

# Red

APRIL 2017 £4.30

## SPRING STYLE EDIT

CHAMBRAY  
& RUFFLES  
PINK FOR  
GROWN-UPS  
**MUST-BUY:**  
A COLOUR-POP  
CLUTCH

**GILLIAN  
Anderson**  
FROM ACTRESS  
TO ACTIVIST

**BEAUTY**  
THICKER  
GLOSSIER  
HAIR...  
NOW

**MODERN FAMILY**  
'I MET MY  
CO-PARENT  
ONLINE'

# SMART STRONG SEXY

**SCREEN STARS**

VICKY McCLURE GIVES GOOD COP  
GIRLS TALK WITH ZOSIA MAMET  
LILY COLLINS: 'MY LIFE IN BOOKS'

**EAT!**  
SPRING  
VEGGIE  
FEASTS









DIOR







ART1011 - ART1010 - EGS2308 - EGS2310

EMPORIO  ARMANI



Chimamanda Ngozi Adichie talks feminism, activism and changing the world, page 96

## PASSION, FAMILY, FEMINISM

FROM LEFT:  
Sarah and her son  
Harry on their  
'love bomb' trip,  
page 173; cover  
star Gillian  
Anderson talks  
about her journey  
from actress to  
activist, page 60



The April issue is at the beating heart of the *Red* calendar, inspired by the modern family – our diverse and inclusive take on the ties that bind and define us, whether we are parents or not – from the moving memoir of the co-parents who met online (page 93), to our campaign to highlight kids' mental health, our contribution to International Women's Day this year (turn to page 76 where the prime minister adds her voice to our portfolio). We also speak to the writer Chimamanda Ngozi Adichie about motherhood, activism and the stuff which drives this most passionate and elegant of thinkers. You are most likely to be familiar with Adichie, from her call to arms *We Should All Be Feminists*, which was famously quoted by Beyoncé, and more recently, in one of the most thrilling fashion debuts of the past few years, emblazoned on a simple white T-shirt in Maria

Grazia Chiuri's first runway collection for Dior. By way of tribute to all of the above, we photographed our fabulous cover star Gillian Anderson in the Dior tee, to accompany our feature about Anderson's journey from actress to women's activist with Jennifer Nadel, the co-author of her forthcoming book *We: A Manifesto For Women Everywhere*.

As I write this letter, my family and I are packing our bags for our annual visit to St Ives, which though blustery and unpredictable in February, marks for us the end of the first hard furlong of the year and the beginning of spring. Our Cornish sojourn is a treasured ritual and just one of the reasons I was delighted to design a bag for Seasalt, pictured left, to raise money for the Fishermen's Mission charity (details on page 30). Happy springtime!

*Sarah Bailey*  
Editor-in-chief SARAH BAILEY

### THIS MONTH I HAVE BEEN:

**SNAPPING** up *Red*'s first Beauty Box for my girlfriends (The Skincare Edit: hand-picked by Annabel Meggeson); **HUNKERING** down in Porthia Cottage, St Ives (Stivesholidaycottage.com); **STEPPING** out in LK Bennett's Serafina boots for fashion month; **BOOKING** tickets for the Women of the World festival at the Southbank Centre (7th to 12th March); **TWEETING** @SarahRedMag

Don't miss the  
*Red* Beauty  
Box – details  
on page 148







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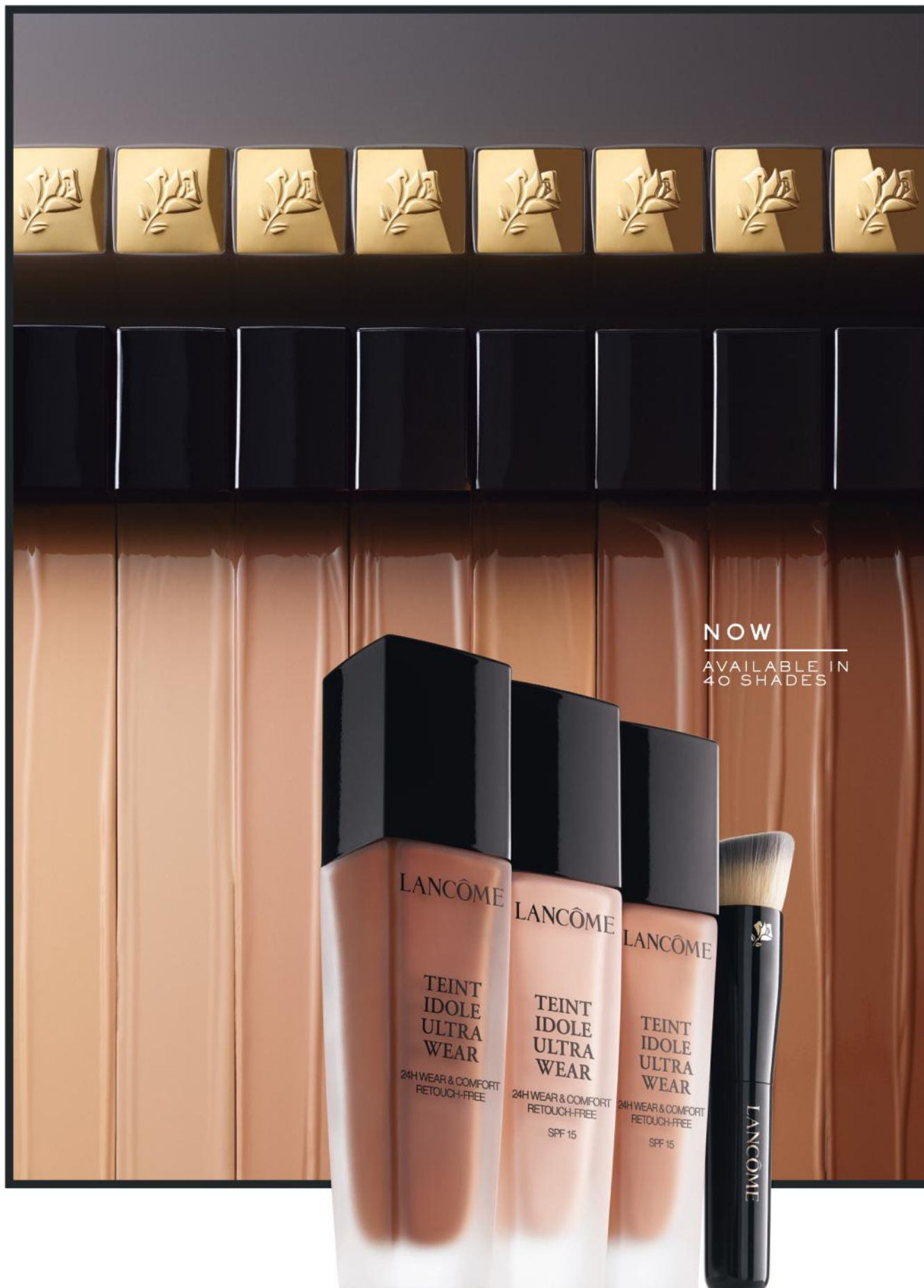
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THE ABSOLUTE FEMININITY





A young boy with dark hair is standing in shallow, rippling blue water. He is wearing a dark, possibly black, blazer over a light-colored collared shirt. He is looking towards the camera with a slight smile. The background is a soft-focus view of the water's surface.

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**THIS MONTH'S COVERS** Photographs Max Abadian. Styling Nicola Rose. Stylist's assistant Betty Bee. Gillian Anderson wears, far left: Top, £149; trousers, £220, both Hugo Boss. Cuff, £7,700, Elsa Peretti for Tiffany. Left, Gillian wears: Sweatshirt, £45, Selfish Mother (£10 of each sale goes to charity). Trousers, £775, Ralph Lauren. Jennifer Nadel wears: Sweatshirt, £45; T-shirt, £30, both Selfish Mother. Jeans and jewellery, Jennifer's own. Recreate Gillian's look using Touche Eclat Le Teint Foundation in BD30, Touche Eclat Radiance Pen, Les Sahariennes Bronzing Stones in Fire Opal, Rouge Volupte Shine in Rose Saint Germain, Couture Brow Marker in Light Brown, Full Metal Shadow in Bonnie Copper, False Lash Effect The Shock Mascara in Noir Asphalte, all Yves Saint Laurent. Subscribe to Red to receive the limited-edition covers (above, right); see page 107 for details.



*Mon*

GUERLAIN

THE NEW FRAGRANCE

ANGELINA JOLIE



# CONTRIBUTORS

April 2017

## Alexandra King

Interviews Chimamanda Ngozi Adichie, on page 96  
**BEST THINGS IN LIFE?**

- The smell of honeysuckle
  - The sound of ice in gin and tonics on summer days
  - My husband's tacos
- TO ME, FAMILY MEANS...**  
Not just blood. My girl tribe are my chosen sisters.



## Brian Daly

Photographs *Now & Future Chic*, on page 128

**BEST THINGS IN LIFE?**

- My three-year-old daughter hugging me when I get home from work
- Taking pictures
- Sunday roasts with friends
- Ireland and Guinness!

**TO ME, FAMILY MEANS...**

Everything, especially now I have my own. They are always there when times are good and, more importantly, when they're not!

## Ravinder Bhogal

Shares her veggie recipes, on page 156  
**BEST THINGS IN LIFE?**

- Long lie-ins after hard weeks in the kitchen
- Travelling off the beaten path
- Date nights with my new husband
- Beautiful poetry that really bites

**TO ME, FAMILY MEANS...**

My safe and peaceful place.



## Cyan Turan

Writes the co-parenting story, on page 93  
**BEST THINGS IN LIFE?**

- Playing aeroplanes with my niece
- Walks on Hampstead Heath with my boyfriend
- Drinking wine with my parents
- My & Other Stories boot collection

**TO ME, FAMILY MEANS...**

Love, security, solidarity.



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# SAY IT, WRITE IT, SHARE IT

If you have any news or views you'd like to see covered, we'd love to hear from you

## ANGER MANAGEMENT

Keeping composed on public transport was the theme of Cathy Levy's column *Brief Encounter*, last month, and it gave many of you a timely reminder to keep cool, when you feel like doing anything but.

Nicola Macey emailed to say, "If only more people, myself included, took Cathy Levy's approach towards the cattle mentality which seems to affect so many of us. I am definitely going to try to be more mindful, more understanding and less angry."

Tweeting her agreement, Caroline Wolf (@CWCstyle) said: "Spot on.



Not always easy to stay connected to humanity inside. Don't give up. Lead by example." And Helen Moss-Black (@Tang18) tweeted: "I met a guy from Geneva [who was] over for @BFI in ticket line: led to a wonderful chat. Thanks @Cathy\_Levy for #BriefEncounter memory."

Our mail of the month wins a Givenchy goodie bag of ultra-hydrating skincare products worth £101. With Hydra Sparkling #ShineNoMore Mattifying & Perfecting Fluid (50ml), Hydra Sparkling One-Minute Glow Powder (30g) and Hydra Sparkling Twinkling Eyes Icy Eye Reviving Gel (15ml), luminous skin just became simpler. This month's star letter prize goes to Nicola Macey, mentioned, left.



**Write to:** Red, 33 Broadwick Street, London W1F 0DQ  
**Email:** red@redmagazine.co.uk



## RED SOCIAL



@fromcity2suburb



@From40 WithLove  
Moved to tears by your piece in @RedMagDaily – recently made the opposite decision and I hope I end up half as happy as you.  
@HollieAnneB  
On Katherine Baldwin's piece, *Why I chose love over babies*



@jackiesblogspot



Just read @lemnsissay article in @RedMagDaily – what an inspirational man who seems adamant to not allow his past to define who he is today!  
@Kelly\_Rich

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## Red Live A YEAR OF SMART EVENTS

### TICKETS ON SALE NOW

- **8th March** Reboot your make-up bag with Nars
- **9th March** In conversation with Gillian Anderson and Jennifer Nadel (page 66)
- **28th March** Join our fabulous beauty swap shop with Clinique (page 142)

### COMING SOON

- **25th April** In conversation with Jane Shepherdson (page 172)

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# Style

Edited by OONAGH BRENNAN

## Tote AMAZE

Photograph VICTORIA LING

It may be streamlined, but Louis Vuitton's latest It bag carries a heavyweight heritage. The latest incarnation of the most successful accessories range in history – Vuitton's City Bag line, created as part of matching luggage for steam liners – this modern tote is the ultimate companion for life in the urban jungle. Sleek yet large enough for a laptop, it's both timeless and brilliantly of-the-moment. Prepare to get on board. ■

Bag, £2,100,  
Louis Vuitton

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*ELLIE  
GOULDING*

# PANTENE

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SHOPPING

# SPRING'S INSTANT UPDATES

INVINCIBLE AND IRRESISTIBLE, THESE ARE THE NEW-SEASON PIECES THAT WILL SUPERCHARGE YOUR WARDROBE

## THE STATEMENT SKIRT

This season's answer to the 'can't live without' pleated skirt is the lace maxi; preferably in navy. Dress it down with slogan tees, flats and military touches.

**Brooch,**  
£9.99, Mango

**Earrings,** £120,  
Elizabeth and James

**Charlotte Tilbury** Matte Revolution Lipstick in Glastonberry, £24

**Jacket,** £450,  
JW Anderson at Matchesfashion.com

**Skirt,** £250,  
Three Floor

**Ear cuff,** £145,  
By Pariah

**Earrings,**  
£255, Aurélie Bidermann at Net-a-porter.com

**Top,** £120, Isabel Marant Etoile at Harvey Nichols

**Boots,** £615, Laurence Dacade at Net-a-porter.com

**Watch,**  
£3,325,  
Chanel

### Style tip

Your denim jacket should be cropped and ruffle-hemmed for S/S 17. We love JW Anderson's smart Victoriana style, but check out MSGM too, for something a little more distressed

**Belt,** £420,  
Gucci at Net-a-porter.com

**T-shirt,** £65,  
Maison Labiche

**Jacket,** £89,  
Monsoon >

**Bag,** £59.99,  
Mango

**Shoes,** £95,  
Sam Edelman



**My hair**  
*always eats  
its greens.*  
*So I don't have to.*  
**Cake, please.**

Fill up on  
**Aussie Miracle Nourish,**  
a nutritious and moisturising  
blend, with avocado  
and eucalyptus extract.



There's more to life than hair but it's a good place to start





**Earrings, £415,**  
Dolce & Gabbana at  
Net-a-porter.com

**Shirt, £430,**  
Isa Arfen

**Jeans, £315,**  
Sea NY at  
Avenue32.com

**T-shirt, £65,**  
Être Cécile

## Style tip

Layer a slogan T-shirt under off-the-shoulder shirting to give a dressy number a more relaxed vibe

**Ring, £65,**  
Pandora

**Shirt, £36,**  
Asos.com

**Trainers, £279,**  
Golden Goose at  
Stylebop.com

**Watch, £159,**  
Emporio  
Armani at  
Station  
International

**Shirt, £240,**  
Self-Portrait

**Shirt, £190,**  
Solace London

**Bag, £1,210,** Gucci  
at Harvey Nichols

**Skirt, £239,**  
Sandro at  
Harrods

**Shirt, £120,**  
Modern Rarity  
Palmer/Harding  
at John Lewis

**HIGH-STREET  
STAR  
BUY**

**Shoes, £56,**  
Topshop »

## THE ELEVATED SHIRT

Deconstructed, frilled, wrapped or slashed – lift the workday staple from boring to brilliant. Pick a striped number for added style superpower.

**T-shirt, around**  
£88, Seafarer.  
**Shirt, £230,** Jaeha.  
**Trousers (just**  
seen), £635,  
Stella McCartney.  
**Earrings, £380,**  
Annie Costello  
Brown



## THE LPD

From neon to nude, The Little Pink Dress will be everywhere this season, but our favourite day-to-night piece is decidedly un-saccharine. In slinky velvet and a shade of silvery blush, it's the grown-up way to wear the trend.



**Benefit**  
Dandelion Dew  
Liquid Blush,  
£22.50

**Earrings,**  
£260, Dinny  
Hall

**Sunglasses,**  
£369, Fendi

**Jacket,** £139, Our  
at Ownthelook.com

**Dress,** £295,  
See by Chloé  
at Harrods

**Earrings,** £386,  
Oscar De La Renta at  
Matchesfashion.com

**Bag,** £175,  
Russell & Bromley

**Coat,** £415,  
Marc Cain

**Hair tie,**  
£8, Asos.com

**DAY**

**NIGHT**

### Style tip

Think pink on pink on pink. Use nudes and pastels as your neutrals and accent with the punchier tones



**DS & Durga**  
Rose Atlantic  
EDP, £135 for  
50ml

**Shoes,** £225,  
LK Bennett

**Bag,** £29,  
Therapy  
London at  
House Of  
Fraser

**Mules,** £150,  
A Andreassen

**Trainers,** £159,  
Rose Rankin

## BAGS OF CHARITY

Cornish brand Seasalt has collaborated with big names, including our editor-in-chief Sarah Bailey (right), to design a canvas tote as part of a new fundraising project. You can buy the limited-edition bags for £5 each, with 50p from every sale donated to the Fishermen's Mission charity. Get in quick before they go. »



Actress Alison Steadman  
and chef Nathan Outlaw  
have also designed totes





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shoulders**

**NEW**



**TRI-ACTION  
FORMULA**



Kellie, 25

# SERIOUSLY?! THAT'S AMAZING!

Many demanding hair aficionados, from around the world, couldn't believe the gorgeous results from NEW Head & Shoulders in a recent blind-test. Now it's your turn to be wowed! New Tri-action formula cleanses, protects and moisturises hair and scalp for gorgeous, up to 100% flake free\* hair.





## THE UTILITY TRENCH

An extra-long cargo coat in khaki green mixed with spicy burnt orange or turmeric gives new-season safari a smart twist.

**Coat, £395,**  
Topshop Unique

**STAR BUY**

**Max Factor**  
Marilyn Monroe Lipstick Collection in Ruby Red, £7.99

**Top, £39.50,**  
Marks & Spencer

**Shirt, £25, Tu**  
at Sainsbury's

**Bag, £1,150,**  
Chloé at Net-a-porter.com

**Earrings, £25,**  
Whistles

**GIVENCHY**  
PARIS

**Pouch, £380,**  
Givenchy at Harvey Nichols

### Editor's note

Robert Clergerie x Self-Portrait – the shoe collaboration that's got our hearts racing

**Shoes, £315,** Robert Clergerie x Self-Portrait

**Skirt, £995,** J Crew

**Trousers, £36,** Next

**Watch, £47.50,** Swatch

**Top, £695,** Victoria Beckham

**Earrings, £6,** Accessorize

PHOTOGRAPHS BRIAN DALY; NORMAN PARKINSON ARCHIVE/GETTY IMAGES; IMAXTREE; GETTY IMAGES; STILL LIVES HEARST STUDIOS

## MRS CAMERON'S NEXT MOVE

When the Cameron family swapped Downing Street for civvy street last summer, the fashion rumour mill kicked into overdrive. With 14 successful years as creative director of Smythson and an ambassadorial role for the British Fashion Council under her polished leather belt, would Samantha design her own label in the future? This spring sees the launch of her perfectly timed (and tailored) answer: a sleek and well-considered collection that showcases both her creative prowess and commercial savvy.

Cameron describes her new label Cefinn (a loose amalgamation of her children's names) as 'an urban uniform for busy women who love fashion'. And we agree: with a focus on stylish tailoring, the range is designed to withstand the demands of modern life (easily transitioning from boardroom to dinner party and beyond) but still feels stylish and refreshingly non-corporate. And the best bit? Prices are between £100-£300. It's the workwear range you didn't know you needed. [Read more](#)  
Available online from [Cefinn.com](#), [Net-a-porter.com](#) and [Selfridges](#)

**Top, £190**

**Dress, £290**

**Dress, £290**



Cate Blanchett

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\*Air pollutants such as dust \*\*In shampoo



# Earn your STRIPES

Photograph CAROLINE LEEMING

Skinny, bold, horizontal or vertical – striped accessories are an instant wardrobe update. Sling on Balenciaga's zesty cross-body bag to liven up work tailoring, or give off-duty denim a glamorous lift with No. 21's chic satin heels. Dolce & Gabbana's bold sunglasses or Marni's striking earrings also make a statement with minimal effort. Time to get with the band. 

STYLING GABRIELLA MINCHELLA, ART DIRECTION ZUKI TURNER

**Handbags** (from top), £525; £485, both Balenciaga at [Matchesfashion.com](http://Matchesfashion.com). **Earrings**, £220, Marni at [Matchesfashion.com](http://Matchesfashion.com). **Shoes**, £455, No. 21 at [Avenue32.com](http://Avenue32.com). **Sunglasses**, £112, Dolce & Gabbana

For more striped accessories, head to [REDONLINE.CO.UK](http://REDONLINE.CO.UK)





KATIE



CHEZ



KAUSHAL



VICTORIA



JORDAN



HELEN



NEELAM

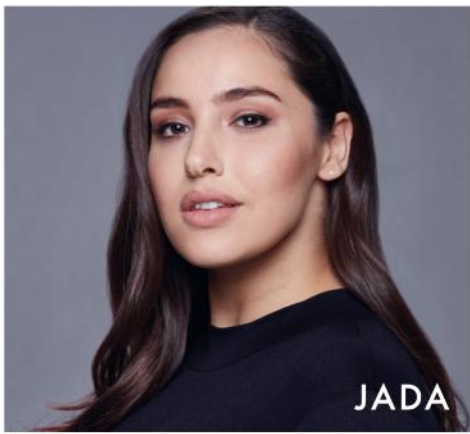


GARY

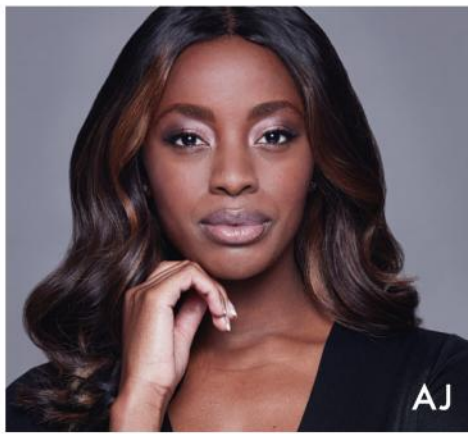
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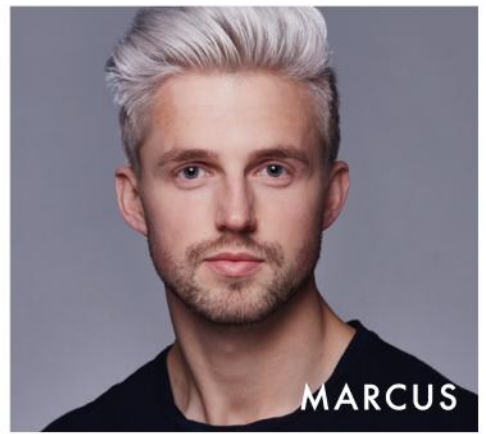




JADA



AJ



MARCUS



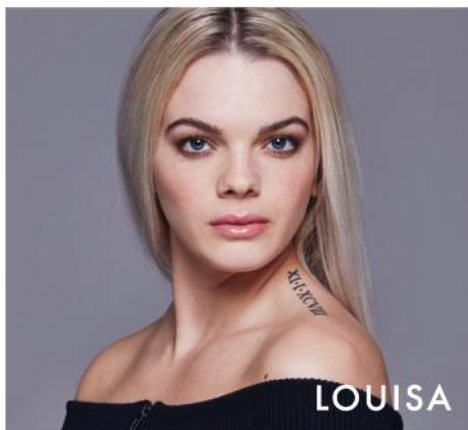
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# FASHION'S WONDER BOY

DASHING AND SELF-DEPRECATING, WITH AN OBSESSION FOR DETAIL, MULBERRY'S CREATIVE DIRECTOR JOHNNY COCA IS AN ACCESSORIES HIT-MAKER WHO LOVES STRONG WOMEN

*Words SARAH BAILEY Photographs PHILIP SINDEN*





If you have read anything about Johnny Coca, the relatively new – and frankly magician-like – creative director at Mulberry, you might already know he has a reputation for having a brain like a machine. He's apt to set himself a design problem – the shape of a heel perhaps – before he goes to bed, allowing his dreams to work like a 3D printer through the night, so that when he wakes he has a solution: fully resolved. But then if you were to make the assumption that upon meeting the 41-year-old Sevillian in person, he might be somewhat cold and robotic, well, nothing could be further from the truth. With his two signature piratical silver hoop earrings (“both masculine and feminine... quite balanced... I like to touch them when I'm thinking”) and sartorial swagger

(today, he is head-to-toe Comme Des Garçons, “Last night, Gucci. I like to play!”), Coca is warm and humorous, flamboyant and self-deprecating all at the same time. In fact, he reminds me of a character in an Almodóvar movie – dashing, but with a lot of depth.

I've had the pleasure of meeting Coca on a couple of occasions now. Each time it has been over tea – served on the prettiest, ditzzy-print, traditional English china – at Mulberry's Kensington HQ, where the designer has been based since being installed at the brand in 2015. Each time, chat has flowed as freely as the Earl Grey – be it Coca acting out his teenage street style (army pants, Texan boots and a shoulder bag grazing the floor “mixing everything, but it was cool!”), expounding on »



Johnny Coca shot for *Red* at the Barbican in London, with his second collection for Mulberry





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\*OTR price of £10,995 applies to PureTech 68 manual Touch versions. Model shown New C3 PureTech 82 manual Flair. OTR price £15,545 (incl. Polar White paint and 'Cross' alloy wheels at extra cost of £260 and £200 respectively and Sport Red roof at no extra cost).



his passion for an Arne Jacobsen chair, or his newly kindled fascination for British equestrian garb. And each time, at a certain moment, a silent, impeccably black-clad design assistant has made her soundless presence felt, and escorted Coca back to the studio.

The pressure is on, of course. Management change, the departure of Emma Hill and the vagaries of the luxury market, have meant rocky times for Mulberry in recent years. And Coca is as clear-eyed as anyone about that. "I'm here for a specific objective and that is to make the brand a success."

## THE JOB OF MULBERRY CREATIVE DIRECTOR IS FAMOUSLY FRAUGHT;

the brand being nothing short of a national treasure, its fortunes tracked obsessively by both the financial and the fashion pages. Founded by Roger Saul in Somerset in 1971, it capitalised on the noughties mania for It bags with successive hits from Nicholas Knightly's Bayswater to Emma Hill's Alexa. (Chances are you have one in your closet right now.) Not that Coca is any slouch in the It bag department himself, as it happens. As the accessories wizard in Phoebe Philo's Céline team, where he worked for five years, he earned the nickname 'Wonder boy' for his part in the game-changing Trapeze bag, amongst other triumphs. And at Mulberry, he has already busily set about streamlining and updating the bags, bringing lightness and tweaked functionality to the existing back catalogue, designing a beautifully chic new logo; as well as introducing new bag styles. (My favourite, The Amberley, a sleek retro-modern take on a saddlebag in a rich chestnut leather hits stores around May.) But if you are still minded to invest in a classic Bayswater, with its reassuring and familiar oval postman's lock, it is still there. "We have to protect our old customers, because we have been with them for so many years and they are proud of the brand," says Coca. "But if you're not making change, the brand cannot survive."

Bags are one thing, and I for one love his touches – the punky press-studs and rule-breaking colourways (putty and vermillion!). But it is inevitable that Coca will be judged more harshly in womenswear where he has less form. Plus, his taste in runway showings couldn't be further from the sugar and the whimsy which characterised his predecessor Emma Hill's fashion sensibility, which bothers some of the die-hards.



However, his second collection, S/S 17, which you see photographed here, was superb: grown-up, wear-forever dresses in a palette borrowed from Joan Miró himself, mixed with the oxbloods, tie-silks and stripes of a British public school uniform. Watching the collection's debut, staged in a starkly dramatic industrial setting, I scribbled 'cinematic', 'womanly' and 'strong' in my notebook as the models strode forth like Almodóvar heroines – characterful and with purpose. "I love women that really look like women," he nods, hands flying for extra emphasis. "But not too, too classic."

“  
I love women that  
really look  
like WOMEN...  
But not too,  
too CLASSIC  
”

**R**aised in southern Spain with his mother and two sisters (he was the middle child), Coca describes a childhood where he was at once the 'little man' of the house ("my father was not there, so I had to be dad"); and also very feminised, knitting outfits for his sisters' Barbie dolls. ("I started with a scarf because it was quite easy. And after that a pullover, then crochet...") Money was not in abundance, but for

"each dinner, or invitation, or party, or flamenco we all tried to be really posh and dress up"; the family all taking pleasure in sharing advice as well as wardrobe, to put their looks together. "It was really cool," he reminisces with a grin. "It's not like money makes you happy, you know."

Coca was ill for swathes of his childhood – a problem with his heart, which meant time in hospital – but as with many kids taken out of the normal swing of childhood, it allowed time for his imagination and »





**Dress**  
£8,295;  
**shoes**, £395

**Jacket,**  
£740;  
**shorts,**  
£395; **shoes,**  
£475, all  
Mulberry

intellect to soar. Clearly academically brilliant, with multiple degrees, he moved to Paris to study art, architecture and design at Ecole Boule and the Ecole des Beaux-Arts in Paris, managing to land a job at Louis Vuitton, much to the ire of his mother, who insisted he finish his studies first. “So I accepted the job and studied in parallel. I told Louis Vuitton, ‘I have to take this exam, because if I don’t, my mother will not be happy at all,’” he grins.

