causes. She makes a difference. Angelina is the real deal.'



Vords: Hannah Flint Photos: Rex, i-image

#### AND THEN ELNETT CREATED ITS FIRST CRÈME DE MOUSSE THE HOLD OF A MOUSSE, THE CARE OF A DELICATE CREAM



#### LEGENDARY ELNETT HOLD

- CREATES AND HOLDS DEMANDING STYLES
- NO COLLAPSING OR FADING AWAY

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- EACH HAIR FIBRE LEFT FEELING NOURISHED AND PROTECTED



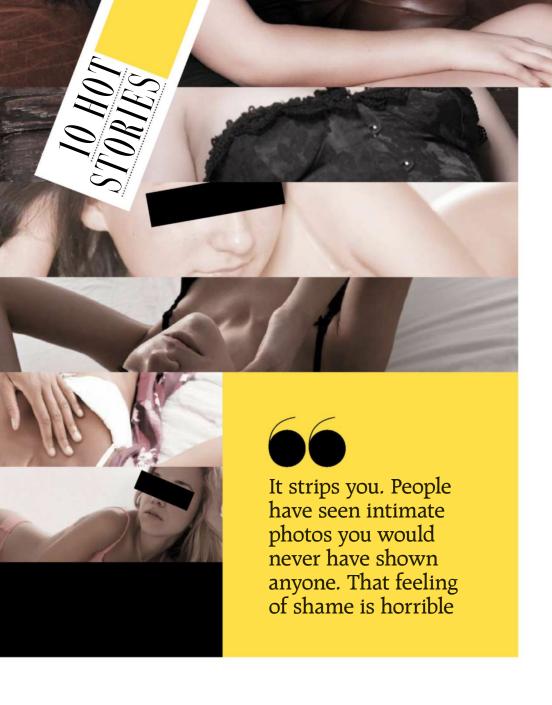


Last week, it emerged the Revenge Porn Helpline could close due to lack of funding. <u>Fiona Cowood</u> reports...



**FOLAMI PREHAYE** knows first-hand what it's like to discover that your most intimate images have been shared far and wide. In 2014, her ex-boyfriend Thomas Samuel set up a fake Facebook page in her name, posted the sexually explicit pictures and then invited her friends and family to view it. He also posted the images on a number of porn websites and some were viewed almost 50,000 times.

'I went through days and months where I blamed myself,' says Folami, who had to go through the process of getting the pictures removed herself. 'I had phases where I would only go to the shop wearing a hoodie because I felt like everyone was looking at me and had seen •



the pictures. It strips you. You feel naked because you know people have seen intimate photos of you that you would never have shown anyone. That feeling of shame is horrible.'

This happened to Folami before the Government's drive to stamp out revenge porn. Two years ago, new legislation made posting 'revenge porn' a specific offence and a helpline was set up for victims of this rising crime, to help them get the images removed and understand their rights. Now, that progress looks set to be rolled back as it has come to light that the helpline's future is under threat.

Laura Higgins, who founded and runs the helpline, told *Grazia* that their money will run out in six weeks' time. 'We were funded initially as a pilot by the Government Equalities Office [GEO], and they renewed that for a second year, but now we're reaching the end and we haven't yet managed to secure funding from

anywhere else. We're in discussions with crowdfunder.co.uk but there is a question over whether the public will want to — and should — support a service that's currently supported by the Government.'

MP Sarah Champion recently raised the issue in Parliament and is pushing for Justine Greening, Minister for Women and Equalities, to step in and save the helpline. Sarah says, 'The victims of this crime feel unbelievably vulnerable and exposed and often don't know what to do. It's a very deliberate crime to expose you to humiliation to the widest number of people possible. Because it's a new phenomenon, most of the places you would usually go to for victim support aren't up to speed with it. That's where the helpline has been crucial. It's taken over 5,000 calls and worked on more than 1,200 cases, and its staff understand on a very practical level how to get these pictures taken

down. It's a very specialist service. The fact Laura is having to talk about crowdfunding it is disgraceful.'

As someone who's lived the nightmare of revenge porn first-hand, Folami is convinced that victims need more than just a helpline to assist with getting images taken down. 'People need support,' she says. 'When it happened to me, I wanted to let others know they're not alone. I wanted to stand up and show that I'd been through it and come out the other side. But victims need emotional support to be able to do that. We need to go into schools and educate about consent and relationships and respect.'

A spokesperson for the GEO told *Grazia*, 'The Government has provided over £180,000 in funding for the Revenge Porn Helpline's pilot scheme and a decision on future funding will be announced later this year.

'We are committed to helping victims of revenge porn with specialist support and the helpline is just one element of £80 million pledged cross-Government to prevent violence against women and girls. We are continuing to develop resources that support young people's understanding of respectful and tolerant behaviour to help stop abuse from happening in the first place.'

Meanwhile, all Laura and her team can do is focus on the work of helping victims, whose calls and emails arrive hour by hour. 'Obviously, we're feeling panicked by it but we're doing everything we can,' says Laura. 'The pot of money from the Government is shrinking at such a pace that not all of us [services] can survive. It's getting very urgent now...' Find free advice and support at revengepornhelpline.org.uk









Right: Rupert Sanders at the SnowWhite And The Huntsman premiere in 2012. Far right: Scarlett with husband Romain

Dauriac in 2016

#### **HE'S THE HOLLYWOOD FILM**

**DIRECTOR** who found infamy among Twihards four years ago when he was implicated in the split between Kristen Stewart and Robert Pattinson. Now, Rupert Sanders has found himself embroiled in another A-list break-up.

Eyebrows have been raised after the British director is said to have grown close to Scarlett Johansson, the star of his upcoming film *Ghost In The Shell*, just weeks after it was claimed she had split from her husband, Romain Dauriac.

The couple, who married in 2014, are believed to have quietly separated last summer. And despite a show of unity last month, Scarlett has not been seen wearing her wedding ring this year.

'Scarlett and Rupert are incredibly close and have been talking every day while he's putting the finishing touches on their movie,' an insider told *Grazia*. 'It was a very intense six-month shoot in New Zealand and Scarlett and Rupert totally got inside each other's heads. There were concerns that their closeness could start rumours. Now it's come out that she and Romain split just weeks after filming wrapped, it's even more suspicious.'

The claims will no doubt draw parallels with Rupert's affair with Kristen Stewart in 2012

after they worked together on Snow White And The Hunstman. At the time, Rupert was married to the model Liberty Ross, while Kristen was dating Robert Pattinson.

Kristen later said of the scandal, 'I lit my universe on fire and I watched it burn. Speaking very candidly, it was a really traumatic period in my early twenties that kick-started something in me that was a bit more feral.'

But could Scarlett and Rupert become Hollywood's next power couple? According to the source, 'They were absolutely inseparable while filming, to the exclusion of everyone else. Everyone on set thought something could happen between them, especially since Rupert's a very attractive guy. Many feel it's only a matter of time before something does.'



ords: Hannah Flint Photos: Getty Images



# modern rarity

with

palmer//harding

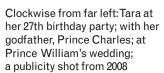
exclusively at

John Lewis



Tara Palmer-Tomkinson was found dead at her flat last week at the age of 45. Brilliant, vivacious, troubled... Grazia's Emily Maddick remembers her long-time friend









me Dave, although we never could remember why. But we both loved crystals and

so, when my father died three years ago, she consulted her personal crystal healer (obviously) and turned up for lunch at The Wolseley with a giant crystal ball as a gift to comfort me.

'It also doubles up as a bloody good weapon, but don't break it Crystals, that's four hundred quid of lapis lazuli,' she said as she thrust it towards me.

Yes, Tara was brilliantly bonkers, which is why she was so widely adored. Yet so many were scathing of her, too. She was an easy target: an over-privileged, posh party girl with no purpose in life other than a vicious drug addiction was how she was often dismissed. She once told me that, at the height of her £400-a-day habit, even the lines in the road made her want another line of cocaine.

Having become her friend over 10 years ago, I can say she was all the things you'd imagine her to be - charming, feisty, fragile, smart, side-splittingly funny – but overall the TPT I knew was remarkably kind.

Always enquiring about me and my family, and once gifting me a Chanel handbag after I helped her through one of her darkest hours: when she was arrested at Heathrow airport in 2014 after being pictured tearing her hair extensions out.

She was fiercely proud and protective of her royal connections. It's testament to Tara that the royals stood by her so loyally. 'Prince Charles loves my celebrity gossip! He's always saying, "Old bean, do tell me the latest!"' she used to claim. One of her tales about Kate Moss, one of the most wholly unprintable stories I've ever heard, apparently delighted our future king.

Before Paris Hilton, before Kim K, there was TPT. The original reality star. The first person to receive all the superficial trappings of modern celebrity simply because of who she was. She knew

it, loved it and laughed at it. In the loo of her penthouse there's a series of photos of the making of her Madame Tussauds waxwork. Ironically, it was TPT who caused the demise of Tara. Her physical appearance since the collapse of her nose distressed her enormously. But she knew the consequences of her choices.

On a summer evening a couple of years ago, we were dining in the garden of a Chelsea restaurant when, midway through regaling me with tales of dating Robbie Williams, she said, 'But no one will ever love me again, I look like Quasimodo.' It left me speechless. Some elderly aristos then stopped at our table. 'So Tara, what exactly are you doing with your life? enquired one in patronising cut-glass tones. 'Haven't you heard? I've got seven children at home!' Tara shot back. It was the judgement that really got to her. She longed for a purpose and for love. Recently, she launched a fashion range and her 2012 foray into music (she was a classically trained pianist) was exceptional.

Tara confided in me about her brain tumours a year ago. She was undoubtedly scared. And although she is believed to have been given the all-clear, lately she had been in a lot of pain from operations and a rare auto-immune disease. At the time of going to press, there were reports she may have returned to her dark vices. I don't know. The tragedy in this ending is that everyone saw it coming. Everyone apart from Tara, with her lust for life. The last time we spoke was just before Christmas. We bonded over bad luck in love and had a bizarre joke about meeting men in graveyards. After the call she sent her final text to me: 'Hey Crystals, if I do suddenly go... u make sure you keep hanging out in graveyards... otherwise I will come back and spook u!! Joke!!! I have a long life and I fully believe it.' I'm so sorry Tara.

## Sundowners included. Even before sunset.

Life's too short to say no.





\*Offer applies to new First Choice brochure package summer 2017 (1st May 2017 – 31st October 2017) and winter 2017 (1st November 2017 – 30th April 2018) holiday bookings only and excludes accommodation-only and flight-only bookings for a limited time only. Low deposit amount on short and mid-haul destinations is £50 per person, for long-haul destinations it is £125 per person. The rest of the deposit will be due within eight weeks of booking your holiday, or you will be required to pay the remainder of the total holiday cost, whichever date comes sooner depending on when you booked your holiday, you still have to pay the full deposit. Low deposit applies unless a booking is made within 12 weeks of departure, where full payment is required at the time of booking. Offer may be changed or withdrawn at any time. Please see www.firstchoice.co.uk or the relevant brochure for full booking terms and conditions that apply. Dreamliner flies on selected routes and to selected destinations. All the flights and flight-inclusive holidays are financially protected by the ATOL scheme. When you pay you will be supplied with an ATOL Certificate. First choice is a trading name of TUI UK Limited, a member of the TUI Group. Registered Office: TUI Travel House, Crawley Business Quarter, Fleming Way, Crawley, West Sussex, RH10 9QL. Registered in England No: 2830117. ATOL No: 2524, ABTA V5126.



Could matching with a date by what they hate – instead of what they like – be the most inspired idea ever? <u>Siam Goorwich</u> investigates...



#### WHEN YOUR DEFAULT SETTING is

somewhere between Daria and Larry David, one of the worst things about going on a first date is that insidious

pressure to be relentlessly positive. But now, with the launch of dating app Hater, I may finally be able to reveal my true dark self.

Matching by hates is a stroke of genius. Every other site and app I've been on (and believe me, I've been on A LOT) encourages you to list things you like. Here are some of the most ubiquitous dating profile 'likes' (I challenge you to hate more than one): brunch, hanging out with friends, watching movies, travelling, Sunday roasts. See what I mean? They're all painfully safe and give you no insight into the person behind the picture (apart from suggesting they're a terrible millennial cliché who's so scared of being labelled a freak that they've banished all their original thoughts to their childhood bedroom in their parents' suburban semi). Then, once you've expended all your energy

getting past your shared cloned enjoyment of socially acceptable 'nice things', the whole thing just fizzles out anyway.

Hates, on the other hand, are exciting. They're red-hot, fired-up passion and raw emotion, and reveal so much more. When you log on to Hater, you're presented with an almost endless list of topics and scenarios – from 'Trump' and '69' to 'We only have Pepsi' and 'Figuring out how to split the bill' – which you rate 'love', 'like', 'dislike' or 'hate'. Not only is it a brilliant way to while away a bus journey – it's basically Tinder meets Cards Against Humanity – but it also gives you some talking points when you make a match, other than 'OMG, I love brunch too!'

If Hater sounds like a bit of a joke, it kind of was. Hater's CEO Brendan Alper quit his job at Goldman Sachs to become a comedy writer, and Hater started out as a sketch idea. 'The more I thought about it, the more I thought, "Hey, even though this was a funny idea, it actually makes a lot of sense."'

I couldn't agree more. I love proper

holidays (obvs), but mini-breaks are my own personal hell (Easyjet flu, anyone?). Under normal circumstances, I'd never admit this for fear of sounding like a massive grouch, but I'd really hate to fall for someone whose idea of romance is traipsing round Bruges for a day and a half. And while I get that some people might find shared hatred a strange jumping-off point for finding love, as a long-time singleton with a serious case of dating fatigue, Hater feels like a breath of fresh air.



Hater brings matches together via the power of mutual disdain



**PAMELA ANDERSON:** 

# 'TRUTH ABOUT MY ROMANCE WITH ASSANGE'



IN A WORLD WHERE PAMELA

**ANDERSON** has already transformed from *Baywatch* star to animal rights activist, climate change campaigner and the unlikely best friend of Vivienne Westwood, it was only a matter of time until she unveiled her next surprise.

It came last week, when reports surfaced that Pam is in a secret relationship with the WikiLeaks founder Julian Assange. The pair are believed to have had a series of dates at the Ecuadorian Embassy, where Julian has been holed up since 2012 to avoid extradition from the UK.

Last Monday, 49-year-old Pam was







Pam visits the Ecuadorian Embassy last year (left) and in January (below right). Right: Julian addresses the press while in exile



spotted delivering vegan cheeseburgers and heading inside the embassy following another meeting there last month. They are also believed to have had dinner together inside the embassy just before Christmas.

