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JOHNSON'S £3.8M CASH DEAL FOR HOUSE



LAVISH Boris and his manor house

'SKINT' BORIS' DISCOUNT MEGA MANSION... WITH A MOAT

See pages 4 & 5

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TODAY'S WEATHER

It will be a wet morning across Northern Ireland and Scotland with rain moving eastwards through the country. Dry in England and Wales with some sunny spells especially in the south-east. Becoming brighter later in Northern Ireland and Scotland with the rain clearing. Cloudier in England with a few showers.

SUN
Rises: 5:09am
Sets: 8:45pm
MOON
Rises: 3:32am
Sets: 2:18pm



4 DAY OUTLOOK

	MON	TUE	WED	THUR
Birmingham	12c	14c	15c	17c
Cardiff	15c	17c	17c	18c
Edinburgh	14c	15c	15c	18c
Liverpool	14c	15c	16c	17c
London	14c	16c	16c	18c
Manchester	13c	15c	16c	19c
Newcastle	13c	15c	15c	18c
Norwich	13c	15c	15c	17c
Plymouth	13c	16c	16c	16c

ABROAD YESTERDAY

	C	F		C	F
Amsterdam	s	19 66	Madrid	f	19 66
Athens	s	22 72	Majorca	sh	19 66
Barcelona	s	19 66	Malaga	f	20 68
Benidorm	sh	17 63	Malta	s	20 68
Corfu	r	20 68	Marmaris	s	23 73
Crete	s	20 68	Miami	f	29 84
Ibiza	th	19 66	Paris	f	17 63
Larnaca	s	26 79	Sydney	sh	19 66
Las Palmas	s	22 72	Tenerife	s	25 77

-: not available, m: misty, c: cloudy, s: sunny, r: rain, dr: drizzle, sn: snow, f: fair, fg: fog, sh: showers, th: thunder, h: hail, sb: sleet

FREE MAG INSIDE

SUNDAY

'No one mocks the female form now - we've got new ways to make people laugh!'

THE LOTTERY Last night's numbers:

LOTTO: 2, 13, 32, 42, 54, 58 **Bonus:** 28

Thunderball: 4, 13, 21, 34

Thunderball: 6. £500k is the top prize.

HEALTH LOTTERY: 12, 13, 17, 38, 44

Bonus: 8

FRIDAY'S EUROMILLIONS: 9, 10, 13, 39, 44

Lucky Stars: 4 & 6

STRESSED NURSES QUIT NHS

Figure is nearly 4 times higher than 10 years ago

EXCLUSIVE
BY MIKEY SMITH Whitehall Correspondent

STRESSED nurses are quitting at the rate of 81 every week.

Last year, 4,231 left the NHS because of the demands of their job - nearly four times as many as 10 years ago.

The shocking figures emerged as nurses are about to vote on further crippling strike action in England.

Pat Cullen, general secretary of the Royal College of Nursing, told us: "Poor work-life balance is a core reason why so many of my valued colleagues have walked out of the NHS, most likely never to come back."

"Your 12-hour shift often becomes 13 or 14 - with the extra hours unpaid - to help plug the gaps."

"You get home after the children are in bed and leave again before they wake. It takes a heavy personal toll. In 2022, a total of 40,365

nurses left their jobs - up 25% on the previous year. Of those, 4,231 wanted a better work-life balance and 6,329 were retiring. Ten years ago, the number who left citing work-life balance was 1,179 - or 23 a week.

NHS figures show there were 43,619 nurse vacancies in the quarter ending December 2022.

Ms Cullen said: "Not only are people retiring early but now they quit in the first years of their career, too. Rishi Sunak's NHS leaves my colleagues in stress, burnout, and takes away the joy of what nursing should be. This is

why our members took historic action - a cry for help."

Fourteen unions have offered a 5% pay after but the RCN wants 5% above inflation. The new ballot will run May 23 to June 23.

RCN director for England Patricia Marquis added: "Unless the crisis is addressed to make nursing a more attractive profession, patient care will continue to be put at risk."

The Department of Health said the wellbeing of staff "is of paramount importance". It added: "To ease pressures on staff, the NHS will publish a long-term plan to support and grow the workforce."

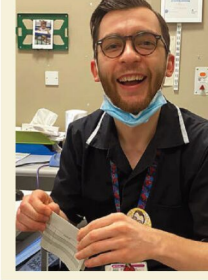


TOUGH TIMES in hospitals

“Your 12-hour shift often becomes 13 or 14 with no extra pay”

'I earn more as tech sector starter'

'CRY FOR HELP' Pat Cullen



BY JOHNSIDDE

A SENIOR nurse who quit in tears after suffering crippling burnout now earns the same salary in an entry-level tech job.

Sean Cherry, 31, spent nine years in the NHS, rising to a Band 7 nurse at the Royal London Hospital in Whitechapel. Yet his monthly take home wage of just over £2,500 is only on a par with his junior role at a financial consultancy.

Sean, of South East London, quit last September after being signed off for 10 weeks. He said: "Nursing is never about money, you go into it because you want to help people. But it staggers me that my pay after shifting

around the NHS for nearly a decade is more or less the same as this very junior job."

The base salary for a Band 7 nurse last year was £41,659.

Sean, left, led his paediatric nursing team through Covid and hoped the pressure would ease post-pandemic but it never did.

He added: "I saw burnout and stress, colleagues in tears daily. I'd been grounded down to a point where I lacked any resilience.

"The week I went back from burnout was the same week as my wedding. It was meant to be the happiest time of my life yet I was crippled with indecision.

"I just came to realise I couldn't be a nurse any more."

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COMMENT: PAGE 4



SUPPORT President & Pope

Zelenskyy has aid offer from Pope during visit to Rome

BY KAREN ROCKETT

THE Pope told Ukrainian leader Volodymyr Zelenskyy yesterday that the Vatican is ready to help mediate between Moscow and Kyiv.

More than 1,000 police were deployed to protect the President as he visited Rome and a no-fly zone was imposed over the city.

"An important visit for approving victory of Ukraine!" Mr Zelenskyy tweeted as he landed.

He had an audience with the Pontiff after meeting Italian Prime Minister Giorgia Meloni and President Sergio Mattarella.

Mr Zelenskyy had hoped deliver a video message at the Eurovision final last night but organisers said the European Broadcasting Union's "strict rules" prevented it.

Meanwhile, Kyiv said it had regained ground in the city of Bakhmut, advancing 1.2 miles in a week.

Poland said it had detected a suspected Russian spy balloon that flew into its airspace from the direction of Belarus.

And there were reports two Russian warplanes and two helicopters were shot down - but it was unclear if they were hit by Ukrainian attacks or victims of friendly fire.

Tories 'falling flat on music'

BRITAIN'S Eurovision future could be under threat because of a lack of school music lessons, MPs fear.

Lib Dem spokeswoman Munira Wilson said GCSE and A-Level exam entries are down 23% since 2015.

She said: "The Conservatives have broken a pledge for more arts and music at school. They must change course so those inspired by Eurovision have a chance."

EMERSEY BEATS: P126C16

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MOVIE MAGIC
Jonathan and
Ariana share a joke



SPELLBINDING Ariana
as good witch Glinda

Show jest for the Wicked

BY KAREN ROCKETT

BRIDGERTON heartthrob Jonathan Bailey and pop star Ariana Grande clearly share a Wicked sense of humour as they giggle together while shooting their new film. It was the first time Jonathan, 35, has been on set but he looked right at home with Ariana, 29, as they hugged, joked and laughed between takes.

Wicked is set in the land of Oz, which has been re-created in the village of Ivinghoe, Bucks. Ariana plays Glinda the Good Witch and looked enchanting in a pink and purple gown, while Jonathan cut a dash in gold and green. He plays Prince Fiyero - a step up from Bridgerton as he is only a Viscount in the Netflix hit. Talk about great and powerful...

HIT Jonathan,
right, with the
Bridgerton cast



PICTURE EXCLUSIVE

Pictures: SPLASH NEWS



CLOSE-UP Stars
move in for a hug

Quantum hoof solace

EXCLUSIVE

BY LAURA ARMSTRONG Assistant Editor, Showbiz

THIS looks like a job for Double Roe 7... Dame Judi Dench has revealed she got a visit from the law after someone claimed to have seen her stealing a deer.

The 88-year-old, who played spy boss M in eight James Bond films, said she and late husband Michael Williams had herded the animal back into a park after it jumped out right in front of their car.

But the next day they were stunned to get a visit from officers who

Bond star tells how police quizzed her after accusation that she stole deer from a park

reckoned they had been seen doing a runner with it. Speaking at the Stratford Literary Festival, Judi said: "Michael and I had come from Judi

FAST BUCK But Judi was saving rogue deer

theatre and suddenly, in front of us, a deer shot out of the park. We stopped and with enormous difficulty we got the deer back into the park.

"The very next day the police came and said, 'We hear you were seen taking a deer out of the park?' Michael said to them, 'Well we're in jolly good company, as William Shakespeare was caught for the same thing... the difference being

we were putting it back.'" The 16th century playwright's crime is said to have taken place at the same park, Chartcote in Warwickshire - close to his home in Stratford-upon-Avon.

Chatting to pal Brendan O'Hea, who appeared alongside her in Bond film Quantum of Solace, Judi also revealed she is working on a new book about his Shakespeare roles.

And opening up about her mischievous side, she admitted once convincing a younger actor that Wellington Arch at Hyde Park Corner had been converted into a supermarket.

She laughed: "I said it had been turned into a Tesco for the Royal Family. It makes such sense".
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VOICE OF THE

SUNDAY
PEOPLE

Time for a party then is it, BoJo?

Boris Johnson has been absolutely raking it in since leaving Downing Street in disgrace last September. He left carnage in his wake, causing untold damage to the public's faith in politics and hurling Britain into months of unprecedented chaos.

But, as always, he's managed to land on his feet, trading his experience of power for money. In just nine months, Johnson has trousered £5million on the public speaking circuit – vastly more than any other departing Prime Minister.

He's pocketed so much that he's been able to buy himself and wife Carrie a £3.8million, nine-bedroom manor house with a moat.

So while the rest of the country endures a cost of living crisis, struggling to pay their bills and worrying about the future, the man who was in charge when it all happened will be enjoying his modest new pad.

Perhaps he'll spend a bit of time on the private tennis courts, or wandering around the expansive grounds.

Maybe he'll throw another party in one of the property's six lavish reception rooms.

Or in one of the two luxury outbuildings. He loves parties, after all.

What he definitely won't be doing is worrying about ever-rising mortgage rates, which his successor Liz Truss sent skyrocketing when she crashed the economy. Why? Because he paid for the mansion in cash.

Wards shame

THE number of nurses leaving the NHS due to burnout is staggering – but shouldn't be surprising.

These are people who work 12-hour shifts – that so often turn into 14 hours – caring for the sick and saving lives.

And all the Government has been willing to offer them in return is below-inflation pay rises and the odd round of applause.

Rishi Sunak and his predecessors promised to ramp up recruitment.

But there are still 43,619 vacancies for nursing staff within the NHS – an increase of nearly 4,000 in just a year.

So the rhetoric is clearly not enough. And the increasing pressure has left nurses looking elsewhere for work that doesn't leave them in "constant stress".

Ministers need to put their money where their mouths are and make nursing a profession that people aspire to again.

They're among the best of us. And it's a disgrace they don't feel valued.

Sip sip hooray

IT'S great news that English wine will soon rival the French for quality... but a shame it took an impending climate catastrophe to make it happen.

Hopefully we'll enjoy the fruits of Britain's vineyards before rising sea levels mean ever sipping wine on the Birmingham riveria.

'SKINT' JOHNSON PAYS UP
Cash and

LORDING IT
Boris, his wife
Carrie and
their new home

EXCLUSIVE

By MIKEY SMITH
Whitehall Correspondent

BORIS Johnson paid £3.8million in cash for his grand new manor house, we can reveal.

The ex-PM personally negotiated £200,000 off the asking price for the nine-bed country pile – a new home for him, wife Carrie and their two young children.

It is a remarkable turnaround in fortunes for Mr Johnson, who is said to have complained that as PM and an MP he couldn't get by on a combined salary of £164,080.

A source who worked under him in No 10 has said: "He used to say he was never being paid enough. He was so incredibly tight with money, jokes were made if

his wallet ever came out." The country house was on the market for four years and the sale went through weeks before BBC chairman Richard Sharp resigned over his role in helping then-PM Mr Johnson secure an £800,000 loan towards the end of 2020.

There was controversy when Tory donor Lord Brownlow initially stumped up for a £112,000 revamp of the couple's Downing Street flat – including £840-a-roll gold wallpaper. Mr Johnson was

cleared by the standards watchdog but was accused of acting "unwisely" for being unaware of where the cash came from at the time.

The PM – who eventually picked up the tab for the 2020 refit – reportedly told aides: "The cost is totally out of control... she's buying gold wallpaper!"

"Tens and tens of thousands – I can't afford it."

Sources claim Mr Johnson also missed key Covid meetings due to

"working on a biography of Shakespeare" to fund his divorce. But now, since resigning after losing the confidence of MPs, he appears wealthier than ever.

In February he trousered a £2.5million advance from the Harry Walker banking agency.

And together with a £510,000 advance for his memoirs, his earnings in the nine months since he left No10 came to nearly £5million.

In that time, the Johnsons have lived rent-free in properties with

Farmer Jezza
rakes in cash

EXCLUSIVE BY SIMON MURPHY
TV star Jeremy Clarkson's farm pulled in subsidies topping £250,000 in under three years.

Diddly Squat, the focus of hit Amazon show Clarkson's Farm, has

received six sums across 2020, 2021 and 2022. The Rural Payments Agency handouts – £133,733 from the UK and £116,352 via an EU project – were revealed under Environmental Information

FRONT FOR NEW £3.8M MANSION

Carrie



an estimated rental value of some £13.500 a month – a Cotswolds cottage and a £20million townhouse in London's Knightsbridge. Both properties are owned by Tory donor Lady Bamford.

The Cotswolds home is close to the manor house, in neighbouring Oxfordshire. It sits on five acres and has an annex, cottage, moat, water garden and tennis court. It has six reception rooms and five bathrooms, with extensive and grand entertaining spaces. It

regulations. Clarkson, 63 – host of *Who Wants To Be A Millionaire?* – is said to be worth £50million. He bought his Oxfordshire farm in 2008 and once said he "worked hard all year and my reward was

is understood Mr Johnson, 58, and Carrie, 35, saw it online and viewed it twice in person. The latest chapter in his money merry-go-round has angered opponents.

They are furious at the cost of probes into No10 parties during Covid – not least the £245,000 cost of Mr Johnson's legal team. A Labour source said: "While Johnson enriches himself on the back of his failed premiership and splashes the cash, he continues

£144". The RPA said schemes "reward farmers and land managers for looking after and improving the environment". Clarkson's assistant was contacted for comment.

to cream the public to pay for his Partypgate legal bills.

"Rishi Sunak is giving this disgraced former PM free rein to sponge off taxpayers."

The £800,000 loan row saw Mr Sharp put guarantor Sam Blyth in contact with the Cabinet Office.

Mr Sharp resigned as BBC chair after a report found he broke rules by failing to disclose his role. Mr Blyth is a distant cousin of Mr Johnson. Last month we told how the Johnsons spent Easter in the Dominican Republic at a £5,000-a-night villa – owned by Mr Blyth. Mr Johnson declined to comment.

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TOIL TV's Clarkson

DIRECTOR
Lord Ashcroft
'was in control'



Tory grandee firm scored £53m contracts with NHS

EXCLUSIVE BY SIMON MURPHY

A HEALTHCARE firm scooped NHS contracts worth up to £53million in less than two years when it was controlled by Tory grandee Lord Ashcroft.

Medacs Healthcare was handed 10 NHS deals as the sole supplier during the period, according to contract notices published from September 2021 to December last year. At the time the agreements were signed, Medacs was owned by Impellam Group – ultimately controlled by ex-Conservative Party deputy chair Lord Ashcroft.

Last night a Labour source said: "A Tory donor's firm has been cashing in on the NHS staffing crisis that his party created. It stinks." Medacs – also awarded a £350m Government contract during Covid – is a leading healthcare staffing company.

Our analysis of public records show the firm won three contracts, together worth £10.5m, to supply staff to County Durham and Darlington NHS Foundation Trust. It was awarded a contract in November 2021 – worth up to £36m over three years – with the York and Scarborough Teaching

Hospitals NHS Foundation Trust. A trust spokesman explained that the contract, to provide locum doctors, was awarded "through a competitive tender process".

Other contracts included three deals with Norfolk and Norwich Hospitals NHS Foundation Trust, two with University Hospitals of Leicester, and one with Cheshire and Wirral Partnership NHS Foundation Trust.

Accounts for Medacs Healthcare plc to the end of 2021 state Ashcroft was the ultimate controlling party of Impellam Group Plc, with "influence over more than 50%, but less than 75%, of both shares and voting rights".

However, Impellam Group this year sold part of its business, including Medacs, to a private equity firm. Impellam said none of its non-executive directors, including Lord Ashcroft, were involved in the deals or day-to-day running of Impellam.

A Government spokesman said: "We cannot comment on individual companies. NHS-related bodies including NHS Trusts are contracting authorities in their own right and must follow relevant rules."

£12.7m green buses deal for son of Boris 'landlord'

EXCLUSIVE BY MIKEY SMITH

Whitehall Correspondent

A **TORY** donor whose mum has been putting Boris Johnson up rent-free for months has been handed a Government contract worth £12.7million.

Jo Bamford, son of JCB mogul Lord Bamford and Lady Bamford, bought alling coach manufacturer Wrightbus in 2021.

It will receive £6.4million of taxpayers' cash, plus £6.3million from auto industry bodies, to develop batteries for electric buses.

Self-styled "green entrepreneur" Jo has personally given £88,000 to the Tories, while his family and their businesses have handed more than £14million in cash and gifts to the party since 2001.

In October 2021, months after Jo took

over, Wrightbus received an £11.2million grant to develop hydrogen technology.

Another of his firms – Hygen, previously known as Ryze Hydrogen – is involved in projects funded by the Government's Net

Zero Hydrogen Fund. Julian Smith, former Tory chief whip, is an ex-employee, earning £60,000 a year for development advice.

And Science Minister George Freeman signed a contract to provide "strategic advice" to the firm, to be worth £20,000 a year. But he cancelled the

contract and returned £10,000 after being rapped by second jobs watchdog ACOSA for failing to inform them before taking up the role.

The Department of Business and Trade said all grants "are subject to a formal application... to ensure value for money".



DEAL Bamford is Tory donor

DEAN GAFFNEY ON CANCER SCARE

Amir went hair-free for pecs appeal

EXCLUSIVE BY NICOLA FAHEY

FORMER boxer Amir Khan has admitted he ditched his chest hair to give his muscles a better show.

The 36-year-old, who had laser hair removal ahead of I'm a Celeb... South Africa, said: "All my fighting life I've had a hairy chest. I know it's not masculine but I got it lasered.

"People say, 'You need to be a man, you need to have hair on your chest'. But I think a more clean and

defined look is nice. We want to see the definition of our muscles.

"When we get whipped up, we want to see the lines and definition. When you don't have the hair you can tell, so I had it lasered."

But Amir, the third star bootied out, admitted some remorse over the permanent action. Chatting on Ryan

Clark's podcast, How to Be a Man, he said: "Sometimes it's good to have a bit of a bush, do you know what I mean?"

Amir came fifth in 2017's I'm a Celeb, which was won by Georgia Toffolo. He won 34 of his 40 pro fights and was the unified world light-welterweight champion from 2009 to 2012.



YOUR GOO HEALTH
Dean downs revolting drink on show in South Africa



EXCLUSIVE

BY LAURA ARMSTRONG
Assistant Editor, Showbiz

DEAN Gaffney has revealed he feels lucky to be alive after medical checks for I'm A Celebrity flagged up warning signs for bowel cancer and he was rushed in for emergency surgery.

The former EastEnders star, whose eating trial with Joe Swash had hosts Ant and Dec in tears of laughter, was eliminated from the all-stars contest in South Africa on Wednesday ahead of Friday's final.

But he counts himself fortunate to be here at all after what doctors discovered in tests in 2020, while examining him ahead of a possible appearance in ITV's Covid-safe series of the show at Gwrych Castle in North Wales.

In an exclusive interview,

Dean said: "There is no doubt I'm A Celeb and its medical team saved my life. I might not be here today if it wasn't for them finding what they did."

The 45-year-old was shocked when doctors found a number of polyps in his large intestine and said he needed an immediate op.

He said: "Within hours I was in a hospital gown and under general anaesthetic and they took it out."

When he came round, the doctor told him: "Had you not come to us today, in three years that could have turned to bowel cancer. You've been very lucky."

Dean said: "I still remember his exact words. I feel so, so lucky. It's made me so careful about checking my stools."

He is now urging anyone

worried about signs of cancer to get checked. And he hopes he can raise awareness of the disease like Bowelbabe fundraiser Dame Deborah James, who died aged 40 in June last year.

Dean said: "Dame Deborah was an inspiration to so many. I've so much respect for her fight and the awareness she raised for bowel cancer. "If I can do a small fraction of that for men, it'd make me very happy."

Dean played Robbie Jackson in EastEnders in various stints from 1993 to 2019, often with pet dog Wellard at his side.

He and former Coronation Street star Helen Flanagan were evicted from I'm A Celeb together. But it was the show's eventual winner Mylene Klass, 45, who Dean secretly confided in about his cancer scare.

They had been campmates in 2006's I'm A Celeb, in which Mylene was the runner-up and Dean finished fifth.

Dean said the former Hear'Say singer had been "very understanding" about his health worry.

But while he entertained viewers with his antics in South Africa, Dean - who is father to daughters Charlotte and Chloe and grandfather to Chloe's two girls - was hiding the ordeal he reveals today.

In 2020, he was one of 12 stars on standby to take the place of any campmate in Gwrych Castle, near Abergelle, Conwy, who caught Covid. Dean said: "I'm

A Celebrity staff told me in September I'd got the job and I was called to a medical in October. I thought nothing of it and did the routine blood tests. When it came back, it showed I was losing blood."

"They thought it might be anaemia or an iron deficiency. I thought they were being a bit over the top."

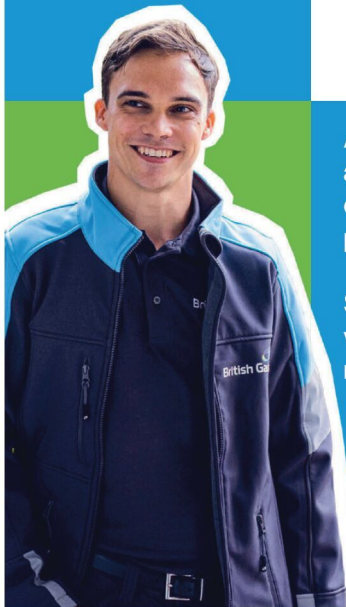
"I was losing blood somewhere. I just felt maybe it's low iron or something because I don't take vitamins. While they waited for further tests, they put a camera down my throat. It's

6,500
British Gas
engineers
are always
on hand.



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So we're ready whenever you need us.



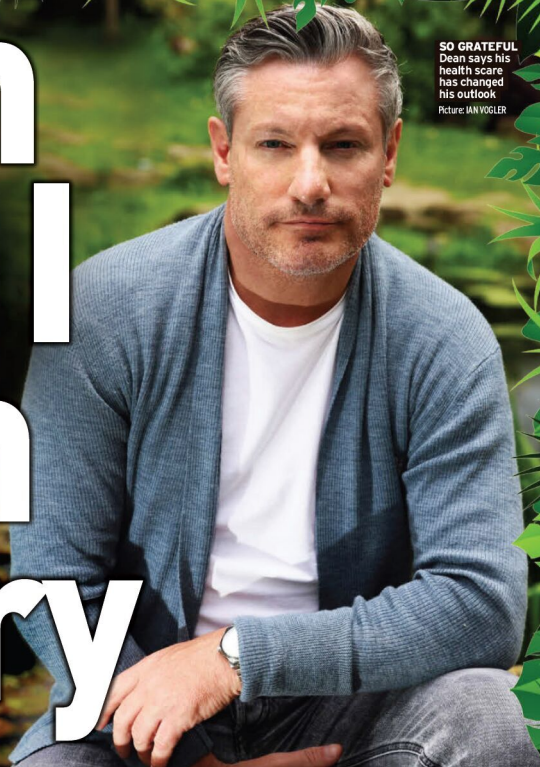
DOUBLE ACT As Enders' Robbie with pal Wellard

“Had you not come to us, in three years that could've been bowel cancer. You have been lucky”

AFTER CHECKS BEFORE TV SHOW

Within hours I was in surgery

SO GRATEFUL Dean says his health scare has changed his outlook
Picture: IAN VOGLER



like a pill with a camera attached, so when you swallow the pill you have a belt around your belly that can create something like 24,000 images a second. So it creates a film while this pill is going through your intestines. They then gave me a colonoscopy.

"Later that day the results showed they had found polyps which were massive. One was huge. I think 20mm, which is big for a polyp.

"They didn't mess about, they put me under general anaesthetic, operated and burned the polyps away. When I came round, I could see the doctors were slightly angry with me and it was serious.

"They didn't mince their words and said how lucky I was it had been found now. I was stunned.

"The doctors were asking why didn't I notice blood in my stool. I'm sorry but I'm not Gillian McKeith, I just flush the toilet. I don't make a habit of looking at my stools. Any time I've ever seen a bit

of red I just think, maybe I've had peri-peri sauce. I'm not tired and run-down, because I've been quite lucky. I don't smoke, I rarely drink. I haven't been to a doctor in years.

"Apart from tonsillitis four times a year, I never get ill. It just shows you that anyone can get it."

"The scare has changed Dean, who said: 'I'm so grateful to the people on the show for bringing it to my attention. I check my stools all the time now. I'd urge others to do it, too.'

"I feel there's someone looking over me because when I have low points something comes good for

me. It's like a roller-coaster. I get to the bottom, and think, 'Oh my God, I'm going to crash' - and then somehow I get back up again.

"It's similar to EastEnders. I lost my job and then, bang! Jobs come in. I'm very blessed because there's someone looking over me saying, 'Don't worry'. Sometimes I do feel like a cat and my nine lives are running out. I'm lucky to be here.

"Death does scare me. I'm not one of these people who think you go to a lovely place and it's fine."

Dean said his memories of his 2006 jungle experience are a little hazy but he loved being back in the camp. And the doting grandad joked: "I didn't like the trials. I gag at the sight of a dirty nappy."

Dean said doing the show in South Africa with fellow ex-EastEnder and good friend Joe, 41, had been "wonderful". He added: "He is one of my

favourite people. Myleene and Carol [Vorderman] are lovely, too. Phil Tufnell is a joker, I love him dearly. To be honest, we all got on.

"Janice Dickinson is a bit spiky but funny with it. She doesn't mean harm, she just has that American thing - we're British so we don't know. There was no bad blood between me and her or her husband after I left the show, as has been suggested."

For Dean, the hardest thing was his eating trial with Joe - which included drinks of fermented eggs and eating kangaroo penis.

He said: "Ant and Dec said my trial was the funniest thing they'd ever seen. They usually take 20 minutes and ours took about three hours. Ant and Dec were

crying, the producers were crying with laughter. When we got in one of the cars to go back to camp, a producer said, "We could do two shows out of that trial!"

Now that his adventure in the camp is over, Dean will be throwing himself into family life. And he reveals he is enjoying

being unattached at the moment, saying: "It's the first time I've been single and I'm enjoying it. But I'm keeping my options open."

"I have a good life, a wonderful family, and I feel so lucky that I'm not battling cancer thanks to the I'm A Celebrity medical team."

laura.armstrong@reachip.com

"I feel someone is looking over me. At a low point something good happens. It's like a roller-coaster"



TRIALS OVER with fellow evictee Helen and hosts Ant and Dec

Tories in civil war

Patel slams Sunak for poll flop

BY MIKEY SMITH Whitehall Correspondent

PRITI Patel took a swipe at Rishi Sunak yesterday, blaming "those in power and control" for the Tories' local election drubbing.

The ex-Home Secretary got a huge ovation at a summit of rebel Conservatives who want to bring Boris Johnson back as leader.

She accused Mr Sunak of presiding over the Tories' "managed decline" and said the removal of Mr Johnson was undemocratic.

Addressing the first conference of the Conservative Democratic Organisation (CDO), in Bournemouth, she said: "Errors and mistakes have cost dearly. A piece to camera, a highly organised visit, and a few questions from journalists at

press conferences is no substitute for hard graft and campaigning, knocking on doors and delivering leaflets."

The CDO, led by mega-donor Lord Peter Cruddas and former MEP David Campbell Bannerman, backs Boris and has been branded "a party within a party".

In a video message Mr Johnson said: "A massive thank you to you for everything you've done and continue to do for our great party, the Conservative Party".

Ex-Commons leader Jacob Rees-Mogg also hit out at the removal of Mr Johnson but warned: "We must support Rishi Sunak to the General Election, or we will be toast."

"Any party that changes leader twice in a year looks ridiculous."

DECLINE Patel blamed "errors"

Rees-Mogg also hit out at the removal of Mr Johnson but warned:

"Any party that changes leader twice in a year looks ridiculous."

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Henge's big bow

STONEHENGE lights up in every colour of the rainbow as one lands right in the middle of the ancient monument.

Rainbows appear when the sun comes out and this stunner, arcing over the 5,000-year-old site on Salisbury

Plain, Wilts, this week, may herald warmer, drier weather across the UK.

Temperatures could top 20C in the South today and will be around 15C in the North. And the Met Office said the rest of the week should stay mainly dry.

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Marcus and Kay

Opticians and owners (and husband and wife)



WINNER Miyo and her loaf Rivals are no matcha for green bread

BY KAREN ROCKETT

A GREEN loaf of bread that looks mouldy has been crowned best in Britain.

Flavoured with matcha, white chocolate and fruit, the bread, called Brioche Japonais, was created by Miyo Agetsu who began baking as a hobby.

She now runs Kuma-San Bakehouse professionally from her home in Matlock, Derbys, supplying both firms and customers.

Miyo said her loaf was inspired by her Japanese heritage and living in France, and added: "In my country it's quite common to use matcha for sweets, cakes, things like that."

It won Britain's Best Loaf competition, run by trade magazine British Baker.

Judge Neil Woods said: "I haven't seen anything like this before."



GRIM Police at death scene Murder cops probe death at £1m home

BY NICOLA SMALL

POLICE were yesterday conducting a murder investigation after a woman was found dead in a £1million seaside home.

The 34-year-old was in a six-bedroom mock Tudor house in the leafy suburbs of Bournemouth, Dorset.

A 31-year-old man known to her was arrested on suspicion of murder on Friday. He was taken to hospital for treatment for serious injuries.

Flowers, candles and trinkets were yesterday left on a wall outside the home.

Richard Marson, who laid flowers, said: "It's so sad. Shocking really. It's just so sad."

Det Insp Mark Jenkins, of Dorset Police, said: "Our thoughts are with the family and friends of the woman at this extremely difficult time."

Holly a keeper, Phil 'The Grim Reaper'

SERIOUS TV host Holly Willoughby out this week



SOFA TEAM Phil and Holly present show

This Morning pair's future in jeopardy

EXCLUSIVE

BY LAURA ARMSTRONG
Assistant Editor, Showbiz

HOLLY Willoughby has piled pressure on ITV bosses to begin contract negotiations – as her co-host Philip Schofield's future hangs in the balance.

The TV presenter, 42, sparked fears she would leave *This Morning* earlier this year as her reported rift with Phil, 61 deepened. She is now said to have asked her team to try to speed up a decision about the hit show's future line-up.

It comes as sources revealed Phil's position is precarious after years of behind-the-scenes tension and he is even jokingly nicknamed The Grim Reaper. A source said: "Holly was considering her position on the show earlier this year."

"But now that there's a real possibility Phil may be ousted, she wants to see a decision made on both of their futures quickly. "That is what is behind Holly asking her team to reach out to ITV – she is trying to move things forward. "There has been no bloodbath meeting yet, but that could well be to come. The sooner it happens, the sooner she can rebrand herself."

It is understood Holly now sees her

distance from Phil as an opportunity to rebrand herself as a "woman's woman" fronting the show with Alison Hammond – as she did during Phil's absence from the sofa last month.

Holly has recently welcomed Alison into her friendship circle, posting snaps of her among other pals at a girls' night. She also shared a series of images of the pair hosting together, one with the caption: "Love you @alisonhammond55 Same time tomorrow?" Another snap was posted with a love heart emoji.

Meanwhile, insiders told how Phil's exit from the sofa would also be welcomed by some staff.

One said: "Phil has been seen as untouchable for years which has also given him an unprecedented level of control. He is nicknamed The Grim Reaper by some people who don't get on with him."

"He is obviously very passionate about the show, but the way he goes about exercising his influence has made him very unpopular with some."

Phil this week made the first public statement about the alleged rift.

He called Holly his "rock" but admitted recent weeks "haven't been easy for either of us". It is understood Phil – who appeared awkward alongside Holly on the sofa this week – will return on Monday.

But ITV sources last night had still not confirmed his appearance.

Phil has hosted *This Morning* since 2002 and with Holly since 2009.

He took leave last month as his brother Timothy went on trial.

The 54-year-old was convicted of 11 sexual offences involving a child.

“Phil is passionate... but he is unpopular with some”

laura.armstrong@reachpic.com

Proud to be bottom of the list. Again.

For the 11th year in a row, Sky TV has received the lowest number of complaints.

Complaints per 100,000 customers measured by Ofcom in their latest Telecoms & Pay TV complaints report.

	Pay TV	Broadband
Virgin Media	8	14
BT	7	10
Talk Talk	3	18
Plusnet	-	10
Vodafone	-	19
EE	-	7
sky	1	5

We're happy because you're happy.





COMPLAINT Telina & family

Fury at dead hedgehog on 'hell' holiday

BY BEN TURNER

A MUM says she found a dead hedgehog in a hotel pool on a holiday in Menorca she has branded "11 nights in hell".

Telina Colwill, 22, claims the water at TUI's four-star Marina Parc resort was also so full of chlorine it caused skin to burn.

And she alleges some people in her group of nine fell ill from "raw" pork and chicken being served.

Telina, of Caerphilly, near Cardiff, said: "We have had 11 nights in hell."

Another holidaymaker used Facebook to say his stay had been a "disaster".

TUI apologised to customers in a letter for falling short of standards.

The firm said it was supporting Ms Colwill, adding: "Our health and safety team is investigating."



CAMP PLAN Braverman

Home Sec's snub on RAF base advice

BY MIKEY SMITH

SUELLA Braverman ignored official advice to scrap proposals to house asylum seekers at the former air base of the Red Arrows and Dambusters.

An internal Home Office email released under Freedom of Information rules shows civil servants were against the idea.

But the Home Secretary pressed on with plans to house 2,000 people at RAF Scampton, near Lincoln.

West Lindsey District Council wanted to develop the base as an attraction but lost a legal challenge to the plans - which it branded "perverse".

The Home Office said military sites provide "cheaper and more suitable accommodation for those arriving in small boats".

LEAFLETS OF HATE: P23



STAND FIRM Mick Lynch, 3rd right, at Euston picket yesterday

Union calls for peace summit to end strikes chaos

BY NICOLA SMALL

UNION boss Mick Lynch has called for a summit with train companies and ministers to end the strike chaos on the railways.

The RMT general secretary said yesterday he has written to the Government calling for talks and denied targeting key events,

like last night's Eurovision Song Contest in Liverpool. Fourteen train firms were hit by the latest walkout. The government says the RMT has turned down a "fair and reasonable" pay offer but the union denies this.

Mr Lynch said he was sorry for the disruption but added: "There

isn't a day where people aren't undertaking important activities, in business life or personal life."

Transport Secretary Mark Harper had said the strike "cynically" targeted Eurovision.

It was a second day of disruption after train drivers went on strike on Friday. Their

leader, Aslef's Mick Whelan, revealed there had been no meetings with the Government since early January.

Aslef says an offer of an 8% rise over two years is "risible" and further strikes will be on May 31 and June 3 - the day of the FA Cup Final at Wembley.



GOING NOWHERE FAST Pair in Reading

FAILED RAIL FIRM'S £15M GRAVY TRAIN

EXCLUSIVE BY SIMON MURPHY

SHAREHOLDERS of the company that owns failed rail company TransPennine Express cashed in with a £15million bonanza before the service hit the buffers.

Parent company FirstGroup shelled out the millions in dividends last year while frustrated train passengers were facing delay after delay.

We discovered the gravy train after Transport Secretary Mark Harper said this week the Government will nationalise TransPennine following months of "continuous cancellations".

FirstGroup paid out an £8.16m dividend in August and shareholders got another interim dividend of £6.7m in

Shareholders got payouts despite passenger misery

December. Meanwhile, TransPennine passengers had to put up with a terrible service - with more than half of trains running late in the final quarter of 2022.

The rail firm, which runs regional and inter-city services in Northern England and Scotland, was panned in a survey for watchdog Transport Focus.

And the actions of FirstGroup have also come under fire. Louise Haigh,



STATION-ARY Passengers stuck at Manchester Victoria

shadow secretary of state for transport, told us yesterday: "This operator has failed passengers, yet millions have continued to flow into the pockets of shareholders."

"This is yet another symptom of a broken rail system where passen-

PLAN Louise Haigh

gers come last. The next Labour government will bring our railways back into public ownership as contracts expire, ending the Tories' cycle of failure."

TransPennine will fall under Government control at the end of the month. FirstGroup said: "TransPennine Express is just one part of our bus and rail business, which employs more than 30,000 people nationwide."

"Our policy is to invest in decarbonisation and in growth opportunities, as well as to pay dividends. In the last year we committed £125m in investment on environmentally friendly vehicles and paid £2bn in wages."

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EUROVISION
SONG CONTEST
UNITED KINGDOM
LIVERPOOL 2023

MUSIC FANS TAKE ON SPIRIT

Radio pals' highly visible hotel dash

BY SASKIA ROWLANDS

RADIO 2 stars Rylan Clark and Scott Mills posed for a snap in hi-vis jackets with their emergency boat crew heroes.

Pals Rylan, 34, and Scott, 50, have been co-hosting Eurovision shows but couldn't get a taxi to their hotel on

Friday as there were so many fans out and about in Liverpool.

But then the Merseyside Water Rescue team stepped in to help. Posting the selfie on Instagram, Rylan wrote:

"Thanks for getting us home tonight - no cars... you legends thanks for the high-vis x."



Party



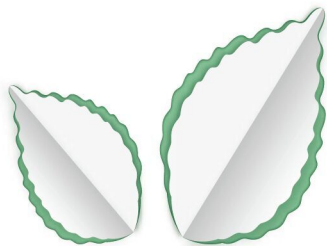
GOING GREEN
Finland's Kaarja



PATRIOTS
Hanna Olsson & Katie Daniel



SUPPORT
Rebecca and husband Jamie



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Source: Food and Agriculture Organisation of the United Nations (FAO), 2005 - 2020
European Forests: EU27 + Norway, Switzerland and the UK



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EXCLUSIVE

BY LAURA CONNOR

EUROVISION'S glittering final last night was a party full of heart that brought back Liverpool's glory days as Britain's home of music.

Some 100,000 fans packed into the city for the musical spectacular, hosted by the UK on behalf of last year's winners, war-torn Ukraine.

Liverpool beat 15 other UK cities to stage the 67th contest, the first here since 1998. Organisers drew criticism for barring Ukrainian President

Volodymyr Zelensky from addressing the show saying it would breach the contest's impartiality. But there was widespread support for the nation.

Many fans waved Ukrainian flags and dressed in the country's national yellow and blue colours.

And last year's winners, the Kalush Orchestra, opened the final at the city's M&S Bank Arena with a song entitled Voices of a New Generation.

The Princess of Wales made a surprise contribution to their sequence with a short piano performance, recorded in the Crimson Drawing

It's a purrfect gig says Kitten Nat

EXCLUSIVE BY NICK MCGRATH

ATOMIC Kitten star Natasha Hamilton says she would love to compete at Eurovision.

The singer says: "It has double the viewing figures of the Super Bowl, like the

biggest platform you could have. I'd never say never."

Natasha, 40, was offered tickets to the final - but turned them down because she had invited relatives round to watch the show.



OF LIVERPOOL IN EUROVISION 2023

with a heart



BIG OPENING
Kalush Orchestra
kick off the final



TRIBUTE
Sisters Inger &
Catriona dress
as Beatles



ROYAL BLUE
The Princess of
Wales plays piano

Picture: ALEX BRAMALL

Room at Windsor Castle. Presenter Graham Norton said: "This is I think my 14th Eurovision and the atmosphere is always great."

"Because of Ukrainian involvement, and because of Ukraine, it's a party with such heart and soul. Kind of a deeper purpose. I love that it's got that extra layer this year."

Bookies made Sweden's Lorenz with Tattoo the favourite, followed by Cha Cha Cha by Finland's Kaarja, and Ukraine's Tvorchi's Heart of Steel. The UK's Mae Muller with I Wrote a Song was tipped to come ninth out of 26.

As Graham and Ted Lassos' Hannah Waddingham presented the results, Britain's Got Talent judge Alesha Dixon and Ukrainian singer Julia Sanina got into the spirit backstage.

Speaking before the final, Alesha said: "We're going to have a backstage party while you guys do the results. We will be absolutely battered."

Liverpool's amazing musical history was honoured by fans. Shipbroker Inger Molver, 41, travelled from Kristiansund in Norway to attend with sister Catriona, 39, from Aberdeen. The sisters wore outfits recre-

ating the Beatles' Sgt Pepper album cover. Catriona's daughter Lola, nine, was the drum. Rebecca Hyde, 41, with husband Jamie, 45, wore a Ukrainian outfit to show support.

Rebecca, from Manchester, who has a Eurovision party every year, said: "It was important for me to honour Ukraine - if it wasn't for them we wouldn't be in Liverpool today."

Sweede Hanna Olsson, 27, who has lived in Birmingham for two years,

“
It was important for me to properly honour Ukraine, if it wasn't for them we'd not be in Liverpool now

was supporting her country with a homemade dress made of tiny Swedish flags stitched together. She and pal Katie Daniel, 25, from Glasgow, said: "We were sat in a huge for me and I've always managed to see it in person. We are so excited."

Gloucester pals Rob Newman, 58, Cathy Newman, 60, Marie Altham, 59, Andy Alyhan, 59, and Jackie Prosser, 60, drove to Turin, Italy, in a

motorhome with a cardboard cutout of the Queen for Eurovision last year.

They were thrilled Liverpool was host this year. Christina and Chris Whincup, of Halifax, West Yorkshire, were over the moon to land tickets. Speaking from the fan zone Christina, 37, said: "I'm a singer, so Eurovision is huge for me and I've always managed to see it in person. We are so excited."

Husband Chris, 47, a sales manager, added: "To be able to get tickets to a final in our own country is just the icing on the cake."

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My life changed in 3 minutes, says Cheryl

EXCLUSIVE BY AMANDA KILLELEA
CHERYL Baker said winning Eurovision set her up for life. Cheryl, 58, shot to overnight fame with her Bucks Fizz bandmates when they won for the UK in 1981 with Making Your Mind Up. "Everything I've



done since then, wouldn't have happened, in three minutes my life changed," she said. She added that the dance routine where her and Jay Aston's skirts were ripped off caused Vecco to sell out the following week. Renamed The Fizz, they played at Bongo's Bingo event in Liverpool on Friday.

Rebecca: My pregnancy had to be secret

EXCLUSIVE BY NICOLA FAHEY
GUEST act Rebecca Ferguson fears she may not have performed if Eurovision bosses had known she was pregnant. The mum of four, 36, was eight months gone when she got the call. And she admitted: "It hinders your



career. Had someone seen that I was pregnant, would they have booked me? I'm not sure, so I winged it!" The gig was X Factor star Rebecca's first after giving birth. She also said she had lost work after speaking out about harassment in the music industry.

BY SASKIA ROWLANDS

THOUSANDS of pharmacies are on the brink of closure – just as the Tories seek to rely on them to bail out struggling GPs.

A report by the National Pharmacy Association predicts 3,000, or one in 30 pharmacies, could shut by next year following years of funding cuts.

The Government announced plans this week to let pharmacists give prescriptions for seven common ailments.

Tories hope the policy, starting in winter, will end the daily 8am scramble for GP appointments.

But pharmacists branded the move unachievable.

CUTS Steve Barclay



3,000 pharmacists on brink of closure

Anil Sharma, boss of nine pharmacies in Health Secretary Steve Barclay's North East Cambridgeshire patch, said: "Our primary

function – dispensing medicines – is underfunded. Pharmacies haven't had a pay rise for eight years so we are really struggling financially."

Mr Sharma, 49, in the business for

25 years, said the cuts are also causing a workforce shortage as staff tell him they can earn more at McDonald's.

Jay Badenhorst, vice-chairman of the National Pharmacy Association,

said: "After savage funding cuts over the last decade and cost inflation there's a lot of ground to make up to restore lost capacity and morale."

saskia.rowlands@reachpic.com

- ▶ Bloating
- ▶ Tummy pain
- ▶ Needing to wee more
- ▶ No appetite

If they are persistent, ask your GP about ovarian cancer.



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DEAD Ben & Suraphitchaya

Ben girl body in shallow pit

THE body of a teenage girl accused of luring a British boy to his death in Thailand has been discovered.

Suraphitchaya Khamsa, 15, was found in a shallow grave three miles from where Woramet Ben Taota, 16, known by his British dad as Ben, was found last Sunday.

She was last seen disappearing into the jungle on the back of Ben's moped.

Dad Steven Graham, 60, confronted alleged killer Chaiwat Boongarin, 44, on Wednesday during a police reconstruction of Ben's murder near Lampang.



ON THE UP Taylor & team

Garden joy of little Taylor, 8

EIGHT-year-old quadruple amputee Taylor Lewis has been given the run of his garden after wellwishers made it safe for him to get about on his stumps.

Taylor had more than 80 ops after meningitis and sepsis at eight months old cost him all his limbs.

Two local firms stepped in to help after mum Terri, of Ilkerton, Derbys, contacted charity me&dee.

Terri said: "Taylor's an outside person, but it hasn't physically been safe.

"He's been getting frustrated. Seeing it fixed has me overwhelmed."



Life in the Fast lane for A-lister Charlize

CHARLIZE Theron glams up for the red carpet at the Rome premiere of Fast X – latest instalment of the Fast & Furious franchise. The 47-year-old mum of two plays criminal mastermind Cipher in the film.



POLL Savings are squeezed

People failing to save for a crisis, warns finance firm

BY LOUISE LAZELL

A FIFTH of adults have no financial safety net to draw on in a crisis and 23% have less than £99 set aside, a survey suggests.

Just over 33% of 2,000 adults polled admitted they had reduced the amount they save since the cost of living crisis began.

And 38% said their mental health had been impacted by their finances.

The survey by pollster YouGov for True Potential, a technology firm for financial advisers, revealed 44% of respondents had reduced what they spent on socialising in the last three months, while 33% had cut spending on hobbies and interests.

Meanwhile, 24% said they were spending less on healthy food this year.

True Potential chief executive Daniel Harrison said the findings showed "financial resilience is eroding in the UK" and warned people not to stop saving for emergencies.

He added: "There are simple steps people can take to improve their financial position."

"Investing just a few pounds after pay day can beat inflation over the long term to build a safety net."

Sugar seeks to sweeten Apprentice

ALAN Sugar has told his Apprentice advisers to be nicer to candidates after viewer complaints about co-star Karen Brady.

Lord Sugar admitted he found this year's interview stage for the BBC show's final five hopefuls "hard to watch" after Baroness Brady laid into contestant Megan Hornby for calling her by her first name.

He told the *Times* magazine: "We need to tone that down. When I saw it I thought this is too harsh. Believe me, it won't be happening again."

But he added that the show's producers edited out Baroness Brady's more "polite" moments.

BIG GIG BUZZ

George and mum arrive at the castle

PICTURES: THE PRINCE AND PRINCESS OF WALES/YOUTUBE



George's Windsor wonder

BY SASKIA ROWLANDS

HE may be third in line to the throne, but Prince George still looks full of awe as he rocks up with mum Kate to last Sunday's star-studded Windsor Castle concert.

Candid coronation snaps just released by the royals show the nine-year-old heir sticking close to his mum for the gig, headlined by Katy Perry, Lionel Richie and Take That. It marked a big

weekend for the young royal, who performed his first official duty as Page of Honour in the coronation of his grandfather King Charles at Westminster Abbey.

An official portrait released yesterday showed George and his father William, the Prince of Wales, both in full regalia, flanking the King as he sat in his coronation robes.

It is the first picture to highlight the royals' new

line of succession, with the newly crowned King Charles at its head.

George was later joined by sister Charlotte, eight, and little brother Louis, five, giving hands-on support to The Big Help Out - a campaign to promote the benefits of community volunteering.

The siblings got stuck into DIY tasks and were rewarded with toasted marshmallows around a campfire at the event in Slough, Berkshire.



KING AND US
Historic snap

CANDID Louis & Charlotte get set for ceremony



WARNISHING ACT Charlotte joins in at The Big Help Out

DAD'S HOW WE DO IT William with Louis and Charlotte



Anton: My anguish at Len's death

BY LAURA ARMSTRONG
Assistant Editor | Showbiz

ANTON Du Beke has told of his shock at Len Goodman's death after the former *Strictly* head judge kept his bone cancer secret.

Len died in a hospice last month, just three days before his 79th birthday. Anton, 56, said: "I knew Len as man and boy really, we became very good friends."

"But I didn't know he was ill, it was the suddenness of it. And I found out in a not particularly lovely way - I was called by a TV station wanting me to go on and talk about it. That wasn't ideal."

"I just remember writing a stream of consciousness on Instagram. I didn't want to do a two-line Twitter post - it seemed not enough. People always

say: 'Oh, he was the same off camera - but he really was.' And he was a great raconteur. Strictly were lucky to have him. If they had chosen anyone else in that role it wouldn't have worked as well. He was the perfect guy."

Anton also opened up about the judges' pay row - revealing he

had not been involved in the push for a rise as he had already signed a contract.

Shirley Ballas, Craig Revel Horwood, Motsi Mabuse and Anton were reported to have wanted an 11% increase, but later settled for closer to 5%.

But Anton, a judge since 2021, said: "I don't know what that was all about. I signed mine months ago."

laura.armstrong@re3pic.com
■ An Evening With Anton is on tour until November. See antondubeke.tv



CLOSE Len with Anton

Keane on TV home show

BY PHIL CARDY

FOOTIE hardman Roy Keane is a secret Homes Under the Hammer fan, a former player has revealed.

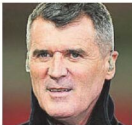
David Connolly, 45, said he went to a property auction during a day off while at Sunderland and was filmed for the hit BBC daytime show.

Then the day after it aired, the former striker said Keane, 51, who managed Sunderland from 2006 to 2008, ribbed him in training and asked: "Dave, what the bloody hell were you doing on Homes Under the Hammer?"

Connolly, who scored nine goals in 41 games for the Republic of Ireland, told a podcast: "And I go, 'What are you doing watching Homes Under the Hammer?'"

"Even Roy watches a bit of daytime TV. I'm sure he's watching a bit of daytime TV even now."

Keane's former Man United teammate Dion Dublin is a Homes Under the Hammer presenter.



SECRET FAN Roy Keane

Villagers and cows flee risk of rockslide

RESIDENTS of a tiny Swiss village and their dairy cows were evacuated over fears of a major rockslide.

People in Brienz, which is home to fewer than 100, were given 48 hours to pack after warnings from geologists – and all of them had left by Friday night.

Their cows were also moved to safer pastures.

The village beside Lake Brienz in the Bernese Oberland region sits below two million cubic metres of mountain rock that has become loose.

Subsidence has already caused a church spire to lean and large cracks have appeared in buildings.

I've got judo olds

JUDO fanatic Michael Lea of Crawley, West Sussex, will mark his 90th with his 9th dan, a red belt four grades above the top black belt.

DADS' HEARTACHE



TRIPLE BLOW Richard with Pam, Alastair and sisters

EXCLUSIVE BY MATTHEW DRESCH

TWO fathers whose sons died after taking part in charity white collar boxing fights have called for a ban on the bouts.

Richard Peck found his son Alastair, 44, dead two days after he entered the ring to raise money for Cancer Research UK in 2017.

The software manager was supporting the charity because niece Lauren Morgan, three, died of kidney cancer in 2008 and mum Pam Cripps was fighting breast cancer she would die of in 2019, aged 74.

Meanwhile, John Chapman's son Dominic, 26, a content writer, died in hospital in April 2022 after collapsing in the ring during a white collar fight at a nightclub.

Both dads spoke out after another man, international student Jubal Reji Kurian, died after a bout this March.

All three events were organised by Ultra White Collar Boxing, which gives fighters – often novices – eight weeks of free training before bouts in front of audiences. UWCB raised cash for a range of charities from 2009 before settling solely on Cancer Research UK, for which it has so far raised £27million, as a 'corporate partner' in 2013.

According to the UWCB website, more than 100,000 people have fought in its events since 2009, with fights in over 100 towns and cities. "We can reveal Alastair's death was the first associated with UWCB and speaking about his loss for the first time, dad Richard said: "I believe white collar boxing bouts should be stopped."

"I'm not surprised more people have died since Alastair's death. People get suckered into these events because they think they're doing something good for charity. It's a disgrace that Cancer Research accepts money from them."

"Alastair had so much to give. It took me years to be able to get to sleep after his death."

John, of Birmingham, added: "I think the events need to be stopped. We want to stop other families going through what we have. Dominic was carried out of the arena in front of everyone. People

would have known the gravity of his injuries, yet they carried on boxing that evening. What kind of moral compass have these people got?"

UWCB states on its website that in terms of injury, its events are safer than cycling or rugby, adding: "We feel our events offer a gold standard in safety. This has been verified by doctors, neurosurgeons and other professional bodies."

UWCB self-regulates and is not affiliated with England Boxing, the governing body for amateur boxing clubs in England.

