

MAMA LIFE

MULTI-AWARD WINNING BI-MONTHLY LIFESTYLE MAGAZINE

Issue 20 May - June 2020

ONLINE EXCLUSIVE

*Beauty
at Home*

FASHION

SPRING MEANS
IT'S ALL ABOUT THE

PATTERN

**NOT
ANOTHER
MUM**

A few of my
favourite things

MENTAL HEALTH
INNER PEACE WITH
UNCERTAINTY

**THE CURRENT
QUALITY OF TIME**

The similarities of the planets during
historic pandemics and what it
means for us now

WE ARE ALL IN THIS TOGETHER

KEEP *safe*

KEEP *sane*

KEEP *smiling*



#mamalifemagazine

MAMA LIFE
MAGAZINE

WWW.MAMALIFEMAGAZINE.CO.UK



WELCOME TO MAMA LIFE

ISSUE 20

**"SUCCESS IS LIKING YOURSELF, LIKING WHAT YOU DO,
AND LIKING HOW YOU DO IT."**

Maya Angelou

If somebody would have told us that we would be living through a worldwide pandemic where our lives would come to a standstill, our children would be home schooled and we would have to live under restrictions for months on end we would have told them that "they're losing the plot!"

The last few months have undoubtedly been the strangest times of our lives, every part of our lives have without any choice been affected.

But, through all this madness and uncertainty we have had time to clean, bake banana bread, enjoy the outdoors and reflect on life. Oh, we can't forget the weekly Thursday clap where you can get away with clanging pans outdoors without being seen as a woman gone mad! Overall I think we have learned so much about ourselves as individuals and that my friends in priceless.

Over the past few weeks, we have been busy preparing exclusive editorial from experts in their field from Mental Health to Marketing from Astrology to Dating, it's a packed read where you are guaranteed to have a few giggles.

We have also got some new additions to our Mama Life Team so a big welcome to our new Fashion Editor Claire @fashionlifeforward who has chosen

the most lovely floral and pattern pieces rocking the SS20 trend and all can be bought from the comfort of your home.

Rebecca from @notanothermumsgroup has shared her favorites in our Lifestyle pages, which include Gin! We will definitely be trying the recommendation.! So check out her spread to find out which one is causing a stir!

Wendy from @hillstartnutrition has put together some great recipes to ease the frustration of 'what to cook?' it surely has to be the most asked question through this whole lockdown?

A big thank you to our cover model and talented Photographer the lovely Emily Moya who went to great lengths to produce our front cover for this special issue. Our theme was inspired by The Rainbow of Hope. We wish we could take a selfie that's this good!

Now, grab a cuppa or maybe a Gin and have a flick through. We guarantee it will be the best half an hour of your day.

KEEP SAFE, KEEP SANE, KEEP SMILING

Meral Mehmet & Natasha Inan
Editors-In-Chief

DISCLAIMER

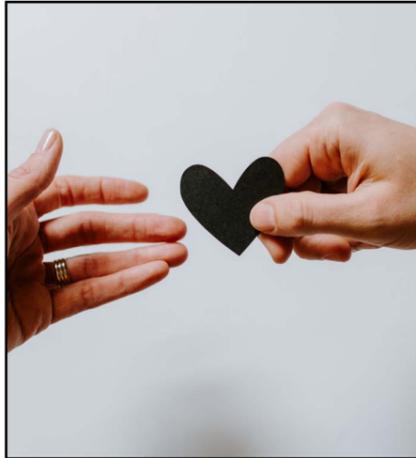
Mama Life Magazine (mamalifemagazine.co.uk) is owned and published by Reel Media & Publishing Ltd. No person, organisation or party can copy or re-produce the content on this site and/or magazine or any part of this publication without a written consent from the editors' panel and the author of the content, as applicable. The publisher (Reel Media & Publishing Ltd), authors and contributors reserve their rights with regards to copyright of their work.

The copyright includes (and not limited to)

The content syndication from the RSS feeds of this publication
The content and/or images used in any of the articles of this publication
The Mama Life Magazine logo and any of its derivatives

The content on the Mama Life Magazine and its website are made available on the terms and condition that the publisher, editors, contributors and related parties shall have no responsibility for any action or omission by any other contributor, consultant, editor or related party disclaim any and all liability and responsibility to any person or party, be they a purchaser, reader, advertiser or consumer of this publication or not in regards to the consequences and outcomes of anything done or omitted being in reliance whether partly or solely on the contents of this publication and its related website and products. Reel Media & Publishing Ltd (Mama Life Magazine) are not responsible in any way for the actions or results taken by any person, organisation or any party on basis of reading information, or contributions in this publication, website or related product.

CONTENT



08-09

RELATIONSHIPS

By Wendy Capewell

// How to keep your relationship alive during these difficult times

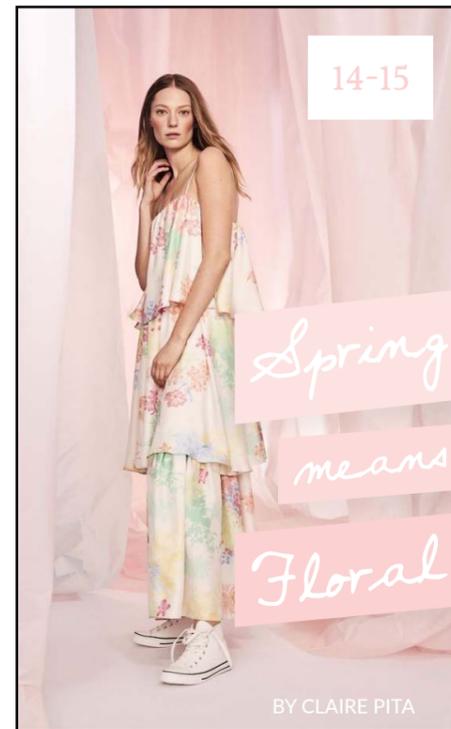


10 - 13

BEAUTY

By Rachelle Shakespere

// Beauty at Home



14-15

Spring means Floral

BY CLAIRE PITA



Are we addicted to FEAR?

By Susan Frend

30-31



34-35

How to keep up your Content through the crap

By Lucy With A Why



What are the positives we can take from the COVID19 virus?

By Wendy Capewell

16-17



What to cook?

By Wendy Hill

20-23



36 - 39

MENTAL HEALTH

By Shiela McMahon

// Inner Peace With Uncertainty



40 - 41

DATING

By Adrienne Carter

// Dating Made Easy



42 - 43

LIFESTYLE

By Lucy Dowson

// 5 Things About Lockdown That Are Annoying As F**k



PAST PRESENT FUTURE

World Astrological Forecast

BY THE SECRET CLAIRVOYANT

24-27



NOT ANOTHER MUM

BY REBECCA STEW

28-29



ASTROLOGY

BY THE SECRET CLAIRVOYANT

46

MAMA LIFE MAGAZINE

PUBLISHER : REEL PUBLISHING & MEDIA LTD
EDITOR IN CHIEF : Mel Mehmet
SALES & ADVERTISING DIRECTOR : Natasha Inan
ASSISTANT DESIGNER : Shermeen Ahmed
COPY EDITOR : Jude Guilford
FASHION : Claire Pita
BEAUTY : Rachelle Shakespere
FOOD : Wendy Hill
LIFESTYLE : Rebecca Stew
RELATIONSHIPS : Wendy Capewell
ASTROLOGY : The Secret Clairvoyant

GUEST CONTRIBUTORS

Adrienne Carter
 Shiela McMahon
 Lucy Dowson
 Susan Frend



@mamalifemag



Mama Life Magazine



mamalifemagazine

CONTACT:

EDITORIAL :
 editorial@mamalifemagazine.co.uk
 01283 533 888 // 07956 643 433

ADVERTISING:
 advertising@mamalifemagazine.co.uk
 01283 533 888 // 07816 861248

GENERAL ENQUIRIES:
 hello@mamalifemagazine.co.uk

WEBSITE:
 www.mamalifemagazine.co.uk

COVER IMAGE
 Inspired by The Rainbow of Hope. Covid-19

Photography Emily Moya
 www.emilymoya.co.uk

NEXT ISSUE IS OUT ON THE 13TH JULY 2020

United in bringing back the ZEST into our community

Zest LOCAL
 SPEND. SUPPORT. SAVE

SPEND - SUPPORT - SAVE

With a Zest Local membership card you get exclusive discounts at some of the best local businesses in your area.

Receive 1 year of discounts at all of our featured venues for only **£10**

Join today at

www.zestlocal.co.uk

HOW TO BECOME **VISIBLE** TO YOUR ONLINE AUDIENCE WITH THE HELP OF

MAMA LIFE MAGAZINE



Established in 2017, **Mama Life Magazine** is a bi-monthly multi-award-winning publication in **print, digital and online**. A magazine for the modern day woman, a multi-platform publication with a voice.

There is no time like now to keep your focus on your **business**. Our world has changed, the way we do business has been disrupted but that does not stop you being visible to the biggest online audience in our lifetime. With **over 3,000 website visitors a month**, we have the perfect online solutions to support your business.

ONLINE ADVERTISING



(includes Top Banner and Featured Advert)

INTERACTIVE ADVERTISING



(includes Full Page, Half Page and Quarter Page)



See our latest online digital publication!



DOWNLOAD NOW

For more information on our advertising costs, please contact our advertising team at advertising@mamalifemagazine.co.uk, or call 07816 861248 / 01283 533 888.



/MAMALIFEMAGAZINE

WWW.MAMALIFEMAGAZINE.CO.UK

HOW TO KEEP YOUR RELATIONSHIP ALIVE IN THESE DIFFICULT TIMES



BY WENDY CAPEWELL
www.yourrelationshipspecialist.co.uk

You don't expect to be spending all day and every day with your partner, but that can be your reality right now, and it can be tough..

Neither do you expect to be separated for day's or weeks on end, as some couples are right now, especially if one of you is a key worker. So even the most solid of relationships are going to struggle. So give yourself a break, be kind to yourself and our loved ones.

HOW TO MANAGE YOUR RELATIONSHIP RIGHT NOW

ROUTINES

Routines are important. If you don't need to get up at the crack of dawn, because you aren't working that's absolutely fine, it may be a time to catch up on sleep and let go of stress. Just don't spend the whole day in bed.

Shower and wash your hair regularly, as well as wearing clean clothes. There is nothing less attractive than someone who doesn't bother with their hygiene and slob around in clothes they have worn for days on end. If you feel really down in the dumps showering and clean clothes can make you feel so much better, even if you aren't going anywhere.

ACCEPT THAT YOU ARE EACH DIFFERENT.

You may want to find out all the information you can about the virus, whereas your partner may find it all too overwhelming, can't cope and doesn't want to hear any of it.

Neither of you is wrong, it's just that you each deal with anxiety and stress differently, so don't push each other to do things they don't want to.