Speaking to *Grazia* last week, Pam demurred from answering whether she was in a relationship with Julian, but also refused to deny the reports.

'It's difficult to talk about when you're under surveillance,' she said at the Coco de Mer fashion party held at London's Annabel's club. 'But he's a great guy. I don't want to say anything about whether there's a romance. So let's say we're just good friends.'

The pair reportedly first met in 2014, when Pamela is said to have asked him to back her foundation supporting female victims of sexual abuse.

Then last November, she was spotted delivering a tray of food for him at the embassy, just a month after she had taken him a meal from Pret A Manger. Two more dates followed in December, bringing the total to six.

It came just as Assange made a new appeal to the UK to 'restore' his liberty, after placing himself in exile at the embassy amid fears that he will be extradited to the US for questioning over revelations made by WikiLeaks.



HE'S LIVING IN DIRE CIRCUMSTANCES, SO I LIKE TO BRING A LITTLE HELP AND A SMILE AND SOME GLAMOUR

He also faces a European arrest warrant after two women in Sweden accused him of rape.

'He's living in dire circumstances, so I like to bring a little help and a smile and some glamour,' Pam added. 'It's so rare that he has someone to come and visit him and bring him things, and I want to be able to do that for him.

'It's about support and I believe in what he is doing. Thank god for him. He's sacrificed a lot for all of us.

'WikiLeaks is one of the only reliable news sources because it's just the truth. I really believe history will look back on him as such an important person.'





## Take up EXTREME



HERE'S THE THING: we're bored to death of wearing our jeans day in, day out, but we're also way too cold to take them off. Which is where the fashion set's latest styling hack comes in - and it's as simple as, well, putting on a pair of tights. Or rather, layering a pair of fishnet tights under your favourite jeans. Sounds peculiar, we'll admit, but this is a great way to update distressed denim - and how often can you buy into a trend for only four quid? Depending on how much fishnet you'll be flashing, experiment with different gauges - think finer nets on bare ankles, or the super-spaced whale nets if you're braving ripped knees. Kendall Jenner and model Romee Strijd have gone one further, letting their fishnet waistband show over the top of their jeans, but please note, this is extreme fishing: only to be attempted if you've got washboard abs to rival these two Victoria's Secret girls. Since our January detox didn't quite go to plan, we'll be skipping the ab section and wearing our nets with cropped blue jeans and loafers for outré ankles. Ready? Then let's go fishing...



From top left:
@erikabowes,
Sarah Snyder
and Kim Kardashian
(far left) embrace
the whale net



Words: Charlie Gowans-Eglinton. Photos: Goff Photos, MEGA, Getty Images, Instagram/@erikabower/@sarahfuckingsnyder/@kyliejenner



## FISHING!















Middle-class jobs are at risk from robots, a recent study warns.

Grazia's Anna Silverman investigates how to droid-proof your career







Left: the Spot Mini does the washing-up (top); the Alpha 2 can tell stories and teach yoga

NO, THIS ISN'T a Will Smith film, the future has arrived. Didn't you get the memo? Robots are now a reality and will be stealing our jobs, and no travel ban or wall is going to keep them away. For a few years, the middle classes have looked on with a smug sense of pity as low-skilled occupations have been taken over by computers. But a study from Oxford University recently warned that white-collar jobs are next in line.

Already, supermarket cashiers have been replaced by screens that freeze when you want to place an 'unexpected' item in the bagging area (like milk, say, or bread), driverless cars are just around the corner, and conversations with real-life call centre workers have long been replaced with an automated voice so exasperating you want to rip your own head off before you've heard what set of circumstances would require you to 'press six on your keypad'.

But wait, it gets worse: artificial intelligence is now threatening careers that pay more than £40,000 too, including insurance, credit analysis and banking. So what to do? In the absence

of a working knowledge of animatronics, the other option is to stay calm and think of ways to make our good human selves indispensable at work. Laura Thompson runs human communications consultancy Phenomenal Training, and has spent the past 20 years teaching top companies how to protect jobs. She advises we can safeguard our careers by making ourselves *more* human. She believes the key to keeping our jobs is to find the 'unpatternable and unique human-only' aspect of each role and to focus on the '4C' skills that robots don't have: care, creativity, curiosity and collaboration.

'The leaders of the future will be those with the soft skills to create strong emotional connections with people,' she tells *Grazia*. 'Remain employable by identifying your job's DNA (Do Not Automate) element. These are likely to be tasks that involve touch, eye contact, smell, gut-instinct, imagination and unique thought. An algorithm can tell us what to wear right now, but it is still a unique human job to inspire us as to what will be on trend next summer.'

Laura believes women are safer

than men because they tend to do more 'caring' roles, like teaching and nursing. Meanwhile, the men in Silicon Valley have scored an own goal by creating robots that make their jobs easier – and then obsolete.

'If your answer is always "same old" to the question "how was work today?" that's an indicator you have a job that is at risk,' she adds. 'If you refuse to flex your skills to adapt to the changing professional environment, you are in danger of it taking more effort to work around you as you remain fixed.'

Kassie Perlongo, managing editor of Robohub, part of Bristol Robotics Laboratory, suggests we shouldn't be afraid. 'It's good to remember that robots perform tasks, not jobs,' she says. 'Creating robots is still very difficult. As robots continue to do more tasks in the future, let's make use of them instead of fearing them.'

I'm still waiting for one that will go to the gym for me, collect my dry-cleaning and remember where I put my house keys. If it can do all that then, hell, it probably deserves a £40K-plus salary anyway.





## BOTS WE CAN GET ON-BOARD WITH

- 1. The Spot Mini is a robot dog that can climb stairs, do the washing-up and dance.
- 2. Alpha 2 can read to your kids and even teach you yoga.
- **3.** A robo vacuum cleaner takes the hassle out of housework.

# Shop the CHARITY CATWALK











### THINK OF LONDON FASHION

WEEK, and you'll likely think of luxurious clothes on beautiful models, in expensive locations. So, who's the latest addition to the LFW schedule? Which fabulous designer brand has got us talking? Erm, Oxfam, actually. They're putting on their own catwalk show, Fashion Fighting Poverty, with the best of what second-hand fashion has to offer.

Since it takes a good eye to sort the wheat from the chaff (and the silk from the mass-produced viscose), Oxfam have enlisted stylist and author Bay Garnett, who not only has one of the best eyes in the business, but is also famously the queen of second-hand shopping. 'A lot of my stuff is old clothes, but I don't like it looking like old clothes — it's just because it's good. It doesn't negate fashion, it doesn't negate allowing ourselves to spend money on clothes — one doesn't have to negate the other.'

But despite wearing second-hand herself, and despite having been part of the M&S clothes Shwopping campaign last year (which donated shoppers' clothes to Oxfam), this wasn't a no-brainer for Bay. 'When they first asked me, my gut feeling was no, to be honest. I think it was partly fear that gave me that kneejerk reaction.' Staging a fashion show of second-hand clothes in front of, well, the world's fashion press, is a lot to take on. What swung it was, of course, Oxfam's need. All profits from Oxfam's fashion sales – which are in the millions – are spent towards ending poverty worldwide: •





Clockwise from left:
Bay Garnet (far left)
and Amber Anderson;
an Oxfam Warehouse;
window dressing in an
Oxfam store; Oxfam
works with those in need
such as Omar and his
son in war-torn Syria;
fashion finds in Oxfam;
Amber modelling a
second-hand dress















Clockwise from left: Amber in a chic double-breasted blazer; a vintage jacket; Bay at the Oxfam warehouse; Elizabeth at a rubbish dump in Nairobi, Kenya

providing clean water, supporting communities, empowering women. 'I think American politics has done a lot to shake us all out of our complacency. It's a really good time for this show, because I think that people are thinking outside of themselves a bit more – including myself.'

The show, on Thursday 16 February, will see celebrities — everyone from Sophie Dahl to Amber Anderson — walk the catwalk in pieces sourced from Oxfam's vast warehouses of donated clothes. 'What I don't want is to do an array of all the stuff you can get in a thrift store. My challenge is not just to shake it up; I want to make it look directional, I want to make it look cool.' There is an Yves Saint Laurent long black patent leather trench ('very Deneuve-esque'), a fair amount of great tweed, even a wedding dress —

'You've gotta have a bride. And you should see this wedding dress, it's like raspberry ripple.'

The hope is, seeing these clothes transported out of an Oxfam window and on to a catwalk will make you want to actually buy them – and Bay's edit of her favourite pieces, chosen just for Grazia, will let you do just that. By buying something, you'll be doing your part to fight poverty - which is, in itself, a brilliant thing to do. But, crucially, you will also be buying something beautiful, something you should love. 'Clothes should always be a source of pleasure. Sometimes with work and life, other things come into it, but I think if you can go back to that, retrieve that, that's what clothes are meant to do.' To shop Bay's fashion edit of Oxfam finds and find out more about Oxfam's work, visit oxfam.org.uk/shop/grazia

## BAY'S VINTAGE SHOPPING TIPS



- 1. Go with something in mind that you are looking for. A stripy shirt. A camel coat. A velvet skirt. Always good to have an objective. It may change when you're there! But a good way to start.
- 2. Don't buy unless you LOVE. Even if it's cheap as chips and kinda great. You won't wear it and it will just become clutter.
- 3. No stains. No matter how good. You don't want your clothes to look second-hand necessarily (unless that's a look you're going for...).
- 4. Lift stuff out of context it can become a moment of clarity and inspiration. In charity shops the work of imagining stuff pieced together is down to you. That's the beauty of it. Imagine it off the rail and away from the other stuff and in your own beautiful cultivated wardrobe.
- **5.** Don't go with a friend who has similar style. You might come to blows!



### NETBALL GETS A BOOST

Dust off your vintage netball bib because the game has been awarded a £10.5m Government grant to encourage women to take up their school sport again. It's part of a drive to inspire those who are not typically represented in sports to do exercise. So that means us, then.

## OBAMA CHECKS OUT

Barack Obama has dealt with Donald Trump's first couple of weeks of presidency in the best way possible - by donning a pair of shades and a backwards cap to jet off into the Necker Island sunset. He and Michelle have been pictured learning to kitesurf with Virgin boss Richard Branson on his private portion of the British Virgin Islands.

## BLIND DATE IS BACK!

Our original dating obsession is back, 14 years after legendary shoulder-padded host Cilla Black last said, 'What's your name and where d'ya come from?' Blind Date hosting duties are rumoured to be going to Geordie Shore's Vicky Pattison. Bring back 'our Graham'!



## H&M GOES UNDER THE SEA

Now you can play at being Ariel with the new standout piece from H&M's Conscious Exclusive line. It uses recycled polyester made from plastic recovered from shorelines, waterways and coastal communities. The collection is out on 20 April.



No more gloom over your cornflakes: Kellogg's has created a light therapy bowl that mimics natural sunlight to help people battling Seasonal Affective Disorder. Just don't peek through the blinds after you've eaten if it's still dark outside.

46%

of people have 'Netflix cheated' on their partner by watching ahead with shows like *Breaking Bad* and *House Of Cards*.





WORDS JANE MULKERRINS

## 'It's unthinkable that, 47 years since I started working on this case, we would still be arguing this'

She's the lawyer who made history by winning the legendary Roe v Wade case in 1973, leading to the decriminalisation of abortion in the US. Here, in an exclusive interview, <u>Sarah Weddington</u> reveals the threat President Trump poses to that historic ruling



Above: Sarah now and (left) as a young, ground-breaking lawyer in the '70s

#### WHEN SARAH WEDDINGTON

entered the hallowed chambers of the US Supreme Court for the first time, she was struck by the awe-inspiring majesty. Aged 27, she was about to become the youngest person ever to argue in front of the court, the pinnacle of the American judiciary, whose justices' 'opinions' – their verdicts following a case – dictate the law of the land. She went to the lawyers' lounge to go over her argument and, understandably nervous, looked for the bathroom. But this was December 1971 – there was no ladies' bathroom in the lawyers' lounge.

If her youth and gender were not notable enough, the legal battle Weddington was arguing would become • one of the most historic and culturally significant of the 20th century. Roe v Wade, a case she worked on for three years, overturned the ban on abortion in the US, liberating generations of women from unwanted pregnancies and dangerous illegal backstreet procedures.

With November's election of Donald Trump, however, that freedom is now dangerously under threat. Trump has vowed to overturn Roe v Wade, rolling back almost 50 years of reproductive rights for millions of American women.

'I could never have imagined that, 44 years after the opinion was made, and 47 years since I started working on the case, we would still be arguing this,' says Weddington, now 72, in a Texan drawl. 'It would have been unthinkable.'

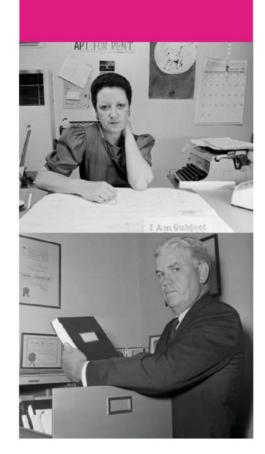
'Everyone who cares about Roe v Wade and other reproductive rights is very concerned,' she says. 'You've got a person in the White House who says, "I'm against Roe v Wade and will try to appoint justices who are also opposed to it." It's terrifying.'

While it has improved the lives of many women during the past nearly five decades, the case for Weddington started off as a personal one. 'I had always wanted to push back barriers that were affecting women,' she reflects. However, at 22, shortly after graduating in the top 10% of her University of Texas Law School class (one of only five women there), Weddington discovered she was pregnant. 'I wasn't yet married. I was putting my boyfriend through law school and I was earning our living – there was no way we could have a child.'

Abortion in Texas was illegal at the time, except to save the life of the mother. 'You could get an abortion legally in New York and California, but they were incredibly expensive and you had to have the money for the airfare and somewhere to stay, too,' she says. The only affordable option for Weddington and her boyfriend Ron (now her ex-husband) was to cross the border into Mexico, where abortions could be arranged far more cheaply.

Back in Austin, Weddington got to know a group of university counsellors who were seeing growing numbers of women seeking abortions. Even by just giving advice about the procedure, counsellors ran the risk of prosecution, as did doctors performing them.

The counsellors asked Weddington if she would be prepared to take on a



case challenging abortion law in federal court (meaning any decision would have national implications). Weddington, who until then had dealt only with uncontested divorces in local courts, said yes.

The case was built around 'Jane Roe', the alias given to Norma McCorvey, a woman who, on discovering she was pregnant with her third child, wanted to procure an abortion. By the time it came to court, in June 1970, it was already too late for McCorvey – she'd given birth and put up the child for adoption. But all three judges ruled the state of Texas's abortion ban unconstitutional.