Robert Smith, general secretary of the British Boxing Board of Control, which governs professional bouts, said: "The BBBOC has made it clear we are against 'white collar' events and have had many meetings with MPs to discuss the matter."

“Inquests have yet to be held for Dominic, who fought in Worcester and died in hospital in Birmingham, and Jubal, who died in Nottingham.

A coroner ruled in October 2018 that Alastair, who had never fought before, died from head injuries sustained in a match in Harrogate, North Yorkshire, in March 2017.

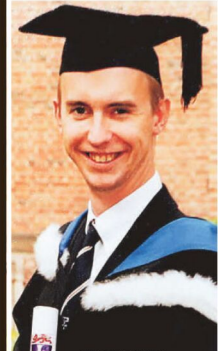
Richard, 79, of Thurgoland, Barnsley, South Yorks, said: "Alastair took part because his mother, my ex-wife, was dying from cancer and his niece had died from the disease."

"For weeks beforehand I was trying to tell him not to do it but he wouldn't listen. Him trying to fight cancer led to another tragedy for us. Cancer has now left three holes in my life."

The referee halted Alastair's fight after he hit the canvas in the third round, the inquest heard. In a statement read at the hearing, his girlfriend was cited recalling him "telling her one of the punches shook his brain like a cartoon".

Boxing experts with links to UWCB told the inquest there were no heavy blows, saying Alastair hit the canvas after losing his balance.

But opponent Carlo Francisco Sandoval, 46, told the inquest he felt he landed heavy punches before knocking Alastair down. Alastair did not appear to be



TRAGIC DEATH Alastair as student



MUM Pam died of cancer at 74



NIECE Tragic tot Lauren, 3

HOME IS NOT ALWAYS THE SAFEST PLACE

Abandoned

What happens when your own mother is your abuser and you have nowhere left to turn?

A remarkable true story of childhood survival...



By the writers of THE ASYLUM and THE CONVERT

Available from Amazon, selected supermarkets and all good bookshops. Also available in ebook

injured and met up with friends after the bout, the inquest heard, and one pal said he was "obviously punch drunk". He vomited three times following the Saturday-night fight and his dad found him dead on his bathroom floor on Monday.

Insurance broker Carlo told the Harrogate Justice Centre inquest: "I spoke to a few people at UWCB and they made Alastair out to be someone who had problems and issues and it was portrayed to me that he'd committed suicide or had an accident while really drunk." UWCB told the inquest it had

OVER CHARITY FIGHT TRAGEDIES

PAIN Richard Peck lost son Alastair, 44



RING COLLAPSE
Dominic with dad John Chapman



FRIENDLY Carlo, left, with Alastair

Our sons both died after Ultra White Collar Boxing bouts. It must stop now

never suggested Alastair had taken his own life.

Robert Turnbull, Senior Coroner for North Yorkshire, said Alastair, who had signed a medical questionnaire and a waiver, was vulnerable as he had suffered a previous head injury during sparring training. Pathologist Dr James Mackenzie said: "Damage to an already weakened vein has resulted in the fatal haemorrhage during or after the boxing bout."

The coroner accepted a small amount of cocaine found in Alastair's blood - less than 0.010mg per litre - could have accelerated or aggravated the brain bleed. But he was clear the boxing injuries caused his death and recorded a verdict of death by misadventure. He said he thought the event

was well-run, with a qualified paramedic and two medical technicians present, and the boxers well-matched.

But he expressed concern about the training regime in the run-up to the fight. The inquest heard Alastair missed one or two sessions and Carlo, also a novice, around half, although he said he did some private training. Mr Turnbull added: "I would have liked to have seen the boxers attended for a minimum number of sessions before being passed fit to fight and I would like to have seen this recorded and taken into account when deciding whether or not they are ready to take part and in making a match for the bouts."

UWCB said at the inquest it was introducing a register to ensure

fighters did at least 50% of sessions. A UWCB spokesman said: "At the inquest into the death of Alastair Peck the coroner noted the high safety standards at UWCB events. The coroner did not make any formal recommendations and commented that our events were well organised and the match Alastair took part in was fair and well-matched."

"Everyone was deeply saddened by the tragic deaths of Dominic and Jubal. Our thoughts and sympathies remain with their families and friends. With inquests due to take place into their deaths, we are unable to

comment further until those inquests have concluded." The spokesman said safety of participants "is our main priority and something we treat extremely seriously".

They added: "We have strict processes to provide a safe environment for people to enjoy boxing while raising money for charity. Any suggestion to the contrary is simply wrong. At each of our events, a trauma-trained paramedic and two medical technicians are in attendance along with a fully equipped ambulance."

And they said of Alastair's head

injury: "Prior to his fight, Alastair did not disclose he had suffered any head injury and confirmed he was not aware of any reason why he could not fight. Participants are not allowed to fight if they have had a head injury and are required to advise if they have had such an injury."

Simon Ledsham, fundraising director at Cancer Research UK, said: "Our heartfelt sympathies are with the families of those affected."

"Ultra White Collar Boxing matches are third party events, organised by Ultra Events Ltd. Ultra Events asks participants to commit to raise funds for Cancer Research UK through sponsorship. Like all our arrangements, we regularly review them."

matthew.dresch@reachpic.com

“ Him trying to fight cancer led to another tragedy. Cancer has now left three holes in my life



MEDAL Tobias Weller

Fundraising hero Tobias in 1km park challenge

BY KAREN ROCKETT

BRITAIN'S youngest recipient of the British Empire Medal hopes to raise £5,000 today, a week after having lunch with US First Lady Jill Biden.

Tobias Weller, 12, who has cerebral palsy and autism, aims to walk 1km to fund accessible play equipment for a park.

And he has challenged other people to join him and do the course in a way that is tough for them.

Coronation

Last Sunday Tobias was at the Coronation Big Lunch in Downing Street where he met the First Lady and PM Rishi Sunak.

He said of the London trip with his mum Ruth: "US First Lady, Larry the cat, lovely food, brass band music, using the PM's loo, wandering around inside Number 10, wearing the BEM medal in an official capacity. What a day."

Tobias was awarded the BEM medal last year – and also won a Mirror Pride of Britain fundraiser award.

He has collected £167,000 for his school in Sheffield and the city's Children's Hospital Charity.

Today's walk is at Sheffield's Endcliffe Park. For details visit tobiasinthepark.co.uk.

VINTYKES

VINE RESULT
Dunesforde now has 10 varieties



DELIGHT Head of wine Peter



EXCLUSIVE BY JOHN SIDDLER

YORKSHIRE may soon rival France for the world's top wines thanks to global warming.

Hotter weather has blessed God's Own Country with perfect conditions for grapes, experts say. The county already has 20 vineyards, making 100,000 bottles a year – with heatwaves bringing record-breaking harvests of quality grapes.

Wine writer Jane Clare, of One Foot in the Grapes, said: "This is an opportunity for Yorkshire. We're now able to not just grow grapes, but grow them to a quality that has the potential to make good wines. "The potential to make great wines, especially sparkling ones, is in our grasp."

One leading Yorkshire

Yorkshire grows the vast of the summer wine due to warming

grower now offers 10 varieties of white and black grapes.

Family-run Dunesforde Vineyard, near York, is expecting to produce 10,000 bottles of wine this year.

Its Queen of the North Classic Cuvée was crowned Best Wine for Midlands and North by Wine GB.

Head of wine development Peter Townsend, 30, said: "When we first planted the vineyard in 2016 it was more in hope than expectation."

"But the vines have been beyond what we could have wished for. Now we're producing outstanding wines which are winning medals."

Holmfirth Vineyard – near the

West Yorkshire town where BBC sitcom Last of the Summer Wine was filmed – is 840ft above sea level.

Its wine production has quadrupled since 2010 to 10,000 bottles last year.

Little Wold Vineyard, on the edge of the Yorkshire Wolds, is selling Chardonnay, Pinot Noir and sparkling wine to rival Champagne.

And in Aike, East Yorks, the Laurel Vines Vineyard has gone from having 2,000 vines in 2010 to 15,500. Manager Jonathan Yeo, 27, said: "I just want

to make great wine – if it's from Yorkshire, that's a bonus."

Global warming has already made thousands of acres in Essex and Suffolk ideal for growing the same varieties used in Champagne.

Wine expert Nicholas Corke, of merchant Thomas Peatling, said: "Twenty years ago all the English vineyards were in the south. I used

to wonder if they'd get as high as Suffolk. Now they're springing up all over the place. We're seeing great quality wine produced as far north as Yorkshire – unthinkable not so long ago. Climate and temperature are crucial, so that extra fraction of a degree can make all the difference to quality."

scops@reachplc.com
COMMENT: PAGE 6

“The potential to make great sparkling wines is in our grasp”

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Quotes of the week

They say don't go back to an ex and don't go back to a reheated dinner. I've gone back into the bush and it's been against the best of the best



I'm a Celebrity jungle winner **Mylene Klass** on becoming the first jungle legend in South Africa

It would be career suicide to do something as outrageous as assault someone
Ballykissangel actor **Stephen Tompkinson** is found not guilty of inflicting grievous bodily harm on a man he confronted for making noise outside his house

Who do you think you are speaking to?
Commons Speaker **Sir Lindsay Hoyle** gives international Trade Secretary **Kemi Badenoch** a ticking off

At the world's most luxurious hotel, **Burj Al Arab**, I met the **Dubai** government. They told me **Dubai** is now my home



Not-so-dopey **Joey Essex** has come a long way from **Chigwell** as he relocates to where he will never need fake tan again

When I was arrested I tried to explain to police I had no affiliation with the protesters... I was still detained for 13 hours

Royal superfan **Allice Chambers**, 36, from Australia, misses the Coronation after being held alongside **Justin Stop Oil** protesters after a "misunderstanding"

Every woman should be safe from sexual harassment. But every day we hear stories about the extent of sexual harassment in our workplaces
TUC chief **Paul Nowak** after a poll finds that two-thirds of young women have experienced bullying, sexual harassment or verbal abuse at work

'Tourette's on TikTok for laughs... it hurts'



SHOW CHAT
Lauren and, below, post on TikTok

EXCLUSIVE BY **LAURA ARMSTRONG**
Assistant Editor, Showbiz

TOURETTE'S campaigner **Natalie Davidson** is on a mission to stamp out a trend for filming the neurological condition's tics to get laughs on social media.

The 41-year-old teacher was hailed as an inspiration for opening up about her battle with the syndrome - which causes involuntary movements and sounds - in a 2020 documentary.

Now, she is appearing in a Channel 5 show about people exploiting their Tourette's by posting "comedy" clips on TikTok to gain views. Since the pandemic, the hashtag #Tourette has had over five billion views.

Natalie interviews **TikToker Lauren Wyatt** - who claims she can notch two million hits for her videos.

Lauren says: "My most popular videos are my 'reading kids' books with Tourette's videos. Rhyming really sets off my tics, so my tics become funny."

But **Natalie**, from Birmingham, says: "To hear someone say they purposefully film a Tourette's video set up in the funniest way they can think of for people to laugh at just instantly hurt."

"Thinking about it now I feel the lump in my throat and pain in my chest as we are trying so hard to inform and educate people on what Tourette's really is and this really sets us back."

"It is giving false permission for people to use Tourette's as a joke."

■ The Teacher with Tourette's is on tonight, 10pm, Channel 5.



AWARENESS
Natalie campaigns on Tourette's

EXCLUSIVE
BY **NICOLA FAHEY**

REAL footage of the police hunt for the gunman who killed little **Olivia Pratt-Korbel** will air as part of a true crime documentary.

The nine-year-old died last August when drug dealer **Thomas Cashman** fired a shot into her Liverpool home during what was described as a "ruthless pursuit" of a rival gang member.

Last month, evil **Cashman**, 34, was sentenced to a life term with a minimum of 42 years for Olivia's murder.

And now footage of the search for him will feature in a Channel 4 series following Merseyside's Major Crime Unit as it investigates a number of high-profile gun murders in the city.

A source said: "Channel 4 were filming with Merseyside Police last year when Olivia was killed on her doorstep and they had full access during their hunt for **Cashman**."

The programme is being made by Liverpool-based **LA Productions**, behind many of **Cracker** screenwriter **Jimmy McGovern's** dramas - such as **Broken**, starring **Sean Bean**.

The TV source added: "It's all very raw and will make for heartbreaking viewing."

A record reward of up to £200,000 had been offered during the month-long manhunt to catch **Cashman**, who

TV to show real footage of hunt for Olivia killer

C4 crime series to be 'raw, heartbreaking viewing'

had 18 previous convictions. His intended target was 35-year-old convicted drug dealer **Joseph Neel**, the trial at Manchester crown court heard. **Neel** forced his way into Olivia's home in the city's **Dovecot**, area as he fled his attacker. A short **Cashman** front at the door went

through the wrist of Olivia's mum, **Cheryl Pratt-Korbel**, and into the girl's chest. **Cheryl**, 46, moved out of the home after being haunted by the memory of Olivia's murder.

The horror case in a seven-day period in which Liverpool was rocked by two other fatal shootings - followed by yet more killings in October and December.

Cheryl is calling for a new law, backed by Labour Leader **Keir Starmer**, forcing killers to show up in court after **Cash-**

man refused to appear for sentencing. And she last month told us of a plan for a memorial garden to Olivia as she said:

"I want justice to stop."

Channel 4 said: "LA Productions/Channel 4 have been filming with Merseyside Police since 2021 for an observational documentary series that will feature a range of cases."

"We're not in a position to talk about any specific cases as they are ongoing and some are not resolved."



EVILL **Cashman**



VICTIM **Olivia Pratt-Korbel** was nine



RAUNCHY Take That in 1992

Relighting their fire

Dancing on Ice winner Regan Gascoigne was thrilled to land a role in *Take That* musical *Greatest Days* - but admits to being quite surprised when he researched the band.

Regan, born six years after *Take That* launched, says: "I had to watch the videos of them when they were really young and I didn't realise how raunchy their dancing was, like, with all their hip thrusts... It was cool to see them in that era. I know them more from watching them as they got older."

That sound you can hear is Gary Barlow, Robbie Williams, Mark Owen, Howard Donald and Jason Orange sobbing into their cornflakes...



MAGIC Regan and show cast

No Filter

with Laura Armstrong, Janine Yaqoob & Nicola Fahey

BAFTA



Tonight will see the cream of the TV crop (and us) walk the red carpet at the glittering BAFTA Television Awards with P&O Cruises. Here is our guide to the runners and riders for the main gongs - and who we reckon should win...

DRAMA SERIES

BBC drama *The Responder* is up for four awards at the ceremony, so the smart bet is on this. But BBC rival *Sherwood* is also a strong contender with the potential to edge it.

LEADING ACTOR

After Adam Kay picked up the writer award for *This Is Going to Hurt*, we'd like to see Ben Whishaw, right, get the gong for his performance in the BBC medical drama.



LEADING ACTRESS

Kate Winslet won us over with her portrayal of a struggling mum in *I Am Ruth*. But Vicky McClure's performance in gripping drama *Without Sin* was incredible too. We also tip our hats to BAFTA for a Leading Actress category with an average age of 50.

REALITY AND CONSTRUCTED FACTUAL

The deserving winner is instant BBC hit *The Traitors* - as the first really gripping new format to emerge in this category for years.

INTERNATIONAL

You'll know something is wrong if the winner is not *The White Lotus*, starring Jennifer Coolidge, right. It might be up against hits *Wednesday* and *The Bear* but for us there is only one winner.



GRIPPING Vicky McClure is nominated for a BAFTA for *Without Sin*

JOHN FOGERTY

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FORTUNATE SON

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Dyer steps up

Being a grandad is softening tough guy Danny Dyer.

The actor couldn't hold back his emotion while filming harrowing scenes for the short film *Stepping Stone*, which spotlights four characters battling mental health issues.

Danny plays damaged millionaire CEO Dom Goldman and is seen taking a fatal overdose in the flick, which airs during Mental Health Awareness Week.

Director Noah Caplan tells us: "Filming the suicide scene wasn't emotional for Danny - it was the home footage of

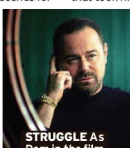
him running around with these kids afterwards in the alternate reality scenes."

"He's a family man and that took him off guard.

That's when he turned to me and said, 'Mate, this is powerful.'"

Former *EastEnders* Danny - whose daughter Dani has son Santiago, two, and twins on the way - was so passionate about the role he did it for free.

Stepping Stone, in association with charity CALM, will be available on ITVX from tomorrow.



STRUGGLE As Dom in the film

Talia Mar - best known as the voice of Sigala's anthem *Stay the Night* - reveals the hit DJ and producer was the first in line with advice when she told him she was going solo.

The British singer-songwriter, who has admitted she's "painfully honest" in her songwriting, says: "He told me 'Trust yourself. If you really don't back something, don't do it. But if you feel good about something, champion it, go for it.'"

"He was like, 'Don't listen to anyone, do your own thing.' So I am."

Talia, whose debut *Self-Portrait* is an anthem to self-worth, is itching to collaborate on future songs.

She goes on: "There's nothing lined up at the moment but I'd love to work with a rapper like Stormzy or Aitch."





LOVE BOAT Leigh-Anne on sea trip with hen party pals

Sk8 expectations

Fans waited for three years for the princess of pop-punk to bring her show to Alexandra Palace but Avril Lavigne was worth the wait.

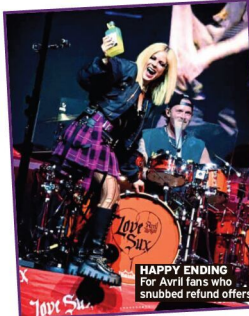
Only a few songs in, the Canadian Sk8er Boi singer delivered debut smash *Complicated*, delighting an audience clearly thrilled not to have accepted the refund offers after her tour's Covid postponements.

"I can't believe there are so many of you," she beamed (well, as much as her pouty on-stage persona allowed her to). Avril - who at 38 has

ditched the school ties but kept the plaid skirts - ruled the teen angst scene in the early noughties and she has the hits to prove it.

Anthems including *My Happy Ending* - "you were everything, everything that I wanted!" - and the spiky, infectious No! hit *Girlfriend* ensured the audience was in the palm of her hand.

Nearing the end of her sell-out appearance, Avril teased: "You know, 20 years later, and some things never change. I still love a skater boy." Whisper it, but so do we.



HAPPY ENDING For Avril fans who snubbed refund offers

Girls, we salute you

We take our hats off to **Leigh-Anne Pinnoch** for surviving a boozy three-day hen do with her girl gang. The former *Little Mix* star, who will wed footballer **Andre Gray** this year, had an epic celebration that included breakfast mimosas, an ocean-side meal and a luxury boat trip - and was still necking shots on day three. Our kind of girl.



STARK The minimalist interior



PEACEFUL Tree dominates yard



Things have got less glitzy for dancers **Ola** and **James Jordan** since they had daughter **Ella**, three - and they confess they're now most likely to catch up with

Strictly pals while meeting **Winnie the Pooh**. **Ola** laughs: "We don't do grown-up events any more, just kids' ones." **James** adds: "We saw **Pasha Kovalev** and **Rachel Riley** the other day and the kids hit it off and ran off together. Things have changed a lot." The families caught up again yesterday at an event for **Gabby's Dollhouse** toys. Milkshakes all round.



KIDS' STUFF Ola & James

Matty and Taylor cement their love

But 1975 star's concrete home may lead to cold feet

Taylor Swift will have to pack her slippers to stay over with new boyfriend **Matty Healy** of her home.

The 1975 star has a concrete love nest in North West London that is so bare and cold it makes **Kim Kardashian's** infamous beige Californian mansion feel cosy.

The Japanese-style three-bedroom property set **Matty** back £1.25million and has barely a drop of paint, no carpets... and concrete slabs instead of bed frames.

Designer **Takero Shimazaki** said the goal was to have an "immediate sense of almost monastic calm" and to create a "refuge within the city". In contrast to the concrete interior, the outside is made from

EXCLUSIVE

chestnut - while the minimal furnishings include antique French sinks, large windows and four garden doors all leading to a pebble courtyard that features a large tree. The aesthetic was inspired by the 1819 **JMW Turner** painting *Interior of an Italian Church*... although **Taylor's Blank Space** seems more fitting.

Matty's man-cave - just three miles from **Taylor's** former **Primrose Hill** home, which she rented with actor ex-boyfriend **Joe Alwyn** before their shock split - could not be more different to her usual tastes.

Her £118m property portfolio includes eight homes across LA, Nashville and New York that are

decidedly maximalist in their decor - with mismatched furniture, vibrant colours, grand antiques and kitsch touches.

While little was revealed of her **Primrose Hill** home, she lived within comfortable jogging distance of exes **Harry Styles** and **Tom Hiddleston**.

At least this time there's a 20-minute bike ride between them...



CONCRETE PLANS Matty and Taylor



WINGING IT Peach in pink

TikTok singer **Peach PRC** hasn't just won our approval - the Aussie star has been recruited by **Paris Hilton** to pen some tracks.

Friendship blossomed after **Peach** - real name **Shaylee Curnow** - paid tribute to the socialite's 2006 *Single Stars* as **Blind** in her tune **Perfect For You**.

Peach tells us: "I sent her my EP before I put it out and she said, 'I love this, it's so cute!' She's always sent me beautiful words of encouragement and asked if I'd be down to write with her!" **Single F U Goodbye**, taken from her upcoming EP **Manic Dream Pixie**, is out now.



EXCLUSIVE

BY JOHN SIDDLER and RUBY DEEVOY

A MUM who won a fight for her severely ill son to get medical cannabis on the NHS is being used by a "cowboy" CBD oil firm to flog its product on TikTok.

Hannah Deacon helped change the law when she secured epileptic Alfie Dingley a prescription to control life-threatening seizures.

The 11-year-old is one of only three kids with access to medical-grade cannabis oil, signed off for use by regulators after stringent checks.

But a private firm has been using pictures of the inspiring mum to sell its non-medical cannabidiol (CBD) oil on social media.

Posts on TikTok by Swiss Peak CBD feature a clip of the mum appearing on Loose Women, with the caption: "Cannabis is the only thing to help my boy".

Taglines on the posts strongly suggest the oil could be used to treat epilepsy – despite not being approved for prescription or having any proven medical benefit.

Hannah, 44, said: "I've had families of young children contacting me to say they were so happy to see that they could buy this CBD oil to treat their child, thanks to my supposed endorsement.

"I'm not involved with the brand in any way and this misrepresentation of CBD oil is extremely dangerous for patients who might well assume this oil could help them.

"It's heart-breaking to see families preyed upon by unscrupulous businesses who seek to make money out of terrible situations.

"These cowboys are making a quick buck while our kids die".

In 2018, Alfie, then six, became the first person in the UK to receive a medical cannabis prescription to

MEDICAL MIRACLE
Hannah with Alfie, who is now seizure-free



How could cannabis cowboys use my name to go sell CBD oil?

Mum's fury at dangerous claims on TikTok



MISUSED Mum's image in TikTok post

seizure-free. The same medications cost up to £3,000 a month if bought privately.

It is estimated up to eight million people in the UK now use CBD oil.

Considered food supplements, the products are usually made from industrial hemp with only tiny

amounts of psychoactive THC. Swiss Peak CBD tincture, which costs £30 for 30ml, contains hemp oil, aromatic extract and coconut oil.

The firm has also boasted it is "voted best in Europe for cancer".

The Medicines and Healthcare products Regulatory Agency states that no medical claims are to be made for non-prescription products.

Hannah, from Kenilworth, Warwick, who has reported Swiss Peak to the MHRA and the Advertising Standards Authority, said: "There seems to be a complete lack of responsibility. This is completely illegal,

misleads vulnerable people and must stop. We need more doctors to engage with patients who need prescriptions for medical cannabis, and wider access to CBD-based medications on the NHS."

Liverpool-based Swiss Peak said it had made a "horribly bad judgement call" in using Hannah's image on TikTok.

The firm said it had briefed a marketing agency to "leverage any content which shone a positive spotlight on the cannabis

and CBD spaces". Marketing manager Stephen O'Hara added: "We believe in the power of CBD and cannabis to help millions lead better, healthier lives, and we have thousands of customers who are grateful to have found our product.

"This is the only message we'll be perpetuating from now on."

TikTok said the videos were no longer on the site.

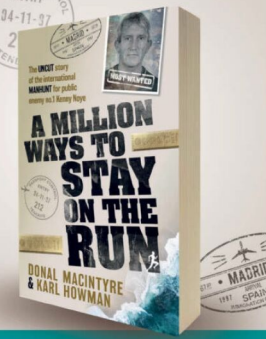
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The UNCUT story of the international MANHUNT for Public Enemy No.1

KENNY NOYE

From the Brink's-Mat gold bullion raid to the road rage killing of Stephen Cameron, few men have been hunted down like Kenny Noye.

AS FEATURED IN
A MAJOR NEW
TV DRAMA



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DEPRESSION Redgrave Sir Steve tells men to share mental woes

BY KAREN ROCKETT

SIR Steve Redgrave has opened up on his depression ahead of Mental Health Awareness Week.

The Olympic rowing legend, 61, urged fellow male sufferers to speak up and get help, saying: "Men tend to bottle things up." And he said his struggle began after the 2012 Olympics, which he helped plan after retiring in 2000.

He said: "There was this feeling of what happens next and what do I do next."

"I thought it was an age thing. Then a close friend said, 'Why don't you go and get it checked out?'"

A blood test revealed low testosterone, which the star told GB News he is now working to boost.

And he backed men getting a minister for health, like women already have.

Cat that's got the scream



PURR-LOUD OWNER
Ruth with Smokey,
who died 9 years ago

FUR THE RECORD Ruth with
record certificate and pics

CLAWFULLY LOUD
Smokey hit 92dB

HER nine lives may be over but Smokey's legend lives on after she clawed back the title for the world's loudest purr.

The moggie held the Guinness World Record from 2011 to 2015, when she was pipped by rival Merlin. Despite Smokey passing away nine years ago, owner

Ruth Adams, 57, got recordings analysed.

And Guinness has now made both cats joint holders at 92 decibels - equivalent to a jet landing - against a normal purr of 25.

Ruth, a mum of two from Pitford, Northants, said: "[Smokey's] reputation has been restored."



BIG DRAW A capybara family Capy days as Jimmy's farm adds 7 babies

BY KAREN ROCKETT

A WORKING farm run by TV star Jimmy Doherty has welcomed seven rare baby capybaras.

Jimmy's Farm and Wildlife Park started caring for the giant South American rodents in 2018, when he took some from a zoo that was closing down.

The farm was set up in 2002 to preserve the Essex pig breed but has since expanded to feature species including wallabies, tapirs and lemurs.

Capybaras are the biggest rodents and can weigh more than 10 stone.

Jimmy, 47, a pal of Jamie Oliver, has documented life on the site in Wherstead, near Ipswich, on Jimmy's Farm since 2004.

Ranger Emily Orchard said of the capybaras: "I'd love to name them after the Seven Dwarfs."

EXCLUSIVE

BY MATTHEW DRESCH

FAR-RIGHT extremists are trying to stir up race hate among the homeless by placing their vile propaganda leaflets in food parcels.

Patriotic Alternative activists have shared pictures of themselves on social media handing out sandwiches, fruit and snacks - plus anti-refugee flyers.

Leaflets given to rough sleepers in Manchester, Newcastle and Salford bear the sickening line: "5 star hotels for migrants whilst Brits are on the streets."

They are similar to flyers pushed through letterboxes across Merseyside days before a riot outside a hotel housing asylum seekers in Knowles, Liverpool - where a police van was torched and 15 people were arrested in February.

Newcastle Labour MP Chi Onwurah said: "It is cruel and hypocritical for a far-right group that seeks to divide us all, that scapegoats the poorest and wants to make us all poorer, to be giving out food parcels. Newcastle is a city

Anti-refugee flyers blitz on homeless

of sanctuary and generous Georgians will never fall for the far-right's lies."

Salford and Eccles MP Rebecca Long-Bailey added: "Racism and hatred offer no hope for tackling homelessness."

There have been calls to ban Patriotic Alternative, formed out of spits in the British National Party and other far-

right groups in 2019. It is led by Mark Collett - who once told supporters when he was in the BNP to read Adolf Hitler's Mein Kampf - and stages anti-migrant protests across the UK.

Patriotic Alternative has targeted towns that are experiencing tensions about housing asylum seekers,

including Newquay in Cornwall, Rotherham in South Yorkshire and Llantwit Major in south Wales.

In February, Collett, 42, reportedly addressed 200 protesters in Skegness, Lincs. They shouted "We want our country back" and held a Patriotic Alternative banner that read: "Stop the invasion, we will not be replaced."

And in Cannon, Staffs, that month, activists used a bullhorn to shout: "They should be in detention centres."

A researcher at anti-fascism body Hope Not Hate said Patriotic Alternative tries to hide its extremism under a veneer of community politics.

David Lawrence said: "Photographing its activists distributing packages exclusively to white homeless people is just another attempt to do that. Patriotic Alternative is a band of gutter racists attempting to stoke divisions across the UK."

"We recommend anyone receiving their leaflet puts it straight in the bin, where it belongs."

Patriotic Alternative deputy leader Laura Towler said they are not interested in "predictable, anti-white drivel".

matthew.dresch@reachpic.com



'GUTTER RACISTS'
Group's internet post



HATRED ONE
of the leaflets

COUPLE NEARLY GAVE UP ON THEIR

We were told we had less than five percent chance of kids. Now we have got our little miracles

EXCLUSIVE

BY AMANDA KILLELA and LUCY LAING

PROUD parents Annette and Gareth Hughes still have to pinch themselves whenever they gaze lovingly at their three children.

Because they were told there was little chance of them even having one child, let alone managing that and then following up with identical twins.

Annette was devastated to learn she had endometriosis, a debilitating condition affecting the uterus that had blocked both of her fallopian tubes.

And on top of that, she was diagnosed as being in early perimenopause at 34 – meaning her egg supply would be poor.

Even with IVF, doctors rated her chance of having a baby at less than 5%, dealing a crushing blow to their hopes of starting a family.

But HR manager Annette and university academic director Gareth, 41, refused to give up.

And looking at Efan, four, and six-month-old Betsi and Lili, Annette is glad they didn't – despite the ordeal that they went through. It all began with a laparoscopy procedure to investigate why the couple were having no luck getting pregnant.

Annette says: "They pump dye through your fallopian tubes to check if there are any blockages. The consultant said they tried five or six times and there was dye all over the theatre floor – not a drop went through.

"My fallopian tubes were completely blocked. They suspected endometriosis. The doctor said 'If you want to have a family, you need to try now', as I was 34 but had the egg reserve of a 45-year-old, and was told I was likely to go into an early menopause at about 40."

Overjoyed

In desperation, the couple, who live near Swansea and wed in 2012 after dating eight years, went ahead with IVF. "We did loads of research, took about 30 supplements a day each, drinking all sorts of concoctions to improve egg quality," says Annette.

"I was having reflexology and acupuncture – anything possible to try to improve our chances.

"I was willing to do anything. We lived and breathed it."

Their luck was in. Despite Annette producing just one egg – only one of which made it to embryo stage – she got pregnant and Efan was born on May 7, 2019, at 5lb 12oz. She says: "We were overjoyed. He was our miracle baby. We genuinely thought he was going to be our only baby, so we wanted to make sure we enjoyed every minute."

Then Annette suffered with anxiety, what she now knows was postnatal depression. "I was struggling with my emotions, flying off the handle," she says.

After such a stressful time and Annette's chances of conceiving again via IVF being so low, the couple decided to accept life as a family of three and make the most of their beautiful boy.

"We just decided to be thankful for the miracle we had because IVF would never work again," she says. Then, in



THREE CHEERS Efan with sisters Lili and Betsi

“I was having reflexology and acupuncture – anything to try to improve our chances

April last year, Annette began having strange symptoms, such as extreme emotions and dry hair and skin. She put it down to the early menopause doctors predicted and bought a hormone test kit to check.

"It said you had to do it on day four of your cycle. That was when I realised my period was late," she says.

"I ordered a pregnancy test. Not because I thought I was pregnant but in the past I'd taken about 5,000 pregnancy tests always hoping they'd be positive, so it had become a habit to do them."

Annette was so sure that she wasn't pregnant she did the test on a break between work calls – and got the shock of her life.

"I was gobsmacked," she says. "There was a massive, bold-as-brass positive line on the stick. I rang Gareth and just blurted out, 'I'm pregnant!'"

Gareth was delighted but given how she had struggled after the birth of Efan, Annette was anxious.

"My mind was completely blown," she explains. "Gareth was over the moon, but I was worried I couldn't cope. We had just given away all the baby things. One minute, our life trajectory was on one path and now it was on another."

Knowing she had blocked tubes, Annette feared an ectopic pregnancy – where a fertilised egg implants itself outside the womb. So she booked an early scan, which showed she was having identical twins.

Annette says: "I'd had a weird feeling the night before. I remember joking to my mum on the way to

the scan, 'I hope there is only one in there because I can't cope with any more surprises!'"

Arranging counselling support, in case her depression returned, Annette prepared herself for motherhood again. She went into labour at 28 weeks at Swansea's Singleton Hospital, and the doctors managed to stop it twice before she gave birth to the girls via Caesarean section two weeks later, on October 3.

She says: "Betsi weighed 3lb 5oz and Lili 3lb 1oz. Their weights were really good for their gestation.

Impact

"Betsi had to be ventilated but Lili didn't, so I got the first cuddle with her. With Betsi we could just hold her hand in the incubator."

The twins were in hospital eight weeks before they were allowed home and they are now thriving.

Annette says: "There are no knock-on effects from them being premature. Efan is four now and is fascinated by them. I was worried about the impact on him, but he has been amazing. I couldn't ask for more."

The girls both have their own distinct personalities, which Annette is convinced they formed in the womb.

She says: "At the 10-week scan one of them was bouncing around in there and the other was just sitting there looking thoroughly bemused, which is pretty much their personalities now."

"Betsi is non-stop, doesn't stop giggling or moving, and Lili is much more laidback."

"Sometimes I wake up, look at my three children and feel I have just dreamt the whole thing. I just feel so blessed and grateful."

"There was a time I thought I would never be a mum and I still can't believe I have got three children. It is a miracle that they are here."

Fertility expert Mark Sedler told us: "Given Annette's history of blocked fallopian tubes and her egg quality, it was highly unlikely that she would ever fall pregnant naturally."

"For her to do that, for it not to be an ectopic pregnancy and for her to have identical twins is very rare. "It just shows that you should never say never."

“I wake up, look at my children and feel I have just dreamt it. It is a miracle that they are here



MUM'S SURPRISES Annette and her girls

DREAM OF PARENTHOOD



PARTY OF FIVE Annette and Gareth with their kids



OUR JOURNEY IS COMPLETE Taking their twins home

Good week



Singer **SHAKIRA**, 46, enjoys a speedboat ride with F1 ace Lewis Hamilton, 38, after her split from Barcelona footballer Gerard Pique, 36.

Waitrose worker **NICOLA LAMBRIANOS**, from the Buckhurst Hill branch in Essex, is invited to sing backing vocals for Lithuania's Eurovision entry.

Former bingo caller **JARVIS**, 37, from Salford, Gtr Manchester, wins the £10,000 Oscar's Book Prize for his children's story *The Boy With Flowers In His Hair*.



Pop star **LIAM PAYNE**, 29, splits with US model Kate Cassidy, 36. Fed-up **VILLAGERS** put rubber ducks in a flooded pothole in Blythe Bridge, Staffs.

The Bank of England raises **INTEREST RATES** to 4.5%, the highest since 2008 and a record 12th rise in a row.

Bad week

PERCY BIG



EXCLUSIVELY BY BEN TURNER

THIS is not just any pig... this is an M&S pig - and he's gone viral on TikTok, with 200million views.

Percy the Pig, the character from the upmarket chain's range of sweets, has become a social media sensation, seen hamming it up doing everything from playing tennis to dancing to rap.

The porker's popularity with Gen-Z via the hashtag #percypig is credited with bringing home the bacon for

M&S pig is sweet TikTok success..

M&S by attracting more shoppers. The firm's online footprint is up 25% on last year and it is now the second most prominent supermarket online, says marketing company Salience. The chain's 'brand health' has risen

half a point since May 2021, according to YouGov, while rivals including Tesco and Sainsbury's dropped by four points on average.

Jo O'Reilly of Salience said: "When it comes to keeping the M&S brand culturally relevant to new audiences, Percy is one precious pig."

M&S sells 20million packets of Percy Pig gummies a year, plus merchandise including dog beds.

benjamin.turner@reactip.com

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MEMOIR Superstar Michael

Ball all fright on the night

WEST End star Michael Ball will open up about his battle with stage fright in his new autobiography.

Different Aspects, out in October, charts his rise to fame in musicals including Andrew Lloyd Webber's *Aspects of Love* in the 80s.

Landing the role of Alex helped him battle stage fright and he reached No2 with the show song *Love Changes Everything*.

The star of *Les Mis* and *Sweeney Todd*, 60, now leads the cast in a revival of the show at London's Lyric Theatre from this weekend until November.



CONTROL Seasonal pickers

Fruit pickers safety plea

HUMAN rights campaigners want the Government to allow seasonal workers from just a handful of nations to curb abuse.

Peers heard on Friday how recruits last year were from at least 60 countries.

But human rights consultant Caroline Robinson says the Canadian model, using just 12 countries, lets the government then monitor protections.

She said: "Enforcement of standards hasn't been a major focus [in the UK]."

One study found just 39% of workers had felt safe in their living quarters.

Wild
For animal lovers



VITAL POLLINATORS You can help to save the bees

Beckzz is a keeper

BY KAREN ROCKETT

What do Pope Francis, Michelle Obama and David Beckham have in common? They all keep bees. To celebrate next Saturday's World Bee Day, gardeners are encouraged to help the life-saving pollinators.

Bees are increasingly threatened by human activities yet pollination is key for our ecosystems.

Nearly 90% of the world's wild flowering plant species, 75% of food crops and 35% of agricultural land depend on animal pollination.

The United Nations has designated May 20 as World Bee Day. It's the birthday of Slovenian Anton Jansa, who in the 18th century pioneered modern beekeeping techniques.

People are being asked to sow native plants that flower at different times of the year, as well as avoiding using pesticides, fungicides or herbicides.

Leave a water bowl outside lined with pebbles or marbles so bees have a landing spot and don't drown. Or support bees by buying raw honey from local farmers or sponsoring a hive.

See sponsorabeehive.uk for more details



BEES' KNEES Beckz

Pet talk

with The Yorkshire Vet Peter Wright

Peter appears in The Yorkshire Vet on Tuesdays at 8pm on Channel 5

Q Why does my cat purr?

A Most people think cats only purr when they are happy and content. This may be so, but some purring can communicate other emotions or feelings. A cat purring while relaxed and lying on their back suggests they are content and happy. But at other times they may

be saying I want to be fed. Cats can also purr to soothe themselves when stressed or in pain. It is believed cats recover from injury more quickly than many other species. The purring vibration may have a positive healing effect on bones and other body tissue.



rachel.bletchly@reachplc.com

Rachael Bletchly

Warm, wise, witty



Trendy guys under a vest

Old men's vests are hip once more, say fashionistas.

The plain white singlet had been an iconic item of male clothing, worn by the likes of Brando in *A Streetcar Named Desire* and Bruce Willis in *Die Hard*, left.

But then it became a bit of a joke - stained by association with slobby Rab C Nesbitt and couch potato Jim Royle. Now, vests are back - and front - again, thanks to famous fans including Olly Murs, Harry Styles and Paul Mescal.

And really trendy fellas are splashing out £670 a pop for designer vests from Prada. Croatia's eccentric Eurovision band Let 3, below, tried to capture the singlet zeitgeist, too.

But their style wasn't exactly what you'd call "hip". More like hip replacement.



Tipple saddled with a rearily gross name

Did you celebrate World Cocktail Day yesterday? Fortunately, I finished writing this just before going to my mate's notorious Eurovision cocktail party.

So, by now, I'll probably be looking like a Zombie (dark rum, white rum, lime and pineapple juice) and in need of a Corpse Reviver (cognac, calvados and vermouth).

I have always loved cocktails but only recently discovered the origin of their name.

Horse traders in the 1700s would apparently shove ginger suppositories up nags' bottoms to make them lift their tails and look lively.

So adding spices to gin or beer became known as "cock-tailing".

Thankfully, the livers now go in the other end. But bottoms up, all the same!



RAIN PAIN Family stuck in tent



I have spent some miserable nights under canvas, so am highly sceptical of claims that campers are the jolliest holidaymakers.

A poll reveals 48% of tent fans "feel happy almost every day" compared with just 35% of non-campers.

And people who like to sleep under the stars are 23% less

anxious than folk who want a proper roof.

So forget lounging around the pool of a boutique hotel in the Maldives, you'll be far happier in a two-man tent in a field in Derbyshire.

Because the slimy groundsheet and steeping bags that smell of wet dog will just add to your pure "outjoyment". Who the heck

came up with this research? Ah, The Camping and Caravanning Club, of course!

Don't get me wrong, I love spending time in the Great Outdoors and know it's great for mental wellbeing.

Just as long as I know I don't have to stay out in it when it starts to piddle down. Camping's not relaxing. It's an in-tents experience.



SWEETIES Lotte, George & Lou

Kids' rock 'n' royalty show

You've got to love those royal kids, haven't you?

William and Kate's youngsters behaved impeccably at the Coronation service, so it was great to see them dashing about at the Scouts Big Help Out and clearly having a Wales of a time. Charlotte, eight, was a crack shot at archery, as sporty and competitive as her mum.

Lou Bug, five, did some serious digging and stuffed his face with marshmallows.

And George, nine, who always seems the most introverted of the bunch, quietly got on with fixing stuff.

But perhaps he's not so quiet after all. Because William revealed George is a heavy metal fan and plays Led Zeppelin hits at home. The Reign Song, presumably. And Whole Lotte Love for his little sis.

Vinnie helps us pull back blanket of grief

My heart went out to Vinnie Jones this week when he spoke about the "blanket of grief" that has been smothering him since the death of his wife.

The footballer-turned-actor was devastated when his beloved Tanya died from cancer in 2019.

He didn't think he could survive without his soulmate of 25 years. Many well-meaning friends and loved ones no doubt told him that "time's a great healer" and "you will come through this eventually".

But four years down the line Vinnie, 58, says he is "broken" by his loss and struggles to go to bed at night without Tanya, 53, beside him. "Grief is a ghost," Vinnie explained in an interview with *Stuff* magazine. "It's a blanket. It wraps around you and it pulls you down."

"You don't know when it's going to happen, why it happens, why it just happens. You've got to try and get your head up, breathe in as long as you can because you know you're going to be pulled under again."

Vinnie's powerful analogy will resonate with millions of people

Star tells of ongoing pain 4yrs after wife Tanya's cancer death

currently wrestling with their own shroud of grief. And it will strike a chord with millions more who have learned how to fold back that suffocating blanket and lie more comfortably with it.

I have been volunteering at a

hospice for some time now and the experience has helped me understand that grief is a complex, unpredictable and idiosyncratic process. There is no right or wrong way to grieve, no stages to pass through or linear process to follow.

And there is certainly no time limit on "coming through" bereavement, or a formula for moving on.

But there ARE people who understand and they will be there WHENEVER you need them. There are hospices, charities, psychologists and bereavement groups - professionals and trained volunteers who will listen and support you as you navigate your own path through grief.

This week was Dying Matters Awareness Week and charities across the UK were hosting events to get people discussing death, dying and grief more openly. This is a conversation that must continue, so that we ALL learn to recognise the effects of grief and when loved ones may be feeling smothered.

Vinnie says the trauma of losing Tanya is the toughest battle of his life but he has sought help from a psychologist.

The star says: "My spirit may be broken inside, but I think I've got enough knowledge and enough experience to cope with it."

And his brave words will help so many others to start folding back that heavy blanket.



BELOVED Tanya with Vinnie in LA

» The Royal Mail has come up with a set of stamps to celebrate the 40th anniversary of *Blackadder*.

Eight of them capture scenes from the classic TV series, while others depict Edmund Blackadder, played by Rowan Atkinson, in his various guises.

Show producer John Lloyd welcomed the honour, saying: "In the words of General Sir Anthony Cecil Hogmanay Melchett, VC,

KCB, 'Let's give them a damn good licking!' " But I reckon most fans will keep the £19.60 set as a souvenir.

Because the state of postal services in many areas means a *Blackadder*-stamped letter is as likely to get to its destination as Baldrick is to get to Mensa.

In my part of London we get one delivery a week, if we're lucky. The Royal Mail urgently needs a cunning plan.



STICKY MOMENT Rowan as Edmund

Mars trip kip is a dream result for life on Earth

HUMANS travelling from Earth to Mars will hibernate like bears throughout their eight-month space journey.

Slowing their breathing and heart rates with drugs will induce a "stasis", allowing astronauts to snooze through the long trip and not scoff precious rations. Sounds pretty tempting for those of us stuck on planet Earth, too.

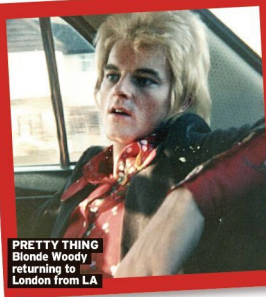
FOMO aside, imagine gently dropping into a blissful kip and waking up months later to a bright new world?

Trump ruined, Putin finished, Ukraine rebuilding, Britain booming under a Labour government and Prince Harry back in the royal fold.

OK, that last one is clearly science fiction...

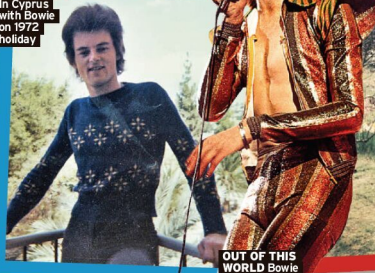


50 YEARS AFTER ALADDIN SANE,



PRETTY THING
Blonde Woody
returning to
London from LA

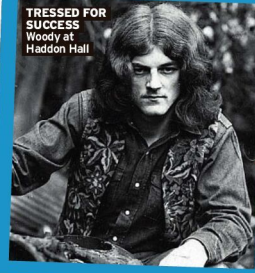
FUN IN SUN
In Cyprus
with Bowie
on 1972
holiday



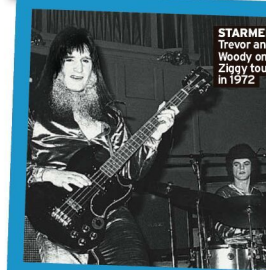
**OUT OF THIS
WORLD** Bowie
on tour in 1973



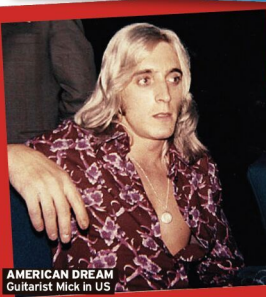
FAMILY MAN
Wife June with
their sons Nicky, Jee and
Danny in 1990



**TRESSED FOR
SUCCESS**
Bowie at
Woody at
Haddon Hall



STARMEN
Trevor and
Woody on
stage during
1972 tour



AMERICAN DREAM
Guitarist Mick in US

EXCLUSIVE

BY LOUISE LAZELL

It was 50 years ago this spring that Aladdin Sane cemented David Bowie's place in rock 'n' roll history, giving him his first UK Number 1 album.

And the pun in its title must resonate for bandmate Mick 'Woody' Woodmansey.

When the up-and-coming Bowie called him in 1969 to invite him to join his new group, Woody was 19 and a part-time drummer who had just landed a well-paid job at a spectacles factory in East Yorkshire.

Having dreamed of a full-time career making music, he felt he had to give it a go – despite some around him no doubt thinking he was “a lad insane” to take the risk.

A few years later, it was clear it was a smart move to accept a place in The Spiders From Mars.

“Woody had been in the band The Rats with two fellow East Yorks musicians, guitarist Mick Ronson and bassist Trevor Bolder. After seeing The Rats play, Bowie called Woody, saying: ‘Mick Ronson says you’re a great drummer and you’d really fit in with us.’

So Woody was in – and went on to provide the beat for four era-defining albums: The Man Who Sold the World, Hunky Dory, The Rise and Fall of Ziggy Stardust and the Spiders from Mars, and Aladdin Sane. “I still pinch myself,” says Woody, the last surviving member of the original line-up, after Mick died in 1993 and Trevor in 2013. “Bowie gave me the chance to create as a drummer in a band with a good writer and performer, with songs that inspired us.”

A major exhibition is now celebrating Aladdin Sane, and Martin Talbot of Official Charts agrees it was inspirational, saying: “The cover featured his now iconic lightning flash. It says, ‘I’m Bowie, and I’ve arrived.’”

“We wanted to kick the music business up the a***,” Woody says. “It was not supposed to be dull, brown and boring with everybody looking the

Bowie drummer’s rock ‘n’ roll ride

same. It was supposed to be more of an art form and that’s what this was.”

Woody, 73, vividly recalls his first meeting with the star at his flat in Haddon Hall in Beckenham, South East London, where Bowie lived with first wife Angie. “He had Auburn hair, red corduroy trousers, a rainbow T-shirt with a silver belt, bangles and bracelets and blue shoes with a red star on each that he’d done himself,” he says. “I’d never seen a man in bracelets before. Then he played a song and I thought, ‘Holy s***, that is good.’”

Woody, Mick and Trevor paid £7 a week rent to doss on the floor.

“They were good times,” says Woody. “You’d be in the kitchen making toast and hear chords and lyrics like, ‘Mickey Mouse has grown up a cow’, then Bowie would shout, ‘Woody, I’ve finished another one, come and listen.’”

Recalling a shopping trip to London, he says: “We were in Liberty’s materials department and David was handing me rolls of the shelves. I was thinking, ‘Great, we’re going to have curtains.’ Then they started measuring me up.”

Bowie returned from promoting The Man Who Sold The World in the US with new ambitions. Woody says: “He’d seen Andy Warhol, Lou Reed and the Velvet Underground, and said we needed more ‘Bowie.’”

What followed

was an education for the Spiders. Woody says: “We’d finish recording and he’d say, ‘We’re going to see a play tonight. I’d ask what it was and he’d say, ‘I don’t know – I’m not interested in the play. The lighting director is the best in London.’”

“He took us to the ballet and we bought crisps and popcorn, and people were shushing us. But it was amazing to see the choreography and use of the stage and lights.”

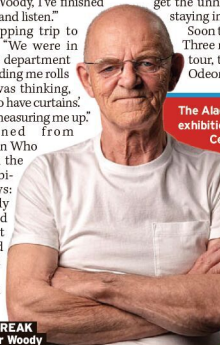
Soon, the hits and rock ‘n’ roll lifestyle were in full flow. Woody says: “We tended to pull in a lot of beautiful people but also the freaks and weirdos. I remember finding a dagger with a dead chicken on my door.”

The release of Aladdin Sane in 1973 sent Bowie’s fame stratospheric. But Woody had noticed tensions on their 1972-73 Ziggy Stardust tour. He says: “You’d start a conversation with David and he wouldn’t answer, you’d just get the unnerving ‘Ziggy look’. He started staying in different hotels from us.”

Soon there was an argument over pay. Three months later, at the end of their tour, the band played Hammersmith Odeon in July and Bowie announced

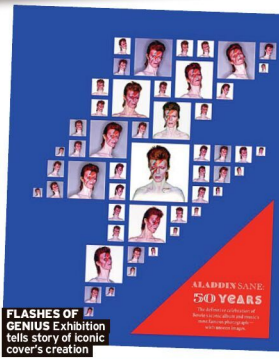
The Aladdin Sane: 50 Years exhibition is at London’s Southbank Centre until May 28. It includes

artwork and charts the creation of the iconic “lightning bolt” cover by artist Brian Duffy. The show will also feature tribute performances from stars like Scissor Sisters, club nights and talks. Tickets cost £5 (members free). Visit southbankcentre.co.uk



BIG BREAK
Spider Woody

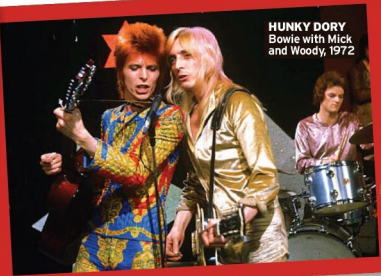
PHOTO: ALADDIN SANE 50 YEARS EXHIBITION AT THE SOUTHBANK CENTRE. PHOTO: PETE WOODHEAD. PHOTO: DUFFY ARCHIVE & THE DAVID BOWIE ARCHIVE



FLASHES OF GENIUS Exhibition tells story of iconic cover’s creation

A flash of

EX-SPIDER ON LIFE WITH ICON



HUNKY DORY
Bowie with Mick
and Woody, 1972

it was "the last show we'll ever do". Woody says: "It was a complete shock. I threw a drumstick in his direction." Four days later, 10 minutes after Woody had married wife June, his manager phoned to say that was it. Woody didn't meet Bowie again until 1976, when he was recording the album *Low* in Paris, and they went for a meal. "Bowie said, 'That rocket ride from relative obscurity we had, I'll never experience that again. That was the buzz and you guys helped me do that.' He said, 'If you ever want or need something, I'll always get back to you.'"

After that, the pair stayed in touch, chatting on the phone every Saturday. "No matter where we were in the world, we'd talk music, family and jokes," says Woody.

In 2013, Woody joined Bowie tribute group Holy Holy alongside one of the star's guitarists, Tony Visconti. He spoke to Bowie for the last time in January 2016, when playing in New York on the star's birthday.

Woody called him on stage and recalls: "Tony played him the live recording of *The Man Who Sold The World*, which we had never done live with David, and he was grinning from ear to ear. And then he said to me, 'Good luck with the tour, I'll catch you later.'"

Two days later, in Toronto, they heard Bowie, 69, had died. "I remember saying to someone, 'He can't be dead, it's David Bowie,'" says Woody, who did not know the star had liver cancer. "It was surreal performing and thinking he was dead. It was even more emotional. Every night I had to say to the crowd, 'This is not a f----- funeral, it is a celebration of life and music.'"