At Mulberry, as at LVMH, he prides himself on staying very close to the industrial process of making. Indeed, it was the very fact that Mulberry owns two factories that decided it for him to take the job. “If they didn’t, I would have never accepted,” he states simply. He clearly loves rolling his sleeves up and getting stuck in with the factory teams; and I get the distinct feeling that the admiration is mutual. Tellingly, when he left Céline, the factory craftspeople with whom he had created all the beautiful prototypes in their five and a half years of intense graft together, made a presentation to him of all the little mini bags as his farewell gift – and Coca repaid the honour with a special dinner just for the craftspeople to say goodbye. “I was so in love with them and they were so in love with me.”

## LACK OF PRETENSION AND - WHISPER IT - ‘NICENESS’ ARE CLEARLY A BADGE OF PRIDE FOR COCA.

When he describes the fashion courtship by which he lured in the bleeding-edge cool stylist of the moment, Lotta Volkova (of Vetements and Balenciaga fame) to help on Mulberry’s last show (“I really wanted someone from the outside to give a twist”), I’m fascinated to learn what cemented the pair’s creative partnership was the stylist’s egalitarian approach to everyone in the studio. “Stylists can be posh and pretentious and a bit arrogant and I don’t like to have people like that around me; these people who are kind to you, the designer, but they treat other people like nothing.”

As a man for whom manners are everything, it doesn’t surprise me that a certain snarkiness that lurks out there in social media among some more fervent Mulberry traditionalists hurts him, but it’s clearly not going to stop him pushing the brand forward or doing what he thinks is right. He fell for a diverse, out-there British artistic sensibility in the ’80s (Vivienne Westwood, Alexander McQueen, photographer Nick Knight are the names that inspire him – in fact Knight’s portfolio of Linda Evangelista and roses are the reason he used those bold monochrome rose prints in his first show for A/W 16. “I was so impressed with these flowers”). Experimentation and boundary pushing are embedded in his soul.

## OUR TIME IS NEARLY UP. THE STUDIO ASSISTANT HAS MADE HER SOUNDLESS ENTRANCE,

but still our conversation sweeps on: his love of artist Carmen Herrera, the 101-year-old Cuban American abstract painter, whose work has just been celebrated at The Whitney Museum in New York; the music of Ana Isabelle; the beauty of Seville in April. It’s Coca’s habit to move constantly between London, Spain, Italy and Paris where he has a home and where his beloved younger sister and her baby also live. “You have to be very organised,” he admits.

So where and when does the Johnny Coca machine recharge? “At home, in Spain, with my mother. She cooks all the time. It’s funny because you can be 15, 20, 40 years old, but still it’s the same – you just eat all the time. And talk and talk and talk.”



Mulberry S/S 17

MODELS BIBI AT M&P AND JEBEDIAH AND SALLY JONSSON AT MILK; HAIR SHUKEEL MURTAZA; MAKE-UP ADELE SANDERSON, BOTH AT FRANK AGENCY; ADDITIONAL PHOTOGRAPHS IMAXTREE





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Jumper, £36

KIDS

# Petit CHIC

MEET THE WOMEN COMBINING THEIR STYLISH BROODS AND BUSINESS SAVVY TO CREATE SOME OF THE MOST COVETABLE KIDSWEAR AROUND

## Jo Tutchener Sharp SCAMP & DUDE

Ex high-flying beauty PR company owner, Jo Tutchener Sharp (right), suffered a severe brain hemorrhage a year after her second son was born. She found it very hard being away from her children following brain surgery, so was inspired to create Scamp & Dude while in hospital recovering. The idea was to create products that give children security. Her slogan 'A Superhero Has My Back' is there to remind kids that someone is watching over them at all times.



Bag, £26



Sleep buddy, £40



Child sweatshirt, £36. Adult sweatshirt, £50

Scamp & Dude's ethos is to make children feel more secure through positive slogans on their products



Sweatshirt, £34



Sweatshirt, £34



Hoodie, £40



Top, £28

### Jo's notes

● I love the super-soft leopard-print sweatshirts. I commissioned an illustrator to create a special superpower-infused print, which has little lightning bolts among the leopard print. I wanted to create a collection that adults would love as much as the kids and this product in particular has done just this.

● I have created the same sweatshirts for mums – the first batch sold out in the first week. It seems we love wearing the same as our kids! >>



Top, £28





**Dress,**  
£66

## Celia Muñoz LA COQUETA

Celia Muñoz left her career as a headhunter in 2012 to launch La Coqueta. Part of a large Spanish family (she also has five children), she wanted to encapsulate this traditional, stylish way of dressing. Fans include Keira Knightley and Charlotte Olympia Dellal.

**Jumper,**  
£42

### Celia's notes

- I absolutely love anything nautical in the summer – children look so cool and retro.
- Our Darro jumper in turquoise blue is a big favourite. I love it when boys wear bright clothes.
- The Taveila baby set is made with 100% cotton, making it so cosy for little ones.



**Doll,**  
£44



**Shoes,**  
£39



**Headband,**  
£21, Noé & Zoë

## Nicola Eyre CISSY WEARS

Named after her first-born, Cissy Wears started life as a blog – a simple 'what Cissy's wearing' each day. Before children (she now has four) Nicola Eyre worked in the music industry. She opened her shop in London's Hither Green in 2012 to fulfill her need for a creative outlet.



### Nicola's notes

- My current favourite brand is The Animals Observatory – designed in Spain by Laia Aguilar. It's great to see a resurgence of 'design' in kids clothing.
- Caroline Bosmans delivers something exceptional. Not one for the shy and retiring; her ideas are really edgy.

8. – WE WILL NOT  
RESPECT MUSEUMS  
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T. A. G. MANIFESTO

**Sweatshirt,** £61,  
The Animals  
Observatory

**Shorts,** £48,  
Caroline  
Bosmans



**Playsuit,**  
£59, The  
Animals  
Observatory

**CLOCKWISE, FROM  
RIGHT:** Wool jumpers from  
the archive; Adele Astaire and  
Lord Cavendish; Stella  
Tennant and the Duchess of  
Devonshire by Mario Testino



### EXHIBITION

## GUCCI IN THE HOUSE

Rummaging around in the attic is seldom glamorous, but if you live at Chatsworth House, the 16th-century Derbyshire seat of the Duke and Duchess of Devonshire, it can be rather magical. This month, the lavish stately home opens its most ambitious exhibition to date, exploring 500 years of fashion and accessories as worn by the house's inhabitants and guests. Curated by renowned vintage fashion connoisseur

Hamish Bowles, and sponsored by Gucci, the sartorial treasures include clothing, livery, jewellery and fancy-dress costumes (plus textiles, portraits and photographs), and evoke the fascinating characters that have populated the house, such as supermodel Stella Tennant and her



**A selection of  
clothing owned  
by the Duchess  
of Devonshire**

grandmother Deborah Cavendish, Duchess of Devonshire; Deborah's sister Nancy Mitford; Adele Astaire, sister of Fred; Kathleen 'Kick' Kennedy; and Bess of Hardwick, one of the most powerful women of the 16th century. "This exhibition proves how much historical objects are an incredible source of inspiration for creating the present," says Alessandro Michele, creative director at Gucci. Might there be a Chatsworthian influence on the catwalk in the near future? We can only hope. **KIM PARKER**   
*House Style: Five Centuries Of Fashion At Chatsworth, 25th March to 22nd October 2017. Admission included in the price of entry. More details and tickets at [Chatsworth.org/book-tickets-and-prices](http://Chatsworth.org/book-tickets-and-prices)*

WORDS ALICE OLINS. PHOTOGRAPHS TOM LEIGHTON. GETTY IMAGES. THOMAS LOOF; MARIO TESTINO. THE DEVONSHIRE COLLECTION





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# Princess of PRINTS

MARINA RINALDI'S LATEST PARTNERSHIP IS CREATING A BRIGHT, NEW BUZZ – AND WE'RE LOVING IT, SAYS KIM PARKER

**T**asteful colour palettes, clean, sophisticated lines – surely there's nothing simpler when it comes to spring/summer dressing. And with the playful, eccentric vibe that's currently fizzing through the fashion world, there's no better time to embrace the bold, bright and beautiful. Step forward Marina Rinaldi – the luxury Italian label for women size 12 and above – who are certainly ticking all the style boxes this season with their newest collaboration: think classic style teamed with punchy prints and a menagerie of quirky accessories.

Following previous collaborations with Portuguese artist Joana Vasconcelos (characterised by pretty pastels) and Japanese designer Tsumori Chisato (who worked with the brand for two highly successful seasons), Haitian-Italian designer Stella Jean has used her love of bright colour and exotic prints to create a capsule collection for spring/summer 2017. It positively radiates joy: think pussy-bow blouses in poppy red, flared satin skirts covered in geometric shapes, soft cotton tees featuring hopscotch motifs and abstract octopus designs, and long dresses with



**Stella Jean's (above, inset) collection for Marina Rinaldi epitomises her love of bright colour**

African-inspired prints. It's relaxed, fun and definitely fabulous – surely how the best fashion should feel.

The brand's main capsule collection is feeling the 'Stella effect', too. Alongside the classic palette sit zebra prints, graphic-patterned belted tops and jewel-toned satin jackets. And with Jean confirmed for a follow-up collection in the autumn, the future is most definitely bright. ■



## BRIGHTEN UP

**Shirt,** £261, Marina  
Rinaldi x Stella Jean



**Skirt,** £427,  
Marina Rinaldi



**Jumpsuit,**  
£504, Marina  
Rinaldi x  
Stella Jean



**Jacket,** £504,  
Marina Rinaldi



**Coat,** £632,  
Marina  
Rinaldi



**Shoes,** £277,  
Marina Rinaldi

**Necklace,**  
£71, Marina  
Rinaldi





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S/S 17 is all about big, bold and shiny silver

Verace S/S 17

JW Anderson S/S 17

## JEWELLERY NEWS



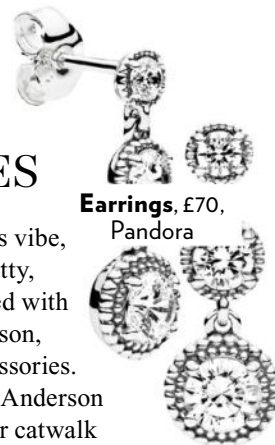
**Rings, from £45 each, Pandora**



### SILVER BELLES

by KIM PARKER

Worn alone for a punky '80s vibe, layered with pearls for a pretty, skin-flattering glow or mixed with other metals for a modern twist – this season, there's a silver streak in the world of accessories. Brands from Céline and Valentino to JW Anderson showcased more silver accessories in their catwalk collections than we've seen for ages. Its sheen looks great against spring's traditional pastel hues, lending them a real freshness. What's more, it's an incredibly versatile metal – durable, malleable and can be worked into any finish you want. Plus, says Stephen Fairchild, chief creative officer of Pandora, one of the biggest silver buyers in the jewellery industry, "it's less rare than gold or platinum, so it's less expensive." Which perhaps explains why, in these ever-more-straightened times, the allure of silver is hard to resist. We especially love layering up silver bracelets, or long, statement earrings. However you wear it, go bold for the best effect.



**Earrings, £70, Pandora**



**Bracelet, £49; charms, £45 each, all Pandora**

**Ring, £99, Pandora**

**Necklace, £1,160, Prada**

### MICRO TREND: Best in show

I've always thought it sad that adulthood offers us so few opportunities to win medals and rosettes, but an increasing number of reasons to deserve them. So hurrah for the fashion gods, who delivered enough medallions, ribbons and badges to make an Olympic team envious. Wear them singly, as at Chanel and Prada, or pile them on proudly, like at Dolce & Gabbana. You've earned it.



**Necklace, £2,525, Chanel**



**Necklace, £945, Chanel**

Dolce & Gabbana S/S 17

### WHAT THE BUYERS ARE BUYING

Natalie Kingham (right), buying director at Matchesfashion.com, travels the world to find the latest pieces for the e-tailer. Here, she shares her top picks for spring...



**1** Rebecca de Ravenel is amazing and her drop earrings have become iconic. They come in every colour and make a real statement.

**Earrings, £268, Rebecca de Ravenel**



**2** This month we're

launching a new brand, Orit Elhanati, which has a bohemian feel – perfect for beach holidays. The single earrings are really special.

**Earrings, from around £1,880 each, Orit Elhanati**



**Earrings, £160, Emilia Wickstead**

**3** Some of our ready-to-wear brands have started making beautiful jewellery. I love Rosie Assoulin's thick, wire shapes and Emilia Wickstead's pretty gold bells.

**For more jewellery inspiration, head to REDONLINE.CO.UK**



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ROSIE GREEN

# A quiet night in?

Why does the reality of a cherished evening alone never live up to the hype, asks our columnist

**NEEDY? PAH. I AM A WOMAN WHO IS VERY SECURE IN HER RELATIONSHIP.** A woman who never (hardly ever) goes through her husband's emails, and who absolutely wouldn't steam open a letter he received in girly handwriting (because that would be wrong and would most probably be from his sister. Ahem).

To wit, I firmly advocate nights out without each other. "Go for it," I say. "Let the wheels come off." On my nights, the keys are inevitably left dangling in the front door and I end up sleeping, in my coat, with one foot on the floor to instantly stop dreaded room spin. On these occasions, AM is overjoyed and watches back-to-back BT Sport while systematically working his way through the kids' entire weekly provision of snacks. He then goes to bed and falls sound asleep with nary a thought as to my whereabouts. (NB I know this because when I call him en route home from the station to put off any would-be attackers, he does not pick up and thus I have to have an animated conversation with myself.)

Tonight, AM is going out. I am thrilled. How good for him to bond with the boys, to talk sport, perhaps have a manly wrestle.

**8pm.** I'm excited about the prospect of an indulgent, recharging evening in. There will be no compromising on TV (our Venn diagram of TV-watching only has David Attenborough and *Cool Runnings* in the overlapping section). I may use a sheet mask and nuke my legs with a hair-removal device.

**8.15pm.** This is good. *Gogglebox*, bit of *Keeping Up With The Kardashians*, plus a fashion documentary. Bliss.

**9.30pm.** Hope he is having a nice time. Google last train that arrives at decent hour.

**10pm.** Time for early night as article I am reading suggests sleep will keep me beautiful/sane/slim/successful. Might text to remind him we agreed 12am curfew return. So enjoying my night in.

**10.15pm.** No response from text. Probably no signal in bar.

**10.20pm.** Or possibly he's been involved in altercation and has lost use of fingers so can no longer text.

**10.25pm.** I wonder if Anna, female work colleague, is on the night out? I enjoy double-cleansing and climb into bed and assume starfish position. Phone bleeps. It is a friend asking if still up for next week. Hmmph.

**10.45pm.** Read book. Insert earplugs in anticipation. Relax. RELAX. Close my eyes. Instant thought tornado: *I bet he's spending a lot of money. And won't make the 10.45pm train. I have a lot to do tomorrow and a work presentation and now I won't be on form. Does he not realise how important my work is? I bet he gets so trashed he'll get ill and then the whole weekend is a write-off.*

**11.45pm.** Call. No answer. Dead – possibly. Affair – possibly. Drunk. Definitely.

Whatever. I spritz some pillow spray.

I realise I am self-sabotaging and acting like a lunatic. Try to relax. Get anxious about not being more relaxed. I contemplate locking him out, then self medicate with Night Nurse. Zzzzzzz.

**2.31am.** Wake up startled. He is still not home. Consider divorce proceedings.

**2:45am.** What is that downstairs? Strange noise as if grizzly bear has invaded house and is ransacking the fridge. Followed by weird scraping noise. Identify it as clink of spoon against bowl. AM is home.

**3am.** AM bounds up the stairs, sprightly as a mountain goat. He bursts through the bedroom door (loud bang). He looks more than a little dishevelled – his hair is askew and one eye is wonky through tiredness/inebriation. He jumps into bed. There's a waft of Eau de London Pride.

"Green," he says in a lascivious tone, attempting a wink.

"Were you waiting up for me?"

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"Might text to REMIND him we agreed 12am curfew return. So enjoying my NIGHT in"





STUART HERITAGE



## *Parenthood isn't the end of intimacy*

Goodbye sex and spontaneity, hello texts about bin bags. Yet being a parent brings a gloriously unexpected intimacy, says Stuart Heritage

### FACEBOOK'S TIMEHOP IS REALLY DOING A NUMBER

**ON ME.** Five years ago today, it says, my wife and I had snuck away for an impromptu romantic weekend in Paris. Four years ago we were in Tallinn, wrapped up warm against the blasting cold in a hodgepodge post-Soviet café. Three years ago we were in Reykjavik, and I proposed, and she said yes.

You should see us in those photos. We look so young, and thin, and clean, and we had so much time. We could linger over long lunches, or visit museums, or just wake up and see where our days would take us. We were in love, and people could tell, because it's easy to look like you're in love when you haven't got a baby.

This is why Timehop doesn't have a photo from two years ago. We were a fortnight away from having our son, oblivious to the line in the sand he'd come to represent. On one side: holidays and leisure and spontaneity. On the other: exhaustion and military planning and the reluctant abandonment of escalators as a viable mode of transportation.

Looked at objectively, one of these sides is much better for a relationship. If you've got freedom, there are no barriers to intimacy. You can go out, or stay up, or get drunk, or have sex, or just experience the world through the prism of your partner. When it's whipped away from you, it stings.

**DRINKING ISN'T FUN AS A PARENT,** because we know the baby will be up and clamouring for attention before 6am. Holidays have become incredibly limited in scope and budget. Sex, when it happens, is a miracle of aligned schedules and fended-off tiredness. Especially in the early days, we came off less as a couple and more a tag team in service of a minuscule dictator.

It's rare to find the three of us in the same room. A lot of the time, if one of us has the baby, it means that the other can work, clean, cook or sleep before we swap back

again. We've become shift workers, the long declarative conversations of courtship replaced with functional texts about needing bin bags.

But here's the thing. As much as we once managed to convince ourselves that we had an unbreakable, once-in-a-lifetime connection, now we actually do. Now it's symbiotic. We've become a two-headed parenting unit, a model of seamless care. We've learned to compensate for each other's weaknesses (her: procrastination; me:

control freakery) and underpin each other's strengths (her: patience; me: being able to do everything brilliantly by myself all the time), and our reliance on one another is total. And, weirdly, this is more intimate than anything I've ever experienced.

Because in the middle of it all is this boy; this funny, curious, beaming little boy who screams

with delight whenever you walk into a room. Who just stole three bottles of milk from the fridge and named them after us. Whose first instinct, when he caught us hugging in a recent moment of grief, was to rush over and join in. I'm so proud of him and, by extension, I'm so proud of us. Our lives have shrunk to a dot since he

arrived, but all our energy has gone into nurturing the three of us as a family unit. We might not go away any more, or wander around rapt in ourselves, or know how a single song in the charts goes, but it doesn't really matter. Because we made this instead. We made it together.

There's no Timehop entry from two years ago, but there is one from last year. It's a photo of our son, 11 months old, casually leaning against the arm of our sofa with a colossal grin all over his face. My wife showed it to me, and we both silently sat there for a moment or two, dazed that we had it in us to create something quite that beautiful. You know what? You can keep your holidays. 🍷



"We might not go away anymore... but it doesn't really matter. We made this instead"

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# WHAT GILLIAN DID NEXT...

GILLIAN ANDERSON MIGHT BE BEST KNOWN FOR HER ROLE AS THE STONY-FACED STELLA GIBSON, BUT, WITH JOURNALIST JENNIFER NADEL, SHE'S LAUNCHING A MANIFESTO FOR WOMEN. IT COULD BE HER MOST EXCITING ROLE YET

Words NATASHA LUNN Photographs MAX ABADIAN Styling NICOLA ROSE

**"AT SOME POINT IN OUR LIVES, MOST OF US FEEL THE GENTLE CALLING OF OUR SOUL. SOMETIMES IT'S SO QUIET WE CAN BARELY HEAR IT - A SOFT TAPPING. NO LOUDER THAN A LEAF FALLING FROM A TREE."  
WE: A MANIFESTO FOR WOMEN EVERYWHERE**

It's late on a winter morning and Gillian Anderson and Jennifer Nadel are ensconced in a cosy corner of London's Chiltern Firehouse, huddled over piles of paper like friends cramming for an exam. They are so committed to their conversation that, at first, they don't notice me approach. That's because today is a rare chance for the two friends to plan the launch of *We: A Manifesto For Women Everywhere*, the book they have written together and will put out into the world on 8th March: International Women's Day.

Both women are dressed minimally – Nadel in a charcoal long-sleeved top; Anderson in a black polo neck and glasses, her blonde hair scraped loosely into a bun. They tell me they share an instinct to reject traditional notions of femininity, though Anderson's feelings shifted when she began wearing silk blouses as *The Fall*'s Stella Gibson. "She's a strong, powerful character and yet she is very much in touch with her feminine side," she says softly. "There was something about playing her that actually kind of awakened me to the notion that the two can co-exist. I'm masculine,

so to speak, in the way that I am in my life, but I can embrace that co-existing other part of myself, and it doesn't mean that I'm conforming to long-standing notions of how women should and shouldn't be, or dress."

As Anderson speaks, I struggle to reconcile the person sitting in front of me with the cool façade of the A-list star on the front of newspapers after the Golden Globes, perfectly groomed in a white tulle Jenny Packham dress. But perhaps this is the version of Anderson that her close friends, including Nadel, are lucky enough to spend time with: opinionated and vulnerable – an old soul with a young hopefulness. It's also the version of her that readers will meet in *We: A Manifesto For Women Everywhere*.

When the book landed on my desk, I wondered what to expect: is it a self-help book? A joint feminist memoir? An activist guide? Now, after reading it, I see it simply as a map for women who feel like they're lost at sea. Through tasks, affirmations and principles, the book aims to help us dig beneath our layers, dismantle our fears, and to develop healthy coping mechanisms to use when we wobble. The theory is: if you are happy as an individual then you have more strength to improve the world around you.

Nadel and Anderson met through mutual friends over a decade ago and discovered they had children around »



the same age (Anderson has a daughter, Piper, now 22, and two sons, Oscar, 10, and Felix, eight; Nadel has three sons, Jack, 23, Theo, 21, and Arlo, seven). “We thought we would get them to become friends,” Nadel laughs. But it was she and Anderson who clicked. Nadel says, “What’s lovely about our friendship is that neither of us are scared to talk about our struggles. With some women that’s not allowed. I said to one girlfriend, ‘You must feel very lonely,’ and it was as if I’d accused her of the worst thing in the world. But we can talk about loneliness, sorrow... things that really matter.” As their friendship developed, Anderson realised “there was somebody on a similar path who was interested in the same types of personal investigations”. So when she had an idea for a book about self-esteem, affirmation and community, she thought: “What about Jennifer?”

**ON PAPER, THE TWO WOMEN’S STORIES ARE VERY DIFFERENT.** Born in the US, Anderson lived in London from the age of two and moved back to Michigan, aged 11. At just 24, she was offered the part of Dana Scully in *The X Files* – and the rest is history. Nadel, meanwhile, was a single parent of two boys and a news correspondent when she was diagnosed with severe depression and burnout that left her unable to work for a decade. Now, more than 20 years later, she is a writer, activist and a politician (in the 2015 election she was the Green Party’s Prospective Parliamentary Candidate for Westminster North).

But what ties them together, I realise, is the darkness each of them have navigated through. Neither are strangers to sorrow – Nadel grew up in an alcoholic home and experienced treatment for clinical depression (“I never forget I’ve been in a psychiatric hospital”). Anderson, a rebellious teen who was put into therapy, aged 14, writes that she’s “not sure exactly when low-grade anxiety started in my life. I do recall that waking up with a sense of panic became an everyday occurrence in college and the fully-fledged attacks started when pregnant with my first child”.

They reveal in *We* that they’d both “become dependent on a whole host of unhealthy crutches – alcohol, drugs, work, food, abusive relationships, self-harm”. I point out these struggles because they are seemingly what drove both women towards spirituality, activism and, ultimately, to each other. They also inform *We*’s nine principles: honesty, acceptance, courage, trust, humility, peace, love, joy and kindness. The book is broken into three sections: Part One: essential tools for wellbeing (from gratitude lists to daily meditation exercises); Part Two: the nine principles (including tasks for dealing with problems like grief, negative thoughts and unhealthy relationships); and Part Three: *We*’s Manifesto (tips on using kindness as activism). Every chapter ends with an action and affirmation. For example, the humility principle finishes with: “Action: I treat

every woman I meet as a friend. Affirmation: My worth comes from within. I am who I am.”

At first glance, some of the tasks seem obvious. But, as the duo write, “you don’t get to experience swimming by sitting at the edge of the pool”, and it’s only when I try them out myself I begin to see each chapter as a compass, leading you back to your true self when you lose sight of who you are or what you feel or want or need. (We’ve extracted some exercises below.) »

## EXERCISE 1

### *A new script*

- Pick one of the negative messages you give yourself. Write it down so you can see it for what it is: mean, unkind, negative, unhelpful. The problem is your brain doesn’t usually see it that way.
- Underneath the sentence you have written, write this: “My name is -----, I am a good friend and kind person. I do not need to please everyone. I do enough. I am enough.\*”
- Say out loud the new message you have given yourself. Every time you notice a negative thought coming into your head, repeat your new message until the negative thought has gone.
- Each morning and evening for the next 14 days, when you brush your teeth, look in the mirror and say your message out loud to yourself three times. Look yourself in the eyes and say it tenderly, as you would to someone you care about.

## EXERCISE 2

### *Your inner circle*

- Draw three large circles, one inside the other, on a piece of paper.
- In the outer circle, write all activities that almost always make you feel bad. Perhaps it’s looking at photos of an ex’s new partner on Facebook or going on a crash diet, or binge drinking.
- In the middle circle, write down behaviours that sometimes make you feel good and sometimes bad. For example surfing shopping sites or being in touch with a member of your family who causes you concern.
- In the inner circle, jot down behaviours that make you feel great. Meditating, exercising, laughing, playing with a child, walking in nature. Write down as many as you can.
- Take a look at your map. That inner circle is where you’re happiest, safest and most fulfilled. Your aim is to spend as much time there as possible. The middle circle are activities to do when you’re feeling emotionally robust. Your goal is to stay out of the outer circle altogether.



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# RED WOMAN

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Mother. **Jeans**,  
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**A**nderson is small, with a big presence. At first I mistake her thoughtfulness for coldness, but soon realise she's simply not afraid to pause, considerably, before answering. On some topics, she ambushes you with openness – like telling me she's perimenopausal, which came “in the form of sudden uncontrollable emotionality and hysteria and feeling like someone else's brain had replaced mine” – then when it comes to others, like the negative labels we accumulate through life – which the pair talk about in the book – she can't think of any personal examples she's prepared to share.

I believe her when she says very seriously that she wants women reading *We* to feel “that they're not alone”. And when I ask how living by the nine principles stated in the book has changed her life, she looks me in the eye, drops her voice, and says simply, “I wouldn't be alive, I don't think, were it not for them.” She pauses. “Getting honest is really important. I think had I not found tools to help me out of that pain, or to show me that there were people out there who were on a similar journey – the combination of those things most certainly have contributed to me still being on the planet.”

Both women weave incredibly personal stories into the book through short italic sections – like Anderson's admission that she finds parenting hard, and “even when I do the ‘right thing’ and get down on the floor to play

Lego, my kids can sense that it's not the easiest thing for me”; or Nadel's “incredibly messy and painful divorce”. It's a courageous move – particularly as Anderson's every quote is universally scrutinised and turned into news. Though I sense they share these stories because they believe debunking the myths around what it means to be a woman is the best way to help other women.

**MOTHERHOOD, AND THE EVERLASTING DEBATE OF HOW TO NAVIGATE IT**, is a topic they speak about with passion. Nadel remembers the moment she experienced an epiphany that changed the trajectory of her life, while working as ITN's home affairs editor. She was feeding her sons in their high chairs when the news desk called to say they needed her at Downing Street.

She looked at her children's faces and thought, ‘I don't want to go, I want to put food in their mouths’. She recalls, “There was not a part of my being that could leave. Even though it was a mundane moment that happened every day, and whatever they were going to tell me in Downing Street was going to be exciting

and good for my career, there was suddenly no point.”

From there, her life unfolded, but that decision was the starting pistol for her journey to emotional freedom. She tells this story to illustrate the stark choices women are often faced with – “either you fit into a male pattern of >>

**“GETTING  
HONEST IS  
REALLY  
IMPORTANT”**



working or you don't". Anderson agrees, and believes the key is choice: "It should be okay for women to make the decision that they're deciding to give up work to go and be with their children, and that whatever becomes important to you, can be okay to talk about. Any version of oneself is valuable and valid." With six children between them, they've learnt that the best way to retain your sense of self as a mother is to be aware and seek out honest conversations with other women.

"[Having children] is a big invitation to abandon yourself," Nadel admits. "I had this image that we were just husks – we give birth and then our biological function was to serve the creatures that we've given birth to. And I think that's bollocks." And Anderson had the opposite experience: "I gave birth in the middle of the first season of what ended up being a nine-year running series, so I didn't have a choice. My daughter lived on set with me, in my trailer, and that was her life – in and out of my trailer for 16 and 17 hours. And at some point I would send her home with the nanny and she'd go to bed, but in order to spend time with her I had to adapt. I would go into my trailer and I was Mum, and I'd leave being Mum and I'd go back and say my lines in front of the camera." With her second child, even Anderson's brain was making up for lost time and she was "just indoors for two years straight"; with her third she was "raring to go" after the second week. There is, she says, "no right and wrong, no map, no instructions."