However, Dallas County District Attorney Henry Wade – representing the state of Texas – refused to abide by the ruling and the case was sent immediately to the US Supreme Court in Washington DC, where Weddington would have just

Above: Norma McCorvey,
the real 'Jane Roe', and
Dallas County District
Attorney Henry Wade.
Below: Weddington
with Vice President
Walter Mondale in 1978

half an hour to argue her case in October 1972. There, the nine Supreme Court justices ruled 7-2 in favour of Roe.

Now, 44 years on, Roe v Wade is once again the focus of the Supreme Court. Trump has promised to nominate 'pro-life justices' to the court, where one seat is vacant and three justices are over the age of 78. Last week, he nominated Neil Gorsuch, a social conservative who has condemned assisted suicide. It would take only two appointments by Trump to build a court that would likely favour overturning Roe v Wade.

The moral make-up of the Republicancontrolled Senate and Congress also troubles Weddington. 'There are far fewer outspoken pro-choice Republicans today than there were in the '60s,' she says. 'Most of us thought Hillary Clinton was going to win, and she would have said Roe v Wade ought to remain law. So this goes against our expectations.'

Perhaps, however, it should not have been entirely unexpected. The pushing back of access to abortion has been underway in the US for some time, with some states becoming highly restrictive in terms of how far into a pregnancy abortion is legal, as well as closing clinics.

'Women in some states will soon have to cross state lines [to get an abortion] as they did before Roe v Wade,' says Weddington, who is disgusted by Trump's comments downplaying the impact of such restrictions. 'He doesn't understand what it is for women to have to get across state lines. They don't have a private plane or a fleet of cars. He seems to have no consideration for people who don't live just as he does.' It's unlikely we'll see her back in court, but, 'I'd be happy to support and advise the legal team if they asked,' she says.

Weddington never went on to have children herself. Does she believe she'd have been able to achieve all she has if she had also been a mother? 'I doubt it,' she says. 'I was the first woman ever elected from Austin, Travis County, to the Texas House of Representatives and it took a lot of extra effort trying to pass legislation. Working on behalf of Planned Parenthood and other pro-choice groups, everything took a lot of time — I don't know that I'd have been able to do all that and have a family.'

And that's a choice she's hoping the next generation of women will still be permitted to make.



## POLLY VERNON

# DON'T GET HER STARTED... ON BREAK-UP ETIQUETTE

I'm not going to patronise Kylie Minogue by expressing sadness over her split from actor Joshua Sasse, who possibly cheated on her with a Spanish actress. It's none of my business; I imagine she'll pull through. The faux flamboyance with which Sasse once paired a neckerchief 'n' army jacket (right) would have been a deal-breaker split-catalyst for me anyway - but we're all different. What I would like to address is the small issue of break-up etiquette raised by the rumour that Minogue paid for Sasse's (alleged) hair transplant. According to 'family friend' Peter Ford, she ponied up \$10,000 for it, an act which, Ford explained last week on Australian talk radio, represented 'the ultimate sign of love and devotion... I'm not sure it does: I'm more of a sacrifice your life for me/countersign my mortgage docs and tell me I'm pretty sort of a gal, but then, as I've already said, we are, all different. Neither Sasse nor Minogue has confirmed the transplant story yet, but having spent more time than I should have googling pap pics of what might be Sasse's 'before' and 'after' hairlines, I am saying: that's a Definite Maybe on the plugs.

The point of relationship etiquette raised by all this is: what should be given back, in the event of a split? Of all the love tokens exchanged in the heady, indulgent stages of an affair, what is it OK to hang on to if it all goes tits up, and what should you return? Diamonds: yes, but dogs, no? What of fluffy toys, borrowed jumpers, gym memberships?

While there are logistical issues implicit in the returning of follicles your ex paid to have rammed into your skull, there is still definitely a principle at stake. Not to mention some irony: if I paid for a lover to have a surgical procedure that made him more attractive to others, and he then took advantage of that and slept with one of 'em...



Well. I'd be pretty damned cross.

My rule of thumb on gifts-from-an-ex is: if you screw up the relationship, you have no rights to the shizzle; but if you were messed with, you have every right. Although that assumes a) you'd want to keep stuff that reminds you of the time you were incandescently happy and loved, only you're not incandescently happy/ loved any more; and b) that one of you is wholly guilty, while the other is wholly innocent – and it is rarely that clear-cut. Where does this leave Sasse? Perhaps seeking a buzz cut? Or being forced to wear a hat - an ugly one, of Minogue's choosing – for the foreseeable? Something along those lines, I reckon.



### **GANNI'S JULLIARD JUMPER**

In red. Gorgeous - and so substantial it's virtually a coat.

#### SKINCEUTICALS' **HA INTENSIFIER**

Newest bit of kit from the brilliant skincare brand.

#### THE JAPANESE GOLDFISH

The new It animal motif. See this Chloé tote.



#### MULE-CHILL

I yearn to wear mules (a slutty-kitty kitten heel, specifically), but it's too cold to expose the required ankle flesh.

#### **TURMERIC**

We thought it was an anti-inflammatory superfood. New research suggests it was faking.

### SINGLE COATS

Double them up - denim jacket under faux fur, bomber under bomber! until the cold snap passes.



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\*Initial rental £3,999.00. Price shown is for a 48-month Personal Contract Hire agreement for a MINI Cooper Countryman (F60), excluding optional Island Blue paint which is available at an additional £13.09 per month, with a contract mileage of 40,000 miles and excess mileage charge of 5.66p per mile. Applies to new vehicles ordered between 01/01/2017 and 31/03/2017 and registered by 30/06/2017 (subject to availability) at participating Retailers. Retail customers only. At the end of your agreement you must return the vehicle. Excess mileage, vehicle condition and other charges may be payable. Hire available subject to status to UK residents aged 18 or over. Guarantees and indemnities may be required. Terms and conditions apply. Offer may be varied, withdrawn or extended at any time. Hire provided by MINI Financial Services, Summit ONE, Summit Avenue, Farnborough, Hampshire, GU14 OFB. Fuel economy figures where stated may vary depending on driving style and conditions.

## THE FASHION IN THE SHIP IN THE OUR PANEL GEMMA HAYWARD Grazia's senior fashion editor Grazia's senior tashion editor has more than a decade's worth of celebrity styling and fashion editorials under her belt. No A-list look will get past this eye for detail. JOHN CRACE The Guardian's Parliamentary sketch writer and author of the Digested writer and author year has been Read, who year after year has been mysteriously overlooked for the title of best-dressed man in Westminster. mysteriously overlooked to the title of best-dressed man in Westminster. <u>and you</u>

CUTTING-EDGE fash meets PRIM YOUNG THING, but who wins out?



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## ROSAMUND PIKE

## GEMMA SAYS:

Although Rosamund doesn't look overly thrilled about her outfit, I think she looks sweet. I love the cape detail on the minidress and the swept-back hair - she looks ethereal. **★★★★☆** 

### **IOHN SAYS:**

For a 16-year-old girl going to a school prom, this might be just about acceptable. On a grown-up woman, it's a complete no-no. \*\*\*

#### YOU SAY:

This is a pretty dress, but even Rosamund isn't sure if it suits her.

## GRAZIA YOU THE FASHION JURY



RUTH NEGGA **GEMMA SAYS:** A cute retro lemon knit and bejewelled kitten heels – it can only be Miu Miu. Known for dressing rising stars, Miuccia Prada has certainly worked her magic on this beautiful actress. Cute as a button. \*\*\*\* JOHN SAYS: Simple stiff upper lip post-war austerity meets has the Beautiful And The Damned been made to look this good. \*\*\*\*

hard-core biker chic. Seldom

YOU SAY:

There's Negga a dull moment when it comes to Ruth. Love the dainty yellow knit being offset by the leather.

**\*\*\*** @FLICKERINGEMBER LADY GAGA

**GEMMA SAYS:** 

Looking surprisingly on-trend rather than on-another-planet, Lady G looks match-ready in the Versace zip-up sweater and wrestling boots. What a good sport.

★★★☆

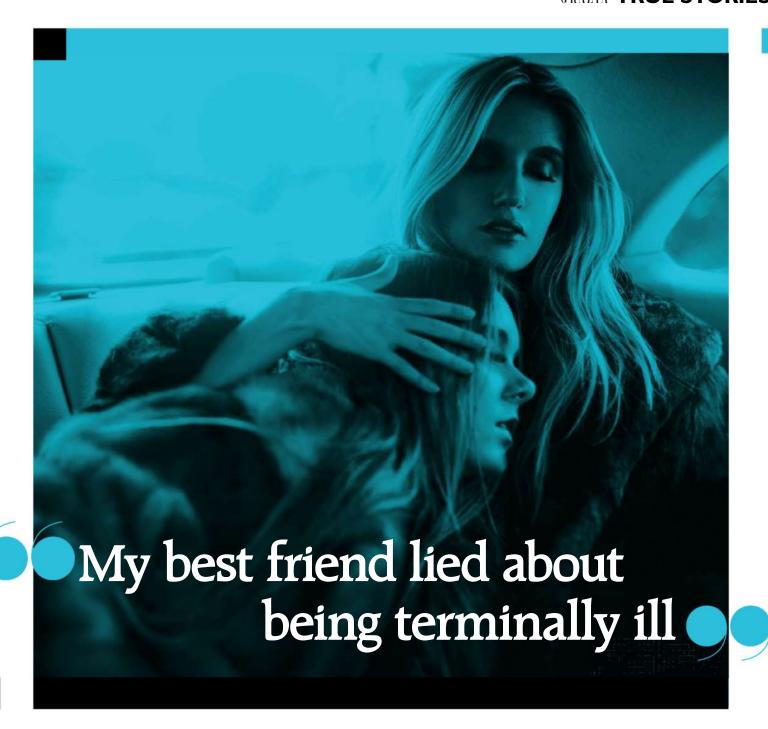
JOHN SAYS:

Even cowgirls get the red white and blues. The passive-aggressive way of saying you'll Make America Great Again, without Donald Trump. \*\*\*\*

YOU SAY:

Lady Gaga has nailed it. Sporty AND sexy - and those boots! \*\*\*\*

@BING57



When Millie Kerr's friend told her she was dying, she was in awe of her courage. But the discovery that it was all a lie left scars which have taken over a decade to heal

MY BOYFRIEND AND I HAVE JUST BROKEN UP and, as I walk the dark streets of London, my mind immediately wanders to Margaret\*. It's been 15 years since she destroyed my ability to trust, and I've spent countless hours in therapy working through her betrayal, but I still struggle: my walls remain up, my ability to make myself vulnerable inhibited. How much longer can this person from

my past haunt my relationships?

My friendship with Margaret began on a frigid winter day during my second year at university in North Carolina. Margaret and I had just joined a women-only social club and found ourselves in a forced

bonding situation where the new members were asked to share something private with the group.

Though she seemed shy, Margaret offered to go first. 'There's no easy way to say this,' she said. 'I'm really sick. After diagnosing me with epilepsy last spring, my doctors told me to stay home, but I just want to live my life...'

Margaret's courage and vulnerability drew me in; I approached her later to say how much I admired her strength. We quickly bonded and I began spending most of my free time with her. We had a blast together – she was game for anything – but she preferred to spend time with me •

one-on-one. Only when we were having dinner alone did she feel safe enough, she said, to discuss her health.

But despite all the hours we spent together, I never witnessed a seizure. Once, when Margaret and I spent a university holiday with our families — visiting hers first, and then mine — we woke up one morning and Margaret said she'd had a seizure during the night. We'd been sleeping in separate twin beds, and I'm a heavy sleeper, so I took her word for it, though I was surprised she hadn't woken me up. I worried that she'd have another seizure the following night, but she assured me that she was going to be fine and had plenty of medication.

A year into our friendship, I was studying to get into law school, and I became the new student union president. Almost immediately, my free time evaporated. And in turn, as if synced to my schedule, Margaret's health suddenly plummeted. Over rushed lunches, she told me about long nights plagued by multiple seizures. Some had been so bad, she said, that she spent them in hospital. She pointed to plasters on her arms, masking the marks left behind by IVs.

Six weeks before the end of term, Margaret, an accomplished equestrian, was supposed to ride in a horse show. But when she called me that Sunday, she said her health had been so bad that she'd been unable to compete. She asked if she could swing by to talk in person.

Sitting in my room that evening, she looked me in the eyes and told me she was dying. She'd spent the entire weekend in hospital, surrounded by doctors, all of whom agreed that she wouldn't make it through to the end of summer. The seizures were ransacking her internal organs, they said. Her body couldn't take it. She cried, and I cried with her. I asked her how she felt about death and commended her courage.

When I called my parents to tell them the news, they were silent for a few seconds, and then my dad spoke. 'We think Margaret is feigning, or at least exaggerating, her illness to create an intimacy with you,' he said finally.

I felt shocked, angry and betrayed as they walked me through their months of doubt. How did Margaret have a driver's licence? Many epileptics don't, since headlights can trigger seizures. How was she physically strong enough to compete in horse shows if she had such a debilitating disease? Why weren't her parents more involved? After we hung



SHE LOOKED ME IN THE EYES AND TOLD ME SHE WAS DYING. SHE CRIED, AND I CRIED WITH HER

up, I cried for hours, unsure of what to believe. I decided to approach Margaret's roommate, Sarah\*. Within a few moments of comparing stories, we realised that Margaret had been feeding us wildly divergent information about how her health had impacted her life.

The biggest discrepancy involved the recent horse show. Margaret told Sarah she'd competed. When we called the competition sponsors pretending to be local reporters, we learned that Margaret had in fact participated — and even won several categories.

I wasn't prepared to walk away from my friendship with Margaret without giving her the chance to explain herself. But as soon as I told her I knew about the horse show, she wouldn't make eye contact with me and could barely form coherent sentences – though at one point she did attempt an explanation. 'I did both,' she said, in a shaky voice. 'I rode in the show during the day and spent nights in the hospital.' I calmly replied, 'That doesn't make sense.' To that, she had no response. 'You lied to me, Margaret,' I finally said. 'I know,' she answered.

A few weeks later, I sent her an email explaining that we could no longer be friends. Margaret wrote back, her response filled with excuses, apologies and attempts to manipulate me. I was the bad friend, she said, for walking away during her time of need. I replied, calmly explaining that I couldn't support a friend without fundamentally trusting her.

I spent years afterwards chewing on that word – trust. Could I trust others? More importantly: could I trust myself, and my judgement? I'm an analytical person, but I wondered if I suffered from glaring blind spots when emotional connections were involved.