Looking back, Woody feels huge gratitude to the legend who changed his life. Now working on an album with Joe Elliott and Phil Collen of Def Leppard, Woody says he has also become an artist, like his old bandmate. He adds:

"Seeing Bowie had this ability to take any art form – dancing, fashion, choreography, light – and excel at it opened me up, too."

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Aladdin Sane facts

- ★ Aladdin Sane was Bowie's fifth album to reach the UK's Official Albums Chart and his first to chart at Number 1.
 - ★ It entered the Official Albums Chart in the top spot in its first week of release in May 1973, and stayed there for five weeks.
 - ★ Aladdin Sane remained in the Top 10 for 27 weeks, only dropping out in November that year.
 - ★ In November 1973, it was one of two Bowie albums in the Top 10 – with Pin-Ups arriving at Number 1 while Aladdin Sane sat at 10.
 - ★ The album finally dropped out of the Top 40 after 47 weeks.
 - ★ Aladdin Sane and Pin-Ups are the Bowie albums that spent the most weeks at Number 1, notching five each.
- Supplied by Official Charts

STRIKING
Bowie with
eye flash on
album cover

Diner fry-ups are panned

HALF of us feel let down when we have a fry-up breakfast in a restaurant.

But while 16% would post fails to social media, 71% would never complain about a poor meal.

Burnt toast was a top gripe on 48%, followed by shell in scrambled eggs (18%) and instant coffee instead of real coffee (14%).

Cremated bacon, hard butter and beans on the plate instead of in a ramekin were other gripes.

And the poll by the New York Bakery Co found 5% cannot stomach having a big, slimy mushroom on the side of their plate.

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Game 17 Day 7

90 39 44

Today we're playing **DAY 7** of **GAME 17** on your Bingo card. If you don't have all the numbers crossed off on the grid for **GAME 17** on your Bingo card, here's a chance to call Full House and win a guaranteed **£100**. Today's Sunday Mirror has different numbers.
To claim Call **01420 525501** or **01 868 8620** in RoI (10am-3pm) tomorrow. Lines are not open today. Calls charged at national rate. Mobiles and payphones will be higher. Terms as published. Standard Reach pic rules apply.
mirror.co.uk/2023/bingorules.

Supernurse wins £200k

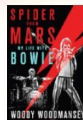
A BRITISH nurse has beaten 52,000 medics from across the world to win £200,000 for her work in improving diabetes care.

Margaret Shepherd was left 'shaking' after landing the Aster Guardians Global Nursing Award – on International Nurses Day.

She set up a UK network of genetic diabetes nurses in 2002 and is a consultant for clinicians worldwide.

Margaret, 60, of Exeter, Devon, said after Friday's presentation in London: "I'm truly honoured. I feel blessed to be part of such a rewarding profession."

She also pledged a donation to nations that cannot afford genetic testing.



Spider From Mars: My Life with Bowie by Woody Woodmansay (Pan, £8.99)

inspiration

£50 CROSSWORD



Solve the crossword in the normal way and the shaded squares, when read in order, will reveal the solution. Work out what it is and call our entry line below by midnight Saturday, May 20. One winner will be picked at random from all correct entries sent in by the closing date and will receive £50, or for Irish entries, the equivalent in Euros.

ACROSS

- 5 Corpse (4)
- 7 Type of cheese (10)
- 8 Hoodwink (4)
- 10 Thaw (4)
- 12 Epoch (3)
- 13 Fanatic (4)
- 16 Soup server (5)
- 18 Russian space station (3)
- 20 Dread (4)
- 21 Cultivated variety of cabbage (4)
- 22 Patlid (3)
- 24 Fastening pin (5)
- 25 Leg bone (6)
- 26 Type of tree (3)
- 27 Scorch (4)
- 29 Unruly child (4)
- 33 In the end (10)
- 34 Parsley, e.g. (4)

DOWN

- 1 Deity (3)
- 2 Fever (4)
- 3 Type of insect (4)
- 4 Pigeon's call (3)
- 5 Not good (3)
- 6 Warehouse (5)
- 9 Muscular, informally (5)
- 10 African republic (6)
- 11 Golf's Mr Torrance (3)
- 13 Striped animal (5)
- 14 Similar (4)
- 15 Public speaker (6)
- 17 Saracen (4)
- 19 Searches (5)
- 23 The point or gist (3)
- 25 Ludicrous situation (5)
- 27 Unconscious state (4)
- 28 Poker stake (4)
- 30 Container (3)
- 31 Pig-pen (3)
- 32 Not young (3)

CROSSWORD SOLUTION

CROSSWORD ENTRY LINE

0904 161 1110 (€1.50/call) Or text TPCROSS with your answer, name and postcode to 61011 (€1.50/text)

ENTRY LINES Calls cost €1.50/call plus your phone company's access charge. Texts cost €1.50 + a standard network rate message. You may receive free promotional messages to opt out send message with NO ENTRY Lines close at midnight on Saturday except where stated. You must be 18+ to enter and T&Cs apply see www.rmcrosswords.com. SP M&E Telecom Ltd, Halesgill OS20 8BU, UK.

LAST WEEK'S CROSSWORD ANSWERS

ACROSS 4 Wombat, 7 At a pinch, 8 Eclair, 10 Rouis, 13 Leek, 14 Data, 15 Well, 16 The, 17 Blot, 19 Loot, 21 Look sharp, 23 Moon, 24 Lard, 26 Big, 27 Dais, 29 Emit, 32 Pomp, 33 Aroma, 34 Igwana, 35 Subtract, 36 Versus.
DOWN 1 Laird, 2 Garnet, 3 Miss, 4 Wheel, 5 Milk, 6 Allight, 9 Cellar, 11 Orr, 12 Talloo, 13 Let slip, 15 Wok, 16 Top, 18 London, 20 Order, 21 Log, 22 Has, 23 Mingle, 25 Him, 28 Amass, 30 Molar, 31 Tatty, 32 Pass, 33 Alto.

WINNER FROM APRIL 30

CROSSWORD solution was SPHERE. Winner: D Yorkie, Chestrop

Rosie Taylor hears why women's charities are calling for simple checks for new mothers to help prevent devastating issues at menopause

Around seven months after Caroline McShane had her second daughter in 2010, she realised something wasn't right. The social media consultant, then 35, felt an uncomfortable bulge at the entrance of her vagina but she ignored it, hoping that it would go away.

"I wish someone had checked me at that point and explained it wasn't normal – and how important it was to get it properly sorted," she says.

Like all mums in the UK, Caroline's final official postnatal check-up with her GP had been months earlier at the six-week check – and she didn't want to bother the doctor again. But when she finally saw him again around a year after birth, she was diagnosed with a slight prolapse, a condition where damage to the pelvic floor (the layer of muscles and ligaments inside the pelvis) causes the bladder, uterus or bowel to move out of place.

Symptoms can include incontinence, pain, sexual dysfunction and an unpleasant heavy or bulging sensation in the vagina.

It is often caused by pregnancy and birth, because of the strain put on the pelvic floor.

At menopause, hormonal changes can also reduce muscle elasticity and mass, and worsen existing problems which have gone untreated, as Caroline discovered.

After she was diagnosed at 36, the married mum-of-two from Cirencester, Glos, was told to do pelvic floor exercises (also known as Kegels), which helped a little. But she was never properly assessed or shown how to do them correctly.

She lived with her symptoms for more than a decade, finding it didn't stop her from enjoying hobbies like cycling, swimming, paddle-boarding and horse-riding. But when she started to develop menopause symptoms, such as heavy periods, in her late 40s, her condition deteriorated. The bulge extended outside her body, causing severe discomfort. She also leaked urine.

"I felt like an old lady," she says. Caroline twice went back to her GP but was again told to do pelvic floor exercises – which studies suggest may have little effect on severe prolapse.

Eventually, she saw a private women's health physiotherapist who helped her get an urgent referral through her private health insurance to see an NHS gynaecologist. He

“Symptoms can include incontinence, pain and a bulging sensation”



DISTRESS Caroline had her organs stitched into place

explained the damage from childbirth hadn't been properly managed and had been aggravated by menopausal hormonal changes, causing the ligaments holding up her organs to collapse.

Now 49, Caroline had had major repair surgery, including a hysterectomy to remove her womb and ovaries, then her internal organs were stitched into position

in three different places. She is slowly building her pelvic floor and core muscles with gentle exercises, to regain strength without risking damaging her stitches.

"Everyday life is better now. I just need to get back to being my old active self," she says.

"But if I had been checked much earlier, that could have made a big difference and stopped more damage being done," she says.

"I wish someone had explained at the time that I needed to take care of my pelvic floor on an ongoing basis because, if not, this is what could happen."

Now, growing numbers of medical experts and charities are calling for mums like Caroline to have a second health check,

including a pelvic health assessment, in the year after birth.

They say better postnatal checks would help nip pelvic floor issues in the bud before they become established and prevent women from experiencing more serious problems at menopause.

An estimated six in 10 women have at least one symptom of pelvic floor dysfunction, including prolapse, yet two-thirds have never sought help, according to the Royal College of Gynaecologists and Obstetricians.

In some other countries, such as France, all mothers are given a series of postnatal pelvic health physiotherapy appointments in the months after birth – but no such service exists on the NHS.

GP Dr Sarah Andrews believes the postnatal period is the ideal time to educate women about pelvic floor health, so they can flag up any concerning changes.

"It's important we enable women to understand and recognise pelvic health issues as early as possible to help prevent complications later down the line, especially when they hit menopause," she explains. "I see a lot of post-menopausal women with a pelvic health problem who have been living with it since a difficult birth 30 years ago. For them, things could have been a lot easier, and they could have had a much more successful outcome without needing surgery."

Healthy

Pelvic checks for mums could avoid trauma later in life



YOU



With
AMY PACKER



if they'd been referred to see a pelvic health physio earlier."

"Tina Mason, specialist pelvic physio at Women's Health Brighton, says: "If every mother was assessed by a pelvic health physio around six months after birth and taught how to do pelvic floor exercises properly, it could prevent so many problems. Once you have learned to do them, you have that skill for life."

"I regularly see women in their 50s and 60s with pelvic floor dysfunction which could have been prevented – or prevented from deteriorating – if they had been given the right treatment and information after they'd had their babies."

Helen Ledwick, author of Why Mums Don't Jump: Ending the Pelvic Floor Taboo, believes routine pelvic checks for mums could also improve mental health, as many women with the condition struggle psychologically.

"There are so many women who have been suffering in silence for so long, and we're not giving them the help to get back to the best that they can be," she says.

Caroline adds, "Everyone I've spoken to who has gone through a

similar thing says, 'If only I had known' or 'I thought it was just one of those things that happens to mums'.

"It's so important women are told you should be able to lift things or jump on a trampoline – and if you can't, there are things you can do which can help."

■ **Rosie Taylor is the host of Mother Bodies, a podcast about why postnatal health matters, podfollow.com/mother-bodies**

EXERCISES TO TRY

Performing Kegel exercises daily will strengthen your pelvic muscles. Here's how:

- Find your pelvic floor muscles by trying to stop the flow of urine as you go to the toilet. Only try this once while locating them – doing it regularly can be harmful to your bladder.
- Sit comfortably or lie back and squeeze the muscles 10 to 15 times. Do not hold your breath or tighten your stomach, bottom or thigh muscles at the same time.
- Once you get used to doing this, try holding each squeeze for a few seconds.
- Results should be noticeable within a couple of months, but keep doing the exercises even after you notice they're starting to work. If you struggle, request a women's health referral from your GP. For more detailed advice and reminders to exercise, download the Squeezey (squeezeyapp.com), which is recommended by the NHS.

CARING FOR YOUR PELVIC FLOOR

■ Women want an average of 6.5 years to seek advice and support. Making sure you address any problems as soon as they arise allows minor issues to be resolved before they become more significant. See your GP and ask for a referral to a specialist for any leaking, heaviness or dragging in the vaginal area.

■ A women's health physio or gynaecologist will be able to carry out a quick, painless internal examination that will allow them, and you, to better understand any of the issues you may have.

■ Don't become constipated as straining can cause prolapse. Drink six to eight glasses of water daily and try to eat plenty of fibre – we should all be aiming for 30g a day.

■ If you find you struggle



when going to the bathroom, pop a small step beneath your feet to raise your knees – this will help prevent you needing to strain, which can worsen your pelvic floor issues.

■ It's not just untoned pelvic floor muscles that cause problems – tight muscles can create

issues too. That's why it's so important that women work on releasing them as well as strengthening. The pelvic floor needs to be able to relax, not just contract.

■ When lifting heavy objects or moving from a sitting to standing position, make sure you breathe out. This will help control any abdominal pressure when you are doing things that require effort.

■ If you are carrying excess pounds, losing weight can help. Research has shown that women who are overweight who shed as little as 5% of their body weight can reduce or prevent pelvic floor disorders such as incontinence and prolapse.

RETAIL THERAPIES



■ There's a new addition to the Yakult family – Yakult Plus (£3 for eight; Sainsbury's). Like its sister products, it contains 20 billion friendly bacteria, scientifically proven to reach the gut alive, but it also has added fibre to feed gut bacteria, and vitamin C to support the immune system and reduce fatigue.



■ Trying to drink more water but lose interest quickly? Check out the Air Up water bottle. It tricks your brain using scented pods that sit around the bottle's spout (80% of what we perceive as taste is actually what we are smelling). From £29.99 for one reusable bottle and three scented pods (uk.air-up.com)

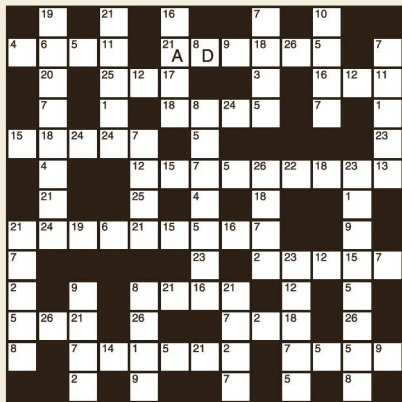
■ If you're burning the midnight oil, make sure you're getting enough vitamin B, which we need when living with stress – and who isn't? BetterYou B-complete Daily Oral Spray (£14.95; Holland & Barrett) will help beat tiredness with its blend of eight B vitamins, squirted directly under the tongue.



■ Great for a boost during the afternoon slump or as an after-school treat that won't cause a sugar high, Nairn's Crunchy Oat Bars (£2.70; Sainsbury's) are made with gluten-free wholegrain jumbo oats and contain up to 65% less sugar than the average cereal bar. In Honey, Belgian Dark Chocolate Chunk or Raisin, Apple & Cinnamon.

CODEBREAKER

We've taken a completed crossword puzzle and replaced each letter in the grid with the same number throughout. Two letters have been given to start you off, so write these letters wherever their numbers appear in the grid. The completed grid will include all letters of the alphabet. Remember, none of the answers are proper nouns.



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

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

NINER

Each number from 1 to 9 represents a different letter. Solve the clues and insert the letters in the appropriate squares to discover a word which uses all nine letters.

- 5287334 gives an animal
 56111 gives a bird
 79948 gives a snake

1	2	3	4	5	6	7	8	9

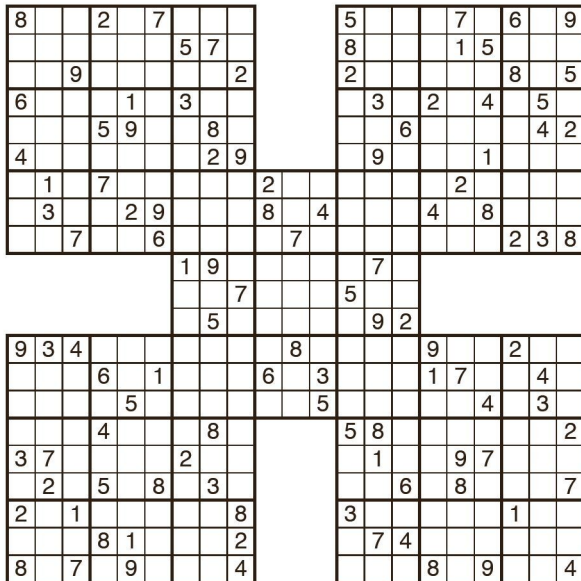
BRAIN TEASERS

Can you bend your brain around this set of mathematical, lexical and logistical teasers?

- In a four-horse race, Delorri rode a horse that shares his initial, and won. McCoy and his horse fell at a fence. Piggott is pleased because he rode faster than Pincay. Seabiscuit crossed the finish line before Red Rum, but after Dobbin and Black Beauty. Who rode which horse?
- Which two words meaning 'vehicle' and 'decay' combine to make one that is a vegetable?
- Which classic children's shows are concealed in the following anagrams?
 a) Be Aromatic Doughnut,
 b) Assert Esteem,
 c) And Gruesome
- Dr Eigenmann is filling a large cube with water to use as a fish tank. Water flows through his hose at a rate of two cubic metres per minute. If he started filling it at 9.12am and fills it right to the top at 11.00am, how tall is his fish tank?

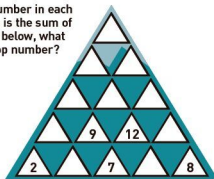
BIG X SUDOKU

The rules for Big X Sudoku vary only slightly from the standard sudoku rules. The 9x9 sudoku at the centre of the X shares four of its 3x3 boxes with those of the outer sudoku. None of the 9x9 sudokus can be solved individually, you must cross-reference between the intersecting grids.



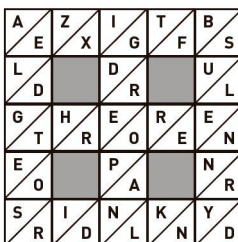
SUMMIT UP

If the number in each triangle is the sum of the two below, what is the top number?



SPLIT DECISION

Cross out one of the two letters in each divided square to reveal a completed crossword grid.



PUB QUIZ

Can you pick out the correct answers in our multiple choice Pub Quiz?

- Who is the host of the ITV quiz show *The Chase*?
 A Jeff Stelling
 B Alexander Armstrong
 C Bradley Walsh
- Barranquilla is a major city in which South American country?
 A Chile
 B Colombia
 C Brazil
- In job adverts, what does the E in OTE stand for?
 A Education
 B Earnings
 C Expert
- In chess, how many pawns does a player start the game with?
 A Ten
 B Six
 C Eight
- Who had a hit single in 2000 with the song 'Oops!...I Did It Again'?
 A Britney Spears
 B Beyonce
 C Christina Aguilera
- In which Italian city is La Scala opera house?
 A Rome
 B Naples
 C Milan
- Who was king of Great Britain and Ireland from 1901-10?
 A William V
 B George V
 C Edward VII
- Joe Strummer became famous for being a member of which punk band?
 A The Ramones
 B The Clash
 C The Damned
- Desiree and Jersey Royat are types of what?
 A Apple
 B Potato
 C Plum
- In literature, which author wrote *Northanger Abbey*?
 A Elizabeth Gaskell
 B Emily Brontë
 C Jane Austen

LOGIC

Can you work out how many copies of each book are due to be printed?

Employees at Bizarre Books Publishing House are preparing the latest batch of novels for printing. Morgan the editor is giving precise instructions to her assistant to ensure the correct number of copies of each novel are printed by the deadline.

"The best-selling author Lucinda Powell is releasing her latest romance novel, which will have the largest printing batch of all five books," said Morgan.

"Okay I'll make a note of that. How many pages does the sci-fi novel have?" inquired her assistant.

"It has 340 pages in total. We aren't expecting it to sell as well as Lucinda's novel so we will be printing fewer than 5,000 copies," replied Morgan.

"And what about Phillip Clarke's novel?" asked her assistant.

"Phillip's novel has more than twice as many pages as the children's book,

while Jermaine Potts' epic crime saga is the longest of all the books we will be printing," said Morgan.

"Great, that makes sense. Is there anything else I need to know?" questioned her assistant.

"Yes, just that we will be printing 2,000 more copies of the 220 page horror novel than Faith Harper's book," replied Morgan.

Morgan's assistant has all the information she needs to get all five books printed by the deadline. Can you match each author to the book they wrote, and determine how many copies of each are being printed?

	150 pages	220 pages	340 pages	400 pages	750 pages	1,000	3,000	5,000	10,000	50,000	Romance	Children's	Horror	Crime	Sci-Fi
Philip Clarke															
T L Hubert															
Lucinda Powell															
Faith Harper															
Jermaine Potts															
Romance															
Children's															
Horror															
Crime															
Sci-Fi															
1,000															
3,000															
5,000															
10,000															
50,000															

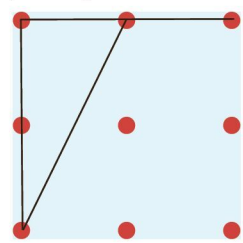


KEIJO

Place the tiles into the grid so that four different numbers and four different shapes appear in each row and column of the grid.

TRIANGLE

Draw 3 straight lines to make 4 triangles. Lines must be drawn from dot-to-dot, either passing through one dot or none at all. Valid triangles must not contain lines running through them, every line segment must form part of a triangle.



NUMBERFIT

All of the listed numbers fit into the grid and there's only one way to do it. One number has been provided to get you started.

- 4 digits: 1027, 4457, 4852, 4945
- 6 digits: 124852, 14589120, 263484, 478462
- 7 digits: 1426810, 482102425, 14589120, 50597282
- 8 digits: 482102425, 485872, 478462, 535358, 845872, 676140
- 5 digits: 42451, 48822, 44951, 98521

MIRROR IMAGE

Which of the shapes A-D is an exact mirror image of the original?

SOLUTIONS

LOGIC

Author	genre	Length	Copies
Jermaine Potts	Crime	750	10000
Faith Harper	Children's	150	3000
Lucinda Powell	Romance	400	50000
T L Hubert	Horror	220	5000
Philip Clarke	Sci-Fi	200	1000

TRIANGLE

KEIJO

NUMBERFIT

Champion

askdean@people.co.uk

with Dean Dunham



Q My neighbour and I jointly bought a fence to divide our gardens. My view is that the fence is of a very poor quality and I want to return it or ask for a replacement. My neighbour doesn't want to complain, as he says he has no issue with it. What can I do? Fred Carson

A As you purchased it jointly, it will mean you technically jointly own it. In these circumstances, you can't act without your neighbour's consent.

Q I bought a Jeep Wrangler last month and was told by the garage there had been four previous owners. I have now found out there were seven. Can I give the car back and get a refund, as I have been misled? Gavin Wright

A Consumers should never be misled and in this respect the Consumer Rights Act says that goods (including cars) should be "as described". Here, the facts given were incorrect and it is a material issue, as this will affect its future saleability and value. Therefore, you are entitled to hand the keys back and demand a refund.

Q I've agreed for a builder to add a room in my loft. Everything has been written down in ink and signed

Q&A

Your legal questions answered. Send your questions to askdean@people.co.uk



by both parties. Do I need to get this typed up for it to be legal? Rachael Ince

A No, this is not necessary. Under English law there is no need for a contract to take a specific form, or for it to be typed – it could even be written on toilet paper and would still be legally binding.

Q I've been asked to pay for something with Bitcoin as this is the only payment method they accept. Is there any reason why I should not do this? Mark Otter

A Someone asking you to pay in Bitcoin should always be a red flag – it often ends up being a scam. My advice is to stay clear and buy elsewhere, preferably with a credit card.

Don't put up with faulty remedies

WHEN you buy goods that turn out to be faulty, the Consumer Rights Act says you are entitled to a remedy – typically a free repair, a replacement or a refund.

If the situation arises where you are entitled to ultimately reject the goods and demand a refund, in some circumstances the trader is allowed to make a deduction from the refund to take account of the use you have had of the goods.

However, from listening to readers' stories, it has become clear to me that many traders either do not understand the rules in relation to such deductions or are pulling the wool over consumers' eyes.

Here's what you need to know to avoid being fleeced:

First six months

After only three months, Wendy exercised her final right to reject and therefore demanded a refund after the trader had failed to adequately repair a sofa she bought.

The trader agreed to refund Wendy but held back £75, saying it was a deduction to take account of the three months' use she'd had of the sofa.

The law says no deduction for use may be made if the final right to reject is exercised in the first six months after purchase – so the trader was wrong here.

Faulty car

David returned his car after four weeks due to an electrical fault.

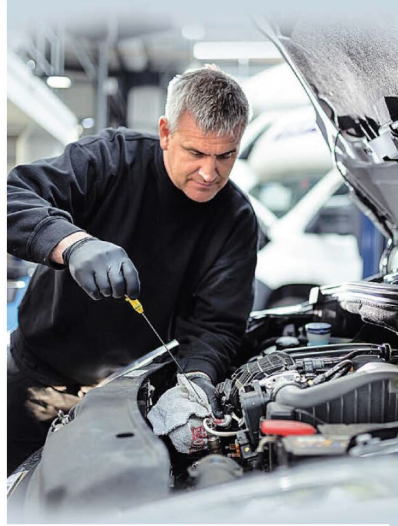
The fault was repaired and the car returned to him but the issue re-occurred, after which it was found a new part was needed.

The dealership agreed to take the car back and provide David with a refund – but made a deduction of £750 for the several weeks' use of the car.

This is an exception to the six-month rule – traders can make a deduction in the first six months in relation to motor vehicles.

Over-deduction

Ashley had cause to return a TV he had bought for £1,950



18 months earlier. The trader agreed on a refund but deducted £300 to reflect the 18 months' use.

As Ashley had owned the TV for more than six months, the trader was entitled to make a deduction. However, the amount must reflect the use that the consumer has had from the goods.

The law does not prescribe how this deduction should be calculated – but with the likes of electrical goods, the generally accepted principle is to take the anticipated shelf-life and make a pro-rata deduction.

In Ashley's case, the TV's shelf-life clearly should have been more than two years, meaning the amount deducted – i.e. nearly half of the purchase price – was

clearly too much. In another case where the retailer took too big a cut, Adam took delivery of a used Ford Ranger on January 10 – and on March 16 it broke down and was recovered back to the garage.

He did not get the vehicle back until May 2 and that same day it broke down again. The garage has now agreed to take the vehicle back but with a £500 deduction.

It says this is for Adam having owned the vehicle for four months.

This is the wrong way to calculate deduction for use.

The period of ownership is irrelevant, what matters is the actual use the consumer had – and here, Adam only had use of the vehicle for around two months.

Mirror Bingo!

WIN UP TO 500

FREE SPINS ON 9 POTTS OF GOLD

JOIN NOW AT MIRRORBINGO.COM

WHEN THE FUN STOPS STOP BeCambleAware SCAN ME

Small print: New players, 20 spins, £3 time per 30 spins, max bonus conversion equal to lifetime deposits (up to £250) to real funds, 60x wagering requirements, full T&Cs apply.

Scam of the week

Lots of people have told me this week they have received an email offering a "fixed-term energy contract at the lowest cost in the market" – and all you have to do is click the link and give away all your details. It's a scam, so don't click the link.





Reign forest

Glorious Gabon gives **Karin Wright** the wildlife adventure of a lifetime

SIGHTS
Elephants
wandering
on Loango



SPOT
Mandrills
and hippos



WILD
Leatherback
turtles and
gorilla



Trying to identify animal tracks in the wild is always exciting – and these were unmistakably a hippos. If we were attempting to spot one of Africa's most dangerous beasts from the safety of a game-viewing vehicle in broad daylight, this would have been fun. But we were on foot. On a beach. At 2am.

Suddenly, seeing one of Gabon's fabled 'surfing hippos' didn't seem very sensible.

But, after scanning the waves with his torch, eco-guide Ghislain said: "Let's go."

I'd seen him pad through the bush barefoot, stare down an elephant, and now shrug off a possible encounter with a hippo in the dark...

"The animals know that I come in peace," he said.

There are certainly enough animals in this country on the west coast of Central Africa to test that mantra. More than 85% of Gabon – slightly bigger than the UK, but with just 2.3 million people – is covered in forest, which

is home to an estimated 30,000 lowland gorillas and chimps, 90,000 forest elephants, buffalo, mandrills, bongo and sitatunga antelopes, leopards, golden cats, red river hogs... and humpback whales can be seen offshore from July to September.

The vastness of the country's forests mean exact numbers are difficult to determine – and most of the animals actually live outside the designated national parks.

It also has one of the world's most important nesting sites for leatherback turtles – which is why I was on that beach in Pongara National Park in the middle of the night, the forest looming on one side, the Atlantic surging on the other, while thousands of translucent ghost crabs scurried about.

Under the cover of darkness, the turtles painstakingly flipper their way up to the high-water mark to lay their eggs.

We didn't find any leatherbacks that night, but they were lucky enough to find two endangered green turtles. French-speaking

“The turtles flipper their way up to the high-water mark to lay their eggs”

TURN TO PAGE 36

BIG DEAL

Tunisia from £830pp: depart from Glasgow on October 23 for a seven-night autumn sunshine break at the four-star beachfront TUI BLUE Scheherazade hotel in Sousse. Comes with all-inclusive accommodation, 20kg baggage and transfers. tui.co.uk

CRUISE NEWS

BY NIGEL THOMPSON

Save up to £500 per person on selected 2023 sailings with Fred Olsen. The offer is running to June 14 with itineraries ranging from Lapland's summertime wildlife and the Arctic's Midnight Sun, to Norway's narrow fjordland and the Hudson River and Cape Cod Canal in the US, via the blue icebergs of Qaortoq in Greenland and

Renaissance Italy. More than 50 voyages ranging from two to 93 nights are included up to December, with departures from Liverpool, Newcastle, Rosyth, Southampton and Dover. Fred Olsen's Jackie Martin said: "Every cruise will feature our new Signature Experiences to celebrate the destinations you'll be visiting, from hosted wildlife-spotting opportunities to sampling the authentic flavours of the regions in cookery demos, tastings and our menus on board." Prices start

from £599 per person to Cornwall and Scilly, and to Northern Spain. fredolencruises.com Summer sale ■ Wavel, an interactive game show virtually starring TV presenter Ben Shephard, is now on board P&O's adults-only ships Arcadia and Aurora. Passengers can find out how well they know each other as they try to match their partner's answers. Already on newest ships Arvia and Iona, the show is being rolled out across the rest of the fleet for summer. pccruises.com

BIG DEAL

Florida Gulf Coast from £1,069pp: jet away from Gatwick on November 13 for an autumn week in the Sunshine State, staying at the three-star Postcard Inn On The Beach at St Pete Beach, near Tampa. Room-only accommodation. iceolly.com.

AIR UPDATE

BY NIGEL THOMPSON

Low-cost long haul carrier Norse Atlantic Airways is taking off for the Caribbean.

Flights from Gatwick to Barbados and Jamaica will start for the winter sun 2023-24 season with fares from a competitive £449 return to Bridgetown, flying daily.

Kingston services will operate three times a week starting at £579, with Montego Bay four times a week from £559.

Norse Atlantic operates Boeing Dreamliners with Economy and Premium cabins

and Light, Classic and Plus fare options. The three new routes join services to New York City, Washington DC, Los Angeles, San Francisco, Boston, Orlando and Fort Lauderdale.

Multi-centre holidays to the Persian Gulf are getting easier. UAE carriers Emirates and Etihad have signed a formal agreement to allow tourists to buy one-stop tickets to fly into either Dubai or Abu Dhabi with a seamless return via the other airport.

The move allows passengers to explore the UAE with ticking for the full journey and easy baggage check-in. emirates.com, etihad.com

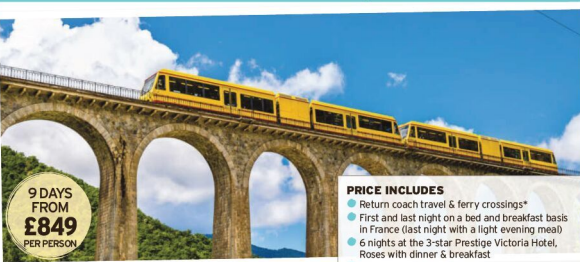
Seventy new pet-friendly cabins have been opened on Stena Line's Irish Sea routes, including Liverpool-Belfast, Holyhead-Dublin and Fishguard-Rosslare. A spokeswoman said: "We recognise pets are considered family members to many of our passengers." stenaline.co.uk

BIG DEAL

Greek Islands from £294pp. Jet away from Manchester on June 6 for an early summer seven-night holiday at the three-star Castello Bianco hotel in Platanes, near Rethymno, northwest Crete. Room-only accommodation. thomascok.com

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- Cable car ride from Bolzano to Soprabolzano
- Train journeys from Soprabolzano to Collalbo and Mezzolombardo to Caldes
- Rack railway from San Antonio to Passo della Mendola
- Guided visit to San Antonio
- Guided visit and wine tasting at a winery
- Cruise on Lake Garda with a stop in Limone
- Services of a local guide on selected excursions

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DEPARTS 16 & 30 SEPTEMBER 2023

The Dolomites in northern Italy are a striking mountain range with stunning views, diverse landscapes and plenty of fresh air. We explore this beautiful region with its impressive peaks, lush valleys and tranquil lakes at a leisurely pace on a whole host of scenic train rides. With a trip to idyllic Lake Garda too, this is a truly magical getaway!

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FILE
Guide
Marcel's
forest
secrets

CONTINUED FROM PAGE 35

Gabon's main export industry is oil, followed by mining and logging, but the government is on a drive to find new revenue streams for when the oil runs out – and, as well as selling carbon credits, tourism is high on the agenda.

Billed as The Last Eden, just over 10% of the land has been declared national parks, and plans are under way to improve accessibility for tourists.

Right now, you have to work hard for those animal encounters. But all those hours of bouncing along rough roads and sputtering across lakes in small boats evaporate when you see a baby gorilla riding on his mum's back, or an elephant eyeballing you on a forest walk, or watch tiny turtles head to the ocean for their first swim.

By far the most action-packed and easily accessible national park is Pongara, a 30-minute boat ride across the Gabon Estuary from the capital Libreville. Kevin from Gabon Adventures picked us up in a huge rigid inflatable boat, which could drive on land before gliding into the water. We half expected a Bond girl to pop out of the cooler box...

We drove up on to the palm-fringed beach on the other side and hopped into rugged all-terrain vehicles. We buzzed along pristine beaches (carefully avoiding the turtle nests at the high-tide mark), barrelled through ancient forests, and drove up to the grassy plains of Nyonié. We stopped for lunch at Pongara Lodge, enjoying fresh jackfish tartare and perfect steaks under a huge tree.

On a kayaking trip, eco-guide Marcel, a Pygmy from deep in the forest, pointed out gorgeous birds, red-capped mangabey monkeys, and giant egg-stealing lizards. On a night drive we spotted a galago bush baby in a tree and a dwarf crocodile in a puddle left by the equatorial showers (there are only two seasons in Gabon: the rainy season and the dry season).

Marcel shared the secrets of his forest with us – the bark of the mangba umbrella tree heals wounds, the mighty okoume tree is used for making canoes because it is light and resin from the iboga shrub is good for making a fire. The forest talks to you, so listen", he said.

Further south is Loango National Park and its one family of habituated gorillas. It takes about five years before these great apes get used to having camera-wielding tourists invading their space, so it's a huge undertaking. In comparison: tiny Rwanda has 12 habituated families out



SERENE
Iguela
Lagoon

EXPLORE
Karin at the
equator

of just 600 animals, with 96 trekking permits issued every day. In Gabon, just four people a day are lucky enough to spend an hour with the Aتانanga family: silverback Kamaya, two females and five little ones – we were delighted when the trackers found them... shining down trees, play-fighting, or cuddling their mums.

It was totally worth the mission to get here: a 35-minute flight from Libreville to Port-Gentil, a three-hour drive (half of it a bone-jarring ride on an open-sided vehicle in a rain storm), a small boat across the Iguela Lagoon, an overnight stay at the fabulous Ndola Lodge, an early boat ride to the ranger station, then an hour-long jungle trek to find the beasts.

You need resilience and a sense of adventure in this country, but the payoff is huge. As was the G&T poured by the wonderful Grace at the bar at the Lourti tented camp...

“You need resilience and a sense of adventure here but the payoff's huge”



Travel

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Wildest dreams



“
Mass tourism is not a thing in Gabon yet and it's more captivating as a result

TRAVEL TEST

BY EMMA DEADMAN

WHAT: Singapore Airlines Business Class.

WHERE: Flight SQ52, Manchester to Houston George Bush Intercontinental, from £2,839 return, singaporeair.com

EXPERIENCE: The 1-2-1 configuration (two seats in the centre, only one at either side) makes for a very roomy cabin, with plenty of personal space. Centre seats come with a divider for private me-time.

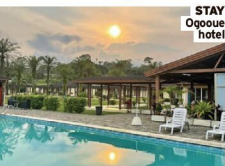
Despite this being a day flight, many travellers took advantage of flipping over the seat to become a fully flat bed, complete with linen, duvet and pillows.

I stuck to the upright/lounging position, which extended the foot of the seat to support the legs.

With concealed storage aplenty, along with HDMI and USB ports, everything was within reach if working while travelling.

A signature SilverKris Sling (gin, orange liqueur, pineapple juice and champagne) shortly after boarding set the tone for the feast that continued throughout the flight.

A lunch of smoked salmon, followed by navarin of lamb in



STAY
Ogooue hotel
Karin at Tsam Tsam



PARK
Pongara beach



just because it's a jungle out there, doesn't mean you have to slum it! The lodges may be remote, but they have all the mod-cons – en-suite bathrooms with proper loos and hot showers.

Despite their name, forest elephants quite like hanging out on the beaches and we enjoyed sundowners while a herd eyed us warily. A huge blot on the landscape, however, was the amount of rubbish washed up on the beaches – a devastating knock-on effect of all the plastic we use.

Back in Libreville, we explored the city from our base at the luxurious Hotel Sablière, visiting colourful stalls and

TOP TIPS

- Pack extra-strength insect repellent, beige or khaki sweat-wicking clothes, light raincoat, decent walking shoes, malaria prophylaxis, a head torch, patience, resilience and a sense of adventure.
- It's a tropical country that is always hot and humid.
- Wi-fi is available at most hotels and lodges (even in the middle of the jungle).

artisan markets, and trying the street food. North-east of the capital is another slice of Eden at the Crystal Mountains National Park. Stay in the south section and do guided hikes into virgin cloud forests, teeming with waterfalls, butterflies and orchids... and, if you're very lucky, you might encounter gorillas,

mandrills, chimps or leopards. Further south we visited the fishing region of Lambaréné, crossing the equator on the way. We stopped to try coupé-coupé – roasted meat from roadside grills – purple atanga fruit, and odika (indigenous chocolate).

Lambaréné is the home of the fascinating Albert Schweitzer Hospital, started by the French/German pianist and theologian – and later, doctor – in 1913.

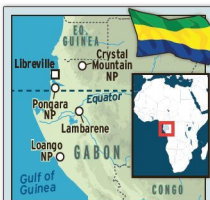
He ran it until his death in 1965, earning a Nobel Peace Prize in 1952. A modern facility was built in 1981, and his old hospital is now a wonderful museum.

The friendly Ogooue Palace Hotel made a good jumping-off point for a trip across Lake Ogooué hosted by American ecologist Heather and her Gabonese conservationist husband Cyrille who, besides working with communities for their Oleo charity, run a fantastic ecotourism site called Tsam Tsam.

We worked up an appetite with a forest walk and a visit to a fishing village before a home-cooked meal.

Mass tourism is not a thing in Gabon yet – and the country is all the more captivating as a result. But there are many dedicated people here working hard to share their slice of Eden with the world.

As one of them said to me: "If Rwanda can build a tourist industry on 600 gorillas, imagine what we can do with 30,000."



BOOK IT

An 11-day all-inclusive Magic of Coastal Gabon trip costs from £4,900 per person in the dry season (July-September), with luxury lodges, internal flights, transport, tours, activities and safaris, guides and park fees. Extra excursions for sport fishing, gorilla trekking and whale watching can be arranged. A yellow fever certificate is needed. International flights with Air France via Paris extra. gabonwildlifecamps.com

MORE INFO & TOURS

discovergabon.com oelgabon.org 24tour.com gabonadventures.com

ENTRY REQUIREMENTS

■ Apply online for an e-visa (visa.dgdi.gq), around £75. A yellow fever certificate is needed.

Syrach sauce with vegetables and polenta, a dessert of hazelnut ice cream with a chocolate centre and covered in praline and crushed meringue and finally a gourmet cheese selection, ensured I was fully satiated.

A second "light" dinner before landing was anything but, with a smoked duck breast salad and chocolate mousse cake.

The inflight entertainment section was impressive, with thousands of the latest films, music, games, wi-fi and flight map.

QUIBBLES: The cocktails were rather strong (is this even a bad thing?) and having to ask for the amenity kit rather than getting one as standard.

VERDICT: Attention to detail is key here and the service was meticulous from flight attendants in tailored safari uniforms. **9/10**

BIG DEAL

Canary Islands from £849pp: save 30% on a seven-night all-inclusive early summer getaway at the four-star Hotel Gran Oasis Resort near Playa de las Americas. Fly from East Midlands on May 31, other airports available. Call Blue Sea Holidays on 020 3474 0462.



At its peak...

Head for the hills – the Peak District is the fastest-growing staycation hotspot this summer.



Holiday cottage rental agency Sykes says it's had a 31% overall increase in UK bookings, with Central Scotland and East Anglia also on the rise.

Sykes says 75% of Brits will have a holiday in the UK this year, pouring £2.8 billion into the UK economy. sykescottages.co.uk

BIG DEAL

No-fury British Isles cruise from £59pp. Join Ambience in Tilbury on June 1 for a 12-night royal-themed round trip calling at Invergordon, Kirkwall, Skye, Isles of Scilly and Guernsey. Includes complimentary drinks and onboard credit. Book by Wednesday for more extras. ambassador@cruisein.com

C2C brakes

Get on your bike for a new long-distance Scottish cycling route this summer.

The 250-mile Kirkpatrick C2C, the South of Scotland's Coast to Coast, runs from Stranraer to Eyemouth and has an eight-day explorer itinerary or a more demanding four-day challenge. Both are for experienced cyclists.

Due to launch in early July, it's named after Kirkpatrick Macmillan, the 19th-century Dumfrireshire blacksmith who invented the first pedal-powered, rear-wheel-driven bicycle. scotlandsthere.com

BUY OF THE WEEK

BY NIGEL THOMPSON



Upgrade your weekend away with this smart hand luggage-sized overnight bag made from waterproof durable nylon with leather details.

It will fit under the seat in front on the plane and has a sleeve on the back to slot over a suitcase handle.

The bag has a 20-litre capacity, weighs a trim 0.8kg, and has a detachable shoulder strap, an external water bottle slot and slip pockets inside.

If you really can't be 'out of office' on your weekend break, there's a laptop holder up to 13in. ■ [Antler Chelsea overnight bag, £140, antler.co.uk](http://AntlerChelsea.com)

Go full Monte



HOT HOTEL

Regent Porto, Montenegro

BY JANE MEMMLER



COMFORT Bedrooms have views of the bay

VIBE

Without doubt, this is a destination hotel. It sits in the charming port town of Tivat – flanked by dramatic, craggy mountains on one side and the impossibly pretty Kotor Bay. Europe's most southerly fjord, on the other.

The Regent Porto Montenegro hotel is part of the swish Porto Montenegro development, which is funded by the Dubai government.

All the facilities, services, shops and restaurants are linked by pristine pedestrianised streets.

This elegant, sprawling hotel is the focal point of the waterfront which offers serious competition to Monaco and Bodrum's swanky marinas.

Regent Porto Montenegro has 175 rooms dotted across three buildings with the grandiose Venetian wing at its heart. It is reminiscent of an Italian palazzo, a nod to the country's past rulers, and features colonnaded balconies and even a clock tower.

It opened in 2014 and all the hotel's core facilities, such as restaurants and bars, are found here.

The other two wings, Aqua and Baia, opened in 2017 and 2019 and are more modern with contemporary, lighter furnishings.

They are all conjoined by endless infinity pools and tiled grounds dotted with towering palm trees.

Golf carts zip here and there ferrying guests from the hotel's grand foyer to the Buddha-Bar Beach and to swanky shopping thoroughfares, home to brands such as

Max Mara, Dolce & Gabbana and Valentino. Guests who prefer not

to scuff their Manolo Blahniks can also hitch a ride to dinner at one of the romantic waterside restaurants.

Whether you're super rich and glide into one of the 450 covetable berths on your floating gin palace, or you pull up in a local taxi, the welcome you get is the same. And, everywhere you look, the views will knock your socks off.

STYLE

The Austro-Hungarian maritime past is sympathetically reflected in the hotel's style and decor – the area was formerly the Tivat naval shipyard, called Arsenal.

Polished wood features prominently in the foyer and public areas, with curve-edged furniture, metal and rope light fittings and striped blue soft furnishings all complementing each other perfectly.

Bedrooms are beautifully proportioned with balconies and views over the marina. Bathrooms have toiletries from UK perfumer Miller Harris; there's espresso machines and a mini-bar.



ENDLESS Infinity pools are a feature of the complex

FOOD AND DRINK

You'll get five-star service at the Mirano restaurant as you dine under Mirano glass chandeliers and Venetian mirrors.

The food is another delightful surprise thanks to the abundance of fresh produce on the doorstep. Fish features prominently.

The refined Mirano is headed up by chef Marko Zivkovic who really has positioned it at the top end.

Bites include pan fried sole with lemon gnocchi for €28, and flame grilled veal flank at €34.

The more relaxed

Gourmet Corner is exactly that and diners with a sweet tooth will be in patisserie nirvana when they see the cake selection.

The pool bar serves up usual holiday fare with a twist; salads and chicken burgers, while upstairs in the inside bar you can order sushi platters.

Activities

The complex has pools galore: there's an indoor pool with a hot tub and views across the bay, a lap pool on the first floor, and the Pool Club that's lined with palm trees with sun loungers plenty and infinity pools.

The next-door funky Buddha-Bar with pool, cool vibes and DJs is the place to see and be seen.

If you want activity there's tennis courts and sailing lessons. Or if being pampered is your thing the spa has a hammam, experience showers, sauna and steam rooms.

Two treatment rooms offer treats such as an olive oil and grain wrap (£60) and facials (from £70).



BOOK IT

Rooms at the Regent Porto Montenegro hotel start from around £255 a night B&B. ihg.com/regentportomontenegro.com

MORE INFO

visit-montenegro.com tivat.travel

OUT AND ABOUT IN MONTENEGRO

■ Get extraordinary views of Kotor Bay on an off-road tour with Go Baloo. Travelling by 4x4 you'll visit the old fortresses of Vrmac, built on a limestone ridge. gobaloo.me

■ See the Our Lady of the Rocks island in Kotor Bay, created by fishermen piling up rocks after every voyage. Its church features a tapestry made from the hair of a woman who was waiting for her husband's return. It took 25 years to complete.

■ The Venetian walled town of Kotor became a UNESCO heritage site in 1979. The old market sells olive oil, fresh fish and porcini mushrooms. Its tiny stone alleyways are astounding. kotortravel.com

■ Castel Savina winery, overlooking the entrance to Kotor Bay, is superb and is run by a family who moved from London in 1981. castelsavina.me

■ Step inside a preserved Yugoslavian submarine in Tivat. The 164ft vessel patrolled Yugoslavia's waters for 23 years until 1991.

MARINA Regent Porto in Tivat

STAR RATINGS

- ★★★★★ Excellent
- ★★★★ Good
- ★★★ Worth a look
- ★★ Poor
- ★ Don't bother

Movies



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Bergen and
Steenburgen
are back

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BOOK CLUB: THE NEXT CHAPTER

Cert 12A ★★★
In cinemas now

For once, here's a comedy sequel that's just as funny as the original. Sadly, said original was 2018 hit *Book Club*, which means it's not very funny at all. Still, while no sides will split during *The Next Chapter*, at least returning director Bill Holderman kept his winning foursome.

Mary Steenburgen, Diane Keaton, Candice Bergen and Jane Fonda still deserve much better writers but they have the comic timing and dramatic chops to keep their second undemanding yarn ticking over.

In the first film, their four well-heeled American ladies fired up their libidos while ploughing through *Fifty Shades Of Grey* for their reading group. Now, slightly disappointingly, they've moved on from EL James's mucky trilogy to Paulo Coelho's schmaltzy self-help fable *The Alchemist*.

Its woolly advice about refusing to submit to fate inspires the lifelong friends to embark on an adventure across Italy marking the engagement of Fonda's free-spirited Vivian to her dishy boyfriend Arthur (Don Johnson).

Despite a smattering of double entendres this film is mostly about the picture-postcard locations (the women visit Rome, Venice and Florence), life-affirming drama,

“It's mostly about picture postcard locations and life-affirming drama”

and sparking chemistry between its leads. Bergen gets the best lines as retired judge Sharon but screen time is fairly divided up between the four.

Steenburgen gets to show off her accordion playing, flirt with an Italian chef and crack slightly risqué and largely nonsensical gags at his meatballs.

Keaton rocks nifty tailored suits and enjoys lengthy phone calls with her relentlessly charming boyfriend (Andy Garcia).

As the lead, Fonda snags most of the dramatic moments as Vivian contemplates making her first romantic commitment in her 80s.

The Next Chapter is perfectly pleasant and instantly forgettable.

STILL: A MICHAEL J. FOX MOVIE

Cert 15 ★★★
On Apple TV+ now

Using a body double, expertly edited film clips and the star's voiceover, this excellent documentary begins by whisking us back in time into the fuzzy mind of an 80s' movie icon.

A hungover 29-year-old Michael J. Fox is coming round in a Florida hotel room when he's jolted out of his stupor by a moth landing on his face.

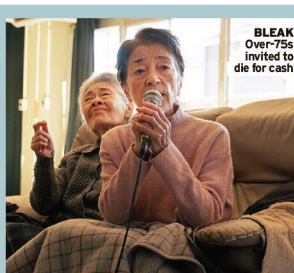
When he tries and fails to swipe it away, he notices something very strange. One of his fingers seems to have developed a mind of its own.

After his Parkinson's diagnosis, Fox became an expert at calculating when his medication would kick in, secretly swallowing pills before takes and hiding his shaky hands when a scene ran long.

After he turned to alcohol, the support of his wife Tracy Pollan helped him to get back on track, and a scene where he falls flat on his face in New York shows he hasn't lost his sense of humour.



**PORTRAIT
OF A STAR**
Michael J.
Fox with
Jay Leno



**BLEAK
Over-75s
invited to
die for cash**

PLAN 75

Cert 15 ★★★
In cinemas now

Japanese director Chie Hayakawa contemplates her nation's ageing population in a hauntingly realistic near-future drama about a state-sponsored euthanasia programme.

Instead of becoming a burden to their children or the state, citizens over 75 are invited to fix a date to be gassed to death in a government facility. If they agree, they'll be paid 1,000 yen to enjoy during their final days.

The slow pacing and sparse dialogue suggest this is a largely uncontroversial development.

Early sign-ups are enthusiastic and the young case workers appear caring and professional. As well as dealing with registration, they offer round-the-clock support to those waiting for their appointment.

But, during the film's long silences, you may hear the philosopher and writer Hannah Arendt's observation about the "banality of evil".

As we meet lonely pensioners Michi (Chieko Baisho) and Yukio (Taka Takao), we begin to wonder if they would have made the same decisions if they lived in a more caring society.

The young case workers are being brutalised by their jobs. But one woman breaks protocol by going bowling with Michi, an unemployed cleaner who signed up after giving up on finding another job.

Heartbreaking, the 78-year-old isn't interested in the money. The chance to chat to someone on the phone seems to be the main attraction. This is a sad but powerful film about a society losing its humanity.



THRILLER
Felicity
Jones and
Colin
Morgan

DEAD SHOT

Cert 15 ★★★
On NOW and Sky now

This IRA thriller, starring Felicity Jones, is well acted and nicely shot but fails to detonate.

We're in the early 1970s as Colin Morgan's tortured IRA man visits London for revenge on the British soldier (Ami Ameen) who accidentally shot and killed his pregnant wife during an ambush.

There are slick action scenes but the characters are thinly sketched and the plot is largely predictable.

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WINTER'S WILDLIFE

with STUART WINTER



SURPRISE
Black-winged kite spotted in Wales



Secret's out: kite visits our shores

Reader letters are a mainstay of newspapers, bringing insightful comments, incredible tips and, at times, incandescent fury.

In the four decades I've been writing a birdwatching and wildlife column, I've received a mixed mailbag, including missives from angry farmers and many a sharp-eyed birdwatcher quick to point out my identification errors.

More welcome have been the photographs of waxwings, cute baby robins and marauding sparrowhawks, along with a host of questions that I have hopefully answered satisfactorily.

Undoubtedly the most exciting correspondence to have come across my desk was from a reader who found an American black-and-white warbler in her garden, and another who reported a sighting so remarkable that I was asked to keep it confidential.

Some decades later, I finally feel I can report the bird in question was a black-winged kite, a long distance straggler from Africa, spotted at a secret location in central England.

The reason I feel justified mentioning the observation is that the first ever official sighting of one of these handsome birds of prey on British soil has just been announced. Black-winged kites are exquisite birds, with pearl-grey plumage, charcoal-tipped wings and fiery orange eyes, more at home hovering over arid African scrub than a Welsh hillside. Such an unbelievable scene greeted a birder who was visiting a remote part of Powys last month, not only providing some breathtaking video footage but also making ornithological history.

The sighting is another chapter in one of the most dramatic range expansions of any bird, spreading from sub-Saharan Africa into Iberia and continuing northwards.

Having started nesting in Portugal in 1944 and then Spain in 1973, the kite reached out over the Pyrenees in 1990.

Today, there are 150 pairs in France and there have been scores of sightings in the Low Countries and Germany.

With reports of nesting as close as Calais, how long before they clasp a talon-hold in Kent or Sussex? Climate change and agricultural land-use are believed to be driving the spread.

FOLLOW STUART ON TWITTER:
@BIRDSEMAN



SHOW TIME
Transforming Hazelbank Park, with its pavilion

Revealing my first step turning a borough into a botanical kingdom

Last Saturday at 10am, just before the ceremonies got under way in Westminster Abbey for the King and Queen, we opened the gates of the new Coronation Garden at Hazelbank Park in Newtownabbey, Northern Ireland, for a day's preview.