Even today, she struggles to be both the actress and mother who needs to rigorously schedule her days and the artist who hankers after time to just be. Her ideal routine is to drop the kids off at school, come home, meditate, then go to meetings. But often "the grid" (a sort of giant diary) is so tightly scheduled that she has to slide down the side of the bed ("while my kids are sleeping in it with me because they've crawled in") to meditate. The practice, which they both first discovered in their teens, is something they rely on to mute the whirl of inner conflict. It makes Anderson "intrinsically happier". Nadel agrees: "I'm a really skinless person – everything hurts me – and when I meditate it's just like I've got on one more layer of skin between me and the world."


**ANDERSON OCCUPIES AN UNUSUAL SPACE:** she is an award-winning actress with that rare ability to succeed in film, television and on stage, who is just as likely to be found on the *Today* programme as she is on the red carpet (she has TV show *American Gods* and films *Crooked House* with Christina Hendricks, and *Official Secrets*, with Harrison Ford, upcoming). Perhaps the fact she's launching a women's manifesto shouldn't come as a surprise – not many A-listers manage to cross the divide between acting and activism with authenticity, but she does so regularly, even though it's not something she

**"WE'RE WORKING SO HARD INDIVIDUALLY, SEPARATELY, IN OUR OWN WORLDS"**

**CLOCKWISE, FROM ABOVE:** At the Golden Globes this year; with daughter Piper on the Women's March in January; starring in *The Fall* with Jamie Dornan

finds easy. "I have a great fear of public speaking," she says, "I'm often asked to speak about things that are very important to me, yet there's a part of me that always wants to say no." It's further testament to her grit that those nerves didn't stop her from making public that she was offered half the amount her co-star David Duchovny was offered for *The X-Files* reunion, even though for years "every time I thought about saying it publicly I felt afraid and nauseous".

A desire to speak out is another quality she and Nadel share, and *We* finishes with a rousing manifesto for change, directing readers to women's organisations, highlighting world issues and encouraging them to start a *We* community. Anderson says, "We all have similar experiences, stresses and concerns about where to put our focus... and yet we're working so hard individually, separately, in our own worlds. So can we not hold hands and become a community that understands these are things we all struggle with, and find a way to help each other?"

And that is the magic of Nadel and Anderson's book: it is a reminder that even two exceptional women like these sometimes find life difficult. That, however lost you feel, there is always a way out. I suspect it will appeal to a whole generation of women who doubt themselves and are searching for meaning, particularly in the current climate of anxiety and uncertainty. In 2017, we could do with women like Nadel and Anderson in our corner.   
*We: A Manifesto For Women Everywhere* (HarperThorsons, £16.99; out 8th March)

**For details of our breakfast event with Gillian and Jennifer, and more of this year's Smart Sessions, visit [REDONLINE.CO.UK](http://REDONLINE.CO.UK)**







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# ACE OF SPADES

Who better than Zosia Mamet, quirky, chic star of *Girls*, to serve as muse to Deborah Lloyd, chief creative officer of Kate Spade New York. Here, the pair talk about growing a billion-dollar brand and the mood-lifting power of a glittery heel

Words KIMPARKER  
Photographs DANIEL SEUNG LEE

**L**ike the clothes she designs, Deborah Lloyd is full of surprises. It's a muggy September evening – just 12 hours before the chief creative officer of Kate Spade New York is to debut her spring 2017 collection to the international press on the rooftop of the city's NoMad hotel. By rights Lloyd ought to be overseeing her design team making last-minute hem adjustments or checking in with the production crew to ensure every moment of her Moroccan-inspired presentation is spot on. Instead, she and one of her current muses, Zosia Mamet, star of the TV series *Girls*, are being photographed for *Red* inside the tiny, candy-striped lift of the brand's Madison Avenue store – although the temperature is soaring, time is short and there's not much room to manoeuvre. Both women are gamely striking poses on the lift's plum-coloured velvet banquette, wearing elegant cocktail dresses borrowed from tomorrow's

catwalk show (Lloyd in an oversized rose print, Mamet in sleeveless black crochet). There's no drama. Everything flows. And between shots, the genuine rapport between the two is palpable. "What's your good side?" Mamet asks Lloyd at one point. "Any side that makes me look 20 years younger!" laughs Lloyd. Cut to 40 minutes later and we're wrapping the shoot, Lloyd still magically unruffled as we prepare for a quick chat (with me, half wilted with the heat) before she Ubers away into the New York night. I've never known a designer to appear so relaxed, nor work so unbelievably quickly in front of a camera. "That's Deborah all over," her PA tells me as she orders the car. "She just gets it. She knows exactly what to do to get things done."

It's a mindset that's allowed Lloyd to forge a seriously impressive career on both sides of the Atlantic. Having cut her creative teeth at fashion houses such as Kenzo and Aquascutum, the British »



Zosia Mamet and  
Deborah Lloyd,  
both wearing Kate  
Spade New York,  
shot for *Red* at the  
5th Avenue store







Lloyd and Mamet share lift space

designer worked as vice president of women's design at Burberry for five years, prior to Christopher Bailey's appointment in 2001 (it's said Lloyd landed the job when Rose Marie Bravo, then CEO, proclaimed her "the only person I've met who knows what she's doing"). America beckoned and Lloyd then joined Banana Republic as executive vice president of design before heading to Kate Spade in 2007, when Spade herself stepped down from the company. It was, Lloyd tells me, a move that "felt like coming home". Indeed, the transition from Spade (who founded the company in 1993 with husband Andy as an accessories brand) to Lloyd has been so seamless that most of my friends, even the loyal Kate Spade New York customers, have no idea Spade is no longer involved. "I think it helps that Deborah basically is the Kate Spade New York woman. Timeless, yet on trend and dressed for success in every sense of the word," says Glenda Bailey, editor in chief of US *Harper's Bazaar* and long-time Lloyd cohort.

#### IN THE DECADE SINCE SHE JOINED THE COMPANY

"that made lovely handbags and some nice stationery", Lloyd has combined her creative vision and commercial savvy (a pairing not necessarily innate to a fashion director) to expand the Kate Spade New York empire into ready-to-wear, jewellery, homeware, athleisure, furniture, childrenswear and bridal collections. She also overhauled the website to make it cleaner and more slick, plus re-imagined its stores into colourful temples of chic (there are now 175, including a glossy new boutique on London's Regent Street) with beautiful product displays that inspire furious Instagramming. "There's a knack to how many bags should be placed on a shelf," she says.

Lloyd was also quick to spot the crucial role social media played in creating an emotional relationship with the millennial shopper – a key part of the brand's success

strategy. Of this fêted but highly fickle consumer and their 'see now, buy now' demands, Lloyd says matter of factly: "Being affordable luxury, we deliver 12 collections a year across almost every category we do, so we've always worked at a super-fast pace – the beauty of that is we can deliver coats exactly when our customers want coats, and dresses when they want dresses. It's not about fast fashion, it's about delivering style, something we've always strived to do. Doing it with this 360° visibility, this need for storytelling, that's just become another part of the design process. I think our Kate Spade girl appreciates that. She likes to feel part of the conversation." And the result of this ongoing dialogue?

Lloyd's polished and feminine designs, all with a characteristic touch of whimsy ("I think being British helps with that. Us Brits aren't scared to use colour or do things with a cheeky wink") can be seen on everyone from Taylor Swift to the Duchess of Cambridge. And the once preppy, all-American accessories label is now a global lifestyle brand worth a staggering \$3.1 billion.

That's a seriously sweet spot to be in, I put to Lloyd, given the uncertain post-Brexit, Trump-led times we find ourselves in. "Yes, but don't forget we launched ready-to-wear at the height of the recession in 2008, including some really sparkly dresses, and everything sold out,"

she replies. "We know exactly what our Kate Spade girl wants. She could be any age, but she has an adventurous spirit and a youthful attitude. She doesn't have to buy into our whole world, but everything we make – a glittery heel, a polka-dot teacup – gives her a reason to smile. I always say a smile and a bit of whimsy can get you a long way."

It's a sentiment shared by Zosia

Mamet, who appears in the brand's brilliant 'Miss Adventure' viral ad campaign, a series of mini online movies featuring Mamet as a modern, distinctly urban heroine (along with co-stars like Anna Kendrick, comedian Ali Wong and Miss Piggy). In the ads, Mamet elegantly side-steps modern dilemmas, like sharing an Uber with a stranger or going to a party with a frenemy, with grace and good humour ("It's almost frightening how good her comic timing is," Lloyd says of Mamet). "The world's a pretty scary place right now and people need to be educated and do what they can to help our planet not explode," says Mamet, "but at the same time, our brains can only take so much. You've got to have permission to smile, too – a little relief from all that weight."

The beauty of Kate Spade for Mamet is that it resonates with a personality that feels relatable. "I'd never thought of myself as a girlie girl before I started

“  
EVERYTHING we make  
– a GLITTERY HEEL,  
a polka-dot teacup –  
gives the Kate Spade  
girl a reason TO SMILE  
”

Mamet (below) stars in the label's 'Miss Adventure' ad campaign



working with the brand. I mean, I don't even wear make-up in my real life. But I still find pieces in the store

that allow me to express my feminine side in a way that feels genuine – so I'll wear a skirt with my flats, say, or a pretty coat over ripped jeans. Someone in the Kate Spade team once told me their motto is 'make it perfect, then fuck it up a bit'. I love that. It really chimes with me."

#### IT'S RATHER LIKE THE WAY HER ZEITGEIST-Y

**SERIES GIRLS**, currently in its sixth and final season, chimed with millennial audiences when it burst onto screens five years ago and changed the landscape of television forever. Inevitably, comparisons were made to *Sex And The City* when the show first aired but, observes Mamet, where Carrie and friends kept their Manolos in the unused ovens of their unfeasibly enormous apartments, the *Girls* girls house their beaten-up sneakers in tiny Chinatown studios and ride the Subway to work. "Our characters probably grew up watching [*Sex And The City*] characters on television," she says, "but that series dramatised a very specific kind of woman of a very certain era. Since then, television's gone in a more realistic, gritty direction. It's still about escapism and entertainment but that kind of show, where there's consumerism for consumerism's sake, feels outmoded now."

Indeed, almost as outmoded these days – and rightly so – is a fashion brand that doesn't champion the empowerment of women or support local communities. To that end, Deborah Lloyd works with the Council of Fashion Designers of America to mentor up-and-coming designers on how to market their products ("I love strong women. I was surrounded by strong women, like Rose Marie Bravo, when I was starting out and I want to be able to do that for others," says Lloyd). She's also kick-started an initiative called On Purpose, which sees her brand partnering with local artisans in Rwanda to

## SPRING PICKS



Earrings, £85

Blouse, £210



Trench, £370



Bag, £205



Top, £105



Dress, £825, all Kate Spade New York



Trousers, £148



Shoes, £200



produce a pop-up collection of exquisitely beaded and decorated scarves, jewellery and totes. "It's a whole new business model and it's very exciting. Their products are beautiful, you'll see them in the London store soon and online. We work with the collectives to educate and build up their communities, and I'm hoping to continue that. I want 2017 to be our year of inspiration," enthuses Lloyd. I have no doubt she'll make it happen. ■

For more spring updates, go to [REDONLINE.CO.UK](http://REDONLINE.CO.UK)



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RED REPORT

# GENERATION OVERLOAD

## THE CRISIS IN CHILDREN'S MENTAL HEALTH HAS REACHED BREAKING POINT

We're **CONFRONTING THE ISSUE**, head-on. Turn over to find out why the crisis is high on **PRIME MINISTER** Theresa May's agenda and what to do if you think your child needs help. Plus, mother and daughter Emma Freud and Scarlett Curtis talk **CANDIDLY** about Scarlett's battle with **DEPRESSION**. Meanwhile, from 6th-10th March, we'll be sharing advice on **MENTAL-HEALTH ISSUES** and young people at [Redonline.co.uk](http://Redonline.co.uk). It's time to start the conversation...

PHOTOGRAPH GETTY IMAGES



# “THIS IS A PROBLEM FOR ALL OF US”

Kids' MENTAL HEALTH

By facing mental illness, we can help destigmatise it



Exclusively for *Red*, Prime Minister Theresa May explains why it's time to change our approach to children's mental health



**T**he statistics speak for themselves. Currently, one in 10 children has a diagnosable mental health condition, while the number of girls saying they've self-harmed has more than trebled in recent years.

Yet, still, mental illness is a subject that many find hard to talk about. That is something we must change – for left unaddressed, the effects can be devastating.

This was brought home to me, very recently, by a young woman in my constituency who has endured years of suffering. Now 22, Chloe first began having problems when she was a young girl. She turned to her schoolteachers but by their own admission, they simply didn't know how to cope. Sometimes, when things got too bad, she would have to use one of their offices as a retreat because there was no proper system in place to help her.

Progress has been made since then, but there is more we can do. For example, as part of a wider plan to transform the way we deal with mental health problems at every stage of a person's life, we will offer mental health training to every secondary school.

I hope that this training will not only help teachers identify children who are suffering, but will also help destigmatise the issue of mental illness.

It's simply unacceptable that so many people feel they cannot speak out and worse, if they are brave

enough to discuss their problems, people don't know how to respond. If somebody breaks their arm, people will ask them how they are, but with mental health problems, it's different. It shouldn't be.

So it's time to change our approach – time to change the way we view mental illness so that striving to improve mental wellbeing is seen as just as natural and positive as striving to change our physical wellbeing.

That is why I welcome *Red* magazine's focus on mental health in this month's issue and, in particular, their highlighting of the problems children suffer, from self-harm to anxiety and depression.

It is only by recognising the scale of the problem and the unhappiness and misery it brings – not just to those who are suffering but to their family and friends – that we can begin to tackle it. I want to see this problem addressed, not just in

our hospitals but in our classrooms and communities, too.

For this is a problem for all of us. We need to face up to that fact and the only way we can do that is to talk about it. Just as Chloe has done.

She now has a job at a local further education college and is determined that she will not let herself be, in her words, a 'should-have-been' or a 'could-have-been'.

But had she received the help she needed all those years ago, she might have been spared some of the pain she has suffered for most of her young life. ■

“It is only by  
**RECOGNISING**  
the **SCALE** of the  
problem we can  
begin to tackle it”





*Kids'*  
**MENTAL  
HEALTH**

## LEAN ON *ME*

Listening. Believing. And making cups of tea. Here Emma Freud and her daughter Scarlett Curtis reveal how they've navigated Scarlett's depression, together

*Scarlett:*

**HAVING DEPRESSION IS A FULL-TIME JOB.** It's a full-time job that sucks because no one's paying you, there's very little free stationery and there are definitely no sexy co-workers to flirt with over lunch. In an attempt to squeeze six years of pain into a few sentences: I developed severe anxiety and depression around the age of 16 (I'm now 21), in reaction to some fairly traumatic medical events during my early teens. When I was 17, I gave up pretending I was coping and fell headfirst into a bout of depression that took three years to overcome. I still battle my various mental-illies (a sad slang phrase my best friend and I came up with to make them vaguely more manageable) every day, but I'm getting to a point where they no longer dominate my entire life and that's a miracle in my eyes.

Telling a parent you're suffering with any kind of mental illness has got to be one of the hardest things in the entire

world. You're essentially looking one of the people you love most in the eye and saying: "Hey, you know that thing you spent years carefully pouring your time and money and love into nurturing – I think I broke it!"

One of the most helpful things my mum ever did during the times I was really ill was refer to my mental illness as being "just like a broken leg". Any time I felt I'd failed or let myself down or once again been held back because of the limitations in my brain, my mum would sit me down and remind me "it's just like a broken leg". In her mind it was clear: you wouldn't beat yourself up or feel ashamed for having a broken leg, you wouldn't criticise yourself for not being able to run a marathon if your leg was

shattered into three pieces. And the same applied for my brain. In my darkest of times, months shrouded in shame, self-hatred and self-doubt, my mum acknowledged that

"My **MUM**  
acknowledged  
that what I was  
going through was  
**LEGITIMATE**"

what I was going through was legitimate. She reminded me it was an illness and it warranted the care and time dedicated to recovery that you would give any other illness. She couldn't take away the demons that had decided to take over my brain but she could take away some of the shame that our minds and our society tells us to feel about being taken down by these demons – and in doing that, she helped my recovery more than I could have ever imagined.

## MY ONLY MESSAGE TO MOTHERS WOULD BE

that if your daughter tells you there's something wrong with her, please believe her. There is a big, scary world right outside your door full of people who are primed and ready to mistrust her and there are so few people in her life whose job it is to believe her and to love her. Diagnosing any kind of mental illness is a complete minefield. The lines between teenage hormones, clinical anxiety, heartbreak and exam nerves are blurry and complicated and deeply nuanced. But there is one thing that is never blurry and that's the way your daughter feels. If she tells you she's anxious then she's anxious. If she tells you she's sad then she's sad. If she tells you she needs help or pills or therapy, then the chances are she probably does. It's a terrifying act to walk into your parents' bedroom and to tell them you're failing, or that you feel broken, or that you're worried something has gone wrong. And while I hope this never happens to you, all I can say is that if it does – believe her, hug her, and please *God* make her a cup of tea.

*Scarlett is a writer and blogger living in New York. Read more of her work at [Scarlettcurtis.com](http://Scarlettcurtis.com)*

wouldn't have been my job to prescribe her insulin: I was not her doctor or her therapist. Trying to take either of those roles resulted in rows, more rows, blurred boundaries and mess. So I tried to listen, rather than heal – though it went against every instinct in my body. And attempted not to make her life harder than it already was.

## AND WHEN THE RECOVERY CAME, SHE WAS RIGHT,

it wasn't through my nursing or my advice – it came through her. She slowly – far, far too slowly for someone as impatient as me – inched her way towards something resembling normality. There was no one person, no one moment, no one day which caused a lightning bolt. The progress came in unexpected ways: she asked us if she could have a dog to help her to get out of the house. She started writing about her situation and working out how to honestly communicate the complexities of what she was going through. She found that if she posted her thoughts online and one person said "That helped", it validated the nightmare she was living through. She found internet communities of teenagers in similar situations, and they gave each other support.

And despite having left school at 14, at 18 she took the exams for an American university and was accepted. We didn't think she'd make it through the first week, or the second week, or the challenging second term – but she did, and she's now in her third year. Her life is still complicated – there are still dark days and fearful nights, but what's emerged is a girl who is happy to stand up in public and say, articulately, that she battles life and sometimes life wins – but sometimes it doesn't. In my eyes, she's remarkable: open, honest, wise, and a brilliant

fighter. I thought my job would be to teach her how to get through tough times – turned out she was the one who ended up teaching me. 📌

*Emma Freud is director of Red Nose Day, which returns on 24th March. Find out more at [Rednoseday.com](http://Rednoseday.com)*

## Emma:

**WHEN SCARLETT BECAME ILL, I WANTED TO MEND HER OVERNIGHT...** to feed and guide and nurture her back to mental health. When she was little, my job had included nurse, adviser and carer. But once Scarlett got really sick it transpired I couldn't heal her. Slowly, it became clear there was no quick fix and it would be a long and difficult journey towards recovery.

She would come to me and tell me how dark her thoughts were, using the sort of words no mother ever wants to hear their child say, and it was terrifying. All I could do was offer the only solutions I knew. "I've found a new doctor – let's go and see her tomorrow." "No, it won't help – any more than the last one did." "I've seen a new book which might have the answer." "No, it won't make a difference either." "I don't know how can I help?" "Just listen. Just be my mum. Let me talk without judging me – that's all you can do." Had Scarlett been a diabetic, it

## Reach out

If any young person you know needs more support, the following organisations can help:

**Childline.org.uk**  
**Youngminds.org.uk**  
**Minded.org.uk**



**"I tried to listen, rather than heal," says Emma on helping Scarlett through her depression**



## Kids' MENTAL HEALTH

# ASK AN EXPERT

It's easy to feel helpless in the face of a child's mental health problem. Two experts tell you how to reach out...

## Anxiety

LOUISE CHUNN, FOUNDER OF FIND-A-THERAPIST SITE, [WELLDONING.ORG](http://WELLDONING.ORG)



Anxiety is often linked to specific fears – heights, enclosed spaces, being away from home. But children can also feel anxious about the adult world and how their families will cope in the future. Signs range from shaking, restlessness, breathlessness, heart palpitations, even feeling like they might die. If your child seems sad for more than a day or two, if they don't enjoy activities they used to love, or if they consistently don't sleep or eat well, he or she may be depressed.

The first step is to talk to them. Find somewhere quiet and safe

and gently probe their feelings. Are things okay at school? Are they worried about home life or bigger problems in the world? It might help to limit screen time, ensure they get more exercise, and make sure their diet is largely healthy.

If anxiety is the problem, explain to your child that it is a fight or flight response that can be triggered even when no danger is present, and that certain tricks such as relaxation and breathing techniques can help.

If your worries continue, talk to your GP. You may be referred to the Child and Adolescent Mental Health Services (CAMHS) or choose to find a child psychologist or psychotherapist yourself. As the Duchess of Cambridge said when she helped set up charity Heads Together, we shouldn't hesitate to seek professional help if we think our child is affected by a mental health problem.

## Social media

STEVE BIDDULPH, PARENTING AUTHOR



The important thing with social media is to not start too young. Children don't need the stress of having to check what people are saying, or fending off bullying or nastiness, or worrying about their popularity – school is stressful enough, and **home is meant to be a haven** from all that. Parents – and children – worry that they might miss out, and while some of that can happen, it's mostly missing out on pointless and circular angst that they really won't benefit from. Being a friendly, calm and kind person will always ensure friends, more than cliques or competitive behaviour or exchanging trivia in the middle of the night. My aim in campaigning on this is to help everyone get on the same page – it's easier if your child's friends' parents feel the same way and have the same policies. So **ask other parents for help**. Schools can also invite parents to generally not have kids on social media before the mid teens. Why? Because **we have a massive stress epidemic among young people**, much of it is about social pressures, which meld into worrying about looks and popularity. And bullying is rife. Mental health experts say social media isn't the whole story, but it's definitely a part. It's about balance, and being old enough to manage it.

## LITERARY LIFELINES

### For them...

**Open: A Toolkit For How Magic And Messed Up Life Can Be** by Gemma Cairney (Macmillan, £12.99; out 9th March) Gemma Cairney tackles everything from mental health to body image,

through honest life advice and witty anecdotes about growing up.

### And for you...

**10 Things Girls Need Most: To Grow Up Strong And Free** by Steve Biddulph (HarperCollins, £14.99; out 20th April) An interactive learning guide to help parents be prepared and self-aware in providing for their daughters.



### YOUR ONLINE TOOLKIT

From 6th-10th March, we'll be sharing daily advice on how to help the young person in your life deal with mental-health issues. From body image to self-harm and school pressure, get advice from the experts at [Redonline.co.uk](http://Redonline.co.uk)



# AMMONIUM BICARB- ONATE

Not in Jordans granola. 'Toasted oats with honey and nuts', now that sounds much tastier to us. Because unlike some other cereals, we believe the best ingredients are found wearing wellies, not a lab coat. Which, interestingly, is a dress code that we also apply to jumping in puddles.



**NOT  
IN  
OUR  
NATURE**



# Table too tiny?

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# INDIE DARLING *TO PRIME- TIME QUEEN*

No pretensions, no vanity and zero sense of entitlement: Vicky McClure is one of Britain's most talented (and unassuming) actresses. She talks fry-ups, office jobs and *Line Of Duty* with Elizabeth Day

*Photographs* MATTHOLYOAK *Styling* LAUREN T FRANKS



"I don't like being complimentary about my own pictures because you feel like you're being vain," McClure says

Vicky McClure is having her photograph taken. She's lying back on a velvet-upholstered sofa, wearing printed silk pyjamas with strands of her dark brown hair swept over her face. After the camera has finished, she gets up and walks over to the computer monitor to look at the images.

"Oh," she says, a grin spreading across her face. "They're not bad are they?" She clasps her hands together, shoulders curving forwards and her delight at seeing the images is completely genuine. It's as if she doesn't entirely believe how beautiful she is, as if those striking cheekbones and deep blue eyes aren't really anything to do with her.

"I don't like being complimentary about my own pictures because you feel like you're being vain," McClure says later, when she is back in her familiar uniform of white Converse trainers, blue jeans and a loose-fitting navy polo-neck. "But I just appreciate that everybody's come together and they're all a massively creative team of really talented people. You know, the »



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McClure is passionate about equality of access in acting: "there are so many people getting lost in the system"

directed by her friend and mentor Shane Meadows. She was an indie darling, rather than a mainstream leading lady.

"That the BBC would trust us with a cop drama like that!" She lets the thought hang, as if she still can't believe it.

*Line Of Duty* opened other doors, too. McClure went on to play an unscrupulous tabloid reporter in ITV's *Broadchurch* (complete with hair extensions that were her idea) and was recently seen in an adaptation of Joseph Conrad's *The Secret Agent* and chilling psychological drama *The Replacement*.

fact that there's hair across my face, you feel like it's going to look mental and then you see the shot and it just looks really natural and they've pulled it off."

But, she clarifies, "I think *they've* pulled it off. I don't think *I've* pulled it off."

McClure is among the most self-effacing and genuine actresses I've ever interviewed. It's the second time we've met and she actually remembers me, rather than just pretending. The first time, McClure had just filmed the second series of the BBC's hit police procedural, *Line Of Duty*. It became the most popular drama ever aired on BBC Two and won a clutch of awards.

Now, at 33, McClure is back in her role as Detective Constable Kate Fleming for the fourth series. This time, *Westworld* actress Thandie Newton stars as a policewoman under investigation for suspected corrupt activities, and the series has been promoted to BBC One.

Annoyingly, McClure isn't allowed to tell me anything about the plot.

What she will say is that Newton is "a really funny, brilliant woman with a wicked sense of humour". Also, that they filmed it in Belfast at the same time as *Game Of Thrones* was being filmed there and she once saw Jon Snow (Kit Harington) at a local curry house.

In the absence of any detail, let's just agree that *Line Of Duty* is properly addictive television. The fascination lies both in Jed Mercurio's fast-paced script and in the riveting characterisation. There are coppers more criminal than the people they're arresting and complicated women who act in unsympathetic ways. As Kate Fleming, McClure engages the audience's sympathy for her professionalism over the fact she's an absent mother who has cheated on her partner – the writing is refreshingly non-judgemental.

Did McClure ever think the show was going to be such a hit? "No," she says, frankly. She was surprised to be cast in the first series because, back then, she was known as Lol in the epoch-defining *This Is England* series,

## McCLURE IS ONE OF OUR MOST VERSATILE AND TALENTED ACTRESSES.

She dealt with a harrowing storyline of child abuse in *This Is England* and was able to convey the pain and trauma with an understated delicacy that belied the subject matter. In *Line Of Duty*, part of the challenge is spouting out reams of professional police jargon in every scene.

"Yeah," McClure grins. "I call it 'Lines of Duty', because some of the scenes are 20 pages long – those big interview scenes. I once said to Jed, 'What does this mean?' And he explained it to me and I said, 'Can I not just say that?' And he was like, 'No, because it doesn't sound very good.'"

The success hasn't gone to her head. In person, McClure

is as warm, solicitous and funny as ever. She answers questions looking you directly in the eye, often circling back on sentences to make sure she's expressed herself as clearly as possible.

At one point, we start talking about whether her relationship with her appearance has changed since seeing herself on screen, and she admits,

"I will never conform to what is

I will never CONFORM to what is perfection... I don't have any NEED to be an exercise freak. I don't see it as a problem"

perfection because apparently we should all eat bloody avocados and kale and be exercising. I appreciate that it's good to be healthy and I don't knock anybody [but] I feel like I'm a dying breed. When you constantly see a stream of flipping people at the gym on your Instagram page, it's massively depressing. But I don't like the gym. And I don't have any need right now to become an exercise freak. I don't sit down. I'm always here, there and everywhere. So I don't see it as a problem. I look at my nana and granddad, they're 91 and 92, and they eat lard and all sorts of stuff and I think, 'Well, they're doing fine. I can have a fry-up on a Saturday morning.'"

## IT'S BECOME SOMETHING OF A CLICHÉ TO SAY THAT ACTORS ARE 'GROUNDED' BUT McCLURE TRULY IS.

She doesn't live in London, has never been tempted by the bright lights of Los Angeles and bought a house last year in her hometown of Nottingham with her »



**CLOCKWISE, FROM TOP RIGHT:** With partner Jonny Owen in 2014; in the film *This Is England*; in *Line Of Duty*



2006 film and three spin-off series on Channel 4), she was holding down a day job at a local surveyors' office.

"I used to train new staff on the phones. One day I was there with my flip chart talking about data protection or something, and someone put their hand up and asked: 'Are you in *This Is England*?' I was like, 'Yeah.' 'So, like, what are you doing here?' I think the assumption that we're all loaded and swanning about, making films all the time is just wrong. I've never, ever been unemployed. From the age of 16 I've always earned my own money. That doesn't mean I've always acted. I've worked in Boots, H Samuel, Dorothy Perkins, I've done my fair share of jobs that I didn't want to be doing. But it paid for me to get to London. It would pay for me to be able to buy the ink for my printer so I could print my scripts. A tenner is a lot of money when you haven't got it."

McClure has strong views on equality of access, especially in an acting world increasingly dominated by former public schoolboys like Tom Hiddleston, Benedict Cumberbatch and Eddie Redmayne.