After I graduated in 2003, Margaret never contacted me again. As the years ticked by, my memories of her slowly faded. Although I never regretted my decision to let the friendship go, I sometimes wondered if, by walking away, I inadvertently unleashed Margaret on another unwitting victim.

Seven years later, I received a Facebook message from a stranger called Claire\*. She'd graduated from my university a year behind me and had become close with someone named Margaret. 'Could we talk?' she asked. I was on the phone with her an hour later.

My worst fears were confirmed: Margaret met her soon after I laid our friendship to rest; she used her epilepsy to garner sympathy and support, and sucked her in. She'd been best friends and roommates with Margaret for the last seven years and was only just beginning to see the real Margaret: a master manipulator intent on forming close bonds with women.

Comparing notes turned out to be more traumatic than satisfying. I could feel myself slipping backwards into a nightmare I'd managed to subdue years before, so I ended our conversation with many questions still unanswered.

I'd love to say that I woke up one day feeling open and unburdened, but change is never that simple. It took a lot of work, therapy, and experience for me to realise that a relationship held at arm's length isn't a relationship at all.



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## Shots for lunch, partying all night and bunking up with an 18-year-old ski bum...

The six months of kidulthood that saved my sanity, by Jenny Stallard



## GRAZIA TREND

10 years, I was feeling disillusioned. I'd always wanted to be a magazine writer, but now that I was, I felt unfulfilled. Away from work, I was lonely. And, if I'm honest, angry. I'd been through a break-up a year earlier and was still smarting from it. When I looked around, there was a huge chasm between how my life looked and how I wanted it to look. I needed an escape – badly.

That escape came in the form of a ski season. I took the decision on a whim. As part of my career break, I'd just finished a three-month stint in South America and was unsure of my next move when a friend said, 'You always said you fancied a ski season.' For a 30-something urbanite used to her own space and a busy social life, it was a rogue move. Travelling had been amazing, but I'd been able to be 'me' - act my age, do things I wanted to, such as cruise around the Galápagos. Now I was essentially swapping being a grown-up for being a teenager - and the idea was so appealing that I booked my flight that same night. Within a week, I was off, with just my ski boots and a promise to myself: if I could find a job and a nice place to live, I'd stay until the end of the season.

Within hours of arriving in a picturesque village in the French Alps, I was downing Jägerbombs with two 20-something snowboarders from my hostel. They asked if I was a skier or a boarder, and I quickly realised that everyone there was way more interested in how you got down the slopes than your CV or how much your flat was worth. Just a few hours into my new adventure, things were looking up.

I got lucky with work and found a job in an English-run restaurant where I served food and helped prep in the kitchen. My lodgings were a bunk bed in a shared room under the restaurant, fondly referred to as the Hobbit Hole. I'd cosy up in my sleeping bag, my 18-year-old roommate Kris clearly slightly perturbed by this new older woman invading his den. I'd already been travelling for three months so I was used to not having my stuff around me but it was nonetheless strange to find myself in such close quarters with a teenage boy. Luckily, he was often out boarding before I stirred. I'd lie in bed thinking of all the mornings I'd spent luxuriating in my double bed at home - the flat all to myself - and find it surreal that I'd swapped all that comfort and privacy for something so communal. But the truth



I had SPACE to think about what I really WANTED and reconnect with who I was. There was a LIGHTNESS to living on the mountain





Jenny found that stunning scenery and the camaraderie of enthusiastic 20-somethings made for an intoxicating mix

was, I found it comforting – I enjoyed waking up to a hello. We developed a rhythm that meant we slotted in around one another, like cats in the dark.

My new routine – drinks over lunch, work, evening drinks, hangover, repeat – took stamina. But my liver acclimatised and I loved hanging out with new people. I could be a new version of me in this place, the one which had slipped away in the fog of my early thirties as I tried too desperately to settle down. Being surrounded by younger people revived my spontaneous side. My new gang were a lot less cynical about life, unlike the people I knew in London. There was always time for 'one more run down the mountain' and that spirit was infectious.

There were moments of severe selfdoubt, of course. Facebook showed me the smiling babies of my friends back in London; their engagements, promotions, new homes and holidays. I'd sometimes feel gripped by the fear that I was treading water – that life's milestones were stretching further and further from my reach. Was I running away from life? Was I wasting precious time?

But every time I went up the mountain with my newfound comrades, I found the answer. No. I wasn't wasting time. This was a valuable move – space and time to think about what I really wanted and to reconnect with who I was once all the angst about jobs and relationships was stripped away. There was a lightness to living on the mountain and I found I could forget the heavy thoughts that had been weighing me down in London.

As days turned into weeks and months, I found some kindred spirits in older seasonnaires – chalet and restaurant owners who had made the lifestyle their own. I'd consider, as I sat on the chairlift, whether these mountains could be my world forever, too. But I made the mistake of hinging those thoughts on whether I'd meet a man, which is never a good idea. I had a brief fling, but it fizzled out. But rather than invest in someone else, I invested in me, sorting out who I was and what would make me happier.

Sometimes, I'd sigh about the faff of a trip to the launderette, or want to snap at rude customers that I was, in fact, a journalist. But still, the ups outweighed the downs and, the next winter, I returned for a second season and the opportunity to laugh, sleep in and look for love on the side of a mountain. This time I had different living arrangements: I found a small studio flat, took a duvet (vital!), succumbed to another sexy young boarder and got back into writing. By season's end, I knew my time was up and home beckoned. Again, mountain-living had been a mind-clearing, heart-healing experience, but it was time to rejoin the real world.

Now, back in London, I draw on what I learned there: that life doesn't have to be solved instantly — you can be flexible, laugh first and think about the future later. My ski seasons made me a more relaxed person and gave me great friends for life. When I was low, getting up high on the mountain was literally the best decision I could have made. ■

Jenny Stallard is commissioning editor (features) at Metro newspaper.

Have you ever chucked it all in to change your life? Email feedback@graziamagazine.co.uk

# PARTY PEOPLE

This week's hottest happenings







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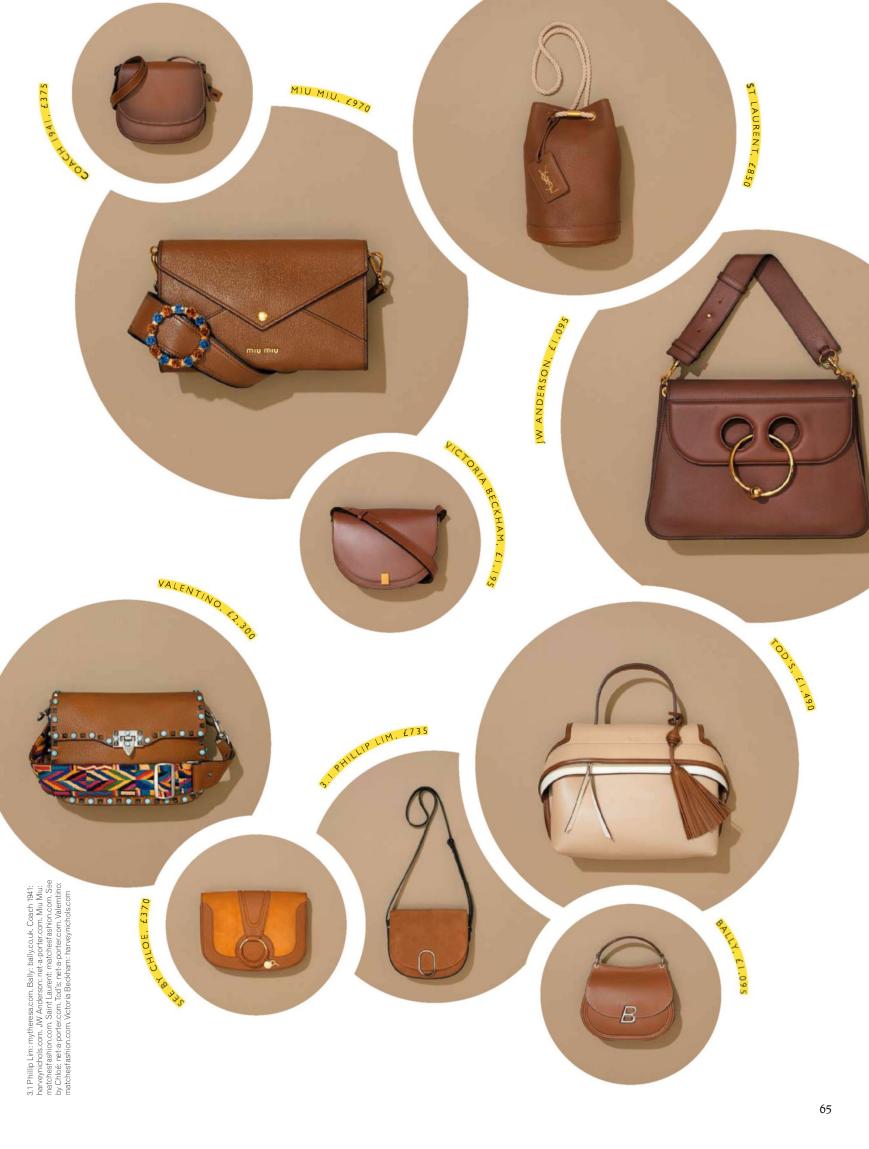


## GRAZIA HOW TO BE IN FASHION NOW



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## GRAZIA HOW TO BE IN FASHION NOW









MICHAEL MICHAEL KORS #310

LOEWE, £3,325

LONGCHAMP, £370

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BALENCIAGA, £525

FURLA, £290

CELINE, ABOUT £1,972

MULBERRY, £1,550

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## be it preppy, sporty or incredibly elegant









PROENZA SCHOULER, £930



Designers have embraced the hoop for spring/summer '17, and the chicest take the form of gilded hardware

## GRAZIA HOW TO BE IN FASHION NOW











7.

2.

1. Chain strap, £1,400,
Valentino (harrods.com).
2. Lou, £209, Sandro
(uk.sandro-paris.com).
3. Mini clutch, £425, Aspinal
of London (aspinaloflondon.
com). 4. Pale pink, £260,
Coccinelle (coccinelle.com).
5. Dauphine, £1,450, Dolce
& Gabbana (harrods.com).
6. Ribbon detail, £1,510,
Prada (prada.com). 7. Love,
£342, Pinko (pinko.com).
8. Blossom detail, £370,
Longchamp (uk.longchamp.
com). 9. Circle bag,
£895, Mansur Gavriel
(mansurgavriel.com).
10. Elephant detail, £580,
Emporio Armani (armani.
com). 11. Pink chain, £450,
Hill & Friends (hilland
friends.com). 12. Pale pink,
£895, JW Anderson
(net-a-porter.com)









THINK PINK

The ultimate mood-boosting colour, pink is everywhere this spring. It's time to fall for its allure...









## GRAZIA HOW TO BE IN FASHION NOW



















## GRAZIA HOW TO BE IN FASHION NOW













& Other Stories: stories.com. Next: nextco.uk. Orla Kiely: orlaklely.com. River Island: riverisland.com. Star by Julien Macdonald for Debenhams: debenhams.com. Topshop: topshop.com. Uterquie: uterque.com

## GRAZIA PROMOTION





## THE EYES HAVE IT

Inject iconic style into your S/S '17 workwear courtesy of the cool new range of frames by Kylie at Specsavers

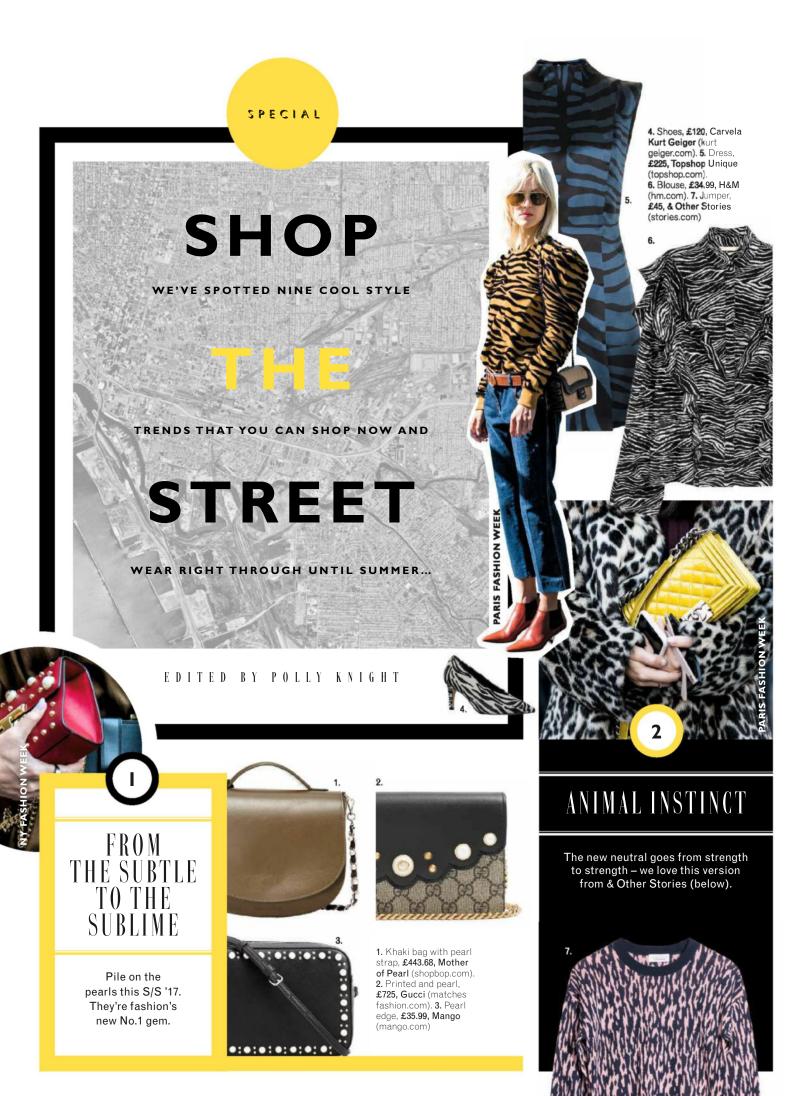
WORKING WARDROBE in need of a chic new-season refresh? Cue one of our all-time favourite style icons, Kylie Minogue. Her ever-changing looks are always on point, so it makes perfect sense that she has recently joined forces with Specsavers to design her very first, super-cute range of eyewear. Whether you want to make an impression in the boardroom in a pinstripe power suit or keep the vibe more relaxed on dress-down Friday with jeans and a feminine blouse, you will have no trouble finding the perfect eyewear to complement your look. Kylie's collection is made up of

25 optical styles and five sunglasses designs. The range even features seven petite frames at Kylie's request. This new collection is exclusive to Specsavers and in store now. Priced at £99 each, you can choose whether to channel your inner boss lady with some statement tortoiseshell frames or go for a more laidback look with a sweet pastel pair. Or keep your options open – and everyone guessing! – by taking advantage of the two-for-one offer. Did someone mention a promotion?! Visit specsavers.co.uk/kylie-minogue to view Kylie's full collection









## GRAZIA HOW TO BE IN FASHION NOW



## WEAR WHITE

White shoes are now officially normcore.