ALLOW EACH OTHER SPACE

Allowing each other physical space is really important. If you are working from home decide where you are going to set up your designated working area. If you are both working from home, then swap around if room is limited so you can each access a pleasant workspace. In other words, don't expect your partner to always work on a laptop whilst propped up in bed, while you hog the kitchen or dining table.

Give each other emotional space too, acknowledge you each need time-out on your own. This is especially relevant if you can't get out of your home because you are confined to your home or you don't have a garden.

SHARE THE CHORES

Routines are likely to have changed, so be prepared to share the chores, or change your own routine to fit your circumstances. Sit down and talk about it, rather than making assumptions that the other will realise you need help or make snide remarks in the hope they will take the hint. You may have fallen over their shoes 15 times, but for them it's not a priority.

ARGUMENTS AND DISAGREEMENTS

If you are prone to argue and bicker a lot in normal circumstances, try to be as tolerant as you can with each other. These are really difficult times, and you need to dig deep and be more patient. Pick your battles carefully, as those little niggles can so easily get out of hand when emotions are running high. If you feel that an argument is getting out of hand or that you are getting a bit twitchy then remove yourself. Let your partner know, this is what you are doing, so they don't think you have gone off in a huff, or that they have done something wrong.

Be aware that your partner may be more concerned about an older parent or relative during this crisis and try to be understanding and supportive.

Wherever possible, put off raising the big issues, call a truce until things get back to normality. Remember you can't go running off to mum or a friend, that is unless you are experiencing domestic violence in which case get out of the house as quickly as possible.

DOMESTIC VIOLENCE

The following information was taken directly from the government website.

=====

If you are in immediate danger, call 999 and ask for the police - the police will continue to respond to emergency calls.

If you suspect that your neighbours or those in your community are victims of domestic abuse, we encourage you to report it to the police.

If you are in danger and unable to talk on the phone, dial 999 and listen to the

questions from the operator and respond by coughing or tapping the handset if you can.

If you call 999 from a mobile

If prompted, press 55 to Make Yourself Heard and this will transfer your call to the police.

Pressing 55 only works on mobiles and does not allow police to track your location.

If you call 999 from a landline

If only background noise can be heard

and operators cannot decide whether an emergency service is needed, then you will be connected to a police call handler. If you replace the handset, the landline may remain connected for 45 seconds in case you pick up again.

When 999 calls are made from landlines, information about your location should be automatically available to the call handlers to help provide a response.

If you are in immediate danger, call 999.



FIND WAYS OF HAVING FUN TOGETHER

PLAY GAMES TOGETHER

Remember those silly games you played at Christmas? Well now is the time to start playing them again, and if you didn't play those games, now is the time to start. Get out the board games if you have any, or even that pack of cards lingering at the back of the drawer. If not get inventive - charades, even EyeSpy can be fun. If you have children get some of their games out and play them.

ARRANGE A DATE-NIGHT.

Yes, I know this is all a bit cliched, eating your meal off a tray in front of the TV every night can kill romance! Make a nice meal, lay the table, dress up, and put on your favourite music. Make it a special evening.

PHOTOS

Get out your old photos and browse through them together, they may bring back memories of when you first met, your wedding or a holiday, or even make you laugh at the clothes and hairstyles you had way back when.

GO OUT FOR A WALK TOGETHER

Fresh air and exercise are really good for us. Even if you can't go far from home, take turns to choose a different route. Enjoy the scenery together. You may find chatting whilst walking makes it easier to talk to each other, whereas talking facing each other is difficult.

CHILDREN

If you have children, this will bring other challenges. Being all together in a confined space can be extremely testing.

If they are of school age you may well be dealing with schoolwork that they have been sent home. Trying to get them to do it can be a struggle, so my advice is, try not to let it become a battle. They are struggling with a situation they can't make sense of and asking questions you don't have answers to. Be as honest as you can, being age appropriate with your answers. Let them know you understand they are trying to cope as much as you are. Don't lie to them as they will learn not to trust you.

Model reasonable behaviour, they are always learning from your behaviour.

Younger children may need more of your time, so try and arrange that you each take over for a while whilst the other on has some 'me time.'

CUDDLES AND SEX

There is nothing better to activate the good hormones and make us feel good. Hugs are so good for our health, they really do activate oxytocin, endorphins and dopamines.

Sex is also great for feeling closer to each other and again releasing the love hormone. Just make sure you use birth control. There is a good chance there could be a Baby Boom in 9 months' time!

Beauty at Home



By Rachelle Shakespeare
www.rachellemakeupartist.co.uk



What is your skin in need of?
 Use this time to invest in correcting your skins needs.



Don't leave them out!



EYES
 Skin Republic - collagen hydrogel under eye patches
 £5.99, lookfantastic.com



LIPS
 Burt's Bees - moisturising lip mask
 £4.98, burtsbees.co.uk



Keep your hands clean and healthy!



BRIGHTENING

L'oreal Paris - pure clay bright face mask
 £7.99, superdrug.com



GLOWING

Glow recipe - watermelon glow sleeping mask
 £20.50, cultbeauty.com



COLLAGEN

Skin design London - sleeping beauty midnight collagen feast
 £100, cultbeauty.com



RESCUE

Ren clean skin care - Evercalm ultra comforting rescue mask
 £34, renskincare.com



Merci Handy - hello sunshine hand cleansing gel
 £3, merci-handy.co.uk

A rainbow of hand gels that you can carry around at all times.
Vegan and cruelty free.



Demal Hand wash
 £5.50, chemistdirect.co.uk

Offering antiseptic hand soap suitable for eczema, psoriasis and dermatitis sufferers.
"Remember to sing happy birthday twice whilst washing your hands."



ANTI-AGEING

Garnier - Ultra Lift Anti-Ageing face sheet mask
 £1.95, boots.com



ANTI-BLEMISH

111 skin - anti-blemish bio cellulose facial mask
 £20, cultbeauty.com



DETOX

Simple - daily skin detox purifying charcoal sheet mask
 £2.99, boots.com



HYDRATION

Clinique moisture surge over-night mask
 £32, clinique.co.uk



Aesop - resurrection rinse-free hand wash
 £7, cultbeauty.com

Perfect for washing on the go.

The old school brown glass bottle protects the liquid inside so that it lasts longer and contains less preservatives in the ingredient.



The Body Shop - hemp hand protector
 £5, thebodyshop.com

Relives and protects very dry hands, 100% vegan.
After washing your hands a million times a day, treat them to a bit of hemp.



Margaret Dabbs - intensive anti-ageing hand serum
 £30, margaretdabbs.co.uk

Curing dry hands whilst protecting against harmful germs and bacteria.

Remember you can always tell a person's age by their hands. So keep them looking good.

DIY

Beauty

Bath Bomb



Activity for the kids to make and enjoy.

INGREDIENTS

- 8 ounces baking soda (1 cup)
- 4 ounces sea salt (half cup)
- 4 ounces corn starch
- 2 tbsp oil of choice
- 2 tbsp witch hazel
- 1 tbsp vanilla extract
- 30-40 drops essential oil (or dry herbs)

HOW TO MAKE

- Mix oil of choice and essential oil into baking soda and stir well.
- Add sea salt, citrus acid and corn starch and mix well.
- Spritz witch hazel onto mixture slowly.
- Mix well with hands.
- Do this until mixture holds together without crumbling - add more witch hazel if needed.
- Quickly push mixture into greased muffin tins, press in firmly and leave 24 hours until hard (it will expand)
- When dry remove and store in airtight container.
- Use within 2 weeks.

Watermelon face mask



Watermelon is a strong antioxidant, which cleanses your face.

INGREDIENTS

- 2 watermelon slices (remove seeds)

HOW TO MAKE

- Mash 2 slices of watermelon and apply evenly to your face.
- Keep on for 10 minutes.
- Rinse off with warm water.



Hand cream



Fantastic for new moms who need all-natural ingredients.

INGREDIENTS

- 2 teaspoons beeswax
- 2 teaspoons cocoa butter
- 2 teaspoons shea butter
- 1 teaspoon almond oil
- 15 drops essential oil (of your choice)

HOW TO MAKE

- Put beeswax, cocoa butter, shea butter and almond oil into bowl.
- Stir in essential oil and refrigerate for 10 minutes
- Stir well and spoon into a container. Once it becomes room temp its ready to apply.



Beauty supplying the NHS



Nursem - Caring Hand Fix, nursem.co.uk

For every product you buy, they will donate a months' worth of free Nursem hand care to a nurse or midwife.



Elemis - pro radiance hand and nail cream, elimis.com

Elemis have just donated 10,000 hand and nail creams to the NHS trust. This is why we have and always will love Elemis.



Jo Malone London, jomalone.co.uk

Jo Malone London are making thousands of hand sanitisers a week at their UK based manufacturing facility for front line health care professionals and key workers. They are also donating products from their existing range to express their gratitude to those working under challenging conditions.



CND - Gardenia woods mini spa lotion, cnd.com

"They are making a massive sacrifice keeping us all safe", says Samantha Sweet (co-founder of sweet squared) the company that have donated 200 CND gardenia lotions to hard working nurses.

FLORAL DESIGNS ARE ONE OF THE FASHION TREND'S THAT HAVE RETURNED THIS SPRING GOING THROUGH TO SUMMER. THIS IS A GREAT TIME TO BRIGHTEN UP YOUR WARDROBE. TIME TO EXPLORE TRENDS BEFORE THE SUMMER SEASON STARTS.



Mint Green Ribbon Ankle Espadrille wedge - **£23, Newlook**

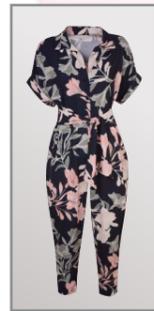
Ivory Tropical print sleeveless tiered maxi dress - **£45, Dorothy Perkins**



Petite Blue floral mini smock dress - **£42, River Island**



Green floral belted maxi dress - **£50, River Island**



Lily jumpsuit - **£39, Principles**



Beige raffia diamante earring - **£10, River Island**

Style tip: If you're taller, wear trainers with a maxi dress. If you are smaller wear trainers with a dress that hits just on or above the knee.

Lacoste white leather Lerond branded trainer - **£70, River Island**



Stylish white trainers are well worth the investment. Wear them with smart clothes you want to dress down or casual clothes you want to dress up. They are more versatile than what you think!



MAMA LIFE LOVES

Jasper Conran Lizzie Acrylic Clutch - **£75**

Switch up your style with this colourful and beautifully designed clutch. So beautiful for the evenings. Perfect for trending with colour and pattern.



Spring

means

Floral



Petite Blue floral mini smock dress - **£42, River Island**

Rodas Sandal (Tan) - **£32, Principles**



Red Herring Boho tiered off the shoulder tiered midi dress - **£39, Debenhams**



Earrings - **£9.50, M&S**



Red Herring tie dye knitted dress - **£35, Debenhams**



Gold Crocodile Embossed earring - **£12, River Island**



Open Toe Ankle strap sandal - **£35, M&S**



Almond Toe Mules - **£19.50, M&S**



Mono Chevron Mini Dress - **£22, George**

PATTERN. PATTERN. PATTERN.