"I do think there are so many people getting lost in the system that are uber-talented, because they can't afford to go to these schools to learn those skills and to find out what it is that makes you a good actor. So how do we find them? Why should the fact that this person's mum and dad are absolutely loaded be any different to this person's mum and dad who work equally as hard but just don't earn that kind of money? The doctors and the lawyers and the bankers need the plumbers, they need the joiners, because when their sink breaks and they can't brush their teeth in the morning, or their toilet's broke, they can't fix it. Yes, alright, we've got these big actors that have been to Eton and they've all got these very to-do accents, which sound beautifully articulate. But they're never going to be in *This Is England*, and they can't have it all."

The building's fire alarm starts to sound. We sit for a bit, expecting it to stop. It doesn't. McClure gets up and shrugs her shoulders through the straps of a giant Adidas rucksack. She stayed in London last night and is going back to Nottingham later so all her overnight gear is in the bag. When she stands, she looks like she might topple over. But that's her: self-sufficient and uncomplaining.

The fire alarm is still going when we leave. "It's okay," she tells me, "I am actually a qualified fire warden."

Of course she is. It's just one of Vicky McClure's many and varied talents. ■

*Line Of Duty* series four starts this month on BBC One and, if you missed *The Replacement*, it's available now on BBC iPlayer

long-term partner, Jonny Owen, an actor, writer and director who is 12 years her senior.

McClure loves Nottingham. As a child, she attended the now-famous Nottingham Television Workshop, whose alumni include Samantha Morton and Jack O'Connell, because "they gave out the forms at school and it was free." Her mum, Carol, dad, Mick, a butcher-turned-joiner, and sister, Jenny, were supportive "but never pushy" and she still goes to her parents for a Sunday roast.

"I'd never owned my own house before," McClure says. "I'd never owned my own fridge because I lived with my mum and dad, and then I went to rented accommodation that were all fully furnished. The fact that I could pick my own fridge, and all that kind of stuff – it was a massive deal. It made me feel really grown up."

They've just finished doing up the kitchen and she is, she says, "really in love with it". Her favourite television programme is *MasterChef*, although she couldn't imagine ever going on the celebrity version because she's not that kind of cook. "We don't own a water bath. And seafood... I always get a bit scared that I might poison Jonny because I haven't cooked it properly."

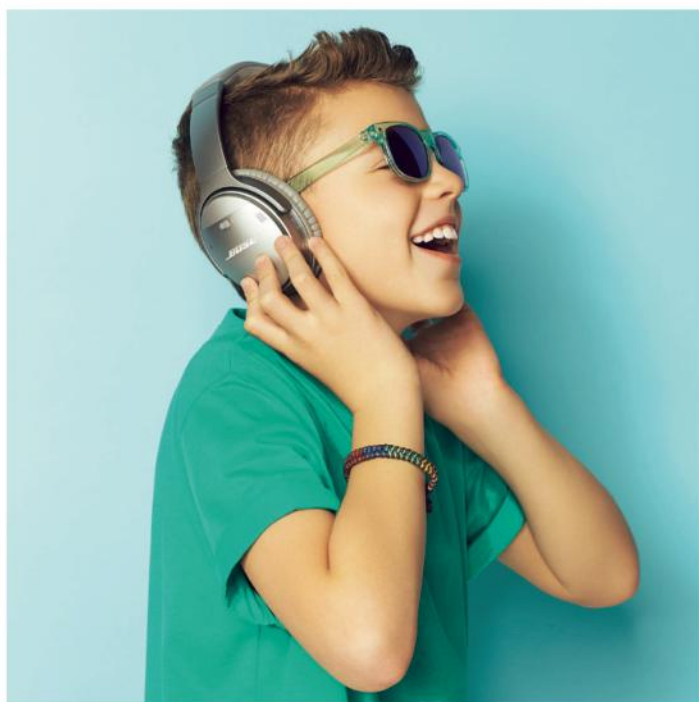
For New Year's, they didn't go out but just stayed home and danced in her beloved kitchen. Owen and her own family are clearly a big part of the reason McClure is so centred. But it's also to do with knowing that she's worked hard to get to where she is.

When she was younger, she had a place at the Italia Conti stage school, but her parents couldn't afford the fees ("I'm glad I didn't go now") and that has left her with an abiding sense of the value of graft. For many of the eight years that McClure was starring in *This Is England* (the

**For Vicky McClure's Best Things in Life, visit [REDONLINE.CO.UK](http://REDONLINE.CO.UK)**



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PARENTING



# FROM STRANGERS... TO *CO-PARENTS*

When Brendan Schulz and Tatijana Basic met on a co-parenting website, they decided to share the responsibility of raising a child – with no romantic strings attached. And they wouldn't change a thing, they tell Cyan Turan

It was an autumn day in Toronto and Brendan Schulz was waiting nervously in a café to meet, for the first time, the woman he'd been emailing for months. But this was no traditional 'date': Brendan – a 44-year-old gay man – hoped Tatijana Basic, 41, would become his co-parent, the mother of his much longed-for baby.

Because, like a growing number of people, Brendan and Tatijana had decided they wanted to share the duties of bringing up a child, but without a romantic attachment to their child's other parent.

Many co-parenting partnerships start as existing friendships, but Brendan and Tatijana struggled to find a co-parent within their circles, so they turned to the internet for a solution.

Enter Modamily.com, a website that allows would-be parents to search for a suitable co-parent. Members set up a profile, outlining the kind of parenting partner they want.

**IF IT SOUNDS LIKE ONLINE DATING, THAT'S BECAUSE IT IS, SAYS BRENDAN.**

"I can't remember a time when I didn't want children. My sister and I used to pick out names for our future kids when we were young," he laughs. "When I realised I was gay, one of my biggest fears was I'd never be a dad." But, age 40 and just out of a four-year relationship, Brendan realised he needed to act on his dream. He'd always liked the idea of co-parenting. "I love the thought of my child knowing their mother and being connected to a wider family."

So when he heard about Modamily, he decided he had nothing to lose. "I had been dreaming of being a parent for so long; I was in the zone. In my profile, I made it clear

I was passionate about fatherhood and only interested in a 50/50 partnership. I messaged lots of women with a simple introduction. Tatijana and I quickly found each other."

Tatijana, already mum to Isadora, eight, from a previous relationship, was, at 35, single after separating from Isadora's father. "I love motherhood, and wanted to give Isadora a sibling," she explains. But after three years of dating, Tatijana decided to explore alternatives.

"I didn't want to parent on my own," she says. "I wanted my child to have two parents. I co-parent with my ex-husband and know the model works." And so

she signed up to Modamily. "It was like online dating – but with more focus on values and personality. There were lots of gay men, but I was open to that. The most important thing was they were psychologically mature and financially stable. I'd be lying if I said looks didn't play a part, too!"

She met one man "but we didn't have the right chemistry" and soon after, began talking to Brendan. The pair had "five or six"

lengthy email exchanges in the summer of 2014.

"We talked about our families, travelling, but we both knew we wouldn't know if it could work until we met," says Brendan. Due to travelling commitments, the pair didn't meet until October. Of that fateful day, Brendan says: "It was strange for us both. I hadn't dated a woman in 20 years, and Tatijana had never dated a gay man before!"

When Tatijana walked in, Brendan was "amazed". For "here was this intelligent, kind, beautiful woman who might, perhaps, want to be the mother of my baby."

"We totally hit it off," says Tatijana. "We were shy, but hung out for a couple of hours, talking about how >>

"It was like online dating – but with more focus on values and personality"

we felt, our lives, our experiences of Modamily and why we wanted children.”

What followed was a series of ‘dates’ – long walks, going to restaurants and drinking too much wine, dinners at each others’ houses – all the ingredients of a growing relationship. “We spent a year ‘courting’ each other and meeting the families,” Tatijana explains, “who were all so lovely and supportive.”

Brendan also began to get to know Isadora who, shy at first, soon warmed to her mum’s new friend. But there were important questions to answer, particularly for Brendan. “My biggest fear had been having a baby with someone who then moved to New Zealand, but Tatijana’s current separation agreement means she has to stay in Toronto,” he explains. “I also worried about a mother not wanting to let go of the baby once it was born, but Tatijana’s existing co-parenting relationship with her ex reassured me she understood how it could work. Finally, the fact she already had a daughter meant I could see she was a great mum!”

The back and forth might seem long-winded but, says Ivan Fatovic, Modamily’s founder, finding the right co-parent is harder than finding a romantic partner. Though, he says, this hasn’t deterred countless people opting for co-parenting in recent years. “Demand has been strong in New York and LA,” says Fatovic, “and I believe it’ll continue to grow in places like London...” Modamily has even launched Concierge Personal Matchmaking, to assist clients in finding co-parents.

## CRUNCH TIME FOR BRENDAN AND TATIJANA

came when they agreed to write down, separately, how they each wanted to parent – from schooling to diet to religion. “Tatijana and I met to discuss our lists,” says Brendan “and that evening, we decided to go for it.”

Tatijana first tried to get pregnant in June 2015, using at-home insemination. After an early miscarriage, the pair tried again in September. On the morning Tatijana was due to take a pregnancy test, Brendan was too excited to sleep. At 6:40am, he called Tatijana, who said she’d take the test and call back. Ten minutes later, she rang to say she was pregnant. “I was overwhelmed with happiness,” Brendan remembers. “And so was Tatijana. The past miscarriage meant we tried not to get overexcited, but I drove to work with a huge smile on my face.”

The pregnancy went to plan. “Brendan was there for every appointment,” says Tatijana. “He couldn’t have been more hands-on.” Brendan also continued to build his relationship with Isadora, taking her on trips and days out.

In June 2016, Tatijana went into labour during her mother’s 60th birthday dinner. Brendan was watching a film in the cinema. “When Tatijana called, I ran out in the middle of the film,” he says. “I raced to hospital, and found her in the hallway, in her posh dress.” When their

son, Milo, was born, Brendan was at Tatijana’s side.

“We were both in tears,” says Tatijana. “It was a bonding moment, for us.” Brendan agrees: “Holding my son for the first time was the most amazing feeling.”

## AS PLANNED, BRENDAN MOVED INTO TATIJANA’S HOME

and both took two months off work. “I had no experience of caring for newborns,” says Brendan, “so didn’t know what to expect, but I would sit, bouncing Milo for hours. It was phenomenal to finally be a dad.” Tatijana breastfed for a month before feeding with expressed milk, meaning Brendan could do the 3am to 6am feed.

For Isadora, there was not just one new fixture in her life, but two. “Like when a single parent starts seeing

someone new, there were ups and downs,” says Tatijana, “but after the transition stage, things were great.”

Two months later, Tatijana works two days a week and cares for Milo on Mondays, Thursdays and Fridays, and Brendan works three days and has him on Tuesdays and Wednesdays at Tatijana’s house, staying overnight on Tuesdays, and on Friday nights at his own house.

Weekends are more flexible depending on their schedules. I say it sounds like a scheduling nightmare. Brendan laughs.

“Living out of a suitcase isn’t my first choice, but it’s logical. The inconvenience is immaterial – in terms of how we raise Milo, Tatijana and I are on the same page.

We’re one family, in two households.”

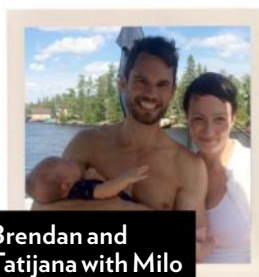
Their colourful family life may sound charming, but co-parenting hasn’t been without its challenges. “Just like husbands and wives and traditional family units, there are glitches,” says Tatijana. “We work through them like married couples would – with maturity and respect.”

As our conversation draws to a close, eight-month-old Milo wakes from his nap and Brendan rushes to comfort him. While he rests his son in his arms, I marvel at the chain of events that brought him here. Brendan can’t believe it himself, and he’s excited for the future; when Milo is one, he’ll go into day care, Tatijana and Brendan will work full-time, and Milo’s care will be split 50/50.

“It’s a unique set-up. But co-parenting has been so much better than I expected,” Brendan enthuses. “I love being with Milo. He learns something new every 10 minutes. It’s fascinating, in a way it can only be with your child. My friendship with Tatijana has given me a new family, one which gathers and supports and celebrates each other.”

As for Tatijana? “My notion of what family is – what love is – has expanded exponentially. Co-parenting is the smartest thing I’ve ever done.”

To find out more about co-parenting, visit [Modamily.com](http://Modamily.com)



Brendan and Tatijana with Milo

“The inconvenience is immaterial... We’re one family, in two households”





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# Beauty *motherhood* ACTIVISM

“We should all be feminists,”  
so said Chimamanda Ngozi Adichie in her famous  
TED Talk, viewed by 3.4 million people, sampled  
in Beyoncé’s hit *Flawless* and emblazoned across  
models’ chests on the Dior catwalk. Yet the author  
and activist still has plenty more to say

Words ALEXANDRA KING Photographs LAKIN OGUNBANWO

**I**t’s a freezing, grey day in suburban Baltimore. As the author Chimamanda Ngozi Adichie makes tea in her warm kitchen, the coos of a 13-month-old baby upstairs can be heard through the thrum of the kettle. She assures me with a wink she looks well rested only because her “concealer is good”.

Though she lives here now with her young daughter and husband, who is a doctor, 39-year-old Adichie was raised in Nsukka, Nigeria. She is a woman who has been conjuring exotic worlds and imagining the inner lives of complex characters since she was a child – after dropping out of medical school to concentrate on her writing, she had her first book, *Purple Hibiscus*, published at the age of 26. Since then, she’s gone on to write three more novels, all critically acclaimed and rich with complex narratives that look unflinchingly, and often humorously, at race, gender and belonging. The most recent, *Americanah*, was optioned by Brad Pitt’s production company,

Plan B, and this year will be made into a feature film starring Lupita Nyong’o. Add a clutch of awards to the mix, including the coveted MacArthur ‘Genius Grant’, and you will begin to get a sense of what a star this woman is. And, though Adichie will later confess to me that she has never really been one for popular culture, popular culture, nonetheless, has fallen spectacularly hard for her.

In 2013, she gave a TED Talk in London titled *We Should All Be Feminists*, in which she declared, “Gender as it functions today is a grave injustice.” The YouTube video of her talk went viral (currently 3.4 million views and counting); it was then adapted and published as an essay, which Sweden handed out to every single 16-year-old in the country. Beyoncé sampled it in her track *Flawless*, while Dior’s artistic director, Maria Grazia Chiuri, sent models down the runway wearing T-shirts emblazoned with the title. All a far cry from a story Adichie tells in that very same talk, when, as a little girl, she was told by her »



"I don't just want to throw theory into the world, I want to change a slice of the world," says Adichie





“  
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taking away, it's  
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”



teacher that the winner of a test would become the class monitor, a role that involved patrolling the class with a cane. Nine-year-old Adichie got the highest score. Except, she recalls, “To my surprise, my teacher said the monitor had to be a boy. She had forgotten to make that clear earlier because she assumed it was obvious. A boy had the second-highest score on the test, and he would be monitor.”

Thirty years later, sitting across from me now, Adichie still keenly remembers that moment. “I remember being really struck by the injustice of it,” she says, her smooth palms tensing around her teacup. “I’ve never forgotten.”

#### HAS FAME AFFECTED HER APPROACH TO WORK IN ANY WAY?

“I don’t actively remember the success,” she replies, simply. “When I’m sitting down to write, I don’t remember that I won the MacArthur. What I’m thinking is, ‘I want to write a good sentence.’” She adds, politely, that she balks a little at the idea that success should be something one would grapple with in the first place. “I remember once being asked, ‘Aren’t you grateful? Aren’t you so lucky that all of this has happened to you?’, and I was like, ‘No! I worked bloody hard!’” she says. “I don’t have that gratitude that women are constantly expected to have; a kind of gratitude that almost suggests you’re not worthy. I think that my books are not bad at all. But my gratitude is because I know there are people that write well who haven’t been as fortunate.”

This mixture of steadfast self-belief and unabashed modesty is the key to Adichie’s

particular brand of magic. For someone so beloved by such a starry bunch, she is refreshingly unaffected. She tells me that she never reads her reviews, for instance, and has a “standing agreement” with her agent, family and friends that they mustn’t send them to her. Reviews, she warns, can foster a “certain self-consciousness that gets in the way of following what is true to you”.

That’s why, she confides, her first readers, are “a trusted circle of family friends, who I know love me very dearly, but who also tell me the truth.” Family plays a huge role in Adichie’s life, perhaps one of the reasons that she decided to write her new book *Dear Ijeawele, Or A Feminist Manifesto In Fifteen Suggestions*, exploring how to raise a feminist child. She’s a self-proclaimed “besotted mother” to her daughter, who, about halfway through our interview, is brought in by her smiling father for a turn on mum’s lap. “Hello, my love,” says an enraptured Adichie, wrapping her arms around her daughter and whispering to her in her native Nigerian language of Igbo. “I’ve been keeping her quiet. I so want to protect her privacy,” she says,

conspiratorially, a reference to the fact that she has not released her daughter’s name and didn’t reveal she was even having a child until after the birth in 2015. “It’s such a different kind of love,” she remarks as her adorable baby joyfully tears chunks out of a magazine on the table. “I wake up grumpy and then I hear her voice and think, ‘Life is good.’”

The thing that has surprised her most about motherhood,



Adichie's books look at race, gender and belonging

she says between kisses, is that “it hasn’t been a taking away, it’s been an adding”.

“I think that for many women, there’s just a sense that you’re supposed to give up on yourself, somehow,” Adichie says. She cites her own mother, who worked full-time as she was growing up, as an inspiration: “I saw my mother as a person who went to work at the same time as my father and came back at the same time as my father,” she recalls. “I feel that she taught me that this is what I can be.”

**ADICHIE LIKES A MATRIARCH.** It’s why she eventually accepted the invitation from Dior’s Chiuri to be a guest of honour at the fashion house’s spring 2017 show, where the models wore ‘We should all be feminists’ T-shirts. She had initially rejected the invitation, she tells me, but changed her mind after Chiuri wrote her a personal letter. “She talked about how strongly she felt about gender, about feminism, about speaking out. I was very moved by it. So I went to Paris, and we had this long chat that I didn’t want to end. We talked about feminism as something that isn’t just a theory, but about wanting to change the way the world works.”

As for those who argue that a T-shirt, of all things, can’t make a difference to public discourse, Adichie disagrees. “Pushing feminism into spaces like that is not a bad thing,” she says. “Does it mean it’s going to make the world equal overnight? No. But do you know what? I think that if we all decide that, in whatever space we occupy, we’re going to make an effort, it makes a difference.”

Besides, she says, “I happen to be a person who has always been interested in appearance.” She comes from a family of glamorous women. “I grew up just knowing that you have to make an effort. My mother would say, ‘You have to look like a person.’”

Last year, Adichie became a beauty ambassador for No 7. Talking about the Boots gig, we discover a shared affinity for the brand’s cucumber face wipes, which, it turns out, we both have a habit of importing in bulk to the US in our hand luggage. “I mean I’ve spent so much time there, I thought I might as well bloody help them sell something,” she says with a grin. Still, Adichie found herself on the receiving end of criticism. “I remember a friend of mine in Nigeria saying to me, ‘Nigerians are saying, how can you do this when you’re a feminist?’” She rolls her eyes. “The idea that I’m being questioned as a feminist if I’m doing a beauty commercial? There’s something really wrong with that. The idea that femininity and feminism are mutually exclusive is nonsense.”

“We need to start questioning why the standard with which we start is always a male standard,” she continues, indignant. “The serious dressing is the male power suit.



Adichie at the film premiere of her book, *Half Of A Yellow Sun*; Chiwetel Ejiofor and Thandie Newton starring in the film, right

“  
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”

Why? The serious standard is the make-up-free woman. Why? Why is femininity denigrated?”

It’s a scenario she knows all too well. When she first began to make her way in the literary world, she stopped wearing make-up. “I realised that if you wanted to be a ‘serious writer’” – she pulls a face – “you can’t wear lipstick.” Now, she notes pragmatically, “I have come to a position where I have been judged on my work, and so I’m fortunate that in some ways I can now afford to be my full self.” But she hates that she ever felt like she had to un-pretty herself in the first place.

That’s why she intends to keep speaking out. “I’m hoping that if I take this position, I can start to challenge things for women who are coming behind me. So that a young woman in her early twenties, who’s starting off writing now, won’t have to deal with thoughts like, ‘Oh I can’t really wear this bright red lipstick because they’ll say I’m not very intelligent or they’ll say I’m frivolous.’”

Her brand of feminism, she admits, is one that’s unashamedly evangelistic, and she has no intention of quieting down. “I think of my feminism as one that wants to persuade,” she says. “I don’t just want to throw theory into the world, I want to change a slice of the world.”

I ask her again about being passed up for class monitor in favour of the boy who came second. What would she do if she could go back? “I would grab that stick from that boy!” she says, with a grin. And her laughter peals through the house like a bell, announcing that here she sits in her rightful place in the world, exactly where she should be. ■

*Dear Ijeawele, Or A Feminist Manifesto In Fifteen Suggestions*  
by Chimamanda Ngozi Adichie  
(4th Estate, £10; out 7th March)

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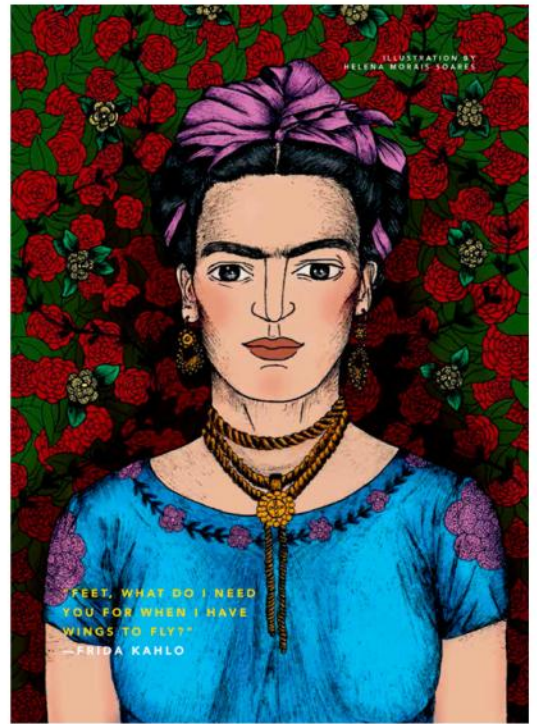
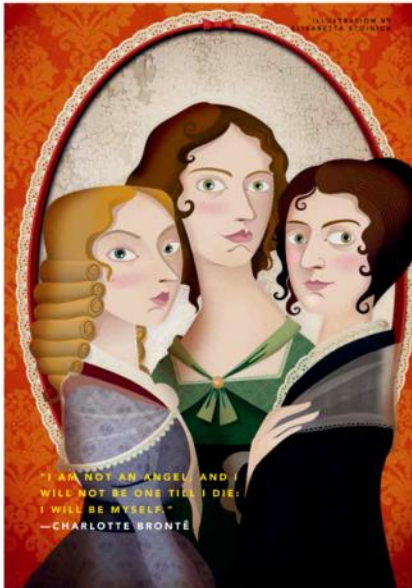
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# Reads

Edited by CYAN TURAN



## Sweeter DREAMS

Fairy tales get a feminist twist in this new collection, says Cyan Turan



Forget passive, simpering princesses and damsels in distress – the heroines in *Good Night Stories For Rebel Girls* are famed for their real-life achievements. From Hillary Clinton to Frida Kahlo and Serena Williams, each story is a mini-biography of a woman who's changed the world, accompanied by a full-page portrait drawn by a female illustrator. The authors' vision is "may each reader know the greatest success is to live a life full of passion, curiosity, and generosity". Amen to that. » *Good Night Stories For Rebel Girls* by Elena Favilli and Francesca Cavallo (Particular Books, £16.99)







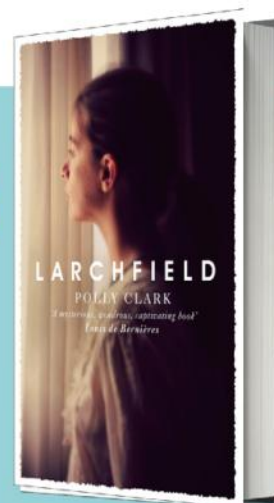
# SPRING stories

Sarra Manning picks her favourite fiction of the month

MOTHER'S DAY READ

**Larchfield by Polly Clark (Riverrun, £14.99; out 23rd March)**

In 1930, WH Auden became a teacher at Larchfield School in the Scottish town of Helensburgh. In the present day, Dora, married and pregnant, moves to Helensburgh and feels as if she's lost sight of the poet she used to be. Then one day, she finds a message in a bottle from one Wystan Auden and steps into his world. A beautifully written debut about outsiders, creativity and motherhood.



**The Witchfinder's Sister by Beth Underdown (Viking, £12.99)**

A fictionalised account of the infamous Essex witch trials of 1645, told from the point of view of Alice Hopkins, sister of self-styled Witchfinder General, Matthew Hopkins. This is a chilling, creeping novel with very obvious parallels to more modern forms of witch-hunts and misogyny, but is still firmly rooted in an England torn apart by civil war and gripped by religious fervour.

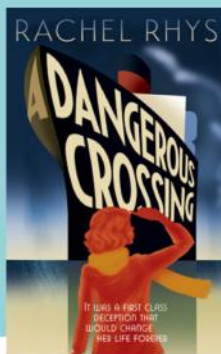


**The Housekeeper by Suellen Dainty (Washington Square Press, £8.99; out 9th March)**

When Anna takes a job as housekeeper to the Helmsleys – Emma, a celebrity lifestyle guru, her husband Rob, their children and dog – it's to escape her own messy life. But beneath the Helmsleys' perfect image are secrets and Anna finds herself dealing with more than just their dirty laundry. A smart, compelling psychological thriller.

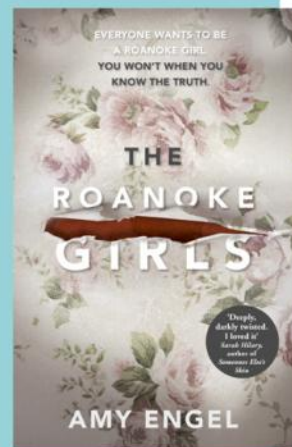
**A Dangerous Crossing by Rachel Rhys (Transworld, £12.99; out 23rd March)**

The first novel from Rachel Rhys (author Tammy Cohen's pseudonym), it's 1939 and Lily boards a liner to a new life in Australia. But her travelling companions, glamorous Max and Eliza and Hitler-loving George, have hidden agendas. When the ship docks in Sydney, war has been declared and two passengers are dead. Think Highsmith on the high seas.



**The Roanoke Girls by Amy Engel (Hodder & Stoughton, £12.99; out 9th March)**

In the YA author's first adult novel, the girls in the Roanoke family either run away or die. At 15 years old, Lane leaves her grandparents' estate in rural Kansas, until 11 years later when her cousin Allegra disappears. Fans of *The Girls* will love this sweat-soaked, sultry, small-town tale full of shadows and lurking dread.



Margaret Howell; Ashish Gupta's workspace



Molly Goddard; Alice Temperley



## London calling

A fashion capital that pulsates with verve, *London Uprising* chronicles the city's diverse fashion landscape. Documenting the workspaces of designers like Alice Temperley and Molly Goddard, this is a fabulous account of London's style scene. *London Uprising: Fifty Fashion Designers, One City* by Sarah Mower and Tania Fares (Phaidon, £69.95)



# “I met someone who had a QUOTE from my book TATTOOED onto their torso”

Samantha Shannon shot to stardom when she published the first of a seven-part series, aged 21. Ahead of the third book, she talks fans and the problem with ‘strong’ female characters

**TELL US ABOUT YOUR NEW BOOK, *THE SONG RISING*...** It’s the third instalment in *The Bone Season* series and has been a long time coming! I wrote it during a busy time, when I was moving out of my parents’ house, and my first draft wasn’t as strong as it could have been. My editor and I worked on it for ages – I ripped out its skeleton, basically. Fixing it was a gruelling process, but I’m thrilled with the finished book.

**YOU HAVE A HUGE FAN BASE. DO YOU FIND IT INTIMIDATING?** It’s humbling when people become emotional when they meet you. I met one who had a quote from my book tattooed onto their torso! I do feel a responsibility towards my fans, though. A lot of them weren’t happy about the delay with the third book, so I blogged explaining why. I felt terribly guilty about the whole thing.

**DO YOU SEE YOURSELF IN PAIGE MAHONEY, THE SERIES’ PROTAGONIST?** I was 19 when I started writing the series, and she was 19 at the beginning, too. I like the idea that as I get older, her voice matures with me. Paige is athletic, whereas I’m not, but I admire her sense of justice. She stands up for what’s right.

“I was called the next JK Rowling... but it felt like it was setting me up not to succeed”

**WHEN YOU PUBLISHED YOUR FIRST BOOK, *THE BONE SEASON*, YOU GOT LOTS OF ATTENTION DUE TO YOUR AGE. HOW DID IT FEEL?** There was a lot of pressure on me. I was being called the next JK Rowling, and my first book probably sold well because of it, but it felt like it was setting me up not to succeed. I’m 25 now, no one calls me ‘young Samantha Shannon’ any more!

**WHAT’S NEXT FOR THE SERIES?** *The Song Rising* sees the clairvoyants travel out of London to Manchester and Edinburgh. With each book, I’ve opened the world up a bit more, so eventually it reaches a global scale.