If you haven't already taken the plunge, it's time to dive in.









## GRAZIA HOW TO BE IN FASHION NOW 14. Pink blazer, £1,050, and trousers, £485, both Altuzarra (net-a-porter.com). 15. Blue blazer, £250, and trousers, £125, both Reiss SPRING SUITS XXL SLEEVES Your new spring uniform should include a pastel suit – wedding not needed! Wear your statement sleeves with tailored trousers and kitten heels for a great modern take on workwear. 16. White, £70, Topshop Boutique (topshop.com). 17. Black, £325, Rejina Pyo (brownsfashion. com). 18. Red, £55, COS (cosstores. com). 19. Striped, £440, Chloé (matches fashion.com) THE CLASH Smash and grab big, bold prints. PARIS FASHION WEEK 20. Top, £26, Warehouse (warehouse.co.uk). 21. Skirt, £39, Topshop (topshop.com)



















Metallic hardware gets a chic-over

One can only assume designers have swapped sewing machines for hole-punches, as eyelets, previously assigned a merely functional role, are this season's It embellishment. Laced together or stand-alone, the fastening has gone supersized. At Sonia Rykiel, there were giant eyelets on utility tunics, while Pringle of Scotland's were used to punch through denim. Mango's dungarees are the perfect alternative to an LBD, or keep it casual and layer that Zara waistcoat over jeans.



Jeans, £55,

Anglomania (matchesfashion.com) 00 2

















Words: Fenella Webb. Photos: Jason Lloyd-Evans, Catwalking.com



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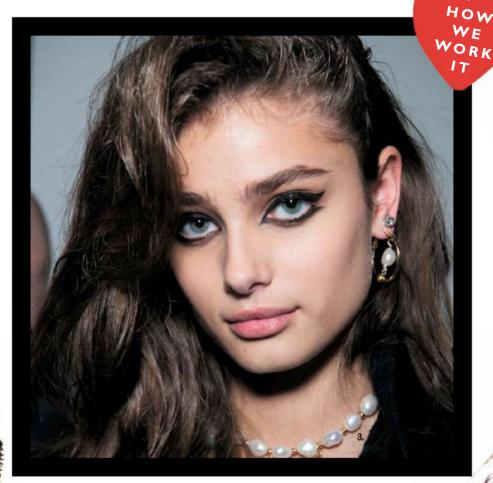
Available exclusively at House of Fraser from Thursday 9 - Saturday 25 February 2017.

\*A choice of 4 different products per customer while stocks last, subject to availability. Not to be used in conjunction with any other Clarins offer. Alternative gift available online. \*\*Based on ml value of standard size products. Yours with the purchase of an additional Clarins skin care product.

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# BEAUTY



## A FELINE FLICK

Where we spotted it

Backstage at Topshop Unique, make-up artist Hannah Murray
lined models' eyes with glossy black flicks.

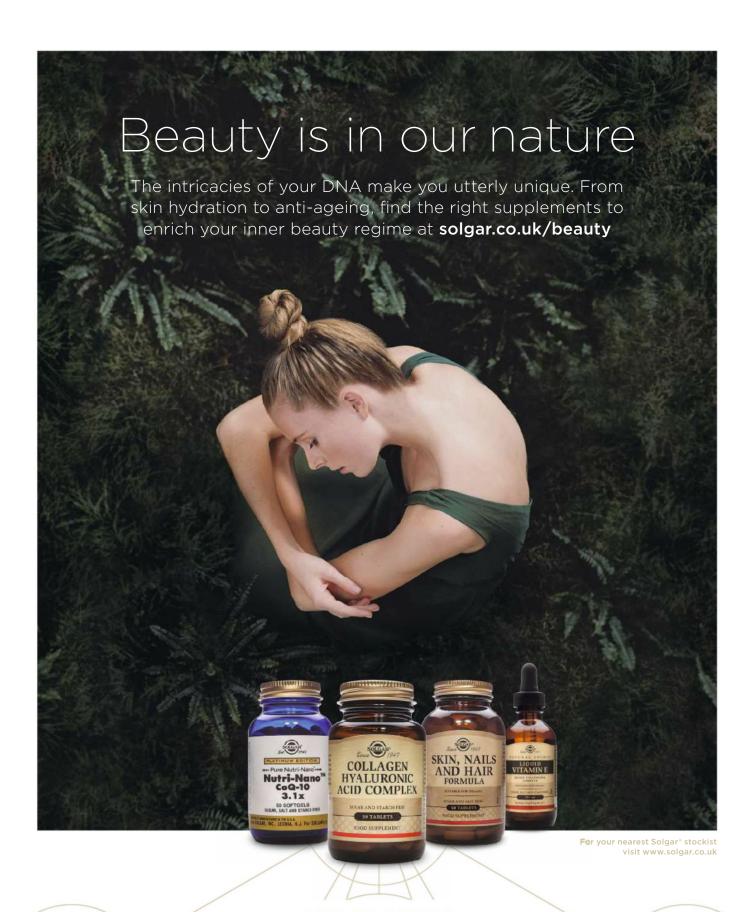
Why we love it
Pearls paired with a feline flick and '80s 'do. What's not to love?

Ways to work it

This graphic flick looks best with a sheer base and brushed-up brows. The extra wings at the inner corner of the eye and on the lower lashline makes it even cooler.

Bourjois Healthy Mix Foundation, £9.99.
 YSL Mascara Volume Effet Faux Clls Star Edition, £25.
 Hourglass Voyeur Waterproof Liquid Eyeliner, £28.
 Elizabeth Arden Statement Brow Gel Shaper, £17.
 Topshop Beauty Gel Liner in Ink, £8





APPLIED NATURE



Zinc contributes to the maintenance of normal skin, hair and nails. Food supplements should not be used instead of a varied balanced diet and a healthy lifestyle. So gain is a registered trademark

## GRAZIA HEALTH&BEAUTY

## KEEP IT COOL

Skin is exposed to up to 17 thermal shocks a day from temperature and humidity changes, causing irritation and dehydration. Clarins Hydra-Essentiel Cooling Gel, £36, boosts moisture-retention and delivers a radiant yet matte finish. Now to escape the sub-zeros...

clarins.co.uk

Moisturizes and quenches, cooling

Peaux normales à mixtes - Normal to con

HIGH-SHINE NAILS

While our pay check doesn't stretch to a pair of Louboutins, here's the next best thing. Loubichrome II nail polish, £23, is a highly pigmented fiery red with a chrome finish inspired by the specchio leather of Christian's famous red soles.

selfridges.com

## CHARTS

Luscious lips, mirror-finish nails and model-smooth legs ensure we're groomed from top to toe

## **G**ETTING LIPPY

2016's liquid lipsticks have been replaced by more kiss-friendly formulas. Revlon Ultra HD Gel Lipcolor, £7.99, uses gel infused with hyaluronic acid to keep lips supple, while still packing plenty of pigment. For a Valentine's vibe, go for deep red HD Abode.

boots.com



## PIN-UP PINS

Fab legs minus hours in the gym? Sisley has introduced White **Ginger** Contouring Oil For Legs, £115, to do just the job. Infused with essential oils and white ginger extract, it sculpts and tones for the prettiest pins. Heavy legs? Massage in using a circular motion to soothe swollen tissue.

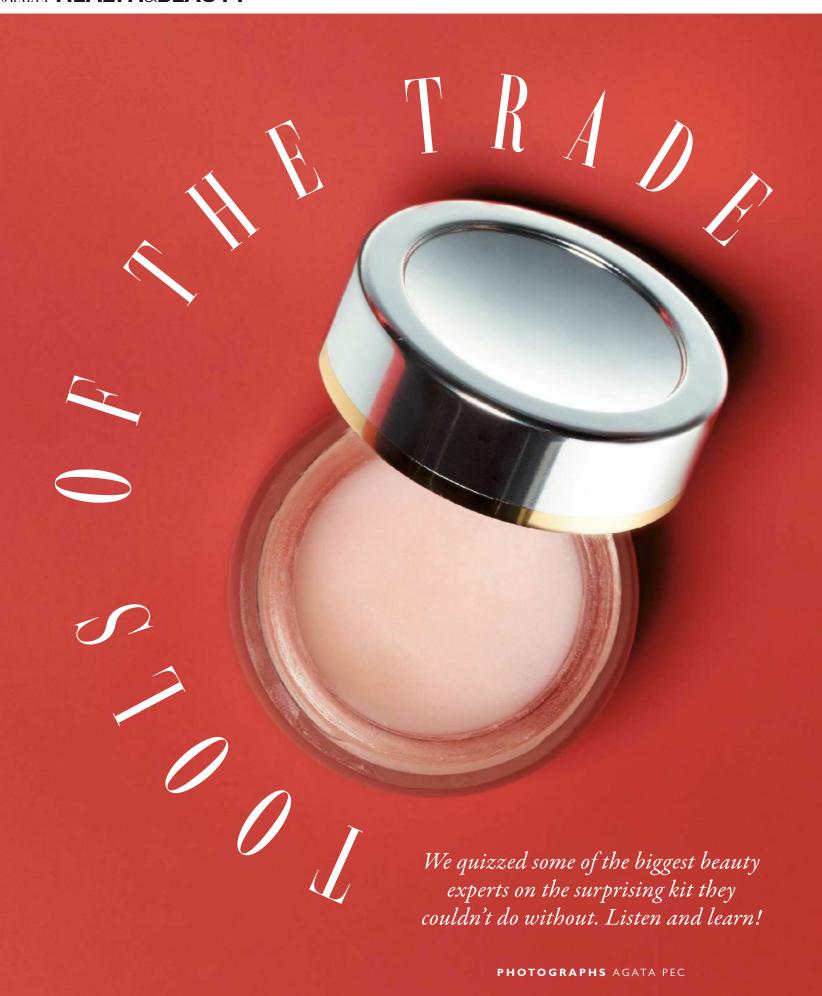
harveynichols.com

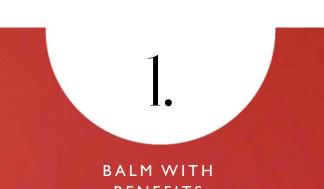
## **EAU SO FRESH**

A scent to transition you from winter to spring comes courtesy of Miu Miu. L'Eau Bleue, from £49. With an airy blend of lily of the valley, honeysuckle and akigalawood, a light spritz on pulse points will keep heads turning.

harrods.com







## **BENEFITS**



## Make-up artist **Lynsey Alexander at Streeters**

Having added the campaigns of Miu Miu, Dior and Sonia Rykiel to her very lengthy CV, we can confidently say that Lynsey Alexander is one of the make-up artists to know. Her desert island essential? 'I couldn't do my job without Estée Lauder Re-Nutriv Ultimate Lift Restorative Balm, £120. The only rescue remedy for dry, tired, sunburned or wind-chapped skin, it's packed with botanical extracts and essential oils to deeply replenish and repair. I also like it as an intensive treatment pre flight.'



## TOP TAPE



## Make-up artist Sharon Dowsett at CLM Hair & Make-up

'Crafty' is Sharon Dowsett's middle name. Backstage, you'll find her using the palms of her hands to press on blusher, or smudging mascara into brows. Her hidden gem? Surgical tape. 'It's a make-up artist's best friend!' she exclaims. 'It lets me create precise lines with absolute ease and accuracy, even when I'm rushing through 30-plus models backstage.' >



4.

## POWER POMADE



## Hairstylist Luke Hersheson at Art + Commerce

A lengthy list of industry insiders trust Luke to create fabulous hair. His secret weapon? 'Tancho High Grade Tique Vegetable Lavender Pomade, around £12.76 – I buy it in bulk from eBay, and it's the best product I've ever used for taming flyaways.'



5.

SCRUB-A-DUB



## Make-up artist Hannah Murray at Art + Commerce

Regularly painting the faces of the fashion industry's elite, Murray's cool attitude translates seamlessly into her work. One of the things we love most about her? She keeps it simple: 'I find exfoliating wipes too abrasive for the face, but on the lips they're a godsend. Wrap a Kiko Pure Clean Scrub & Peel wipe, £5.90, around a finger and gently buff away flaky skin. Follow with a nourishing lip balm.'



## GRAZIA HEALTH&BEAUTY





## SUPERCHARGED SPF



## Cosmetic dermatologist Dr Sam Bunting

When dermatologist Dr Sam Bunting speaks, the beauty industry listens. So take note... 'I love Elta MD UV Clear SPF46 Facial Sunscreen, £35.72 – it's more than just a sunscreen,' she says. 'With its unique primer-like texture that sits brilliantly under make-up, it also actively fights blemishes due to its high niacinamide content (a restorative power ingredient). Given that one of the biggest barriers to getting women to use sunscreen daily is a fear of blemishes, this is an extremely valuable property.'





Nail artist Sophie Harris Greenslade at Emma Davies Agency

A master of precision, Sophie Harris Greenslade, aka The Illustrated Nail artist, swears by cold pressed hemp seed oil – *Grazia* loves the Erbology one (above), £7.99. 'Rich in minerals like vitamin E and containing all 21 amino acids, it's incredibly nourishing and transforms dry cuticles. It's even known to alleviate dermatitis and eczema.'

8.