PATTERN!

THE EYE-CATCHING OUTFITS THIS SPRING/SUMMER 2020 ARE BURSTING IN NEUTRAL COLOURS WITH AN EARTHY FEEL FROM FLOWERS, BRODORIE, TIE-DYE, BOHEMIAN, MIXED PRINT TO POLKA DOTS. THIS IS TO REMIND US TO LOVE AND CARE FOR THE EARTH.



Red Herring tie front spot blouse - **£22, Debenhams**



Black PU Pleated Midi Skirt - **£35, Dorothy Perkins**



MAMA LIFE LOVES



A white t-shirt is so versatile you can wear with anything. You could wear the t-shirt with a patterned skirt and add a blazer for a sophisticated look or a denim jacket for a casual touch.

White t-shirt - **£14, River Island**
Denim light wash jacket - **£28, Principles**
Savannah Miller spot tiered skirt - **£32, Debenhams**



STYLE TIP:

Just switch of a shoe turn a day outfit into a chic night look.



Skyla white quilted high mules - **£36, Topshop**



What are the positives we can take from the COVID19 virus?

BY WENDY CAPEWELL
www.yourrelationshipspecialist.co.uk

This pandemic has shaken our world in a way that has never been experienced before. Of course, there is much sadness and fear around understandably. Many people have talked and written about this. So, I'm not going to write about that. I believe there are some positive takeaways in all of this.

A CLEANER ENVIRONMENT

One of the things I have noticed is the lack of vapour trails in the sky, and the atmosphere seems so much clearer and cleaner, and with a reduction in the number of cars on the road it too has had a dramatic effect on pollution. This has a positive effect on our health, as we breathe in cleaner air.

WORKING PRACTISES.

Before the pandemic many companies were encouraging their employees to work from home wherever practical. Now, more and more companies have extended this practise, and also recognised more of their business can be shifted online. Conferences and meetings previously held face to face are being held virtually, meaning less need for travel, saving both time, money and the environment.

People who are working from home are seeing benefits, because they don't have to get up early to commute, they are more refreshed and relaxed.

There is more quality time to spend with their loved ones, they are able to spend more time with their children and now have the time to share in the school runs, as they are home more and

they can work more flexibly. They are less stressed, which has a positive impact on their relationships. People tell me they are more productive because they aren't interrupted and there are less distractions. This has to be of great benefit to many people.

RETAILERS

We know the High Street is changing with more and more stores closing, as many more customers are buying on-line. The larger supermarkets have offered a home delivery service for a long time now, but I am noticing retailers who weren't previously online are moving that way. For example some of our local producers, such as farm shops offering home deliveries of fresh produce. Its great news as far as I am concerned, as I dislike food shopping and I think it's important to support our local shops and small businesses.

Whilst for some it's not feasible, for example we need to physically be with a chiropractor or to have a massage.

However some, like Pilates / Yoga teachers are offering online classes and expanding their customer base.

LEISURE ACTIVITIES

I think that the arts in all its forms, feeds our souls. So not being able to go to the theatre, or enjoy events such as flower shows, a concert, the theatre or art exhibitions make me sad. However, it's not all bad news. For Virtual Tours are opening up, meaning we can still enjoy them. Just Google "free virtual events and tours." There is something for every member of the family.

Theatres are live streaming their productions, meaning that we can watch them from home. I recently watched the National Theatre production of 'One Man Two Guvnors', it was hilarious. I have also watched musicals that have been livestreamed.

You can also take courses online, some of which are free. So it means you don't have to find a babysitter, and you can fit it in with your lifestyle!

There are podcasts galore to suit every taste from football to comedy to shows that appeal to small business owners.

COMMUNITIES

I have seen communities coming together much more than ever before. Individuals are setting up volunteer groups, giving their time to support the vulnerable. They are getting shopping and prescriptions for those unable to do so, as well as offering telephone calls to those feeling lonely. I am proud to be a part of this, not only offering telephone contact, but I have also been asked to support the volunteers because of the skillset and experience.

Neighbours are talking to each other much more and checking in with each other and asking them how they are. As well as complete strangers saying 'hello' as they pass each other.

It's so heart-warming to see that communities are pulling together, let's hope it continues for the future, with letting go of any minor irritations that have caused disharmony.

KEY WORKERS

At last we are seeing the value of the key works in our community. How could we cope at the best of times without all those amazing people who are supporting us through this crisis. The NHS as usual have pulled out all the stops, often isolating themselves from their families for the good of the many. Then there are the refuse collectors, postmen and women, carers, delivery drivers, farmers, police and other emergency services, and those working in shops who are putting their lives at risk every day to provide us with essential services. It really is time to value each and every one of them, who are some of which are the lowest paid workers in our community.

RELATIONSHIPS

I'm sure there are many relationships that have been under

pressure, either because of being forced to spend more time together, or conversely because they can't be together at this time.

For many couples it may have drawn you closer together. With more time for each other and for the relationship. It's a good time to open up better communication, leading to honest conversations, which in turn make for a stronger, deeper relationship. We can all get into bad habits and find that when we are busy the conversations are pretty banal and centred around whether the bin has been put out or what's for dinner.

Sadly for some it may have highlighted cracks already within the relationship, and this situation has made them too obvious to ignore any more. Maybe that's not such a bad thing as painful as it can seem at the time. Not every relationship is meant to last, and as painful as it can be, perhaps it's time to let each other free to have a happier life.

PERSONAL

This crisis has created headspace to think about what and who is important in my life. Long ago I realised that material things had little meaning to me. It was at the time of a very acrimonious divorce. I had to destroy personal treasures and auction or give away many of my belonging because I had no place for them in my new home. Perhaps you too have realised that material belongings don't matter as much as they did. Or maybe there are some possessions that have greater meaning.

I am quite happy in my own company, but I do miss regular human connection. I have made an extra effort to call friends and family, rather than texting them. Maybe you are a party person and have missed social gatherings more than you realise. Whilst we may not be able to see those social gatherings right now, person to person. How about meeting a group of friends online? Perhaps in the future it will be a way to keep in closer, more regular contact with friends who live far away.

THINKING OUT OF THE BOX

One of the things I have noticed so much more is thinking out of the box. When faced with a problem, I always want to find a way around it. For example, I wanted to bake some bread, despite being able to purchase flour, yeast was nowhere to be found, on or off-line. I discovered I could easily make pizza bases without yeast. I also found out you can make your own yeast with just flour and water!

These are certainly tough times, but we will come out the other end. It's the way we in which we do it that makes the difference.

What do you want your life to look like in the future?



TRADITIONAL BUTCHERY, FRESH FRUIT AND VEGETABLES,
FREE RANGE EGGS, STORE CUPBOARD ESSENTIALS
AND LOTS MORE...



At Bradbury's farm shop we are proud to bring you our home reared Beef & Lamb from our family farm just a few miles away. We also source from high quality producers to bring you the very best of British farming.

OPENING HOURS

Monday's closed
Tuesdays closed

Wednesday pre ordered collections only

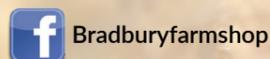
Thursday 10am - 4pm

Friday 10am - 4pm

Saturday 10am - 4pm

Sunday's 10am - 2pm

Out of hours 15 minute slots are from 4.15pm
- 9pm by appointment only.



WHERE TO FIND US

Curborough Countryside Centre,
Watery Lane, Lichfield, WS13 8ES

Visit our website

www.bradburysfarmshop.com

01543 255939

free onsite parking



WIGWAM
holidays



Wigwam® Holidays Saxon Meadow

An idyllic rural location, gorgeous luxury glamping and beauty treatments for some perfect pampering... that's Wigwam® Holidays Saxon Meadow!

With a superb location in the heart of England, this peaceful working farm location includes six luxury en-suite glamping cabins, close to the historic village of Seckington, Tamworth.

And, best of all, three of the cabins have a private woodfired hot tub, too!

With a farm shop close by, a nice pub to visit and, best of all, six warm, snug, glamping cabins, Wigwam® Holidays Saxon Meadow offers a truly relaxing experience.

If you're having a bridal shower, a hen party or are looking for a superb place to celebrate your special occasion, Wigwam® Holidays Saxon Meadow provides everything you could possibly want and even includes the Beauty Barn, where well-deserved pampering sessions can be booked in time for your glamping stay.

Wigwam® Holidays Saxon Meadows has received a great write-up in both the local and regional press and due to its central location, is a fantastic place to arrange a glamping gathering to mark the start of a brand new and important life journey.

Aspects that will help make your stay even more memorable include fabulous campfires, peaceful surroundings, a stunning indoor bbq hut if the weather doesn't cooperate (subject to availability) and the chance to enjoy a glass of chilled fizz under starry skies.

Yes, you can bring the pooch and the kids if you want ... or it can be just the grown-ups if that's what you had in mind.

Social distancing is possible here at Wigwam Saxon Meadow so come and spend some time in the fresh air.

With everything you need for that special occasion, look no further than Wigwam® Holidays Saxon Meadow, where great memories are made!



LUXURY GLAMPING in the beautiful Staffordshire Countryside with your family and pets. Making memories together.



BOOKINGS NOW OPEN

T : 07773 893 738

E : saxonmeadow@wigwamholidays.com W : www.wigwamholidays.com/saxon-meadow

Wigwam® Holidays Saxon Meadow, Rock Farm, Seckington, Tamworth, Staffordshire B79 0FE



Bradbury's Farm Shop & Butchery

Hi I'm Wendy from HillStart Nutrition Health and Wellness. I am a trained nutritionist who is on a mission to get everyone to ditch boring restrictive diets because they just don't work.

I have a fabulous membership called Ditch the Diet, where the focus is on increasing energy levels by improving digestion and understanding how it feels to be well nourished. I also have a weekly podcast entitled 'are you REALLY going to eat that?' I talk a lot about food, a bit about nutrition and I have some great guests who all love to talk about food too, just make sure you don't listen when you are hungry.

I will be bringing you recipes that follow the seasons and make full use of the amazing produce that we have available to us in the UK. We are lucky enough to be surrounded by farms, farm shops and artisan suppliers and I encourage you to seek them out and shop local whenever you can. In my recipes I often use cups as a measure, which is an American term, but the idea is that you don't need to be too precise (a cup, a handful, a bunch), just have fun with them, and feel free to swap in or out ingredients. I'd love to see what you cook so please share pictures with me on my social media channels, I'm on Facebook and Instagram

@hillstartnutrition.

HILLStart
NUTRITION, HEALTH & WELLNESS



If you would like to find out more about my membership or my 1-1 programs you can email me on wendy@hillstart.me.uk and don't forget to tune into my podcast 'are you REALLY going to eat that?'