For all involved it was a hugely exciting moment, revealing a garden that had been in the planning and planting for the past six months. It all came about at the completion of last year's

garden in the borough, Her Majesty Queen Elizabeth's Jubilee Clockwork Garden.

Since lockdown I've abandoned my treks across the world and made a conscious decision to garden closer to home.

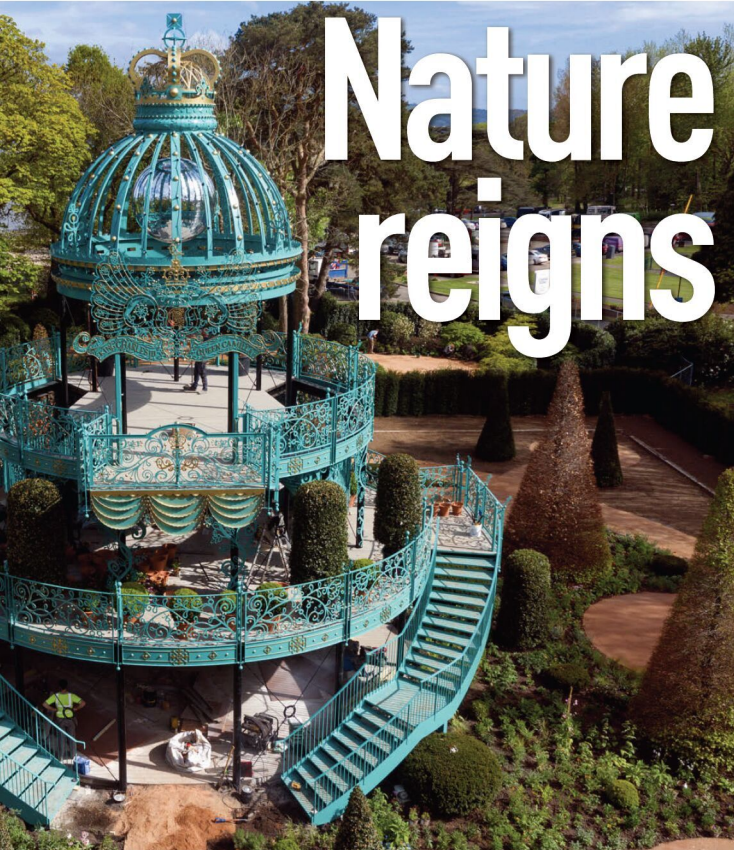
Antrim and Newtownabbey are just two-and-a-half hours from my garden in Wicklow and on my very regular trips there last year, I realised what a special place it was. It's edged on one side by a huge inland lough, Lough Neagh, and touching Belfast Lough, that majestic seafarer's entry

Gardening



With
DIARMUID GAVIN

Nature reigns



into the city. These great waterways have helped to create the perfect environment for growing plants. They act as solar devices – the warming waters ensure much of the landscape never gets too cold.

Plants love to grow here and after the Lord Lieutenant of Antrim had unveiled our garden I had an idea.

Why not turn the whole borough – a population of 145,000 people, with fields, homes, businesses, towns and international airport and motorways – into a huge botanic garden, the first of its type, without walls, fences or boundaries?

A botanic garden for everybody, where the meadows tumble down hills towards the sea,

intermingling with houses and routes to school or church, and a tree collection is outside your front door.

This was voted on by forward-thinking politicians and became policy and it was decided to launch this initiative with a new garden to celebrate last week's events.

And so, at Hazelbank Park, a delicious coastal parkway that skirts the lough shore and enjoys tumbling lawns and mature trees, we found a disused bowling green.

I saw the potential of the space – it was slightly sunken, resulting in further shelter from sea winds and it was bordered on all sides by mature trees.

This would make the perfect amphitheatre in which to build a towering pavilion surrounded by a tapestry of planting.

A perimeter of a native wildflower meadow, lapping against the circulation path, with soaring topiaries of beech, bay and Carpinus standing to attention, and with a teal and gold three-storey ornate pavilion.

It's from here that the joys of gardening, the enormous

beneficial effects of working with our environment, the calming greens and excitement of vibrant blossom, will ripple out through the communities.

And so last Saturday we opened

for a few hours. And later in the month, when the meadow has established and after we add another garden to the development, it will open every day for everyone to enjoy.

And each 15 minutes on the quarter hour through hidden mechanical mechanisms, the garden puts on a show.

To a soundtrack of Morecambe and Wise singing Bring Me Sunshine, box balls bob up and down, bay trees twirl around, bubbles blow and, finally, a two metre mirrorball set in the dome underneath the Royal Crown rotates!

To enjoy the show visit Hazelbank Gardens in Newtownabbey, just outside Belfast from the end of May. I hope to meet you there!

JOBS for the week

■ Unless frost is forecast, your pots and hanging baskets can go outside permanently if you have been gradually acclimatising them in the past few weeks. If not, start to leave them outside during the day so you can adjust gradually.

■ If you're further south, you can plant tender plants such as cannas and dahlias outside and sow tender annuals outdoors. It's summer bedding time so if you fancy some colour, plant some pelargoniums, begonias, lobelias and antirrhinums into your pots and beds. If you're nervous about frost, keep some horticultural fleece handy for warmth at night.

■ In the veg garden, you can sow seeds directly outdoors that had to be done indoors until now, such as pumpkins,

courgettes, squash, French beans and sweetcorn. If you haven't planted potatoes yet, get them in this month. Earth up potato plants – draw soil up to stem to create ridges of soil.



■ Aphids will be visible – keep an eye out for them and remove by hand.

■ Keep successional sowing of quick to crop veg such as salad, beetroot and radish.

■ Lightly hoe borders to remove weed seedlings, which will dry out on the soil surface.

■ Open vents and doors in glasshouses on warm days to improve air circulation.

■ Overcrowded spring bulbs can be lifted and divided once they start to die down.

■ Hang pheromone traps in apple trees to reduce codling moth damage to your fruit.

PLANT of the week

Aesculus hippocastanum Horse chestnut

While the horse chestnut is too big for average gardens, it looks wonderful in woodland settings or as a statue on its own in a field.

It is famed for its shiny brown conkers that it produces in autumn, but the flowers are well worth looking out for this month.

They are a delicious confection of white, yellow and pink and stand upright in panicles like candles on the tree branches. They are also a great source of nectar for bees.

Not native to the UK, it was introduced here more than 400 years ago and is now a classic countryside tree.



You ask...

Hi Diarmuid

I wonder if you could help with a problem with our lawn as last year a great big area of it was destroyed by a very big ant's nest.

I tried putting ant powder on the areas but this killed the lawn.

Do you know what I can use to get rid of them if they come back this summer without further ruining my lawn?

Thanks
Lorraine Hobbs
Horncastle, Lincs

Hi Lorraine

Ants are a valuable part of the ecosystem but they can cause damage to lawns as you describe.

One method you could try is the application of nematodes – these are natural parasites, like little worms that you water into the ground where ants are a problem and they will do the job for you.

Now's a good time to do this as it needs to be around 16°C for this to work. You might need to do a couple of applications to keep your ants under control.
Diarmuid



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Pets



With DAVID GRANT



Our vet works his magic on your furry friends



Worry over lab's itchy spot

Q My two-year-old neutered female Labrador retriever developed an angry-looking red patch of inflamed skin on the side of her face, near her ear. My vet is treating it as a "hot spot" caused by her scratching due to an ear infection. Are these common and do they heal quickly?

A Hot spots are very common, especially in the warmer months. They are also known as acute moist dermatitis, surface pyoderma and summer eczema (an older term). How quickly they respond to treatment depends on whether underlying causes can be found, as these are always present.

Your vet has established the most likely cause in your dog and I would expect a rapid response to treatment – hopefully just a matter of a few weeks. Where the lesions occur can give a clue to the underlying cause.

Ear infections commonly cause scratching on the side of the face, and fleas (an important underlying cause) often cause scratching, rubbing and licking near the tail base.

Just the outermost layer of the skin is affected, and bacteria are not always involved. If the underlying cause is treated and the dog is prevented from getting at the hot spot, many cases get better very quickly.

Often, a collar is used to prevent self-trauma while the lesion is healing, and there are a variety of anti-itch treatments such as sprays or ointments.

Antibiotics are not always necessary unless a deeper infection results, perhaps due to a delay in seeking help.

Q My friend's cat recently had a blood pressure check as part of a general examination. I am now wondering

whether I should have the same measurement for my nine-year-old neutered male cat?

A I strongly recommend that you ask your vet to check for high blood pressure (hypertension) in your cat. Hypertension has many similarities to the condition in people, often going undetected for quite a long time until something goes wrong.

It's far better to detect it early before severe problems arise. These include damage to the kidneys, heart, eyes and central nervous system.

Possible results of this damage are heart failure, blindness due to retinal detachment, cognitive decline and kidney failure.

Two important and common diseases are additionally associated with hypertension: excessive production of thyroid hormone (hyperthyroidism) and chronic kidney failure.

The latest research shows that 20 per cent of cats older than nine years are hypertensive and, in the majority of cases, their owners are not aware.

The point of an annual general examination, such as the one your friend's cat had, is to pick up common diseases such as hyperthyroidism and kidney disease and to start treatment early as possible.

Diagnosing hypertension early aims to prevent the potentially disastrous diseases that I mentioned.

There is no doubt that treatment prolongs life. Modern treatment in pill form is very effective in reducing blood pressure and is given for life.

● David Grant has been a vet for more than 50 years. Email questions to him at pamperedpets@people.co.uk. He can't enter into personal correspondence.

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RESULTS

1.30 SHEER ROCKS (5) Kelso 9:11 D. VAENS... 1.40 CROWN BELL (5) Kelso 9:11 D. VAENS... 1.50 FALCON (5) Kelso 9:11 D. VAENS...

PLUMPTON

GOING: GOOD TO SOFT, SHOWERS... 1.30 SHEER ROCKS (5) Kelso 9:11 D. VAENS... 1.40 CROWN BELL (5) Kelso 9:11 D. VAENS...

LUDLOW

GOING: GOOD TO SOFT IN PLACES... 1.30 SHEER ROCKS (5) Kelso 9:11 D. VAENS... 1.40 CROWN BELL (5) Kelso 9:11 D. VAENS...

HAMILTON

GOING: GOOD TO SOFT IN PLACES... 1.30 SHEER ROCKS (5) Kelso 9:11 D. VAENS... 1.40 CROWN BELL (5) Kelso 9:11 D. VAENS...

ONE A DAY

1.30 SHEER ROCKS (5) Kelso 9:11 D. VAENS... 1.40 CROWN BELL (5) Kelso 9:11 D. VAENS...

ALTO

1.30 SHEER ROCKS (5) Kelso 9:11 D. VAENS... 1.40 CROWN BELL (5) Kelso 9:11 D. VAENS...

EYE OF THE WATER

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INFINITE COSMOS

1.30 SHEER ROCKS (5) Kelso 9:11 D. VAENS... 1.40 CROWN BELL (5) Kelso 9:11 D. VAENS...



BY DAVID YATES MILITARY ORDER (left) is Ladbrokes' new 4-1 favourite to emulate his brother's success...

to Epsom goal after landing the Fitzdars... The Charlie Appleby-trained son of Frank...

Waipiro by a length and a quarter under William Buick yesterday.

"He's very balanced and a beautiful mover, and at this stage of his career" he's very much like Ady," said Buick.

NEARCO

1.30 SHEER ROCKS (5) Kelso 9:11 D. VAENS... 1.40 CROWN BELL (5) Kelso 9:11 D. VAENS...

LEICESTER

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CATHERINE

1.30 SHEER ROCKS (5) Kelso 9:11 D. VAENS... 1.40 CROWN BELL (5) Kelso 9:11 D. VAENS...

3.30 JON ROGERS

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3.50 YOUNG BUSTER

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1.40 THE GLORY

1.30 SHEER ROCKS (5) Kelso 9:11 D. VAENS... 1.40 CROWN BELL (5) Kelso 9:11 D. VAENS...

2.00 ZURIGA

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4.00 KNOCKOUT

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GOLF LIV it up? I'd rather be Rydin'

US PGA CH'SHIP
Oak Hill, Starts Thurs
BY NEIL MCLEMAN
MATT WALLACE is ready to replace Ian Poulter as Europe's Ryder Cup firebrand in Rome this September.

And as the Londoner (below) prepares to tee-up in this week's US PGA, he insists he has no regrets about not signing for LIV Golf. "It's money," he said. "That's all it is."

Now the world No.116 is determined to climb the World and FedEx rankings to make Luke Donald's European side. Wallace, 33, speaking from his Florida base via Zoom, said: "I want to be there, 100 percent, and I know I can do well at a Ryder Cup.

"My level of intensity and fire is probably more suited to football or American football.

"This is why I feel like I play my best golf in the highest pressure moments.

"I am very much up for the Ryder Cup. It means so much to me. I'm excited. Just sitting here now, I'm f***ing fired up. But I know I have to play better golf, and that is what I am going to try and do.

"What gets me up in the morning are world-ranking points, FedEx points, and then money - because the other two take care of the third.

"I saw my mate Taylor Gooch has earned \$19million (£15m) from LIV now. Great for him.

"I saw an article saying that his decision must be 'justified'. What's justified about it? That he's won \$19m? He's got nothing but a cheque and a trophy.

"You're just taking the easy road. I don't have qualms about that - if I were in their position at that time, maybe I'd have done the same - but it feels like their careers have ended short."



RUGBY UNION: PLAY-OFFS

Gallagher
PREMIERSHIP
RUGBY

Sarries hitting Max velocity...

...AS 'MASTERFUL' FARRELL STEERS THEM TO FINAL



FLYING VISIT
Saracens and England winger Max Malins puts home side beyond reach with 75th-minute try

**Saracens 38
Northampton 15**

BY ALEX SPINK

OWEN FARRELL was hailed as "masterful" after leading Saracens back to Twickenham, for a seventh Premiership final in 10 years.

The England captain turned on the style in front of national boss Steve Borthwick to set up a showpiece clash with Leicester or Sale in a fortnight.

The Londoners buried the Premiership's top-scoring team beneath a five-try avalanche - the final blow landed by Max Malins - and Farrell pulled the strings throughout. "I thought

Owen was "masterful," Saracens boss Mark McCall said. "You saw how he attacked, and he defended as well as anyone. He is so in control of his game."

Saracens rode their luck given Sean Maitland was fortunate to escape a first-minute card for clattering into George Furbank. Not only did he stay on the pitch but scored the game's first two tries against a Saints side playing its first game for three weeks.

Phil Dowson, Northampton's director of rugby, refused to cry foul, instead blaming his team's defensive fallibility. "We

need to be better at not conceding tries," he said. "It's been an issue all season."

He had a right to feel let down by the failure of Furbank and Alex Mitchell to deny Maitland his first. It was soon double the joy for Scotland wing Maitland after



Courtney Lawes had been pinned despite Farrell (left) looking the more obvious offender.

The fly-half kicked to the corner and, after Sarries' maul fractured, he switched play to the short side, threading through a grubber for Maitland to bag his second.

Ruthless Sarries are unbeaten in their last 15 games in the competition.

On home turf they delivered a masterclass with nine first-half turnovers, while Saints coughed up a try so soft it will give poor Alex Waller sleepless nights.

The prop stepped outside, but rather than protect the ball until the defence set, he gave it to Ivan van Zyl and turned his back, as the scrum-half tapped and burst through the unguarded hole to score.

Saints were so frustrated and vented it when Farrell was timed out kicking a penalty, yet it was allowed to stand.

They hit back with tries by Mitchell and James Ramm. But Sarries' two late scores - a penalty try and Malins' cup de grace - halted resistance.

SARACENS: Tries: Maitland (2), Van Zyl, Penalty, Malins; Cons: Farrell (4); Pen: Farrell
NORTHAMPTON: Tries: Mitchell, Ramm; Cons: Smith; Pen: Smith

FREDDIE STEADY GO

Leicester v Sale
Today, 3.30pm, BT Sport 1
BY ALEX SPINK

FREDDIE STEWARD says winning the Premiership would be more special for Leicester this season than last - due to the upheaval caused by England nicking their coaches.

Tigers, who travel to Sale for today's semi-final, were crowned English champions a year ago, for the first time since 2013. But success came at a price as head coach Steve Borthwick and his assistant Kevin Sinfield were chosen by England to replace sacked Eddie Jones.

No sooner had Richard Wigglesworth and Aled Waters stepped up to fill their shoes than England came calling again to sign those two up as well.

Last week's hiring of scrum coach Tom Harrison means Leicester will have lost FIVE coaches by the end of this

Steward: Tigers chasing our fairy-tale ending... after losing FIVE coaches

tumultuous campaign. "Last season was an incredible journey," said England full-back Steward (right). "But given the roller-coaster that this season has been, it would be a fairy-tale ending if it were to finish at Twickenham."

Leicester suffered three straight defeats after Borthwick's departure, and interim boss Wigglesworth admits that he questioned his decision to take the job - before steadying the ship impressively and setting it on course for the play-offs.

Steward said: "When the initial [Borthwick] announcement was made, there was a bit of shock and frustration - probably a lot of emotions, I think, from the

players. But that's natural when you lose your head coach and your defence coach - it's not going to be all smiles, happy and get on with it.

"It took us a couple of weeks, but part of that was because we were probably a bit hung up on it.

"But to have seen the response since - the mental resilience to not roll over, give in and accept it - and the way this playing group has battled through that to be where we are now, is a phenomenal achievement."

For Tigers to take the final step to Twickenham, they will need to get the better of George Ford, the brains behind their title win a year ago. The England

fly-half is piloting the Sale team which finished the regular season 10 points clear of Leicester, after beating them home and away.

But Ben Youngs, his former half-back partner, warned: "We are going up there full of intent to win. No team wants to give away the title, no team wants to lose a semi-final. We have a clear game plan."



» ALEX SANDERSON has urged Sale fans to be "loud, passionate and northern" today as the Sharks bid to reach their first Premiership final for 17 years.

England star Tom Curry returns to a lineup captained by his identical twin brother Ben to face champions

Leicester at the AJ Bell Stadium. Sharks boss Sanderson praised the fans for their "fervent" support all season but said: "We're going to need you again on Sunday."

Two-time Premiership winner George Ford starts at fly-half for Sale against his former club, with fellow ex-Tiger Manu Tuilagi alongside at inside centre.

RUGBY LEAGUE

ROBY IS ON ROLL

Saints hero honoured



	P	W	L	F	A	Pts	
Warrington	12	10	0	2	317	169	20
Wigan	12	8	0	4	269	159	16
Hull KR	12	8	0	4	272	162	16
Catalans	12	8	0	4	290	204	16
Leigh	12	7	0	5	248	197	14
Salford	12	7	0	5	242	221	14
Leeds	11	6	0	5	296	191	10
Leeds	12	5	0	7	249	239	12
Hull	12	5	0	7	178	328	8
Huddersfield	11	4	0	7	171	186	8
Castleford	12	2	0	10	131	302	4
Wakefield	12	0	0	12	77	345	0

FOR THE RECORD
James Roby in action and (left) applauding the St Helens fans

St Helens 26 Salford 12

By Ross Heppenstall

JAMES ROBY wrote another record-breaking chapter into his glorious St Helens career on an emotional, and typically victorious, afternoon.

The iconic Saints captain, 37, made his 532nd appearance for his hometown team, a club record to take him past Kel Coslett.

It is a feat unlikely to be surpassed for decades – possibly never – and a rich testament to his amazing 20-year career. Modest Roby, a one-club man, said: “I’ve got this far by approaching things with the same mindset and I just tried to do that again. I knew it was going to be a special occasion and it was great. I’ll remember this day for a long time.”

Serial-winner Roby was given a guard of honour by the St Helens players and a number of club legends before kick-off.

At the end his team-mates held a huge banner which simply read: “James Roby – The greatest of all time.”

The much-loved hooker is retiring at the end of the Saints boss Paul Wellens said:

“Robes is the greatest player in Super League history and that is undeniable.

“He won Man of Steel in 2007 and I reckon he’s had 10 seasons better than that. That just gives an indication of how incredible he is. His brilliance has almost become normality over 20 years.”

Saints fans chanted for “one more year” after Roby’s effervescent 75-minute display as the defending champions hit back from 12-0 down for victory.

Smart

Wellens added with a smile: “I went out for dinner last Saturday with my wife, and Robes and his wife. At no point did I try and persuade him to do another year!”

“His mind is firmly made up and it’s a smart decision. We want to send him off as a champion.”

Salford stormed into a 12-0 lead inside the opening quarter.

First, King Vinuyayawa sent Brodie Croft racing clear to score.

Then full-back Ryan Brierley swapped passes with Kallum Watkins and burst clear for a second before Saints’ made their class play.

James Bell dived over before second-half scores from Curtis Scrimgeour, Jonny Lomax, Tommy Makinson and Joe Batchelor saw Saints home.

Salford could not cope with their intensity, and boss Paul Rowley said: “Our discipline with the ball in the second half was really poor and Saints best up.”

ST HELENS: Tries: Bell, Scrimgeour, Lomax, Makinson, Batchelor; Cons: Makinson (3)
SALFORD: Tries: Croft, Brierley; Cons: Sneyd (2)



SPORTS SHORTS



It's a Rush job for slick Warwickshire

CRICKET

WARWICKSHIRE showed their title ambition with a four-wicket home win over ESSEX inside three days.

Match figures of 9-90 from seamer Chris Rushworth (above), 36, ensured a first defeat of the season for Essex.

NORTHANTS collapsed again as NOTTS won by an innings and 25 runs after Dane Paterson took 5-16 as the hosts were skittled out for just 72.

In Division Two, GLAMORGAN beat WORCESTERSHIRE by 10 wickets for their first victory of the season.

MOTO GP BY ZOE BURR

JORGE MARTIN powered to his first MotoGP Sprint race win of the year at Le Mans – while home hero Fabio Quartararo left French fans disappointed.

“I’m super proud of my team and proud of myself because it’s been a long time since we were here on a first position,” said Spaniard Martin.

Disaster hit Quartararo with four laps to go. The Monster Energy Yamaha rider was eighth, but made a mistake and crashed out on lap 10.



Darier's reaching for final high note

BASKETBALL

LEICESTER RIDERS captain Darlen Nelson-Henry bids to sign off as a BBL play-off final hero today (4.15pm).

Nelson-Henry aims to help the Riders upset London Lions at the O2 Arena in the capital before he retires after four years with the club. The American forward (above, left), 29, said: “I’m looking forward to finishing my British career on a high note.”

But the Lions are hot favourites having won the Championship, and beaten Leicester in the BBL Cup final.

TENNIS

DAN EVANS bowed out of the Italian Open against old enemy Roberto Carballes Baena yesterday.

Last month the British No.2 saw his bid to secure a second ATP Tour title ended by the Spaniard at the semi-finals stage in Morocco.

And Evans came a cropper again, losing 7-6 5-7 6-4 in Rome.

Follow Brit Cameron Norrie playing Hungary's Marton Fucsovics in today's third round, as he warms up for this month's French Open.

ALONSO'S REAR-VIEW VISION

FORMULA ONE BY NEIL MOXLEY

FERNANDO ALONSO says hunting down Red Bull is the dream – but keeping the pack in his rear-view mirror is the benchmark for him and a resurgent Aston Martin.

The veteran Spanish driver is tearing it up with the Warwickshire-based marque – though behind the dominant Red Bull.

He accepts that catching Max Verstappen and Sergio

Perez is a very tall order, and his first priority has got to be leaving Mercedes and Ferrari swallowing his exhaust fumes.

That was the result in Miami – and it is reflected in the drivers' standings, too – with the two-time champion notching up four podium finishes.

He said: “I think it is going to be difficult this season, the gap to Red Bull is quite big.

“But I think, in our last race in Miami, we showed our best pace of the season. Hopefully, on

some circuits, we can get a bit closer to them.

“And we do have some updates on the car that might put us in a different, even more competitive, position.

“But our main focus has to be looking behind at Mercedes and Ferrari. We have to try and stay ahead of them in the constructors' championship.

“We have to accept that Red Bull is doing better than all the other teams and we really have to get much better before we

can beat them.” The podium finishes have sparked questions from the media about when, not if, Alonso will receive the chequered flag again.

That made the 41-year-old laugh, but his comeback would be a relief if he could.

He added: “If we can continue to beat Ferrari and Mercedes, that's good. If we can't keep up with their progression, we're trying to prepare as best we can for 2024. But we're experiencing tremendous growth.”



MIAMI NICE Tasty third for Alonso

CHAMPIONS LEAGUE SEMIS

SECOND LEGS
sky sports

TWO DOWN: Milan's Diaz
Diaz: It's not Inter bag yet!

Inter Milan (2)
v AC Milan (0)

Tuesday, Kick-off 8pm

BY TOM HOPKINSON

BRAHIM DIAZ admits AC Milan face a "unique" challenge in their bid to overturn Inter Milan's 2-0 lead and make the final.

But the ex-Manchester City striker, on loan at the San Siro from Real Madrid, is adamant there is still time for his team to change the face of the tie.

The 23-year-old said: "Defeat was a blow to morale, but we still have 90 minutes to change the picture of the semi-final."

"It is not impossible that we will beat Inter on Tuesday. Matches against your biggest rivals are unpredictable. The teams are equal and, maybe, any team can still win."

"After our excellent run in this Champions League, it would be painful to lose because of the first leg."

"We are really unhappy, but will be looking forward to the second match."

"Milan will look to jump onto the pitch with a unique challenge – to forget the 2-0 defeat and to win through to the final."

"The key will be to get back to our level and score the first goal early."

Inter keeper Andre Onana insists his side are not taking anything for granted, despite such a comprehensive first-leg victory.

Their goals came from former City striker, Edin Dzeko, and ex-Manchester United and Arsenal man Henrikh Mkhitaryan.

"It's certain that we have an interesting advantage, but in this type of derby match anything can happen."

"We must use our heads. Milan have to attack from the first moment to search for goals – and that is positive for us – but we can't relax. We cannot be conservative. That's impossible."

"Inter won't change our system – that would be a disaster after our victory."

WE MUST WORK A LOT HARDER

Guardiola tells City stars: Raise your game... it's time to bust Erling free from Real lockdown

Man City (1) v Real Madrid (1)
Wednesday, Kick-off 8pm, BT Sport 1

BY STEVE BATES

PEP GUARDIOLA has promised Real Madrid that they will see a very different Erling Haaland on Wednesday.

Haaland had a tough night at the Bernabeu last Tuesday, with Real's former Chelsea defender Antonio Rudiger winning their duel.

The 51-goal Norway striker had only 21 touches in Spain – the fewest of any starting player in Madrid, including keepers Ederson and Thibaut Courtois.

City's Ederson even outdid Haaland in passing stats, with 19 to 13 for the newly crowned Football Writers' Association Footballer of the Year.

Haaland has scored 35 of his 51 City goals on home soil. And, with the tie balanced at 1-1, Guardiola is hoping to see Haaland flourish back on familiar territory, giving better supply by his team-mates.

The Manchester City boss said: "So congratulations to Rudiger. For Erling we cannot forget, at 22, it is the first time he has played the semi-finals of the Champions League."

"On that first time, he goes to the Bernabeu, one of the biggest stages, against Real Madrid, a top, top club with

good defenders, good midfielders, good strikers.

"Next time will be a little bit easier for him. If the team is able to play a little better in some departments that we are thinking about for Wednesday, maybe it will be easier for Erling."

"But he fought a lot and showed incredible commitment in what he had to do. I am pretty sure he will be ready first for

Everton and the next games."

So, too, will Kyle Walker – whether he plays or not in the

match today at Goodison Park. The England right-back, 32, has been a key figure in City's trophy-winning success, but has played in only 32 of the club's 54 games this season.

But that has left Guardiola saluting the attitude of his speedy defender after having benched him for both legs of the quarter-final against Bayern Munich, and then started him in Madrid.

"Why should he not be ready? It doesn't matter if he has played or not played. The players get taken care of really well –

when the team needs them, they will be ready. Kyle has been that," said Guardiola. "He knows why he didn't play at times this season."

"We spoke together many times and he knows the reason, which is just tactical decisions, no more than that."

"He is a really important player for us, but sometimes we need one type of player in that position and sometimes we need him specifically."

"In the FA Cup, Sergio Gomez hadn't played, but we needed him for the way Sheffield United defend. I am very pleased that all the time Kyle is ready for us."

Camavinga: We can win anywhere!

BY TOM HOPKINSON

REAL MADRID star Eduardo

Camavinga says he wants a carbon-copy performance of his side's display in the Bernabeu to help ensure the Spanish giants win through. The Angola-born midfielder said: "Our defenders demonstrated that it is possible to stop Erling Haaland – now we need to repeat that at the Etihad."

"Haaland is not the unique problem for us against City."

"In Madrid, Kevin De Bruyne scored – another excellent

footballer.

"But I am convinced we will score in England. We won against

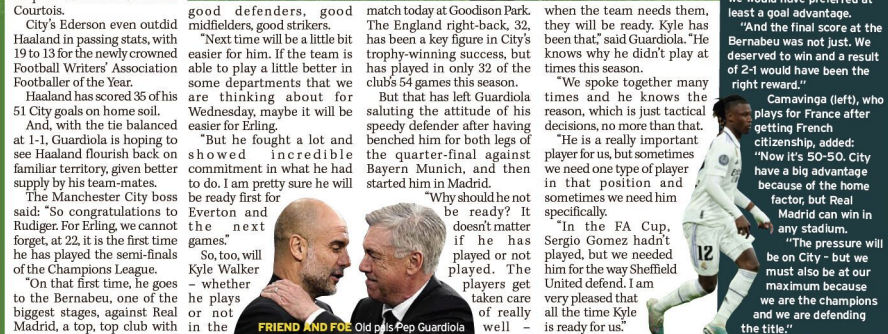
Chelsea and Liverpool and it's feasible we can beat City. "We will go to Manchester with morale high. A scoreline of 1-1 is not so bad, although we would have preferred at least a goal advantage."

"And the final score at the Bernabeu was not just. We deserved to win and a result of 2-1 would have been the right reward."

Camavinga (left), who plays for France after getting French citizenship, added:

"Now it's 50-50. City have a big advantage because of the home factor, but Real Madrid can win in

any stadium. "The pressure will be on City – but we must also be at our maximum because we are the champions and we are defending the title."



FRIEND AND FOE Old pals Pep Guardiola and Real Madrid boss Carlo Ancelotti

NEIL MOXLEY

Twitter: @neil_moxley

email: neil.moxley@people.co.uk

Happy wife, happy life ... rock on Mark Robins

LAST Monday afternoon I was in a boozier in Paris, watching the final day of the Championship regular season unfold on the BBC's live feed. It was a delight.

Nursing a pale ale, the twists and turns on the screen as Sunderland grabbed their play-off chance and Millwall blew theirs... it was gripping. But my eyes were fixed – transfixed actually – on Coventry City's progress at Middlesbrough.

That one was personal. I know there are other people up and down the country who, for their own reasons, wanted this or that team to get into the post-season shake-up. None of them, however, live with my wife.

Sky Blue to the core – and don't we know it in our house. This is a woman who still hasn't forgiven any of the following individuals, and some of these grudges go back over two decades:

Gordon Strachan

He was in charge when Coventry City were relegated from the Premier League in 2001. Mrs M burst into tears. And it was at Villa Park. Not good.

Craig Bellamy

He once said something bad about the club in a newspaper article. Never been forgiven.

Dion Dublin

He didn't turn out for Coventry in a match ahead of his £6million move to Aston Villa. That was 1998. One match, 25 years ago – and still referred to as 'Judas'. I've given up telling her he's one of the good guys.

Clever, hard-working, loyal, honest – and I love my wife dearly for all those reasons – but her football club has caused me no end of angst.

Highlights? Precious few, until Mark Robins took charge six years ago. Any previous positives were massively outweighed



GOD HELP US ALL...
A divine Robins put Coventry in the play-offs

by the general chaos. In no particular order, we've had denotation from the Premier League, the takeover by clueless, and eventually despised, owners SISU. Then a financial meltdown, followed by a row over the Ricoh Stadium (as was) before a move to Northampton. Then a move to St Andrew's and eventually, back to Coventry.

When the club slipped into League Two in 2017, life became exasperating.

One Saturday evening in December 2018, I kid'ye not, I was going into the shower ahead of a night out.

At that point Coventry were happily winning 1-0 at Walsall. It was the 88th minute. And by the time I'd come out, they'd lost 2-1.

Myself and my 15-year-old daughter I snatched her into the bosom of

Birmingham City, which now doesn't look like a great move – have been conditioned to the following:

■ Every victory is not considered in any way other than it being three points that keeps Coventry City three points further away from a relegation battle.

■ Every player who once donned a Sky Blue shirt is now "bound" to score against them. Believe me, it gets boring after two decades.

■ Every time Sunderland are playing anywhere – she automatically wants the other side to win.

That one goes back to 1977, Jimmy Hill, relegation and all that.

She was six months old when it happened. I told you she can bear a grudge.

So you can imagine my horror, watching on in Paris, when the following conversation unfolded after the final whistle at the Riverside last week.

I texted my daughter. Me: Your

mother is driving me mad, already.

Daughter: Do not even start with me.

Daughter: She went and shopped and told me not to tell her the score.

Daughter: Then, when it was over, I pranked her.

Daughter: And told her she didn't get in the play-offs.

Daughter: Then I told her she did. Daughter: And water went in her eyes.

Me: OMG! Are you mental?

Me: Why would you do that?

Daughter: Just in a silly, quirky mood.

Me: I'm surprised you are still in one piece.

Daughter: And then she still moaned about Sunderland...

In my eyes at least, Robins is a god. And if there is such an entity, may he smile down on me and my offspring today at noon.

If he doesn't, pray for the Moxley Two, will you?

TAA, THAT IS HEROIC

IN establishing The After Academy, Trent Alexander-Arnold tackled one of the remaining unspoken issues in the game head-on.

The Liverpool full-back has clearly seen the heavy emotional toll that rejection takes on youngsters once they are told they won't make the grade. Professional sport is brutal.

But clubs have taken hundreds of millions out of the game and done nothing to address the very real problem that, yes, they have created.

And it's to TAA's eternal credit that he has not only recognised there is an issue – but is doing something about it by trying to partner these kids with employment prospects once they are tossed on the scrap heap.

The PFA is getting involved. But Alexander-Arnold is personally funding this during the next five years – and it would be a massive step if the Premier League formalised his initiative.

If the clubs won't do it themselves, the governing body could withhold some cash to provide a pot of money to ensure there is life after the game for these kids.

OLE GUNNAR SOLSKJAER has raised his head above the parapet this week to slam-dunk Manchester United's current crop as 'snowflakes'.

Last week it was revealed that Paul Scholes used to tough Paul Pogba in training to toughen him up for the battles ahead. There's a theme developing here, anyone spot it?

WEST HAM pull in more than 62,000 supporters on average when they play at home in the Premier League.

If they qualify for the final of the Europa Conference League, there will 19,000 tickets up for grabs at the Eden Arena in Prague.

UEFA need to decide if this is a serious competition, or not.

WAT MOVE VAL-UABLE

BRILLIANT news for Valerien Ismael – Watford's 19th manager of the last decade.

His appointment has come so soon after the end of the season that he's got almost three months before football starts again.

Even if he's fired after half-a-dozen matches – which is about as long as the Hornets give any boss – he should be entitled to a six-month pay-off.

That's nine months' cash for doing one month's work.

Big respect to Valerien (above) for snaring that gig.

IF Manchester City lose at Everton this afternoon, with Pep Guardiola blaming Eurovision for the match scheduling, will his team have met their 'Waterloo'?

I'll go and get my coat. Again.

WHO'S HOT THIS WEEK

CITY BREAK

IT'S difficult to come to any other conclusion that the Manchester City v Real Madrid semi-final should have been the final. The first leg was brilliant. The only consolation is that there's another one this week.

VINTAGE CLARET

DAVID MOYES' West Ham, moving clear of Premier League danger and with one foot in the final of a European competition. Don't be like the Hammers of old – just get the job done, will you?

RUDI MISTAKE

ANTONIO RUDIGER'S brilliant man-marking job knocked Erling Haaland out of his stride at the Bernabeu. A reminder of why Chelsea should have kept one of the best defenders in the business.

...AND WHO'S NOT

FIFA LOOPHOLE

FIFA's new directive restricts clubs such as Chelsea hoarding young players. Now only seven will be out on loan every season – instead of 41 under Roman Abramovich. But there are still loopholes. Close 'em.

STICKY WICKET

ENGLAND bowler Jofra Archer is already injured – and now James Anderson picks up a groin strain. And it was all going so well. Wrap the latter in cotton wool and wheel him out when the Aussies hit town.

SAME AGAIN

TOTTENHAM – Julian Nagelsmann has rejected them. Chairman Daniel Levy is lining up another foreign director of football after the last failure. There's a common theme here, too, isn't there?

THE LAST WORD... It's all right saying there will be a £250million firesale of talent if Everton are relegated. Really? The majority weren't worth the fees paid in the first place. No one is going to be falling over themselves to buy that lot if the Toffees suffer the drop.

LEICESTER v LIVERPOOL



EXCLUSIVE
by John Richardson

WHEN Mo Salah dallied over signing a new deal last summer, record goalscorer Ian Rush told the Egyptian to stay – and join Liverpool's pantheon of legends.

Rush is still way out in front of the all-time Kop hitmen with 346 goals.

Salah, who heeded the Welshman's advice, has joined Steven Gerrard in fifth place on 186 goals after notching the winner in last weekend's 1-0 defeat of Brentford.

But Salah is in a class of his own when it comes to scoring in consecutive home games. It's nine and counting at Anfield – the best sequence in the club's 131-year history.

Salah (right, centre) goes gunning for Leicester tomorrow night at the King Power Stadium having struck 30 goals for a third season running, 19 of them in his last 15 Premier League games.

Rush (below) said: "I have a good relationship with Mo and when there were some doubts over whether he was going to sign his new contract, I told him if he stayed longer at Liverpool he could break records and become a legend at the club."

"I said for that to happen he had to extend his stay."

Rewarded

"To become a real Liverpool legend, I believe you have to be at the club nine or 10 years, continuing to do the business. It also gives you a better chance of breaking records."

"I don't think he ever really wanted to leave. Mo was just keeping his options open."

"In fairness, he wanted to be rewarded for being one of the best players in the world."

"He's now close to acquiring real legendary

DON'T RUSH OFF... BE A KOP LEGEND

Words from great Ian that made Mo stay

status. If he keeps on delivering, he will definitely become one of Liverpool's greatest ever players."

And Rush, also a Liverpool ambassador, believes that Salah – as he approaches his 31st birthday – has developed his game since arriving six years ago for what looks a bargain £3million.

"As Mo has become older, he has thought more about the team," Rush said, "I've noticed him running back trying to help his defence."

"That was always a rarity in past seasons. His willingness to track back and his

increasing number of assists in addition to the goals is making him the complete player. It's a fantastic

achievement to score 30 goals for a third successive season.

"And some people were saying he wasn't having a very good season!

"He's got a real chance of pushing himself into the top four or five Liverpool players of all time. I don't think I have seen him looking so happy."

Stumble

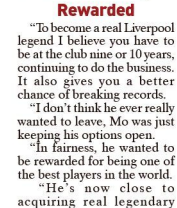
A surge for a Champions League place is very much on – although Liverpool need rivals to stumble.

Rush added: "That can easily happen. What I don't want to see is Liverpool not to win their last three games and then just miss out."

"If they win their last three games and it isn't to be then fair enough, they have left things too late."



Salah (right, centre) goes gunning for Leicester tomorrow night at the King Power Stadium having struck 30 goals for a third season running, 19 of them in his last 15 Premier League games.



Rush (below) said: "I have a good relationship with Mo and when there were some doubts over whether he was going to sign his new contract, I told him if he stayed longer at Liverpool he could break records and become a legend at the club."

Klopp's coming to get you, City

by Steve Bates

JURGEN KLOPP has vowed to create a team to reignite Liverpool's title battles with Manchester City next season.

Despite an erratic Premier League campaign, Liverpool head to relegation-threatened Leicester tomorrow still in the hunt for a top-four place after six straight wins.

But Klopp insists Liverpool must focus on their own pathway next season – and not become obsessed with closing the current 20-point gap on Pep Guardiola's stars.

The Kop boss says: "It's not just about Manchester City. It's a team we can create a team that can win the majority of the games next season? Yes, we can."

"It's not about what the others do – it never was."

"We'd have been champions but for a point twice in the last five years. Getting 90-odd points is absolutely

insane, it's pretty special and no one should take that for granted."

"Next season I think the top five, six or seven will get even closer together. "It'll get more difficult and more competitive which it already has done this year."

"It doesn't make it easier but it gives everyone with a good idea a chance to be part of it and that is all that you go for actually."

Battle

"Because if you're part of that battle then you can win it."

"There are two game seasons in the league where you play Man City or Arsenal and all the other guys."

"There are five million ways to win a football game – and you only have to find one."

"But a successful season is that you are ready for all the games that you can win. And if you can win 25 games and if

City, Arsenal, Chelsea, Newcastle, Tottenham, Man United are all involved in that 25 then it's even better."

Klopp is delighted with the progress of £85million striker Darwin Nunez, even though he has only scored once in 11 games.

"He said: 'There's a lot more to come, that's clear. Darwin needed time to settle.'

"The most difficult thing for a striker is to come into a team that's not clicking."

"So to score 15 goals is absolutely fine."

Klopp still believes Liverpool are top-four outsiders but he's happy with the late-season surge that tees

up next term. He said: "I never question these boys, never. Mentality-wise, they are exceptional. All we can do is go with everything and really make the best of what we've got so far."



CRYSTAL BALL
Klopp says they will rival City next season

TOMORROW, 8PM
sky sports main event



Smith:
We must get it right in the head

by Neil Moxley

DEAN SMITH has challenged his Leicester City players to find their mental edge – and avoid relegation.

The Foxes chief was seething at the individual errors that saw Fulham dish out a Bank Holiday battering.

He blamed the 5-3 defeat on a series of individual mistakes – playmaker James Maddison also questioned the team's desire – before softening his stance later this week.

Interim manager Smith (above) said: "I felt the second goal down there affected how we approached the rest of the game."

"We've shown we can come back from a goal down – it wasn't so much that."

"But we need to keep concentration and focus and not let goals affect us as much as they do. I certainly felt that with the second."

"We looked a yard off it, if I'm being honest. Because that was psychological or not, I don't know – but it appeared to be – because I get the running numbers afterwards and we were slightly higher than Fulham in every metric."

"The psychological bit can let you down. When players go into the game, their decision-making has to be good."

Since Smith arrived, his team have let in 11 goals in four matches.

With fixtures to come at Newcastle and against West Ham on the final day, any improvement needs to be immediate.

Leicester face a Liverpool side tomorrow that has chalked up six wins on the spin, while the Foxes haven't kept a clean sheet in their last 20 matches.

Smith added: "We have to be better defensively. We need to find a balance that doesn't detract from our attacking intent. We need points, we know that."

"You'd look at Liverpool and think it's not a good time to face them. But they've not won as many games on the road as they normally do."



Trent's got Euro vision

by John Richardson

TRENT ALEXANDER-ARNOLD believes the tough times will inspire him when Liverpool seek to nail a definite Champions League spot next season.

The Anfield defender (above) admitted: "It hasn't gone as well for me as it has done in previous seasons – and last season specifically – but I know there have been games when I have performed really well. It has been a season I can learn from to improve."

"I look at it the same way – you don't go from being a world-class team or a world-class player last season to then losing that ability and talent... and not still having that within you."

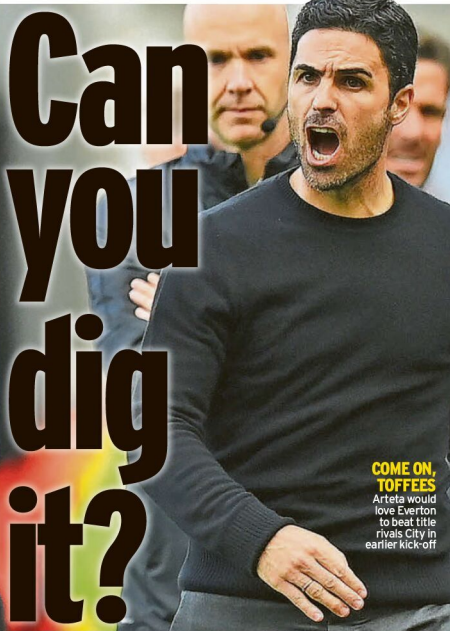


ARSENAL v BRIGHTON



TODAY, KICK-OFF 4.30PM

sky sports main event



Can you dig it?

COME ON, TOFFEES
Arteta would love Everton to beat title rivals City in earlier kick-off

'MO WILL BE UNMOVED'

FINAL

ARSENAL	
Today Brighton	H
May 20 N Forest	A
May 28 Wolves	H

BRIGHTON	
Today Arsenal	A
May 18 Newcastle	A
May 21 Saints	H
May 24 Man City	H
May 28 Aston Villa	A

BY CHRIS HATHERALL

FOUR months ago Moises Caicedo was dreaming of a move to Arsenal.

Today he goes to the Emirates looking to help Brighton into Europe, and will face a former team-mate who DID manage to jump ship to north London.

Ecuador midfielder Caicedo was denied a move to the Gunners in January despite a £70million bid. But Leandro Trossard did go, after falling out with Roberto De Zerbi.

The Seagulls boss (above) said: "I think it will be normal for Caicedo. He is playing

for only Brighton. I have no doubts. He's always one of the best on the pitch.

"He played at right-back recently, not his normal position, and didn't change his quality of performance. I'm really happy with him. Every match he performs well. He's a really big player for us.



"Trossard was a fantastic player for us - and he's still a fantastic player.

"But we have other players, and I'm proud of my squad. They want me to think only about them - and not talk about other players in other teams."

YES WE CAN... ARTETA BACKS HIS BOYS IN THE TRENCHES

BY TOM HOPKINSON

MIKEL ARTETA has vowed that Arsenal will dig as deep as they can to land the Premier League crown.

And the Gunners boss - once a Goodison Park midfielder hero - is hoping his old club Everton can do him a massive favour by beating Manchester City in one of today's earlier kick-offs.

Arteta, whose side host Brighton at 4.30pm, said: "We are going to continue to dig - dig, dig, dig, dig - and maybe the prize is there."

Arsenal go into today a point behind leaders City, but having played one more game than Pep Guardiola's side.

Arteta added: "The stakes are huge and we are full of enthusiasm to get that prize in the best possible way.

"To do that, we have to win our matches. The first one is Brighton, and they are fighting for something very important. That is what is going to make it really complicated."

There is hope that Sean Dyche's Everton could complicate matters for City in their 2pm kick-off, especially after the Toffees' 5-1 victory over Brighton last Monday.

Dyche's first game in charge of Everton saw them beat Arsenal

in February, so they already have form this season for winning against the side which is top of the table.

Arteta, who spent six-and-a-half years at Goodison as a player, said: "Obviously, they are playing for their life right now and you could see that against Brighton.

"Sean instilled that belief again and that cohesion around the team and the fans to create something special.

"As a huge Everton fan, I want the best for them and that's not going to change this weekend.

"The way they are competing every week, they had some very good results and some others that deserved more.

"They have been really, really competitive in the last few months."

Brighton know that better than most, and will look to bounce back from their hammering by Everton.

Arsenal midfielder Thomas Partey said: "You can see Brighton play good football and their mentality is strong. They never give up and always want the ball. It will be a difficult game."

Asked if they will have something to prove after Monday's defeat, Partey added: "When a team has that mentality, it is hard to stop them. "But when you win games you have more of a chance of winning the next because your confidence level is high."

LIKELY TEAMS

ARSENAL: Ramsdale, White, Kiwior, Gabriel, Tierney, Odegaard, Jorginho, Xhaka, Saka, Jesus, Martinelli

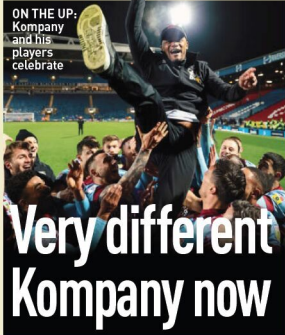
BRIGHTON: Steele, Gross, Dunk, Colwill, Estupinan, Caicedo, Gilmour, Enciso, Mac Allister, Mitoma, Ferguson

"Gambling was tying me in knots"

If you're worried about how gambling makes you feel, we can help.

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Advice | Tools | Support

ON THE UP: Kompany and his players celebrate



Very different Kompany now

by Steve Bates

VINCENT KOMPANY believes Burnley are returning to a Premier League significantly changed since his last season as a Manchester City title winner four years ago.

But the Turf Moor boss says the Claret, relegated last season, have been preparing to climb back into the big time since before Christmas.

He is confident he knows what is needed for Burnley to succeed after storming to promotion with 101 points, losing just three games.

Kompany said: "I left the Premier League four years ago. And it has definitely become more athletic in the bottom half of the table."

"The top half has always been a very high standard, players and coaching."

But now the bottom half has better standards of coaching, tactical understanding and more athleticism than ever.

"Now, centre backs can't afford to be the slowest guys in the team and run the least. You run now, you've got to shift, get in position. That's the evolution of the league. Teams are better

resourced so even if you are in the bottom part of the Premier League you can go and buy a player from a top six Bundesliga team, the second-biggest league in Europe.

"The levels have definitely gone up again since I played."

Despite that, Kompany is certain the groundwork Burnley have undertaken alongside securing promotion will reap reward.

"We feel we have been preparing for the last six months" he says.

"That might seem a little presumptuous, but we have been preparing in different dimensions in that time - one Championship scenario, one Premier League. We are going into this very prepared."

"We have a duty to make sure that the club doesn't crash. Going back to the Premier League can't be at any cost," says the Belgian.

"We want to be smart and find a way to have a good season. Yes, we will add new players but I can't imagine us making all the headlines on Sky Sports on Deadline Day."

"Our key message is we have a group of players we still think can improve and rise to Premier League level."

Wout and back

by Steve Bates

WOUT WEGHORST will be welcomed back to Burnley this summer - but only if he's fully committed to joining Vincent Kompany's Claret's revolution.

Kompany is planning talks with the Dutch striker (right), 31 next August, on his loan spell at Manchester United is over the FA Cup Final with rivals City.

"He's a player from Burnley football club who has played in the top four Premier League for United and Holland," says

Kompany. The most important thing for me, a tough one for me to say obviously because of the Cup Final, is for him personally to finish the season on a high.

"But still, I want him to do well and we will have the conversation."

Weghorst's five-month loan spell at Old Trafford is unlikely to become a permanent deal.

Despite scoring nine goals on loan for Besiktas in the first half of the season, the Dutch international hit the net only twice in 27 games for United's Erik Ten Hag,



PREMIER LEAGUE

Pick your moments



Dyche: Jordan must channel his emotion and see bigger picture

by Steve Bates

SEAN DYCHE has challenged England No.1 Jordan Pickford to reach the next level of excellence.

Pickford wears his heart on his sleeve as the Premier League's most animated keeper and has often been a formidable last line of defence.

But Dyche has revealed he has been working with Pickford to channel his emotion - and see the bigger picture during matches.

"The Everton boss is hoping for another notable performance from his 29-year-old keeper when Treble-chasing Manchester City arrive at Goodison Park today.

Athleticism

"Since joining I've noticed Jordan's athleticism, shot-stopping and his speed around the area," said Dyche.

"He has a lot of experience at club and England level too."

"That all wraps into a package of a very good goalkeeper."

"But we're working on a few things too. He's an emotional keeper and we've spoken about that. He can add into his game by

choosing when to be emotional. When to be really on it and fire up people around you and when to be calm."

"He's getting older and wiser in his professional outlook and you see more things, like the defensive planning picture from behind the back four."

"That doesn't just affect yourself, it can affect things around you."

"As keepers mature they see it better and the more games you have sometimes you can stop danger at source. Keeping the ball away from you by planning and simple instructions."

"The best goalkeepers end up

literally being the last port of call because they've already stopped it at source."

"I've said to him, now you are who you are with your individual prowess as a goalkeeper the next thing to keep adding in is look at the landscape, what's in front of you - the organisation."

"Can you affect it to stop it even getting near you? I think the best goalkeepers have done that so well down the years."

"Now he's adapting and using that and I'm pleased for him."

Dyche knows Pickford will have to be at his best to stop rampant City as Everton try to build on their spectacular 5-1 win at

Brighton on Monday. "He's certainly going to have to play well," said Dyche.

"At some point your keeper is going to have to make a save against City because it's very rare that you have a shut-out."

"But big players usually become top players because of big moments. Whatever position you are on the pitch, that's what they do."

Weapon

And Dyche believes Pickford's kicking prowess is a back-to-front weapon that can damage City.

"Jordan strikes a really good ball, I've seen from a young age," said Dyche. "I remember being at Burnley and him playing for Preston in the cup."

"He was just on the scene and his delivery from the back was fantastic. He has the ability to drill it long distance, he can hit that 75-yarder, 12 feet in the air."

"We've definitely spoken about using it, why wouldn't you? This is the modern side of football."

"How many different ways can you be effective? I want good football but I want effective football."



JOR DROPPER: Jordan Pickford pulls off an incredible save to deny Villa's Ollie Watkins

Stones forged by 'Barcelona of the North'

EXCLUSIVE

by Richard Edwards

AS A defender, John Stones has a happy knack of being in the right place at the right time on the pitch.

The same could be said of his time at Burnley's academy, when the kids at Oakwell were known as the Barcelona of the North.

Stones (right, in his Burnley days) bucked the trend by rising to the top

from a supposed football backwater. But the education he received under Mark Burton and Dennis Branson, who were running the Burnley academy at the time, laid the foundations for everything.

"We went to Arsenal in John's second year and we won 2-1," recalled Burton, who is now heading up the academy at Blackburn Rovers.