## AN AVANT-GARDE ACCESSORY



Hairstylist Syd Hayes at Art + Commerce

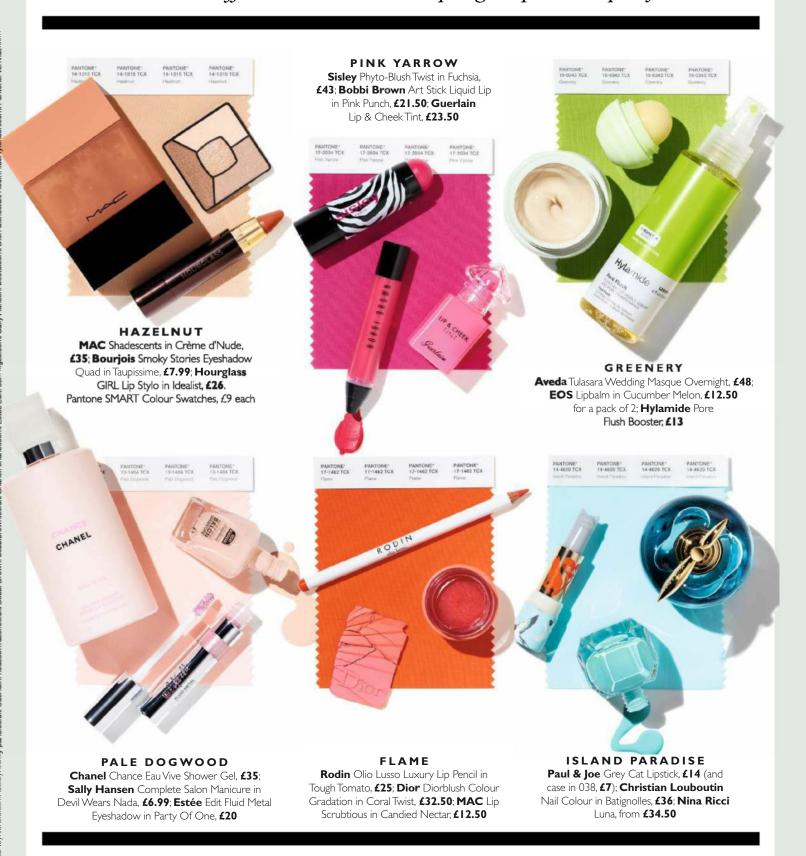
Adored by the likes of Karlie Kloss and Gigi Hadid for his charm and brilliant sense of humour, hairstylist Syd says: 'The most random but arguably most useful thing in my kit has got to be a garter. I don't know quite where it came from, but I use it to wrap under or over topknots for a cool hint of unexpected texture.' Bobby pins are so last year...



Compiled by Samantha Freedman. Tape, £10 for a set of seven, Paperchase. Garter, £8, Ann Summers. Ann Summers. annsummers.com. Etta MD: amazon.co.uk. Estde Lauder: esteelauder.co.uk. KIKO Cosmetics. kikocosmetics.com. Paperchase: paperchase.co.uk. Tancho: eBay.co.uk. Little Ondine Nail Polish in (clockwise from L-R): Pink Frosting. £11, Supar Plum, Soft Caramel, Strawberry Milkshake, Milk Chocolate and Cappuccio, all £950 each, uk.littleondine.com. Lynsey Alexander: Estde Lauder UK ambassador. Luke Hersheson: creative director of John Frieda and Hershesons. Syd Hayes: UK ambassador for L'Oreal Paris and Babyliss

## SPRING FLING

The Pantone Colour Institute is seriously influential when it comes to trends, on and off the catwalk. Let their spring '17 palette inspire you...



## YOUR BEST SKIN YET

Renowned the world over for its ethical and naturally inspired bath and body care, The Body Shop delivers a new range for sensitive skin

THERE'S NOTHING LIKE a few chilly days to create havoc for reactive, dry, sensitive skin. Which makes the timing of the latest offering from The Body Shop excellent. Hot on the heels of their best-selling Aloe and Camomile skincare ranges comes a brilliant suite of products for your body. Formulated without common irritants and dermatologically tested, the Almond Milk & Honey collection proves that sensitive skincare needn't be fun-free! Enjoy an ethical, guilt-free pleasure

that's rich in Community Trade almond oil from Spain and Ethiopian honey, plus nurturing organic almond milk and a cosseting hypoallergenic scent. These indulgent vegetarian formulas provide lasting moisture for your smoothest limbs yet. Because who wants to compromise on their pampering because of their skin type? Discover the Almond Milk & Honey range in-store, online or book a party with The Body Shop At Home. The range is available from from 15 February, visit thebodyshop.com



## MIND, BODY, SPIRIT

Our friends at Bamford have bottled yoga. Kind of. Their new essential oil set, £80, features four organic combinations designed to replicate the effects of key poses – from Chakrasana for energy (bergamot, tea tree, cedar) to Shavasana for relaxation (camomile, lavender, geranium).



Keep warm in style with these hot-to-trot ski thermals.



Vintage ski dreams via **Sweaty Betty.** Top, **£85**, leggings, **£80.** 



Stay toasty with **Perfect Moment**'s, co-ords, £105 each.



Banish cold with **Falke**'s hot pink top, **£60**, and leggings, **£40**.



SENTIAL OIL



ZIG-A-ZAG, AH...

## **FEEL SLUGGISH?**

Pure Package has the answer – a three-day cleanse, £139, to support gut and liver health and metabolism. A morning smoothie, lunchtime soup and evening meal each promote good bacteria and revive your digestion (as well as tasting delish).



Missoni's rainbow knits are a firm fixture on our wishlist. So news of their new activewear range has frankly brought us out in a bit of a sweat. Those oh-so-desirable zigzags adorn a capsule collection of pieces which are available exclusive at mytheresa.com. From the cropped wrap cardigan, £365, to the crossover jumpsuit, £537. We. Want. It. All.

## Everything you need to be fighting fit in body and soul

## TRACK STARS

## The latest incarnation

of Saucony's speedy Guide 10, £115, delivers serious bounce, via the sole's killer combination of cushioning, stability and flexibility (no mean feat). Designed for road or track, this pair was born to run. So whether your goal is to complete Couch to 5k or take on the marathon, they're guaranteed to step up your training. Plus, the slick style comes in two colourways — we'll take the tonal teal and citron.







# TIME TO PROVE YOU WON'T CRUMBLE!



Challenge yourself to give up chocolate for March



Help raise money for life saving heart research Sign up by 28 Feb at bhf.org.uk/dechox

# WEEK IN WEEKOUT

Food / Culture / Interiors

## SALMON WITH RED QUINOA AND CHILLI PAK CHOI

I'm told pink and red clash, but here the pink salmon and red quinoa work perfectly, particularly for a meal on a special day in February...

Serves 4 Prep time: 45 mins Cooking time: 1hr 10 mins

100g red (or white) quinoa, rinsed well and soaked in water for 30 minutes 1 tbsp sesame oil 2 tbsp tamari 2 tbsp honey 1 tsp freshly grated root ginger Juice of 1/2 lime 4 salmon fillets, about 160g each For the chilli pak choi: 2 tbsp sesame oil 4 spring onions, thinly sliced 1 garlic clove, thinly sliced 1 red chilli, thinly sliced 1 tsp freshly grated root ginger 600g pak choi 1 tsp tamari 1 tsp fish sauce

1 Drain and rinse the quinoa, place in a pan with 500ml of water and bring to the boil. Cook, uncovered, for 25 mins, adding a little extra water if needed. Remove from the heat, drain away any water, then return to the pan and leave to rest, covered, for 10 mins before removing the lid and leaving it to cool. 2 Preheat the oven to 200°C/Fan 180°C/ Gas Mark 6. Combine the sesame oil,

tamari, honey, ginger and lime juice in a small baking dish, then add the salmon and rub the marinade all over. Leave to marinate for 15 mins, then pop into the oven, skin-side up, and bake for 8-10 mins, or until just cooked.

3 Warm the sesame oil in a wok or wide pan over a medium-high heat. Add the spring onions, garlic, chilli and ginger and cook, stirring, for 2 mins. Stir in the pak choi so it's nicely coated, add a splash of water, place a lid on top and cook for a further 2 mins. Stir the cooked quinoa into the pak choi, then add the tamari and fish sauce and allow to heat through.

4 Divide between four plates, top with the salmon, drizzle over any juices and serve.



hot porridge pots from a pop-up stall in London's Old Street Tube station two years ago. Now she's opened her first café in Covent Garden, and launched her debut cookbook, 26 Grains (£20, Square Peg), which features moreish recipes using nine main grains, including amaranth and millet. 'There are endless ways they can be cooked and are so much fun,' she says.

FOOD TREND

## LET'S TWIST AGAIN

Traditional dishes are being transformed with all the new grains and spices available. Deliciously earthy cakes made with buckwheat flour, super-moist teacakes baked with sweet potato, celeriac gnocchi... The possibilities are endless. Just choose a core ingredient and discover what new creations you can cook up with them.





**Toasted grains, wild mushrooms and salsify.** Earthy! @thedairyclapham



Fresh bread, kale, salmon, egg and hollandaise. Heaven. @ salon\_brixton



Blood orange cake with ginger and rye. Bliss! @thebrokenarms



READY, STEADY, BAKE!

## Breads made with new flour

combinations is an exciting movement in food and the E5 Bakehouse under the arches in Hackney (e5bakehouse.com) is one of my favourite bakers. Their Hackney Wild loaf is a soft, distinctly sourdough loaf made from a unique blend of wheat and rye flour - eat it with butter for a mind-blowing taste! E5 also mill their own single and multigrain flours, which are used to make other delectable loaves and pastries. You can also buy them for baking at home - and check out the pick 'n' mix wall of nuts, seeds and wholegrains to add a little texture to your loaf.



## KITCHEN BIBLE

I've always admired Diana Henry's dedication to a subject in her books and her most recent offering, Simple (£25, Mitchell Beazley), is just wonderful. There are recipes from her friends and travels and it's a lovely way to explore cooking.



Perfect pastries

E5 Bakehouse



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The Store Studios, 180 Strand WC2R

@LFW\_Festival #LFWFestival





## ALL FIGURED OUT

Glory in the stories of three women from humble beginnings who made NASA's space bid possible

**REACHING SPACE WAS** an untold achievement for NASA in 1962, but this stratospheric success would not have been possible had it not been for three very special African-American women calculating their course. In a triumph for gender and racial equality, as well as the Soviet space race, Katherine Johnson (Taraji P. Henson), Dorothy Vaughan (Octavia Spencer) and Mary Jackson (Janelle Monáe) charted a path to propel the first man into orbit, as well as women's place in a male-dominated world forward. Working alongside some of history's greatest minds, Katherine, Dorothy and Mary came from nowhere to devise the launch of John Glenn into space, and his safe return back to earth. Hidden figures no more, these American heroes show that whatever you dream is possible if you continue to shoot for the stars. 'Hidden Figures' is in cinemas 17 February, PG rating ©2017 Twentieth Century Fox. All rights reserved

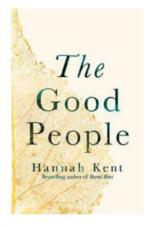








Hannah Kent transports us to 19th-century Ireland with a tale inspired by true events. Here's what Grazia thought of The Good People (£14.99, Picador)





**EMILY PHILLIPS** Grazia's features \*\*\*\*

Baileys Women's Prize for Fiction-shortlisted author Hannah Kent really knows how to build beautiful atmosphere. Nóra Leahy

is a woman on the brink after the deaths of her husband and daughter. Burdened with the care of her troubled young grandson, she's forced to reach out to two other women to seek help, as the rest of their community spurn them. Gripping.



LISA HOWARD Grazia's production

\*\*\*\*

Densely descriptive, unremittingly grim, this darkly depressing tale of dire poverty is all shade, with barely a chink of light. Authentic, wellcrafted, clearly the result of painstaking research, reading The Good Peopl felt like a very worthy endurance test.



MELISSA HENRY Grazia's editorial assistant

\*\*\*

Set in Ireland in 1825, in a small rural community full of Gaelic superstitions and folklore, this is the story of the lives of a healing woman, a 14-year-old girl and a recent widow whose daughter has died, leaving her with a 'changeling' grandson. Beautifully written, but the attention to detail meant the characters and plot slightly drifted (along with my mind).

## NEXT WEEK

The Doll Funeral by Kate Hamer. Join the conversation @GraziaUK

### MORE BOOKS

## LONDON LIVES **Venetia Welby**

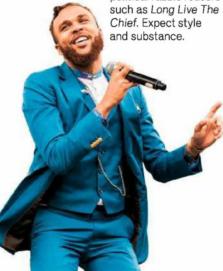
A shocking look at the seedy underbelly of Soho: Matty's life has fallen apart after the death of his girlfriend and a curious relationship with a purple eyed 'god'. (£15, Quartet)

PRET-A-PORTEA High-fashion bakes to celebrate the 10-year anniversary of London's Berkeley Hotel and its high teas inspired by the latest catwalks. (£12.95, Laurence King)

## Get your fix of watercooler films, exhibitions and music...

## JIDENNA -THE CHIEF

The Classic Man brings us a regal debut, featuring political rabble rousers such as Long Live The Chief. Expect style and substance.





## **FIGURES**

The untold story of the three women behind NASA's first space voyage starring Octavia Spencer, Janelle Monae and Taraji P Henson.



## **BOX GALLERIES**

Bask in the glow of Lauren Baker's exhibition exploring the tantric energy of entwined souls through art, in the heart of the Kings Road.





## MOONLIGHT

Award-snaffling performances all round in Barry Jenkins' masterful tale of a black youth coming to terms with his sexuality. Featuring Naomie Harris and Mahershala Ali.



WITH PAUL FLYNN



Another 24 hours – but not as you know it – evergreen Tracey Ullman and music for getting jiggy (with it)

In Straight Outta Compton, 2015's sensational biopic of N.W.A, Corey Hawkins slayed as Dr Dre, the hip-hop impresario and beat scientist who would change the game forever. In 24: Legacy he steps into Kiefer Sutherland's old boots as the new Jack Bauer. Eric Carter is the leader of an executive squad of Army Rangers thwarting a terrorist attack on the US. Head of the Counter Terrorist Unit is Rebecca Ingram (Miranda Otto), who serves up good powersuit and wry charm as his mission controller. 24 deserves its Legacy. After eight amazing seasons which set the tempo hot and fast for 21st-century TV, Sutherland attempted one last craggy comeback with a mission to London that didn't quite gel. Wisely, this time he's taken a producer role and handed over the front-of-screen tempest to a compelling couple of younger models. Hawkins is a great, physical actor, Otto his sanguine counterbalance. The old 24 style tics - split screen, one-hour real-time action, saturated soundtrack - are all present and correct. Given the real debates around terrorism going on in US government right now, there is something of a placebo fantasia to the action that feels pleasingly recherché. For a satisfyingly high-tech screen experience, this feels positively analogue. From Wednesday, 9pm, Fox



## DROPPING THIS WEEK

### TRUMP CARD

US politics could not be any more of a gift right now for the return of Last Week Tonight With John Oliver. With each hour in office, Trump and his futile cohorts set a new benchmark for parody – and the British satirist takes his sharpest scalpel to the unfolding madness. Oliver doesn't need to try, he just eases his target into frame and fires. Genius. Mondays, 10.40pm, Sky Atlantic

## AURAL SEX

Given the opportunity that Valentine's Day gives the schedules and what rich subject matter love and sex is, I'm sure we can do better than Netflix's Michael Bolton special and another revamp of the First Dates format.