As we are approaching summer there will be an abundance of different fruits and vegetables available, hopefully we will be able to get into the garden and enjoy cooking outdoors, but if not all the recipes are okay to cook under the grill.



Asparagus is probably my favourite vegetable, but has a very short season and is best when it is eaten soon after picking, it's high in fibre, full of folate, vitamins a, c e and k.



Fennel is at it's best in summer months, it's has prebiotic properties which feed our gut bacteria and is high in minerals to help bone health.



New Potatoes are in season at the moment and are best eaten with the skin on, did you know that the skin is full of fibre and that helps keep you full for longer.



Strawberries best picked and eaten straight from the plant, it's high in vitamin c which is an antioxidant and essential for our immune health, plus folate manganese and potassium. If you have any left then add them to smoothies, or eat with a big dollop of icecream.



Spiced Salmon Kebabs

4 servings, 20 minutes

INGREDIENTS

- 2 tbsps Parsely (chopped)
- 1 tbsp Sesame seeds
- 1/2 tsp Black pepper
- 1/2 Sea Salt
- 1/2 tsp Red Pepper flakes
- 2 tbsps Maple syrup
- 2 tbsps Extra Virgin olive oil (plus extra for asparagus)
- 567 grams Salmon Fillet (sliced into 1 inch cubes)
- 2 Lemons (sliced into thin rounds)
- 8 Barbecue skewers
- 6 cups Aspargus (woody ends trimmed off)
- Sea Salt and Black pepper (to taste)

DIRECTIONS

1. Preheat BBQ (or grill) to medium heat
2. In a mixing bowl, mix the parsley, sesame seeds, black pepper, sea salt, red pepper flakes, maple syrup and olive oil. Mix well. Add the salmon pieces and toss well to coat.
3. Grab your BBQ skewers and slide on a piece of salmon, followed by a folded lemon slice. Repeat until all ingredients are used up.
4. Toss asparagus in a splash of olive oil and season with sea salt and black pepper to taste.
5. Place kebabs on one side of the grill and asparagus on the other. Grill both for about 3 - 4 minutes per side, or until salmon flakes with a fork. Remove from the grill and divide between plates. Enjoy!

NOTES

- Add Carbs - serve with quinoa, brown rice or sweet potato.
- Time saver - chop the salmon and add it to a zip lock baggie with the marinade. Store in the fridge for up to 1 day.



Super Berry & Avocado Smoothie

1 serving, 5 minutes

INGREDIENTS

1 cup Plain Coconut Milk (unsweetened, from the box)
1/2 cup Frozen Berries
1/4 Avocado
1 tbsp Chia seeds

DIRECTIONS

1. Combine all ingredients into a blend until smooth. Pour into a glass and enjoy!

NOTES

No Chia seeds? use Flax seeds instead
No Avocado? Use Almond butter or Sunflower butter instead
Additional toppings - serve in a bowl and top with shredded coconut, granola, sliced banana or berries



One Pan Steak & Potatoes with Chive Butter

2 servings, 30 minutes

INGREDIENTS

2 cups Mini potatoes (halved)
1 Red Bell pepper (chopped)
227 grams Top Sirloin steak (cut into 1 inch cubes)
1 tbsp Extra Virgin olive oil
1/2 tsp Sea Salt
2 tbsps Butter (melted)
1 tbsp Chives (finely chopped)

DIRECTIONS

1. Preheat oven to 400°C (204°C). Line a baking sheet with aluminum foil
2. Bring to the boil a large pan of salted water. Add potatoes to the pan, bring to boil and remove from heat to drain
3. In a large bowl, mix the drained potatoes, peppers, steak and olive oil. Transfer to baking sheet in a single layer, season with salt. Bake for 20 minutes, or until steak is cooked and potatoes are tender
4. Divide the steak, potatoes and peppers onto plates
5. Combine melted butter and chives. Drizzle overtop the steak and enjoy!
6. Serve with steamed green vegetables.

NOTES

Leftover - refrigerate in an airtight container up to 3 days.
Reheat in the microwave or in a skillet.
No Butter? Use ghee, oil or omit completely.
No Red Bell pepper? Use cherry tomatoes, aubergine, courgette or any other veggies.



Fennel, Radicchio & Grapefruit Salad

4 servings, 25 minutes

INGREDIENTS

1 bulb Fennel (cored and thinly sliced)
3 cups Radicchio (thinly slice)
2 tbsps Shallot (thinly sliced)
2 tbsps Grapefruit juice
1/4 cup Extra Virgin olive oil
1 tsp Raw Honey
1/8 tsp Sea Salt
2 Grapefruit (peeled pulled apart into pieces)
1/4 cup Mint leaves (thinly sliced)
1/3 cup Hazelnuts (toasted and chopped)

DIRECTIONS

1. Add the sliced fennel, radicchio and shallot to a large salad bowl
2. In a small bowl, combine the grapefruit juice, extra virgin olive oil, honey, and sea salt. Mix well
3. Add the grapefruit slices, mint and hazelnuts to the salad bowl and drizzle with the dressing. Enjoy!

NOTES

No Radicchio? Use endive or romaine lettuce instead.
No Grapefruit? Use navel orange instead.
No Honey? Use Maple syrup instead.



Crispy Prosciutto Wrapped Asparagus

4 servings, 15 minutes

INGREDIENTS

3 cups Asparagus (woody ends trimmed)
142 grams Prosciutto (thinly sliced strips)

DIRECTIONS

1. Preheat oven to 450°F (232°C). Line a baking sheet with foil
2. Wrap each asparagus spear in prosciutto. Transfer to your baking sheet and bake for 10 minutes, flipping halfway
3. Divide onto plates and enjoy!

NOTES

No Prosciutto? Use bacon instead. Baking times may increase depending on the thickness of the bacon.
Storage - best enjoyed immediately but can be refrigerated in an airtight container up to 3 days. The asparagus may also be wrapped ahead of time and refrigerated up to 3 days until ready to bake.
Serving size - one serving is equal to approximately 3-4 wrapped asparagus spears.
BBQ lover? Brush your prosciutto-wrapped asparagus with oil and grill them over medium-high heat until slightly charred, turning frequently.



PAST
PRESENT
FUTURE

World Astrological Forecast

BY THE SECRET CLAIRVOYANT

THE CURRENT QUALITY OF TIME

On December 31st and at the beginning of the new decade 2020, Saturn - Pluto was in conjunction (*exact point in the sky*) which still forms the dominant undercurrent of worldwide events.

The coming together of these two major planets is a slow process, one that effects generations.

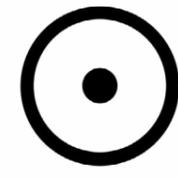
This is an aspect that only happens every few centuries...



Pluto means deep psychological cycles of events that create endings and new beginnings, it is about the Subconscious, Change, and a Re-emergence of Hidden Things, of which has been clashing with Saturn. This has caused Saturn which means Caution, Restriction, Authority, Limitation and even the closing of borders to shut down. We all are experiencing unprecedented social restrictions in which this is all too obvious in current times. However Saturn also tells us that answers will be found in long term processes.



In simple terms what this has meant is that the dominating force Pluto has brought an underlying worldwide fear to the surface and has brought the Coronavirus into our everyday lives, worldwide. In fact the effects of the current times will inevitably force us to face reality showing us what is ultimately important.



The Sun's influence on us all is the side of ourselves we show to the outside world. It is our life force that represents our health, energy, vitality, and wellbeing. It is the steadying influence in our lives. During the first week of May the Sun comes out of a negative aspect of Pluto conjunct Jupiter and another phase of a period of tension will start.



Jupiter is the great teacher and bestows growth and movement but when it is negatively influenced as it has been doing then it will lean towards extravagance and over-indulgence, the great temptation during a lockdown. The conflict between autonomy and necessary adaptation will be only too painfully obvious, individually and worldwide. The meeting together of Pluto and Jupiter in the first week of April signified this is a year when extraordinary things can be achieved. Undreamt of opportunities to lay firm foundations for future success.



The months we are currently transiting through March/April to June 2020 was always going to be disruptive and bring about shocking unpredictable events with Saturn aggravating Uranus and April was always going to be a pivotal month for years to come. The effects of the un-harmonious link of these planets means that Uranus is behaving unpredictably and with high levels of disruption worldwide as Uranus real meaning is that of independence. As with Uranus with an unexpected and unpredictable outcome where this is all happening behind the scenes...

REPEATING PATTERNS

The current processes in the heavens, that are the current quality of time, are slow moving and does not occur in most people's lifetimes.

This means that it will affect generations and generations to follow after. We experienced these exact same aspects that are happening now in the world previously. The events then were only too similar albeit with different implications.

In particular there are shocking parallels to historic events that happened in the past from the last century to the French revolution of the 1780s and further back to the medieval period in Europe in particular the arrival of the Black Death that reached these shores in the 14th Century.



It is no coincidence that in all of these major worldwide events we had the exact same aspects with Uranus, Pluto, and Saturn happening then, as it is now. In particular the last century and the world events of the 1920's and 1930's. This included the economic worldwide collapse, the rise of fascism, both of the world wars and also of the Spanish Flu pandemic of 1919 that claimed between 50 - 100,000,000 lives.



However during these times we never really lost our way, as out of the darkness we found the light and new ways of doing things. It brought people closer together and was a time of great discovery.

In the mid 1920's Harold Carter finally found Tutankhamun in Egypt and brought untold treasures not of just gold but of human understanding through archaeology. This influenced the art deco movement with an explosion of creativity, the role of women in their social and political context and the emergence of human rights. It was a time of great discovery.



THE FUTURE QUALITY OF TIME

We are experiencing the world as ever changing and it is currently undergoing a change in so many obvious and unobvious ways. The way we communicate will open new doors of innovation and in personal relationships on every level and a greater understanding of ourselves. There will be the manifestation of doing things in 'revolutionary' ways.

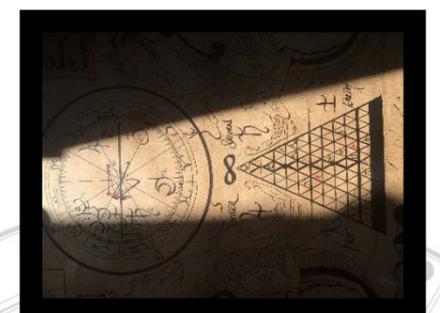
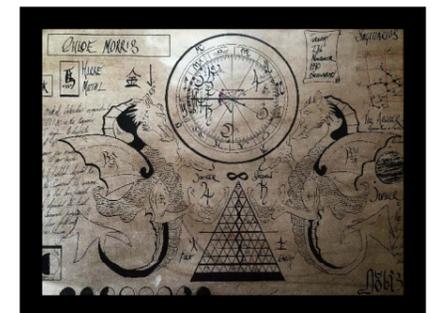
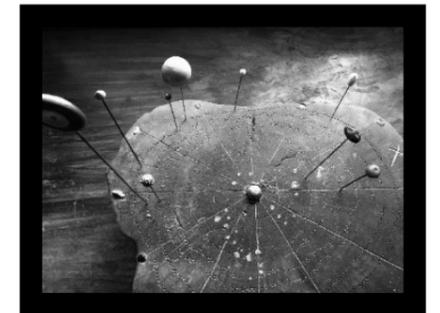
It is a time for our personal relationships to start to heal and to develop in very deep and meaningful ways. You may even find yourself falling in love again but on a deeper level that emerges both within existing and new relationships. The Aries - Libra axis starts this on the 21st April and continues into June. If you have been taking a little too much care of yourself and too little of loved ones you can now make up for it, it is worth making the conscious effort and enjoying it.