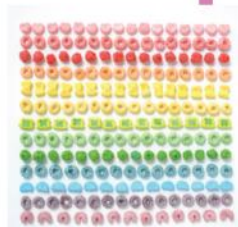
**YOU’VE SAID YOU DON’T LIKE THE PHRASE ‘STRONG’ FEMALE CHARACTER. WHY NOT?** It comes from a good place, but it’s flawed. We compare all supposedly ‘strong’ female characters to Katniss Everdeen and Hermione Granger, but we don’t say, “your male character is strong like Sherlock Holmes”. I prefer the term ‘complex’ – female characters that are as interesting and morally grey as their male counterparts. »  
*The Song Rising by Samantha Shannon (Bloomsbury, £12.99; out 7th March)*



Samantha Shannon's third book *The Song Rising* is out this month

## Chasing RAINBOWS

By gathering colourful iterations of a single type of item – from butterflies to berries, matchbooks to macarons – Julie Seabrook Ream has created a delicious visual feast in *Encyclopedia Of Rainbows*. With no shade left unturned, the book serves as a pertinent reminder that, however dishcloth grey the world may seem, we live in a kaleidoscope of boldness and beauty. *Encyclopedia Of Rainbows: Our World Organized By Color by Julie Seabrook Ream (Chronicle Books, £11.99; out 28th March)*







# My life in books: LILY COLLINS

As the actress publishes a collection of deeply personal essays, she reveals the books that have shaped her

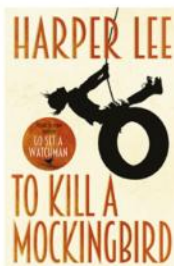
## THE LAST BOOK I READ AND LOVED WAS...

*Big Little Lies* by Liane Moriarty. The drama kept unfolding until the last page. The characters were so different, yet their individual storylines interwove seamlessly. Smart and honest, I found myself involved in all of the women's lives and read it in two days flat!

**THE ONE BOOK EVERYONE SHOULD READ IS...** *The Power Of Now* by Eckhart Tolle. It shows us how to be truly present and appreciate what we have and are. It encourages us to harness what we've learned and use it to move forward.

**MY FAVOURITE LITERARY CHARACTER IS...** Elizabeth Bennet from *Pride And Prejudice*. She is unwaveringly honest, unapologetically tenacious, and doesn't allow society's norms to define who she is.

**THE LAST BOOK THAT MADE ME CRY WAS...** *To Kill A Mockingbird*. It makes me cry every time I read it. I get emotional when Scout and Jem realise it's Boo Radley who saved them. It makes you think twice before judging anyone.

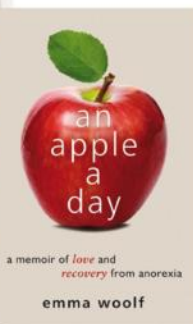
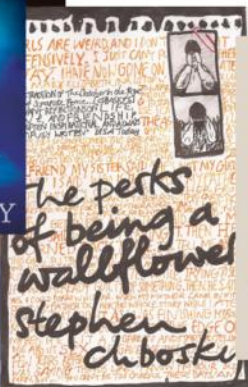


**THE BEST LINE FROM A BOOK IS...** "We accept the love we think we deserve" from *The Perks Of Being A Wallflower*. It's a simple concept but so poignantly expressed: to be happy in a relationship we must have a positive one with ourselves.

**THE BOOK THAT GOT ME THROUGH A DIFFICULT TIME WAS...** *An Apple A Day* by Emma Woolf. It helped me through my experience of filming *To The Bone*. It is an account of how one woman battled with eating disorders, using will and determination to be more than just her disease. It gave me the guidance to tell my story.

**THE BOOK I ALWAYS RETURN TO IS...** *Pride And Prejudice* – it never gets old. Reading it reminds me of growing up in the countryside and Jane Austen's dialogue is smart and witty.

**MY FAVOURITE EVER BOOK IS...** The *Harry Potter* series. They defined my childhood. I'll never tire of them. *Unfiltered: No Shame, No Regrets, Just Me* by Lily Collins (Ebury, £12.99; out 7th March)



## Political powerhouses

IT'S A STELLAR SEASON FOR WESTMINSTER'S WOMEN, WHO PUBLISH FOUR BARNSTORMING BOOKS THIS MONTH

**Everywoman** by Jess Phillips (Hutchinson, £14.99; out 9th March)

Labour's new leading light is a woman not afraid to speak her mind – in real life or on Twitter. This, her rallying call for equality, encourages women to stand up and speak up.



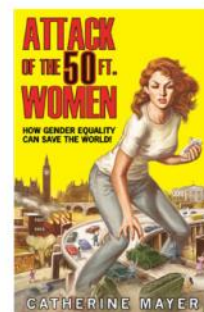
**A Woman's Work** by Harriet Harman (Allen Lane, £20)

The former interim leader of Labour disappeared from frontline politics a year ago.

Judging by this book, about the progress of women in government, her time's been spent wisely.

**Attack Of The Fifty Foot Women** by Catherine Mayer (HQ, £20; out 8th March)

Having co-founded the Women's Equality Party in 2015, Mayer now seeks to take readers on a journey to a truly gender-balanced society she calls Equalia.



**The Women Who Shaped Politics** by Sophy Ridge (Coronet, £20; out 23rd March)

The *Sky News* reporter has curated this compendium

of the female figures who have influenced politics as we know it.





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# Fashion

Edited by OONAGH BRENNAN

IT'S  
A  
NEW  
DAY

The NEW-season rules are in... think STRIPES, high-necks and glorious RUFFLES. Go bold in METALLIC trousers (for day!), make a stand in a PATENT trench and add a dash of '80s detailing. The time is now.

**Cotton shirt**, £260, Veronica Beard at Harvey Nichols. **Wool pinafore**, £595, Mulberry. **Leather belt**, price on request, Altuzarra

PHOTOGRAPH PAUL EMPSON



# BELLE ÉPOQUE

IMBUED WITH THE SPIRIT OF FRANCE'S CÔTE FLEURIE, WHERE EDWARDIAN HOLIDAYMAKERS ENJOYED THE SCENT OF SALT IN THE AIR, SPRING IS AWASH WITH OLD SEASIDE GLAMOUR. TRÈS CHIC

*Photographs PAUL EMPSON Styling OONAGH BRENNAN*



**Castaway on sandy shores never looked so appealing: deconstructed ruffles and dark rope sandals say damsel with just the right type of distress**

**Cotton dress**, £1,524, Zimmermann. **Silver and druzy stone earring**, £100 for one, Cornelia Webb. **Suede sandals**, £355, Ancient Greek Sandals





Layers upon layers of timeless Vionnet threads capture the quiet elegance of bygone Edwardians. Big dresses can be everyday with a cotton blazer thrown over the top

**Cotton blazer**, £1,165;  
**silk dress**, price on request, both Vionnet.  
**Hemp hat**, around £369, Eugenia Kim



**This modern corsair  
has won the battle  
– a slashed back,  
thick straps and  
stripes next to  
stripes. Attitude  
and humbug  
boots to finish**

**Silk jumpsuit, £1,740;  
cotton and elastic  
boots, £710, both Fendi**







**A soupçon of Dior tulle, a little tailored blazer, hair all over the place and a crumbling plaster backdrop. This is lived-in spring style for the city and seaside**

**Wool blazer, £2,700; cotton T-shirt, £490; cotton-mix briefs (just seen), £580; tulle skirt, £2,600, all Dior. Leather shoes, £475, Mulberry**






**A petite metal pointer takes this pedestrian belt and makes it punchy – and pirate. Put it next to peacock-blue chiffon for a tiny, spiky edge**

**Cotton shirt**, £295; **chiffon skirt**, price on request;  
**leather belt**, £320, all Alberta Ferretti





The nude underpinnings of long-gone wardrobes look effortless and intriguing against everyday blue shirting. Add a waist frill, and you're done

**Cotton dress**, £465, Victoria Victoria Beckham at Fenwick of Bond Street. **Satin bustier**, £495, Vilshenko





**So many perfect decisions by Armani: the dusty cornflower blue, the crumpled fabric, the grosgrain ribbon, just the right amount of slouch and a military button to boot. Perfection**

**Silk and grosgrain blazer, £710, Emporio Armani**





The By Malene Birger woman has gone big on every front – with no regrets. Easy, breezy, mannish and striped, we want to be in her gang

**Silk shirt**, £225; **silk trousers**, £250, both By Malene Birger. **Straw hat**, around £466, Eugenia Kim. **Leather and cotton shoes** (just seen), £65, Solillas





**The power of the right shoe: dark, ankle-wrap espadrilles transform this frilled viscose dress from cute to intriguing**

**Viscose dress**, £520, Sportmax. **Cotton top** (just seen), £275, Vilshenko.  
**Leather espadrilles**, £60, Solillas





**Summer luxury is sand on the hem of a perfectly carefree skirt. This black and white number by Peter Pilotto is the embodiment of modern bohemia**

**Cotton top**, £225, Rebecca Taylor. **Silk and chiffon skirt**, £1,595, Peter Pilotto at Harvey Nichols. **Gold-plated earring**, £122 for one, Maria Black. **Leather sandals**, £265, Escada

Model Michaela Kocianova at Elite London. Hair Bjorn Kriskker at Frank Agency, using Bumble and Bumble. Make-up Ruby Hammer at Angeli & Co, using Chanel Rouge Coco Gloss and Chanel Blue Serum. Stylist's assistant Gabriella Minchella. Local production thanks to James English Productions



GUCCI

Don't be afraid of double takes. Thanks to some edgy hardware, Gucci's look-at-me denim suit makes for perfectly revved up (rather than relaxed) eveningwear that'll ensure you're centre stage

Denim jacket, £3,230; silk crêpe de Chine shirt, £975; denim jeans, £2,030, all Gucci. Leather and sequin earrings, £56, J.Crew

# what's NEW

A DASH OF EMBELLISHMENT, A RIVET OR A RUFFLE AND POP OF BRIGHT PINK: SPRING'S BEST CAMERA-READY PIECES WILL EARN YOU STYLE POINTS IN A FLASH. HERE'S LOOKING AT YOU

*Photographs ALEX EDWARDS Styling NICOLA ROSE*



## DOLCE & GABBANA

**Step out in pinstripes with a new focus. Dolce & Gabbana's sharp, cropped jacket and ankle-baring trousers flatter every shape without trying. Just add a white T-shirt and the coolest slippers for an easy win (with a rosette to prove it)**

**Jacquard barre jacket; cotton T-shirt; jacquard barre trousers; gold-plated necklace; jacquard slippers, all price on request, Dolce & Gabbana**







## CHANEL

**Karl Lagerfeld plays the ultimate digital mix-master with this neon-print cover-up. Belting it over a classic lace slip takes spring in a very bold, yet chic, new direction**

**Silk toile coat**, price on request; **lace dress**, £1,725; **metal and strass earring**, £715 for one; **metal and pearl belt**, £6,490, all Chanel





## ISABEL MARANT

**With brash graphics and a full-body ruffle, this model number from Isabel Marant is sure to drop some jaws. Dial it down for day with trainers and a denim jacket, then up for night with dazzle-me earrings and the highest heels**

**Linen dress, £660, Isabel Marant. Metal and Swarovski crystal earrings, around £317, Shourouk. Suede and perspex shoes, £525, Jimmy Choo**



## MIU MIU

Miu Miu's scene-stealing trench has it all: luxe-y shoulder embellishment, a glamorous finish and a sexy, thigh-length crop. So slick, you could pair it with the very clompiest of wedges and still be the portrait of cool

**Ciré coat**, £2,020;  
**poplin shirt**,  
£450; **poplin**  
**briefs**, £360;  
**leather belt**,  
£300; **patent**  
**leather shoes**,  
£755, all Miu Miu





## LOUIS VUITTON

Spring's trend for transparency takes on a streetwise vibe at Louis Vuitton, with '80s detailing and dark accents. Cue sharp two-tone boots, a cut-away body and some athleisure-inspired belting. Sheer perfection

**Polyester-mix top,** £1,800; **silk crêpe bodysuit** (worn underneath), £550; **jersey and nylon trousers with belt,** £1,500; **leather monogram ankle boots,** £1,300, all Louis Vuitton





## ANDREW GN

Trust us, developing a crush on any kind of pink dress this season is a good move. But with its fluid shape, dreamy sleeves and just the right amount of frill, this raspberry number by Andrew Gn throws all others in the shade

**Silk dress**, £2,725, Andrew Gn. **Strass earrings**, £460, Marni. **Leather shoes**, £390, Tod's








## RALPH LAUREN

**Metallic trousers for day? Why not, says Ralph Lauren. Wear a timeless military jacket in earthy tones over said spotlight-worthy trousers to channel your inner Lauren Hutton**

**Canvas jacket**, £1,525; **silk trousers**, £4,340, both Ralph Lauren. **Resin earrings** (just seen), £220, Marni at [Net-a-porter.com](http://Net-a-porter.com)

Model Bruna Tenorio at Elite London. Hair Ben Cooke at Frank Agency for Lockonego Salon, using Pantene. Make-up Mary Wiles at The Wall Group, using Chanel Coco Code and Chanel Blue Serum. Stylist's assistant Gabriella Minchella. Location thanks to Spring Studios





You'll always  
have power in a  
classic tux. But  
a head-to-toe  
sequin tux?  
Nothing better

Black cotton and  
sequin jacket, £1,700;  
black cotton and  
sequin trousers, £830

# NOW & FUTURE CHIC

THE WARDROBE PIECES THAT PUNCH ABOVE  
THEIR WEIGHT DEFY TRENDS AND AGE ALIKE.  
STEP FORWARD GIORGIO ARMANI'S NEW  
NORMAL COLLECTION. WEAR WITH PURPOSE

*Photographs BRIANDALY  
Styling LAUREN T FRANKS*





**Suiting goes out of office: we're talking relaxed silhouettes layered over updated Bretons, or revealing the smallest bit of skin. Hello, nonchalance**

Robyn (left) wears:  
**Navy wool coat**,  
£1,700; **navy linen jacket**,  
£1,050; **navy and white cashmere top**,  
£660; **navy wool trousers**,  
£700; **black leather bag**,  
£1,250  
Niki wears: **Blue linen jacket**,  
£960; **blue linen trousers**,  
£530






At every age the classics never let you down: clean white, masculine checks and stormy grey are made thoroughly modern with an extra insouciant attitude. Irresistible

FROM LEFT: Helena wears: **Cotton top**, £1,150; **cotton trousers**, £700; **linen-mix belt**, £240; **leather shoes**, £450

Robyn wears: **Beige cotton trench**, £1,700; **grey cashmere T-shirt**, £660; **grey and blue linen trousers**, £830; **black linen-mix belt**, £250; **brown leather handbag**, £1,600; **tan leather shoes**, £360  
Lisskulla wears: **Grey silk jacket**, £4,600; **grey silk top**, £830; **grey silk trousers**, £1,050; **leather shoes**, £450, all Giorgio Armani New Normal Collection





**Tailoring's enduring appeal lies in the little details – sharp lines and luxe fabrics that will delight, this season and beyond**

Niki (left) wears: **Navy wool jacket**, £1,350  
Lisskulla wears: **Beige cotton trench**, £1,700;  
**white wool and cotton top**, £520

Models Helena Sopar at Select Models, Lisskulla Ljungkvist and Robyn Bright at Models 1, Niki D at Milk Management. Hair Marco Testa, using Bumble and Bumble. Make-up Lindsey Poole, using Kevyn Aucoin. Stylist's assistant Anisha Parbhakar-Brown. Hair assistant Vimal Chavda. Make-up assistant Viktor Charles





## Super Restorative Day

Replenishes, lifts, illuminates.

Love the age  
you are.

Immediately skin feels nourished and appears smoother<sup>1</sup>. After just 4 weeks, skin is visibly plumped and more radiant<sup>1</sup>. Enriched with organic harungana plant extract with its powerful replenishing action, Clarins Super Restorative Day Cream targets the specific needs of mature skin. You can look as young as you feel. You look good, you feel good.

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Organic harungana extract  
with a powerful replenishing action



It's all about you.

# CLARINS

1. Satisfaction test, all skin types formula, 99 women.  
2. Source: The NPD Group value sales Jan - Nov 2016.




# Beauty

Edited by ANNABEL MEGGESON

## NAILED it

Photograph  
BENOÎT AUDUREAU

No one does nail colour like Chanel, from the impeccable gloss to the hues that are at their best when the tiniest bit offbeat – remember *that* black red, or the unexpectedly delectable putty grey that launched a whole new trend? Of that ilk is this latest quartet, ideal for giving your manicure an understated edge. Which one will you choose? 



**Chanel** Le Vernis in (clockwise, from top left) Emblématique, Androgyne, Tulle, and Washed Denim, £20 each

For more spring  
nail shades, go to  
[REDONLINE.CO.UK](http://REDONLINE.CO.UK)



HAIR

# THICKER, *STRONGER*, GLOSSIER

IF YOU THINK YOUR HAIR'S A LOST CAUSE, TAKE HEART. A FEW EASY, EXPERT-LED ANTI-AGEING TWEAKS TO YOUR ROUTINE CAN MAKE A HUGE DIFFERENCE, FINDS ANNABEL MEGGESON

*Photographs CHRIS CRAYMER Creative direction NICOLA ROSE  
Hair KEN O'ROURKE*

**T**here's a theory about ageing, expounded by *Red's* health director and compounded by common lore that we don't do it gradually, but in fits and starts. (It starts and you have a fit, perhaps?) I was so busy scrutinising the fallout from the latest fit of ageing on my face, I failed to notice the ravages of time had commenced on my hair, too. What I thought was a temporary glitch in my hair's condition, caused by, oh, I don't know, tiredness or something, was confirmed as a significant, ineluctable change when I visited a favourite colourist. As I pulled the tie off my thin, frizzy, grey-streaked ponytail, my apologetic shrug in the mirror was met by his... gasp. The tail of his comb flew in and frantically started parting the strands hither and thither as if looking for some hair we simply might have missed. But, no. With a flourish of his hand, the trichologist was summoned and caffeine delivered at high speed.

Well, there must be a lot of emergency coffee on standby in hairdressers these days: a new survey by hair experts Charles Worthington suggests I'm far from alone, with only one in 10 women happy with »







Styling is to hair what  
make-up is to your  
face – capable of  
making a huge and  
joyous difference



**Charles Worthington**  
Everyday Gentle Micellar  
Shampoo and Weightless  
Conditioner, £5.99 each

their hair. The rest are variously ‘confused’, ‘frustrated’, ‘daunted’ or simply aren’t talking about it, according to Charles Worthington brand ambassador Ken O’Rourke (who styled the beautiful hair for these pages). “When women start talking about their hair, they get to know more about it and start caring for it better.”

Back in the mirror, things were already improving. Colour had been applied (we all know this makes a huge and immediate difference to hair – keep it up), and the conversation opened. I was talking to O’Rourke, talking to the trichologist, talking to whomever I could to help get my hair back.

Now three months in, my pursuit of thicker, shinier, swingier, less desperate-looking hair is paying dividends. We don’t have to suffer in silence, it turns out. There really are things that can be done to make a difference. Start now and spare yourself a fit.

## Improve YOUR HAIRCARE



It sounds simple, but just paying attention to the way you look after your hair every day makes a difference. Your shampoo is probably fairly mild. Make it milder – Charles Worthington’s new Everyday Gentle Micellar Shampoo (above) is the first of its kind, leaving hair exceptionally light (never lank) and manageable. Team it with the Weightless Conditioner, especially if you have fine hair. And if you normally stop there, which I did till now, add a third step to your routine and brush some oil through the end of hair while it’s still damp. It works like moisturiser does for your face, leaving it plumper and glossier – and in my case, much less wispy. O’Rourke has this useful tip: “Spread a pump of hair oil on the back of your hand and press your brush into it.

You’ll get a more even distribution of product than if you apply directly to hair using your hands. The same goes for serum.” (I have a separate brush for this, as I can’t afford oil near my already grease-prone roots.)

I’m also loving Percy & Reed’s new Wonder Overnight Mask for Hair, which is no fuss to apply and gives hair more ‘weight’ once it’s washed out. Or, if I can’t be bothered to apply a mask but I’m washing my hair the next morning, I’ll now run a few pumps of oil through the ends. The extra TLC at night has made my hair much glossier.

## Learn A STYLING TRICK

Styling is to hair what make-up is to your face – temporary, yes, but capable of making a huge and joyous difference. For me, O’Rourke suggests gently drying hair until it’s about “90% dry”, then ruffling through some Charles Worthington Volume & Bounce Texturising Spray.

More time? “Use tongs to create movement in the mid-lengths,” says O’Rourke. “Pull forward a few chunks of hair, wrap each one round your tongs, leaving the ends free, then unwrap almost straight away. It helps hair swing forward, which makes it look thicker. Finish with a blast of hairspray, but not over the top of hair – tip your head upside down and use it underneath to create more oomph.” (I’ve been using Charles Worthington’s Diamond Shine Hair Spray, which gives hold but is utterly lightweight.)

## YOUR THICKER, SHINIER HAIRCARE PLAN AT A GLANCE

**You’re not seeing the trichologist? This is what I would recommend for everyone**

- Take a good multivitamin, plus silica, Biotin (both important constituents of hair), and extra vitamin B complex.
- Use a little oil through the mid-lengths and ends every time you wash your hair.
- Make time in your routine for masks – either overnight ones or one you can sit in the bath with once a week. The key is to keep hair hydrated and plump.
- Eat more protein for breakfast. Studies show that this is when it’s most readily absorbed by hair follicles. Alternate between eggs, yoghurt, salmon and lean bacon.
- Don’t underestimate scalp massage: give it a brisk rub for a few minutes once or twice a week using vitamin E oil, ideally.
- Get your hair coloured regularly – it thickens the shaft and keeps it glossy.

## Feed YOUR FOLLICLES

The trichologist who came to my rescue (Ruben Silva at Hair Medica at Josh Wood Atelier; 2122hairmedica.com), ran tests on my hair and found deficiencies in various vitamins and minerals. A two-pronged approach was suggested: the first to up the vitamin and mineral count in my body by taking supplements; the second to stimulate the follicles better to absorb said nutrients.

I stocked up on the prescribed supplements – silica, iron, biotin, vitamin B12 and zinc (Solgar was the recommended brand, as “it’s good quality and not insanely expensive”, >>




Tongs used in  
the mid-lengths  
add movement  
– making hair  
look thicker

according to Silva), and I've been taking them regularly ever since. But how to get those goodies into my hair?

The second prong turned out to be, well, an actual prong. Hundreds of them, in fact. I was subjected to a course of scalp stimulation using dermarolling, which is when a little roller set with tiny needles is run over your skin – or, in this case, scalp – to shock follicles into absorbing more nutrients. On faces, it's done with the mercy of numbing cream; on scalps, not so much. But, it wasn't as painful as I thought. In certain areas (ie, anywhere but the hairline – ouch!), it felt like a not-unpleasant massage. The roller is used with vitamin-rich serums, which are encouraged to go deep, thanks to the piercing action of the roller. I've had five of these to date, over the course of a couple of months.

Has it worked? I saw a hairdresser recently who knew nothing about my hair odyssey. As she was combing my hair she commented on new growth – not just baby hair, that stuff that grows half-heartedly around the hairline – but a good few inches of new growth all over my head. If it continues I'll have thicker hair within a year. Unfortunately, I can't tell if it's the supplements or the dermarolling or both, but at £230 a pop, regular dermarolling isn't an option, even if it does include a massage and wash with special shampoo.

The plan, then, is to continue with the supplements, and to have my scalp needled a few more times over the course of six months, till my hair's really had time to shine. After that, it'll be the supplements, plus continuing to care for it in a more mindful way. As O'Rourke says, "Once you start paying attention to your hair, experimenting with products, learning what can help, you'll get to love it again." And with any luck, I'll never make a hairdresser gasp again.  Charles Worthington Everyday Gentle is available from Boots and Boots.com. Find out more about the Charles Worthington Love Your Hair campaign on the brand's Facebook page. Join the conversation using #shairthelove

**Dermarolling**  
– tiny needles run  
over your scalp –  
shocks follicles  
into absorbing  
more nutrients



## YOUR BETTER-HAIR KIT



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Biotin  
1000 MCG,  
£7.55 for 50  
capsules

**Solgar**  
Oceanic  
Silica,  
£6.99 for  
25mg

**Charles  
Worthington**  
Diamond  
Shine Hair  
Spray, £6.99



**Spatone** Liquid  
Iron Supplement  
Apple Taste, £12.49  
for 28 sachets



**Percy & Reed**  
Overnight  
Recovery Mask  
For Hair, £20



**Charles  
Worthington**  
Volume &  
Bounce  
Texturising  
Spray, £6.99

Discover 10 more tricks  
for thicker hair at  
[REDONLINE.CO.UK](http://REDONLINE.CO.UK)

MODEL ELISE AARNINK AT ELITE LONDON. HAIR KEN O'Rourke. USING CHARLES WORTHINGTON. MAKE-UP EMMA KOTCH AT STREETERS. USING BENEFIT COSMETICS AND SISLEY SKINCARE. NAILS EMMA WELSH AT AUGUST MANAGEMENT. USING CHANEL LE VERNIS AND BODY EXCELLENCE NOURISHING AND REJUVENATING HAND CREAM. STYLING SOPHIE HOOPER. STYLISTS ASSISTANT ANISHA PARBHAKAR-BROWN. HAIR STYLIST'S ASSISTANT JAMES PARR. LOCATION THANKS TO LOFT STUDIOS



Facial cleansers are made  
to cleanse, not hydrate.  
Oh, really?

**New Neutrogena® Hydro Boost Water Gel Cleanser**

So long, drying facial cleansers.  
New Hydro Boost Water Gel Cleanser,  
this revolutionary product, is enriched  
with hydrating hyaluronic acid.

It boosts and locks in hydration, while it easily lathers  
away make-up and impurities, even waterproof mascara.

Skin that's clean, refreshed and  
touchably supple? Yes, really.

**See what's possible**



**Neutrogena®**  
Developed with Dermatologists

# LIQUID GOLD

Almost three decades on from creating an industry first, Elizabeth Arden is introducing a new generation of Ceramide Capsules for fresher, firmer-looking skin, and to reduce the appearance of fine lines and wrinkles

**I**t was a big year, 1990. Not only was it the beginning of the last decade of the millennium, it was also the year that saw ceramide technology change the beauty landscape forever, courtesy of Elizabeth Arden Ceramide Capsules. An industry first, these single-dose pods of strengthening serum promised to help skin look firmer, healthier and smoother by supporting its natural renewal process. The magic ingredient? Bio-engineered and skin-identical ceramides, able to replenish the skin's own levels of naturally-occurring lipids, which inevitably deplete over time, but are essential for keeping the skin's protective barrier function intact.

Cut to today, and Elizabeth Arden has created Advanced Ceramide

“Ceramide technology has been proven to support the skin. These revolutionary capsules are ideal for travel and to use during the day. They're perfect to pat on over make-up for a post-lunch hit of hydration”

Annabel Meggeson,  
beauty director, *Red*

Capsules Daily Youth Restoring Serum, a new generation of capsules containing a dermatologically-tested formula that delivers triple the

anti-ageing power, that supports natural collagen supplies for a firmer look, and is clinically proven to take up to 10 years off the appearance of the skin. Enhanced Ceramide Lipid Complex (ECLX) combines ceramides 1, 3 and 6 to strengthen and firm the skin, create a barrier against moisture loss and exfoliate the surface for a fresher, smoother look. Sea fennel extract boosts luminosity by boosting cell renewal, while botanical lipids and nourishing omegas improve elasticity. A vitamin A derivative (retinyl palmitate)

supports the skin's collagen supplies for a firmer look, and improves clarity for a more even-toned appearance.

## The Perfect Package

A revolutionary delivery system in every way...

### INSIDE...

Lightweight and silky smooth, Elizabeth Arden Daily Youth Restoring Serum sinks into the skin to nourish and hydrate instantly.

...AND OUT  
Biodegradable packaging, free of preservatives and fragrance, and delivers a concentrated single dose of ceramide technology.

## 10 YEARS YOUNGER? TRY IT AND SEE...

In clinical and consumer perception tests, scientists reported 100%\* of the women who tried new Elizabeth Arden Advanced Ceramide Capsules Daily Youth Restoring Serum saw an improvement in radiance and luminosity. Visit your nearest Elizabeth Arden Counter to receive a seven-day trial sample of Advanced Ceramide Capsules Daily Youth Restoring Serum. Consumers can find a store on [Elizabetharden.co.uk](http://Elizabetharden.co.uk).

\*BASED ON A CLINICAL STUDY OF 44 WOMEN AGED 36-64 AFTER 12 WEEKS OF USE. \*\*BASED ON SELF-ASSESSMENTS OF 44 WOMEN IN A US CLINICAL STUDY AFTER 12 WEEKS OF USE. \*\*\*BASED ON AN IMAGE ANALYSIS CLINICAL STUDY OF 44 WOMEN AGED 36-64 AFTER 12 WEEKS OF USE



Red PROMOTION

93% of consumers felt their skin looked healthy and felt smoother\*\*, and 97% saw a significant improvement in the appearance of fine lines and wrinkles\*\*\*







## JOIN OUR FABULOUS BEAUTY SWAP SHOP

This year's event, in association with Clinique, will be better than ever!