And yet... prize pick tonight is Edith Bowman's Songs To Have Sex To, a bizarrely watchable gig for a presenter who ought to be offered better. Tuesday, 10pm, Sky Arts

## PARALLEL UNIVERSE

To complete the trio, if you want sex and politics, you could do far worse than tune in to the returning third season of Madam Secretary. Téa Leoni is by now unstoppable as Elizabeth McCord, imagined and compelling US Secretary of State in another White House that you might currently prefer to the real deal. From Wednesday, 10pm, Sky Living

## THE EVOLUTION OF...

## Tracey Ullman



**Girls On Top** Outshone Ruby Wax and French and Saunders. Some feat! *Apple TV/iTunes* 



Bullets Over Broadway Brilliantly bonkers for Woody Allen. Amazon Prime



**Tracey Ullman's Show** Great to see her back in control of a sketch show. *BBC One* 



## LAURA JANE WILLIAMS

## WOULD LIKE TO MEET...

Laura Jane Williams is looking for love — and she's not afraid to say it...

This week: Laura says goodbye...

AND SO, HERE WE ARE: my last *Grazia* dating column. Coffee turned into cocktails turned into grabbing dinner, and now the restaurant is closing and the floors are being mopped and we're turning off the lights. We're going to have to say goodnight to each other.

It can be hard, has been my point. Being 30-something, 'successful' and single doesn't always look like an HBO drama with a polished protagonist in Very Good Shoes. It takes work – proper grit and grace – to stay optimistic and open and hopeful in love and sex and romance. Because let's not forget: they're all very different things.

Every man I have dated has been information. The Yorkshireman taught me that things don't have to be black and white – at least not on the second date. 'M' taught me that no matter how cute somebody is, and how drunk you get, you can't will a connection. The Peacock taught me that giving second chances can lead to forgiveness – and that is so freeing – and I made my first straight male friend out of The Sexy Geek (I mean... we'll see how that goes...). If writing this column every week has taught me anything



Laura Jane is on Instagram @superlativelyLJ

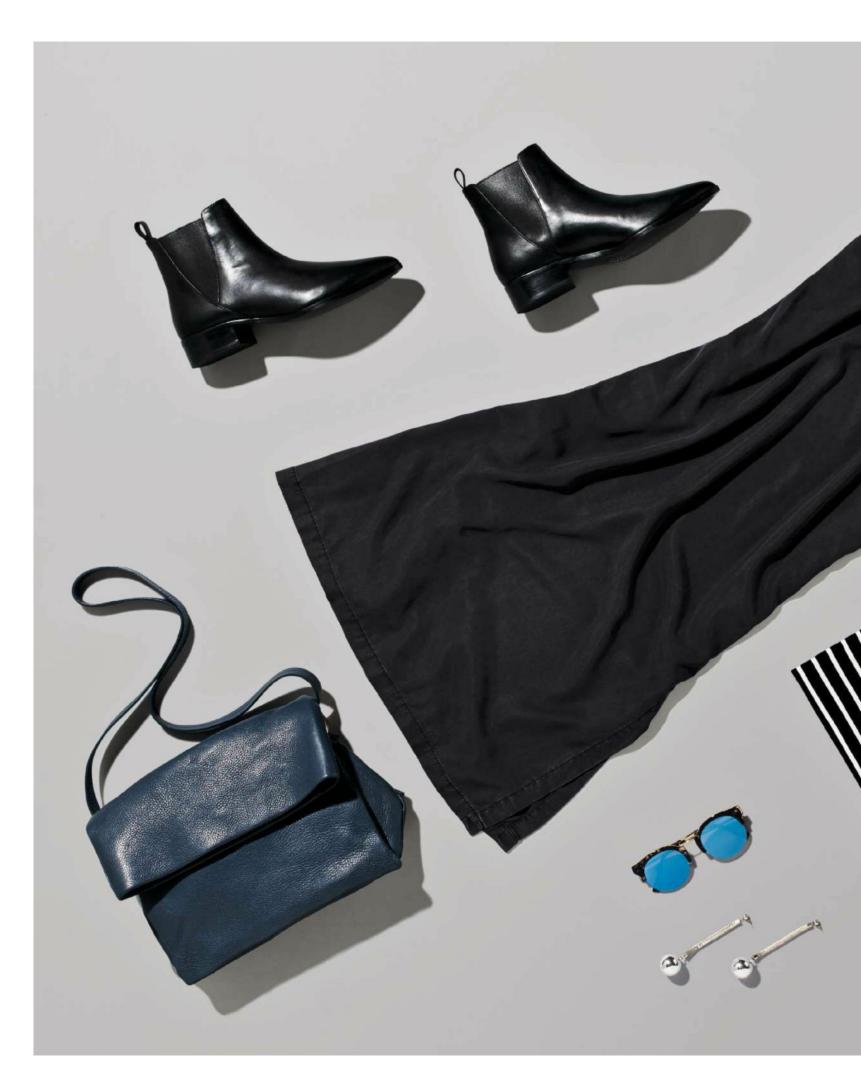


## IT TAKES GRIT AND GRACE TO STAY OPTIMISTIC, OPEN AND HOPEFUL IN LOVE

it's that all of us, no matter what our marital status, actually, want for the same thing: to be seen.

Dating all of these men, it makes me appreciate my life outside of them. Truly, it's my mates and my family and my neighbours and my colleagues and the man at the corner shop I've fallen most in love with as I've coursed through a solid two-thirds of London's men. They've been the ones who have listened, have consoled, have cheered and witnessed my life (and I mean, the fella at the newsagent's really has seen it all). It's my best friends who text me first thing in the morning and my mother who listens to my funny stories and my agent who reminds me that I am capable of anything (that I can write a proposal for). The weeks I've had almost-boyfriends have been heady and lovely – those endorphins swooshing around! They make even the smallest things more magical! but my rootedness comes from a solid life with a solid cast of characters. Multiple people who help me with multiple things, and who let me help them, too. The capacity of my heart hasn't grown because of a special one. My heart grows because of many.

And so, I will continue to adore many people, in all parts of my life – and if I happen to meet a bloke, too? He can be extra.





## TREND TALK

This season it's all about a black day dress offset by killer accessories. Check out *Grazia*'s take on the trend...



**THE BIG HITTER** for spring – and, in fact, every season – is the faithful, simple black day dress. A complete fail-safe, it will

be the hardest-working item in your wardrobe. Here, Maya Oakley, *Grazia*'s contributing fashion stylist, has shared her favourite dress from the high street, together with a finely tuned edit of chic accessories. As it's sleeveless, she's teamed it with a classic Breton top and Chelsea boots, a cross-body bag and a pair of sunnies for an off-duty model cool vibe.

Once you've found *your* perfect dress, you'll want to keep it looking box fresh. Which is where Ariel 3in1 Pods come in. These small but powerful liquitabs will ensure your favourite black dress stays pristine, so you can confidently wear it – and all the clothes you love – when you want, as often as you want!

## WIN £3,000 OF SHOPPING VOUCHERS!

New spring wardrobe, anyone? Ariel is offering *Grazia* readers the chance to win £3,000 worth of shopping vouchers – plus Ariel 3in1 Pods to keep all that new gear looking fabulous.

**TO ENTER:** visit graziadaily.co.uk/ariel where you can vote for your favourite

accessories edit to go with the black dress, as compiled by Maya. Good luck and happy shopping!



## HOWTO DO HIS 'N' HERS STYLE

He loves monochrome but she rocks colour – so Sam Robinson and John Woroniecki mixed his style with her decorative flair...

WORDS RACHEL LOOS
PHOTOGRAPHS LYKKE FOGED



## **COLOUR SPLASH**

An old sofa has been re-upholstered in 'indestructible' charcoal felt (from johnlewis.co.uk), and brightened up with gorgeous textiles. Along the back is a Moroccan rug bought when on holiday in Essouria. The spotty cushion covers are made from fabric bought in Istanbul and India (buy them at thecrossshop.co.uk). The Berber rug was also bought in Morocco (try modern-rugs.co.uk). The pair of coffee tables are vintage French café tables.



**WHO LIVES HERE?** Sam Robinson, founder of The Cross (the crossshop.co.uk), her husband John Woroniecki (a restaurateur), their daughter, Zosia, and Sam's sons, Jack and Otto. WHERE IS IT? Kensington. The

four-bedroom

apartment is in an

renovated it to make an open-plan living area. 'John and I have very different styles,' says Sam. 'He is a minimalist whose favourite colour is charcoal, while I am eclectic and colourful. It was a challenge but we created a strong base, adding decoration.'

block. They

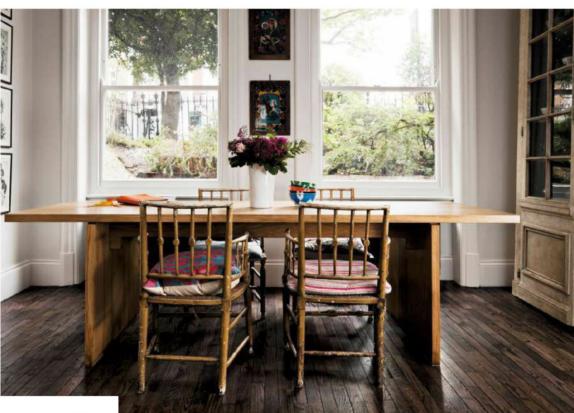


TAKE A SEAT

The dining area is part of the open-plan space, which includes the family room and kitchen. The oak table was made by a carpenter, using a section of the long table that was in John's former restaurant, Chez Kristof. The wooden chairs, once belonging to John's mum, are brightened with colourful seats made from French ticking and a variety of cushions.









MIRROR IMAGE

The starting point for the apartment's look was staining the floors and painting the walls white. 'It created a strong base, which allowed us to meet in the middle,' says Sam. This combo starts in the hallway with a huge mirror (myriadantiques. com) and a sofa that came from John's mum.





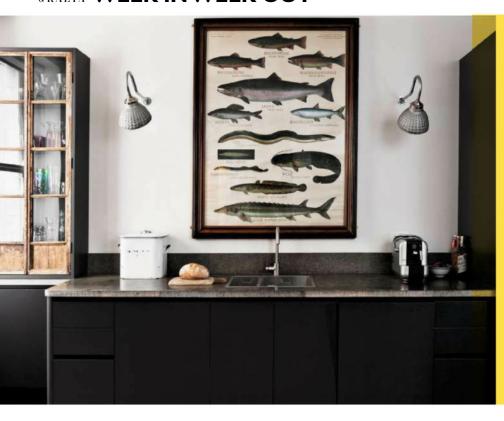
COOL BOTANICALS A wall of 16 black and white botanical drawings (try kingandmcgaw.com)

creates a simple but beautiful decoration that defines the dining space. >



COTTON PLANT POSTER, £7.99, DESENIO.CO.UK

## GRAZIA WEEK INWEEK OUT



## DEVILISH DETAILS

As John is the cook, the kitchen is his style, hence dark cabinets, which were made bespoke from birch plywood, then spray-painted in a deliciously dark chocolate shade on the outside. The kitchen worktop is

Purbeck blue stone (from lovellpurbeck. com). The bespoke cabinet, made from old doors and filled with glassware, is a nod to Sam's more decorative style. The fish poster was found in the Marché aux Puces in Paris and the vintage lights are from skinflintdesign.co.uk.



RUSTY METAL AND GLASS WALL LIGHT, £59.99, MAISONSDUMONDE.COM



PLATE, FROM £17, CREAMCORNWALL. CO.UK

## **WARM WOOD**

The family usually eat around this table (also made from the table at Chez Kristof), seated on vintage school chairs — find a similar-style table at nest.co.uk. The stone-coloured vintage French cabinet adds a contrasting touch. The round pendant light is from skinflintdesign.co.uk.



NKUKU WOODEN BOWL, £44.95, TROUVA.COM



PAUILLAC UNIT, £1,199, MAISONSDUMONDE.COM





## IN THE

The bedroom is a mainly neutral colour palette spiced up with a punchy red and made interesting with vintage finds. 'It's quite plain, it's really all about the mirrors,' says Sam. The rug (just seen) was given to Sam by her mother, while the French gilt

mirror above the bed is from John's mum. The side table is from Bazar Antiques (020 8969 6262). The bedspread is made from vintage linen bought from a flea market in Budapest (buy similar at thecrossshop.co.uk). The orange cushions are from Merci in Paris (merci-merci.com).



SMALLHYTHE, £395, CHANDELIERS ANDMIRRORS.CO.UK





8

## VINTAGE CHIC

The striking reclaimed Spanish bathroom tiles (reclaimedtile company.com) in the ensuite bathroom are patterned, but in a subdued style for a cool look. The mirror is vintage and the bespoke cabinet is finished in a similar colour to the kitchen. The fittings are by astonmatthews.com.







## ROSES ARE RED

An original take on fresh flowers, the beautiful installation that hangs on the chimney breast in the family room is created with fresh roses, which fade over time. It was made by Rebecca Louise Law (rebeccalouiselaw.com). The rocking horse comes from theclothshop.net.



## OVERTO YOU...

Whether we're looking for love, wondering how old is too old to be a parent or seeking help in frazzled times, there's plenty of hope out there...



### LETTER OF THE WEEK

## WHO'S COUNTING?

How sad that both letters regarding 'What's wrong with a woman having a baby at 64?' (30 January) are from children whose experience of having older parents has left them regretful in some way. My dad was 44 when he had me -I was his first child and only daughter. I adored my father to the moon and the stars and back. He died at 79 when I was 34. I did feel young to have lost my dad but never ever ever have I wished that my dad be anything other than he was. He was my moral compass and remains the best man I have ever had the privilege of knowing. How I miss him, yes, but how glad I am that I had him, how glad that he didn't decide he was too old for children. A loving parent is the best thing a child can possibly have and, while I have my reservations about giving birth at 64, I'm also sure that a parent at 44 (and many other ages!) can give their child gifts like courage, strength and happiness to last a lifetime, however long their journey together might be. Abi

The one point the piece didn't mention was the fact that not all older mothers choose this. Some have years of trying to conceive, others don't meet

their prospective partners until later in life. I am a single 34-year-old woman who would love to settle down and have children. However, I've not been lucky enough, so far, to find someone I would consider bringing a child in to the world with. I understand having children later may mean a shorter life with them, but that's not always the case. Should I be deprived of motherhood simply because of this possibility? My dad was 32 when I was born, yet my sister and I still had to deal with his death in our teens.