"We could have won by any number, we were that good. Steve

EVERTON v MANCHESTER CITY

TODAY, KICK-OFF 2PM

sky sports main event



SCREAM & SHOUT
Jordan Pickford is one of the most animated keepers around

FINAL RUN-IN

EVERTON

Today	Man City	H
May 20	Wolves	A
May 28	Bournemouth	H

MAN CITY

Today	Everton	A
May 21	Chelsea	H
May 24	Brighton	A
May 28	Brentford	A

PREM GLORY IS STILL THE REAL DEAL

by Steve Bates

MANCHESTER CITY won't allow their mighty showdown with Real Madrid to distract them from closing out a sixth Premier League crown in seven seasons. Pep Guardiola believes his City stars have done the hard yards since the start of the domestic campaign, finally overhauling an Arsenal side who have led the way almost all season.

So even though Madrid are in town on Wednesday, the Spanish boss and his players are in no mood to throw it away now, as they travel to Goodison Park to meet an Everton side fighting for their Premier League lives.

And Guardiola believes his title-chasing stars will take the Toffees as seriously as the Spanish giants.

"The players are so humble and respectful to a lot of their opponents. They know exactly how difficult

Everton is, because they live it and know what they are playing for," he said.

"I don't know what is going to happen but I am pretty convinced we will show incredible focus at Goodison Park."

"The Premier League, I have said it many times, is such an important title.

Yes, I know the Champions League is so special.

"But the Premier League is many, many months, many tough, tough games, incredible effort, where we don't lose the right mindset of where you have to be – this is the most important thing."

"You have to train and prepare well. Think of what the game means to a Sean Dyche team. This is the point. We have three days afterwards, so it is enough time to prepare for

Real Madrid with our people, our fans, to do our best and reach a final. We are used to it.

"Now it's Everton. This is not the first time we have had incredible games. This time, we play at home for the second leg. "Everton is one hour by bus, it is not so demanding as playing Champions League away and, after three days, you have to play in the south of England, in Brighton or Southampton.

"In the end, come on! We are privileged. The club takes perfect care of us and we have to be ready to do it."

Guardiola has revealed he's fresh and ready for the run-in after grabbing a couple of days valuable downtime in Barcelona with his wife and daughter after the 1-1 draw in Madrid.

"When I have, like in this case, five days between games, I am able to switch off a little," he added the City boss.

"On Tuesday it was Madrid, and then Everton on the Sunday.

"So I went to Barcelona for two days, to see my wife and my little daughter, and stayed there. That helped me.

"When the games are every three days, there is no chance to do that.

"Then you have even less time because it's

a game and then you are preparing for the next one or the next training session.

"But it is what it is. I'm not complaining. It's a privilege.

"Yes, it can demand a lot, but there is the excitement to try and do it again, to win the titles at the end.

"That gives you an incredible energy when you are tired.

The tension is there, the pressure is there, I feel it, they feel it – but that's normal.

"At the same time, it's nice. And I try to sleep as much as possible, too!"



LEGEND: Dixie Dean

DIXIE IN WORLD OF OWN

by John Richardson

ERLING HAALAND might be the king of the Premier League goalkeepers.

But today's trip to Everton will remind him, as far as the blue part of Merseyside is concerned, legendary striker Dixie Dean still reigns supreme.

Dean's family certainly has something to say about it as well.

He is still top of the all-time top-flight goalkeepers list by some distance with a stunning haul of 60 league goals in 1927-28. He is also in third position, thanks to 44 goals four seasons later.

When it comes to goals from all competitions, there is a belief that Haaland, with 51, can't be had overhaul Dean's grand total of 63.

But proud members of the Dean family are quick to point out that there was just the League and FA Cup in the Everton legend's day.

And that Dixie also scored another 29 goals in internationals and various recognised representative games, which would take the 1927-28 total to a colossal 92.

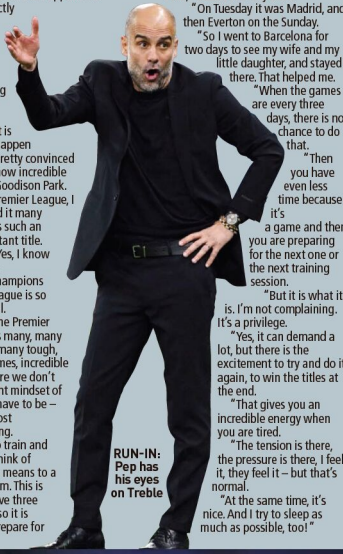
Granddaughter Melanie insisted: "If all his competitions are being counted, why can't we include these games, too?"

"And look at the pitches he was playing on compared to today's pristine surfaces. Also the boots, balls, everything.

"Yes, Haaland's achievements this season are wonderful, but I don't think they are as good as my granddad's."

The irrepressible Bill Shankly once said: "Dixie was the greatest centre-forward there will ever be. He belongs in the company of some greats like Beethoven, Shakespeare and Rembrandt."

Another Everton goal machine, Graeme Sharp, has praised Haaland, saying: "You can, in certain aspects, liken him to Dixie Dean in the fact that he scores all sorts of goals. I still think it's a real order to beat Dixie's record."



RUN-IN: Pep has his eyes on Treble

Bould was managing Arsenal's academy at the time and he said, "You haven't come here and beaten us 2-1, you've passed us off the park." "We would have won the league if we hadn't had so many players moving up to the first team.

"Pep Guardiola was at Barcelona at the time, and I said to Ronnie that we need to emulate what they're doing.

"We tried to play like Barcelona,

we tried to pass teams off the pitch. We went to West Brom in the FA Youth Cup and we thought we had a great chance of winning it. We got beat 3-0 but pulverised their possession-wise.

"One of their guys said to Jordan Clarke [another Barnsley product who is now at Luton Town], that he had heard we were 'the Barcelona of the North'. That was music to my ears. Honestly, it didn't matter about

the result, that just illustrated what we were trying to achieve.

Little Barnsley had developed an incredible reputation. We obviously didn't know then that John would go on and play under Pep at Manchester City!"

Now established as one of the best defenders in world football, Stones has proved a point to all those young players trying to come through the ranks at clubs outside the top flight.

Burton added: "It might only be happening once in a generation – you have got to have luck. There are a lot of things that have to fall into place for a young player to come through at a club like Barnsley.

"But John has been in the right place at the right time throughout his football education.

"He has taken everything on board and has just developed into a top-class, world-class player."



WOMEN'S FA CUP FINAL



IN-FORM Parris has been key in United's run to Wembley

PARRIS DRIVEN BY FINAL HURT

Chelsea v Man Utd
Today, 2.30pm

BY LOUISE WILKES

NIKITA PARRIS is ready to make up for her past FA Cup final heartbreak when Manchester United take on Chelsea today.

The forward came on as a substitute for Arsenal in the 2020-21 showpiece at Wembley but the game was already over as a contest by the time she entered the pitch – the Blues ran out 3-0 winners.

As she returns to the national stadium with United, Parris said: "I've got to the final of the FA Cup and lost sorely."

"But you just have to focus on your strategy, you can't focus on what the opposition are going to do, because you don't know."

"You have to concentrate on what you can bring."

Both sides are gunning for the domestic double, but that will not faze FA Cup final debutants United.

Manager Marc Skinner said: "There's time for sentiment later, but this is about business."

Parris, 29, has scored in all her three appearances in United's cup run, netting four times as they beat three Championship sides and one top-flight opponent. A 2-1 win over

'Barca battle gave us belief'



BY HANNAH PINNOCK

CHELSEA boss Emma Hayes believes her side have been given up on far too much this season.

The Blues will today hope to make it three FA Cup wins on the bounce, but Hayes (above) said: "This year our team have been written off quite easily, in the Press particularly."

"What's important is the belief, confidence and trust that's internal."

Our team bounces back really well.

"I think the Barcelona semi-final second leg [when Chelsea went out of the Champions League but got a 1-1 draw in Spain] was a big catalyst for us. That was

Sunderland, 5-0 defeat of Durham and 3-1 victory against Lewes preceded the 3-2 dramatic semi-final victory over Brighton courtesy of a last-minute Rachel Williams winner.

"It's an occasion and, of course, the first time Manchester United have got to the final," said Parris, who celebrated Euros glory with England at Wembley last year.

"So, for a lot of the girls, it's their first time playing at Wembley."

"It does bring a little bit of pressure but the pressure is a privilege. That's what Marc always tells us."

Chelsea faced top-tier opposition throughout their cup run, knocking out Liverpool, Arsenal, Reading and Aston Villa.

United go into the game as Women's Super League leaders, but Chelsea are a point behind and have a game in hand.

Skinner said: "They're deadly. And we've got to make sure we keep that to a minimum."

Chelsea always create chances in every game they play, so you have to expect that.

"There's no way we can stop Chelsea from doing everything but we can be prepared for it as much as possible."

In today's final, striker Lauren James, 21, will be facing her former club Manchester United, who she left in 2021 to join Chelsea.

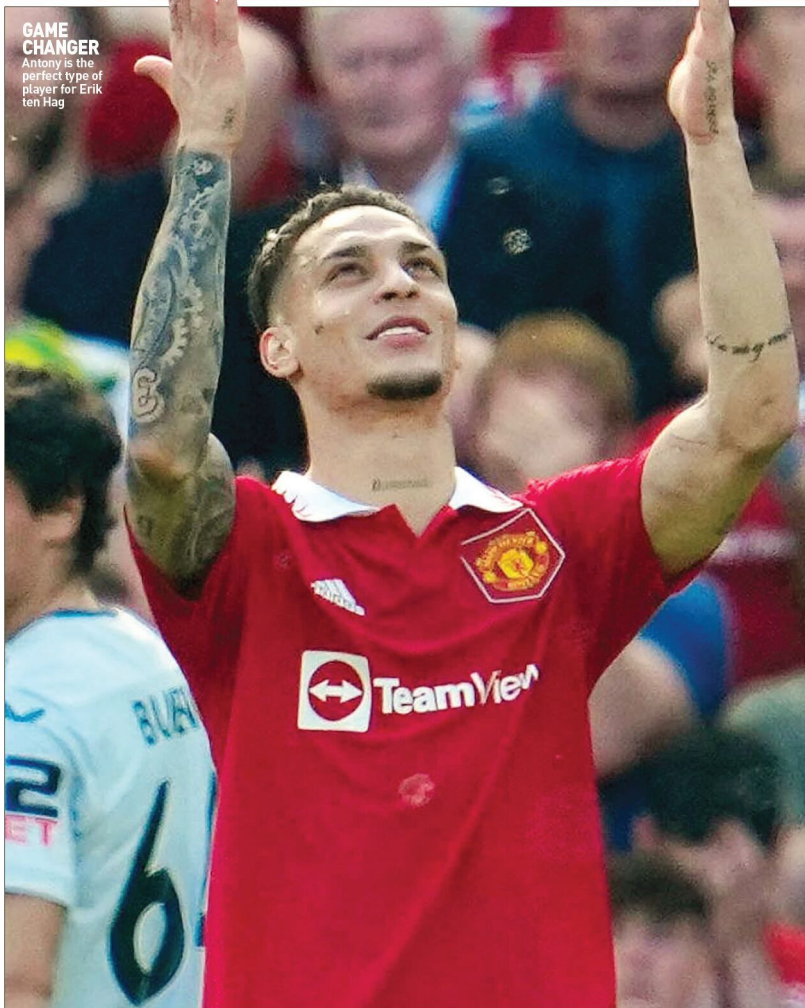
Hayes added: "Lauren's motivation is driven by her love for Chelsea, she's got Chelsea through and through."

"She wants nothing more than to contribute to her team winning a trophy – and she's in a good place for that right now."

PREMIER LEAGUE



GAME CHANGER
Antony is the perfect type of player for Erik ten Hag



HOWE'S ELL: PREM SAFETY IS PARAMOUNT

From Back Page

I think moments like that do make you think.

"The safety of staff, players, is paramount for me in the Premier League or any matches in the Football League."

The intruder was quickly grabbed by stewards and officials before being led away after Howe was man-handled.

But there will be concerns over how how the spectator managed to reach the away

technical area. Howe added:

"No one should have to face that, playing a sport they love and trying to entertain the country."

"And no one should have to feel their own personal safety is violated. It's something for us to reflect on. We need to be mindful. Security is so important."

"I don't know if I had time to be fearful, to be honest, because it was over in a flash. "But it certainly makes you

think, what if's. We need to look at how we improve safety for staff and players."

In a frantic match that saw three penalties and a red card, Champions-League chasing Newcastle will be frustrated to be pegged back by their relegation-threatened hosts.

"Maybe the longer time goes on we might think that is a really good point for us," added Howe.

"I don't feel that now, I feel disappointed we haven't won."



GRACIOUS: Howe & Co at the end

MAN UNITED 2 WOLVES 0

ONE of the more bizarre images of Manchester United's season was seeing Erik ten Hag dancing with Antony at Wembley.

Not one for being overly affectionate with his players, you must be doing something right if you get to tango with Ten Hag. But the United manager has got a soft spot for Antony, and has done since the Brazilian joined him at Ajax in the summer of 2020.

Ten Hag considers Antony a potential game-changer, which is why he was always going to encourage United to fork out such an eye-watering fee for the winger.

That fee, north of £80million, has seemed like a ball and chain in a season when Antony's high spots have been few and far between.

In so many ways, his performance in this workmanlike win over Wolves – sealed with a nice late effort from substitute Alejandro Garnacho – typified his first campaign in a United jersey.

He produced a neat assist for Anthony Martial's opening goal but, as a rule, if there was a wrong option to take, he would take it.

The calm pass to Martial for the

ANTONY HAS THE MOVES...

he just needs to use them more often!

TOTAL FOOTBALL FOR EVERY MATCH

- LEEDS 2 NEWCASTLE 2
- ASTON VILLA 2 SPURS 1
- CHELSEA 2 N FOREST 2
- C PALACE 2 BOURNEMOUTH 0
- MAN UNITED 2 WOLVES 0
- SOUTHAMPTON 0 FULHAM 2

first half breakthrough was actually the exception rather than the norm.

Early in proceedings, Antony decided against giving Martial tap in practice but, instead, coaxed a shot wide.

And after missing a headed sitter, Antony again ignored a team-mate in prime position – Jadon Sancho the one left beating his thighs in frustration.

One passage of play just before the break perfectly encapsulated Antony's contribution, as he produced an astounding burst of pace to take him half the length of the field before deciding against playing the blindingly obvious pass, again to Sancho.

The theme continued in the second half, Christian Eriksen joining the unhappy band of frustrated colleagues.

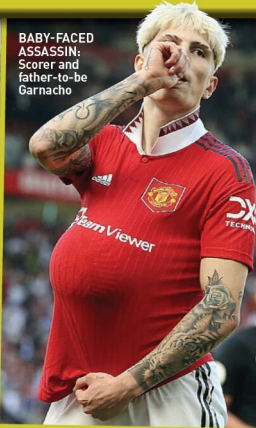
And there was, of course, the normal quota of his trademark move, the cut inside and the attempted left-footed curler.

So, apart from being overwhelmingly one-footed (although the assist was with his right), apart from being not too great in the air, apart from regularly choosing the wrong option, what kind of a player do you get for your £80million-plus outlay? An exciting 23-year-old who is probably going to take longer than expected to settle into life at an elite club, that's what.

Aside from his role in the opening goal, this was, largely, a frustrating afternoon for Antony,



ANT DECKS 'EM. Antony Martial after scoring United's opener



BABY-FACED ASSASSIN: Scorer and father-to-be Garnacho

ANDY DUNN

BIG MATCH VERDICT

typified by a second-half effort that kissed a post. Yet there was enough – and there has been enough over the course of the season – for United fans to keep the faith, or to have the faith that Ten Hag clearly has in Antony.

He is not going to be a guaranteed success story, but there is a spark that could light a decent fire.

And to be fair to Antony, this was an overall United performance

that was never ablaze with brilliance.

With a touch more commitment, Wolves would have got something from a match that was, essentially, an extended afternoon nap.

Importance

But it is impossible to underestimate the importance of this victory.

A little bit has been made of Ten Hag's record of nine Premier League losses but that figure is

largely irrelevant when you consider he has won the Carabao Cup – which prompted the moves with Antony – and has taken United to an FA Cup Final and to the verge of Champions League qualification.

As long as they do not slip up over the last three fixtures, it will be a very acceptable first campaign. Quite clearly, he will need high-quality additions to his squad in the summer, probably in more than one department, although a blue-chip striker is clearly the priority.

But there are players in Ten Hag's pool of talent that will improve, that will become more accustomed to the demands of the club and the Premier League.

And Antony is one of them.



MOVE: Palace target Sarr

Sarr in if Zaha out

by Tom Hopkinson

ISMAILA SARR is the likely target for Crystal Palace if Wilfried Zaha moves on.

Zaha is out of contract this summer with a new deal understood to be worth £200,000 a week on the table at Selhurst Park.

But if the 30-year-old decides the time is right for a new challenge, Sarr is a potential replacement.

The Eagles have a long-standing interest in the Watford winger.

Palace looked to sign him before but the price tag proved prohibitive.

The 25-year-old Senegalese star is likely to push for a move with Watford stuck in the Championship.

Sarr scored 10 goals and chipped in with six assists in 39 league games as the Hornets finished 11th.

Toon eye Mint buy

by Clive Hetherington

NEWCASTLE are tracking a player dubbed the Gambian Messi.

Winger Yankuba Minteh, 18, plays for Danish side Odense and shares the same agents as Toon's Alexander Isak.

The youngster (below) only moved to Denmark last summer from Gambia's Steve Biko FC but would be interested in joining the Geordies.



Dons look to Danny

by Tom Hopkinson

DANNY COWLEY is on the shortlist to be the next MK Dons manager.

Steve Cotterill, Karl Robinson and Michael Appleton are also contenders.

MK Dons owner Pete Winkelman is leading a search for his side's new boss following their drop to League Two.

Cowley (right) has been out of work since being sacked by Portsmouth in January.



TODAY'S GAMES

Prem plus play-off previews

BRENTFORD v WEST HAM

GOVENTRY v BORO

BRADFORD v CARLISLE

Premier League

	P	W	D	L	F	A	G	Pts
Man City	34	26	4	4	89	31	58	82
Arsenal	35	25	6	4	83	39	41	81
Newcastle	35	18	12	5	63	31	32	66
Man Utd	35	20	8	7	91	41	10	66
Liverpool	35	18	8	9	97	72	25	62
Tottenham	36	17	6	13	65	59	6	57
Aston Villa	36	17	6	13	48	44	4	57
Brighton	36	17	10	9	63	45	18	55
Fulham	36	15	15	6	52	49	3	51
Brentford	35	12	14	9	52	45	7	50
Chelsea	35	11	14	10	46	41	5	48
Crystal Palace	36	11	10	15	37	46	4	43
Wolves	36	11	7	18	30	52	22	40
Bournemouth	36	11	6	19	37	69	32	39
West Ham	35	10	7	18	38	50	2	37
Nottingham Forest	36	8	11	18	36	67	31	34
Everton	35	7	11	17	32	53	22	32
Leeds	35	7	11	17	46	71	25	31
Leicester	35	6	2	21	49	64	15	30
Sheff Wed	36	6	6	24	31	66	35	24

TOFFEES CAN STICK IT IN PREM

I DON'T fancy Everton to get anything against Manchester City today, but, when I look at every team's run-in, I do fancy them to stay up. Just as their performance against Brighton showed character, belief and one of the best counter-attacking performances of the season.

Dominic Calvert-Lewin's minutes have been better of late, Dwight McNeil seems to have stepped up to the plate and Jordan Pickford (below) has been making exceptional saves.

And, in Amadou Onana and Idrissa Gana Gueye, they have defensive midfielders, who, at their best can protect a back four very, very well.

Sean Dyche will be looking at Everton's situation and saying, "The first thing is to stay up, the second is to consolidate and the third is to progress".

And if that can be done over three seasons, Everton fans will be happy they are getting what they expect as a minimum from their players and coaches, and Bill Kenwright will be happy that the flak isn't flying as it has.



Collymore's

BRENTFD 2
V HAM 2

The Hammers are safe and Brentford are middling, so both will have a really good go at each other.

crystal ball

EVERTON 0 MAN CITY 2

Evertonians will be bang up for it after the Brighton win but City have the bit between their teeth.

ARSENAL 2 BRIGHTON 0

The battle of the Prem's tiki-taka teams will see Brighton continue their little wobble and start to fall away.

LEICESTER 4 LIVERPOOL 3

Leicester will score, but it'll be three more points for Jurgen Klopp.

BRIGHT BUT NOT BREEZY

BRIGHTON have a huge eight days ahead of them following their thumping by Everton with away trips to Arsenal and Newcastle before Southampton's visit next Sunday.

All of a sudden, a European finish doesn't look quite so assured and it's why I don't get carried away about how things will end up when Arsenal are eight points clear with two months to go or Brighton are in the Champions League Races in April.

The Premier League is a 38-hurdle race and experience tells me there are very few fairytales.

If Brighton do miss out, I fear they will have several star players wanting to go, which is the raw reality of the top flight, and next season could well be back to mid-table throughout.

Stan was talking to TOM HOPKINSON

IT'S TIME FOR HAPPY HAMMER

The only way is up for Dec, and that includes his next stop... leave London now and head north to Manchester

STAN COLLYMORE

Football's ultimate maverick sounds off

IF Manchester City come for Declan Rice this summer then he has to go there.

Forget Arsenal, forget Chelsea, forget Manchester United. And forget the way things have worked out for Kalvin Phillips at the Etihad, too.

No player in his right mind would turn City down in the next couple of seasons and for as long as Pep Guardiola remains there.

Guarantee

Signing a contract with City is the equivalent of signing a guarantee to win trophies.

And just being around a club with the kind of energy they have right now would be too tantalising a prospect to dismiss.

So, if City do have a serious interest in the West Ham and England midfielder and he is serious about where he thinks he can go in his career, then

it's a no-brainer. Because in the centre of that midfield he'd not just be able to nick the ball, but also get forward and weigh in with goals and I'd go as far as to say he'd be the perfect City player.

Some will point out the struggles Phillips has had since joining City from Leeds, but in the three seasons before his big move he had been playing in the Championship.

Rice's stock is much higher, and City tick the box of what he'll be looking for more than any other club.

That's namely a club which can offer him a regular, commanding place in the team.

A team where he'll have players in front of him who can score lots of goals and behind him a back four he can protect, but one which he

doesn't have to protect to the point that they are conceding twos, threes and fours every week.

He'll also want to join a club that can go on and have the money to compete and play and pay other players who will get the best from him. City can offer him that and, if they do decide to make their move, then you have to feel for those we know are seriously keen to sign him at Arsenal, Chelsea and Manchester United.

I know a lot of people think Arsenal would be the most sensible move of those three, but I'd beg to differ because my concern is this season is a bit of a mirage.

Yes, they have had a cracking campaign, but let's face it, they may well not win

the Premier League in a season when all the other contenders are in flux or had their eyes on other prizes.

Liverpool, Chelsea, United, Tottenham, Newcastle and even City will go again and if that's by even 10 per cent, then Arsenal will be battling for the top four next season rather than the title.

Shoot

Of course, if Rice did join the Gunners he'd make them significantly stronger, but I'm still not convinced about them as a four or five-year project to win the title because of all the money swishing about at the top.

I'd actually see Chelsea as just as strong an option as Arsenal because, whoever comes in – and we expect it to be Mauricio Pochettino – then something will click.

Now is a bad time to be saying Chelsea will go on to be very good because people will just shoot you down. But

with the owner and the players already in the building to work with, whoever it is can polish them and hone them, and Chelsea are going to have a really good team.

Still, I'd choose United ahead of both of the London clubs if I was him and certainly if City isn't an option, then Erik ten Hag's team would be a really good fit.

They will be better set up with potential new owners to contend on all fronts, while, at Arsenal and Chelsea, I don't think he'd be anywhere near winning the title in the next two years.

So it would be City first, United second, then Arsenal and Chelsea joint-third.

And if that is the route he takes, then he wouldn't be the first to head north and enjoy massive success.

Rice's stock is much higher, and City tick the box of what he will be looking for more than any other club







COLLY WOBBLER

BRAVO to ref Jesus Gil (right) for his brilliant use of VAR during the Champions looked again, Gil realised Lautaro Martinez had conned him to win a penalty.

TO FLY THE NEST

ETIHAD TO BE YOU
Declan Rice could shine even more strongly under Pep

LONDON 'BOYS' WHO DID WELL UP NORTH

 RIO FERDINAND West Ham to Leeds £18million	 MICHAEL CARRICK Spurs to Man Utd £18.6million	 KYLE WALKER Spurs to Man City £4.5million
 ROBIN VAN PERSIE Arsenal to Man Utd £24million	 DIMITAR BERBATOV Spurs to Man Utd £30.75million	 JOHN BARNES Watford to Liverpool £900,000 (in 1987)

OBVIOUSLY, I hope Manchester City go through to the Champions League Final at Real Madrid's expense, but I don't buy into the notion that 1-1 at the Bernabeu is a better result for City than Real. I'd actually favour City at home more if they were having to rev the engines right up to come from 1-0 behind than I do following a 1-1 - because that means Real can sit off a bit more and look to attack on the counter. One thing I do know for sure is that if the tactics will go out of the window...

League semi-final between AC Milan and Inter. VAR is meant to help refs come to the right decision and, when he We haven't been able to praise VAR much this season but that was the perfect empowerment of a referee.



Poch deal is so near

EXCLUSIVE
by Tom Hopkinson

CHELSEA hope to have Mauricio Pochettino signed and sealed as their new manager this week. The two parties have been working on a deal for several weeks after the former Tottenham boss was identified as the Blues' No.1 choice.

And there is a belief within the club that the deal will be done in the coming days.

Pochettino has been out of work since parting ways with Paris Saint-Germain last July and will replace interim manager Frank Lampard, who stepped in after Graham Potter was fired last month.

Meanwhile, Spurs are stepping up their search for a new manager with Sporting Lisbon boss Ruben Amorim, Xabi Alonso of Bayer Leverkusen, Celtic's Ange Postecoglou and Arne Slot of Feyenoord all under consideration.

Gunners eye Real's Mendy

by Tom Hopkinson

ARSENAL are on alert after Ferland Mendy was told he can leave Real Madrid this summer.

The Spanish giants need to move players on to create space in their squad and help fund new signings.

And the 27-year-old - whose contract is due to run until June 2025 - is one of those deemed surplus to requirements.

France left-back Mendy (below) will cost around £17.5million and it is likely his agents will talk with Tottenham as well as Arsenal.

Real have told Mendy's representatives - who are looking for a three-year deal - there will be no new offer from the Bernabeu and they are free to find him a new home.



Sam singing the praises..

by Tom Hopkinson

AZ ALKMAAR defender Sam Beukema joined the singing of 'I'm Forever Blowing Bubbles' before his side's Europa Conference League semi-final first leg with West Ham at the London Stadium on Thursday.

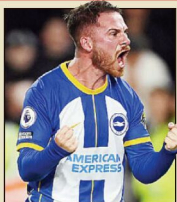
The Dutchman, 24, (below) admits he was a massive Hammers fan growing up in Holland.

"I just got goosebumps when the song was sung by the whole stadium," he said. "I belted it out - and then I focused."





Read Stan Collymore's brilliant column Pages 54&55



REDDY TO MOVE: Mac Allister

£70m Kop deal for super Mac

EXCLUSIVE

By John Richardson

LIVERPOOL are ready to end the race for World Cup winner Alexis Mac Allister with a £70million deal for the Brighton midfielder. Manchester United and Arsenal are interested, but the 24-year-old Argentina star is believed to be ready to commit his future to Liverpool.

Talks are a long way down the line, as are negotiations for 37-year-old James Milner to leave Anfield after eight years for Brighton on a free transfer.

Liverpool are also favourites to sign England midfielder Mason Mount for around £50m, but the deal for the 24-year-old depends on the green light being given by incoming Chelsea boss Mauricio Pochettino.

Liverpool manager Jurgen Klopp (above) has made it clear to the Anfield hierarchy that he wants at least three top-line midfield players this summer, with a number of departures including Milner, Naby Keita and Alex Oxlade-Chamberlain.

Klopp believes that landing Mac Allister – bought for just £4m from Argentinos Juniors in January 2015 – is ample compensation for pulling out of the race to sign £130m Jude Bellingham. He's favourite to join Real Madrid now.

Liverpool have also enquired about Aurelien Tchouameni, but Madrid don't want to sell the 23-year-old France midfielder.

Klopp's big plans: Page 48



HELLAND ROAD



Fan pushes and abuses Toon boss as Howe admits: I feared for my safety

Leeds 2 Newcastle 2
by Steve Bates

EDDIE HOWE called on the football's rulers to beef up touchline safety for managers after he was confronted by a pitch invader at Elland Road.

In a major breach of security, the Newcastle United boss was verbally abused before being pushed by the fan while stood in the technical area late into yesterday's dramatic 2-2 draw with Leeds.

Howe admitted: "It's not something that you expect to happen."

"He confronted me, said something I can't repeat, and then he's led away. I'm OK, but

Turn to Page 52



Premier League

Bottom Six	P	W	D	L	F	A	GD	Pts
West Ham	35	10	7	18	38	50	-12	37
Nottingham Forest	36	8	10	18	36	67	-31	34
Everton	35	7	11	17	32	63	-20	32
Leeds	36	7	10	19	46	71	-25	31
Leicester	35	8	6	21	49	64	-15	30
Sheff Wed (Q)	36	6	6	24	31	66	-35	24

DISGRACEFUL
A fan managed to get to the Newcastle dugout, where he pushed and abused Toon boss Howe

KEEP IT REAL

EVER SO FOCUSED

Guardiola says City must only think of Everton today



by Steve Bates

PEP GUARDIOLA has told his City stars to stay focused on the Premier League today and forget about Real Madrid.

City face Madrid at the Etihad on Wednesday in their Champions League semi-final second leg, but Guardiola is also on course for a sixth Premier League crown in seven seasons.

The City boss said: "We'll show incredible focus at Everton today. The Champions League is special, but the Premier League is such an important title. It's many tough months, where we don't lose the right mindset of where you must be. This is the most important thing."

Everton v Man City: Pages 50-51

Pep warns City stars:

Prem is more important today than Madrid

TOTAL FOOTBALL

MAY 14, 2023

FOREST FIRE

Red-hot Awoniyi turns up heat on relegation rivals as Cooper's heroes bag a priceless point



TAI AND MIGHTY
Taiwo Awoniyi scored twice for boss Steve Cooper (above)



CHELSEA 2 NOTTM FOREST 2
REPORT: SEE PAGES 6 & 7

SORRY SAINTS ARE DOWN AND OUT Page 11 **PREVIEW: BRENTFORD v WEST HAM** Page 12



BETTING SPY

ALEX HANKIN PICKS OUT SOME PRIME PRICES... AND WILD WORLDS



All Gunners blazing now

PLAY spot the difference at The Emirates today.

Some Arsenal fans think it's iffy that they've had only four Prem penalties, given the amount of time their lads have spent prancing about in opposition boxes, which is more time than most.

Also, Manchester City have had 10 pens, which is more pens than four.

But, amazingly, it's probably not VAR's fault. According to research by ESPN.co.uk, Arsenal and City have both had a roughly equal balance of VAR decisions, for and against. Mid-table stuff.

Poor Brighton (4.30pm) are bottom of this VAR table, as the side most bruised by Stockley Park meddling. Liverpool have been the most helped, since you ask. It's a pity football all comes down to tables in the end. Both Brighton

and Arsenal have shone this season. The Gunners won't fall short for lack of ambition or firepower.

They have hit three or more goals 19 times all told. Fearless Brighton have done it 14 times.

Martin Odegaard (above) is fizzing again, and the 5/2 'anytime scorer' is a tonic, given the goal-rich forecast.

Gunners right-back Ben White could have a testing afternoon against Kaoru Mitoma - the 13/2 (Sky Bet) White is 'shown a card' looks ripe.

Last week: Winners at 11/4 and 15/2

HANKIN'S HOT ONE
Odegaard 'anytime scorer' at 5/2 (Bet365)

EURO STAR

Cremonese's David Okereke is a fair shout 'to score from outside box' at Juventus (7.45pm) - 100/1 (Bet365) is huge given his stats

BEES MAKE GRAVY

BRENTFORD are by some margin the best in the Premier League if you're backing blind to WIN - over £14 up to a £1 stake. That suggests the Bees have been underrated by the market. Bottom of the profit/loss table this season, so 'most overrated'? Chelsea.

Second worst are Brentford's visitors West Ham (2pm). Ivan Toney (right), who's scored in seven of his past 10 homes, rates a 7/5 (Bet365) 'anytime scorer' bet.



It's one way to stop him...



REAL MADRID'S Antonio Rudiger did it. But the question is whether there's an Everton defender capable of inserting himself quite as far up Erling Haaland's nostril without getting so much as booked when Manchester City head to Goodison (2pm).

The reverse fixture saw seven yellows and Haaland (left) lucky to stay on - 'OVER 3.5 cards' at 5/6 is the right coinflip, and 'penalty in the match' fits at 9/4 (both Bet365).



MAN UNITED.....2 WOLVES.....0

MARTIAL 32, GARNACHO 90

GARNA GET

Alejandro eases Reds fears to

ADDING SOME GARNACHO: Alejandro Garnacho nets late second for United



OLE GUNNAR SOLSKJAER was back in town to witness his old club take another nervy step towards the Champions League.

It was his first return since his sacking in November 2021 and his underwhelming managerial spell hasn't diluted the love for the Norwegian always associated with that European glory night in Barcelona in 1999. His

legendary status at Manchester United is still secure as proved by selfish gloire and applause aplenty.

With Liverpool's late surge the same can't be said for United's top-four ambitions. If they missed out it would be hard to quantify which hurts most, the 7-0 thrashing at Anfield or being pipped at the post by Liverpool for a Champions League spot.

At least after this victory, thanks to a first-half Anthony Martial goal and a splendid

By John Richardson
AT OLD TRAFFORD

added-time finish from Alejandro Garnacho which ended a run of two straight defeats, their destiny is still in their own hands.

For Julen Lopetegui's Wolves, having banished their relegation worries, there was just pride to play for and proof that they are not already on the beach.

And they had their moments. The biggest danger to the home side arrived in the 69th minute when Hee-Chan Hwang burst through causing David De Gea to race out of his area. There was a slight stumble, Lopetegui claiming the striker had been clipped, which left Hwang running too wide.

Replays showed he had simply lost his balance - a relief to De Gea who has become increasingly under the microscope following some glaring errors.

United, who never really got out of third gear despite the turbo runs of Antony, still carried the greater threat.

They had started with plenty of gusto hoping to catch the visitors dreaming of their poolside deckchairs. Antony should have

TEENAGER'S ATTITUDE

ERIK TEN HAG saluted Manchester United's latest supersub on the day the original supersub was looking on in admiration.

Ole Gunnar Solskjaer knows a thing or two about making an impact coming off the bench and he would have loved Alejandro Garnacho's late goal which sealed the 2-0 win.

Boss Ten Hag said: "He did almost everything good and that will give him belief. He is back, he

can have an impact and that will give him confidence.

"One of the aspects from the biggest talent is that they are mature."

The Argentinian, 19, was back after an eight-game injury absence with Ten Hag adding: "It shows that the pathway is open for young players at United if you work in the right way.

"When you work hard then we can guide you to get into the team.

"But in the end it is about the player. He has to invest and have a

MATCH STATS

Man United	Wolves
9	0
11	5
7	0
11	7
9	9
0	1
81	79
12	8
66	75
40	52
3	2
0	0

Mirror Bingo!



WIN UP TO 500 FREE SPINS



■ Manchester United have now won 20 Premier League games and 38 in all competitions this season, their most in a single campaign since 2010-11 (39).

■ All three of Alejandro Garnacho's PL goals this season have come as a substitute - overall United have 11 goals via subs in 2022-23, only netting more in 2017-18 (12).

■ United have now kept a clean sheet in six successive PL games at Old Trafford, their longest such run within a single campaign since March 2010 (seven games).

■ Daniel Bentley made eight saves on his PL bow for Wolves, equalling the most by a debutant goalkeeper in the competition since Fabri for Fulham v Palace in August 2018.

IN TOP FOUR

delight a fellow supersub Ole

capitalised on Craig Dawson's wayward pass and Max Kilman's slip allowing him a free route to the edge of the area only to curl his low strike just wide.

Diego Costa doesn't do relaxation, lunging late into Antony to pick up a 14th-minute booking leaving his trigger-happy temperament on a knife edge for the rest of the game.

Antony had been the culprit again in front of goal, wasting another gilt-edged chance, this time his free header at the far post from Luke Shaw's cross sailing over the bar.

His radar might have been malfunctioning when it comes to finishing but credit the Brazilian for supplying Martial with the perfect assist for United's opening 32nd-minute goal.

Bruno Fernandes began to place his stamp on the midfield battle and sent

Antony clear and, with debutant keeper Dan Bentley expecting a shot, the winger cleverly squared to Martial to tap in his eighth goal of an injury-hit campaign.

It also produced a rare smile from the Frenchman who would normally go missing if it was Happy Hour.

Antony's confidence was now soaring and a wonderful pacy run down the right flank, leaving Neto grounded in the process, brought the Old Trafford faithful to their feet. And when he found Martial they were sensing a carbon copy second goal only for his tame effort to end up in a grateful Bentley's arms.

Former Bristol City keeper Bentley, who joined in the January transfer window, saved magnificently from Jadon Sancho and Casemiro to justify his opportunity ahead of Jose Sa.

But there was nothing he could do when Wolves paid the price for an all-out assault for an equaliser. An attack fizzled out on the edge of the United box and the home side were away with Fernandes releasing substitute Garnacho to maintain his composure to cut into the area and fire past Bentley.

A supersub sitting in the stand admired the cultured finish.



CLOUD NINE: Anthony Martial nets opener as (inset) fans protest sale

SETS THE BENCHMARK SAYS TEN HAG

plan to do it." The Dutchman is looking for a more ruthless attitude in the remaining games to help secure a place in the Champions League.

He added: "It is in this club's DNA to do things the hard way.

"We never go the easy way. We have to get that second goal earlier to make life a lot easier.

"Every game is important so we need to win every game. We take

the points and move on. I think this team is ready for this battle, for this fight.

"Two wins to be in the Champions League? "Ask me the question in two weeks."

Wolves boss Julen Lopetegui said: "We had our achievement last week winning against Aston Villa (to keep the club up) but we are still going out to try and win every game.

"But it's very difficult against a side who are fighting to get into

the Champions League. We took risks but we were damaged by their counter-attacks. Our last pass, last decision wasn't good enough."

THAT'S MY BOY: Garnacho with admiring boss Erik ten Hag



MATCH RATINGS

Man United

De Gea	6
Wan-Bissaka	6
Varane	7
Lindelof	6
Shaw	7
Casemiro	7
Eriksen	6
Antony	8
Fernandes	7
Sancho	6
Martial	6

SUBSTITUTES

Weghorst (for Martial, 69)	6
Maguire (for Varane, 81)	6
Fred (for Eriksen, 81)	6
Garnacho (for Sancho, 82)	7

NEXT GAME
v B'mouth (A).....May 20

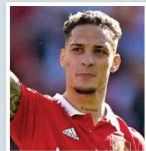
Wolves

Bentley	7
Semedo	6
Dawson	7
Kilman	7
Toti	6
Nunes	6
Neves	6
Lemina	7
Neto	6
Cunha	6
Costa	6

SUBSTITUTES

Hwang (for Neto, 40)	7
Podence (for Cunha, 61)	6
Bueno (for Tita, 62)	6
Traore (for Lemina, 75)	6
Jimenez (for Costa, 78)	5

NEXT GAME
v Everton (H).....May 20
REF: John Brooks 7



STAR MAN
Antony - He might have missed chances but his energetic bursts were a constant source of danger for Wolves.



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SAVIOUR: Kristensen and Ayling

Big Sam's in need of a little breather

By STEVE BATES

SAM ALLARDYCE joked he needed two Valium tablets to calm him down after Leeds battled to a dramatic 2-2 draw with Champions League-chasing Newcastle at Elland Road.

The new Leeds boss saw his side take an early lead, miss a penalty then give two spot-kicks away to Eddie Howe's Toon before defender Rasmus Kristensen scored a late equaliser.

And he was forced to endure a nervy six minutes of added time at the end after defender Junior Firpo was sent off for a foul on Anthony Gordon.

Allardyce said: "My emotions? I needed two Valium when I came off to calm me down! I enjoyed it actually, I did.

"I was nervous before the game because we were playing at home and I wanted to give the fans something.

"But what the lads did for me, the rest of the backroom staff, the fans and themselves gave me some hope going forward.

"They tried their very best and I can't ask any more than that."

Big Sam was once again critical of his side's defending as they gave away two penalties after striker Patrick Bamford had missed the chance to make it 2-0 from the spot.

"It should have been a victory for us," he said. "I believe with the spirit and commitment we showed if we'd gone 2-0 up and not given away two silly penalties we would have won the game.

"The first penalty was more disappointing. All week we've been saying, 'Stay on your feet' especially when you are defending in the box, just stay on your feet.

"I have shot ourselves in the foot quite often but also we showed enough to say if we cut out the mistakes we can get three points. We were playing third in the league and should have won it but it was our fault.

"I hope it goes to the wire. And when we play Tottenham on the last day I hope there is something in it for us.

"We have to keep our fingers crossed that the others don't win. We are near that position of, 'Lets hope they slip up!'"



LEEDS.....2 NEWCASTLE.....2

AYLING 7, KRISTENSEN 79

WILSON 31 (PEN), 69 (PEN)

Sure ain't BAM BLUSHES

By Steve Bates
AT ELLAND ROAD

HAPLESS Patrick Bamford came off Twitter after taking abuse for a bad miss against Leicester recently.

And that has almost certainly saved the striker more grief after fluffing his lines from the penalty spot against Newcastle, leaving home fans stunned.

Leading 1-0 after Luke Ayling's early goal, Sam Allardyce's relegation-threatened stars had the chance to make it two – but Toon keeper Nick Pope read it well to save.

It let Eddie Howe's stars off the hook and only a late equaliser by unlikely hero Rasmus Kristensen saved Leeds from a catastrophic defeat.

A point wasn't what they wanted after such a promising start but it at least keeps Leeds punching before the trip to West Ham, another of Allardyce's former clubs, next week.

Newcastle, below their best, will see it as two points dropped after being in control.

With time running out on their survival bid this was a must-win game for Leeds – and they couldn't have wished for a better start.

Allardyce had called on fans to

make Elland Road a bear pit and an intimidating fortress – and they certainly delivered for the new boss.

If it was electric at kick-off, when Ayling put them ahead after seven minutes it ramped up to the far side of wild.

From the off Leeds executed a game plan to be aggressive and stop Newcastle finding their rhythm.

And the first big chance came their way with Bamford firing a cross into the Newcastle box for Rodrigo, who met it with a strong header.

Diving to his left Pope could only parry the ball into the path of Ayling who steered home to lift the roof off Elland Road. As a confidence booster it was the ideal start, especially after standing up to an onslaught at Manchester City last week.

And it threatened to get even better for Allardyce and his stars as a clumsy challenge by Joielinton on

TOP OF THE STOPS: Pope saves on the rebound after denying Bamford from the spot

SPOT ON: Wilson with Almiron after scoring from his second penalty





■ This was Newcastle's 12th Premier League draw of the season, although their first in 13 league games (W8 L4).

■ There were only three minutes and 23 seconds between Patrick Bamford missing his penalty and Callum Wilson scoring his.

■ Leeds have both scored and conceded a goal in each of their last 11 PL games, the joint-longest spell in their league history.

■ Luke Ayling, on his 250th appearance for Leeds, scored his first PL goal at home. His other three goals were scored in away games.

■ Callum Wilson's 17 goals are the most by player for Newcastle in a single PL season since Alan Shearer in 2003-04 (22).

Paddy's day

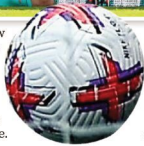
SPARED BY KRISTENSEN EQUALISER



AV UP: Ayling puts Leeds ahead at Elland Road

raiding Junior Firpo saw referee Simon Hooper point to the spot.

Yet with total dreamland beckoning, Bamford's penalty miss killed the mood – and Newcastle eventually took advantage.



Howe's men were far from their best but they possess quality all over the pitch and a bench loaded with back-up talent.

And it wasn't long before they were level with Wilson showing Bamford (right) how

it's done. The England striker confidently fired home from the penalty spot after defender Max Wober's heavy challenge on Alexander Isak.

Weston McKennie could have given away another spot-kick minutes later for a silly shove on Wilson but Hooper refused appeals.

The arrival of Adam Forshaw at half-time added more bite to Leeds' midfield but they continued to shoot themselves in the foot – with Firpo the chief culprit.

First, the former Barcelona star was lucky to see only yellow after a foul on Bruno Guimarães and minutes later he handled a cross into the box to present Wilson with a second penalty. The striker held his nerve again to make it 2-1.

Leeds didn't buckle and conjured a 79th-minute equaliser after a far post tap-in by sub Allan Saint-Maximin had been disallowed moments earlier with Isak offside.

Newcastle failed to clear their lines and Danish defender Kristensen saw his shot take a big deflection off Kieran Trippier before beating Pope to send Leeds fans into raptures.

Firpo's misery continued with a late red card after hauling down Anthony Gordon but 10-man Leeds held on for a point.



MATCH STATS

Leeds	Newcastle
4	5
3	7
2	6
2	6
16	14
0	2
65	81
23	21
52	62
37	63

COOL CALLUM : Wilson makes it 1-1



COOLER STILL: Wilson keeps his head from 12 yards



MATCH RATINGS Leeds

Robles	7
Kristensen	7
Koch	6
Wober	6
Ayling	7
Rodrigo	7
McKennie	6
Firpo	5
Greenwood	5
Harrison	6
Bamford	5

SUBSTITUTES

Forshaw (for Greenwood, 46)	8
Gnonto (for Harrison, 64)	6
Aaronson (for Rodrigo, 87)	6
Struijk (for Bamford, 90)	5

NEXT GAME v West Ham (A)...May 21

Newcastle

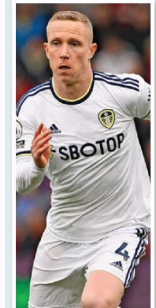
Pope	6
Trippier	7
Schar	6
Botman	6
Burn	6
Joelinton	6
Guimarães	6
Willock	7
Almiron	6
Wilson	7
Isak	7

SUBSTITUTES

Gordon (for Almiron, 72)	6
Saint-Maximin (for Wilson, 72)	7
Anderson (for Willock, 87)	5

NEXT GAME v Brighton (H)...Thurs

REF: Simon Hooper 6



STAR MAN

Adam Forshaw - Half-time sub gave a big display of midfield energy and aggression.

Cooper says frowns could stop battlers going down

STEVE COOPER was delighted to see the disappointment on his players' faces after their draw at Chelsea.

Forest took the lead through Taiwo Awoniyi's header but ultimately had to come from behind to earn a point after Raheem Sterling's double, when Awoniyi bagged his second of the game.

Cooper's side were well on top for the first half and he knew this was an

By TOM HOPKINSON

opportunity wasted to gain three vital points in the relegation scrap.

Asked if it was a cracking point, he said: "I wouldn't say cracking.

"It's a mix really of some disappointed guys in the dressing room and I like that because, although we had to work really hard for what we got, we could easily have got a little bit more. There's loads to take

out of it. We got something, albeit we would have liked more.

"Regardless of when you play Chelsea it is Chelsea and you see Stamford Bridge.

"It's a point that could be valuable but we need to make it so."

Blues boss Frank Lampard was pleased for Sterling, whose second goal in particular was a peach, and he wants to see others being just as clinical

in front of goal. He said: "The goals were important for Raheem. Small gains, small steps forward.

"He has done it and he produced it again. If you are going to win games when you have 76 per cent possession you need to be killers at the top end of the pitch and Raheem is proving to be that.

"With big possession we should have more shots, be more clinical, more killers, but that isn't the case and that's a process that will take time because it's not changing right now.

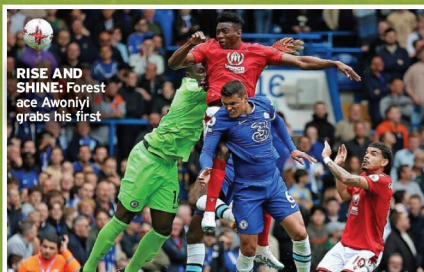
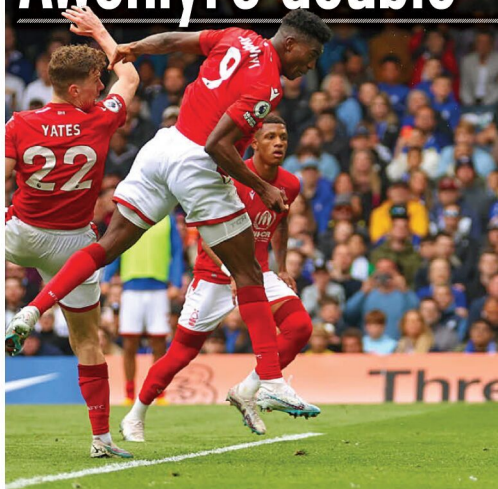
"It has to be changed by players affecting it and doing it."



CHELSEA.....2

STERLING 51,58

TAI-M'S Awoniyi's double



RISE AND SHINE: Forest ace Awoniyi grabs his first



RAH POWER: Sterling gets Chelsea back in it

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NOTTIM FOREST.....2

AWONIYI 13, 62



■ Nottingham Forest have failed to win six games (D1 L5) in London in a single Premier League season for the first time since 1992-93.

■ Chelsea are winless in six Premier League home games (D3 L3) for the first time since a run of 12 in April 1995.

A TICKING!

boosts Forest survival bid

MATCH STATS

Chelsea	N Forest
6	2
3	7
5	2
2	5
13	15
1	2
89	62
14	28
64	54
76	24
3	0
0	1
0	0

DRAW BLIMEY: Awoniyi heads in Forest's equaliser

TAIWO AWONIYI'S two headers gave Nottingham Forest's hopes of staying in the top flight a boost.

But despite the point they picked up at Stamford Bridge, Steve Cooper and his men will have headed home with a nagging feeling they could have been doing so with much more.

They were in control of this game throughout the first half and had Moussa Niakhaté been able to add to Awoniyi's early goal when a good chance presented itself straight after half-time, it would have been hard to see Chelsea coming back.

But agonisingly for Forest and their travelling supporters he could not get enough on the ball to divert Felipe's header into the Chelsea net.

And Chelsea took full advantage, grabbing the lead themselves from a quick-fire double from Raheem Sterling, including one delicious strike, before Awoniyi levelled up again.

The fans who had made the trip down from the East Midlands celebrated referee Paul Tierney's final whistle almost as passionately as they would have done a win.

But Chelsea are there for the taking at the moment and deep down they will know how precious a victory could have been after Leeds' draw with

By Tom Hopkinson
AT STAMFORD BRIDGE

Newcastle in the early kick-off. This result means there is still work to be done for Cooper and Co.

And with Arsenal up next at home and Crystal Palace away, it could yet be squeaky bum time in the last game.

If they do stay up what an achievement it will be for Cooper, who had 30 new signings thrust upon him in the last two transfer windows.

But he has somehow got enough cohesion within the group to pick up what could well be enough points.

As for Chelsea, they were hapless, hopeless and helpless in the first period, and looked like a team for whom the end of the season cannot come soon enough.

A lot of them looked like they were just going through the motions.

But ultimately a decent enough spell early in the second half was enough for Sterling to score two goals.

When the second went in it even prompted some gallows humour among the home crowd with pockets of them chanting: "We are staying up."

Forest took the lead early on when Awoniyi rose well to turn home Renan

Lodi's deep cross from the left. Edouard Mendy, playing his first game since Senegal's defeat by England at the World Cup, was left to pick the ball out of his net.

Sterling had Chelsea's one good opening in the first half.

But the fact he had to delay pulling the trigger as the ball bounced gave Joe Worrall just enough time to get goal side of him and produce a fine block. But he was more clinical after the break when he fired home from Trevoh Chalobah's pull-back, with his low strike deflecting in.

For the first time in the game Forest looked nervous and when Serge Aurier tried to win a ball in midfield with his head rather than his foot he presented another opening to Chelsea.

Ruben Loftus-Cheek pounced on the loose ball and fed Sterling, who wrapped his right boot around a very tidy finish.

The home crowd were elated but, this being Chelsea this season, that feeling did not last long as Forest drew level.

Orel Mangala slung a ball back into the box with his left boot and there was Awoniyi to head home – to the delight of his team-mates and the visiting fans.



Mendy	5
Chalobah	6
Silva	6
Badiashlie	6
Hall	7
Gallagher	6
Fernandez	6
Kovacic	6
Madueke	7
Felix	6
Sterling	8

SUBSTITUTES

Loftus-Cheek (for Kovacic, 46)	6
Ziyech (for Madueke, 72)	6
Havertz (for Felix, 72)	6

NEXT GAME
v Man City (A) May 21

N Forest

Navas	7
Aurier	6
Worrall	7
Felipe	7
Niakhaté	7
Lodi	7
Yates	7
Mangala	6
Gibbs-White	6
Danilo	6
Awoniyi	8

SUBSTITUTES

Johnson (for Awoniyi, 81)	6
Kouyate (for Yates, 84)	6
Toffolo (for Danilo, 90)	6

NEXT GAME
v Arsenal (H) May 20
REF: Paul Tierney 6



STAR MAN

Taiwo Awoniyi - Scored two goals and he left Benoit Badiashlie and Thiago Silva knowing they'd been in a battle.

SMOON BIRD

Our voice of the North

Mow's time in the Sun

TONY MOWBRAY is such an astute, thoughtful manager that he knows where Sunderland really are as a club right now.

A healthy gloss has rightly been added to the club after finishing a remarkable sixth in the Championship table.

That's thrust the Mackems to within touching distance of the Premier League as the compelling drama of the EFL play-offs unfolds.

Succeeded in that mission at Wembley on May 27 and Sunderland will be a club transformed by the extra £200million of income that would flood into the Stadium of Light.

But in reality what has happened this year is a huge over-achievement.

After four years in League One, only a season of mid-table consolidation was expected.

But several factors have aligned to give Sunderland a chance. Some of their luck has been created through clever decisions.