**S**tuck in a skincare or make-up rut? Put our *Red*-Clinique beauty swap shop in your diary. Hosted by *Red*'s beauty director Annabel Meggeson and Clinique's team of experts, this event at Clinique's Covent Garden boutique gives you a unique opportunity to spring clean your make-up bag/bathroom cabinet by bringing along one product from any brand you no longer love and swapping it for a Clinique alternative\*. Changing just one thing in your skincare or make-up routine can make a huge difference, and Annabel and the Clinique consultants will be on hand to suggest what might work

**“CHANGING just one thing in your BEAUTY routine can make a huge DIFFERENCE”**

best for you – perhaps a new way of cleansing, swapping a serum for an oil, or changing the way you apply foundation. Guests will be shown an introduction to Clinique's latest skincare product, Fresh Pressed, to give you brighter, more glowing skin. There'll be fresh juices and healthy treats. Plus, every *Red* reader will leave with a Clinique goodie bag, worth £40. A beauty upgrade, freebies and fab, healthy food? We're sold!



### How to book

**WHERE?** Clinique, 4A East Piazza, Royal Opera House Arcade, London WC2E 8HD  
**WHEN?** 28th March 2017, 6pm-8.30pm  
**PRICE?** £25, plus booking fee. Includes a consultation with a Clinique expert, a chance to meet the *Red* beauty team, fresh juices, healthy snacks, plus a goodie bag, worth £40  
**BOOKAT:** [Redonline.co.uk/red-women/red-events/clinique-beauty-swap-shop](http://Redonline.co.uk/red-women/red-events/clinique-beauty-swap-shop)

**TERMS & CONDITIONS** \*PRODUCTS TO BE SWAPPED CAN BE ANY BRAND. YOU'LL RECEIVE A CLINIQUE VERSION OF YOUR PRODUCT. ONLY ONE SWAP PER READER



# 15 FRESH SPRING UPDATES

Beauty's got a brand new mood – clean, easy and often playful. From how to lose a too-perfect lip line to easy up-dos, here's how to tap right in

Words ROSIE GREEN and ALEXANDRA FRIEND

## 1 START WITH THE SKIN

"Beautiful skin was the starting point for so many catwalk looks this spring and for some – Isabel Marant (pictured), Proenza Schouler – it was the end point, too. Instead of make-up, it was just super-clean and radiant skin on show. Good cleansing is where it all begins, so here are three new star buys.

### THE BRIGHTENING POWDER

Clinique Fresh Pressed Renewing Powder Cleanser (£24 for 28 sachets; 1) with pure vitamin C gives luminosity.

### THE NOURISHING FOAM

Darphin Intral Air Mousse Cleanser (£28; 2) delivers a creamy and comfortable cleanse.

**THE PURIFYING OIL** Kiehl's Midnight Recovery Botanical Cleansing Oil (£29; 3) removes every last trace of make-up without drying your skin. »







JW Anderson S/S17

## 2 REPURPOSE YOUR BLUSH

Supporting act no more, blush is holding its own as the new make-up must-have. Here are three new ways to wear it.

**DRAPING** Swirling blush from cheekbone to temple creates bone structure and a bold new look, as seen at Chanel and JW Anderson.

**BOY BLUSH** Nars' Andrew Gallimore drops

colour to the hollows below the cheekbones (think wash, not contour). "You won't look like you're wearing blush – you'll just look healthy," he says.

**CO-ORD COLOUR** Make-up artist Florrie White blends cream blush over Rosie Huntington-Whiteley's eyelids too, for "extra depth and warmth".



**Laura Mercier** Joie De Vivre Windflush Colour Powder for Cheeks & Eyes, £29



**Revlon** Insta-Blush in Rose Gold Kiss, £9.99



**YSL** Baby Doll Kiss & Blush Duo Stick N°3 and N°4, £26



Dolce & Gabbana S/S17



Marques Almeida S/S17

## 3 GET BACK TO YOUR ROOTS

The new approach to roots is a forgiving one, whether you're covering greys or maintaining a head of highlights. "An inch of shadow gives the face a youthful boost, and if greys are the issue, having clusters lightly blended out looks softer than an all-over tint and doesn't need as much upkeep," says Nicola Clarke, creative colour director at Color Wow. John Frieda's new service The Fade Out (from £125) darkens at the root to give highlights a deliberately lived-in look and subtly blur away greys.

## 4 REINVENT THE HEEL

Sling-backs, sliders and mules: summer's most covetable footwear gives heels nowhere to hide. Keep yours reliably bare-able with our latest foot-softening finds: The Chemistry Brand Heel Chemistry (£15; 4) and Alpha-H Liquid Gold Luxe Resurfacing Body Cloths (£27).



4

## 5 GET INTO GLITTER

Fashion's magpie moment (hello shimmer, shine and serious embellishment) prompts a decorative feel for the face: glitter, and lots of it. We've seen it stenciled onto skin and layered over lips, but love it most washed across eyelids in flattering tones of old gold, rose gold, or clean, fresh silver.

**Stila** Magnificent Metals Glitter & Glow Liquid Eye Shadow in (from top) Gold Goddess, Diamond Dust and Kitten Karma, £23 each



Verace S/S17





Jil Sander S/S17

## DROP A FEW INCHES

... to the nape of the neck, that is, where the chicest up-dos (low-dos?) will be worn. From ponies to twists, they get their modern edge from a boyish minimalism, says Luke Hersheson, UK creative director for John Frieda. "Play with the balance between masculine and feminine – a sleek side parting, or a hint of root lift for subtle sexiness."

**GHD** Narrow Dressing Brush, £15 – for precision partings and lifting at the root



**L'Artisan Parfumeur** Au Bord De L'Eau, £105 for 100ml – sheer and glistening citrus, with powdery musk and violet underneath



**Maison Francis Kurkdjian** Aqua Celestia EDT, £130 for 70ml – crisp mint, cool lime and warm mimosa blossom

## STEP INTO A NEW SCENT

Inspired by the herbal steam of the Hammam, Monet's riverside scene and the point where sea and sky meet, there's a watery note coursing through the freshest scents of the year so far. What they mean for the wearer? An airy and optimistic feel that's perfect for now.



**Penhaligon's** Savoy Steam Cologne, £134 for 200ml – clean, green and peppery, with a pile of rose petals seeping through

## 8 TRY A NAKED EYE

Inspired by make-up artist Peter Philips' eye-brightening look for Dior (left), we've discovered two nude kohl's that actually work (most are too chalky or stark). Diorshow Kohl in Beige (£19.50; 5) and Lancôme's new Le Crayon Miracle (£16.50; 6) are off-white enough to deliver the creamy finish we crave.



## 9 FEEL GOOD, LOOK SO MUCH BETTER

At Marni, MAC's uplifting Prep + Prime Essential Oils (£21 each) were used to rescue models' skin and moods, while girls at Barbara Casasola received tension-taming massages before they walked.

Inspired, we're taking treatments at home this year. New wellness delivery service Soothe (huge in the US and just landed in London) offers massages with just 60 minutes' notice (from £60; Soothe.com), while our favourite walk-in salon Blow Ltd has just added massage, Pilates and yoga to its at-home menu – and covers the home counties (Blowltd.com).

**MAC** Prep + Prime Essential Oils, £21



**Tom Ford** Shade And Illuminate Lip in Possession, £44



**Dior** Rouge Gradient in Red and Purple, £26 each

## 10 OMBRE YOUR LIP

Two-tone lips are leaping from runway to real life – a contrasting shade tapped onto the pillowy middle makes a mouth look much plumper, and these pretty new duos are a joy to play with. >>

Cushnet Ochs S/S17



**Chanel Rouge Coco**  
Gloss in Impulsion and  
Douceur, £26 each



Tibi S/S17

**By Terry Glow**  
Expert Duo  
Stick in Peachy  
Petal, £38

**Sisley Sun**  
Glow Powder  
in Golden  
Peach, £71

## 11 DUST ON A SUNSET

Orange is set to be summer's new pink, but we'll take our tones somewhere in-between. Sunset-inspired shades range from peach to terracotta and, according to Terry Barber, director of make-up artistry for MAC, have a real affinity with the skin: "They mimic a complexion that's in beautiful condition." Bring them on.

## 12 MAKE LESS OF YOUR LASHES

With a new minimalism in mind, mascara was make-up non grata at many spring shows. "I advocate mascara at all times, but try a one-coat application to enhance the eye in a subtle way," says make-up artist Caroline Barnes. Brushes with dense bristles deposit their pigment in a more feathery way than rubber ones – try Max Factor 2000 Calorie Curve Mascara (£7.99).



## 14 LET NAILS SHOW THROUGH

See-through nails are spring's easiest update, says nail technician Marian Newman. "The key finish is lots of gloss – apply three layers of gel-effect top coat to a naked nail, or over simple opaque shapes for a 'negative space' look." We love the gilded rim at Rodarte, but with looks this pared back, conditioned cuticles are key – RMS Raw Coconut Cream (£12.50) is truly transformative.

**Nails Inc Gel**  
Effect Top  
Coat, £15



**Soigné Nail**  
Art Tool  
Kit, £18

**Mavala**  
Glam Nail  
Polish in  
Fizz, £4.75



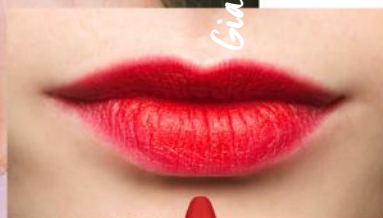
## 13 UNFINISH YOUR FACE

Because the new mood is nothing if not relaxed. **BLUR** Do as Val Garland did at Giambattista Valli and soften the outline of a perfect red lip with a fluffy make-up brush.

**SMUDGE** The new smoky eye is a smudgy one. Line with sooty black and scuff with a brush or cotton bud for a cool-girl effect.

**TEASE** Update up-dos with a flyaway here and there. "Flyaways play with the idea of 'I woke up like this'," says global ambassador for Oribe, James Pecis. "They say you're low-maintenance, confident and carefree." And aren't we all?

**MAC**  
Velvetease  
Lip Pencil in  
Just Add  
Romance,  
£17.50 – the  
tomato red  
of choice at  
Giambattista  
Valli



Giambattista Valli S/S17

**Revlon Colourstay 2 In 1**  
Angled Kajal Liner in  
Onyx, £7.99 – brush-ended  
for one-stop smudging

## 15 LET CHEEKBONES SHINE

Models were misted, spritzed and patted with moisturiser as they stepped onto the catwalk for skin that went beyond dewy to wet. Give cheekbones and eyelids a pop of gloss with Givenchy Highlighter Mémoire De Forme (£32).

For more spring trend  
updates, visit  
[REDONLINE.CO.UK](http://REDONLINE.CO.UK)



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# MEET *Red*'s **FIRST EVER** **BEAUTY BOX!**

*Red*'s beauty director has chosen a selection of her favourite skincare must-haves to send direct to your door. That's **£101** worth of products for *only* **£35**. Be quick!



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+ FREE P&P

Great skin is your biggest asset, but which products actually work? After years of talking to experts and testing (nearly) every product, *Red*'s beauty director Annabel Meggeson has compiled some of her favourites and teamed up with Latest in Beauty to create *Red*'s first beauty box – the skincare edit. So whether you want to treat yourself or someone else to a great complexion, this is the ideal way.

**1 OM Skincare**  
Cleanse & Glow  
Konjac Sponge  
**2 Mádara** Time Miracle  
Total Renewal Night Cream  
(20ml) **3 Sudocrem** Skin Care Cream  
(30g) **4 Dr Lipp** Original Nipple Balm  
(15ml) **5 Institut Esthederm** Eau  
Cellulaire Cellular Spray (30ml)  
**6 Embryolisse** Lait-Crème Concentré  
(5ml) **7 Elizabeth Arden** Advanced  
Ceramide Capsules Daily Youth

Restoring Serum (7 capsules)  
**8 Aromatherapy Associates** Facial  
Oil (3ml) **9 Weleda** Skin Food (10ml)  
**10 Origins** Plantscript Anti-  
Aging Power Serum (15ml) **11 Elemis**  
Pro-Collagen Cleansing Balm (20g)

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BEAUTY INSIDER

**Elizabeth Arden**  
Eight Hour Cream  
Sun Defense For Face  
SPF 50, £26

# BABY SHAMPOO, ILLUMINATOR AND HIBERNATION...

**Elizabeth Arden**  
Prevage Anti-Aging  
+ Intensive Repair  
Daily Serum, £165  
*"I use this every  
day. It's one  
of their best."*

**Weleda Baby**  
Calendula  
Shampoo &  
Body Wash, £7

**Ilia Beauty** Multi  
Stick in Cosmic  
Dancer, £30

**Model Karlina  
Caune is the face  
of Elizabeth Arden**

Latvian model and Stockholm resident Karlina Caune shares her simple Scandi-inspired beauty tips. We're starting them today...

**I'VE FINALLY FOUND WHAT'S GOOD FOR MY FINE HAIR.** For years I used shampoos that were too heavy. Then someone recommended baby shampoo and it's perfect. The Weleda one is really good. My hair's more manageable afterwards.

**I LOVE A MAKE-UP TRICK.** A make-up artist told me to avoid wearing foundation every day, as skin likes to breathe. If I do wear it, I just put it where I need it. I prioritise illuminator, which I dab on cheekbones and elsewhere, as it makes skin look polished and taut.

**I LOOK FOR INTERESTING WAYS TO WORK OUT.** I'm not a gym person, so I book active holidays and that counts as my fitness. Last summer I learnt to surf. I used to hire a trainer with some friends and it was easier to turn up, because it

was so much fun. Exercise has to be anything but boring.

**I'VE ALWAYS HAD GOOD SKIN.** Now I'm learning the importance of protecting it. I wear Elizabeth Arden Eight Hour Cream Sun Defense For Face SPF50 daily and when my skin needs a boost, I love their Ceramide Boosting 5-Minute Facial. That, followed by a thick layer of Ceramide Lift And Firm Night Cream, and it's like pushing a reset button on your complexion.

**GOING OUT IS OVERRATED.** In Stockholm, everyone loves to hibernate and that suits me. Keeping calm is what I'm all about. Sometimes, I'll stay in for the whole weekend – well, maybe a walk at some point – and I might get friends over to make popcorn and watch movies. 🍿

*"Skin is your  
BEST ASSET,  
so it's worth  
looking after"*

**ON HER STYLE:** "I buy a lot from Rag & Bone. Their stuff has a comfortable, chic vibe, which I adore."  
**Jacket,** £495, Rag & Bone

**Elizabeth Arden**  
Beautiful Colour  
Lipstick in Neoclassic  
Coral, £21  
*"I always carry a bright  
lipstick. It'll see you  
through an evening  
in style."*

**ON QUIRKY PRODUCTS:**  
"I love off-the-grid items. I've just ordered some of Pyropet's Kisa candles. They have a metal skeleton inside, so as they burn, you slowly begin to see it."

**Read our review of  
Elizabeth Arden's Red  
Door Spa express  
treatments at  
REDONLINE.CO.UK**

**Candle,** £24,  
Pyropet



# COLOUR CARE

Be the colour you want and reduce damage with Schwarzkopf's new Color Expert with OmegaPLEX range. Inspired by the innovative "plex" technology, it delivers maximum colour whilst helping to leave your hair protected. Two readers test it out.



**Kate Hiscox,**  
**Head of Warner**  
**TV Music and**  
**blogger for**  
**wearsmymoney.**  
**com chose the**  
**Light Cool**  
**Blonde shade 'I**  
**absolutely love**

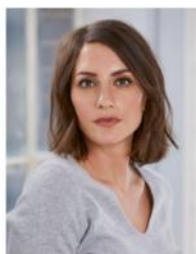
the colour, it's a lovely, bright, cool blonde that has freshened up my own shade really well and gained me plenty of compliments. For me, the best part of the product was how soft, healthy and shiny my hair felt post colouring, it's incredible. As well, the after-colour treatment that comes with the product has been vital in keeping my hair looking and feeling protected over the course of the past few weeks. I would definitely recommend this to my friends. In fact, I already have!



**'Clear steps and simple application.  
This couldn't be easier to use at home to  
simply freshen up your colour.'**

**KATE HISCOX, HEAD OF WARNER TV MUSIC**





**Madeleine Bowden, fashion and celebrity stylist, brand and image consultant opted for the Deep Amethyst hue** 'I haven't coloured my hair

for eight years because I find it an effort, and the maintenance whilst travelling for work has always been an issue, but the ease of this new colour experience has made me rethink all of that. It was easy to use and took to my hair quicker than I thought possible. I also loved the smell so much that I didn't wash my hair for three days because of it! As well, there was no tacky residue you sometimes get with home hair colour. I love it! '



**'My hair has never looked so shiny!  
I'll definitely keep the colour up as the upkeep  
is far from onerous'**

**MADELEINE BOWDEN, FASHION AND CELEBRITY STYLIST**

## ALL YOU NEED TO KNOW ABOUT OMEGAPLEX

Developed with OmegaPLEX Anti-Breakage Technology to help strengthen hair whilst it colours, Schwarzkopf's new Color Expert range combines a permanent, long lasting hair colour formula with an intensive three-step process that includes an Anti-Breakage Serum, a Repair Sealer and finally after three weeks, a Repair Reviver. These three steps help to protect hair

against up to 90% less breakage\*, during and after colouring. For rich, natural-looking hues and perfect grey coverage, look no further. Available nationwide in 15 beautiful shades. To complement this new range, Schwarzkopf Color Expert has also developed both a Conditioner and Treatment, for stronger, healthier-looking hair.





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## LET'S COLOUR!

Spring's lip crayons are full of playful promise, yet still incredibly chic. I feel ready for anything when I team Chanel Jumbo Longwear Lip Crayon in Cassis (£28) with polished skin and a smoky eye; Clinique's Crayola Chubby Stick Intense Moisturising Lip Colour Balms (£17.50) are juicy and bright, while Hourglass's new Girl Lip Stylos (£26), come in names like Leader, Lover and Dreamer – a reminder that we're all a force for good (and can benefit from a hydrating lipstick to boot).



UPDATE

# BEAUTY NOTEBOOK

## MASCARA UPDATE

Featherising – is it a word? It is now, thanks to La Roche Posay Respectissime Mascara (£16), which leaves lashes inky and fluttery. Add fortifying ceramides and it's a great everyday mascara.



## Pro tip

"Use body oil rather than bath oil in the tub, as the latter contains dispersants which can be drying. Any droplets of oil left on the surface of the water can be rubbed into skin before you get out." From *Goop Clean Beauty* by the Editors of Goop (Sphere, £20)



## 3 NEW FAVOURITE... Face savers

### THE OVERNIGHT PLUMPER:

**Aveda**  
Tulasara Wedding Masque, £38



### THE EVERYDAY SKIN SUPPORT:

**Vanderhoe No1 Nourishing Face Serum, £88**



### THE LIP SOFTENER:

**Glamglow**  
Poutmud Wet Lip Balm Treatment, £16



Find more inspiration every Saturday with Annabel's weekend beauty edit, at [REDONLINE.CO.UK](http://REDONLINE.CO.UK)

## BEAUTY INSIDER

by ANNABEL MEGGESON



**IT WAS A SCARY TALE** being told over at Olay recently: research shows our eyes are where people look first and longest; but it's also the area of the face that ages first

– and fastest – and can even skew people's perception of how old we are. **GULP.** "We knew the skin around the eyes was thinner and drier, but now we know there are significantly fewer sebaceous glands," says Frauke Neuser from Olay's science department. "This doesn't help the matter of ageing, sadly, but a specialist eye cream containing the right skin-strengthening ingredients, like peptides, can be useful." The really good news? **"YOU ONLY NEED A 5-10% IMPROVEMENT IN THE EYE AREA** for people

to register you as younger. And that's quite do-able with a cream," Neuser says. Try Olay's Ultimate Eye Cream (£24.99), then aim for 100% with concealer, highlighter and a lick of mascara. Happy endings all round! ■

## This month I have been...

**PAINTING** on Sally Hansen's fast-acting Moisture Rehab for nails (£9.95); **WONDERING** if anyone will ever be as good at maintaining my eyebrows as Vaishaly Patel; **MIXING** a drop of YSL Touche Éclat Foundation (£32.50) into primer for a flawless glow.

## IT'S LOVELY!

"A fragrance for humans" is how Sarah Jessica Parker described her new unisex fragrance; I've yet to meet anyone who doesn't love the subtle, smoky, woody Stash (£32 for 30ml).





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# Living

Edited by PIP McCORMAC



## SPECIAL DELIVERY

The best things come in large packages. Or at least that's the feeling behind Red's new collaboration with Flowers Direct, a range of beautiful bouquets curated by us. From this dusky arrangement with its peeping succulent to a whole collection of floral palettes, there's something for all. From £35, including post and packaging, it's the gift of the Red aesthetic. See the whole range at [Flowersdirect.co.uk](http://Flowersdirect.co.uk). 



SPRING RECIPES

# FLAVOUR *of the month*

Jikoni is the restaurant of the minute – fresh, pretty, with rave reviews. We asked its chef, Ravinder Bhogal, to serve up some exclusive veggie recipes

Photographs LAURA EDWARDS

Food styling SUNIL VIJAYAKAR Prop styling SARAH KEADY



Occasionally a new restaurant doesn't just open, it bursts like a rosebud, revealed as perfect and pretty. Jikoni, the first kitchen from chef Ravinder Bhogal, did just that in London's Marylebone in late 2016, with stellar reviews, heavenly dishes and design inspiration, from the paisley textiles to the pastel-pink tableware. Why so wonderful? Because of Bhogal herself. "I wanted to do an 'un-restaurant'," she says. "A kitchen, a few chairs – simply an extension of my home." The result is a cosy enclave ("I want to live here," said *Red*'s editor Sarah Bailey on her first visit), a neighbourhood restaurant with friendliness woven into its patterned fabric. Bhogal was born in Kenya to Sikh Indian parents, and moved to the UK with her family when she was seven years old. The importance of community is rooted in her upbringing: "One of the central Sikh tenets is about service to those around you, and I've seen what feeding

people can do; the sense of calm and joy and belonging it can bring." Drawing on her heritage, she has created a menu inspired by the flavours of Kenya, India and the UK: scented and sensual, lightly spiced and enticingly exotic. These six recipes, styled by the *Red* team using Jikoni tableware and fabrics, are introduced by Bhogal and created with ingredients from her store cupboard at home. "By now my body craves a lighter cuisine – steamed, raw and stir-fried," she says, "with just a little comforting crumble sneaking in." Be inspired by her layering of tastes, ingredients, and definitely try the broccoli. It's a special place, Jikoni, and these recipes are special, too. PIP McCORMAC





## ROAST FENNEL WITH BULGUR WHEAT, ORANGE BLOSSOM AND CANDIED ORANGE ZEST

Fennel bulbs have a mildly liquorice flavour and work well finely sliced and mixed with orange segments in a cold salad. I wanted that combination of flavours in this warm salad, so I used the juice to cook the fennel and candied the rind to use as a garnish.

**SERVES:** 4

**PREPARATION TIME:**

15 minutes

**COOKING TIME:** 25-30 minutes

- Finely sliced rind from 1 orange
- 200g caster sugar
- 3 fennel bulbs
- 2 garlic cloves, thinly sliced
- A generous drizzle of good olive oil
- Juice of 1 orange
- 150g bulgur wheat
- 300ml vegetable stock
- 3 tbsp each of parsley, mint and dill
- 50g pistachio nuts, chopped
- Few drops of orange blossom water

**1** To make the candied orange rind, boil the rind in a saucepan for 10 minutes and drain – this will remove any bitterness. In another pan, dissolve the sugar in 250ml of water, bring to the boil and add the rind.

Simmer until syrupy, then transfer to a tray, using a slotted spoon, to cool.

**2** Trim the fennel bulbs, reserving any fronds, then chop into six wedges. Heat the oven to 190°C/ gas mark 5 and lay in a roasting tin. Toss in the garlic, oil and juice, season and roast for 25 to 30 minutes, until tender and caramelised.

**3** While the fennel is cooking, put the bulgur wheat in a bowl and pour over enough stock to cover. Leave to stand for 20 minutes. Add the herbs and fennel fronds, and stir well. Mix in any juices from the fennel and serve with the fennel, a scattering of pistachios, the candied orange rind and a few drops of orange blossom water. »







Spring  
onion  
parathas

## SPRING ONION PARATHAS

Ripping apart parathas and dunking them into yoghurt or daal is one of the most gratifying parts of an Indian meal. These flatbreads are versatile and can take the addition of various flavours and ingredients, such as onions, potatoes, cauliflower, radishes, and even hard cheese. Here I have chosen the simple addition of spring onions.

**SERVES:** 4

**PREPARATION TIME:**

25 minutes

**COOKING TIME:** 5 minutes

- 300g spelt flour, plus more for dusting
- 2 tsp rapeseed oil
- 4 tbsp ghee, plus more for brushing
- 5 spring onions, finely sliced
- Handful of coriander leaves, finely chopped
- 1 red chilli, finely chopped
- 1 tsp cumin seeds
- 1 tsp ajwain (aka carom seeds, optional)

**To serve:**

- Lime pickle

- Greek yoghurt
- 1 tsp toasted cumin seeds

**1** Combine all the ingredients in a mixing bowl and rub through with your fingertips. Gradually pour in around 200ml of tepid water, a little at a time, until you have a smooth, elastic dough. Knead well for around five minutes, then cover with a damp cloth and leave to rest for half an hour.

**2** Knead the dough again. Divide it into eight equal balls, dust each with flour and flatten into patties. Using a rolling pin, roll out to a disc of roughly 15cm in diameter. Dust with extra flour if you need to.

**3** Heat a cast-iron frying pan over a medium heat. Lay a paratha in the hot pan and cook for a minute before flipping over. Brush the hot side with ghee using a pastry brush, cook for a further minute and then flip over again. Brush once more with ghee and then flip and cook until the paratha is golden brown all over. Repeat with the remaining parathas and serve with lime pickle and Greek yoghurt, sprinkled with toasted cumin seeds.

## GRILLED WATERMELON AND RADISH SALAD WITH SHANKLEESH

This is a classic combination. Grilling the watermelon brings out its sweetness and complements the shankleesh – a pungent Lebanese cheese (or you can use feta).

**SERVES:** 4 as a starter  
or 6 as a side

**PREPARATION TIME:**

15 minutes

**COOKING TIME:** 6 minutes

- 1 meat radish (from Natoora, or use a handful of normal radishes)
- 15 radishes
- 1 small red onion
- 500g chilled watermelon
- 150g shankleesh (or feta), crumbled
- Handful of basil
- Handful of mint

**For the dressing:**

- 2 tbsp pomegranate molasses
- Juice of 1/2 lemon
- 4 tbsp extra virgin olive oil

**1** For the dressing, whisk together all the ingredients until thick and glossy.

**2** Slice the radishes and onion very finely using a mandoline or knife. Heat a griddle pan until very hot.

**3** Cut the watermelon into slices, leaving the rind on, and grill for three minutes per side, until almost charred. Cut into triangles and arrange in a dish with the radish, onion, and the shankleesh. Drizzle over the dressing, then tear over the herbs to finish.



Grilled watermelon  
and radish salad  
with shankleesh



Whole roasted tandoori cauliflower with mint and pine nut chutney



## WHOLE ROASTED TANDOORI CAULIFLOWER WITH MINT AND PINE NUT CHUTNEY

Cauliflowers have long had an unfashionable reputation, but roasting them whole like this with a spiky marinade gives them a brand-new level of interest.

**SERVES:** 4 as a side dish

**PREPARATION TIME:**

20 minutes, plus

marinating time

**COOKING TIME:** 45-60 minutes

- 1 head of cauliflower, leaves removed and stem trimmed

- Juice of 1 lemon

### For the marinade:

- 3 garlic cloves, crushed
- 1 tbsp grated ginger
- Handful of coriander
- 1 tbsp tandoori spice blend
- Zest of 1 lemon
- 6 tbsp natural yoghurt
- 1 tsp chaat masala
- 2 tbsp tamarind paste

### For the mint and pine nut chutney:

- 1 bunch of mint

- 1/2 bunch of coriander
- 2 tbsp toasted pine nuts
- 1 red chilli
- Juice of 1 lime
- 1/2 onion, chopped
- 4 tbsp natural yoghurt
- 2 tbsp extra virgin olive oil
- 1 tsp caster sugar

**1** To make the chutney, blitz all of the ingredients in a food processor until you get a pesto-like consistency.

**2** For the marinade, blend the garlic, ginger and coriander into a paste in the clean bowl of your food processor. Add the tandoori spice, lemon zest and a pinch of salt, and mix well to combine. Fold in the yoghurt, chaat masala and tamarind paste.

**3** Place the whole cauliflower in a large bowl and spread the marinade all over, making sure you coat the bottom, too. Place in the fridge to marinate for at least one hour, but preferably three hours.

**4** Preheat oven to 200°C/gas mark 6. Place the cauliflower on a lined baking sheet and roast until tender (45 to 60 minutes, depending on the size of the cauliflower). Finish by squeezing over the lemon juice and drizzling with the mint chutney.

## CHARRED SPROUTING BROCCOLI WITH MISO SESAME SAUCE

Sprouting broccoli can stand up to almost anything you throw at it – its earthy, bitter taste still shines through. The strong Asian flavours here work particularly well with it. What's more, the whole dish takes as little as 20 minutes to make.