## **DEAR LAURA JANE...**

You are ace! You won't always feel it, but it's true. I was once where you are, having left a six-year relationship with a toxic boy who was a supernova in the bedroom. I celebrate (with a really good glass of red in a lovely pub by myself) every year on the aniversary of my escape. I am not single any more, but I still enjoy this most personal of victories. In fact, I'm engaged and planning my wedding. We were introduced by a friend - total case of right person, right time. It's not without its challenges; uniting with another is not the answer to all of life's problems but it is a worthwhile endeavour. Prior to this, I was single for almost five years. There were flings and the best one-night stand ever, but so much disappointment, disenchantment and despair. At times, more than I thought I could take. However, I did get through it and things

got better – never perfect, not even what I imagined, but better. I'm excited for you! You have so much love heading your way. Don't worry, just keep believing. *Lisa* 

## WE NEED TO TALK ABOUT KEVIN

I can't believe Kevin from Channel 4's *This Is Us* hasn't featured in *Chart of Lust* yet. Aside from the series being completely brilliant, it's worth watching purely for Justin Hartley alone! *Shelly* 

## MORE SOLUTIONS PLEASE

I was encouraged to see my favourite weekly read included some insight into the growing, and perhaps predominantly female, state of 'frazzle' (Have you hit peak frazzle?, 30 January). Having suffered a complete burnout myself in 2015 due to a combination of your 'on the edge' prediction categories (namely weekend overachiever, people pleaser and overworked, overlooked colleague), I was relieved that you were dealing with how to recognise and manage these symptoms before they lead



to much more debilitating conditions such as anxiety and depression. So I was shocked that the article ended at the point of categorisation only! Now the reader is left with no clue which coping strategies suit their frazzle. I'm a Pilates instructor and massage therapist. So many patients arrive for a class or treatment in a state of frazzle and leave with much more calm, and the same benefits extend to my own wellbeing. I'd also suggest learning to use mindfulness meditation. Please don't forget the lifeline you give to readers and how they might be left feeling adrift by an article such as this. Anjuna



The letter of the week wins luxury skincare worth £150 from Ermana. Made in Britain from a blend of botanicals, essential oils and natural ingredients, Ermana's nourishing products are preservative-free and contain no parabens, sulphates, artificial fragrances or colourings.

**TO HAVE YOUR SAY**, EMAIL US AT FEEDBACK@GRAZIAMAGAZINE.CO.UK, POST YOUR COMMENTS ON GRAZIADAILY.CO.UK, TWEET @GRAZIA\_LIVE OR FIND US ON FACEBOOK AT GRAZIA UK

## \*\* HOROSCOPES

BY PETER WATSON



### AQUARIUS

21 Jan – 19 Feb You've been selfreflective and haven't paid much attention to worldly matters or other people's difficulties. This week, however, the Sun entering Pisces suggests you'll be drawn towards those struggling with money-related issues. You cannot solve everybody's problems but you have an instinct for ensuring that financial arrangements are fire-proof and waterproof. Share your findings with those who need it.

## PISCES 20 Feb - 20 Mar

Even though you'll be flattered to find yourself in a very visible position within a particular framework, you might not like all the attention you receive. And you must make it clear that there are certain points at which you will insist on stepping back and watching from the sidelines rather than remaining centre stage.

## ARIES 21 Mar - 20 Apr

Tempting though it may be to attack a complex business or financial matter single-handedly, you need support. Saturn's tie-up with the Sun suggests certain individuals will help to prevent you from getting distracted by petty details when you have to concentrate on the big picture. When these people talk, listen.

## TAURUS 21 Apr - 21 May

Don't be surprised if your feelings for some people are tinged with guilt because you've been less attentive than you might have been. You mustn't overcompensate and embarrass everybody in the process. But ask yourself how they view certain situations instead of seeing them purely from your standpoint.

## **GEMINI** 22 May - 21 Jun

People expecting you to lead them through tricky territory obviously feel they can rely on you. But you must take a realistic look at what's involved and point out the pitfalls that you and they may encounter. You're good but you're not a miracle-worker and you mustn't promise more than you can deliver.

## CANCER 22 Jun - 23 Jul

Try not to bicker with people who would genuinely like to collaborate with you on some kind of work or money-related project. You may have a tendency to be too demanding and controlling, especially as Mercury is sparring with Saturn. Don't worry about who's running the show. Focus on getting the job done.

## LEO 24 Jul - 23 Aug

Having taken your eye off a joint financial, property or personal arrangement, you know you must give it your fullest attention. In doing so, make sure you don't start blaming others for the fact that nothing much has happened recently. Own up to the part you've played and make amends. Immediately.

## **VIRGO** 24 Aug - 23 Sep

Has someone close been left out of much of what you've been doing recently? As the Sun enters Pisces, you must make relational matters a priority, even if it means sidelining one or two others who assume they come first in your eyes. They don't – and that's a tough lesson they have to learn.

## **LIBRA** 24 **Sep** - 23 **Oct**

As you apply yourself with vigour to ideas that require huge amounts of focus and attention, you mustn't underestimate the demands that will be made on you. No matter how involved you become in this process, you must practise greater self-care than has sometimes been the case in the past. You're not indestructible.

## SCORPIO 24 Oct - 22 Nov

By investing in the home or family, you should be pleased with the outcome. But you may be criticised for taking decisions for yourself, by yourself. Mercury's sharp link to Saturn urges you to defend yourself in very few words and with a manner that makes it clear that you won't stand for any nonsense.

### SAGITTARIUS 23 Nov - 21 Dec

Those insisting that you embark on a plan that means spending time away from your environment mean well. But perhaps they're underestimating the strength of your attachment to your domestic situation or workplace. Don't make any moves with which you're not entirely comfortable purely to keep the peace.

## CAPRICORN 22 Dec - 20 Jan

Certain facts and figures might be accepted by some at face value. But your instincts will tell you that things don't quite add up. You've a right and a responsibility to yourself to keep asking questions until you're given satisfactory answers. You've been silenced on similar occasions in the past — it mustn't happen again.



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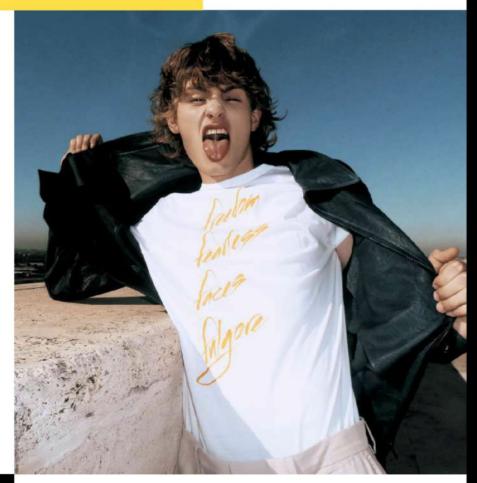
www.ivi.co.uk 0333 015 9774

## AND FINALLY...

It's a Kylie-off, and Tom's Taylor tee: solved!



Get ready to fall down an internet rabbit hole; Fendi has just launched a new digital platform, F is For..., which offers everything from music videos (Fearless) to city guides (Freedom) – all in one fabulous package. fisfor.fendi.com





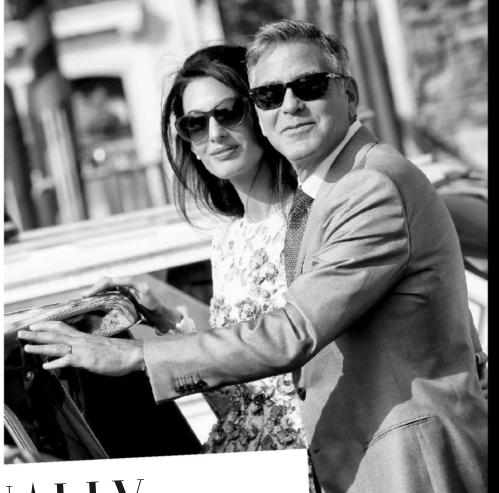
**DAME VIVIENNE WESTWOOD** is the designer behind this season's London Fashion Week Festival tote.
The limited-edition bag will be available for purchase at the event for £20, and 50% of the profits will be donated to Vivienne's chosen charity, Fuel Poverty Action. For tickets visit londonfashionweekfestival.com



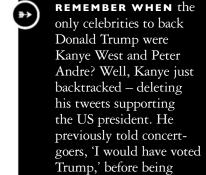


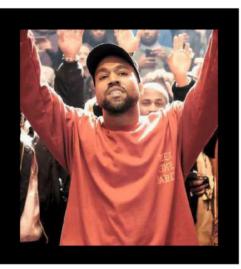
It's official -

George Clooney is a DILF in training. Matt Damon confirmed that the actor and his human rights lawyer wife Amal are expecting twins – thought to be due in June.



AND FINALLY...





placed under psychiatric

care. Your move, Andre.

**FINALLY, ONE VALENTINE'S DAY** event we want to be involved in! This year, humanitarian charities Care4Calais and Small Steps
Project will come together in Paris to launch #WhereIsTheGlove #withrefugees, a campaign providing homeless refugees with gloves and shoes. *care4calais.org* 



finally addressed his 'I ♥
TS' vest. He told US GQ, 'I slipped and hurt my back.
I wanted to protect the graze from the sun and said, "Does anyone have a T-shirt?" And one of her friends said, "I've got this." Because apparently he doesn't own any clothes and Taylor's friends are contractually obliged to carry Swift merchandise at all times? That's his story and he's sticking to it.

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'WANT TO KNOW
A SECRET? I'VE
JUST FINISHED THE
FIRST PAINTING
FOR MY PORTRAIT
EXHIBITION'

## **FEARNE COTTON, 35**

We ask the TV presenter to take an exclusive selfie – and reveal all

## Who is your best friend?

Kye [above] and Lolly. They know me inside out and are a massive heap of support and happiness whenever needed. They're very pertinent to my well-being.

### What's your biggest regret?

Times that I've acted inauthentically because I thought just being myself was too boring or not enough. I massively regret any moments that I know have come from that place.

## What's your biggest extravagance?

Whole Foods Market. Being in there makes me feel really happy, it's so beautifully arranged. It's a real luxury.

## What is your type?

Creative, sensitive and kind. A guy who isn't afraid to be vulnerable.

### When was the last time you were embarrassed?

On a recent family holiday to the British seaside, my three-year-old, Rex, had the most almighty tantrum in a small café. Two people next to us left. I was mortified.

## When was the last time you lost your temper?

Probably the last time Rex was naughty, but I try not to lose my rag any more.

## What from the past would you delete from the internet?

Anything that I wore from the age of 15 to 24. I'm talking cowboy boots with brightly coloured tights and ill-fitting denim skirts. A real combination of horror.

## Who owes you an apology?

A few people who I don't think are ready to yet. Maybe they won't ever be. People who have betrayed my confidence.

## Who or what would go into your Room 101?

Illness. Far too many people around me have been sick and it always feels so unjust.

### Tell us a secret.

I'm planning a portrait exhibition and have just finished the first painting. It's something I've always done but I've never combined it with my working life. It'll be about women I know and love.

## What's the biggest misconception about you?

That I'm oozing confidence all the time. My job gives a false illusion of that, but I have a whole host of different insecurities just like many other people.

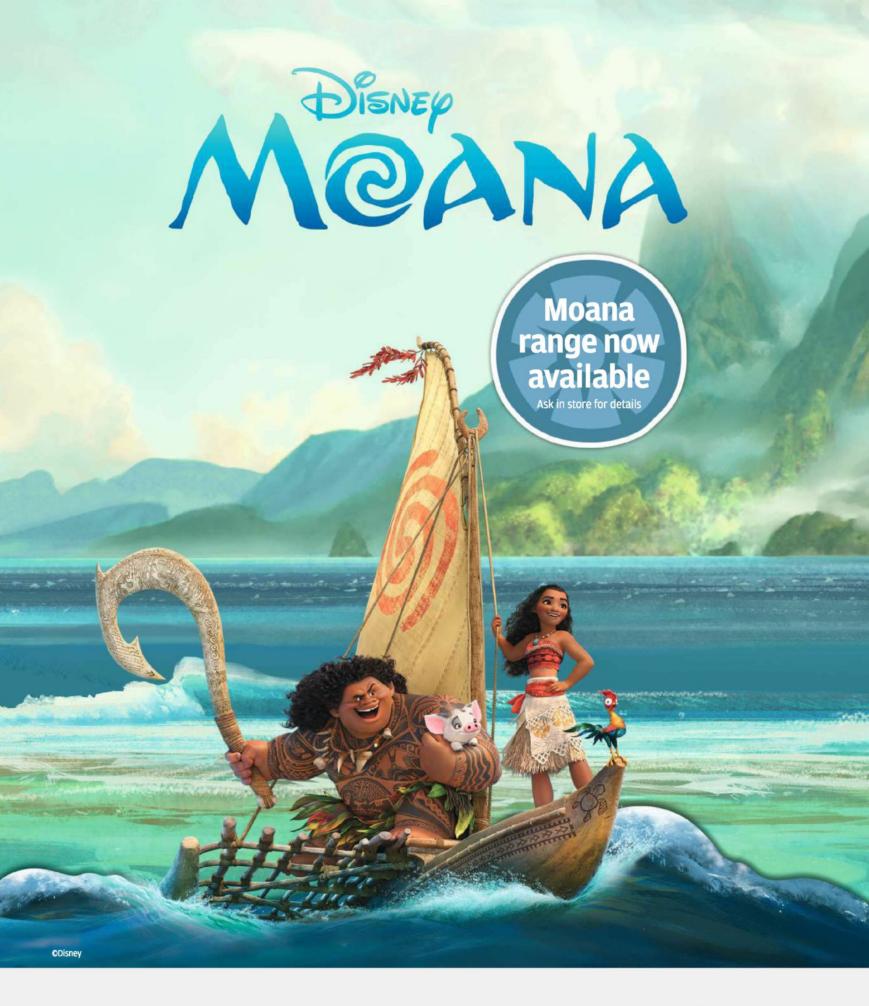
## Who do you miss the most?

My husband [Jesse Wood] and I have a dear friend in her seventies called Bonnie. She lives in Ibiza and is the most free-spirited, amazing character. I absolutely adore her, but I only get to see her once a year.

## What is your biggest life lesson?

Things don't have to happen quickly. I'm naturally inclined to be impatient, but I've had to learn that the speed at which something happens has no reflection on its outcome.

Fearne Cotton's book 'Happy' (£16.99, Orion Spring) is available to buy now



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