Landing Man United winger Amad Diallo on loan has been instrumental. Pairing him with Patrick

Roberts – a player on Amad's wavelength – to create chances has worked wonders.

Creating a youthful fresh squad – eight players 22 or under – leaves Mowbray (above) demanding only that they be brave, enjoy themselves and show hunger.

His pressure-relieving man management has worked a treat and fans have had a happy 12 months following last season's play-off final promotion.

They have benefited from relegated Watford and Norwich flopping, despite parachute payments, and the league hasn't had the strength of past seasons.

That leaves Sunderland facing a tough battle to repeat their play-off heroics. Even cost-cutting Leicester, Leeds or Southampton would be powerful new opponents.

If they don't go up replacements are needed just to stand still.

So much rides on the play-offs.

The last word...

NEWCASTLE'S new £25million shirt sponsor is said to be a property company in Dubai – and not as expected a mega-money deal from a company owned by the Saudi Public Investment Fund or government.

The hike in revenue is welcome but begs the question how much extra cash the Saudis are pumping into Toon or whether next season's riches are really self-generated.

It hasn't got the feel of a Manchester City-Abu Dhabi rebuild at the moment.



Mason's flop stars out of tune in race for Euro place

RYAN MASON admitted Tottenham are facing a real scrap to win the Eurovision Consolation Contest.

Aston Villa's 2-1 victory yesterday ended any lingering hopes Spurs still had of Champions League football next season.

And now even their Europa League and Europa Conference League place is under threat.

Caretaker boss Mason insisted he still wants the

By **GRAHAM THOMAS**

permanent job but was clear about the threat now posed by Villa and Brighton for the pecking order between sixth and eighth.

"Yes, we face a fight but we've probably been in that situation for a while now," said Mason.

"We understood the importance of today and it was a disappointing result."

Spurs have not won away from home since

January - a run of nine matches in all competitions.

And Mason added: "Ultimately it is not good enough for a club this size.

"You cannot expect to compete where we want to compete with that record."

As Tottenham slide, Villa are rising again after successive 1-0 defeats.

And this victory puts them level on points with Spurs, just two behind on goal difference. Villa boss

Unai Emery has taken more points since his appointment in November than any manager in the Premier League aside from Pep Guardiola and Mikel Arteta.

Emery admitted a Europa League place was not even on his radar when he took over a team just above the relegation zone.

"No, I didn't think it was a realistic target, but I told the players if there was a chance we have to take it," said the Spaniard.

"It's the sixth game we have won here in a row.

"The supporters are very important. They stick with us. They are excited and there is more energy."



ASTON VILLA.....2

RAMSEY 8, LUIZ 72

JACOB'

Spurs limping to fin

HAVING leaked the news that Julian Nagelsmann will not be their manager next season, here is something else that might not be happening for Spurs... European football.

Villa are neck and neck with them on the home straight towards a Europa League place, while Brighton still have both feet in the race.

Heung-min Son thought he had rescued a point in injury time when he rolled the ball home but a late flag rightly denied him for offside.

An opener for Jacob Ramsey and a second-half goal from Douglas Luiz gave rampant Villa a deserved 2-0 lead and although Harry Kane scored a late penalty, Unai Emery's team gave a packed Villa Park what it yearned for.

And while on the subject of stuff not occurring - do not expect to see Kane driving over to Daniel Levy's house this summer to discuss a new contract.

Whatever future Kane sees at the club it cannot be an attractive one on the evidence of nine successive away games without a win.

Mind you, it was probably hard for him to see much here as it must have been dark inside Tyrone Mings' pocket.

When Kane switched to the other side it was just as murky in Ezri Konski's pocket, and when he fell deeper John McGinn had him sewn up too.

Kane's struggles, of course, are the very least of the things wrong at Spurs.

At least he cares and wants to do what he is supposed to do - attack and score goals.

Spurs' problem, particularly away from home, is that they have defenders who do not really want to defend. It's just not their thing.

Pedro Porro, Cristian Romero, even Emerson Royal, are all far keener on creating than destroying.

They had conceded 19 in their six previous matches before this and the one that took them to 20 in seven underlined why.

Only eight minutes had gone when Villa's Leon Bailey skipped around a static Ben Davies and pulled the ball back into the box.

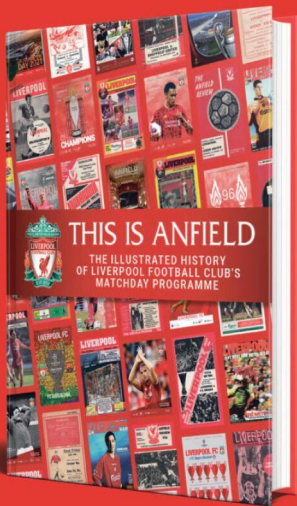
Ramsey was initially no closer to the ball than two Spurs defenders but he wanted it more and Villa led.

Kane did thread one exquisite pass through to Son but he struck the post before a delayed flag signalled offside.

Spurs' defence continued to look flaky as Ollie Watkins peeled away more layers of hesitancy. And Fraser Forster stopped Bailey making it 2-0. A

RAMSEY SWEET:
Jacob Ramsey roars after opener

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By **Graham Thomas**
AT VILLA PARK

superb volleyed cross by Alex Moreno was met by Watkins' fringe instead of a firm head, Emi Buendia struck the bar, and somehow Spurs reached the break just one goal down.

As with their 6-1 defeat at Newcastle,

TOTTENHAM.....1

1 KANE (PEN) 90



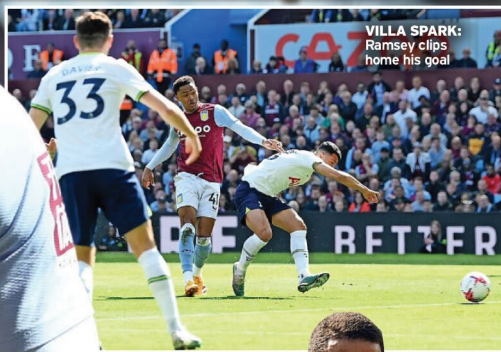
■ Spurs are winless in seven away PL fixtures (D2 L5), conceding 21 goals across those games at an average of three per match.

■ Jacob Ramsey has scored 11 goals in the Premier League for Aston Villa, the fourth most of any player for the club in the competition before turning 22.

■ Douglas Luiz scored Villa's second direct free-kick goal of the season in the Premier League, after Lucas Digne's against Manchester United.

Spurs CRACKER

finish line after Ramsey strikes



VILLA SPARK: Ramsey clips home his goal



DOUG FOR VICTORY: Douglas Luiz after doubling lead

MATCH STATS	
Aston Villa	Tottenham
4	2
4	2
0	1
8	3
9	14
2	9
85	85
10	16
70	44
49	51
3	0
0	3
0	0

they could have let in five before half-time here too.

At least they were slightly less flimsy after the restart. A shot from Buendia was beaten away by Forster before Spurs began to suggest they might pose a concerted threat of their own.

But when a chance fell to Kane after a Douglas Luiz error, the Tottenham talisman failed to beat Emi Martinez,

shooting straight at the keeper instead of finding the spaces either side.

Son clipped an offside effort over the bar and substitute Dejan Kulusevski curled another effort wide, before Villa made it 2-0 in the 72nd minute.

Watkins was fouled on the edge of the Spurs box and Foster should have done better with Luiz's free-kick than palming up into his own net.

Kane still looked Spurs' likely – maybe only – route back into the contest and when he chased down a ball on the right of the box, Martinez lunged at his feet.

It took a VAR suggestion that referee Peter Bankes take a look pitchside and he eventually awarded the penalty which Kane duly despatched.

It was too little, too late, though, and Villa's breath is now on Spurs' neck.



TOO LITTLE, TOO LATE: Harry Kane is felled before scoring penalty



MATCH RATINGS

Aston Villa

Martinez.....	7
Young.....	6
Konsa.....	7
Mings.....	7
Moreno.....	6
Bailey.....	6
McGinn.....	8
Ramsey.....	7
Buendia.....	7
Watkins.....	6

SUBSTITUTES

Duran (for Buendia, 68).....	6
Kamara (for Bailey, 68).....	7
Cash (for Watkins, 90).....	6

NEXT GAME
v Liverpool (A)....May 20

Tottenham

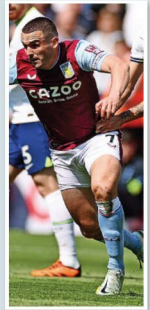
Forster.....	5
Royal.....	5
Langlet.....	5
Romero.....	6
Porro.....	5
Skipper.....	6
Hojbjerg.....	5
Davies.....	5
Son.....	6
Richardson.....	5
Kane.....	6

SUBSTITUTES

Bissouma (for Skipper, 61).....	5
Kulusevski (for Richardson, 61).....	6
Danjuma (for Porro, 81).....	6
Perisic (for Davies, 90).....	6

NEXT GAME
v Brentford (H)....May 20

REF: Peter Bankes 7



STAR MAN
John McGinn – Full of everything Spurs lack: determination, resolve and willingness.



ROY'S ON ROLL: Hodgson

Free Wilf may yet stay says Hodgson

By STEVE JUDGE

ROY HODGSON is desperately hoping Wilfried Zaha has not played his last game for Crystal Palace.

Zaha was forced off after 51 minutes of Palace's 2-0 win over Bournemouth who had a hamstring injury that could end his season.

The 30-year-old darling of Selhurst Park is out of contract in the summer, with many expecting him to search for a fresh challenge.

But interim boss Hodgson remains optimistic that even if Zaha does not play for him before he steps down at the end of the season, he will be persuaded to sign a new contract.

Hodgson said: "I am concerned for Wilf. I would like to have him for the last two games.

"I can't tell you if that is going to happen as he has to go for a scan, and there is always a concern with a hamstring injury.

"I thought his first-half performance was fantastic. The big crowd here saw the real Wilf Zaha in the time he was on the pitch.

"I have no idea what Wilf is going to do. My wish as a Crystal Palace fan is that he will be here next season."

Palace cruised to victory against a feeless Cherries side on the back of two stunning Eberechi Eze goals either side of half-time.

Bournemouth's Gary O'Neil was upset with his side's performance but is set to spend today on the phone to VAR chief Howard Webb.

O'Neil was miffed how Joachim Andersen was not sent off for an alleged punch which broke Jefferson's Lerma's nose, despite a long VAR check with the game still goalless.

The Cherries manager said: "I understand the on-field ref missed it but the fact we got the usual check go against us again was a surprise.

"It was a significant blow to Jeff's face with a closed fist," he added.



C PALACE...2 B'MOUTH..0

EZE 39, 58



Palace have picked up 10 points in four home league games since Roy Hodgson's return to the club, as many as in their last nine combined under Patrick Vieira.

ALL TWO EZE

Hot-shot Eberechi stars in Palace double act



NET PROFIT: Palace's top scorer fires them in front against the Cherries

MATCH STATS		
C Palace	B'mouth	
5	Shots on target	0
7	Blocked shots	1
11	Shots off target	2
5	Corners	4
2	Fouls	12
0	Offsides	1
85	Yellow cards	2
22	Red cards	0
77	Passing success %	60
60	Tackles	19
60	Tackles won %	53
60	Possession %	40

THIS may go down as the day Eberechi Eze stepped up to replace Wilfried Zaha as the darling of Selhurst Park.

Crystal Palace's leading scorer took his Premier League tally to 10 goals with a stunning double.

His 39th-minute opener was all about the dazzling skills of Zaha, who twisted Bournemouth full-debutant Ilyja Zabarnyi into the ground with a devastating Cruyff turn before teeing up his heir apparent to sweep home with his left foot.

It was Eze's second goal that provided the passing of the torch, coming after the soon-to-be-out-of-contract Zaha was forced off with a 50th-minute injury.

Selhurst Park rose as one, fearing this could be the last time they see the man who has brought them so much joy in two spells since making his debut, aged 17, in March 2010.

The now 30-year-old Zaha was given a standing ovation as he walked in front of the Holmesdale Road End.

He turned to applaud as his name was sung so

loud it could be heard in the nearby streets of Thornton Heath where he grew up.

Eight minutes later, those same fans were off their feet to acclaim the wonder goal of another footballer crafted on the streets of South London, in Greenwich.

What made Eze's second goal all the more poignant is that it was scored from the left channel that Zaha had exited.

T h e
2 0 2 0

£19.5million signing from QPR picked up a cross-field pass from Michael Olise, drifted inside and let fly with a curling, right-foot shot that flew past Neto into the top right corner.

Bournemouth boss Gary O'Neil had described his side's 2-0 home defeat to Palace on New Year's Eve as the lowest point of the season.

This performance did not feel much better, though understandable with so little riding on the outcome.

With Palace already safe and the Cherries virtually guaranteed their place in the top flight with none of the bottom three able to surpass their 39-point total, the game started off with all the pace of a low-stakes game.

Even the boys in Stockley Park seemed to be ready for the beach as they ignored what looked an obvious penalty when Philip Billing appeared to clumsily trip Zaha inside the box.

It took the usually vociferous Holmesdale Road End 28 minutes to bring any real energy to proceedings, which brought a visible response from the home side.

Even the VAR boys woke up as they spent several minutes checking a possible red card for Joachim Andersen, who appeared to land a rabbit punch on Jefferson Lerma at a corner.

Then Zaha and Eze (left) brought the crowd to their feet to give a meaningful match some much-needed significance.

By Steve Judge AT SELHURST PARK



MATCH RATINGS

C Palace

Johnstone.....	6
Ward.....	6
Andersen.....	5
Guehi.....	6
Mitchell.....	7
Doucoure.....	7
Hughes.....	7
Olise.....	7
Zaha.....	9
Ayew.....	8
Ayew.....	6

SUBSTITUTES

Edouard (for Zaha, 51).....	6
Riedewald (for Hughes, 77).....	6
McArthur (for Doucoure, 81).....	6

NEXT GAME

v Fulham (A).....May 20

B'mouth

Neto.....	6
Kelly.....	6
Zabarnyi.....	5
Mepham.....	5
Vina.....	6
Rothwell.....	6
Lerma.....	6
Ouatara.....	6
Billing.....	6
Christie.....	6
Solanke.....	6

SUBSTITUTES

A Smith (for Vina, 61).....	6
Brooks (for Billing, 60).....	6
Moore (for Christie, 60).....	6
Anthony (for Ouattara, 73).....	6
Cook (for Rothwell, 81).....	6

NEXT GAME

v Man Utd (H).....May 20

REF: Michael Salisbury 7



STAR MAN

Eberechi Eze - Scored stunning double to take his tally for the season to 10.



GUTTED: Ward-Prowse

JWP:
We've not done enough

By **HECTOR NUNNS**

SOUTHAMPTON captain James Ward-Prowse delivered a withering verdict on a nightmare season after relegation was confirmed yesterday.

After 11 seasons in the top flight, the Saints will be back in the Championship next term after a dismal campaign. The South Coast side went out with a whimper in a lame 2-0 defeat to Fulham with goals from Carlos Vinicius and sub Aleksandar Mitrovic.

Southampton talisman Ward-Prowse said: "We knew we were in a difficult position. We need to go away individually and as a club and assess if we've done everything we possibly could. "I don't think we have, and that is a shame. I think as a team and a club overall we'll think about the season that has gone by.

"Have decisions been right? Have we done everything we could on a pitch? I think we should perform at a better level than we have done.

"From the first day of the season until now you can tell the standards have slipped. I have been here right through from eight years old, for all the ups and downs.

"I'm sure with the good people at the club it will be back in the Premier League in no time."

Interim boss Ruben Selles - Saints' third manager this season - said: "It is an awful day for everyone associated with the club.

"For some of the players it is the first time it happens in their career. My responsibility is for the last three months, and I made mistakes like any other and it was not good enough."

Fulham boss Marco Silva said: "All the sympathy with Southampton, it is a tough moment for them. They are a big club and I expect them to be strong next season trying to get back.

"It was really good to see the way we performed, and we deserved the win."



S'HAMPTON..0 FULHAM..2

» VINICIUS 48, MITROVIC 72



■ Southampton have been relegated from the Premier League for the first time since the 2004-05 season, and third time from the top flight overall.



BACK IN BLACK: Mitrovic returned after an eight-game ban with the killer second goal

MATCH STATS	
S'hampton	Fulham
1 Shots on target	4
2 Shots off target	1
3 Blocked shots	4
4 Corners	8
17 Fouls	12
4 Offsides	1
2 Yellow cards	0
0 Red cards	0
79 Passing success %	87
16 Tackles	10
62 Tackles won %	50
35 Possession %	65

Mitro low blow

DEADLY HITMAN'S BACK TO SEE SAINTS RELEGATED

ALEKSANDAR MITROVIC returned as **Fulham's prodigal son** - and took just seven minutes to become the grim reaper for Southampton.

The striker, 28, was in the Cottagers' squad for the first time since an eight-game ban for pushing referee Chris Kavanagh in an FA Cup tie at Manchester United.

And Fulham scoring talisman Mitrovic came off the bench to administer the last rites at St Mary's as the home side were the first club to be relegated from the Premier League this season.

Earlier in the second half Carlos Vinicius had hammered a first nail into Saints' coffin. It has been an 11-year stint in the top flight for Southampton - whose demise was watched by supporter and Prime Minister Rishi Sunak.

At one stage they enjoyed four consecutive top-eight finishes. But this truly has been a horrible season to forget

By **Hector Nunn**
AT ST MARY'S

and the boos rang out at full-time. The current campaign has seen them go through three managers, with already a record 24 defeats, and just 10 points at home from 18 games.

And this was a limp surrender from the Saints, who disappeared into the second tier with a whimper rather than any sort of bang.

They now face a huge summer of change and rebuilding. Ruben Selles is in the interim managerial role but the hunt for a permanent successor is already well under way.

The travelling Fulham fans - no strangers to relegation from the Premier League themselves in recent years - were quick to twist the knife with early chants of 'You're going down'.

The drop, though, is not something

Marco Silva's side have remotely had to worry about in this fine season - one that is already seeing the Portuguese coach linked to other jobs.

And as the Cottagers casually knocked the ball around as if in a training game, the stuffing looked to have been knocked out of most of the Saints players as well.

Recalled Nigerian striker Paul Onuachu, an £18million January signing from Genk, was almost gifted a first. Southampton goal by Issa Diop in the 22nd minute - but Bernd Leno bailed out his team-mate.

Willian's volley in the 40th minute, after Harry Wilson's surge to the byline, was headed off the line by Lyancho.

But the game swung away from Southampton after half-time.

Harrison Reed won a tackle that offered Vinicius a tap-in for his third goal in four games, before Mitrovic made his appearance after 65 minutes.

And the Serbian striker headed home Fulham's second to seal Saints' fate.



MATCH RATINGS S'hampton

McCarthy.....	6
Maitland-Niles.....	6
Bednarek.....	6
Lyanco.....	6
Walker-Peters.....	5
Ward-Prowse.....	6
Lavia.....	6
Walcott.....	6
Alcaraz.....	5
S Armstrong.....	5
Onuachu.....	5

SUBSTITUTES

Sulemana (for Walcott, 63).....	6
Mara (for Onuachu, 63).....	6
Elyounoussi (for Alcaraz, 73).....	6
Djenepo (for S Armstrong, 73).....	6
A Armstrong (for Maitland-Niles, 82).....	6

NEXT GAME
v Brighton (A) May 21

Fulham

Leno.....	7
Tete.....	7
Adarabioyo.....	7
Diop.....	7
Robinson.....	7
Palhinha.....	6
Reed.....	8
Wilson.....	7
Cairney.....	6
Willian.....	7
Vinicius.....	6

SUBSTITUTES

De Cordova-Reid (for Cairney, 69).....	6
Lukic (for Palhinha, 77).....	6
Seroman (for Wilson, 77).....	6
Kebrano (for Willian, 77).....	6
Mitrovic (for Vinicius, 65).....	7

NEXT GAME
v C Palace (H) May 20
RF: Thomas Bramall 6



STAR MAN
Harrison Reed - Bust a gut to create Vinicius's goal, and win most of the midfield battles.



BRENTFORD v WEST HAM

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■ Brentford have won five of their last seven league games against West Ham in a run which stretches back to 1953 (D1 L1).

■ West Ham are looking to pick up back-to-back league wins for only a second time this season, previously doing so in October.

RIDING ON THE CRESS OF A WAVE

Hammers are ready to go all the way this time in Europe

AARON CRESSWELL reckons West Ham are maturing and gelling at the perfect time for a proper European tilt.

The Hammers sit just 90 minutes from their first European final in 47 years after beating Dutch side AZ Alkmaar 2-1 in the first leg of their Europa Conference League semi-final on Thursday.

And left-back Cresswell is confident they are better equipped to reach the final and potentially go all the way this time after the crushing disappointment of their last-four defeat in the Europa League a year ago.

He said: "Yes, it's fair to say there was a maturity about Thursday's performance that was perhaps lacking a year ago."

"You can look at the squad we had last year and there weren't many experienced players in terms of being at that stage, being in these games."

"It was all kind of new to us as a club, as players."

"But I thought we handled ourselves, we didn't panic when we went 1-0 down on Thursday, we got right back into the game and, second half, we could have scored three or four if we'd been just a little better around the final third."

"But, look, it's a 2-1 lead going into another leg and we know it's far from over, so roll on next week."

"I've not won anything like the Europa Conference League so it's massive for me, but the team and the club is more important."

"We haven't won a trophy for more than 40 years so I'm sure the fans will be

Tom Hopkinson

REPORTING

right up for it if we make it to the final. We're going to do everything we can now – rest and recover and go again – and we want to go into the second leg in the same way.

"Of course, it will be a little bit difficult and a little bit different as well over at their place."

"But we know what they are about, we watched a lot on them this week, they're a very technical side, a very young side, they move the ball well and we will work on that."

"We will figure out what they did on

Thursday, get the game out of the way against Brentford and then focus on Alkmaar again."

Today's trip from east to west London to take on Thomas Frank's Bees gives the Hammers an opportunity to gain mathematical certainty of their Premier League status again next season even though they are pretty much safe already.

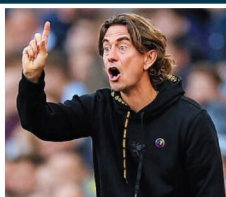
Cresswell added: "Obviously, this weekend is massive."

"Ideally, we'd like to be mathematically safe – we came into the weekend seven points off with three games to go, which is a nice margin, but we're certainly not settled on that and we want to be mathematically safe."

"Then we can put all our energy and focus into the European game."

"So, yeah, let's get the game out of the way against Brentford and let's fully focus on Thursday."

SOMETHING TO SHOUT ABOUT: Aaron Cresswell reckons West Ham are in prime position



PRIORITIES: Frank in a quandary

Frank on the guess list as Moyes plots final march

By HECTOR NUNNS

BRENTFORD boss Thomas Frank admits he has not got a clue what West Ham team David Moyes will field today.

But the Bees manager suspects that some big players will be rested for the Hammers' crucial Europa Conference League semi-final second leg away at AZ Alkmaar on Thursday.

Moyes' men are not yet guaranteed Premier League survival, something he will no doubt wrestle with until kick-off.

And Frank, who scrutinised West Ham's comeback 2-1 European win at the London Stadium, admits that he would prioritise a first chance of a trophy for 43 years.

Frank, whose own dream of Europe is fading, said: "Their situation makes it hard to predict what team we might be facing. "I guess he'll rest a few. It is up to him to prioritise which game is most important."

"But if you want to put a bet on which one they'd want to win most, you'd probably say the one on Thursday. Of course he will say the next game is the most important."

"But with where they are now, 37 points... I don't see any of the bottom five getting above that, though it is not guaranteed."

"I guess it'll be a good solid team, maybe three or four changes, to see

if they can get something out of the match."

Frank is waiting to hear the outcome of star striker Ivan Toney's FA betting hearing – which he expects shortly after the end of the season. And he admits to concerns, with traditional European power-houses, about a Premier League TV deal that dwarves that of their continental rivals.

Last week, AC Milan CEO Giorgio Furlani claimed that the seven-time European Cup and Champions League winners were being regularly outbid in the transfer market by even second-tier English clubs.

He stressed it was not just Manchester City, United, Liverpool and Chelsea too, but also Brentford, Brighton and Leeds too.

Frank, who has overseen Brentford's fairy-tale rise, said: "Look, we are never going to turn the money down, but I like the history of the big clubs and more even competition."

"One market has expanded massively, then you have Milan, one of the greatest clubs in history, and maybe, if it goes like this, they may never win the Champions League again – which would be a bit crazy."

LIKELY TEAMS BRENTFORD: Raya, Hickey, Mero, Pincock, Henry, Jensen, Davila, Janiel, Toney, Mbumo, Schade
WEST HAM: Fabianski, Johnson, Aguero, Ogbonna, Cresswell, Downes, Rice, Paqueta, Bowen, Ings, Fomal, Bennett
REFEREE: Michael Oliver



COVENTRY v MIDD'BROUGH

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■ Coventry won the first meeting between the two this season (1-0) before a 1-1 draw on the final day of the campaign.

■ Only four teams in the Championship lost more games away from home than Boro (12) this season - two of them went down.

■ Coventry conceded 24 times at home in 23 games this season - only one team (Sunderland, 33) in the play-offs let in more.



LEARNING CURVE: Carrick with Sir Alex Ferguson in his playing days

Kid rock

FERGIE MAKES IT CHILD'S PLAY

MICHAEL CARRICK knew when promotion fever had gripped Middlesbrough - it was the moment kids started chasing him down the street on bikes.

Carrick leads Boro out in the play-off semi-final today hoping to use all his experience of 11 major trophy wins to get his team over the line against Coventry, and to Wembley.

But on his new-found fame, the former Manchester United star joked: "It was a struggle to outrun them."

"There was no one when I first started, and there were six of them this week.

"The sheer joy of the younger people and how excited they are has reminded me of the genuine excitement I had about football when I was a kid. The atmosphere and energy."

Naturally there have been calls to legendary United boss Sir Alex Ferguson as Carrick learns his trade in taking a team to the top.

Carrick added: "I speak to him quite a bit and he is always there giving bits of help on the way.

"It is more of a friendship thing and it is nice to have that ability."

But in the dugout Carrick is doing

Simon Bird
REPORTING

things fine his own way. A quieter, calmer version of Fergie, giving guidance to the likes of Chuba Akpom and Cameron Archer.

He's taken Boro from 21st in the Championship to fourth, and now the play-offs, and said: "I've genuinely loved it."

"The day-to-day you are engrossed in it, but there is still an enjoyment to it. It comes down to results, though, really and achieving things."

"When you win it's great, but when you lose it's important not to think of it as the end of the world.

"It's more looking back and working out what went well, rather than enjoying every moment."

"Initially I went straight into coaching because Jose (Mourinho) gave me that opportunity at Manchester United.

"That was the path I took from there. You take the opportunities in front of you and I could not have envisaged the way it has gone since retiring.

"I've just kind of gone with it and tried to enjoy it."

Liam's five-year Prem fight

LIAM KELLY will be "bursting with pride" to lead out Coventry City but knows lessons from history don't translate into fairy-tale endings.

The 33-year-old midfield maestro has lived through the nightmare and dream with the Sky Blues as they crashed through the divisions to end in League Two before fighting their way back. And Kelly has

By NEIL MOXLEY

been a cornerstone of that revival under Mark Robins.

Five years' continuous success has put them in the Championship play-offs.

That, however, tells only half the story as two seasons of that were spent ground-sharing with Birmingham following a row over their own stadium. Despite this, the Sky

Blues now stand three games away from a return to the Premier League for the first time since 2001.

Kelly says Middlesbrough will be facing a united club this lunchtime after several years of hurt.

He said: "It's been an incredible journey. As players, we've come through adversity - and so have the fans. "Five years is quite a

small space of time to go from League Two to the Championship play-offs. To go one stage further would be a massive achievement.

"Are there any fairy-tales in football? I don't know but I do know that you get out what you put in.

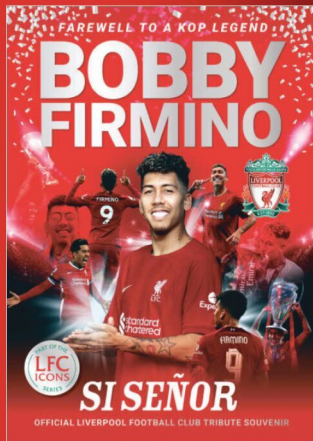
"People feel like the club is moving back where it belongs. It's about putting Coventry City back on the footballing map and back on the big stage.

"And I'll be treating this as a cup final."

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FAREWELL TO A LEGEND

It's time to say farewell to one of our most loved players. *Si Señor* tells the Bobby Firmino story in his own words, reliving some magical memories of the brilliant Brazilian through exclusive interviews given to the club's official matchday programme and magazine.



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CRACKER: Joe Ward thumps home from long range

Owls need much Moore to push out Posh in return

SHEFFIELD WEDNESDAY boss Darren Moore says his side will need plenty of effort in their play-off second leg against Peterborough after a Friday night from hell.

The Owls were thumped 4-0 by Posh with goals from Jack Taylor, Joe Ward, Kwame Poku and Jonson Clarke-Harris.

And Moore says his side face an "uphill battle" at Hillsborough on Thursday if they are to make a game of the tie.

Wednesday finished third in the table during the regular season, three spots higher and with 19 points more than Darren Ferguson's men. But Friday's hosts were on the offensive straight away. Posh were 2-0 up at the break and doubled that scoreline to put one foot in the Wembley final.

Moore said: "The words we say now are difficult to penetrate because emotions are running high. We have to put in a performance on Thursday. It's an uphill battle, of course it is, but we will have to regroup."

"Take nothing away from Peterborough but we had chances."

"When we came in at half-time we talked about the importance of the next goal but it's gone to them and the game has run away from us."

"We did create chances ourselves and their goalkeeper has made a couple of great saves."

"I think we should have had a penalty at 3-0, the ball has struck the arm and it was on target. But we

SHEFF WEDS (0) v PETERBOROUGH (4)
2nd leg, Thursday, 10.30pm
By MICHAEL DEAN

didn't get the decision and that could have really changed the dynamic.

"We just weren't good enough. It could have been a different story if we took our chances but we didn't and Peterborough did."

Posh boss Ferguson was delighted with his side's performance but knows the job is far from over.

"We've got a good lead," he said.

"Generally in these play-offs nothing's really decided in the first game. It's still not decided but we've got a good lead."

"We can have no complacency. We've got to go there and try to win the game."

"I know how tough it can be at Hillsborough but in the first leg the performance level was spot on."

"Overall we were very confident, we took the ball in tight situations - which I wanted - and we stuck to our gameplan which was key."

"The players executed the plan very well tactically and I'm really pleased with the clean sheet."

"There are moments in every game which are pivotal and you have to say that Will Norris' save at 0-0 was a pivotal moment because if they score first it can become a different game."

"I thought some of our football was a joy to watch. It was a top, top performance."

SUNDERLAND..2 LUTON.....1

DIALLO 39, HUME 63

ADEBAYO 11



ICE TRAI: Hume hits winning goal

MATCH STATS

Sunderland	Luton
4	5
5	4
4	2
6	2
0	20
0	0
3	4
0	0
18	72
14	32
71	59
59	41

Hume and away

TRAI SEALS IT AFTER DIALLO SPARKS SUPER REVIVAL

By Simon Bird
AT THE STADIUM OF LIGHT

AMAD DIALLO led Sunderland's comeback with a stunning goal to impress Erik ten Hag and fire his side closer to the Premier League.

The on-loan Manchester United winger curled in a brilliant 30-yard shot to level the game, before Tony Mowbray's men sealed a win through Trai Hume's header.

With summer target Jobe Bellingham in the stands ahead of a possible transfer to Weasdale from Birmingham, they inflicted Luton's first defeat for 14 games. And they extended their own unbeaten run to 10 games, ahead of Tuesday's second leg at Kenilworth Road.

Diallo's best chance of playing for Sunderland next season - an option he is open to - is to fire them to the top flight, a job he has taken on with relish.

At kick-off it was like the Stadium of Light of old, raucous and reverberating as Mowbray's side walked out to a "Til The End" banner.

Even reaching the play-offs was a minor miracle - and here their injury problems were even worse, fielding a back three without recognised centre-backs.

But what they lacked in height they made up for in skill, flow, and spirit in front of 46,060 fans. Functional Luton had trouble getting the ball off Mowbray's

men, such was the quality of their play. They used their ball-playing strengths to the full, with Patrick Roberts, Diallo, Alex Pritchard and Jack Clarke all going at Luton with relentless positive play.

The visitors were ahead in the 11th minute, exploiting the lack of height in the home defence, when Elijah Adebayo volleyed home from close range.

These two sides have played out four consecutive 1-1 draws, but Sunderland never lie down.

Diallo equalised with a curling shot from outside the penalty area.

Sunderland pushed for a lead and got it in the 63rd minute. Remarkably, given they only had one player on the pitch standing over 6ft - Pierre Ekoh - it came from a header.

Winger Clarke clipped in a cross from the left wing and Hume flicked a near-post header past Ethan Horvath.

SUNDERLAND: Patterson 7; Hume 8; O'Nien 7; Gooch 7; Roberts 7; Daugherty (8) 6; Hall 7; Ekwah 7; Clark 8; Amad 8; Pritchard 7 (8a 90) 6; Gehlhardt 7

LUTON: Horvath 6; Ocho 7; Lockyer 6; Bell 6; Drammeh 6; Nakamba 6; Morayo 6; Clark 6; Berry (78) 6; Daugherty 6 (Burke 88) 6; Morris 6; Adebayo 7

STAR MAN: Amad Diallo - Brilliant goal and superb dribbling. **REF:** Tim Robinson 8



IN CHARGE: Clarke-Harris makes it four for Posh

AMAD FOR IT: Diallo smiling after he put his side ahead



BOLTON..... 1 BARNLSLEY..... 1

CHARLES 67

1 CADDEN 63



OAKLEY DOKEY!

Trafford shines as eyes turn to second semi

NICKY OF TIME:
Cadden celebrates



REBOUND:
Dion Charles equalises



MATCH STATS

	Bolton	Barnsley
1	Shots on target	5
2	Shots off target	10
4	Blocked shots	4
4	Corners	7
10	Fouls	8
1	Offsides	2
0	Yellow cards	0
0	Red cards	0
76	Passing success %	66
9	Tackles	7
89	Tackles won %	71
62	Possession %	38

WARY Michael Duff warned his players not to dream of Wembley just yet after Barnsley's draw set up a winner-takes-all semi-final second leg at Oakwell.

Nicky Cadden fired the Tykes into a deserved lead in the 63rd minute but Dion Charles scrambled in an equaliser four minutes later.

"We did enough to win the game," insisted boss Duff. "Their goal came from nothing. We had some good chances and their keeper made some good saves."

"So it is a sign of our performance that here is a tinge of disappointment that we didn't do enough to shade it."

"Even after their goal we still had enough chances to go on and win it."

"But next Friday will be a tight and similar sort of affair. I said to the players, don't think the job is done now. There will be no back slapping."

"There are 90 minutes of the season left so we still have to give it everything again."

Barnsley finished five points clear of the

By Neil Goulding

AT UNIVERSITY OF BOLTON STADIUM

Trotters after the regular season. And only keeper James Trafford kept the home side from falling behind before Cadden's sweetly struck left-foot shot from Devante Cole's lay-off.

Trafford returns to Manchester City at the end of the season and he will leave big gloves to fill.

The England Under-21s international made a string of fine saves, including back-to-back efforts to deny Bobby Thomas after Charles brought Wanderers level.

Opposite number Harry Isted was far less active but his one major intervention handed Charles his goal as he failed to cut out Randall Williams' cross.

Bolton boss Ian Evatt admitted: "I know we can play a lot better. We looked like we were playing in our shells in the first half. "We were timid and shy and needed to

be braver. But once their goal went in, it looked like the shackles came off."

"All of a sudden we sparked into life and had more possession and more control."

"But you always feel like you are under pressure against Barnsley because of the amount of set plays they have."

"Barnsley will feel they are in a strong position. But I feel we are in a strong position."

"There will be more onus on them being the home team and more pressure."

"We are a dangerous team when the spaces become bigger."

"On Trafford's input, Evatt added: "He is a brilliant young keeper and I believe he will go to the very top."

BOLTON: Trafford 2; Toal 6; Santos 6; Johnston 6; Bradley 7; Sheehan 5; Lee (64' 6), Dempsey 6; Williams 5; Morley 5; Kuching 5 (Mundulu (64' 5), Charles 6 (Akoboyejo (76' 5)

BARNLSLEY: Isted 6; Thomas 7; Anderson 7; Kitching 6; Williams 6; Phillips 6; Connell 7; Kane 6; Cadden 7; Tedic 5 (Morwood (83' 6), Cole 6 (Watters (83' 6)

STAR MAN: James Trafford - String of superb saves kept Wanderers in contention for second leg. **REF:** Andrew Kitchen 7



ON THE BALL: Gilliead in action against Gillingham

Gilliead's eyeing Wemb-glee as he aims to get it right this time

PROMOTION-hungry Alex Gilliead is hoping to strike it lucky with Bradford - at the second time of asking.

The former Newcastle midfielder agonisingly missed out on promotion to the Championship in 2017 when on loan with the Bantams, beaten 1-0 by Millwall in the League One play-off final at Wembley.

But today Gilliead, now a regular starter for the ambitious Yorkshire club, has a second bite of the cherry as the Bantams host Carlisle at Valley Parade in the first leg of their League Two play-off semi-final.

"These opportunities don't come around that often so you really want to take it with both hands," said Gilliead.

"Getting promoted is a great achievement, I can imagine winning at Wembley would be very special."

"I missed out on playing in the final against Millwall."

"But I was obviously itching to get on. I played in the second leg of the semi-final against Fleetwood."

"But we've got two tough games coming up and we've got to beat Carlisle there when we've been thinking about getting to Wembley."

"I think form just goes out of the window, it's two massive games for us."

Gilliead has played a

BRADFORD v CARLISLE

Valley Parade, Today, 10.1pm

Sky Sports

By NEIL GOULDING

pivotal role in helping the Bantams sneak into the top six on the last day of the season.

And now they are there, the 27-year-old believes the confidence in the group can inspire Mark Hughes' side to a memorable success.

"The gaffer set it out early this season that our aim was to try and get promotion," added Gilliead.

"He is very clear in what he wants us to do well. We've done really well to get to this point."

"It's going to be a tough ask, but we've got a lot of lads who have been involved in them and what they're about and what you need to do to get over the line."

"It's exciting for us, we missed out on automatic promotion."

"But it's another chance for us to get where we want to be."

It is a view shared by Hughes, who said:

"Excitement is the over-riding emotion."

"The intention was to always try and get out of this league."

"We've got to try and take this opportunity."

Carlisle midfielder Owen Moxon is also desperate to impress and knows an away victory will be a huge boost for the Cumbrian side ahead of the return leg at Brunton Park next Saturday.

"It's two cup finals, we've just got to go and give it everything," said Moxon.

"We're definitely confident. I've lost two play-off finals so I'm hoping this is third time lucky."

"I definitely don't want to have that feeling of losing again."



EMOTION: Mark Hughes



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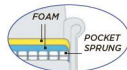
Helen
Lederer

‘No one mocks the female form now – we’ve got new ways to make people laugh’

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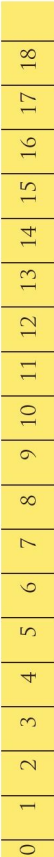
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P4 COVER STAR

Helen Lederer founded the Comedy Women in Print award celebrating female comedy writers.



P13 FOOD

Legend has it that St David told his soldiers to put leeks on their helmets while fighting against the Saxons in the 6th century AD.



P16 FICTION

In a survey of 1,000 people, one in four are in a relationship with the first person they fell in love with.



P7 THE WEEK THAT WAS

Donald Gorske has the Guinness World Record for the most Big Macs eaten in a lifetime – 32,340.

DID YOU KNOW...

P22 SHOPPING

Regardless of the size of the shoe, each pair of the Classic Clogs style of Crocs has 13 holes for ventilation.



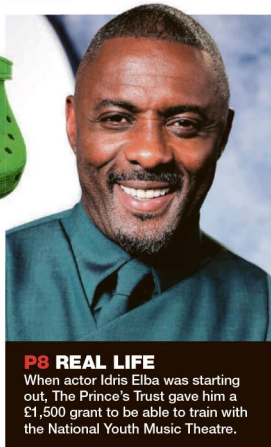
P20 HEALTH

In England, one in four people will experience at least one mental health issue during the course of 12 months.



P8 REAL LIFE

When actor Idris Elba was starting out, The Prince's Trust gave him a £1,500 grant to be able to train with the National Youth Music Theatre.



P18 CRIME

Female homicide victims aged 16 and over were more commonly killed by a partner or ex-partner (33%), according to UK statistics for the year ending March 2022.

PLUS! YOUR 7-DAY TV GUIDE p23
SIX PAGES OF PRIZE PUZZLES p33

HIGH-FLYING HOUNDS

It's best paw forward to help airline travellers with sight loss



Cabin crew at Virgin Atlantic are set to make some new furry friends on their next training course – the airline has teamed up with charity Guide Dogs to support people with sight loss.

The crew are learning best practices when helping those with visual impairments, including how to approach someone with sight loss, navigating narrow or busy spaces, stairs and doorways,

and assisting a visually impaired person in taking their seat. They'll also look at the best positions on the aircraft for guide dogs to rest on their long journeys.

It comes as new research of 250 Brits with sight loss revealed that almost three-fifths (59%) would like to travel abroad more. But almost seven in 10 (68%) are reluctant to fly due to previous negative experiences.



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'Everything is a product of its time'

Comedian and actress **Helen Lederer** talks about her passion for promoting female comedy and dealing with the changing attitudes towards humour

As careers in comedy go, you'd be hard pressed to find anyone who has been as consistently busy and successful as Helen Lederer. The 68-year-old comedian and actress was barely off our screens in the 80s and 90s and starred in hugely successful shows such as *Naked Video*, *Bottom*, *The Young Ones* and *Absolutely Fabulous*.

Helen rose to fame alongside the likes of Ade Edmondson, the late Rik Mayall, Jennifer Saunders and Dawn French and made us all laugh with iconic characters such as the Drunk Sloane in *Naked Video* and dizzy journalist Catriona in *Absolutely Fabulous*.

But even though some of the shows that she's most well known for were on our screens over 20 years ago, comedy remains a huge part of Helen's life, and one of her current passions is the Comedy Women In Print prize, of which she is the founder. This is the UK & Ireland's first literary prize dedicated to celebrating witty women's writing and as we chat to Helen at the first ever Winner's Event at the Groucho Club in London, it's clear that she's a huge champion of female talent.

She says, "I think we've seen a wonderful proliferation of top-class original funny content on TV – probably the conduit for that was Phoebe Waller-Bridge [who wrote and starred in *Fleabag*] and the person before that was Miranda Hart [of *Miranda* fame]."

The star, who was born in Wales but grew up in south-east London, is aware of the fact that what was acceptable on TV two decades ago would not necessarily

be given the green light by TV execs now. Reflecting on *Bottom*, the sitcom written by Ade Edmondson and Rik Mayall about two crude and sexist flatmates, Helen says, "What is perceived as normal language and reference of humour has changed, so everything is a product of its time, and a lot of people have said certain things wouldn't be made now."

Helen, who played a couple of different characters in the comedy, adds, "Now one probably wouldn't write stuff which is mocking the female form in a way that could cause offence, but we're learning new ways to get people to laugh."

When we ask Helen if she was ever a victim of sexism herself, she says young women today "would be agast" by what went on. She explains, "There was still an assumption of behaviour from certain men, so it was kind of an odd time to try and be an individual, but also deal with certain expectations that were rife."

Perhaps one of Helen's most famous roles was *Ab Fab*'s Catriona, and we're curious to know if she thinks Jennifer Saunders should make a sequel to *Absolutely Fabulous The Movie*, which came out in 2016.

"I think there is something very beautiful and arresting that *Ab Fab* has made so many people happy," she says. "I think there is always an appetite which chimes with that huge affection. Is there another story to tell? Maybe there is because Jennifer is such a talented writer. Perhaps there is room for a sequel, and it could be even more outrageous than before." Helen, who has been married twice – once to journalist Roger Alton and

now to Chris Brown, who's a GP – admits she's no longer in touch with her former *Ab Fab* co-stars, such as Joanna Lumley and Julia Sawalha, but says she wishes only good things for them. "I don't go to tea with them all the time – if at all, but I'm a great fan, and I think they're all amazing."

As for the type of shows she enjoys watching these days, the actress tells us that *ABO* series

'I'd have to have hypnosis to do *Celebrity Big Brother* again'

The White Lotus, which she describes as "dark, harsh and delicious", was a firm favourite. She binge-watched it with her 32-year-old daughter, the actress Hannah Lederer-Alton.

Helen tells us she was particularly inspired by 61-year-old Jennifer Coolidge and says the Hollywood actress made her feel that anything is possible for women of a certain age.

"If things like *White Lotus* are getting such a cult following with the wonderful rebirth of Jennifer Coolidge – she got the part, and wow it's suddenly as if she's been reborn – you go, 'Wow!' She's humorous, glamorous, not stick thin – hurrah! There's hope for us all!"

As well as being known as a hugely gifted comic actress, Helen also dipped her toe into reality TV back in 2017 when she was a housemate on the 20th series of *Celebrity Big Brother*. When we comment on how much quieter she was in the house than we'd expected, Helen says, "Well, they have to edit it for storylines, but if you remember that was quite an explosive year [the late Sarah Harding had a steamy romance with American star Chad Johnson]. It has been said that I came across as almost normal and anyone who knows me knows that's hilarious, because I'm not!"

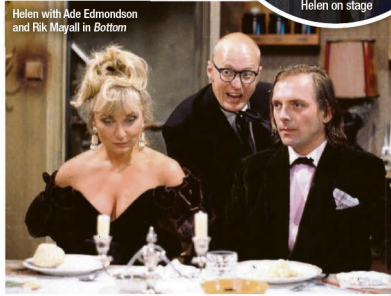
Would she ever be tempted to go back in the house now that the show is said to be making a comeback?

"I've have to have a lot of hypnosis and therapy before, so never say never," she tells us. "I'd need a support system before I went in because it's quite lonely."

In an age where many celebrities find themselves being cancelled for expressing certain views, we wonder if this is something Helen spends much time worrying about. She said, "I'm a pretty boring, inoffensive person so I think what would I be cancelled for?"



Comedian Helen on stage



Helen with Ade Edmondson and Rik Mayall in *Bottom*



Playing Catriona with Jennifer Saunders in *Ab Fab*



Not your average spud...

Meet the Lidl farmers passionate about potatoes



With the King's Coronation it is 'Royal week'. And the Jersey Royal is a real spring treat. These small potatoes, with their creamy texture and slightly nutty taste, are a British speciality – and stores and restaurants rush every year to get the superlative spuds in front of their customers.

"At the start of the season you have to treat them like eggs – removing them extremely delicately from the plants," says farmer Steve. "That means lifting them by hand.

"The taste is unique and amazing. That's provided by Jersey's sandy soil. We also spread seaweed across the soil. We think it adds a bit of flavour as well as being an organic fertiliser."

"They're so special," says fellow Jersey Royal farmer Christine. "The season is only 12 weeks long. Lots of fruit and veg are now available all year round, but these are a seasonal crop."

But while the potatoes are a quality product, they are not only destined for expensive outlets. Supermarkets such as Lidl also take pride in delivering just-picked Jerseys to their customers.

"We lift in the mornings, in the afternoon they are washed, cooled and packed to lock in the

freshness and they'll be on the evening boats," says Steve. "They'll be in the UK the next morning."

The speedy journey taken by Jersey Royal potatoes shows Lidl's commitment to getting the best produce on the shelves at the optimum point. And the supermarket's Fresh Promise guarantee means if you're not 100 per cent satisfied with the quality of its fruit or vegetables, you can take them back to the store for a full refund.

Lidl sources two-thirds of its products from British suppliers. And all of its British fruit and veg carries the Red Tractor mark. This is assigned by Assured Food Standards, a not-for-profit UK company that checks produce to guarantee levels of safety and traceability.

"We farmers have a passion for growing the very best," says Christine. "I have so much pride in what we produce."

And the growers look forward to producing the new-season Jersey Royals just as much as Lidl's customers.

"Their flavour is so special – I like them just cleaned under the tap, boiled and served with butter," says Steve.

For those of us who can't pick and cook Jersey Royals straight from the soil, you can trust Lidl to do so to the highest standard.



A GREAT-TASTING GUARANTEE

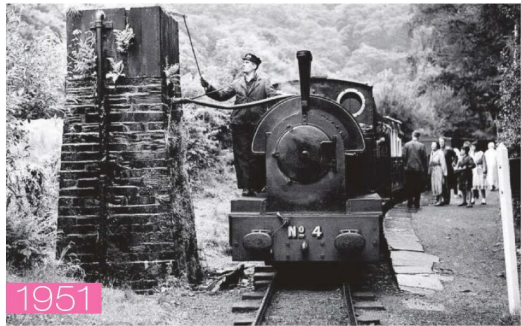


You probably always have a good look at fruit and veg before you buy it. But when you shop in Lidl, the staff will have already checked it for you – and they will continue to do so throughout the day. It's part of Lidl's Fresh Promise. Quality checks on fresh produce happen at every stage, from depot to shelf. And if you're not happy when you get home, you can bring your item back to the store and get a full refund.



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1951

14 MAY
The Talylyn Railway in Wales became the first in the world operated by volunteers.

A certain Rev W Awdry became interested in joining the preservation

society of this historic narrow-gauge steam line in the mid-Wales countryside. He and his family visited and he took a turn as a guard. Years later, he wrote about these trains in his *Thomas The Tank Engine* books.

The week that was

Check out what happened in history

1987 15 MAY
Tennis player Sir Andy Murray was born. As

one of the youngest ever knights of the realm, Sir Andy has won three Grand Slams, been named Sports Personality Of The Year three times, and secured three Olympic medals.

With 46 titles to his name, he's the most successful British tennis player of the Open era. He's still playing, but the dad-of-four has warned he is "one big injury" away from retiring.



1913 20 MAY
The Chelsea Flower Show

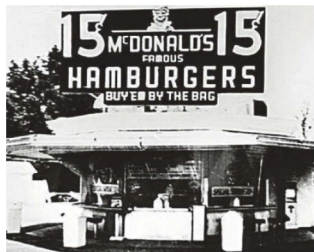
was first held in the grounds of Chelsea Hospital. The Royal Horticultural Society used to stage the event in Kensington, then moved it further down the road.

Queen Elizabeth II was a regular visitor to the flower show, attending more than 50 times during her 70-year reign.

1987/1998 14 MAY
Two Hollywood legends died

on the same day. In 1957, movie siren Rita Hayworth starred opposite Frank Sinatra in the film *Pal Joey*. She got top billing, even though at the time he was the bigger star. "Ladies first," he quipped.

Hayworth died aged 68 in 1987, seven years after her Alzheimer's diagnosis. Sinatra died aged 82 in 1998 following a heart attack.



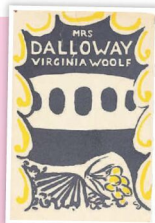
1940 15 MAY
McDonald's opened its first restaurant in San Bernardino, California.

Richard and Maurice McDonald started doing BBQ food, but quickly realised that burgers were their best sellers at 15 cents each. Now with establishments in some 100 countries, there are about 40,000 McDonald's restaurants around the world.

1925 14 MAY
Virginia Woolf's *Mrs Dalloway* was published.

One of the English author's most famous works, it tackles First World War themes relating to mental health and what we would now identify as PTSD.

In 1997, it was made into a film starring Vanessa Redgrave and Natascha McElhone.



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REAL LIFE

King Charles changed our lives

Meet three successful businesswomen who overcame a tough start with help from The Prince's Trust



Naomi received her Young Ambassador award from the then Prince Charles in 2012

Since its launch in 1976, The Prince's Trust charity has helped more than a million young people from disadvantaged communities gain essential life skills and job opportunities. Here, three women who owe their business success to the King share their inspiring stories.



Naomi, Victoria and Sophie realised their dreams with the help of The Prince's Trust



'King Charles is very funny and always interested in how my business is doing'

Naomi Spencer, 36, from Birmingham, started her Candy Bubbles business with the help of The Prince's Trust in 2009. She lives with her partner Junior and three children, JJ, 15, J'rae, seven, and one-year-old Jhené.

'Shortly after presenting me with my business award, the then Prince Charles turned to my son JJ, then just a toddler, and said, 'You'll be proud of your mum when you grow up.'

It was an incredible moment and made me realise just how far I've come – from a single mum on benefits to a successful businesswoman and public speaker.

Growing up, I could never have imagined

I'd be where I am now. Like me, my mum was single and on benefits and life was hard. Putting food on the table was a constant struggle.

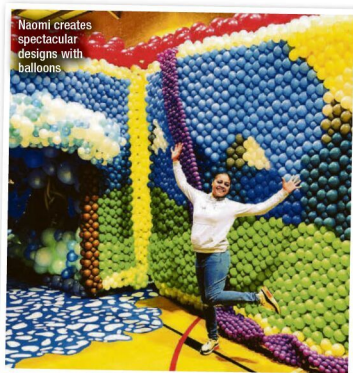
Bullied at school

Even though I was doing well academically at school, I was badly bullied by a group of girls. Instead of tackling the bullying, the school said it would be better if I found another school. So aged 14, I left school and never went to another one. Times were different back then and no one ever checked up on me.

I got a place on a hair and beauty course when I was 16, one of the few things I could do that didn't require any qualifications. But I didn't enjoy it and instead got a forklift truck qualification and also worked for a car manufacturer. I earned decent money doing night shifts as an agency worker.

But then at 21 I got pregnant with Jermaine, known as JJ. I couldn't do the demanding shifts any more and there was no maternity leave support. Within months of JJ's birth, like my own mum, I was single and living on benefits.

Still, I was determined to make something of myself and to give my son a good start in life. At one of my income support meetings, I mentioned a dream I'd had about starting a business making soap that looked like cakes. The adviser mentioned The Prince's Trust



and in 2008, within weeks of applying, I was on their business course.