**SERVES:** 4 as a starter  
or 6 as a side

**PREPARATION TIME:**

10 minutes

**COOKING TIME:** 8 minutes

- 300g sprouting broccoli

- 1 tbsp rapeseed oil

- 1 tsp sesame oil

### For the miso dressing:

- 2 tbsp shiro miso
- 1 tbsp light soy sauce
- 2 tbsp rice vinegar
- 1 tsp mirin
- 2 tsp grated ginger
- 1 tsp sesame oil
- 60ml rapeseed oil

### To serve:

- Toasted sesame seeds
- 3 spring onions, thinly sliced

**1** Make the miso dressing by whisking together all the ingredients until thick and glossy.

**2** Heat a griddle pan until it is very hot. Toss the broccoli in the rapeseed and sesame oils, lay it on the griddle pan and cook for eight minutes, until slightly charred. Serve drizzled with the dressing and scattered with sesame seeds and spring onion. »





## SPICED RHUBARB AND POMEGRANATE CRUMBLE WITH BUTTERMILK ICE CREAM

Before the advent of panna cotta or crème brûlée, there was good old reliable crumble – a frugal way of using fruit past its best. It has the same soothing sweetness as its more fashionable successors and can bring such delight. This pudding is still rustic, but I have dressed it up with pink peppercorns and a scoop or two of buttermilk ice cream in place of the more traditional custard.

**SERVES:** 6

**PREPARATION TIME:**

*30 minutes, plus freezing time*

**COOKING TIME:**

*30–35 minutes*

- 750g rhubarb, cut into 1cm chunks
- 80g honey
- 50g brown sugar
- 150g golden caster sugar
- Juice and zest of 3 oranges
- 3 tbsp of pink peppercorns, roughly crushed
- Seeds of 1 pomegranate

**For the crumble:**

- 150g plain flour
- 150g brown sugar
- 150g cold butter
- 150g ground almonds
- 75g rolled oats

**For the ice cream:**


- 1 vanilla pod
- 400ml double cream
- 1 tsp cinnamon
- 6 egg yolks
- 125g golden caster sugar
- 200ml buttermilk

**1** For the buttermilk ice cream, split the vanilla pod and place in a pan along with the cream and cinnamon. Heat gently, taking care not to let it boil. In a bowl, mix together the egg yolks and sugar until pale and fluffy, then pour in the infused cream, little by little, whisking to combine. Pour back into the saucepan and cook over a low to medium heat, until it's thick enough to coat the back of

a wooden spoon. Pour into a chilled bowl, whisk in the buttermilk then refrigerate. Once completely chilled, pour into an ice cream maker and churn until frozen.

**2** Preheat the oven to 200°C/gas mark 6. Place the rhubarb, honey, sugars, orange juice and zest, and peppercorns into a saucepan over a medium heat. Simmer for around 10 minutes, until the rhubarb is tender, then stir in

the pomegranate seeds and pour into a baking dish.

**3** For the crumble, rub together the flour, sugar and butter with your fingertips until you have a rough crumble texture. Fold in the ground almonds, rolled oats and a pinch of salt, and gently rub again for a few seconds. Scatter the crumble over the rhubarb mix and bake for 20 to 25 minutes, until golden and bubbling. Serve hot with a dollop of ice cream. 



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A lack of clutter is the key to maintaining a sense of calm in an open-plan living space

REAL HOME

# OPEN HOUSE

Light, space and the chance to chat while you're in the bath, Irene Mertens' home is what happens when you let the sunshine in

*Words PIP McCORMAC Photographs RAUL CANDALES/LIVING INSIDE*





### Living room

The house is 35m long, from the garden at the back to the canal at the front. "All the space brings so much light and joy," says Irene, who added skylights and avoided partitions where possible to make the most of the daylight. The walls are covered in clay and left unpainted, and the main space is kept uncluttered. "I'm very organised and try not to collect much stuff, which is key to feeling like you're in charge." Most furniture was designed by Irene, but Loaf's collection carries the same aesthetic.

### Swing

The swing is a little bit of fun, a moment of playfulness. "Guests always want to sit on it with a glass of wine and talk to me while I cook." Etsy has a good selection of indoor swings. »

### HOME CV

**WHAT:** A two-bedroom former garage in Amsterdam, Netherlands

**OWNERS:** Irene Mertens, product designer and founder of boutique Atelier-sukha.nl, her husband Gabriel, a consultant, and their daughter Jule, two

**RENOVATION BUDGET:**

£250,000 to totally renovate, add a new roof and create a heating system within the walls







Reclaimed wood frame

## Teepee

Made from reclaimed wood by Irene's furniture-designer father, the teepee's frame doesn't obstruct the lines of the clear space, but its curtain can be rolled down for privacy when needed. It is used as a den for reading or meditation, and as a spare room for guests.

## Plants

Building the heating system into the clay walls was one of Irene's ideas for energy efficiency – and it also creates a good climate for plants. "Greenery really makes a home," she says. >>



Mixing pale materials with untreated wood creates a naturally calming effect



Stool, £125, Cox & Cox



Mugs, £35 for four, Loaf

Faux plant, £65, Cox & Cox







# WE BELIEVE

*That change is as good as a rest*

Believe it or not, our Henley oak kitchen used to be seen as our most traditional, our most classic, and our most refined collection.

But we knew it had hidden depths. So we took it apart and looked at all of the pieces from the inside-out and from the outside-in. Then we added new ones. To those of you who knew it before, it might look familiar, but it's an entirely new era of design.

**It's Henley, redefined. Now available in both oak and painted.**

**neptune.com**  
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*N*  
NEPTUNE



*Paint wood chairs in a muted rainbow of colours. Simple yet stylish*

## Kitchen

Irene and her father made the kitchen themselves, but try Neptune for a similar clean-lined vibe. "It's very simple, which I like," says Irene. "Just make sure you hide the dishwasher."

## Bathroom

The open bathroom offers more privacy than it seems, with cleverly positioned screens. "I like being able to talk to my husband in the kitchen while I'm in the bath," Irene says. Farrow & Ball's Teresa's Green paint is the same shade as the shower wall. 🇬🇧



**Kitchen island,**  
£250, Ikea



**Salad bowl,**  
£27, Neptune



**Palm tree,** £285,  
Out There Interiors

**Paint in Lime Wash,** £25.49  
for 2.5l, Crown

**Throw,** £120,  
The White Company

**Chair,**  
£135, PIB

**Vase,** £30, House  
Of Fraser



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Red **PROMOTION**

Natural materials feel warm and relaxed, pair these chairs with linen table cloths

**Plant plaques,**  
£13 for a set of three

**Dining chairs,**  
£225 for two

**Bowl, £14**

# COOL AND CALM

Soothing colours and tactile textures, Dunelm's new Honesty collection is fresh for this season

**Cushion,**  
£12

**Cushion,**  
£14

A layered table setting is instantly inviting: pick two complementing colours to mix and match

## STYLE NOTES

Dunelm's Honesty collection is a rugged take on the coastal look – bringing taupes and silvers in as lowlights against blues and whites. The overall effect is of peace and quiet, a tranquil haven inspired by geological contours – stylish, chic and very easy to live with. Visit [Dunelm.com](http://Dunelm.com) or one of the 160 plus UK stores. Home delivery is also available or reserve online and collect in store.

**Rug,**  
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**Lantern,**  
£15

To view the full range visit [DUNELM.COM](http://DUNELM.COM)

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from £5 each

**Dunelm**  
The Home of Homes



INTERIORS

# CLUB HOUSE RULES

The Soho House brand has been shaping the way we decorate for years. Here, its new design director Linda Boronkay shares her ideas for how to do a room Soho-style

Words PIP McCORMAC

FROM TOP: The restaurant at 76 Dean Street, London; the treatment spa at Soho House Barcelona; Linda Boronkay, the brand's design director



Linda Boronkay is nestled neatly on an emerald velvet sofa, wearing a navy velvet Zadig & Voltaire blazer and calmly sipping a juice. As the new design director of the lifestyle brand and private club Soho House, she couldn't be more on-message.

Even if you're not a Soho member, or haven't been to one of the 18 international houses, you'll have been influenced by its style. For since the very first outpost opened in London in 1995 it has been responsible for the most long-lasting and pervasive interiors trends, the »



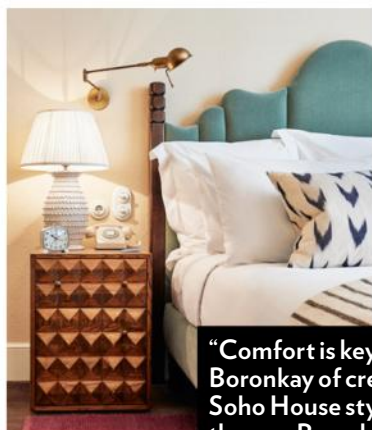
originator of everything that has become the current mood. Leather club chairs? So Soho House. Wood panelling? In its DNA. Kilim rugs? Industrial lighting? Velvet armchairs? All started here.

"Comfort is key," Boronkay says, having just refurbished the Berlin and Barcelona outposts. I'd use the word cosseted to describe the feeling you get when wrapped up in one of its sumptuous armchairs, legs sprawled across a vintage rug. Ensconced. It's the sort of uplifting and quietly opulent vibe you want in your own home, a cocoon of texture and softened corners, and seating the colour of mustard, of sun-baked sand, of warmth.

**THE DAUGHTER OF AN ARCHITECT FATHER AND AN ART DEALER MOTHER,** Hungarian-born Boronkay was destined to work in interiors, learning the craft by developing hotels and restaurants with designers such as Martin Brudnizski and Tara Bernerd. Her vision is to move Soho House towards a more "feminine" (in her words) approach, using fabrics such as silk. "I want to be uplifting and bright, glamorous," she says. Around 40% of Soho House furniture is vintage, allowing Boronkay to indulge her filmic sensibilities. "I find a lot of inspiration from old movies, the set designs of Hitchcock and Woody Allen," she says. A self-confessed anti-minimalist "which drives my husband – and cleaner – crazy", Boronkay knows that the club look is harder to pull off at home than it seems, even with the new Soho Home line (of which she has creative oversight), now being sold in Liberty, meaning you can literally buy everything you see (I keep telling her the online store needs to open a wedding registry option, so watch this space for that). "But if you're brave, just go for it," she says. Her tips (right) will give you courage – it's all down to the table lights, apparently – and a feeling of luxury, contentment and wellbeing. 

## Linda's design directory

**Pierre Frey** for fabrics and upholstery  
**Farrow & Ball** for paint colours that have depth and warmth  
**Claremont Furnishing** for high-end European trimmings  
**Sunbury Antiques Market** at Kempton Racecourse for antique upholstery and joinery



"Comfort is key," says Boronkay of creating Soho House style; the new Barcelona outpost, above



## How to get Linda's look

**Lamp,** £79, Soho Home



Start with a lot of low-level lighting, like table and standard lamps. Ceiling lights should be decorative rather than the main source of light because people and spaces look more beautiful in smaller illuminated pools.

**Wall lamp,** £381, Amara



Paint the walls of your hallway dark and your living room light – the contrast will make the main room feel more spacious and inviting.

**Paint in Joa's White,** £43.50 for 2.5l, Farrow & Ball

Pick one colour and use it in a cushion, a lampshade and a rug. It will feel cohesive and considered.

Storage doesn't have to be just shelves – vintage trunks can be beautiful pieces of furniture as well as places to keep your stuff.

**Tablecloth,** £75, Soho Home



Layer patterned rugs on the floor, two or three if you have space, even if you have fitted carpets – it'll bring a lot of vibrancy to the room.

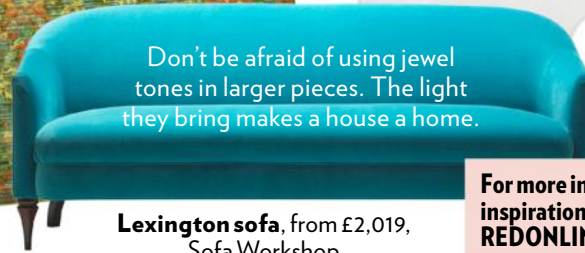
**Rug,** £899, Woven



**Plate,** £15, Amara



Don't be afraid of using jewel tones in larger pieces. The light they bring makes a house a home.



**Lexington sofa,** from £2,019, Sofa Workshop

For more interiors inspiration, go to **REDONLINE.CO.UK**



# Life is but A DREAM

Or at least it is at M&S. For its sleep department has become our go-to for all we need for a perfect night's relaxation

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5-drawer tallboy, £499;  
**Naomi Collection**  
double bedstead, £649; floral printed smocking bed set (double), £59; diamond quilted cushion, £12; lace trim throw, £69, all M&S



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## Red SMART SESSIONS

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Come along to our exciting new event space, 6th @ Soho, for our second Smart Session – an evening of networking, inspiring five-minute talks, and a conversation with former Whistles CEO Jane Shepherdson (above right). We'll not only be asking Shepherdson how to find the courage to pursue our career dreams, but we'll also hear from Alice Olins of The Step Up Club and more inspiring speakers, and there will be a speed-networking session, too. See you there.

**When?** 6.30-8.30pm, 25th April **Where?** 6th @ Soho,  
33 Broadwick Street W1F 0DQ **How much?** £25, plus  
booking fee (includes a glass of fizz and a goodie bag)

**How to book?** [Redonline.co.uk/  
jane-shepherdson-smart-sessions](http://Redonline.co.uk/jane-shepherdson-smart-sessions)



JANE SHEPHERDSON PORTRAIT VICTORIA BIRKINSHAW



# Escapes

Edited by SARAH TOMCZAK



TRAVEL

## FOR ALL *the family*

From a European minibreak with your growing-up-fast kid, to a country weekend with your don't-see-enough sibling, these trips are a perfect way to reconnect with those that matter most »

The vertiginous, colourful streets of Lisbon

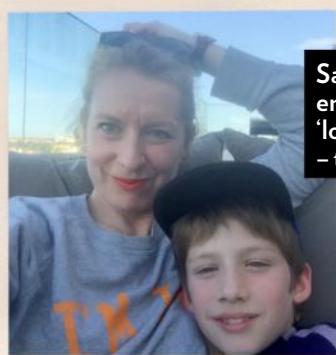


## LOVE BOMBING IN LISBON

**M**y eldest son, Harry, was seven when we took our first 'love bomb' trip to Berlin (it was to the rather decadent, fashiony birthday party of my pal, US editor Laura Brown; let's just say that I have been getting better at this). I had been inspired by the writing of Oliver James, who in his book *Love Bombing* suggests such trips to 'reset the emotional thermostat' in your relationship with your child. Really, could there be words in the English language more persuasive to the frazzled, guilt-freighted working parent? I will leave the psychology bit to Mr James should you wish to check out his estimable writings. But in the simplest terms a love bomb trip with your child is essentially a bit like an adult minibreak – the opportunity to reboot your relationship in two or three days of uninterrupted time together, away from the distractions of work and the emotional demands of other family members. As Harry might say himself: kaboom!

Lisbon is our third such trip (Portugal being the home of Ronaldo and pastéis de nata, it was easily endorsed as a cool destination); and when we arrive in autumn half term, the days are gratifyingly golden and balmy, allowing us to indulge in the first shared emotional pleasure of our love bomb together: feeling a bit smug.

We are staying in the picturesque Príncipe Real neighbourhood, in the ravishing and newly opened Memmo Príncipe Real hotel, which looks out over the rosy rooftops of the city from its steep perch. A more handsome designer bolthole you'd be hard-pushed to find,



Sarah and Harry enjoying their third 'love bomb' trip – this time to Lisbon

with its sleek terrace lap pool, cool art programme and fabulous fusion dining; better still, this contemporary luxe offering is delivered without pretension and fuss. To wit, our hip, handsome waiter appears just as happy to explain the difference between the rounds of peanut, cuttlefish, kimchi butter presented on a slab of slate to a nine-year-old as he might be to anyone else in the lush, dark-wood dining room.

### GETTING AROUND: THE EGG-YOLK YELLOW, OLD-FASHIONED TRAM CARS ARE A FUN WAY TO TRAVEL

through the vertiginous Lisbon cityscape, though we mostly choose to walk. On our first foray through the glorious Alfama district (all higgledy-piggledy medieval streets with Moorish influences everywhere) we climb up to Castelo de São Jorge with its extraordinary 360° views, before taking in the harbour and the Leviathan ocean liners. Everywhere we look is Instagram catnip (azulejos – the hand-painted ceramic tiles that seemingly clad every building are, we learn, 18th-century fire protection, which became a thing after much of the city was destroyed in the Great Lisbon Earthquake of 1755). Laid-back café culture abounds and we drink it in at Benard (Rua Garrett, 104) one of the fancier old-school fixtures, where I eat a zingy bowl of traditional Portuguese soup – poached egg, green herbs and garlic in a clear broth – while Harry opts for a burger.

Of course, it would be disingenuous to over-romanticise every aspect of our trip. There are some decidedly inelegant parental negotiations ("You come to Castelo de São Jorge; then and then only will I accompany you to the Nike shop"); of which Oliver James would doubtless >>

Plenty of chance to play the 'step on black tiles only' game for Harry

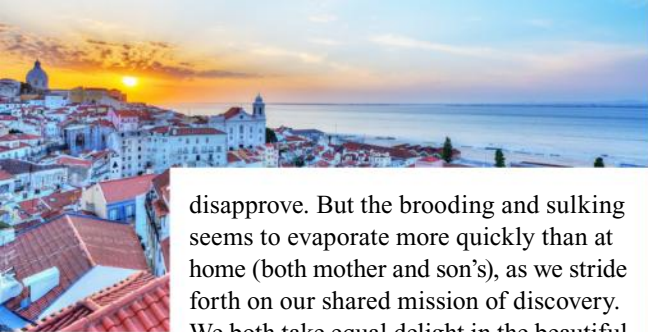
LISBOA



The spectacular view  
over Lisbon's Old  
Town at sunset







disapprove. But the brooding and sulking seems to evaporate more quickly than at home (both mother and son's), as we stride forth on our shared mission of discovery. We both take equal delight in the beautiful black and white tiles, in different repeat patterns, that cover the city pavements. As we amuse ourselves taking 'trainer selfies' and (at Harry's insistence) trying to make our journeys through the city stepping on black tiles only, I can feel us both allowing ourselves to relax from our busy term-time lives and identities.

**ANOTHER OBSERVATION FROM MY MOTHER-AND-SON TRIPS** is that travelling without the protective bubble of coupledom takes me back to my early, slightly hapless, European forays with friends in my twenties. It is, of course, incredibly bonding to navigate a train station when you speak zero Portuguese and find yourself forced to point hopefully at phrases in a guide book, which is exactly what we do after deciding to squeeze in a quick day trip to Cascais, the surfing resort approx 40 minutes west along the coast from downtown Lisbon. We are not there to surf, as it happens, but to visit Casa Das Histórias Paula Rego, the art foundation of Rego, one of my favourite artists, which is housed in an extraordinary terracotta adobe building, its structure like two modernist pyramids. (Again, this requires negotiation, which results in me being allowed to look at the Rego paintings, while Harry borrows my iPhone and photographs the drawings of another artist – Mattia Denisse – in a separate exhibition next door.) Back in our hood that evening, we venture out for early supper in Príncipe Real and settle on a buzzy Mexican joint, El Clandestino (Rua da Rosa 321), with a cool upcycled interior, which feels like it will probably explode into full-on cerveza-fuelled party vibes once we are tucked up in our beds.

On our final morning, our investigations of the neighbourhood confirm that Príncipe Real is just as charismatic and seductive by day. Historically a residential neighbourhood, old-fashioned pastry shops like Confeitaria Cister (Rua da Escola Politécnica), which is pure Wes Anderson, remain among the burgeoning

Climb the steep streets of Alfama for big views, left; or take one of the city's famous trams



boutique and restaurant culture. There's an incredible 'concept store' Embaixada housed in a former Moorish mansion featuring a gin bar no less, which begs to be revisited on a more grown-up oriented minibreak. We take the Metro north to the palatial Museu Calouste Gulbenkian, which really merits a whole day's visit, but it suits our mood to wander through the stunning modernist gardens and take in the architectural spectacle. Over our final meal, pizza on the leafy terrace at Zero Zero (Rua da Escola Politécnica 32), Harry and I discuss whether (Brexit permitting) Lisbon might be the sort of city he'd like to live in when he's older. We've spotted quite a few 'beard and bun' types on our wanderings and also managed to glean that with its mini San Francisco-y feel, cheap rents and general mellowness, Lisbon is a hot spot for burgeoning tech start-ups. Inwardly, I am reflecting that our love bomb trips are going to become more important as Harry gets older. Without wanting to sound like a gushing book jacket quote, these one-on-one mini adventures have changed me as a parent. Might I return to the vertiginous tiled streets of Príncipe Real when my next boy is ready to enjoy his own love bomb? Absolutely.

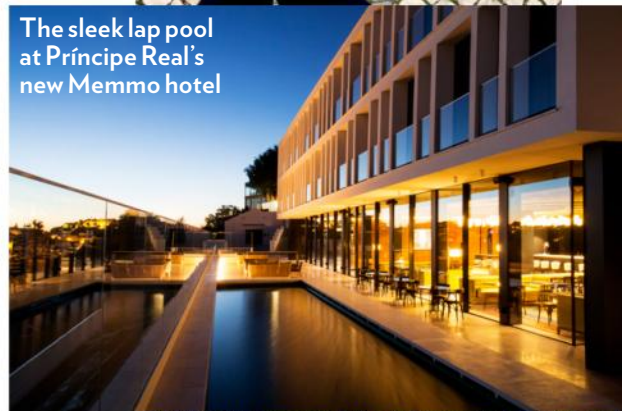
SARAH BAILEY

### Trip notes

From £174 per night including breakfast; Memmohotels.com. Easyjet flies to Lisbon from London Gatwick, return from £152, and TAP fly from London Heathrow, return from £144, based on flights in April; Easyjet.com, Flytap.com



The sleek lap pool at Príncipe Real's new Memmo hotel



Traditional azulejo tiles; central square in Cascais, below







The Wild Rabbit, left; Sarah with eldest daughter Coco, below; and Sylvie, right



## HAPPY FAMILIES IN THE COTSWOLDS

I've lived with my brother twice as an adult. Once when my decade-long relationship fell apart and Andy moved in to

help me pay the rent, and again, supposedly for a few months, when he was between flats. He ended up staying for three years.

So, despite now being married with two kids, I really miss having him around (as does my eldest daughter, Coco, who slept next door to him for the first two years of her life, and adores him like no other).

There's no better place for us than the Cotswold Cottages in Kingham, a picturesque little village four miles outside Chipping Norton. They're a pair of perfectly formed small stone cottages, with an interconnecting door between them (as well as my expanded family, my brother is now married to Sukh – whom thankfully I adore – so we all require a little more space). If I tell you the cottages are part of the ever-growing Bamford empire, I might not need to go any further, but just in case, this means they're impeccably decorated in Lady Bamford's own brand of rustic luxe: grey linen, bleached wood, exposed stone walls, wooden beams, piles of perfect white crockery, Daylesford tea towels and Bamford's signature geranium, lavender and peppermint products in the bathrooms.

The cottages are small but perfectly formed, our open-plan ground floor manages to accommodate a corner kitchen, built-in dining nook with leather-clad banquette, and a comfy seating area with a discreet flat-screen TV and open fire. Upstairs, the two bedrooms – both with en suites – feel really quite generous (thanks in part to colossally high ceilings and putty-hued paintwork).

Perhaps the cleverest thing about the cottages is that you can be as self sufficient or as mollycoddled as you desire. About a four-minute walk into the village is The Wild Rabbit, the Bamford pub-with-rooms, which will serve you breakfast, a pub lunch, or a fancy dinner (it's equally divine and oozing in Cotswold chic).

Then, two miles down the road, is the original Daylesford outpost. An organic farm/farm shop/spa/dining experience, it houses the original Bamford Haybarn Spa, alongside a few different restaurants, an impressive stocked food hall (oh, to do a weekly shop here!) and a boutique where you can buy all the beautiful things you coveted in the cottage.



**FOR US, THIS TRIUMVIRATE OF OPTIONS IS JUST SUBLINE.** We cook supper in the cottages on our first evening, enjoy dinner at The Wild Rabbit on the Saturday night and treat ourselves to lunch (and artisan supplies... and a massage) from Daylesford on the Sunday. In between, we spend a lot of time lolling around, catching up and just enjoying being together. Chilly walks around Kingham and into Chipping Norton are bookended by pots of tea and homemade cakes in front of the fire. The kids run between the two cottages, delighted to have the undivided attention of four doting family members, then later, once they're in bed, we drink red wine late into the night, enjoying the ease and affection you feel when with those closest to you in the world. It's a very special weekend and we remark upon how lucky we all are, particularly to have found such a convenient and classy bolthole. As always, we vow to get together more often – and then we actually set a date to return. **SARAH TOMCZAK >>**

Sarah, her brother, Andy, and his wife, Sukh, above; and the Daylesford farm shop, where they stocked up on supplies



### Trip notes

From £225 a night, two-night minimum stay; [Thewildrabbit.co.uk/cotswold-cottages](http://Thewildrabbit.co.uk/cotswold-cottages)





The Bedruthan Steps coastline where Rebecca and family, below left, stayed

## THE KIDS GO TO CORNWALL



**H**appy holidays in our house are officially classed as a 'work in progress'. Hedonistic trips to Asia have been replaced with family-

friendly trips thanks to the arrival of our two wonderful sons. But after a week of self-catering, the car stuffed with everything required to make a trip with two preschoolers run 'smoothly', we return home frazzled, never having turned a page of our holiday reads or enjoyed a romantic moment alone. So a weekend at the Bedruthan hotel and spa's award-winning Baby And Toddler Break, which promises both family activities

and grown-up time, is an offer we can't refuse.

Set on the clifftop overlooking the beautiful Mawgan Porth beach, the Bedruthan hotel, with its pared back Scandi-feel rooms, makes holidaying as a young family simple – from the indoor and

outdoor pools to the playgrounds set among the sea-view grounds.

But, as promised, it's not just for the kids. Every facility also has a little adult twist to ensure weary parents are having fun, too. There's

a soft play room with cinema-style seating for parents, complimentary Sunday newspapers and a café with excellent coffee. There is also a family dining option at The Wild Café – for the adults, there's a menu crammed full of local, seasonal specialities – and great wine.

Yet it's practicality Bedruthan excels at. High chairs, buggies and wellies are all on hand, and the staff are totally accustomed to the highs and lows of excited children. But perhaps the highlight is the one night's free babysitting and two hours of childcare each day. After a brilliant morning in the pool, the boys go for a session in the kids' club and we hit the spa for a restorative couples' massage. Later, a lovely babysitter approved by the hotel willingly takes over story time while we head to dinner. The stunning sea views from The Herring, the hotel's child-free evening restaurant, are the perfect backdrop to our Cornish crab salad, fresh sea trout and samphire.

The next morning, feeling rejuvenated, we build sandcastles in the glorious sunshine and top it off with a Cornish ice cream. We leave with big smiles all round. Result. **REBECCA SHANNON**

### Trip notes

From £179 for a family room, b&b. 'Don't Forget Teddy' Baby And Toddler Breaks from £478 for two nights, including dinner, breakfast, use of hire equipment and complimentary childcare and babysitting; Bedruthan.com



Local fish on the menu at the hotel's restaurants, above; sandcastles in the sun



## WHAT TO PACK



Sunglasses, £139.50, Thierry Lasry at The Outnet



Coat, £399, Geox



Diptyque Eau Rose Hand Lotion, £20 at Liberty



Watch, £1,420, Rado



T-shirt, £24.95, Gap



Jeans, £95, Gant



Espadrilles, £140, Kurt Geiger London



Votary Super Seed Cleansing Oil, £55 at Liberty



Top, £52, Petit Bateau



Bag, £40, Edit58



Trainers, £85, FitFlop



FROM LEFT:  
Dress, £140.  
Dress, £150



Dress, £130



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Clutch, £69



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**VITABIOTICS**



FERTILITY

## THE BABY-MAKING DIET

Eat well, cut stress... and try a 'fish and chip' bath. Natural fertility expert Emma Cannon shares her secrets of preparing for pregnancy

Words BRIGID MOSS

Cannon's approach to fertility is all about nourishing yourself

**S**o you're ready to get pregnant. You bin the Pill or condoms, have sex and that's it, right? Possibly not. Aged 30, you have a one in five chance of conceiving each month. Aged 40, it's down to one in 20. One in seven couples have difficulty conceiving.

That's where Emma Cannon comes in. She helps women create a fertile environment in their body, to prepare for conception. Qualified in Traditional Chinese medicine, she's specialised in fertility acupuncture for more than 20 years, »



and patients often come to her via IVF clinics as well as word of mouth.

Cannon seems an unlikely health guru, dressed in black wool Marni trackpants and slippers (her Chelsea clinic is a shoe-free zone). The walls are painted French grey, and it's homely, furnished with an eclectic mix of Moroccan rugs, pretty lace curtains, Indian pink upholstery and flower paintings by one of her former patients. Long before the current wellness trend, when I first went to see her 11 years ago, Cannon was treating patients with acupuncture, serving green tea in delicate saucer-like cups – lukewarm, which keeps it from being bitter – and advising me to boil up bones for nutrient-rich broth. Her approach to fertility

seemed the opposite of medicine and IVF; all about looking after and nourishing yourself.

**AS WELL AS PRACTISING ACUPUNCTURE, CANNON TRAINED WITH DOCTORS AT THE VIVA MAYR CLINIC IN AUSTRIA.**

That clinic's focus on digestion as the root of good health chimes with her training, she says. "I can tell everything I need to know from your menstrual cycle and your digestion, as well as how you present yourself emotionally, and the overall climate of your life," she tells me.

It was an annus horribilis 12 years ago that inspired her treatment philosophy today. That year, she had a miscarriage at 20 weeks, crashed

two cars and was diagnosed with breast cancer that had spread to her lymph glands. "I used to treat women all day, then race across London to pick up my two daughters from school, felt I had to cook them perfect, organic meals. You can live a very healthy life but in a really dysfunctional way."