Worldwide events will lead to a somewhat nervous time during these next few months and expect to hear news on big developments to our understanding to what is happening on three key dates: The Full Moon (which is the fruition of powerful emotions) of the 7th May in Scorpio this will reveal anything that has been hidden or concealed, and the later eclipse on the 5th June.

Events between the 5th June and the Summer Solstice of the 21st June mean we will be in a significantly different place and will be a very big month in worldwide events. Now the world will be through the other side of the pandemic and we shall start to significantly see the easing of restrictions and boundaries. Another worldwide social chapter begins therefore overall expect another great shift coming in the world one that will be for the better.

Despite our inner and outer restlessness in these times we all would be well advised to listen what the planets are telling us and take action ground ourselves in our own concrete physical existence, and to remember our natural and sensual needs.

There is now an opportunity for you to achieve extraordinary things but only if we listen to what the world is telling us and use this time before June to lay firm foundations and take concrete steps, be it for your own personal realisation of a goal, a change of life or even a better understanding of what difference you can make to the outside world.



Contact 'The Secret Clairvoyant' for a Private Personal Clairvoyant / Astrological consultation.
T: 07969 637022
www.secretclairvoyant.co.uk

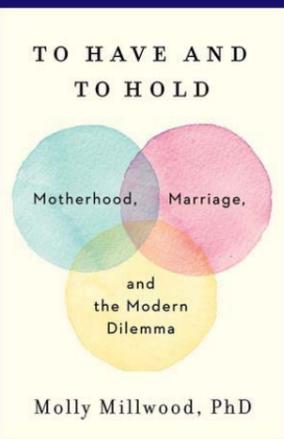
NOT ANOTHER MUM



REBECCA STEW
@notanothermumgroup

A few of my favourite things

Book Club



TO HAVE AND TO HOLD

I think all Mums and Mums to Be should have this in their arsenal. It's a refreshingly honest and raw look at Motherhood through the eyes of a Clinical Psychologist, using work done with women transitioning into Motherhood and her own experiences as a Mother, Millwood took me on an emotional roller-coaster as I found myself relating to so much of the book.



This hand cream has worked wonders on my skin recently. Having to wash my hands even more than usual has caused my skin to become so dry and cracked but **O'Keefe's Working Hands** cream has helped to get them soft again. It's so silky and you only need the smallest amount.



I always try to prioritise time to relax (where possible with a toddler!) and have become fond of doing a bit of colouring in. **Johanna Basford**, has a range of beautiful, intricate books for adults. **The Secret Garden** book is my current favourite and I use the Staedler fibre tip pens. It's definitely good for my mental health.



Bloom & Wild has long since been a favourite when ordering letter box flowers. Their bouquets are always so beautiful and long lasting. They have also just launched The Thoughtfulness Movement to encourage people to be more thoughtful and have given customers the option to opt-out of email reminders about sensitive occasions. Also, If you use their code **THOUGHTFUL** when ordering, they will donate 10% to **Women's Aid** and **Tommy's Charities**.

Small Business Shoutout

Grimble Tot is a small, independent retailer of ethical and organic goods. They stock scandi clothes for children (and matching pieces for adults) from the likes of Duns, Maxomorra and Villervalla.



Podcast Spotlight



I first came across this podcast when I was pregnant. I needed something to entertain me on the crowded commute to work. I found each episode so refreshingly honest and detailed. It's great to have a panel of Mums and Dads giving their points of view! They have also been campaigning for flexible working for all in the UK through what they've called **Flex Appeal**. It's the self proclaimed honest, funny and occasionally grotty podcast for people who happen to be parents.

Website Winners



VOOKS

Bring story books to life with this streaming library of read aloud, animated books. You can currently get a 30 day free trial or it's free if you're a teacher.



CAPTAIN FANTASTIC

Children's online entertainment, including toddler classes, fitness, lessons and online parties.



DISNEY+

Stream the whole Disney library through their new app. You can get a 7 day trial too.



PE WITH JOE WICKS

Free workouts for kids every weekday at 9am on YouTube. No equipment needed and it's suitable for adults, so no excuses!



DAY OUT WITH THE KIDS

Find a family day out near you. Or get some ideas for fun at home.

Mama's Medicine

I LOVE TRYING NEW GIN! I recently came across **Whitley Neill** gin and am now a big fan of their Rhubarb and Ginger flavour. Add a skinny tonic and a bubble bath and you have yourself a party!



Are we addicted to FEAR?



SUSANFREND.COM

Fear is a necessary part of our lives. If we didn't feel fear, we might do ourselves damage, it is after all our survival instinct and can help us get out of immediate danger.

But what if we are constantly in a state of fear, what is the point of that?

YOUR BODY REACTS TO YOUR THOUGHTS

Our thoughts create emotions. If left unchecked the voice in our heads, our internal dialogue, can keep us in a negative emotional state long after any dangerous situation has passed (if there was a real one). In fact, anxiety is always a fear projection about some future event. Often there is a sense that if we have thought or worried about something then we have it in our sights and there is some level of preparedness with that. Edward de Bono would call this 'black hat thinking'.

However, we are all on autopilot with our thoughts. Often not aware of them and how we are feeling because of them, until we are entrenched in an emotion.

What happens to our bodily systems when we are in fear? Our immune system is all fired up waiting for the attack. Its whole army of defences is on alert in case of invasion, after all we do not know where our body will take the blow. Our body doesn't know how long it needs to keep patrolling, looking for the immanent invaders.

We are a chemical factory! Our emotional states are created by our thoughts in every instance, they are getting our bodies prepared for attack. A previous trainer of mine used to say, **"whether you think there is a snake by your ankle or there really is, your reaction will be the same"**.

This hyper vigilance is meant to be for 'in the moment' imminent threat, but we seem addicted to what could go wrong. We get used to living with a state of anxiety or fear, it has become our new norm. So when things are going well, it can make us feel something is not quite right, like 'waiting for the other shoe to drop'. We create a new baseline and the good news is with brain plasticity we can also retrain ourselves into better states. Figures, before this year's challenges, were showing that 322 million people are suffering from depression and

anxiety. Addiction to our thinking is our norm. Edward Bullimore, author of 'The Inflamed Mind - A radical new approach to depression', initially a medic he turned to psychiatry and has been researching how the immune system and the nervous system interact. He has this to say, **'inflammation directly causes depression'** he goes on to cite research stating that **'80% of all episodes of depression have been preceded by a stressful life event'**. The most depressing stresses are events that involve both loss of an important relationship and social rejection 'social stresses can cause inflammatory activation'.

WHAT CAN WE DO DIFFERENTLY?

Whether we are watching a TV drama, playing computer games or watching the news, our bodies respond to the transmission as if it is a real threat even though you have conscious awareness that you are safe sat in your living room.



When we begin to have more of an awareness of our emotions, and how we are affected, we can begin to see which thoughts and which activities are involved. Now we have choice, not only over the circumstances of our 'input', but where we are choosing to place our attention **and the conversations we are having**.

Now you can also influence how you respond to those circumstances. Obviously, **different strokes for different folks**.

For example, let's take the news. How do you feel after your news updates? How often do you check the news on our phone or TV? Does it give you cause for concern? Is it accompanied by a sense of not being in a position to do anything, making you feel powerless? As you go about your daily activities it is like having a computer program

open with unfinished business. It is something else to worry about and you may not catch yourself consciously doing it. Studies have shown, left unchecked most of our thoughts are repetitive and negative.

Not only do you feel bad but, as we emit our energy from our emotions, we literally feel each other's nervous system. Our communication goes far beyond our words, we feel each other. Some people are more aware of this than others. The person with the most powerful emotional state will have the lasting impact, it is called entrainment.

Have you ever walked happily into a room with an atmosphere that you could cut with a knife? You are feeling the emotional states that are present. Our emotions are on a scale; negative to positive. They have a frequency that we cannot detect with the eyes, but we sense and recognise. You will no doubt know people that are 'the life and soul' of a gathering and conversely you may know some energy vampires. We always have the power to affect that frequency. With awareness we can deliberately change our state, we are not at the mercy of our negative thinking and emoting. Even if you are concerned about some event that may or may not happen just by asking yourself the question **'How does it get any better than this?'** sets your mind in search of ways to make improvements. The biggest changes can come from directing your attention away from your thinking centre, your head brain, and you can put your focus on the centre of your chest to your heart brain. Yes, it is a brain and it is evidenced that it is more powerful than your head!

HEART FOCUSED BREATHING

All spiritual traditions, including yoga and many types of meditation, have varying breathing techniques to affect the body. The coherent breath of 'equal in and out' is scientifically evidenced to alter your nervous system. This state of coherence brings all your internal systems into alignment and although you are calm you are very much alert. This is not the same as relaxation. This is allowing your body to rest and repair and most importantly to shift out of a fear state to allow the 'army' to stand down. If you would like to know more of the evidence behind it then visit www.heartmath.com. They are leaders in the field of the power of our hearts to effect change, not only on a personal level but on a global level. When Ghandi said, **'you must be the change you want to see in the world'** he could have been talking about coherent breathing. Probably not, but it is a nice idea!



HERE'S HOW YOU DO IT

With your focus of attention on the centre of your chest imagine you are breathing in and out through your chest. Take slightly longer breaths in and out ideally for up to 6 seconds.

Taking the air right down into your belly this will signal to your nervous system that you are safe, and all is well. Your diaphragm is engaged. You can tell you are breathing deep if you put your hands on your lower abdomen and feel it rise as you breath in.

Now if you recall a pleasant memory, maybe a place or a person, something that feels really good to you. Imagine this in your chest as you breath. You have literally overridden the emotional state you were in, at will! The pleasant feelings of appreciation, joy or gratitude are the highest feeling vibration there is.

This practice **will** literally switch you from your sympathetic nervous system, which is your fight/flight system that is pumping cortisol around you, to being in a calm alert state know as coherence. In no time at all you will notice that you are feeling much more at ease. The even better news is that if you were to do this practice often, even for just a couple of minutes, you will start to raise that baseline we talked about earlier. The effects will last long after you have finished breathing this way. Obviously the more often and the longer you do this the more you will benefit but even 2 minutes will make a difference. You can even do this standing in your social distancing line! Do not be surprised if the person in front turns round and smiles especially if you imagine sending that positive vibe outwards.

