

One in a MILLION!



Contents

On the cover

- 6 Left black and blue by the man of my dreams
- 10 I lost my soulmate then disaster struck again
- 20 There were aliens at our door
- 22 Win a holiday to Spain
- 38 20st down but I've now got one big problem
- 42 Murdered by her evil stepdad – why didn't Mummy protect little Serenity?
- 50 Meet our massive moggy... he's purr-fect!

More real life

- 17 Be prepared
- 24 Miracles happen
- 28 A lifetime of love

From you

- 3 One in a million
- 12 Your brainwaves
- 37 Your dilemmas
- 18 Doc Q&A

Feelgood

- 4 Your pick me ups
- 9 Your home
- 15 A good thyme
- 16 Your health
- 23 Animal magic
- 26 Your style
- 33 Your beauty
- 34 Baby bloom!
- 36 Genius or bonkers?
- 40 Easy eats
- 46 Raise a glass
- 48 Food and drink
- 49 Your stars

Editor: Hannah Poon
 Features Editor: Hannah Crocker
 Senior Writer: Anaïs Seely
 Feature Writers: Kezia Reynolds, Flossie Palmer
 Senior Designer: Stacey Black
 Designer: Georgia Macmenemy
 Junior Designer: Mary Heenan

This week we're admiring the heartfelt work of Alana Warner, 42, from Chalfont St Peter. She said...

Sitting beside a little girl, I held her hand. 'It'll be OK,' I reassured her. 'I know you haven't done this before, but you're going to make so many new friends.'

On the bus packed full of primary school children, we were heading to a mining town in Swansea in November 2022.

We had a busy day ahead with Intergenerational Music Making (IMM).

That day, I was running a workshop for school children and elderly care home residents to bond over their love for music.

My daughters Madison, 13, Scarlett, 10, and Bailey, six, photocopied the worksheets for it, too!

But this little girl was terrified – she had never been



Music brings us together

in a care home before.

Only the minute she got into the room, her face lit up.

Sitting beside the elderly residents, she chatted away to them naturally as they started music marking together – letting the music dictate what they were drawing.

As we started playing a classic song in Welsh, the elderly residents remembered the lyrics.

There wasn't a dry eye in the room as the children joined in, too.

'Where are you all going?' the residents called as we started to leave at the end of the day.

'We're coming back soon!' the children replied.

Seeing the smiles on everyone's faces was so special.

And knowing that I'd made a difference in that wee girl's life by opening her eyes to a whole new world was such a

rewarding moment.

But that's not all the life-changing experiences I've played a part in at IMM.

A few months ago, I had an idea for a new project.

I'd been working at IMM since lockdown in 2019 and my life was a whirlwind.

I was constantly buzzing with ideas and having worked at the NSPCC before, I loved making a difference in people's lives.

Combining the care home residents' love for horticulture, I decided to let them take charge in my Sing & Grow project.

Sharing decades worth of gardening wisdom, the elderly residents and school children potted everything from cress to strawberries in recycled yoghurt pots.

Laughing as they painted garden gnomes together, they discussed what to call them!

Now, the gnomes stand in the care home's garden.

With one care home resident being a huge Tom Jones fan, we made sure to mix up the music for everyone involved.

Watching these new intergenerational friendships blossom is the best feeling in the world.

And with IMM set to keep growing, let's hope we'll continue making music for many generations to come!

● Please visit: imm-music.com

They bonded over the music

Bitesize!

1	2	3	4
5			
6			
7			

ACROSS

- 1 Atop (4)
- 5 Keep (4)
- 6 Always (4)
- 7 City in Nevada (4)

DOWN

- 1 Consumer (4)
- 2 Cover with slabs (4)
- 3 Cooker (4)
- 4 Notorious Roman emperor (4)

Read down the shaded squares for the answer.

Answer on page 47.

JUST FOR FUN

DON'T MISS OUR PICK ME UP! OCTOBER SPECIAL OUT NOW!



Sneaky peek at this week!

P34 Plant parenting



P26 Fashion picks worth melting for



Pick Me Up! 3