The fact Cannon had surgery, chemotherapy and radiotherapy for her cancer reflects her working practice – working alongside medicine as opposed to instead of it. What came out of her recovery was the importance of flexibility rather than control. "What's good about control? All the best stuff, like love, happens when you let go of it," she smiles.

Beetroot is rich in nitric oxide, good for blood flow, including the uterus and ovaries



## BEETROOT SOUP

*SERVES 2*

*PREPARATION TIME:*

*20 minutes*

*COOKING TIME: 35 minutes*

- 1 tbsp coconut oil
- 1 small red onion, finely chopped
- 4 raw beetroot, peeled and cut into 1cm cubes
- 1 waxy potato, peeled and cut into 1cm cubes
- 1 tsp fennel seeds
- 1 garlic clove, crushed
- 500ml chicken bone broth or vegetable stock

**1** Heat the coconut oil in a large, heavy pan and gently sauté the onion over a low heat for five minutes. Add the beetroot, potato, fennel seeds and garlic and stir, then pour over the broth and bring to the boil.

**2** Reduce the heat and simmer for 15 to 20 minutes until the vegetables are soft. Leave to cool for a few minutes, then blend until smooth. Return to the pan and reheat gently. Season to taste.

**3** Serve warm with yoghurt, sour cream or crème fraîche and grated horseradish, or served chilled with an ice cube or two, sliced spring onions, radishes and coriander.



Often the women she sees are the opposite. “I see women who are underweight, have no periods at all. On the surface, they may have a healthy lifestyle, but underneath there is an ultra vigilance.” One client had seen so many nutritionists, she was left with very few ‘allowed’ foods. “Sometimes I just say, forget the diet, it’s so joyless,” says Cannon. “In my clinic, I used to leave my first book *The Baby-Making Bible* next to the *Flat Belly Diet*. I can’t tell you how many women picked up the diet book.”

Her new book, *Fertile*, is full of recipes for delicious, nutritious food, requested by clients. “I wrote it because a lot of things people cut out for ‘wellness’ are good for fertility,” says Cannon. Full-fat dairy, for one, good fats in general, like seeds, even meat.

Cannon makes a distinction between infertility – women with no eggs, blocked tubes, men with no sperm – and subfertility, which is everyone else, and for which lifestyle changes may be helpful. If you’re younger, she says, you’re likely resilient to the negative impact of alcohol, lack of sleep, not great food, can get away with it and get pregnant. Though fertility isn’t totally age dependent, she adds. “Some women are as fertile at 40 as others are at 20.”

**IN HER TED TALK, CANNON TALKS ABOUT A MENTAL STATE OF ABUNDANCE AS A FERTILE STATE OF MIND.** I ask her how attitude can make a difference to fertility. “On some level, we conceive when we feel safe,” she says. “If you’re pumping out loads of adrenaline, the body thinks it’s in danger. There is research that shows the likelihood of conception is reduced when stress levels are high.”

“If you want to NOURISH another person, first you must nourish YOURSELF”

Women are often panicking by the time they see Cannon, trying to get pregnant by living perfectly. “The conversation about fertility is always about fear and lack – ‘she left it too late’, for example. The fertile window becomes a monthly obsession and the monthly bleed a heart-wrenching disappointment.”

Cannon wants to change this, for women to thrive during trying to get pregnant and to get pregnant, by finding balance, learning to relax, being flexible, thinking in terms of abundance, not lack. “If you want to nourish another person, first you must nourish yourself. Understand what your body needs and what makes you happy. And be kind to yourself.” *Fertile: Nourish And Balance Your Body For Baby Making* by Emma Cannon (Ebury, £20)

Chestnuts contain polyphenols, which can help feed your beneficial gut bacteria



## CHESTNUT AND HERB PESTO

This is very adaptable: serve with pasta, dollop in soup, or loosen with a little oil and serve with roasted vegetables or chicken.

**MAKES 375g**  
**PREPARATION TIME:**  
*5 minutes*

- 100g vacuum-packed chestnuts
- 1 small garlic clove, crushed
- 12 large sage leaves
- 25g flat-leaf parsley
- 2 tbsp extra virgin olive oil

**1** Blend all the ingredients until the mixture is coarsely chopped. The pesto will keep in an airtight container in the fridge for up to a week, or it can be frozen in ice-cube trays. >>





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Nuts and seeds are packed with important nutrients for fertility, such as iron and calcium

## SPICED DATE AND ALMOND CANNON-BALLS

*MAKES 10 to 14 balls*  
**PREPARATION TIME:**  
*20 minutes*

- 140g pitted dates
- 100g ground almonds
- 2 tsp coconut oil
- 1/2 tsp ground ginger
- 1/2 tsp ground cinnamon
- 1/4 tsp ground green cardamom

- 20g sesame seeds (black and/or white)

**1** Put all the ingredients, except the sesame seeds, into a food processor and blend into a thick paste. To make blending easier, you can soak the dates in a little water, then blend everything together with some of the water.  
**2** Roll portions of the mixture into bite-sized balls. Roll in the sesame seeds to coat. Store in an airtight container for up to a week.



## Emma Cannon's fertile cleanse

**This is not a detox – it's a way to introduce a healthier, more delicious style of eating, and better digestion.**

A gentle word of advice is not to *plan* to make a baby; instead I want you to think about it in terms

of preparation. Things may happen easily, or they may take a little longer, and the more wedded to your plan you are, the harder it will be to be flexible and resourceful if things don't go to schedule.

I suggest you don't immediately overhaul your entire life by stripping away all the fun things you do as a couple and removing all the foods you love to eat. Set aside a month where you gently shift your focus to preparing for a baby.

- Sort out your cupboards. Get rid of anything processed or packaged. Stock up on: wholegrains, including spelt and rye, gluten-free grains (quinoa, buckwheat, oats), legumes and lentils, seeds (black and white sesame, pumpkin, chia, flax, sunflower), nuts (almonds, brazils, walnuts), tinned fish (sardines and anchovies), herbal teas, nut butters, dried seaweed, dried fruits, raw cacao, oils (olive, coconut, hempseed, pumpkin, avocado).
- Aim to eat five to eight servings of fruit and vegetables a day.

- Boil up bones to make a bone broth (see [Redonline.co.uk](http://Redonline.co.uk)).


- Begin each day with hot water and lemon. Breakfast: eggs, avocado or goat's or sheep's cheese on toasted rye, or porridge with seeds and butter (and a small amount of honey).

- Lunch is your main meal, and dinner should be eaten by 7pm to help your digestion. No raw food with dinner; it's hard to digest. Soup is the ideal dinner.

- Drink two litres of room-temperature water and herbal teas a day, but don't drink with food.

- Eat calmly, chewing well – and not while looking at a screen.

- Look after yourself. Try dry-skin brushing, starting on the soles of the feet, brushing towards the heart. Or hot and cold showers: switch back and forth for two minutes at a time. Or try a 'fish and chip' bath: add a handful of magnesium-rich Epsom salts and a cupful of cider vinegar.

- Exercise moderately and regularly, doing something you like, such as walking, dancing, yoga or a bike ride. 



# BUSTING THE FERTILITY MYTHS

From IVF to egg freezing, what is the truth when it comes to conception? Brigid Moss finds some answers

Photograph VICTORIA LING

**F**ertility is always news: every few months, there's a new study or expert telling us something new (often depressing) about when to try for a baby. So what is the truth behind some of the common fertility myths?

## MYTH: YOU MUST TRY FOR A BABY BY 30

Of course not, although women 'leaving it too late' is a regular headline. That's because fertility experts, like Professor Geeta Nargund of Create Fertility, see women in clinics every day whose barriers to getting pregnant are caused by or made worse by age. Your egg reserve – and so chance of pregnancy – drops from the age of 30 and there is a "sharp decline after the age of 36", says Professor Nargund. That said, we all know older mothers; birth figures from 2015 show 40-plus is the fastest-growing mum age group.

But where does that leave you, in your early thirties and not ready to try? You could fork out for a fertility test, a blood test and/or a scan of your ovaries to tell you your egg reserve. It doesn't show other potential issues, for example ovulation problems, blocked tubes, endometriosis.

**THE TAKEAWAY:** The Zita West Fertility Home Test Kit is a blood test (£140; Zitawest.com). Create Fertility One-Stop MOT is a 3D scan (from £200; Createhealth.org).

## MYTH: WHEN YOU CAN'T GET PREGNANT, YOU NEED IVF

Not always. IVF is a life-changing technique that's created more than 250,000 babies in the UK. "But many couples see IVF as a magic bullet to get pregnant," says Zita West, founder of the Zita West Clinic. "Women who've been on the Pill from the age of 16 and come off it at 35 often know nothing about their natural cycles, so it's about managing expectations in how long it takes to conceive. The average

Advice around pregnancy can often be conflicting

is eight months to a year. Having said that, if you're 37, you may need to consider IVF sooner rather than later."

**THE TAKEAWAY:** If you've been trying for over two years, get referred to a fertility specialist.

## MYTH: IF YOU DON'T WANT A BABY YET, YOU HAVE TO FREEZE YOUR EGGS

Possibly. Like all things in fertility, it may depend on age: you have fewer eggs of less good quality after 35. "On average, eight out of 10 frozen eggs can now survive the thawing process with the fast freezing (vitrification) method," says Professor Nargund. "A recent and highly scientifically rigorous study from Spain found frozen eggs to be equally as effective as fresh eggs in egg donation treatment." Freezing embryos, though, is a more tried and tested technology.

**THE TAKEAWAY:** If you think you may want to freeze eggs or embryos, do it earlier. See Alice Mann's story, right. Find out more on egg freezing at Redonline.co.uk.

## MYTH: YOU CAN BECOME A MUM AT 45+, LIKE NICOLE KIDMAN AND JANET JACKSON

It's possible... but it's unlikely. From Halle Berry to





Julianne Moore, the most recent later-life mother to make headlines is Dame Julia Peyton-Jones, 64, former director of the Serpentine Gallery, although, as is her right, she hasn't made any details public.

"It's really worth remembering that some of the famous women who have become mothers in their forties and even fifties have achieved this using surrogates, donor eggs – and in some cases both – or had eggs frozen when they were younger," says Professor Nargund. Sadly, over half of pregnancies of women this age end in miscarriage.

**THE TAKEAWAY:** The chances of falling pregnant naturally over 45 is 3% or 4%.

#### MYTH: YOU NEED A FERTILITY MONITOR TO GET PREGNANT

Possibly. If you don't know much about your cycle or fertile days (on average six per month) there are some whizzy new apps and gadgets, such as DuoFertility (comes with real person support), Natural Cycles (monitors temperature) and Ava (a monitoring bracelet). The danger is, people get fixated on only having sex during their fertile period, says fertility expert Emma Cannon, but regular sex throughout the cycle is best for male and female fertility.

**THE TAKEAWAY:** Professor Nargund agrees: "Remaining relaxed and having sex regularly is an important first step when trying to fall pregnant naturally."

## I'M DEFROSTING MY BABY PLANS

Single and with no potential father in sight, Alice Mann\* decided to freeze her eggs. Now, she's taken the decision to defrost them

Three years ago, aged 37, I froze my eggs. And last week, I went back to the fertility clinic, to talk to my consultant about trying to get pregnant using those eggs and donor sperm.

My consultant said IVF using my frozen eggs will give me the best chance of getting pregnant; they are basically three years younger than me. "The older you are, the more likely your eggs are to be chromosomally abnormal," she pointed out.

I knew this, of course – how could any woman in her late thirties not? It was part of the reason I froze my eggs in the first place. I thought freezing would buy me time, stop me feeling like every date was a potential father.

I've never been one of those women who cooed over babies. I always just assumed I'd have them. When, aged 33, I met my ex, I assumed I'd have them with him. Two years later, we weren't exactly 'trying' but we'd stopped using contraception. Then we split up.

I didn't decide then and there to freeze my eggs. That came a year later when I discovered he was in a new relationship. I was forced to acknowledge we were never, ever getting back together.

**I WAS 36 WITH A JOB I LOVED, WONDERFUL FRIENDS, SUPPORTIVE FAMILY**, but that day, as I cried and thought about the next 40 or 50 years of my life stretching ahead of me, none of that seemed enough.

I read up on egg freezing, which sounded like the worst bits of IVF, just on your own (I'll be honest, that's pretty much what it is). I knew it was

experimental, that it came with no guarantees, but it felt proactive, as if I was taking control of my life.

My original plan: do three cycles of egg freezing: get 20 eggs, fertilise 10 with donor sperm – because embryos tend to freeze and thaw better than eggs – and keep 10. But I got just four eggs from my first cycle. "If you meet someone, frozen embryos will be useless," an embryologist advised me. "I'd just freeze them as eggs." Three cycles later, I had 14 frozen eggs.

Now, despite various dalliances, I'm no closer to finding the father of my child(ren). With my 40th birthday looming, it's time.

"I knew it was experimental, that it came with no GUARANTEES, but it felt PROACTIVE"

#### I'VE THOUGHT ABOUT WHAT IT WILL BE LIKE TO BE A SINGLE

**MOTHER.** At a kids' birthday party, watching both parents help their two-year-old blow out candles, I wondered whether it would always feel like I'd chosen second best – for me and my child, if I'd feel guilty, if I could be a mum *and* a dad.

But I've also witnessed acrimonious exchanges between divorced parents, and exhausted mothers moaning about their partners not pulling their weight. I'm grateful I won't have to contend with that.

At the clinic, decision made, I listened to my consultant talk me through the process. "And," she finished, "you could be pregnant by the end of the month."

Tears well up. Happiness? Fear that it might happen? Fear that it might not? IVF notoriously comes with no guarantees but, after three years of thinking about it, I know I want to try. ■

*Alice Mann blogs about her experience at [Eggedonblog.com](http://Eggedonblog.com)*





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# I TRIED ADULT SLEEP TRAINING



Could less time in bed, staying up late and a radical approach to night-time waking help Zoe McDonald recover from her stress-induced insomnia?

Illustration BARBARA DZIADOSZ

I am resigned to my insomnia, born during a bout of anxiety three years ago, triggered by the breakdown of my marriage. Some nights, I sleep fine. But two to three nights a week, I struggle to get to sleep at my usual time of 10pm or 11pm, wake again at 2am or 3am, fighting panicky paranoia, the nagging gremlin that says: "That's it now for the night. You're awake, AWAKE!"

I worry about a whole range of other things too, from having offended somebody (I always think I've offended somebody) to global warming. My brain hopscotches from one to the next: "And have you thought about THIS... If you think that's bad, check THIS." I wake up foggy headed and snappy, desperate for caffeine.

As well, I am hardwired to wake up unnecessarily early most mornings, a hangover from 5.30am wake-ups in the early years of Fred (now eight) and Flo (five). I've tried 'sleep hygiene' advice, such as keeping my phone outside the bedroom, a caffeine curfew after 2pm (killer!), herbal sleeping tablets, pre-sleep meditation on Calm.com and a pillow so heavily scented with lavender and rose oil my hair smells like pot-pourri most days. None of it has worked.

So it was with some scepticism that I agree to try *The One-Week Insomnia Cure*, a new book by Professor Jason Ellis, a health psychologist and professor of sleep science based at Northumbria University. He hit the headlines two years ago when he published the results of a trial that offered people suffering from 'acute' insomnia a free one-hour cognitive behavioural therapy consultation.

“ Sometimes the very things INSOMNIACS do in an effort to COMBAT the problem serve to COMPOUND it ”



Nearly three quarters said they slept better within three months of following the advice given.

'CBTi' uses CBT techniques to help you re-learn healthy sleep habits (the 'i' stands for insomnia). As I start reading the book, one thing in particular resonates: he says sometimes the very things insomniacs do in an effort to combat the problem serve to compound it.

For me, it is going to bed early. I never feel properly sleepy until after 11pm, but my exhaustion, bad quality of sleep and early waking habit, paired with the myth that we all need eight hours a night, means I sometimes head to bed as early as 9pm.

**WHEN I CALL PROFESSOR ELLIS, HE SAYS THAT THIS 'EARLY TO BED' MISTAKE IS ONE OF THE MOST COMMON HE SEES** in his clinic. He explains it like this: imagine your sleep need as a ball of dough. Unless you really are spending very little time in bed, an early night simply stretches your dough over more hours, so it gets thinner, and holes begin to appear. This is what's happening to me: my sleep is holey.

Managing dysfunctional sleep is complex, says Ellis. "Often, what triggers the onset of the problem isn't the »



same thing that perpetuates it. As a result, it needs to be tackled on a number of levels, with a variety of measures.”

Common triggers are what you’d probably expect: divorce, work stress, any stress. He gives the example of one patient who’d been made redundant, became anxious, couldn’t sleep. Other factors kept the cycle going: her habit of surfing recruitment sites on her laptop at 2am, for one. Like her, my insomnia started with a big stress, but now things are calmer, my sleep hasn’t settled.

Ellis’s programme is really two weeks: you spend the first one doing a sleep diary in order to calculate your new sleep quota and bedtime (see box, right).

**DOING THE DIARY, THE MAIN THING I’M STRUCK BY IS HOW ERRATIC MY SLEEP IS.** I spend eight-and-a-half hours in bed some nights, less than six on others, can’t get to sleep some nights, keep waking on others.

I calculate my sleep efficiency (the proportion of time I’m actually asleep) over the week as 71% – we should all be aiming for 85-95% – and some nights are as bad as 50%. The average of the hours actually spent sleeping each night – my sleep quota or sleep I need – is an unremarkable seven. Based on this, I can calculate my new bedtime. As my children wake up at 6.30am most days, I need to go to bed, to sleep straight away, at 11.30pm, no earlier.

In the second week, the new rules kick in. Including that if you wake, you have to get out of bed and sit in

a hard chair for 30 to 45 minutes and do something restful, such as reading or knitting. Night one, I go to bed at 11.30pm, wake up once but go straight back to sleep. Night two, I wake up too early, at 5.30am. I get out of bed, sit in a chair to read an article I’d saved from the paper. But once I’ve read it, I’m fully awake, so I get up.

Night three, and it’s time to introduce the toughest measure; no work or screens within two hours of bed. I forgo my fix of *The Crown* and resist the urge to check social media. I clean the kitchen more thoroughly than normal and read a bit of my new Zadie Smith book. As directed by Ellis’s book, I also start a journal, writing four lists: everything I’ve accomplished today; everything I have to achieve tomorrow; everything I’ve put into place for tomorrow, and how my day went. It makes me feel instantly calmer, as if I’ve downloaded my anxiety.

That night, I wake up at 3am, so have to get up. It’s hard. Even though I’ve been worrying in bed, it feels like a huge wrench to climb out from underneath my fluffy downy duvet and Toast sheets to sit on a chair. After 30 timed minutes, I gratefully go back to bed and sleep. When I wake the next night, I make the mistake of heading for the sofa to sew some buttons back on a cardigan and find myself nodding off there.


Despite that blip, I’m waking up way fewer times by the end of the week. Most days, I still wake at 5.30am, then go straight back to sleep for an hour. I do the sleep

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efficiency calculation again: it's gone up to 90%. I feel more refreshed when I wake up. It's working!

Two weeks on, and I'm still finding it a huge relief to know it's fine for me to stay up – the new calm evenings have become a treat. I have slipped up with evening screens a couple of times but it has only served to reinforce Ellis's ban because my sleep suffered immediately. Who'd have guessed that the key to cracking insomnia could be going to bed later? 

*The One-Week Insomnia Cure: Learn To Solve Your Sleep Problems by Professor Jason Ellis (Vermilion, £10.99)*

#### PROFESSOR ELLIS'S NIGHT-WAKING ADVICE

**REMEMBER IT'S NORMAL** "Most of us wake up about six times in an average night, but healthy sleepers will fall straight back to sleep and be unaware of the waking."

**LEAVE THE BED:** "If you've given it a few minutes and can't get back to sleep, get up. Sit upright and do something calm such as reading for 30 or 45 minutes. Stick to this time even if you feel tired, then get back into bed."

#### EXPERIMENT WITH RELAXATION TECHNIQUES:

"There will be one to work for you. Try counting backwards in sevens from 1,000. Or visualise a mango in minute detail, then change its colour and visualise every part of it all over again. Or use progressive muscle relaxation, where you tense up parts of your body, bit by bit, then deeply relax them."

#### HOW MANY HOURS SLEEP DO YOU NEED?

**Keep a notebook by your bed at night for a week. Note down:**

- \* The time you get into bed.
- \* Each time you wake in the night, make a mark on the paper.
- \* In the morning, note down the time you wake.
- \* Once fully awake, estimate how long it took you to get to sleep, and how long you were awake during the night for each waking. Deduct all the time you were awake during the night from the number of hours you spent in bed. You now have the total time you spent asleep. Divide this figure by the total time in bed (from climbing under the covers to getting up in the morning). This is your sleep efficiency. So if you get 0.7, for example, this is an efficiency of 70%.

**Add up the total time you spent asleep over the week, and divide by seven.** This is your sleep quota, the amount of time you need to spend in bed. To work out your new bedtime, count back from the time you need to wake up. So if your sleep quota is seven and a half hours and you need to be up at seven, go to bed at 11.30pm. This time may be later than your current 'bedtime'.

For more great sleep advice, go to [REDONLINE.CO.UK](http://REDONLINE.CO.UK)

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# ASK PHILIPPA

Nobody knows how unhappy I am, confesses a reader. You need to share the real you, says psychotherapist and *Red's* agony aunt, Philippa Perry

Photograph CAMERON McNEE



I was with my husband for 14 years – married for eight – when, out of the blue, he announced he was leaving. To say I was devastated is an understatement. My coping mechanism was to take a younger lover (he was 22 and I was 39). But after several months it came to an abrupt end, as it did with my next lover when it became clear he wanted a relationship and children, and I wasn't on the same page.

That was two years ago, and apart from a one-night stand, that's been my lot. I'm now 41 years old, I have severe anxiety (although I hide it from people well), and I wonder, "What is the point of my life?"

I put on a big show at work, and in front of friends and family, saying that I'm content being single. I'm always well dressed, my hair's done, I wear make-up, so no one ever doubts this. But when I'm alone at home, I feel my heart is broken.

I never socialise, as my friends are busy with babies and partners. I can't bring myself to date online because

I feel I have no real value: I don't have children, I don't go on holiday, and I have no stories to tell.

Last year, I was prescribed an antidepressant, sertraline, but after five months the doctor took me off it. When I said I wasn't ready, he told me the medication couldn't be a solution forever. But I am still deep in a hole and I can't get out.

*Name and address withheld*

I really feel for you. A long-term partner becomes an emotional home; if they go, it's like a part of us is without a home, which feels devastating. Fourteen years is a long time, and you will have grown together. When he went, the parts of you that had shaped to him had nothing to prop them up.

Very understandably, you sought substitutes but you can't get to where you were after 14 years in 14 days or even 14 weeks. Parts of you will

still feel lost, vulnerable and raw. It takes time to really heal and find out who you are again.

It is as though you're giving yourself the message that you are only acceptable to others if you are holding it all together. You're not sharing the lost part of you with others and, as a result, they're not seeing it. So that part of you is feeling lonely – and loneliness leads to depression. Your doctor is right: drugs are to tide you over, not something to depend on.

What you seem to lack is not a social life or holidays, but intimacy. I don't mean the kind of intimacy that comes with a sexual encounter or even a steady boyfriend, I mean the chance to share who you really are and find out who others are.

What I recommend for you is group therapy. Here, you sit with strangers and speak your real mind – just as you did to me in your email – and you listen to other people. You don't start with what you do or where you live or where you've been on holiday, you start with your experience of being and how you feel about it. You talk – and you really do need to talk – about who you are, and you listen in return. You find out that you are not alone, that other people have had similar experiences. When you can see that others appreciate you listening to them, it gives you worth; likewise, when you share your stories and emotions and they resonate with others, you understand that you are valuable. This process improves your self-esteem and enables you to connect with people and build more meaningful relationships.

When we are lonely, we tend to be on the lookout for rejection, which becomes a self-fulfilling prophecy. You need to take risks, to share a bit more of the real you in your existing friendships. Your inner voice will come up with reasons why you should stay in hiding – but the more you hide, the more isolated you'll feel. Keep sharing, like you have done with me, and break the cycle. ■

## HOW CAN PHILIPPA HELP YOU?

Do you have a question or a dilemma that Philippa can answer? It could be about your relationships, at work or home, your ambition, confidence or career, your partner or child, motherhood, siblings, parents or friends. Email her in confidence at [therapy@redmagazine.co.uk](mailto:therapy@redmagazine.co.uk). Read all Philippa's past columns at [Redonline.co.uk](http://Redonline.co.uk).



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## *This month's* ESSENTIALS



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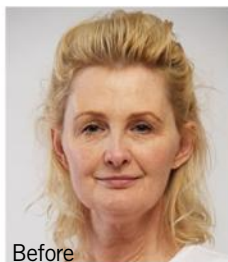
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\*At some matinee performances the role of Deloris Van Cartier will be played by Joanna Francis. Please note Alexandra Burke is not performing at Dublin Bord Gais. See the website for further details.

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# STARS

Yasmin Boland reveals what's in store for you this month

Illustration TRACY WALKER

## ARIES

21st Mar-19th Apr

*If you want to rethink your cash situation, April is the right time. In fact, rethink anything and everything in your life. It can all be positive if you just believe in yourself and really focus on your priorities.*

## TAURUS 20th Apr-20th May

The new moon is in your sign this month, which is a blessing. Use April to decide what you want for yourself for the coming 12 months and make notes about how you can achieve your goals. Studies show writing down goals boosts your chances of success. Make sure you're aiming for something you feel passionate about.

## GEMINI 21st May-21st Jun

If you have been wondering when your hard work is going to pay off in the form of some cold, hard cash (eg, a pay rise), it could happen this month. Now, as Venus changes directions in your career zone, your cash flow could start to pick up, as the rewards for your efforts begin.

## CANCER 22nd Jun-22nd Jul

A dream you thought may never materialise could come into being now as the new moon lights up your 11th house of wishes and dreams, and Mercury starts his retrograde. So, what do you want? Consider retrying something which didn't work before. Or come up with a new list of goals. Being methodical is your key to success throughout 2017.



## LEO 23rd Jul-23rd Aug

If you gave up on a professional ambition a little too easily, the new moon and Mercury are urging you to give it another go. There is a real feeling of a second chance coming your way with a career/life matter. So which old work objective do you want to revive? If finances held you back before, that can change now.

## VIRGO 24th Aug-22nd Sep

As love planet Venus ends her retrograde in your love zone, relations between you and your partner (or ex) can warm up again. What have your most important relationships over the past months taught you? Have you been taking someone for granted, or perhaps it's you who has been under appreciated?

## LIBRA 23rd Sep-23rd Oct

Your ruler Venus ends her reverse cycle this month, which means you should start to feel as though you're actually getting somewhere again. You should now be clear on who and what you really value. Based on that information, what are you going to do? This is also a great time for you to give yourself a full make-over.

## SCORPIO 24th Oct-22nd Nov

Expect your love life to change now (hopefully for the better!). The new moon is in your love zone this month, plus the love planet Venus is ending her rare retrograde in your romance zone. Pretty much the only thing standing between you and romantic happiness now is self-belief. The more you love yourself, the more others will adore you.

## SAGITTARIUS 23rd Nov-21st Dec

If you have an issue you want to discuss with someone close, especially your partner or ex, you're starting a cycle where this is extra possible. Just don't go on the attack! Rather, think about what needs to be said in order to clear the air. You're still under a lot of pressure, so go easy on yourself and others.

## CAPRICORN 22nd Dec-19th Jan

If you're focussing too much on what's going on in your head and not enough on your body, active Mars has the solution, as he moves into your 6th house of wellbeing. Exercise regimes will offset any fears you have, as Saturn continues to troll his way through your fear zone throughout 2017.

## AQUARIUS 20th Jan-18th Feb

Riches planet Venus has been reversing in your money zone. If you've experienced a financial slow-down recently, that's why. In April, though, she starts to move forwards again, which means cash you have been waiting for could finally start to come through. If you have been undercharging due to a lack of self-belief, this is the time to fix that.

## PISCES 19th Feb-20th Mar

Venus, planet of romance and riches, has been reversing in your sign. Hopefully this has worked out well, bringing someone you once loved back into your life, or giving you new ideas about how to save money. Now, as she starts to move forwards again, it's time to re-evaluate your romantic and financial futures. ■





## ROB DELANEY


Sharon Horgan's *Catastrophe* co-star cherishes one of the more unusual mementos of fatherhood

**M**y favourite thing is obviously my kids. But I didn't want to put a picture of them in a magazine, and it would be obnoxious to choose an artwork of theirs. So I thought, why not share with the world the gift that they give me every day, which is a nappy. Actually, a lot of them. I have three boys under the age of five, so nappies have been a big part of my life for the last few years.

When my middle son turned three, I wept because he was no longer two, which is a difficult age, right? With my first two-year-old, who is now four, when he turned two and became crazy, I was like, "What the hell is going on here?" I would try and reason with him. I feel

bad, like I didn't know how to appreciate how crazy the two-year-old tornado is. With my second two-year-old, I felt like I did a better job. I was able to enjoy him because whenever he went bananas I was like, "Oh, it's because he's two."

Now he's not two any more, and it breaks my heart. He's still only three and a total cutie pie who makes adorable silly mistakes and stuff. But I miss my two-year-old.

So that's why I chose nappies because, not only do I have to change a lot of them, but also I *want* to. Pretty soon, I won't have to change any nappies, and I'll be sad about that. 

*Catastrophe* series three is on Channel 4 this month





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