In conclusion, no matter what is going on around us we can all affect how we are going to respond. We have free will on this matter and no one can take that away! Do your immune system a favour and give it a well deserved boost.

If you have any questions or comments please send them to sue@susanfrend.com I would be happy to hear from you.

PREVENTION IS BETTER THAN THE CURE.



Sue Frend is a certified mBIT Trainer and Master Coach with over 30 years in the personal development field. Her mission is to help people recognise their inner critics and share tools to find balance and improve mental and emotional wellbeing. She believes this should be part of our education.



@SUSANFRENDCOACHING



@SUSANFREND

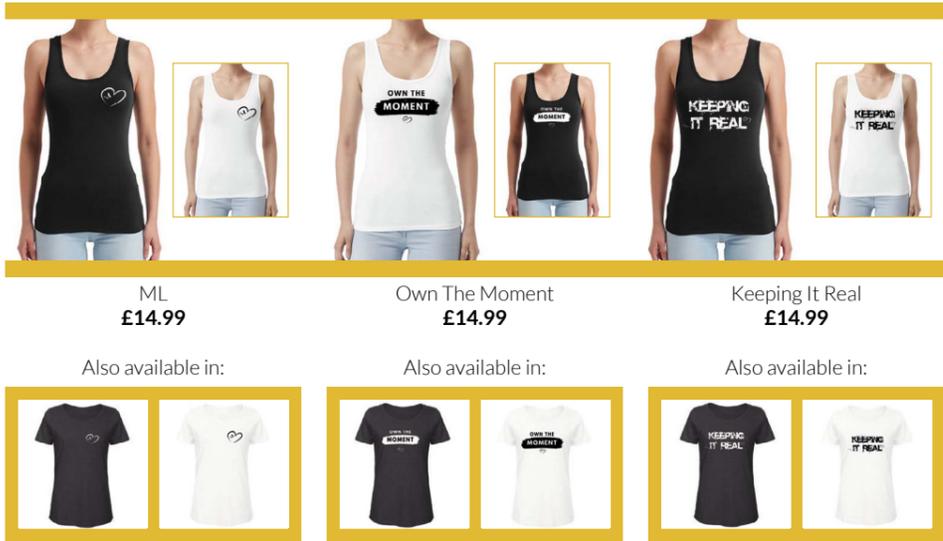
Stay Fabulous!

Make a statement this season with these exclusive tee's.

Shop online
www.mamalifemagazine.co.uk



SEE THE COLLECTION



BUY ONLINE @ MAMALIFEMAGAZINE.CO.UK



10% discount for NHS, Police FARS, Military and Teachers on Friday and Saturday weddings.

£600 towards your drinks package for the remaining Saturday 2021 weddings bookings.

Free on the day management worth £750 with 2022 Friday and Saturday weddings.

Mama Life Exclusive
Free bottle of Veuve Clicquot Champagne with every booking quoting Mama Life.



Exclusive use Wedding Barn venue

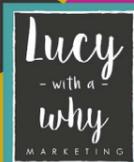
BASED IN THE BEAUTIFUL LICHFIELD COUNTRYSIDE

Tel: 01543 432429 / 07402 712143 / Email: events@cotonhousefarm.com

www.cotonhousefarm.com

Coton House Farm, Vicarage Lane, Whittington, Lichfield, Staffordshire, WS14 9LQ





LUCY
@lucywithwhy1



How to keep up your Content through the crap



If you run a business, then no doubt, during the last 5 weeks, you've thought "shiiiiit" at least once.

Apart from the obvious shit-giving of money and stuff, one of the shits may have been dedicated to whether or not you should be promoting your business throughout all this, and, if so, what the hell you should even put out.

Now, first up, let me just say that, the very fact you're asking that question is half the battle won, as it shows that you're very much considering the effect your stuff will have on your audience...

...and that, sugar, is bloody brilliant.

SO, LET'S TAKE A LOOK AT HOW WE CAN USE OUR CONTENT TO STAY RELEVANT AND SEND THE RIGHT MESSAGE THROUGH ALL THIS CRAP, SHALL WE?

#1 Know who you're talking to

Look, you've heard this before and you'll hear it again.

The best content is the one that knows **EXACTLY** who it's talking to.

Check this...

Social media seems to be divided into Winners, Whingers and Whaters right now (and forever).

Winners be like: "I'm doing loads of new stuff! Yesterday I learnt all the names of my plants in Japanese!"

Whereas Whingers are all: "**WHY CAN'T I FIND ANY FECKIN' FLOUR!**"

And Whaters are just: "**The Tiger King is the best thing ever**"

Now, knowing your brand and your audience, where do you think they sit on that scale?

Using myself as an example, the voice of my audience is one of a naughty sense of humour and a shared appreciation for the comically trivial, so, where I can, I reflect that voice in my content.

Put simply, on the Winner, Whinger, Whatever scale, they'd probs identify as 'Whatevers'.

When you really know who you're talking to, and you nail their voice down to the most topical of things, well sugar cube, you've just backed yourself a winner.



#2 What's the mood?

Before you put any content out, you gotta ask yourself two things about your audience:

Thing #1 - How are people feeling right now?

Thing #2 - What can I offer that's going to help?

Like a pubescent teen who's just been told she's grounded for being caught with a packet of fags, the world is in a very bad mood right now.

So, naturally, any content that refers to anything that isn't immediately accessible to them, such as parties, holidays, celebrations etc... **Well, I just wouldn't bother.**

It might sound obvious, but just think of the tv adverts that are airing today, (granted, that will definitely have been made pre-Covid), but feature some sort of public gathering like the one with Lily James - they piss you off, right? You're thinking "**that shouldn't be shown right now, surely?**"

So, think of the general mood of your audience and offer up something that alleviates that for a sec.

A Photographer could show people how to take great photos of their kids on their iPhone.

A Personal Trainer could show how to do minute-long workouts with their pans for those who are constantly being disrupted.

Identify the mood and offer up a tonic.

#3 Explore your own Personal Brand

Everyone has a personal brand, it's just some use it more than others.

If you've never shown your face in your biz, now might be a good time to introduce yourself to your audience.

Think back to who you're talking to and what their mood might be like -

what can you say that will offer them a bit of tonic for their thoughts?

Trust me, a message with an actual face behind it is **much stronger** than one without.



#4 Forget what anyone else is doing

I know, 'Does-All-The-Things' Ally just launched a podcast and she's marketing the bejesus out of it.

You might be thinking: "**Why am I not doing that?**" "**Shit, I gotta get something out quick**"

Stop. Just stop.

As easy as it is to fall into a state of compare, just remember:

Ally ain't you and you ain't Ally.

The moment you start to panic create content is the moment you should stop, because you're not doing it for the right reasons.

If and when you feel this way, take yourself out of your business and do something totally unrelated.

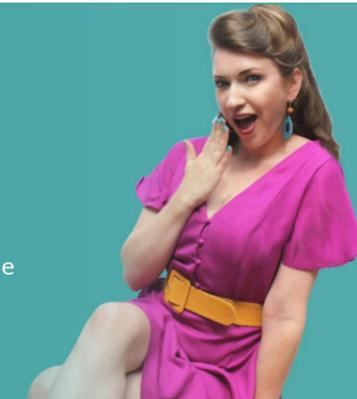
Drink wine.



And there we have it.
4 things to help you keep your content up through this crap.

I truly hope it's been the tonic to your gin. **Chin chin.**

If you want to gobble more of my stuff, check out www.lucywithwhy.com, or give Lucy with a Why a perv on Instagram, Facebook and LinkedIn.



INNER PEACE WITH UNCERTAINTY

BY SHEILA MCMAHON

QUALIFIED COUNSELLOR REG. MBACP, FTP AND COMEDIENNE

We're all having to adapt in these difficult times. When the lockdown started, I had to transfer my face to face counselling business to an online service. I knew the first thing I had to do was **change my mind set**. Before this situation I would have said, "I'm no good with technology". "I just can't do it!". I knew I couldn't keep thinking that way as it wouldn't help. **So, instead of saying, "I can't!", I changed it to "How can I?"**.

Those 3 words have made a massive difference to how I have adapted to this current situation. I decided to be curious about technology, give myself a chance to learn and adapt a belief that I can do it. I started to feel surprisingly excited at what I could achieve. Since then, I have continued to enjoy learning new ways of using technology, and have become very grateful for what the online world allows us to do.

GRATITUDE

That leads me nicely into gratitude. I keep a gratitude journal. If you don't do this already then I highly recommend it. This is when you take time out to reflect on things you already have that you are grateful for. At the end of each day I reflect on the three highlights of my day. We get what we focus on, so if I focus on all the negative stuff then I will just get more of it. I am in control of what I focus on, so it makes sense to focus on positive things.

One of the big positives from this situation is our newfound appreciation for the **NHS**. Going outside to clap for our health care system helps bring us together and reminds us that we are not on our own. I heard a joke about there being a round of applause for courier and delivery drivers every Friday. It could be anytime between 9 and 5!



CONTROL

For those of you who feel out of control, you can choose to focus on what IS in your control, like the things you do in your day. You can decide how you want your day to be. You can make up a routine to create structure and control. You can also say the serenity prayer, which helps to keep me grounded during difficult times. The prayer doesn't have to be from a religious point of view, you can say it to the universe or whatever you want. The words are:

*Grant me the serenity,
To accept the things I cannot change,
The courage to change the things I can,
And the wisdom to know the difference.*

It can feel like you have no control with what's going on in the outside world because this is all new, so we are all learning as we go along. Instead, can focus on what IS in our control, such as helping the wider world by washing our hands, social distancing and staying indoors.

I read another joke recently, about Snow White saying to the Seven Dwarves, "I want you all to stay at home during this pandemic to stay safe - except for you Sneezzy, you can F**k off!"

HUMOUR

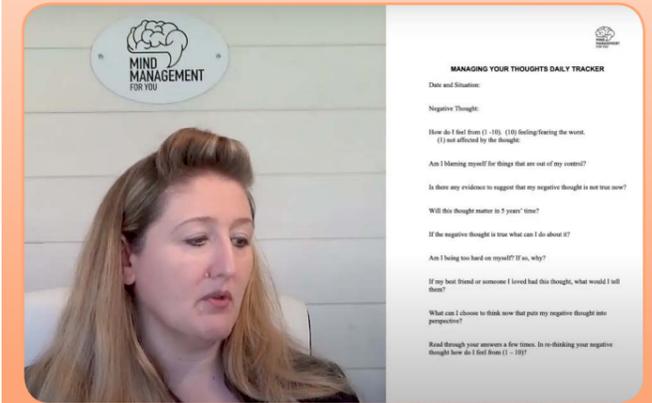
They say laughter is the best medicine, and I've been enjoying the topical jokes and stories. I've been setting aside an hour every night to have a good laugh, and have enjoyed jokes like the ones used in this article, such as:

'I used to cough to hide my farts, now I fart to hide my cough!'