It was daunting, but the people I met were amazing. I learnt all the basics, from how to open a business account to how to sell and market. I was given a £1,000 loan with minimal interest to pay back, and I was matched with a business mentor who I met monthly and bombarded with questions.

I started JJ at nursery and began selling my soaps with the help of a rent-free weekly stall, but the business wasn't really taking off. Then came JJ's christening. I'd ordered balloons spelling out his name, plus ceiling balloons for the children to grab and play with. But the company messed up my order. I was so disappointed and told my mum, 'I could do better than this!'

And that's what I did. I added balloons to my soap stall and they were a hit. I made £1,000 in one day! Through a Prince's Trust contact, I met the events team at Aston Villa FC and was taken on as their main supplier. It was a huge confidence boost.

Since then I've created balloon arches, table centres and sculptures for dozens of events, from small parties to huge receptions. I still do all the events on my own, sometimes with a bit of help from JJ and his friends.

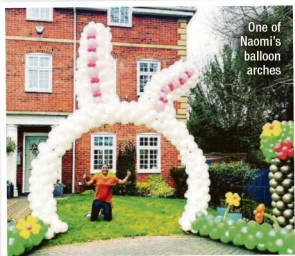
Meeting King Charles

I've now met King Charles six times at Prince's Trust events. He's very funny and is always interested in how my business is doing. He also introduced me to Pimm's, which I now love!

I definitely wouldn't be where I am without the trust. As well as the initial support, I'm now one of their Young Ambassadors and I visit schools and prisons, talking about my life and how far I've come.

I want young people to know that they can be successful and that there is help out there for them. Like me, most just need a bit of help unlocking their potential."

candybubbles.co.uk



WORDS: SANDRA WALSH PHOTOGRAPHER: VICTORIA ADAMSON, STYLIST: LYNNE MCKENNA, HAIR & MAKE-UP: KATRIN REES



'Meghan Markle complimented me on my necklace'

Sophie Rogers, 31, from Castle Bromwich, West Midlands, opened a crystal business after a horrifying cancer diagnosis.

"I'd just finished uni and was working in my dream job designing baby clothes for a high street fashion retailer when I was diagnosed with cervical cancer aged just 22.

Within a week of the diagnosis I had a radical hysterectomy to remove my ovaries, womb and cervix. This put me straight into the menopause and I also had to have chemo and radiotherapy treatment.

It felt like my life had come to a halt. I didn't want to leave the house or see friends. I hated that cancer made me look as ill as I felt. It was a dark, scary, negative time.

During the year I was off sick I went to a cancer support centre where I was introduced to holistic therapies including meditation, yoga and crystals. The hospital had cured me physically but I'd been left with a lot of emotional damage.

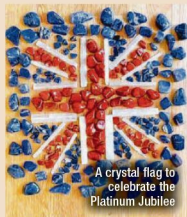
The yoga and meditation classes filled my heart with so much positivity and I began to feel better.

I bought a set of crystals and a simple jewellery kit – I found making my own bracelets and necklaces really calming and relaxing. Friends commented on my jewellery and I made some for them, too. Word got around and soon I was selling my jewellery at car boot sales and on eBay.

Though I tried to return to my fashion job, facing cancer had made me reflect on what I wanted to do with my life. Through a friend

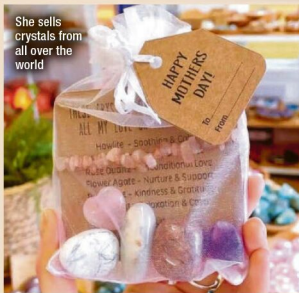
I came across a young woman around my age who was doing well with her clothing business. She told me she'd been on The Prince's Trust's Enterprise scheme.

I thought there was no way a charity would just give you money to try out a business, but it was true. I called them and went on the Enterprise scheme, meeting lots of other young would-be entrepreneurs. It was wonderfully inspiring.





Sophie in the High Vibe Crystal Cabin



She sells crystals from all over the world

Business loan

With a business loan I was able to buy more stock. My mentor was amazing and took me under his wing. The business, High Vibe Alignment, has been going for seven years now. I have my own shop, High Vibe Crystal Cabin, in Tamworth, which is a work studio as well as a shop selling jewellery and ornamental crystals from around the world.

I've just signed the lease on two other business properties. One has a yoga studio so I can run classes, having trained to become an instructor. I've employed two members of staff to help run the shop, which makes me feel very proud.

I attend lots of Prince's Trust events now and it's such an honour to be able to talk to other young people about my experience.

I was even invited to a garden party to celebrate Charles' 70th birthday. Harry and Meghan were there, attending their first engagement after getting married. I presented Meghan with one of my necklaces and I was thrilled when she accepted it and complimented the necklace I was wearing."

highvibealignment.com

'The Prince's Trust understands that people like me need support to level up'

Victoria Lynch, 45, set up Additional Lengths with help from The Prince's Trust in 2003. She lives in Stockton-on-Tees with her partner Shaun and their children Presley, 18, and Josie, 13.

"Twenty years ago, when I first tried to get my hair extensions business going, I asked the bank for a start-up loan. I went to the appointment smartly dressed and armed with a business plan I'd put together. But I was laughed out of the door.

At that time there weren't many women in business and hair extensions were a new beauty innovation. The male banker certainly hadn't heard of them and he looked at me as if I was crackers. He just didn't believe my idea could succeed.

Luckily, The Prince's Trust did believe in me and thanks to the initial support, my business, Additional Lengths, has grown over the years and is now worth millions.

I first became interested in hair extensions in my early teens. I braided the hair of a family

friend into neat cornrows and learnt to use hair extensions.

I was born in one of the most deprived areas in the UK and grew up on a council estate. There was drug use and riots. I was more practical than academic and left school at 16 with a C as my highest GCSE grade.

Taken seriously

The bank rejection in 2003 was deflating but it didn't put me off. I felt sure hair extensions were going to be big. There was a branch of The Prince's Trust in Middlesbrough and I'd heard they helped businesses, so I applied to their Enterprise scheme.

I think they could see how passionate I was and it was great to be taken seriously. I was thrilled when I was awarded a £500 grant plus a £1,500 interest-free loan. I used the money for essentials such as setting up a phone line, website and card payment machine. And I spent a few thousand pounds

I had in compensation following a car accident on stock.

I sent flyers about my hair extension products to local hair salons and sat in the little spare room at my parents' house, praying for the phone to ring. At the very end of the first week, my first order came in. It was only worth £15.50 but I was over the moon.

There was so much to learn about running a business and I feared it would go under when only my second shipment of hair extensions turned out to be yak hair rather than human. But I made it work by incorporating those into the training programmes I was running.

I now employ 27 staff from the local area and the business is continuing to expand in the US and Europe.

Contacting The Prince's Trust was the best decision I ever made. The charity really understands communities, that people like me need support to level up. I'm proof that you don't have to have qualifications or come from a high-flying family to succeed. As long as you're prepared to work hard, you can realise your dreams."

additionallengths.co.uk



She's expanding across the US and Europe

If you know a young person who needs support, or if you would like to donate to The Prince's Trust, visit princes-trust.org.uk

Leeky blinders

Delicious seasonal recipes centred around a classic British vegetable



Spring leek galette

SERVES 2-4
INGREDIENTS

- 2 large leeks
- 15g butter
- 1 tbsp olive oil
- Salt and pepper
- 1 sheet of ready-rolled shortcrust pastry (for best results, use all-butter pastry)
- 2 cooked sausages, sliced
- 4 boiled potatoes, sliced
- 50g mature Cheddar cheese, grated
- 1 egg, beaten (optional)
- Sprig of fresh rosemary

1 Cut the leeks in half lengthwise, discarding tough outer leaves, and cut into ½cm slices. Wash the leek slices and pat dry with a tea towel or whizz in a salad spinner.

2 Melt the butter and olive oil in a large, heavy-based frying pan and sauté the leeks over a very low heat. Stir occasionally until they are soft and have reduced to about 30% of the original volume. Season well with salt and pepper. You can prepare the leeks in advance and keep in a tub in the fridge for 3 days.

3 Allow the pastry to come to room temperature so it can be unrolled without cracking, but is not so warm it becomes soft and sticky. Place it on baking parchment and give it a few passes with a rolling pin to make it 5cm wider. This will give you a larger galette with a thinner crust.

4 Keeping it on the baking parchment, cut the pastry into a rough circle. Transfer it to a baking tray, still on the parchment.

5 Spread the cooked leeks on top of the pastry, leaving a 2-3cm border at the rim. Top with

the sliced, cooked sausages and potatoes and sprinkle with grated Cheddar.

6 Fold in the edges of the pastry to make a border overlapping the filling, making little crimps in it as you go. It doesn't need to be neat or even, as you want a rustic look. Brush the pastry with beaten egg if you like a glossy finish.

7 Bake at 200°C/180°C fan/gas for about 30 minutes or until the pastry is cooked and the cheese golden.

8 Garnish with a sprig of fresh rosemary before serving.

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ADVANCED DIGITAL TECHNOLOGY

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

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And what's more you'll never have to worry about the cost or having to replace batteries. The **MICRO Infini-Ear** is fully rechargeable! All you need to do is pop it into the charger and turn it on. You can charge it while you sleep. It's so much more convenient than having to fiddle about with batteries. As it doesn't need to carry batteries it's smaller than other devices. Ditch your old-fashioned fiddly device and try the new **MICRO Infini-Ear**.



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- ✓ **Super small discreet device**
- ✓ **Adjustable volume**
- ✓ **Comfort fit**
- ✓ **No whistles or interference**
- ✓ **Rechargeable – no more batteries**
- ✓ **Complete with charging unit**
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SAVE MONEY! NO MORE COSTLY, FIDDLY BATTERIES

★★★★★ 5-STAR REVIEWS ★★★★★

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



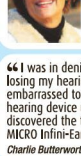
“My hearing is now crystal clear thanks to MICRO Infini-Ear, and it's so discreet and comfortable.”
Jenny Martin



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



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



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Vegan cauliflower & leek filo tarts

MAKES 8

INGREDIENTS

For the filling

- 1 head of cauliflower, cut into florets
- 1 large leek, green ends included, diced
- ½ tsp smoked paprika
- ½ tsp turmeric
- ½ tsp cumin powder

- 1 tsp sea salt
- 1 tbsp olive oil

For the cheese sauce

- 2 tbsp vegan butter
- 200ml oat milk
- ½ tsp garlic powder
- ½ tsp Dijon mustard

- 75g vegan cheese

For the pastry

- 1 pack of vegan filo pastry, cut into quarters
- 2 tbsp vegan butter, melted
- 3-4 tbsp cranberry sauce

1 Preheat the oven to 180°C/160°C fan/gas mark 4.

2 Add the cauliflower florets and diced leek to a baking tray. Coat in the spices, salt and oil then pop into the oven for 15 minutes.

3 Prepare the cheese sauce by adding all the ingredients to a pan and stirring on a low heat until a thick sauce forms.

4 Slice the filo sheets in half, then half again, and grease eight holes of a muffin tray.

5 Once the cauliflower and leeks are roasted, add them to

the cheese sauce and stir to coat everything.

6 Turn the oven up to 200°C/180°C fan/gas mark 7. Put about four squares of pastry sheets into each greased muffin hole, brushing each with the melted vegan butter. Fill each case with the cauliflower mixture. It should be just level with the top.

7 Pop back into the oven for about 20-23 minutes or until the pastry is golden.

8 Serve with the cranberry sauce alongside.



Vegan leek, cavolo nero & sweet potato tart

SERVES 6-8

INGREDIENTS

- 2 medium sweet potatoes
- Olive oil
- 2 large leeks
- 3 cloves of

garlic, minced

- 1 tsp sage
- 1 tsp cumin
- ½ tsp ground coriander
- ½ tsp fennel seeds
- Large pinch of salt

and pepper

- 150g cavolo nero (about four stalks)
- 1 sheet of vegan shortcrust pastry
- Pea shoots to garnish

1 Preheat the oven to 180°C/160°C fan/gas mark 6.

2 Chop the sweet potatoes into cubes of roughly 4cm, drizzle over some olive oil and roast for 20 minutes.

3 Meanwhile, finely chop the leeks and gently fry in a drizzle of olive oil.

4 Once the leeks have softened, add 3 minced cloves of garlic and fry for a further minute.

5 Add the sage, cumin, coriander, fennel seeds, salt and pepper to the pan.

6 Chop the cavolo nero then add to the pan and gently heat for a further 5 minutes. Add in the sweet potato cubes.

7 Add the rolled pastry to a large tart dish with a removable base. Prod the base of the pastry with a fork 3 or 4 times.

8 Place a sheet of baking parchment on top of the tart. Pour in some baking beans (dry rice will do) then pop it in the oven. Blind bake for 15 minutes.

9 Take out of the oven, remove the baking beans and parchment and add the vegetable mixture to the tart case. Bake for a further 5 minutes.

10 Remove the tart from the oven, garnish with the fresh pea shoots and serve.

Remember Sally?

Reminded of a teenage crush culminating in a summer of love, Jane reflects on her biker boy of 30 years ago

I saw you again today and 30 years fell away as if they had never happened. "Come on, Sally," you'd call to me, a 14-year-old schoolgirl with pigtails flying, racing to catch you up to walk the half-mile to the village bus stop. You were two years older, with shining black hair and brown eyes that crinkled when you laughed. You carried a heavy briefcase because you had important exams looming, but you could still find time to walk with a girl who had a crush on you. I never remember one unkind word from you. You never broke my heart. At least, not then.

My name isn't Sally – it's Jane – but you called me "Sally" because we'd all just revelled in Sally Gunnell's victory at the 1992 Olympics and you teased me that, with all my running, I'd be like her one day.

● ● ●
Every day I'd watch for you in school, passing you in the corridor, but I was always careful not to embarrass you in front of your friends. I'd just long for the day to end so that I could walk home with you. One year I was even on the same dinner table as you. I lost a lot of weight that year because I could scarcely eat a thing with you so close.

And then you and your family moved away and I thought my heart would break, but every summer you came back to visit our little seaside village, riding through the quiet lanes on your noisy motorbike. And each year you found me a year older. But for me, growing up was taking too long. Though the pigtails were gone and I'd grown tall and slim, time even now wasn't on my side. I was still "little Sally, who ran everywhere" and from a safe distance hiding in the sandhills, I'd watch



you walking hand in hand along the beach with some girl, some holidaymaker. It's only a holiday romance, I'd tell myself. Next year...

I have no regrets. You made me no false promises

Through the long winters I trudged the lonely route to the bus stop, not running now. Not now you were gone. And then, after Christmas when I'd just turned 18, a letter arrived telling me you would be visiting at Easter. If reading could wear the paper out, then that letter would have long since been dust. I wrote back to you – not too quickly, being careful to keep the tone bright and breezy, telling you the village gossip and about the people you would remember from school. And then it

was Easter. Every motorbike that passed caused me to hold my breath and run down to the gate. By the time the weekend was over, the grass on our small front lawn was almost worn away.

You didn't visit that weekend and for weeks there was no word. But now I had my own exams to worry about. A-levels. Once they were over, there was time for tennis and beach parties and other boys trying their luck. But somewhere inside me the hope that you would come back refused to die.

And then, there you were, roaring up on your motorbike, your black hair slicked back, the smart maroon blazer and white shirt emphasising your tan. The smile was still as friendly, but there was that extra something in the look you gave me.

"Little Sally all grown up," you murmured



THE POACHER'S DAUGHTER BY MARGARET DICKINSON PAN MACMILLAN, £7.99 IS OUT NOW



and invited me to climb on to the pillow.

Was that summer really so warm and cloudless or was it because I never noticed the rain? Hand in hand by the sea we walked, talking and laughing, followed by dark velvet nights in the dunes making love to the sound of waves caressing the sand. We rode your motorbike, my arms clasped tightly round your waist, to the nearest seaside town. We wandered along the seafloor, rode the roller-coaster and the waltzer, ate sticky candy floss and wore Kiss-Me-Quick hats, had our photo taken with your arm around my shoulders. Then you took me to the town's nightclub, arriving home much later than my strict father's curfew.

I defied his anger and my mother's anxious eyes.

"You'll be in by 10pm, my girl, or I'll stop

you going out at all," he said. "And you can wipe that muck off your face this minute."

"Darling, you shouldn't be getting so wrapped up in just one boy," my mother warned. "If you've done well in your A-levels, you'll be going to college."



"It's just another holiday romance," my friends warned me. "You know what he's like. He picks a different girl every summer and then he's off home again until next year."

I laughed in their faces. "It's not like that – not with me. This time it's different."

But it wasn't different. At least not for you, was it?

How many miles did I walk alone by the sea, retracing our steps in the years that followed? How many hours did I sit in our favourite spot in the dunes, just listening to the sound of the

sea? How many tears mingled with the salt of the ocean? How my friends must have jeered behind my back and what sadness I brought upon my parents. Nothing was ever quite the same after that summer. I wrote to you, just the once, but you didn't reply. You didn't visit that year or through all the summers that followed. You never came again – not ever. But as for me, I have no regrets. You made me no false promises. I know we loved each other, even if it was only for such a short time and you left me a legacy of love that has stayed with me down the years...

I saw you again today, walking along the shore, hand in hand with a girl. The same handsome young man, the same black hair and smiling mouth, the same love in his eyes that I once knew.

You would be very proud of your son. He has grown up to be just like you.

Teen cheerleader butchered by schoolmate with murder obsession

Florida student Tristyn Bailey, 13, crept out to meet 14-year-old killer who boasted of his deadly fantasy

It was the morning of Mother's Day and Stacy Bailey was being treated to a special breakfast prepared by some of her children. But they noticed that the youngest child, Tristyn, 13, hadn't joined them for the special meal at their home in the quiet suburb of Durbin Crossing, in St Johns, Florida.

When they checked Tristyn's bedroom, she was missing. She had gone to bed the night before – but vanished in the night. And their fears grew when she failed to answer her mobile phone.

The hardworking student at Patriot Oaks Academy was a cheerleader with a contagious laugh and a big smile. The youngest of five siblings, she had a brother and three sisters. The close-knit family, including Stacy and dad Forrest, referred to themselves as the "Bailey 7" and would regularly get together for "Bailey fun day Sundays". But on that Mother's Day – 9 May 2021 – their lives changed forever.

The previous evening, the family had been out and arrived home at 11.45pm.

Tristyn headed to her bedroom and everyone else went to sleep. At about 10am the next day they realised she was missing and the police were called.

Many houses in the suburb had security video and police trawled through footage to try to trace Tristyn's movements. It appeared that instead of going to sleep, she had left the house. But why?

Residents abandoned their Mother's Day plans to join the hunt for the teen, who had been wearing

her white cheerleading skirt and a dark top. Her desperate father begged for help on social media and groups of volunteers scoured the area.

CCTV showed her at about 12.30pm heading to the home of a friend of one of her schoolmates, Aiden Fucci, 14.

Fucci had messaged her, inviting her to hang out, and in the early hours to join them. The friend said Fucci and Tristyn had left the house soon after their arrival. Cameras captured them together at 1.14am, and again at 1.45am as they walked down a cul-de-sac towards a wooded area.

An hour and 45 minutes later, Fucci was seen on CCTV film carrying his white Nike shoes as he returned alone.

When questioned, Fucci, who lived less than



Killer Aiden Fucci was 14

'Did you stay to watch her die? Did she cry for her mother?'

a mile from the Bailey home, claimed he'd walked with Tristyn for a while but had carried on without her when she went home.

Some of his fellow students told investigators that Fucci would talk about "killing people" and had told friends a few weeks earlier that he was going to kill someone within a month. He had sketched a sadistic-looking character holding a knife, and admitted to others that he had fantasies about hurting strangers.

It could have been all talk, of course, but as police questioned Fucci, his story kept changing. At one point, he got into the back of the patrol car to show officers where he'd walked with Tristyn.

Police car selfie

In the police car he took a selfie which he posted on Snapchat with the message, "Hey guys has inybody [sic] seen Tristyn lately?"

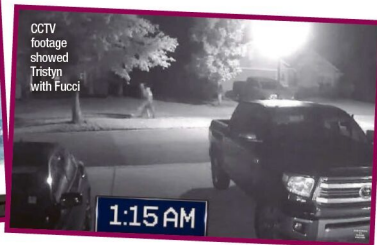
One reply read, "You were with her. Aiden u know what happened to her."

As Fucci was pressed for more details by officers, he claimed he and Tristyn had an argument after she'd "grabbed his penis" – but he wasn't interested so he pushed her to the ground and walked off. Police



Fucci takes a selfie in the back of a patrol car

Hey guys has inybody seen Tristyn lately



CCTV footage showed Tristyn with Fucci

1:15 AM

WORDS: GAIL SHORTLAND



Tristyn's heartbroken mother Stacy



Grieving father Forrest Bailey

Tristyn Bailey was just 13 when she was murdered

continued to question him – with his parents present – and he soon became the prime suspect in Tristyn's disappearance.

At 6pm that day, a body was found in the woods Tristyn had been seen heading towards in the last recorded video footage of her. Sadly, the hurt for the teenager was over.

The body showed Tristyn had been stabbed 114 times. At least 49 of the cuts were defensive wounds, showing how she'd tried to fight off her attacker before being overpowered. She had been stabbed in the head, neck, shoulders, arms, hands and back.

Police divers also found a Buck knife with a wood and brass handle in a large pond about 140 feet from where her body was found. It was a match to her injuries. The tip of the blade was missing – and the fragment was found lodged in the teenager's skull.

A sheath for a Buck knife was found in Fucci's bedroom at home, along with a shirt, and shoes with blood on them.

Hours after the body was found, Fucci was charged with murder.

The community was in deep shock. Locals later tied ribbons of Tristyn's favourite colour – teal –

round nearly every tree or pole in the neighborhood in her memory. They held candlelit vigils – and were in disbelief about the schoolboy killer in their midst.

Fucci's mother, Crystal Smith, was charged with tampering with the evidence after video footage came to light that showed her picking up her son's jeans and scrubbing off the blood stains. She has pleaded not guilty and faces trial this month.

Just before his trial for first-degree murder was due to start in February, Fucci, now 16, changed his plea to guilty. He apologised to the Bailey family but offered no explanation as to why he had killed Tristyn.

Horrific death

During a high-profile sentencing hearing in March, the Bailey family wore teal and made emotional victim impact statements. Tristyn's second eldest sister Alexis dropped 114 teal-coloured stones into a glass jar – each representing a stab wound on her sister's body. At the end of the statement, each member of her family placed a white stone in the jar, to represent what they had lost.

Alexis fired questions at Fucci about her sister's suffering. "Did she scream out for help or was she

paralysed with agony? Did she cry for my mother? Did she beg you to stop?" she demanded. "Did you hear her lungs gargling with blood? Did you stay to watch her die? Did you watch the life leave her eyes?"

Tristyn's mother Stacy wanted Fucci locked up forever. "She fought, and our beautiful daughter suffered for so long as he took no mercy," she said, describing how she is constantly tortured by the thought of her daughter's last moments.

"Aiden Fucci you have destroyed me, you have destroyed my family."

Stacy said she had left her daughter's room untouched and can't even wash the laundry in fear she'd lose her scent forever.

As a juvenile Fucci wasn't eligible for the death penalty, but sentencing him to life in prison, to be reviewed after 25 years, a St Johns County judge described it as one of the most shocking cases of his career. "Tristyn Bailey was conscious, she was aware, and she was doing everything she could to fend off this attack," he said. "She suffered a painful, horrifying death from someone that she trusted."

He said Fucci's behaviour before the killing had shown a heightened level of premeditation and it appeared the crime was committed simply to satisfy the "defendant's internal desire to feel what it was like to kill someone".

In a letter of apology Fucci said he would miss spending time with his family, and his mother's "lemon pepper chicken".

Tristyn's death continues to cause anger and disbelief, but at her memorial service her family shared words she once used to describe her cheerleading squad. "You mess with one of us, you mess with all of us because we are family."

A sentiment that might help unite the shattered community.

'She did everything she could to fend off this attack'



How trauma can make you stronger

Confronting even the worst past experiences could help you move on and change your future



Winnie M Li owned her traumatic experience

WORDS: LESLEY JONES PHOTOS: GETTY

Novelist Winnie M Li was assaulted and raped by a teenage boy while hiking near Belfast 15 years ago. Her story recently went viral after she revealed that each year, on the anniversary of the attack, she goes on a solo hike to help her deal with the PTSD (post-traumatic stress disorder) she has since suffered.

The author, now in her early forties, was 29 at the time of the attack, which she used as the basis for her first novel.

Distressing experiences, from bullying or bereavement to violence or abuse, can have a lasting impact and the past plays a big part in the problems we face later in life.

Feeling the effects of trauma isn't necessarily about coping with a single event, says clinical psychologist Jessamy Hilberd.

"People associate the word trauma with being shot or having come out of a life-threatening situation," she says. "But trauma can stem from any deeply distressing or disturbing experience that causes emotional and physical pain and which then challenges our beliefs and how we understand and live our lives." In her book, *How To Overcome Trauma And Find Yourself Again*, she says the secret to dealing with such events is to understand and take ownership of them.

"Life is short. It feels difficult to confront the upsetting things from our past, but once out of the stage of feeling overwhelmed, there's so much you can do to move on, no matter how tough that may feel at the time," says Dr Hilberd. Sophie Dear, 37, from London, says

In the UK, 3% of the population has psychological therapy



One in eight UK adults receives help for mental health issues

confronting her past helped reshape how she lived. "I'd had debilitating insomnia since I was a teenager. It was only through therapy that I recognised I'd actually experienced trauma – in my case coping with my father's cancer treatment in childhood. As well as sleeplessness I had other symptoms like heart palpitations and IBS (irritable bowel syndrome). I was the definition of a 'copier', until I didn't sleep for three nights straight and found myself on set in my job in TV, almost hallucinating.

"My GP recommended therapy. For the first time I wasn't just taking sleeping pills but confronting the root cause for my breakdown. I was shown that my sensitivity was actually a superpower. I'd never thought of myself as a trauma victim; my dad's still alive, after all. But validation of my experiences was an important step and now my life and health is transformed."

Your trauma toolkit

Dr Jessamy Hibberd shares the steps to help overcome the past



Sleep is essential for looking after yourself

SELF-CARE COMES FIRST

Give yourself some essential maintenance. Sleep, nutrition, and hydration are so important. Alongside hope and social support, these are the foundations for your journey to overcoming trauma.

BODY MOT

Many people use alcohol, drugs or even screen time to numb past experiences, but that keeps you stuck in "avoidance mode". Trauma affects us physically – your body is responding to threat. Learn to feel safe again by exercising and using breathing or grounding techniques.

LOOKING BACK TO LOOK FORWARDS

Seeing what's shaped your current thoughts can help you understand your emotions. Certain situations may trigger a disproportionate response, so



Use breathing techniques to help you feel safe

think about why you act like that. Was your behaviour learnt early on in life? Understanding your own experiences and developing a more healthy and rational adult coping mode will help.

COPING TECHNIQUES

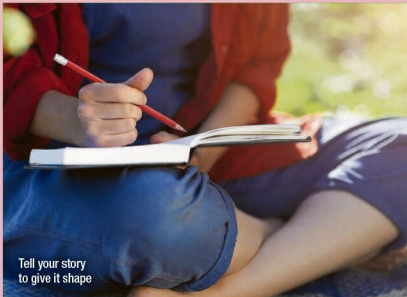
Teach yourself to understand your emotions. Take ownership of the impact of the trauma on your life, and then take direct action to change things. Making sense of your experience will help you find ways to soothe your emotions.

TELLING YOUR STORY

Trauma may have shattered your fundamental assumptions about life, but when you write or talk about what's happened it can help to create shape out of the mess and give words to painful experiences. Consolidating your memories will also make them less likely to pop up on you unexpectedly.

GRIEVING, LETTING GO AND ACCEPTANCE

You've got to grieve for your losses and make space for what you've gained. You're not saying, "Oh, it doesn't matter", but accepting that you can't change the past. Make your life about "redemption" – something difficult happened, but good came out of it – rather than a "contamination" story where things went wrong and life got worse. There's truth in both versions; you can choose which one to focus on.

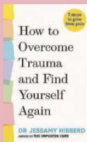


Tell your story to give it shape

BECOMING YOURSELF

This stage is when you can consciously choose how you want your future to be – what do you want to do with your life? When you start to make active choices things will evolve and change.

HOW TO OVERCOME TRAUMA AND FIND YOURSELF AGAIN BY DR JESSAMY HIBBERD (ASTER, £16.99) IS OUT NOW



SHOPPING

Shirt
River Island
£49



Photo frame
Addison Ross
£45



Lilac & Pear EDT
Yardley £16.99

Dress
H&M
£34.99



Amethyst
Enamel
Wave Ring
Astrid & Miyu
£70



Artichoke Body Scrub
L'Occitane £42



WHAT'S NEW

We search the high street for those must-have buys

Hydration
Boost Mist
Aromatherapy
Associates
£35

Hydration
Boost Mist
Aromatherapy
Associates
£35



Candles
Primark
£1.80



Bag
Charles
& Keith
£85



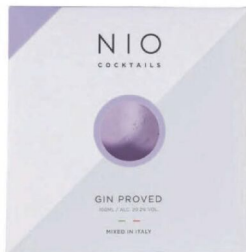
Green Me
Gentle Face
Cleansing Bar
Kiko Milano
£8.99



Classic
Platform Slides
Crocs
£39.99



NIO
COCKTAILS



Gin Proved Premixed Cocktail
Nio Cocktails £19.50 for pack of three

TV GUIDE

OUR PICK OF THE WEEK



Kate, Annie and Terry arriving in Australia



Ten Pound Poms
Sunday, 9pm, BBC One

THE DREAM TICKET

Danny Brocklehurst's first period drama stars Michelle Keegan as a nurse heading to 1950s Australia in search of a fresh start

Period drama might be familiar territory for Sunday night viewers, but it isn't for Michelle Keegan, the star of *Ten Pound Poms*, and its Bafta-winning writer Danny Brocklehurst.

Danny, 51, had worked with Michelle on the shows *Brassic* and *Ordinary Lies*, and decided she was the perfect lead for his first historical series.

Former *Coronation Street* and *Our Girl* actress Michelle, 35, says, "It's been really challenging for me and I've loved every minute. The series is set in the 50s, so it's a totally different era, and it's the first time I've appeared in a period drama, but it's something I have always wanted to do."

Ten Pound Poms follows three Brits as they take up the post-Second World War offer of a new life in Australia for just a tenner each. But on their arrival they discover ramshackle accommodation, stifling heat and swarms of insects that are a world away from the shiny lifestyle they'd envisaged.

Danny adds, "I've not written a period drama before because they're generally quite tricky to make good. But I was drawn to the themes of escape, of no matter where we go we take our problems with us – which is ever-present in my work – and the fact that this

was a piece of our history I didn't know much about.

"It's a period piece that isn't all bonnets and frocks and the more I looked into it the more I thought, 'Yeah, there's definitely a TV series here.'"

In *Ten Pound Poms*, nurse Kate, played by Michelle, leaves her fiancé in the UK and heads down under. Meanwhile, Annie and Terry (Faye Marsay and Warren Brown) are hoping for a fresh start with their children – and to shake off the drinking he has been using to blot out his war trauma. "I hadn't met Faye before," says

Michelle. "We instantly just clicked. I knew she was going to be my mate and honestly I've loved working with her. She's so talented and we get on because I think we're quite similar."

Michelle got a little taste of what the *Ten Pound Poms* experience was like. "In a way my journey to Australia has parallels with Kate's," she says. "It was my first time, too, and I didn't know what to expect. I came on my own, which was quite scary, but it's been such an incredible experience."



Michelle Keegan and John Platt in *Ten Pound Poms*

WORDS: KATE ARCHER

FILM CHOICE



Under Siege

Sunday, 9pm, Film4
Previously a straight-to-video martial arts veteran, this movie briefly upgraded Steven Seagal to Hollywood stardom. He plays a navy cook who becomes the hero when terrorists hijack a nuclear warship. (1992/15) ★★



Jojo Rabbit

Monday, 9pm, Film4
Director Taika Waititi won the Oscar for best adapted screenplay for this story about a German boy in the Hitler Youth who discovers his mother is hiding a Jewish girl in their attic. (2019/12) ★★



The Proposal

Friday, 10.45pm, ITV1
Superior romcom fun, with Sandra Bullock as a bossy executive who forces her long-suffering personal assistant (Ryan Reynolds) to pose as her fiancé, in order to avoid being deported back to Canada. (2009/12) ★★



Vengeance

(From Sunday)
A writer from New York City attempts to solve the murder of a young woman he hooked up with. Mystery drama, starring BJ Novak, with Boyd Holbrook and Lio Tipton. (2022/15) ★★

SKY PREMIERE

BBC One

6.00am Breakfast 7.35 Match of the Day (F) 9.00 Sunday with Laura Kuensberg 10.00 Politics England 10.30 Animal Park (F) 11.00 Homes Under the Hammer (F) 12.00noon Bargain Hunt (F) 12.45pm Points of View

1.00 News; Weather

1.15 Songs of Praise Sean Fletcher explores how Christians are improving their mental health and wellbeing including those inspired by Kintsugi.

1.50 LIVE MOTD: Women's FA Cup Final Chelsea v Manchester United (Kick-off 2.30pm). All the action from the showpiece match at Wembley Stadium.

5.05 The Repair Shop Furniture experts, horologists, metal workers, carnicists and upholsters try to restore treasured possessions. (F)

5.35 News; Regional News

7

6.00 Countryfile For Mental Health Awareness Week, Charlotte Smith visits a Cornwall farm to see how their support programmes based on agriculture help people with mental and physical wellbeing.

7.00 The British Academy Television Awards 2023

Rob Beckett and Pooch Ranganathan host the awards show from the Royal Festival Hall, celebrating the year's finest TV moments in front of a star-studded audience and members of the royal family.

9

9.00 NEWS Ten Pound Poms Drama about British immigrants to Australia in the 1950s, who quickly discover that life down under isn't quite what they were sold. Starring Faye Marsay and Michelle Keegan.

10.00 News; Regional News

10.30 Match of the Day 2 Mark Chapman reviews the day's Premier League action, including Everton v Manchester City at Goodison Park and Arsenal v Brighton & Hove Albion at Amex Stadium.

11.35 MOTD Top 10: Penalty Takers Gary Lineker is joined by Michal Richards and Alan Shearer to count down the best penalty takers in Premier League history. **12.05am FILM** Mindhorn. (2016/15) Comedy, with Julian Barratt, Essie Davis and Steve Coogan. **★★★**
1.35-6.00am BBC News

BBC Two

6.35am Gardeners' World (F) 7.35 Countryfile (F) 8.00 Beechgrove Garden (F) 9.00 Landwatch with Alan Titchmarsh 11.25 Love Your Garden (F) 11.55 The Masked Singer US (F) 12.00noon Food & Drink (F) 12.30pm Dams: Talking Pictures (F)

1.15 FILM Tea with Mussolini (1999/PG) Period drama, starring Maggie Smith. **★★★**

3.05 Flag It Paul Martin is in Southville, near Nottingham. (F)

4.00 Race Across the World The contestants reflect on their journeys. Last in series. (F)

5.00 Commando: Britain's Ocean Warriors Following a corporal as he attempts to join the ranks of the Mountain Leaders. (F)

6.00 The Haiky Bikers' Mediterranean Adventure The culinary delights of southern Spain. Last in series. (F)

7.00 Inside the Factory Kieron Wallace spends the day in the York factory where Polo mints are made, to follow the process from grading the sugar and drying the mixture to pressing the sweets into their shape. Last in series. (F)

8.00 Antiques Roadshow Fiona Bruce presents the show from Ulster Folk Museum near Belfast, where finds include a collection of dolls with eyes that change colour, an early Louis Vuitton trunk and a pair of vintage Guinness signs. (F)

9.00 Simon Reeve's South America Simon travels prepared to avoid the neglected indigenous neighbourhood in Manaus and meeting a nurse who was the only source of healthcare during the pandemic. (F)

10.00 FILM PREMIERE: The Mauritanian (2021/15) A New Mexico lawyer takes the US government to task for the unlawful detention of Mohammed Ould Slahi. Fact-based legal drama, starring Jodie Foster. **★★★**

10.50am The Chris & Rosie Ramsey Show The married couple welcome star guests and members of the public to poke fun at life, relationships, parenting and everything in-between. (F) 12.50 Question Time (F) 1.50 Last Woman on Earth with Sara Pascoe (F) 2.50-6.45am This Is BBC Two

ITV1

6.00am CITV 8.25 ITV News 8.30 Laura Whitmore's Breakfast Show 9.25 Love Your Weekend with Alan Titchmarsh 11.25 Love Your Garden (F) 11.55 The Masked Singer US (F) 12.30pm ITV News; Weather

1.00 LIVE Extreme E The Hydro X-Priz. Coverage from the campaign, which comes from Dumfries and Galloway.

3.00 You've Been Framed! (F)

3.30 Tipping Point: Best Ever Finals Coin-drop quiz. (F)

4.00 FILM Goldfinger (1964/PG) James Bond tracks down a ruthless gold smuggler intent on destroying the world economy by raiding Fort Knox. Spy adventure, with Sean Connery and Gert Frobe. **★★★★**

6.10 ITV News; Weather

6.30 Regional News; Weather

6.40 Family Fortunes Gino D'Acampo hosts the daily Antsbergers from Bromley go up against the Firths of York.

7.40 Britain's Got Talent Performers take to the stage in London and Manchester to try to impress Judges Bruno Tonioli, Simon Cowell, Amanda Holden and Alesha Dixon and secure their place in the live semi-finals. Ant and Dec host both on stage and from the wings as they get ready to cheer and console the acts brave enough to perform in front of thousands.

9.00 Malpractice Lucinda is contacted by someone prepared to avoid her recent actions unless she cooperates. While Norma and George decide it is time to interview Lucinda again. Thriller, starring Niamh Algar.

10.00 ITV News; Weather

10.20 Lost Family Davina McCall and Nicky Campbell tell the story of a woman trying to fulfil her mother's dying wish of reuniting her brother with his birth family. (F)

11.15 Gallagher Premiership Rugby Union Highlights Action from the semi-finals. (F) **12.15am** Shop: Ideal World 3.00 Motorsport UK. Action from Donington Park, featuring the JCW Mini Challenge and the Porsche Sprint Challenge GB. (F) **3.50** Unwind **5.05-6.00am** Ainsley's Food We Love (F)

Channel 4

6.20am Cheers Double bill. (F) 7.15 The King of Queens (F) 8.30 The Simpsons (F) 9.30 Sunday Evening with Danni Minogue, Gina Yashere, Martin Roberts, Jason Mraz and Elizabeth Day. 12.30pm The Simpsons (F)

2.20 The Dog House A saluki puppy has the cutest kangaroo jumps, but it remains to be seen whether he will prove the perfect dog for Charlie and Ali. (F)

3.25 Britain by Beach Ant and Piers presents a guide to the history of Britain's beaches. (F)

4.25 Devon and Cornwall Cornishman Jack Baines hopes to turn fields of colourful flowers into liquid gold by cultivating 275,000 sunflowers. (F)

5.30 Billionaire Blooms Kelly Louise designs a floral dreamworld for a wealthy American couple.

6.30 Channel 4 News

7.00 Escape to the Chateau Dick and Angel make the big decision to tackle the exterior of the Chateau. The roof and outside walls are their biggest project to date and the Chateau quickly becomes a building site. (F)

8.00 The Great Celebrity Bake-Off for Stand Up to Cancer James McAvoy, Anne-Marie, David Baddiel and Kelly Holmes enter the tent, making decorative tarts, a savoury technical and rendering animals in cake form. (F)

9.00 Big Fat Quiz of Sport Jimmy Carr hosts a big fat quiz of pointless sports trivia, with panellists Roisin Conry, Judi Love, Joel Dommett, Dane Baptiste, Kerry Godliman and Tom Allen pondering why Paula Radcliffe apologised to the nation, which sports have been played on the moon, and what trademarks belong to Muhammad Ali. Charles Dance heads up the celebrity question sessions, alongside the kids of Mitchell Brook Primary School.

11.00 Gogglebox TV critiques. (F) **12.05am** Ramsay's Kitchen Nightmares USA: London Ramsay helps the owners of a restaurant in West Babylon, New York. (F) **1.00 FILM** Tolkien. (2019/12) Biopic. **★★★**

2.55 Come Dine with Me (F) **5.05** Jamie's Comfort Food (F) **5.15-6.05am** Moneybags (F)

Channel 5

6.00am Milkshake! Children's fun. **10.00 The Smurfs** Animation. **10.10 SpongeBob SquarePants** (F) **10.25 Entertainment News on 5** **10.30 Police Interceptors** (F) **12.30pm FILM Rio Lobo** (1970/PG) A former Union colonel holds for Texas to recover stolen gold bullion and settle a few old scores. Western, starring John Wayne and Jorge Rivera. **★★★**

2.50 FILM Waterworld (1995/12) A mutant mariner in a flooded world protects a child, who holds the key to finding dry land, from a horde of pirates. Sci-fi adventure, with Kevin Costner and Dennis Hopper. **★★★**

3.50 5 News Update Round-up.

5.30 5 News Weekend Headlines.

5.35 Britain's Best Places to Live 2023 The best places of the UK's 10,000 most desirable locations.

7.30 Challenge Anna: Dementia Special Volunteers led by Annelise Rice help Aga UK have three days to create a village for people with dementia, building seven shops, a green space, landscaping and an on-site cafe for carers to sit in and relax. The team hits the phones and it's not long for a flying start with tradespeople pouring in from all over the country, but a lack of materials becomes an issue.

9.00 Rich House, Poor House: Millionaire Special A woman who inherited Cumberland Castle and estate in Cumbria swaps life with a self-made Liverpool businesswoman from a working-class background.

10.00 The Teacher with Tourette's Helping people with Tourette's find acceptance in the workplace.

10.55 [19/13] Kiss the Girls (1997/18) Thriller, starring Morgan Freeman, Cary Elwes and Ashley Judd. **★★★**

1.00am Teleshopping Home shopping. **3.10** Walking Britain's secret Railways. A local railway line in Norfolk. (F) **5.05** Behind Closed Doors (F) **4.45** Wildlife SOS (F) **5.05** House of Horror (F) **5.30** Milkshake! Monkey's Amazing Adventures (F) **5.40** Flip and Posh (F) **5.45-6.00am** Paw Patrol (F)

ITV2

Review 6

6.00am Unwind with ITV **6.25** Secret Crush 9.15 Dress to Impress 11.20 Family Fortunes **12.25pm** Celebrity Catwalkers **1.25** It's a Party **1.55** FILM Stuart Little 2 (2002/U) The mouse goes to the rescue when his canny friend is taken prisoner, and a voice. Family adventure sequel, with the talents of Michael J Fox, Melanie Griffith, Genevieve Davis and James Woods. **★★★** **2.35** FILM The Smurfs (2011/U) The tiny blue creatures are magically transported to modern-day New York and must find their way back to their forest home. Fantasy comedy, with Neil Patrick Harris and Hank

Azara. **★★★** **5.40** FILM Marley & Me (2008/PG) Comedy drama account of life with a mischievous golden Labrador he bought for his wife. Starring Owen Wilson, Jennifer Aniston and Hayden Turner. **★★★** **8.00** FILM Shanghai Noon (2000/12) A 19th-century imperial guard to the Emperor of China is flung into the Wild West on a mission to rescue a kidnapped princess. Comedy Western, starring Jackie Chan, Owen Wilson and Lucy Liu. **★★★** **10.10** Family Guy: Triple bill. **11.40** American Dad! **12.35am** All American 3.10 H&M's 2.00 The Totally Bogan Guinness World Records **2.55** Unwind with ITV **3.00-6.00am** Teleshopping

ITV3

Review 10

6.00am Never the Twin **6.35** Inspector Moore **11.00** Doc Martin **1.05pm** Agatha Christie's Poirot **2.05** Downton Abbey **5.40** FILM Downton Abbey (2019/PG) Drama based on the TV series, starring Hugh Bonneville. **★★★** **8.15** Lewis. Double bill. **12.05am** Ladies of Letters **1.00** Upstart. Downtons 2 **1.10** Scott & Bailey **3.10** Inspector Moore **5.15** Never the Twin **5.40-6.00am** Unwind with ITV

FILM 4 Unwind 14

11.00am Ferdinand (2017/U) After a bull with a big heart is captured, he rallies a misfit team on an adventure. Animated

comedy, with the voices of John Cena and Kate McKinnon. **★★★** **1.10pm** The War with Grandpa (2023) A cantankerous widower faces pressure from his daughter to move in with her husband and their three children. Comedy, starring Robert De Niro and Uma Thurman. **★★★** **3.05** The Addams Family (1991/PG) Black comedy, starring Anjelica Huston. **★★★** **5.05** Teenage Mutant Ninja Turtles (2014/12) Four humanoid amphibians use their martial arts skills to protect New York from a criminal organisation. Fantasy adventure, starring Megan Fox and William Fichtner. **★★** **7.10** Bill & Ted: Bogus Journey (1991/PG) The would-be heavy metal stars take on the Grim Reaper to save

their souls and stop their robot doubles from changing history. Comedy sequel, starring Keanu Reeves. **★★★** **9.00** Under Siege (1992/15) A veteran US Navy Seal working on a battleship as a cook takes into action to liberate the vessel from terrorists. Action adventure, starring Steven Seagal and Tommy Lee Jones. **★★★** **11.05** Old Boys (2018/12) An awkward pupil hates the handsome-but-dumb school hero chase the daughter of a visiting French teacher. Comedy, starring Alex Lawther. **★★** **1.00-3.40am** My Golden Years (2015/14) A French anthropologist reflects on his troubled adolescence, including his foraging trip to Russia. Drama, starring Quentin Dolmaire and Mathieu Amalric. **★★★★**

VARIATIONS

12.00am This Is BBC Scotland
7.00pm The Seven
7.15 Beechgrove Garden
7.45 Landward. Dougie Vipond sees how the Cairngorms landscape is regenerating for the future. **8.15** Orkney. When the Boat Comes In, the impact of visiting passengers from cruise ships on the lives of Orkadians. **8.45** Rewind 1990s. Music, television, historic events and momentous news of 1992. **9.00** Paramedics on Scene. A child is in danger of losing a finger. **10.00** Still Game. **10.30** Two Doors Down. **11.00pm-12.00am** Seven Days

12.00am **One Scotland**
 As BBC1 except: **10.00am-10.30am** The Sunday Show. **5.05pm-5.35pm** Landward. Dougie Vipond sees how the Cairngorms landscape is regenerating for the future. **5.50-5.55pm** Reporting Scotland

12.00am **One Wales**
 As BBC1 except: **10.00am** Politics Wales. **10.30** Homes Under the Hammer. **11.30** Home & Garden. **12.15pm-12.45pm** Weatherman Walking. Dylan's Walks - Swansea & Llanelli. Part one of two. Derek Brockway strolls around Dylan Thomas's home town of Swansea. **5.05-5.35pm** Weatherman Walking. Dylan's Walks - New Quay & Laugharne. Derek Brockway visits two towns important to Dylan Thomas.

12.00am **Two Wales**
 As BBC2 except: **4.00pm** Nature's Wildest Events. **4.30** Commando: Britain's Ocean Warriors. Following a corporal as he attempts to join the ranks of the Mountain Leaders. **5.30-6.00pm** Growdieries: A Year on the Farm. Winter is around the corner and for the Snowdonia farmers.

STV
 As ITV1 except: **6.30pm-6.40pm** STV News. **8.50am-9.05am** Night Vision

S4C
6.00am Cw 8.05 Penllywyd Cw 9.00 Gardio a Mwy 9.25 Sain Ffagan 9.50 Gymylid Gymru 10.45 Dechrau Canu Dechrau Canu Dechrau Canu 11.15 Yr Wythnos 11.45 **BBC** Saino 1.45pm Teulu'r Castell 2.45 Flisawn Dethn 3.15 Ffermio 3.50 Pabot y Cwm Onnibws 5.00 **ITV** Rybio Indigo Prem 7.15 Newyddion a Chwaraeon Dechrau Canu Dechrau Canu Carmel 8.00 Iath or Dath. Jessica Hynes embarks on a road trip to the North Wales. With Lisa Palfrey. **9.00** Seicyd. The designers transform a home in Gales. **10.45** Dwydr: Meddwl yn Wahanol. How language and culture shape minds. **11.45pm** **ITV** 12.20am Bois y Rhonda



MOTD Live: Women's FA Cup Final 1.50pm, BBC One
 Emma Hayes' Chelsea have been England's most successful club over the last decade and, this afternoon, they are appearing in the Wembley showpiece for the sixth time in the last nine seasons. Standing in their way of even more successes are Marc Skinner's title-chasing Manchester United. They boast one of the most talented squads in club football, with Lionesse Mary Earps, Ella Toone and Alessia Russo among the Red Devils' star players.

Big Fat Quiz Of Sport

9pm, Channel 4
 How good is your sports trivia? Do you know why Paula Radcliffe apologised to the nation, what sports have been played on the moon, or what Muhammad Ali trademarked? Roisin Connor, Judi Lowe, Joel Dommett, Dane Baptiste, Kerry Godliman and Tom Allen attempt to find the answers to these and other 'pointless' sport-related questions. Jimmy Carr is the host, while actor Charles Dance and the kids of Mitchell Brook Primary School are among the question setters.



I Kissed A Boy

9pm, BBC Three
 The UK's first gay male dating show sees 10 contestants enter an Italian farmhouse in pairs, and start their journey with a kiss. Will sparks fly from the first snog with a stranger, or will there be a kissing catastrophe? Either way, host Danniell Minogue will be on hand to oversee a series of Kiss-Offs, where each pair will decide whether to stay in their current partnership - or save their kiss for another boy. There's sure to be plenty of drama.

The week in soap



Emmerdale **ITV1**
 The news of Mackenzie's infidelity spreads through the village as hot gossip. Later on, Mack's left feeling ashamed as Moira pieces together the lies he's told over the last nine months. But her words also leave Mack determined to fix his things with Charity. Kim's fully on board with Caleb's plan to convince Moira to sell to her Butlers Farm. Wendy and Liam bond when she discovers he's a published author. They enjoy each other's company, and Wendy lies to Bob.



EastEnders **BBC One**
 Lola panics as her speech and mobility become impaired, and the doctors tell Lola that her palliative chemotherapy treatment hasn't worked. Rather than waiting around in hospital, Jay breaks Lola out to spend a fun-day at the seaside. The pair share a heart-to-heart, but it's not long before they find themselves in trouble with the police. After the break-in at The Vic, Elaine and Linda confide in one another. But it appears Elaine could be up to no good as she makes a mysterious phone call asking someone to move into the pub with her. Meanwhile, the Staters' money troubles spiral out of control and the bailiffs arrive.



Coronation Street **ITV1**
 Mia believes Amy's dragging Aaron's name through the mud and reports her to the police. And Amy is shocked that an allegation of harassment has been made against her. Furious with the injustice, Amy writes about her ordeal and posts it online. Eric plans to sue Amy for libel and Steve advises his daughter not to back down. The legal battle begins, but Steve and Tracy realize they'll need to sell their business to fund it, and Eric faces a problem of his own. Faye plans a surprise party for Craig to celebrate his CID secondment. But Gary soon notices a growing attraction between Faye and Jackson. Gary lures them to the furniture shop and urges them to talk. Daniel hands Max his mobile with a message on it from David. Max watches the video, but can't find the courage to record one back.

MORE4 **Freeview 18**
6.55am George Clarke's Amazing Spaces **9.55** Ugly House to Lovely House with George Clarke **11.00** George Clarke's House, New Home **12.00noon** Come Dine with Me **2.40pm** Four in a Bed **5.20** Come Dine with Me **8.00-9.20** hours in A&E. Memorable cases, including a retired firefighter hit in the face by a golf club. **9.00-9.50pm** On the Front Line. Paramedics on the night shift find a woman in a verge of diabetic coma. **10.00** The Emergency Ward. A surfer has a heart attack in the water, and doctors race to save him. **11.05** Emergency Helicopter Medics. A visitor to a horse farm in Cumbria needs

emergency intervention. **12.05am** The Good Doctor **1.05-1.50** 999. On the Front Line **2.05** Emergency Helicopter Medics **3.10-3.40am** Food Unwrapped

E4 **Freeview 13**
6.00am Hollyoaks Omnibus **8.25** Don't Tell The Bricks **9.25** Ripman's Kitchen Nightmares USA **1.25pm** **ITV** The Karate Kid Part II (1986/PG) Martial arts sequel, starring Ralph Macchio and Pat Morita. **3.35** **ITV** Fantasy Hedgehog (2020/PG) Fantasy adventure, starring James Marsden and Jim Carrey. **5.30** **ITV** The Big Bang Theory **8.00** Absolutely Dyer: Darryn and Dani Do Italy. The pair sample true luxury

on a visit to Milan. Last in series. **10.00** Gogglebox. The armchair critics share their opinions on *Best Sisters*, *Neddy's Everyday Baking*, *The Kardashians*, *Super/Natural* and *Erma Willmott*. **11.05** **ITV** Ghost in the Shell (2017/12) A cyborg soldier battles a terrorist who has developed the ability to hack into people's minds and control them. Sci-fi adventure, with Scarlett Johansson and Pilou Asbæk. **11.55am** **Naked** Attraction. A man who is HIV positive, and a musician from Burnley take part. **2.10** **Absolutely Dyer: Darryn and Dani Do Italy** **3.10** **Modern Family**, Mitchell and Cameron continue their quest to adopt another child. **3.35-6.00am** Hollyoaks Omnibus

SKY SHOWCASE
6.00am Coods Family Tree **8.05** Monkey Life **10.00** Modern Family **12.30pm** Big Cat Country **3.30** The Simpsons **5.45** Fast 5 Furious: Greatest Moments Refueled **6.45** **ITV** Spider-Man (2002/12) Comic-book adventure, with Tobey Maguire. **8.55pm** **9.00** S.W.A.T. The unit teams up with the FBI to hunt for a fugitive. **10.00** NCIS: Los Angeles. The team assists the cold case homicide unit. **11.00** Fantasy Island. A woman seeks quality time with her estranged daughter. **12.00am** The Equalizer **1.00am** The Force: North East **2.45** **2.00** Road Wars **3.00** Nothing to Declare **5.00-6.00am** The Early Rundown

GOLD
6.00am Teleshopping **7.05** The Fosters **7.45** Outnumbered **9.00** Only Fools and Horses **1.00pm** Only Fools and Horses Christmas Special **1.40** Only Fools and Horses **8.20** Dad's Army. The men head off for a weekend at a training camp, but arrive late and hungry after Mainwaring's map-reading skills are found to be somewhat lacking. **9.00** Billy Connolly Does. Billy reveals why you should never buy a house with mattresses in the garden. **10.00** The Fast Show. Triple bill. **12.00am** Billy Connolly Does **1.00am** The Fast Show **2.45** **3.00** Absolutely Fabulous **3.30** Desmond's **4.00-6.00am** Teleshopping

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Abandoned

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MONDAY 15 MAY

BBC One

Freeview 1

- 7.00 The One Show**
7.30 **EastEnders** The balliffs come for the Slaters.
8.00 False Diagnosis: The ADHD Scandal – Panorama Investigating private clinics offering adults assessment for ADHD.
8.30 Scam Interceptors
8.30 Steeltown Murders New series. Crime drama, starring Philip Glenister.
10.00 News; Regional News
10.40 Have I Got a Bit More News for You Quiz show.
11.25 Glow Up: Britain's Next Make-Up Star The artists create looks for Sephora's 'Express all of you' campaign.