I've created some of my own funny videos, such as when I dressed as Sister Mary parasailing, and there's a James Bond spoof too. They're all on my YouTube channel if you fancy a giggle. Please subscribe and stay in touch.

RESOURCES

For those who don't know, I have been performing Mental Health theatre shows for the last five years. I was due to perform my new mental health show at the Lichfield Garrick Theatre in April, which ironically was about anxiety! Although the show had to be postponed, I thought there were messages in it that still needed to be shared, so, I've written a free online show about anxiety as a resource for the current climate, providing valuable information. about useful skills and coping mechanisms.



Just click

https://www.youtube.com/watch?v=nwRF6v_zRHE&t=1929s

to view

Also on my YouTube page, 'Sheila's YouTube Channel' you can find other useful resources, such as 'the healing hug' technique, a 'Manage Your Thoughts' daily tracker and a guided relaxation.

Just to let you know, the live theatre show at the Lichfield Garrick has been postponed to Saturday 10th October, which is actually **World Mental Health Day!** I hope you will all be able to join me in person for that show.

Writing and recording the online show on anxiety has certainly helped me during this time. It was strange to write about a process that I was going through too! In the show I talk about the stages of grief, and the rollercoaster of emotions we may be feeling.

However we're personally affected during this pandemic, all of us are experiencing loss of some nature, whether that's loss of a loved one, or loss of your job, income, lifestyle or wedding.

That's why it's perfectly normal to feel ok one day and feel very low another. As a counsellor and a survivor of mental ill health I encourage you to allow emotions like sadness or anger to surface and be off loaded in a healthy way.

'Bottling up emotions can cause long term mental health conditions.'

I encourage us all to remember that 'it's ok not to be ok'. We are not robots, so we can accept going through many different emotions.

Every person is different, so, when it comes to finding out what coping mechanisms work for you, I encourage a trial and error approach to see what works best.



IT'S OK
NOT TO BE
OK



Some people work well by making comparisons, for example, by getting reassurance from thinking that at least we are not going through a world war! Sometimes it can help to think that, as bad as things seem, they could be much worse...

People may feel reassured by acknowledging that this time will pass. One thing we do know is that time always moves on. We can, instead of wishing it pass, decide to make the most of the time we have. I have met some people who are loving lockdown, as it gives them a chance to do the jobs they have always wanted to do, and are enjoying the satisfaction of finally getting things done.

CONNECTION

If you are feeling disconnected or lonely, then I encourage you to reconnect. Just texting someone to ask them how they are can make a big difference to both them, and you. You can set yourself a goal of talking to someone every day. You can set-up or join support groups, business or personal groups or buddy groups. You can find someone who is in a similar position and be a back-up partner for each other, and maybe create a weekly routine where you call each other at the same time each week.

CHOICE

You can use this time to be creative and productive – whatever suits you?

Everyone will have a different experience or take a different approach, and that's fine. We have never been in this situation before so there are no rules to follow!

You choose how you see this situation. You can see it as 'stuck indoors' or having more time to spend on you or with your family.

'We can control what we think and choose how we respond to what is going on'

I encourage you to become aware of what's helpful and unhelpful in managing your stress levels. You don't have to watch the news if it makes you too anxious, and you can choose to not view social media if it's putting you in a low mood.

THE FUTURE

You may be feeling anxious about things getting back to normal, and even begin wondering what the new 'normal' will look like? If this is you, then I encourage you to think about how you personally want the new norm to be?

When the restrictions have eased, do you want to go back to your life exactly how it was before? Is there anything you would want to change?

These last few weeks I've introduced a home spa afternoon each week. During this time, I switch off from work, paint my nails (something I always said I didn't have time to do) and take time to look after my own self-care. I've realised how much I ask of myself and my body, and that I don't take enough time to re-charge. Whatever my new norm is, I know I will continue to have my weekly home spa afternoons to ensure I keep looking after myself.

Whatever happens, trust that you will be ok. Think about all the times in your life you've questioned whether you could get through it or not, and did. You can say the following affirmation:

*I am at peace with uncertainty, I am ok with not knowing,
I am ok with vulnerability*

This may seem strange at first, but if you keep repeating these affirmations to yourself it will help your body and mind believe you're ok.



If mortality is a worry for you, then watch my online anxiety show where I discuss different perspectives on this.

I lost a friend in January this year. She was on a dream holiday with her husband and passed away in her sleep. She was only 51. Nobody expected that to happen. I am sharing this to highlight that none of us know how much time we have. Despite what is going on now, we are alive and we can make the most of it. We can support ourselves and each other through it.

I mentioned earlier that bottling up emotions can cause long term mental health issues. I have just launched a new 'Therapeutic Guided Meditation' as a coping tool to help those who are feeling overwhelmed, stressed, sad or angry. For every copy sold, I will gift a copy to a NHS or frontline worker, to help one of them during this difficult time. If you are a NHS or frontline worker and would like one of the free gifted copies, then please email contact@mindmanagementforyou.com.

You can find the **Therapeutic Guided Meditation** at

<https://www.mindmanagementforyou.com/videos>

I believe we need access to as many resources as possible during this time to help us minimise any long-term mental health effects.

We need to focus on the here and now. Moment by moment. Step by step. I encourage you to stay in the present, let go of the future and allow it to be what it will be, and keep trusting that you will be ok.



Remember it's ok not to be ok.

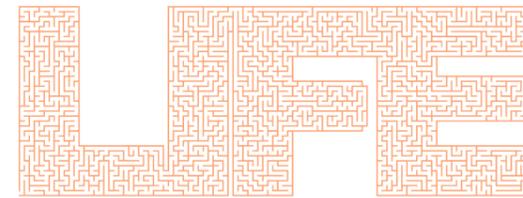
If you have found this article helpful, then please share it as we continue to help each other.

If I can support with online counselling sessions or group sessions then please feel free to contact me directly.

Remember, we get to choose how to deal with this situation. Did you hear the joke about 'I'm giving up drinking until this is over. Sorry, bad punctuation. I'm giving up. Drinking until this is over.'

I wish you all peace within uncertainty and laughter!

'Remember we are not alone and we are getting through this together'



I AM AT PEACE WITH UNCERTAINTY

I AM OK WITH NOT KNOWING

I AM OK WITH VULNERABILITY



Dating Made Easy...

Love struck or disaster about to strike...

DO YOU THINK YOU ARE A GOOD JUDGE OF CHARACTER OR DO YOU STRUGGLE TO PICK A GOOD ONE?

Just out of curiosity, which of these following descriptions fits you when it comes to dating: 'I am totally rational at all times in my decisions', or 'I will trust fate and see what happens'. How is either of these working out for you?

How do you currently identify people you like and people you don't like? Are you rational in your judgements or more emotional? I bet you are a bit like me, I think I'm totally rational in all my decisions...

Does anyone really pick people rationally or trust in fate or is there more at play? The answer is both, for everyone, no matter how rational you think you are. Chemistry also has to play a part and shouldn't be underestimated.

How would you feel if you got involved with a date and after a few weeks/months the person turns out to be someone different to who you thought they were?

Imagine the pain, wasted time, stress and just the plain old crap of a date turning sour.

When we see a photo/video or meet someone for the first time, we are picking up lots of information that is subconsciously processed on the whole and then we make a decision - like/dislike.

Some of the information we process without thinking:

- Gender
- Age (ish)
- Attractive to us or not
- Significant aspects (Glasses, beauty spots, strong colours worn etc.)
- Hair colour

Missing from this list is the type of person they are, because mostly you just don't know. Most people can't tell anything from a photograph apart from the obvious above.

Understanding the type of person someone is can be really useful when you want to pick someone for a date or even a life partner...

Questioning someone can be intrusive and off putting and they don't always want to reveal some things in a new or blossoming relationship.

I have been studying the face, emotions, behaviour and personality for the last 15 years, around the world in 20 different countries.

The Face is a rich source of information if you understand what it reveals.

Combining my knowledge and expertise about the structure of the face and emotional expressions, I've created the **Date Mapper™** so you can get some idea of who a person is, without them saying a word or them filling in a long questionnaire about themselves.

This is what I know without having met or interacted with this man or woman...



- Has a laid-back attitude to life
- May have lots of projects on the go, but may not always complete them all
- A perfectionist in some circumstances
- A more formal approach will be better for him, rather than over friendly straight from the off
- He will be determined to succeed in his chosen area of interest
- There is a strong element of sadness shown, he could be a morose person, or some strong loss is present with him
- He is a great socialiser



- Friendly type, right from the start, she will find it easy to meet new people
- A laid-back attitude and high levels of tolerance
- An inquisitive nature, curious about others
- Helpful and will bend over backwards for others if needed
- A sunny disposition and positive outlook as a whole
- Won't be an over sharer
- Maybe sensitive in some situations and will take any criticism of her appearance personally and will be upset by it.

Did you realise so much information is readily available without a person saying a word?

Remember no one, including me, is a mind reader. I never know what someone is thinking but there are personality, emotional, and behavioural traits that can be understood by reading a person's face.

If you are currently thinking this is a load of **bulls*****, then you may be interested in the science that backs up the tools I use.



Since the time of Aristotle, scientists and philosophers have been fascinated by the relationship between an individual's facial structure and behaviour. The study of the face is over 2,500 years old. In the 1930's a judge observed the behavioural patterns in the people that appeared before him in court. He decided to pull a research project together and using the scientific principle's already established Jones established 68 traits that on research testing gave 92% accuracy on personality.



Universality of facial expressions of emotion has been researched from the 1960's in depth and it was found that there is high cross-cultural agreement in judgements of emotion based on the 43 muscles of the face. There have been over 1000 scientific studies examining judgements of facial expressions and the results have been replicated many times over for 7 universal facial expressions of emotion - anger, fear, contempt, surprise, happiness, sadness, and disgust. Whether you are born in Birmingham, Bolivia or even born blind we all display the same expressions for those 7 universal emotions. The triggers will be different for every individual but the muscle movements the same.



Behaviour based actions are widely accepted by science, certain non-verbal communications have high agreement amongst experts to interpret a certain behaviour. Context is key when understanding behaviour and there are cultural variations that need to be considered. Some psychologists say that when talking about emotions and feelings that the behaviour reveals more than words spoken.

BIO

Adrienne Carter is instrumental in developing cutting edge research methodologies to gain insight into emotion, personality and behaviour for the last 20 years.

Using techniques to go beyond what people say or can't verbalise, to get to what they really feel or know.

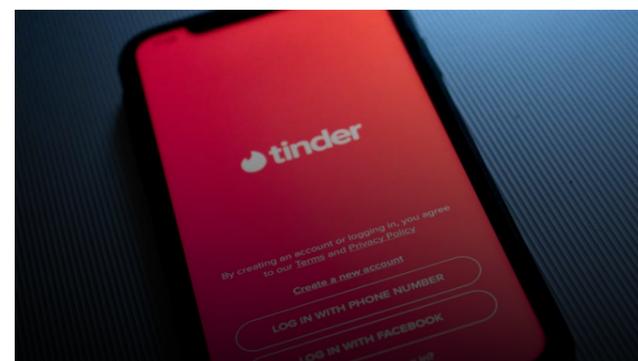
Used to help brands, marketers, HR and others to uncover the truth and understand emotions, emotional connections and behaviour. Adrienne

started her own company to deliver high-end marketing analysis, training and keynote speeches.

Having worked with global brands **Coca Cola**, **L'Oreal**, **Disney**, **Unilever**, **Samaritans** and guest lectures on consumer psychology, Adrienne is also a regular contributor to **The Sun**, **The Daily Mirror**, **The Daily Star**, **The Daily Mail** and **ITV's This Morning** as their expert for body language on news items.



For the **Date Mapper™** I normally charge £125 for 5 different people that you are talking to, dating etc, to cover their personality, emotions and likely behaviours. **For 20 Mama Life readers, I am offering a free report** (1 person only in the report), test me! Please send a range of full front face photos (between 3-5 images is ideal per person you are interested in knowing more about) to adrienne@thefacewhisperer.co.uk.



Are you happy with your personal bio on dating sites? If not send me your photos of your face and I will write your bio based on what your face reveals.

Personal Bio Mapper™ is normally £25 but **for 10 Mama Life readers I will do it for free!** Email your photos to adrienne@thefacewhisperer.co.uk.

Want to follow Dating Made Easy on social media:



/DatingMadeEasier



@dating_made_easy





5 THINGS ABOUT LOCKDOWN THAT ARE ANNOYING AS F***K

Right, I'm just gonna come out and say this.

I don't have kids.

So, there's nothing in here about having kids.

And, if you're someone who has kids, and reading an article about the annoyances of lockdown from someone who hasn't got kids is likely going to piss you off, then soz 'bout that.

Anyway, at the risk of sounding like a miserable bint, here's a bit of *escapism based entirely on our reality...

*Irony fricking intended.

BY LUCY DOWSON
@lucywithawhy

1

BECOMING THAT NOSEY BIATCH NEIGHBOUR

There you are, chilling in your living room, when the lady Alison from across the road walks past.

"She's already been out today" you murmur to yourself.

Yep. You've officially become THAT person.

What's worse, is you then start thinking stuff like... "if she's going to the shops, she better not be getting the stuff I need".

...at which point, the best you can hope for is that your sanity resumes, and you stop fantasising about all the uses for your dressing gown belt on her.

3

"STAY SAFE"

Throughout the history of time, there have been sign offs that have pissed off even the most tolerant of folk.

"Kindest regards"

"All the best" to name but two.

Now, "Stay safe" has officially been added to that list.

I mean, bloody hell, it's not like anyone saw this sign-off and then thought...

"Ah, good advice - best hold off announcing another National Hug A Stranger Day, then"

4

WANTING WINE ALL THE TIME

Like all the time.

2

CORONA MEMES

Look, I'm a massive fan of funny, (that's FUNNY btw) but Jesus Christ, the amount of bloody corona memes shared in groups is getting beyond a joke.

On the sofa. "PING" WhatsApp.

In bed. "PING" Messenger.

And they're always from your aunt, or a bloke called Paul.

Tbh though... I'm more annoyed I can't think of any myself

5

FIT PEOPLE

FFS.

If it's not bad enough that your 1 exercise per day has to include going around the same shitty patch of road over and over...

...and then come back home to eat ALL THE FOOD...

...BUT THEN you have to go on Instagram and see all these well fit babes showing off their perfect asses in a shit-hot squats...

...to which, your only logical reaction is to console yourself with a block of cheese and a fuck off glass of wine.

So, there we have it. The 5 lockdown annoyances, brought to you by a childless bint who should consider herself bloody lucky.

Stay safe now ;)

Join in the ranty fun! Head over to Mama Life's Facebook page and vote for your most annoying lockdown annoyance!



Stories matter

We all have a story behind us.

Over the years we have published many inspiring pieces of editorial, we together with you and your stories have highlighted topics that sometimes we are not comfortable talking about, we have brought about awareness and understanding, we have inspired and motivated and we have connected with you because we believe in keeping it real.

If you have a story you would like to share with Mama Life Magazine please click on this link www.mamalifemagazine.co.uk/share-your-story, where you can submit it straight through to us.

WWW.MAMALIFEMAGAZINE.CO.UK



MAMA LIFE
MAGAZINE

Angels of Tamworth

Shop Online or In-store

www.angelsoftamworth.co.uk

Unit 9, Roman Park, Claymore, Tamworth, B77 5DQ

01827 265551

Seven 'Til Midnight Bed Of Roses Babydoll Set
Available in all sizes £35.95



Aries

Minor frustrations are abound now although they won't seem like it. In these unprecedented times the Aries ram will want to just get out there. Keeping your fire passions at bay is a challenge and although there are plenty of professional questions you might be asking now, the emphasis should really be on relationships. Do not be too critical of yourself or indeed others but rather allow yourself a little bit of loving which will be sure to go a long way. Starting from the 21st May you will start to see things clearer and look for key decisions mainly throughout June.

Cancer

Worrying times? Uncertain times? Not in your life it won't and by June you are going to experience a major shift in every area of your life by the time you arrive in June. Massive changes are heading your way but only if you are wanting them. Emotionally it will be important to put your affairs in order by the end of May as you will seem to be going around and around.

ASTROLOGY

BY THE SECRET CLAIRVOYANT

Libra

'I used to be indecisive but now I'm not so sure'... Well you are now you just need to realise that you are not making an important decision because in fact you don't want to. There are answers waiting for you whichever way you are turning, and the answers are not as complicated as you think. Other people's whining might feel difficult to deal with and in June there is an unexpected side that comes out of you. Expect the unexpected in June and you will not miss a trick, let others delude themselves just make sure they don't delude you. Open up to your true feelings and don't be afraid of the answer.

Capricorn

Keep calm and as they say carry on. You have all of the life's tools to make this one hell of a year for your career. It won't seem like it but you are about to be elevated into the stratosphere with your aims and wishes you just need to keep your head around you while those about you lose theirs. Caution is the Capricorn way and with the personal battles you have been having with yourself can now be put to rest. Financial concerns will unduly worry you but there is a unique way forward you might not be seeing. Remember the Capricorn goat is a sturdy animal and like you will always get to the top of the mountain.

Taurus

You thrive in a stable environment and change is something. Try not to put yourself through a whole heap of despair in May, as you will be finding yourself detangling throughout the summer. Loved ones are important now not only for their role in your life but also your role in theirs. Time to start thinking ahead during the end of May of what you want from this year, because by the first week in June you are going to be busier than what you think. The key is preparation especially within the scope of your career so get on it...before June.

Leo

Where did that come from? You may well be asking yourself that question personally by the 7th June for your sign will be influenced in some very unusual ways. The levels of stress that you may have been finding yourself around (not in) is mainly conceived of other people's insecurities. Loved one's difficulties will only be too apparent in April and you need to be on your toes. Do not let circumstances drain the life out of you so use that Leo magnanimity and just shine. By the 15th June your heart will be swelling, and declarations of love will surprise you. Do not worry just be a Lion that you are.

Scorpio

What a powerful time May is going to be... Wow. From the 7th May you will as if by magic know just what it is you have been looking for. Your sign is unique and has a level of psychological understanding that is the envy of others so now is the time to get...deep. However not too deep as of late you seem to have got lost in your own analysis of where you want to be in every area of life. What may have happened is along the way you lost sight of your original question amongst the mind maps you have been exploring. The time is not now wait until the passing of June and you will be surprised.

Aquarius

Money and finances will be really important in May and essential in June. You have had to overcome a large amount of fear so far and you are succeeding on many levels, you just can't see it just yet. Try not to be hard on yourself in May as there is more than one answer at hand. Your emotions are very neutral up until now and in these next few months you will be unleashing a great potential to heal yourself so why not let others help you. Opportunities in the most unusual ways will be at your feet by June. You have a great potential you just have to wake up to it.

Gemini

Mercury is all about communication and so are you... Restricting times we know but this can open many doors for you in May. Continuity is the key for the next few months so do not start changing your mind especially on your career in June. Use your communication skills to find new ways of expressing yourself. On that note any travel plans you have had might be leading to unnecessary stress and concern but in the end, it will just be a delay. There is a lesson in this as the heavens seem to be telling you something...It is reflecting life. Make sure you don't tie yourself to any fixed position in your career as in June there is opportunities to push forward.

Virgo

Paying attention to close detail is extremely important throughout May. You need to have your wits about you during this month so keep your eyes peeled and look for opportunities coming your way. A lot of explosive and passionate emotions will hit you in June and you might need to revise your plans for the better. Financially keep yourself grounded and keep yourself away from never ending worry as it will do you no good. Rather keep optimistic and keep on a level with yourself because by mid-June you will be making definite headway. Keeping grounded is vital.

Sagittarius

Relentless... There is a word you understand but remember you also have the endurance for it. Keep the Sagittarian never say die attitude and it will get you through. Get stuck in and get moving as you have some true wonders to behold by the end of the summer. Unexpected events in June are going to leave you in demand so you may feel that you are on another emotional rollercoaster, just enjoy it because there are some pleasant emotional surprises that are going to continue to come your way. The grass is not greener on the other side so don't worry about it, in fact by June you won't be.

Pisces

What happened to the world? The thing is nobody knows so why should you? At the moment you are a little off course to where you want to be you just need to be patient and believe. Use the gifts you were given and open yourself to your sixth sense as you are in for some real insights by the arrival of June. Emotionally you are going to be much in demand throughout the summer months and there will be a twist to the fates. By the middle of June you will be needing to prepare to be celebrating. The answer is in the land of your dreams...Go find it.



BRADLEY SCOTT WINDOWS LTD
SUPPLY & INSTALLATION OF UPVC WINDOWS, DOORS & CONSERVATORIES



HOW WOULD NEW WINDOWS LOOK ON YOUR HOUSE?

We are now offering remote meetings and have new software package where we can discuss your requirements and then super impose the new windows onto your house to see how they will look. Visit our social media pages to see the demo.



Book your virtual meeting on 01827 288688 or visit our web site www.bradleyscottwindows.co.uk



Opening Hours
Mon - Friday: 8am - 5pm, Sat: 10am - 2pm
Sunday - 11am - 3pm

440 Watling Street, Two Gates, Tamworth, Staffs, B77 1EJ
T: 01827 288688
F: 01827 282592





Allen Brown

JEWELLERY



Specialists in designing and making, remodelling and refurbishing

ALLEN BROWN JEWELLERY

Heart of The Country Shopping Village
Swinfen, Lichfield,
Staffordshire WS14 9QR
01543 481948

www.allenbrownjewellery.co.uk