BBC Two

Freeview 2

- 6.30 Clive Myrie's Italian Road Trip** The newsreader heads to the Tuscan town of Barga.
7.00 Digging for Britain Alice Roberts visits archaeological digs in southern England.
8.00 Grand Tours of Scotland's Rivers
8.30 ITV News Challenge
9.00 The Stones and Brian Jones Nick Broomfield examines the life and legacy of the musician.
10.30 Newsnight Current affairs.
11.15 Collette Biopic, starring Keira Knightley and Fiona Shaw. ★★★★★ (2018/15)

ITV1

Freeview 3

- 6.30 ITV Evening News**
7.30 Emmerdale Kim is fully on board with Caleb's plan.

- 8.00 Coronation Street** Daniel urges Daisy to tell Ryan the truth about Crystal.
9.00 Without Sin New series. Thriller, starring Vicky McClure and Johnny Harris.
10.00 ITV News Headlines.
10.30 Regional News
10.45 Unbelievable Moments Caught on Camera A man in danger of being swept over a waterfall is rescued.
11.40 All Elite Wrestling: Dynamite Wrestling action.

Channel 4

Freeview 4

- 7.00 Channel 4 News**
8.00 Sarah Beeny's New Life in the Country Sarah and Graham discover a load of odd family heirlooms.
9.00 Rescue: Extreme Medics New series. An air ambulance is dispatched to the island of Mull, where rally driver Scott has rolled his car down a 20-foot embankment.
10.00 First Dates Dating show.
11.05 Naked Attraction

Channel 5

Freeview 5

- 7.00 Traffic Copps** PC Craig Davies attends a fatal collision involving a motorcycle and car.
7.55 5 News Update
8.00 Police Interceptors Dog handler Chris finds himself on the tail of a Renault Clio.
8.58 5 News Update
9.00 Motorway Copps: Catching Britain's Speeders A pursuit enters rush-hour traffic in Manchester city centre.

- 10.00 Ambulance: Code Red 11.05 999: Critical Condition**

ITV2

Freeview 6

- 7.00 Superstore** Double bill.
8.00 Bob's Burgers Double bill.
9.00 Family Guy Five episodes.
11.35 American Dad! Double bill.

ITV3

Freeview 10

- 5.55 Heartbeat** Double bill.
8.00 Agatha Christie's Poirot
9.00 One More Audience with Dame Edna
10.00 Wire in the Blood

Film4

Freeview 14

- 6.45 The Devil Wears Prada** Comedy drama, with Meryl Streep. ★★★★★ (2006/PG)
9.00 Jago Rabbit Comedy, starring Roman Griffin Davis. ★★★★★ (2019/12)
11.10 Miss Peregrine's Home for Peculiar Children Fantasy adventure, starring Fanny Green. ★★★★★ (2016/12)

Sky Showcase

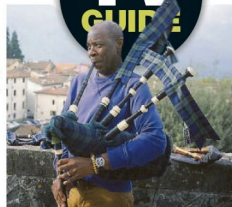
- 6.30 The Simpsons** Triple bill.
8.00 Spider-Man 2 Adventure sequel, starring Tobey Maguire. ★★★★★ (2004/PG)
10.20 Rob & Roshes vs Team GB: Part 1
11.20 Rob & Roshes vs Team GB: Part 2

GOLD

- 7.00 Hi-de-Hi!** Sitcom.
7.40 Dad's Army Double bill.
9.00 dinnerladies Comedy.
9.40 Victoria Wood as Seen on TV Comedy sketches.
10.20 Live at the Apollo
11.20 Mrs Brown's Boys

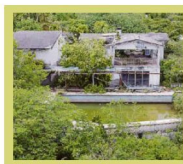
Clive Myrie's Italian Road Trip

6.30pm, BBC Two
Clive begins his third and final week in the medieval town of Barga in Tuscany, where more than half of the residents have Scottish connections. After cooking dinner for 14, the *Mastermind* host also joins an expedition to a forgotten quartz quarry. His other destinations this week are Bologna, Verona and Venice, before the trip concludes in the historic wine-producing town of Conegliano on Friday.



Rescue: Extreme Medics

9pm, Channel 4
An air ambulance is dispatched to the island of Mull, where 23-year-old rally driver Scott has rolled his car down a 20-foot embankment. Meanwhile, in Glasgow city centre, the Trauma Team fight to save the life of Kenneth, after he was hit by a bus and dragged under the wheels.



Abandoned Engineering

9pm, Yesterday
A look at Air Studios on Montserrat in the eastern Caribbean. Opened in 1979 by legendary Beatles producer George Martin, for 10 years it hosted many of the biggest names in rock and pop, before being devastated by Hurricane Hugo in 1989.



TUESDAY 16 MAY

BBC One

Freeview 1

- 7.00 The One Show**
7.30 EastEnders Kim organises a leaving party for Lola.
8.00 Waterloo Road New series. Kim is rocked by a blast from the past and a new pupil causes problems.
9.00 MasterChef The remaining chefs make dishes they would put in their own cookbook.
10.00 News; Regional News
10.40 Rain Dogs Costello falls back into bad habits.
11.10 The Truth About Improving Your Mental Health The latest science on how to improve mental health and wellbeing.

BBC Two

Freeview 2

- 7.00 Digging for Britain** Alice Roberts visits a monument older than Stonehenge.
8.00 Inside the Factory Gregg Wallace visits the Derby pottery factory in Derbyshire.
9.00 Forensics: The Real CSI New series. The forensic team must identify and arrest a rapist through information provided by the victim and digital evidence recovered from the crime scene.
10.00 Colin from Accounts
10.30 Newsnight Current affairs.
11.15 Moonlight Oscar-winning drama, starring Mahershala Ali. ★★★★★ (2016/15)

ITV1

Freeview 3

- 6.30 ITV Evening News**
7.30 Emmerdale Caleb continues to take an interest in Moira's financial hardship.

- 8.00 Love Your Garden** The team transform freightliner Rebecca's garden in Northamptonshire.
9.00 Without Sin Charles tries to convince Stella that he was set-up by a notorious crime family. Vicky McClure stars.
10.00 ITV News Headlines.
10.30 Regional News
10.45 Jonathan Ross' Must-Watch Films
11.15 British Touring Car Championship Highlights

Channel 4

Freeview 4

- 7.00 Channel 4 News**
8.00 The Greatest Auction AJ Oduodu hosts as collectors bid for a pinball machine signed by Elton John.
9.00 Grand Designs: The Streets New series. Two families from Yorkshire attempt to build a new street.
10.00 Rebekah Vardy: Jehovah's Witnesses and Me Rebekah shares her experiences of growing up as a Jehovah's Witness.
11.05 Gogglebox Double bill.

Channel 5

Freeview 5

- 7.00 Michael Portillo's Pyrenees Adventure**
7.55 5 News Update
8.00 The Yorkshire Vet Two wild owls are brought into Peter's practice.
8.58 5 News Update
10.00 The Big Steam Adventure The trio embark on the last leg of their journey from Whitby to the Scottish border. Last in series.

- 10.00 The Lie: Murder in Suburbia** Factual crime.
11.55 Born to Kill?

ITV2

Freeview 6

- 7.00 Superstore** Double bill.
8.00 Bob's Burgers Double bill.
9.00 Hell's Kitchen
10.00 Plebs Double bill.
11.05 Family Guy Double bill.

ITV3

Freeview 10

- 6.00 Heartbeat** Double bill.
8.00 Midsomer Murders
10.00 Wire in the Blood

Film4

Freeview 14

- 5.15 Man of the West** Western, starring Gary Cooper. ★★★★★ (1962/12)
7.15 Daddy's Home Comedy, starring Will Ferrell and Mark Wahlberg. ★★★★★ (2015/12)
9.00 Jungleground Premiere. Drama, starring Charlie Hunnam. ★★ (2019/15)
10.50 Watchmen Comic-book drama, starring Patrick Wilson. ★★★★★ (2009/18)

Sky Showcase

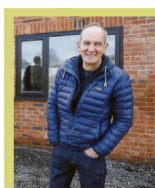
- 6.30 The Simpsons** Triple bill.
8.00 The Flash Adventure.
9.00 Fantasy Island
10.00 The Man Who Played with Fire Documentary.
11.00 S.W.A.T Crime drama.

GOLD

- 7.00 Hi-de-Hi!** Sitcom.
7.40 Dad's Army Double bill.
9.00 dinnerladies Comedy.
9.40 Victoria Wood as Seen on TV Comedy sketches.
10.20 Mrs Brown's Boys
11.00 Live at the Apollo

Forensics: The Real CSI

9pm, BBC Two
A new series begins as a young woman arrives at a police station to report that she has been raped by a stranger at a derelict house. The victim agrees to undergo an examination that could help identify her attacker. Then, as police officers search the road where the alleged rape occurred, a doorbell video recording is recovered.



Grand Designs: The Streets

9pm, Channel 4
Kevin McCloud follows more pioneering new projects, beginning with Nicola's traditional redbrick family home with a modern twist. Down the road is an exciting Brazilian-inspired home, with flamboyant colours and a butterfly roof. However, steelworker Matt's choice of materials doesn't go down to well with partner Maryellen.

Rebekah Vardy: Jehovah's Witnesses And Me

10pm, Channel 4
With the 'Wagatha Christie' trial behind her, the wife of Jamie Vardy tells her own story having grown up as a Jehovah's Witness. She explains how the religion failed to support her through sexual abuse and bullying as a child. Travelling around the UK, she meets up with other former Jehovah's Witnesses, including a victim of abuse, and aims to show the negative impacts the religion can have on children.





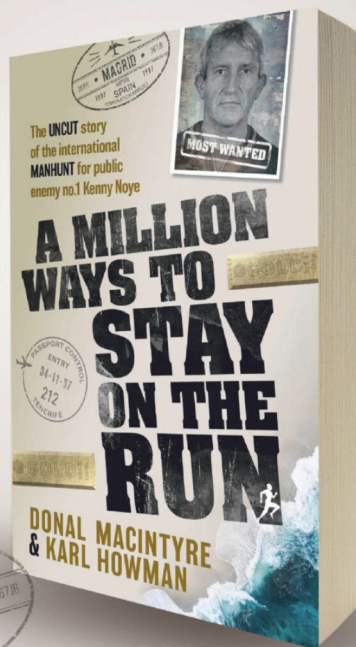
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of the most staggering true crime
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BBC One Freewill 1

- 7.00 The One Show**
7.30 EastEnders Lola learns her palliative chemotherapy treatment did not work.
8.00 The Repair Shop The team restore a cast-iron gate, a watch, a rocking chair and an arcade game.
9.00 Matt Willis: Fighting Addiction The Bustled bassist shares his experiences battling drug and alcohol addiction.
10.00 News; Regional News
10.40 I Kissed a Boy Double bill.

BBC Two Freewill 2

- 7.00 Digging for Britain** Alice Roberts examines a unique shield made from bark.
8.00 Designing the Holidays Banjo designs a rustic gin-tasting bar. Last in series.
8.30 Wales' Home of the Year The five regional winners go head to head for the 2022 title. Last in series.
9.00 11 Minutes: America's Deadliest Mass Shooting Double bill. The attack on the 2017 Route 91 Harvest music festival in Las Vegas; a look at how a deluge of 911 calls caused concern.
10.30 Newsnight Current affairs.
11.15 Unspun World with John Simpson The week's major global news stories.

ITV1 Freewill 3

- 6.30 ITV Evening News**
7.30 Emmerdale Moira tells Cain she has given up trying to keep the farm afloat.

- 8.00 Coronation Street** Eric announces he is suing Amy.
9.00 Without Sin Stella uncovers a darker side to Maisy.
10.00 ITV News Headlines.
10.30 Regional News
10.45 Peston Political Magazine.
11.40 Heathrow: Britain's Busiest Airport

Channel 4 Freewill 4

- 7.00 Channel 4 News**
8.00 Location, Location, Location Kirstie and Phil help house-hunters in Surrey.
9.00 Kids Sayley and Byron prepare to leave care.
10.00 Naked Attraction Sam from Melton Mowbray is seeking a superhero.
11.05 First Dates Restaurant-based dating show.

Channel 5 Freewill 5

- 7.00 Michael Portillo's Pyrenees Adventure** Michael's Pyrenean quest continues in the French High Pyrenees.
7.55 5 News Update
8.00 National History Museum: World of Wonder The National History Museum garden undergoes an ambitious transformation.
8.58 5 News Update
9.00 999: Critical Condition The team treat a man with horrific facial injuries.
10.00 Casualty 24/7: Every Second Counts Staff treat a patient in cardiac arrest.
11.05 A&E After Dark Doctors treat the victim of a violent baseball bat attack.

ITV2 Freewill 6

- 7.00 Superstore** Double bill.
8.00 Bob's Burgers Double bill.
9.00 Hell's Kitchen The chefs prepare a seafood dish to be featured in Entertainment Weekly magazine.
10.00 Shopping with Keith Lemon With Becky Hill.
10.30 Family Guy Double bill.
11.30 American Dad! Double bill.

ITV3 Freewill 10

- 6.00 Heartbeat** Double bill.
8.00 Lewis Detective drama.
10.00 Wire in the Blood Two successful career women are found raped and strangled.
11.05 Star Trek Sci-Fi adventure, with Chris Pine and Zachary Quinto. ★★★★★ (2009/12)
9.00 Flight Drama, starring Denzel Washington and Don Cheadle. ★★★★★ (2012/15)
11.45 Hell or High Water Drama, starring Jeff Bridges. ★★★★★ (2016/15)

Sky Showcase

- 5.30 Live WSL** Everton v Arsenal (kick-off 6.15pm).
8.00 Live WSL West Ham United v Chelsea (kick-off 7pm).
11.00 Caught on Dashcam
GOLD
7.00 Hi-de-Hill Sitcom.
7.40 Dad's Army Double bill.
9.00 dinnerladies Comedy.
9.40 Victoria Wood as Seen on TV Comedy sketches.
10.25 Mrs Brown's Boys
11.00 Live at the Apollo

High Desert

AppleTV+ Oscar-winning actress Patricia Arquette leads the cast of this new comedy series set in Yucca Valley, a small town in California. She plays Peggy, a drug addict who, after her mother passes away, resolves to give up drugs for good and attempt something new that would allow her to rediscover herself. She decides to become a private investigator despite lacking the qualifications.



Location, Location, Location

8pm, Channel 4 In pricey Surrey, Kirstie is with Lauren who wants to move out of her rented flat in London and into her own place in Guildford. Mearnville, Eleanor, Laurence and their four-month-old twins have left Birmingham to be closer to parents in Surbiton.



11 Minutes: America's Deadliest Mass Shooting

9pm & 9.50pm, BBC Two First-hand accounts and never-before-seen footage tell the story of the devastating mass shooting at the 2017 Route 91 Harvest music festival in Las Vegas when 60 people lost their lives.

BBC One Freewill 1

- 7.00 The One Show**
7.30 EastEnders Jay breaks Lola out of hospital.
8.00 MasterChef The hopefuls compete to experience a professional kitchen.
9.00 Gordon Ramsay's Future Food Stars The semi-finalists are challenged to sell a street food brand online.
10.00 News; Regional News
10.40 Question Time Fiona Bruce hosts the political debate from Fort William.
11.40 Newsnight Political chat.
BBC Two Freewill 2
7.00 Watgate to Trump: Amol Rajan Interviews An interview with Bob Woodward and Carl Bernstein.
7.45 Grant Tinker of Scotland's Lochs
8.00 DNA Family Secrets A woman who grew up in a concentration camp longs to know more about her family.
9.00 Guilt Max has a plan to seize Sturrock's money from Maggie. Last in series.
10.00 Inside No 9 Wolfe and Clarke love their bus—but not as much as the mysterious Mr Cole.
10.30 Newsnight Current affairs.
11.15 The Stones and Brian Jones The life and legacy of the musician.

ITV1 Freewill 3

- 6.30 ITV Evening News**
7.30 Emmerdale Moira swallows her pride and tells Kim to make an offer for her land.

- 8.30 All-Inclusive Holidays: Unpacked - Tonight**
9.00 Without Sin Stella finally learns the devastating truth about what happened to her daughter. Last in series.
10.00 ITV News Headlines.
10.30 Regional News
10.45 The Late Debate
11.10 DNA Journey Amanda Holden and Alan Carr delve into their family histories.

Channel 4 Freewill 4

- 7.00 Channel 4 News**
8.00 24 Hours in A&E A look back at some of the most memorable staff and patient stories.
9.00 Taskmaster Frankie Boyle goes to town on an gigantic cat scratching post.
10.00 Open House: The Great Sex Experiment New series. A couple are interested in bringing another man into their relationship.
11.10 Naked Attraction

Channel 5 Freewill 5

- 7.00 Michael Portillo's Pyrenees Adventure** Michael visits a young couple from Luxembourg who left city life behind to become pig farmers.
7.55 5 News Update
8.00 Jane McDonald's Magical Morocco The singer discovers the majestic continent of Africa.
8.58 5 News Update
9.00 Alexander Armstrong in Sri Lanka New series. The presenter explores Sri Lanka.

- 10.00 Killer at the Crime Scene**
11.05 Cause of Death

ITV2 Freewill 6

- 7.00 Superstore** Double bill.
8.00 Bob's Burgers Double bill.
9.00 Gordon, Gino and Fred: European Road Trip
10.00 Family Guy Triple bill.
11.30 American Dad! Double bill.

ITV3 Freewill 10

- 6.00 Heartbeat** Double bill.
8.00 Vera Detective drama.
10.00 Wire in the Blood
11.05 Bridge of Spies Steven Spielberg's fact-based Cold War drama, starring Tom Hanks. ★★★★★ (2015/12)
9.00 The Book of Eli Action adventure, starring Denzel Washington. ★★ (2010/15)
11.15 Death Proof Thriller, with Kurt Russell and Rosario Dawson. ★★ (2007/18)

Sky Showcase

- 6.30 The Simpsons** Triple bill.
8.00 Painting Birds with Jim and Nancy Mair
9.00 Last King of the Cross
10.00 Never Mind the Buzzcocks
10.45 And Just Like That...
11.40 Barry Comedy.
GOLD
7.00 Hi-de-Hill Sitcom.
7.35 Dad's Army Double bill.
8.00 dinnerladies Comedy.
9.40 Victoria Wood as Seen on TV Comedy sketches.
10.25 Mrs Brown's Boys
11.00 Back to Life Double bill.

THE STALLONE



The Family Stallone

Paramount+ After playing legendary tough guys Rocky Balboa and John Rambo, Hollywood star Sylvester Stallone is now giving viewers a glimpse into his toughest role – that of a husband and a father.

This series follows Sly, his wife Jennifer Flavin Stallone, and their three talented daughters Sophia, Sistine and Scarlet.

Watgate to Trump: Amol Rajan Interviews

7pm, BBC Two The BBC media editor's latest subjects are Bob Woodward and Carl Bernstein – the two journalists at the heart of the Watgate scandal during the early 1970s. As well as talking about the fall of former US President Richard Nixon and what it was like to be involved in such a historic event, they discuss Donald Trump's time in the White House and the current state of global politics.



Gordon Ramsay's Future Food Stars

9pm, BBC One It's semi-final week and the chef is in Brighton, where he tests contenders' social media skills. Under the watch of Malaysian TikTok persona Uncle Roger, the entrepreneurs need to show they know how to sell a street food brand online. Next, the team create a dish to appear on the cover of Waitrose's in-house magazine.



'A beautiful book. Funny, poignant and eye-opening' - Adam Kay

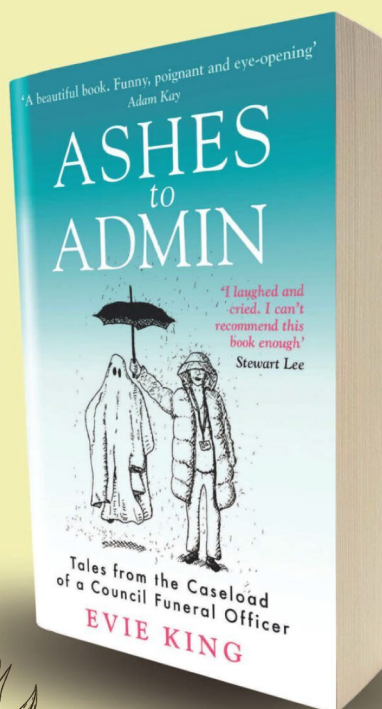
I've a body out the back for you...

Imagine having that sentence said to you. And then imagine it actually being pertinent. Welcome to Evie King's world.

'I laughed and cried. I can't recommend this book enough'

- Stewart Lee

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BBC One Freeview 1

- 7.00 The One Show**
- 7.30 Question of Sport**
- 8.00 Would I Lie to You?**
- 8.30 MasterChef** The cooks serve up a dish the judges can eat with their hands.
- 9.00 Have I Got News for You** Mel Giedroyc hosts.
- 9.30 Black Ops** Dom comes up with a devious plan to pay off the Brighton Gang.
- 10.00 News; Regional News**
- 10.40 The Chris & Rosie Ramsey Show** Father-and-son combo Michael and Jack Whitehall join the hosts.
- 11.25 Bump** Double bill.

BBC Two Freeview 2

- 7.00 Villages by the Sea**
- 7.30 Beechgrove Garden** Calum Clunie sends an update from his allotment.
- 8.00 Gardeners' World** Monty Don plants tropical gingers and tomatoes and direct sowing beans.
- 9.00 Hidden Treasures of the National Trust** Inside the homes and hidden lives of writers Rudyard Kipling and Vita Sackville-West.
- 10.00 Detectoairs** Andy and Anne become cow warriors.
- 10.30 Newsnight** Current affairs.
- 11.05 MOTDX** Football discussion.
- 11.35 11 Minutes: America's Deadliest Mass Shooting**

ITV1 Freeview 3

- 6.30 ITV Evening News**
- 7.30 Emmerdale** Bob and Bernice are at loggerheads.

- 8.00 Coronation Street** Gary quizzes Faye about her feelings for Jackson.

- 9.00 I'm A Celebrity South Africa Unseen** Campmates on east series compete.

- 10.00 ITV News** Headlines.
- 10.30 Regional News**
- 10.45 The Proposal** Romantic comedy, starring Sandra Bullock and Ryan Reynolds. **★★★** (2009/12)

Channel 4 Freeview 4

- 7.00 Channel 4 News**
- 7.30 Unreported World**
- 8.00 The Big Interiors Battle** The remaining designers address living room week.
- 9.00 Gogglebox** TV opinions.
- 10.00 The Latish Show with Mo Gilligan** With guests Will Poulter, Joel Corry and actor Rose Ayling-Elis.
- 11.05 Sean Lock: Purple Van** Stand-up comedy.

Channel 5 Freeview 5

- 7.00 Michael Portillo's Pyreus Adventure** The broadcaster retraces the route his father used to flee Spain in 1939. Last in series.
- 7.58 5 News Update**
- 8.00 Susan Calman's Grand Day Out** Susan visits some of the beauty spots around the south coast of England.
- 9.00 Are You Being Served?: Secrets and Scandals** Behind the scenes of the classic sitcom.
- 10.00 Are You Being Served?** Comedy spin-off, starring John Inman. **★** (1977/PG)

ITV2 Freeview 6

- 7.00 Superstore** Double bill.
- 8.00 Bob's Burgers** Double bill.
- 9.00 Fast & Furious 7** Action thriller sequel, starring Vin Diesel. **★★★★** (2015/12)
- 11.45 Family Guy** Double bill.

ITV3 Freeview 10

- 6.00 Heartbeat** Double bill.
- 8.00 Doc Martin** Double bill.
- 10.00 Wire in the Blood** Feature-length thriller, starring Robson Green.

Film4 Freeview 14

- 6.35 Gods of Egypt** Fantasy adventure, starring Nikolaj Coster-Waldau and Brenton Thwaites. **★★★** (2016/12)
- 9.00 Hereditary** Horror mystery, with Toni Collette and Milly Shapiro. **★★★★** (2018/15)
- 11.35 48 Hrs** Comedy thriller, starring Nick Nolte and Eddie Murphy. **★★★★** (1992/15)

Sky Showcase

- 6.30 The Simpsons** Triple bill.
- 8.00 American Legend** Double bill.
- 9.00 Bel-Air** Ashley's favourite teacher is fired.
- 10.00 Fast & Furious: Greatest Moments Refueled**
- 11.00 I Am Paul Walker**

GOLD

- 7.00 Hi-de-Hi!** Sitcom.
- 7.40 Dad's Army** Double bill.
- 9.00 dinnerdates** Comedy.
- 9.40 Victoria Wood's All Day Breakfast**
- 10.50 The Office** Comedy.
- 11.30 This Time with Alan Partridge** Comedy.



Have I Got News for You

9pm, BBC One Although it's always entertaining when the producers of this show throw in a curveball as presenter, you can't blame them for also wanting a safe pair of hands. Tonight, Mel Giedroyc make her fifth appearance as host, with comedian Chris McCausland and broadcaster Kirsty Wark joining regulars Ian Hislop and Paul Merton.

I'm A Celebrity South Africa Unseen

9pm, ITV1 Ant and Dec look back at three eventful weeks in the South African bush, as a clutch of brave veteran campmates returned to battle for the newly created title of I'm A Celebrity Legend in the all-star reality challenge. The hosts recall the celebs' triumphs and failures as they competed in a series of physical trials and share some unseen footage.



Bump

11.25pm & 11.55pm, BBC One The Australian comedy-drama returns for a third run, picking up four years after the events of the second. Jacinda's first day of school promises a new start for Oly and Santi, until unexpected news arrives. Then, Santi rethinks introducing Jacinda to his new girlfriend Keeks after she and Oly have intense reactions.



BBC One Freeview 1

- 7.00 Blankety Blank** Bradley Walsh hosts the revival of the comedy quiz show.
- 7.35 Pointless Coleridges** A star-studded version of the general knowledge quiz.
- 8.25 Casualty** Hospital drama.
- 9.15 Annika** Crime drama, starring Nicola Walker.
- 10.10 BBC News**
- 10.30 Match of the Day** Gary Lineker presents highlights of the latest Premier League matches, including Bournemouth v Manchester United and Nottingham Forest v Arsenal.
- 11.50 MOTD Top 10: Dark Arts**

BBC Two Freeview 2

- 6.35 Hidden Treasures of the National Trust**
- 7.35 Pet Shop Boys at the BBC** Performances by the duo from the archives.
- 9.05 Reel Stories** Dermot O'Leary chats to Neil Tennant and Chris Lowe of Pet Shop Boys.
- 9.50 Later... with Jools Holland** New series. With Hozier, Arlo Parks, Lisa O'Neill, Thee Sacred Souls and Venbee.
- 10.40 Pet Shop Boys: Live in Hyde Park** The duo's headline performance at the Radio 2 festival in 2019.

ITV1 Freeview 3

- 4.00 Live Champions Cup Rugby** Leinster v La Rochelle (Kick-off 4.45pm).
- 7.20 Regional News**

- 7.30 In for a Penny** Stephen Mullen sets challenges to members of the public in Brighton.

- 8.00 Britain's Got Talent** More performers take to the stage.
- 9.20 The 1% Club** Quiz, hosted by Lee Mack.

- 10.15 ITV News; Weather**
- 10.30 Fast & Furious** Thriller sequel, starring Vin Diesel. **★★★** (2009/12)

Channel 4 Freeview 4

- 6.30 The Lancaster Bomber at 80 with David Jason**
- 7.30 Formula 1 Emilia Romagna Grand Prix Qualifying Highlights** The battle for pole position.
- 9.00 Bad Boys for Life** Action sequel, starring Will Smith and Martin Lawrence. **★★★** (2020/15)
- 11.25 American Assassin** Thriller, starring Dylan O'Brien. **★★★★** (2017/18)

Channel 5 Freeview 5

- 6.45 30 Years of the Vicar of Dibley** Documentary celebrating Richard Curtis's much-loved sitcom, featuring clips along with insight and analysis from cast and crew.
- 8.15 Fergie & Meghan: Inconvenient Royals** The parallels between the Duchess of York and the Duchess of Sussex.
- 9.15 The King's Grandchildren**
- 10.40 When TV Stars Go Horribly Wrong** Moments soap stars would rather forget.

ITV2 Freeview 6

- 6.45 Marley & Mo** Comedy drama, starring Owen Wilson and Jennifer Aniston. **★★★★** (2008/PG)
- 9.00 Bad Neighbours** Comedy, starring Seth Rogen and Zac Efron. **★★★★** (2014/15)
- 10.55 Family Guy** Double bill.
- 11.55 American Dad!** Double bill.

ITV3 Freeview 10

- 5.10 Midsomer Murders**
- 11.00 Agatha Christie's Poirot**

Film4 Freeview 14

- 7.10 Daddy's Home** Comedy, starring Will Ferrell and Mark Wahlberg. **★★★** (2015/12)
- 9.00 Upgrade** Sci-fi thriller, starring Logan Marshall-Green. **★★★★** (2018/15)
- 11.00 Dune** Sci-fi fantasy, starring Kyle MacLachlan. **★★★** (1984/PG)

Sky Showcase

- 5.30 Formula 1**
- 7.30 Spider-Man 2** Comic-book adventure sequel, starring Tobey Maguire. **★★★★** (2004/PG)
- 9.50 Never Mind the Buzzcocks**
- 10.35 Last King of the Cross**
- 11.35 Bel-Air**

GOLD

- 10.50 Only Fools and Horses** Thirteen episodes.
- 8.20 dinnerdates**
- 9.00 Victoria Wood as Seen on TV** Double bill.
- 10.20 Cheving Gum** Double bill.
- 11.30 Absolutely Fabulous**

Reel Stories

9.05pm, BBC Two Dermot O'Leary invites Neil Tennant and Chris Lowe of Pet Shop Boys to reflect on some of the pivotal moments from their career. Before that, *Pet Shop Boys At The BBC* (7.35pm) features some of the duo's TV performances, including their collaborations with Liza Minnelli, Dusty Springfield and David Bowie.



Annika

9.15pm, BBC One Previously shown on Albi, this six-part crime drama stars Nicola Walker as DI Annika Stangradh, the lead of Glasgow's new Marine Homicide Unit (MHU). In the first episode, the coastguard finds a body in the River Clyde which has been killed with a harpoon.

Later... With Jools Holland

9.50pm, BBC Two Kicking off a new series, Jools is joined by Irish singer-songwriter Hozier, who made his debut on the show in 2014 with his hit *Take Me To Church*. Also back is 2021 Mercury Prize winner Arlo Parks, along with Irish folk singer Lisa O'Neill, soulful trio Thee Sacred Souls, and drum 'n' bass musician Venbee.



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AVAILABLE IN SHOPS
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PUZZLES



BRICKWORK

Enter the solutions to the clues in their numbered layers of the wall. Each word must be an anagram of its neighbours, plus or minus one letter.

- 1 1 Title
- 2 2 Annoys
- 3 3 Avoid
- 4 4 Hit
- 5 5 Journeys
- 6 6 Repose
- 7 7 Harden

Solutions next week

ENTERTAINMENT QUIZ



Q8 Miley Cyrus

- 1 Jack Rowan and Martha Plimpton play members of a criminal family in which new Sky drama that is set in the 1960s?
- 2 Which US singer had a Top 5 UK hit with the single *Fast Car* in 1988?
- 3 Which actor played villain General Zod in the 1980 superhero film sequel *Superman II*?
- 4 Chris Eubank are among the celebrities who appeared in which 2023 Channel 4 reality show?
- 5 Which British band's hits of the 1980s included *Too Close To Talk To* and *Can't Get Used To Losing You*?
- 6 Which 1965 animated Disney film was based on the short story *Happy Dan, The Cynical Dog* by Ward Greene?
- 7 Michael J Fox rose to prominence playing the character of Alex P Keaton in which US sitcom of the 1980s?
- 8 What is the title of the latest chart-topping album from US singer Miley Cyrus?
- 9 Which actress plays Maddie, who agrees to date a couple's awkward teenage son in exchange for cash in the new movie *No Hard Feelings*?
- 10 Romola Garai and Dougray Scott are joining the cast of which BBC police procedural drama starring Suranne Jones?

Solutions next week

£50 CODEBREAKER

Solutions next week

Congratulations!

Jean Nicklin from Stoke-on-Trent is the latest codebreaker winner

Each number in the grid represents a different letter. We've given three letters to start you off; the rest is up to you.

Write these letters wherever their corresponding numbers appear in the grid and then begin to work out the identity of the other letters.

All 26 letters of the alphabet will appear in the finished grid.

Correctly identify the letter for box 10 and follow the entry instructions below.

One winner will be picked at random from all correct entries received by the closing date and will be sent £50, or for Irish entries, the equivalent in euros.

5 CODEBREAKER CLUES

0903 659 6061 (80p/min) or text BREAKCLUE to 61011 (£1/text)

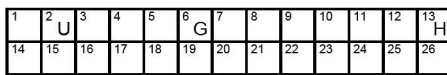
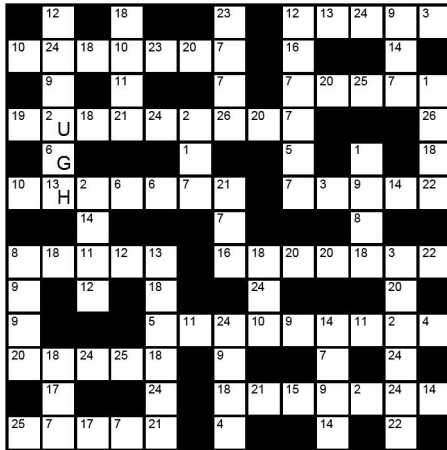
FULL SOLUTIONS

0903 659 6061 (80p/min)

CODEBREAKER ENTRY LINE

0904 161 1144 (£1.50/call)

Or text TPCODE with your answer, name and postcode to 61011 (£1.50/text)



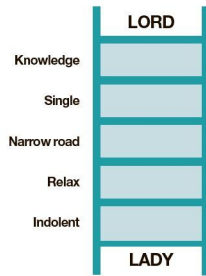
ABCDEFGHIJKLMN OPQRSTUVWXYZ

TERMS & CONDITIONS: Entry line closes midnight 20 May 2023. Clue and Solutions lines close midnight Saturday 20 May 2023.

CLUE & SOLUTIONS LINES: Calls cost 80p/min plus your phone company's access charge. Texts cost £1 + 1 standard network rate message. ENTRY LINES: Calls cost £1.50/call plus your phone company's access charge. Texts cost £1.50 + 1 standard network rate message. You may receive free promotional messages, to opt out and message with NO INFO. Lines close at midnight on Saturday except where stated. You must be 18+ to enter and Standard Reach PLC rules apply see <http://www.mirror.co.uk/rules>. SP M Ltd. Liverpool. Helpdesk 0330 990 6361.

WORD LADDER

Using the clues provided, fill in each step of the ladder with a new word, changing one letter at a time.



- Knowledge
- Single
- Narrow road
- Relax
- Indolent

SUMTHING

Fit the listed numbers into the grid so that all the sums are correct – reading left to right and top to bottom.

	x		=	
x		-		x
4	x		=	
=		=	=	
	x		=	

1, 2, 2, 2, 3, 4, 4, 4, 6, 8, 8, 9

£150

MEGA CROSSWORD

Congratulations!

Ian Garnett from Barrow-in-Furness is the latest mega crossword winner

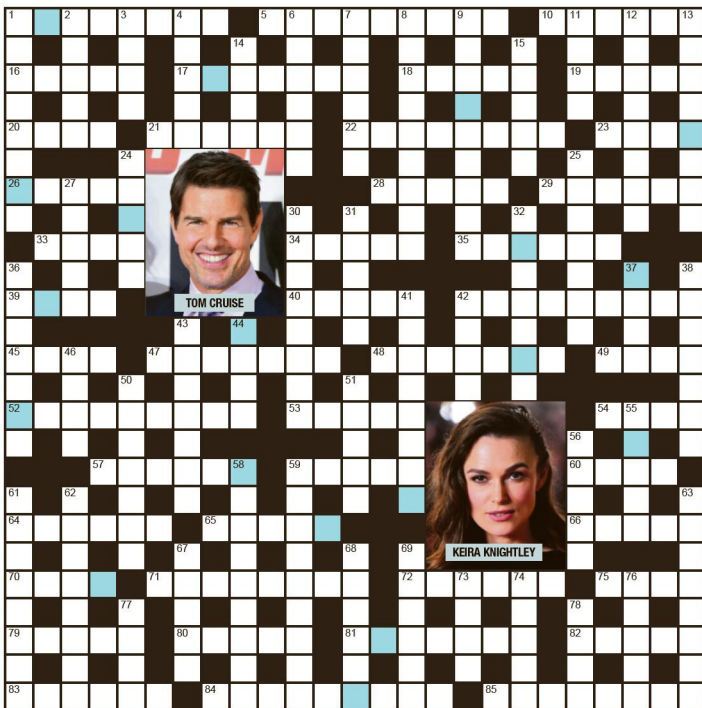
Can you work out the link between the two celebrities pictured in the grid? Once you've solved the clues, the letters in the coloured squares will reveal that link, reading across from top-left to bottom-right.

HOW TO ENTER

For your chance to win the £150 star prize call **0904 161 1122** (£1.50/call) or text **TPMEGA** and your answer, name and postcode to **61011** (£1.50/text) by Saturday 20 May 2023, the closing date.

ACROSS

- 1 If absolutely necessary (2,1,5)
- 5 Thwart (9)
- 10 Scottish clan design (6)
- 16 Japanese dish (5)
- 17 Large French country house (7)
- 18 Relative by marriage (2-3)
- 19 Sign indicating direction (5)
- 20 Ballet skirt (4)
- 21 Capital of the Bahamas (6)
- 22 Deduct (8)
- 23 Infant (4)
- 26 Adjust (5)
- 28 Worries (5)
- 29 Place in North East Italy (6)
- 33 __ Fitzgerald, singer (4)
- 34 Furious (5)
- 35 Vehicle fuel (6)
- 39 American state (4)
- 40 Ruined or not functioning (5)
- 42 Card game for one (9)
- 45 Atmosphere (4)
- 47 Takes away (7)
- 48 Please greatly (7)
- 49 Fashion accessory (4)
- 52 Veiled (9)
- 53 Musical instrument (5)
- 54 Skye, say (4)
- 57 Guides (6)
- 59 __ Garbo, actress (5)
- 60 Jane __, Charlotte Brontë novel (4)
- 64 Lacking in quantity or quality (6)
- 65 Wear away (5)
- 66 First Greek letter (5)
- 70 Humorous or malicious deception (4)
- 71 Squid prepared for eating (8)
- 72 Anxious (6)
- 75 Stun (4)
- 79 Glossy fabric (5)
- 80 Capture (5)
- 81 __ Lawson, food writer (7)
- 82 Rental contract (5)
- 83 Limited or barely enough (6)
- 84 Bird deterrent (9)
- 85 Football officials (8)



DOWN

- 1 German shepherd dog (8)
- 2 Valuable commodity (5)
- 3 Type of plant (4)
- 4 Bedtime drink (5)
- 6 Regretful (6)
- 7 Type of sport (6)
- 8 Repay money (9)
- 9 Encured (9)
- 11 Parks And Recreation star, Scott (4)
- 12 Water tortoise (8)
- 13 Recently married person (8)
- 14 Droops (4)
- 15 Two times (5)
- 24 Watch band (5)
- 25 Ordinal number (7)
- 27 To permit (5)
- 30 Tonic (4-2-2)
- 31 Catches one's breath (5)
- 32 Rich (7)
- 36 Sorcerers (7)
- 37 Use one's teeth on (4)
- 38 Camping equipment item (4,3)
- 41 Abstaining from alcohol (8)
- 42 Jump over a twirling rope (4)
- 43 Spotty disease (7)
- 44 Amphibian (4)
- 46 Type of biscuit (4)
- 50 Sweet sauce (7)
- 51 Ring-shaped roll (5)
- 55 Treacle (5)
- 56 Unwind (5)
- 58 Mordacious (9)
- 59 Mafia boss (9)
- 61 Stress or accent (8)
- 62 Kim Cattrall's Sex And The City role (8)
- 63 Unfounded (8)
- 67 American cattle farm (5)
- 68 Meal eaten outdoors (6)
- 69 Extremely keen and enterprising (4,2)
- 73 Slippery fish (4)
- 74 Relative darkness (5)
- 76 Astonish (5)
- 77 Interlock loops of wool (4)
- 78 Puzzle-solving aid (4)

Solutions next week

TERMS & CONDITIONS:
All lines close midnight
Saturday 20 May 2023.

ENTRY LINE: Calls cost
£1.50/call plus your phone
company's access charge.
Texts cost £1.50 + 1 standard
network rate message.

You may receive free promotional
messages, to opt out end message
with NO INFC.

Lines close at midnight on Saturday
where stated. You must be 18+ to
enter and Standard Pleach PLC rules
apply, see www.mirror.co.uk/rules.

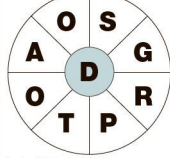
SP M Telecom Ltd.
Helpdesk 0330 880 6061

SPOT THE DIFFERENCE

CANDICE BROWN Can you spot the 5 differences between these two pictures?



Solutions next week



WORD WHEEL

You have 10 mins to find as
many words as possible using the
letters in the wheel. Each
must use the hub letter and at
least 3 others. Letters may be
used only once. You cannot
use plurals, foreign words or
proper nouns. There is at least
one 9-letter word to be found.

How you rate:
15 words: average
20 words: good
25 words: very good
30 or more: excellent

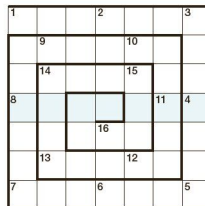
BRAIN TEASERS

- Four friends have named their cats after each other. The cat is named after the owner of the frog, which is not Billie. Tilly does not own a toy called Millie, and Millie owns either the teddy or doll. Jilly's toy shares the same name as the owner of the cat. The doll is not called Billie, and no one owns a toy by their own name. Who owns each toy?
- Which two words meaning "listen" and "decade" combine into one meaning "cheer up"?
- Find the South American countries in these anagrams: a) Rlent again, b) Main user, c) Unfair change.
- Nils is trying to work out how the new budget scheme will affect him. He'll save £169 a year on income tax, but his annual expenditure on fuel, whisky and pipe tobacco of £1,000, £500 and £1,150 will increase by 6%, 6% and 8% respectively. Will he make a profit or a loss compared to last year, and how much?

Solutions next week

WORD SPIRAL

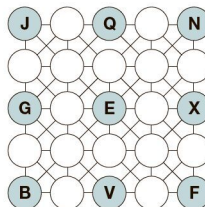
Starting from 1, fill in the grid clockwise with four-letter words. The last letter of each word becomes the first letter of the next to reveal an American city.



- | | |
|--------------------------|---------------------|
| 1 Nought | 10 Fingertip cover |
| 2 Gemstone | 11 Amount carried |
| 3 Old musical instrument | 12 Expensive |
| 4 Nobleman | 13 Stink |
| 5 Lengthy | 14 Osculate |
| 6 Sport | 15 Wound with knife |
| 7 Ado | 16 Unruly child |
| 8 Croon | |
| 9 Acquire | |

GOGEN

Insert letters to form the listed words, moving between adjacent cells horizontally, vertically or diagonally in any direction. Insert all the remaining letters of the alphabet (except Z) in the grid so all the listed words are spelt out in this way.

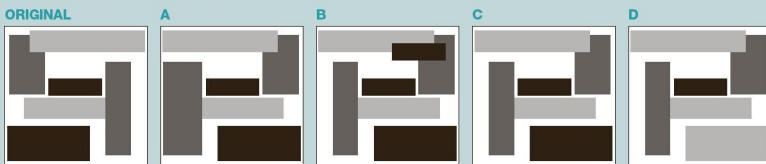


A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

- | | |
|--------|---------|
| BARE | JUMPER |
| CLIQUE | SWEAR |
| CLOY | TOXIN |
| FORK | VAGUELY |
| HARLOT | WIND |

MIRROR IMAGE

Which of the shapes A-D is an exact mirror image of the original?





Who am I?

FAMOUS FACE

- 1 She wrote and acted in the BBC comedy sketch show *Goodness Gracious Me*.
- 2 Her 1996 novel *Anita And Me* was filmed in 2002 and starred Chandee Uppal.
- 3 She sang guest vocals on Gareth Gates' *Spirit In The Sky*, the 2003 Comic Relief single.



RUSSELL GRANT

SOLUTIONS

for last week's puzzles: **7.5.2023**

BRICKWORK

Lab, Bale, Cable, Bleach, Leach, Lace, Ale

CODEBREAKER

1-H, 2=Q, 3=C, 4=T, 5=F, 6=L, 7=M, 8=E, 9=W, 10=F, 11=G, 12=B, 13=P, 14=X, 15=N, 16=D, 17=S, 18=U, 19=O, 20=K, 21=Y, 22=L, 23=V, 24=A, 25-Z, 26=J

ENTERTAINMENT QUIZ

1 Kylie Minogue; 2 *China In Your Hand*; 3 *Philadelphia*; 4 *Shadow And Bone*; 5 Kim Wilde; 6 Gene Wilder; 7 *Take Your Pick!*; 8 *The Lathums*; 9 *Transformers: Rise Of The Beasts*; 10 Tyler Hoechlin

SUMTHING

3x7=21, 3x4=12, 9x3=27

WORD LADDER

Real, Heat, Heat, Heat, Left, Life

ENTER VOWEL

E S O T E R I C I S W A N
 A T E E N B
 F E A J O R N A D O
 A R R G L A
 D R A M A O S T E R G
 T O G D
 A G O N Y A D N T
 D U I M
 C H A D A R B E L A Y
 U N D E R G O A R I D
 T E T R S A
 B E E D A L T I T U D E

WORD WHEEL

BEGRUDGED

BRAIN TEASERS

1) Sienna jelly spider; Dan toffee fang; Josh chocolate eyeball; 2) Pump-kin; 3) a Woodpecker; 4) Kingfisher; c) Turtle dove; 4) 4 miles

WORD SPIRAL

1) Utah; 2) Howl; 3) Loud; 4) Date; 5) Emir; 6) Ruff; 7) Tang; 8) Gum; 9) Mate; 10) Earn; 11) Near; 12) Ring; 13) Goat; 14) Lung; 15) Gash; 16) Hurl. Keyword: Garland

MEGA CROSSWORD

ACROSS: 1 Baldrick, 5 Clerk, 8 Macbeth, 14 Campbell, 15 Longbottom, 16 Idris, 19 Sash, 20 Smeat, 21 Storm, 22 Seance, 25 Curt, 26 Cube, 27 Ocan, 28 Bill, 31 Smells, 32 Calypso, 33 Iron, 36 Deja vu, 37 Used, 39 Loose, 45 One, 46 Seek, 47 Brother, 48 Oman, 49 Red, 51 Bambi, 52 True, 53 Relief, 57 Edge, 59 Hateful, 61 Geneva, 65 Also, 66 Addle, 67 Dial, 68 Area, 70 Sienna, 71 Amend, 73 Motto, 74 Sari, 80 Drake, 81 Fingo Starr, 82 Mona Lisa, 83 Roasted, 84 Amber, 85 Adrienne
DOWN: 1 Backs, 2 Le Mesurier, 3 Robs, 4 Columbus, 5 Lion, 7 Fage, 9 Army, 10 Bolter, 11 Tarantino, 12 Montana, 13 Star, 17 Shells, 18 Face value, 23 Bodyguard, 24 News, 25 Cash, 29 Glee, 30 Dillon, 34 Wales, 35 Leads, 38 Enter, 40 Ogre, 41 Lobby, 42 Helm, 43 Degeneres, 44 Smile, 46 Spider, 50 Groundhog, 54 Eyes, 55 Recreation, 56 Naga, 58 Desperado, 60 Adds, 62 Raised, 63 Rainbow, 64 Eastwood, 69 Angels, 72 Menu, 75 Image, 76 Tree, 77 Atom, 78 Brië, 79 Taxi **CELEBRITIES:** Teri Hatcher and Donald Sutherland **Hidden link:** BOTH STUDIED ENGINEERING

FILL IN

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

SUDOKU

EASY

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

TETROMINOS

R E G H
 M Y M T
 A F K Y
 L E W O

ARROW WORD

S E S S A
 T A N P A W
 O P E R A T E
 E N T R Y I M
 E G E L S
 B A L L I M P
 G S A M B A
 H E R E B A N

NINER

UNIVERSAL

FAMOUS FACE

EMMA THOMPSON

TIMED CODECRACKER

1=O, 2=Y, 3=K, 4=W, 5=A, 6=L, 7=T, 8=H, 9=C, 10=S, 11=N, 12=D, 13=J, 14=N, 15=L, 16=M, 17=Z, 18=G, 19=F, 20=U, 21=E, 22=B, 23=X, 24=R, 25=V, 26=P

SPOT THE DIFFERENCE

Katy Perry's eyebrow is raised, one of the spears has been trimmed down at its base, another is missing the middle segment, the man front left is missing a segment of his Mohawk, and the man back left has had the centre red piece of his chest triangle removed.

SKELTON

W S C U H A
 S H I N T O T R A N C E
 S E A N T T C E
 M A R K I N G E X C E E D S
 A E L A I R H L D C
 C R A M G M E M O
 K B B E G F R R
 E C O N O M Y A D A M A N T
 D U M W U I T S
 O U T T A W A G E N D E R
 S D Y E T D

WORDSEARCH

FORECAST

MIRROR IMAGE

D

ANAGRAM

SHIPPING

ARIES

March 21-April 20
Participating in community events is a great way to alleviate feelings of loneliness. Sharing ideas with others will be inspirational. Social plans later in the week will benefit if firm arrangements are agreed early on.

TAURUS

April 21-May 21
When you care for someone, you will do all you can to make them happy. Your main problem now is that a partner's family is pushing their way into your life. Pursuing new creative interests will bring you much satisfaction.

GEMINI

May 22-June 20
You feel more appreciated when others come to you for guidance and support. Someone will make it obvious that they have done things that they would never have dared to try without your advice and encouragement.

CANCER

June 21-July 22
It's difficult to say no to someone who keeps trying to help you, but it is starting to feel as if they are interfering in your life. Make time for activities you love, whether it's reading, listening to music or taking walks.

LEO

July 23-August 22
Your focus is on a close relationship. You cherish what you have with each other and you want to pamper your partner to show just how much they mean to you. They don't have to do anything other than be themselves.

VIRGO

August 23-September 22
Spending too long on one task will leave you feeling exhausted. You're intent on getting the job done but you must think about your health. Going over the same problem without solving it will give you a big headache.

LIBRA

September 23-October 23
New light will be shed on an issue that has caused a few misunderstandings. Now you will be aware of what has caused the mix-up; you will feel that you are more able to do something about it and things will finally go your way.

SCORPIO

October 24-November 22
You're incredibly busy and because you will be invited to join a group project, you will feel ridiculously excited about this, too. You have a great deal to think about as you will be taking on some sizeable responsibilities.

SAGITTARIUS

November 23-December 21
You will benefit from the good fortune of a friend or partner. It's exciting to see positive things happen to others and although you will not have been expecting it, don't be shy about accepting a gift that's offered to you.

CAPRICORN

December 22-January 20
Communication will leave a lot to be desired as someone simply isn't listening. If you can't get their attention then you might decide it's not worth bothering about and refrain from articulating what you truly want to say.

AQUARIUS

January 21-February 19
At last you are starting to see the results of your past efforts and these will exceed your expectations. A friend or workmate's unusual behaviour will have something to do with the happiness you are enjoying at the moment.

PISCES

February 20-March 20
A party, fundraiser or social event you are helping to arrange will be causing frustration due to extra expenses and annoying delays. Make a few deep breaths and try to relax. It will happen when it is meant to happen.

Calls cost 80p per minute plus your telephone company's network access charge - maximum of 5 minutes duration. You may be over 18 and have the bill payer's permission.
Service provider: Spoke. Helpline 0333 202 3390

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“Safe, easy access bathing can help maintain
your independence and wellbeing”

Dr Hilary Jones
GP and Health Advisor



Enjoy a deep relaxing soak again

Just look at the benefits...

- **Easy in...Easy out**
Low, wide & safe entry
- **No fuss, No mess#**
Can be fitted in a day!
- **Walk-in showers**
Baths & Wetrooms tailored to your style,
needs and budget
- **Complete makeovers**
From design to installation
- **Comfortable seats**
Grab rails and slip-resistant flooring
- **Easy clean wall panels**
No tiling required
- **Best price guarantee**
From the name you can trust
- **Low rate finance**
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