

MY LOVES & HATES

Actor Jerome Flynn, 54, returns as Bronn in series 7 of HBO fantasy epic *Game of Thrones*. He is single and lives in Pembrokeshire

On *Game of Thrones*: I had stepped away from screen acting for about ten years when I got the audition for *Game of Thrones*. My agent persuaded me to go up for Bronn.

On Simon Cowell: Up to 17 million viewers tuned into ITV's *Soldier, Soldier*. When myself and Robson Green – who played squaddies – sang *Unchained Melody* in one episode, retailers were inundated with requests for it. Simon, who was a sales rep for Sony then, persuaded us to release a single. It's strongly rumoured that we made him his first million! Simon certainly knows how to sell pop songs.

On fame: It is very different from being known as an actor to suddenly being entrenched in pop culture. When our single became the fastest selling single of the 90s, we were catapulted into a very different world. It was great fun initially, like jumping on a Disney ride, but at some point you want to get off.

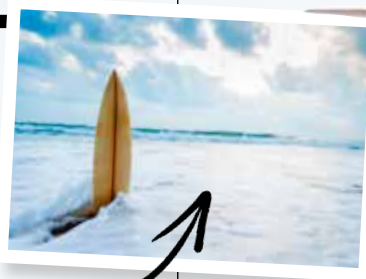
On family: I'm very close to my family and I'm an uncle to six wonderful kids, ranging in age from a year to 29. I haven't got children of my own so these relationships are precious to me.

Making a difference: I recently visited Myanmar to highlight the work World Vision UK is doing there to help former child soldiers and sex trafficked girls. Their stories were heartbreaking.

Jerome Flynn is an ambassador for international aid agency, World Vision UK. For more see: worldvision.org.uk

My loves...

THE SEA In the summer I try to swim in the sea every day, and I love body surfing. There's something about immersing yourself in the energy of the waves rather than standing on a board on top of them – and it's easier!



GAMES Our family loves playing games. It is a great way to relax and laugh together but it can also get very competitive! We play everything from boules on the beach to Absolute Balderdash.

VEGAN FOOD Becoming a vegan has made me really appreciate food. I fell in love with a vegan at drama college. If I sat next to her with a sausage she would growl at me; I showed interest and she explained how most animals are treated in the meat industry.

POSH CRISPS The sweet chilli and red pepper flavour especially. If somebody opens a packet, I'm in trouble!



ANIMALS: I love the connection you can have with animals. I was brought up with a wonderfully eccentric mum who was always saving creatures. We reared five fox cubs and introduced them back to the wild.

pet My hates...

BEING RECOGNISED

I'm actually quite reserved and find it quite difficult if someone who's had a few drinks decides to sing *Unchained Melody* to me on a crowded train!



BUDGET AIRLINES Being rushed to board a flight then made to wait in a tiny, cramped stairwell for 20 minutes.



TECHNOLOGY GLITCHES

Losing an email or something I've spent ages writing on the computer, or struggling to get online out in the sticks.

THE THREAT TO OUR WILDLIFE

We're losing thousands of species each year, almost solely due to human activity from our farming habits and the pollution we cause. It's the biggest threat to the planet and our future.



Welcome



Well hello, summer!

Doesn't our cover star Amanda Redman look fab?

Beautiful, chic, in great shape and, most important of all, with an enormous smile on her face. In our interview, she opens up about coming through tricky times and finding health and happiness again. She's in a loving marriage, has a gorgeous daughter and finds huge joy in running a drama school and giving back. **For many years, Amanda has sponsored a child through World Vision, and she**

talks movingly about seeing first hand the difference the charity is making to impoverished communities.

Meeting Amanda was inspirational, and she's motivated several of us at Prima HQ to try and shape up like her – ready to don summer dresses and swimsuits. If, like us, you're keen to flatten your tummy and shed a few pounds, you've come to the right place! We have some brilliant expert tips, a speedy three-day diet, and some exclusive recipes from the Hairy Dieters' new book. I love their meal ideas – not only are they low-cal and healthy, but also super-fast to make. That's what I call a win-win!

Mind you, that doesn't mean banning the occasional treat, so do find time to make a cake to celebrate

our upcoming 30th birthday and send us a picture – there's £200 up for grabs for the best one, so ready, steady, bake!

Knowing lots of you are hooked on *The Great British Sewing Bee*, I'm really chuffed Prima was given exclusive behind-the-scenes access. I do hope you enjoy hearing from the judges, producer and presenter. Plus, if you've been grabbed by the sewing bug, call in for the latest Prima pattern (see right and page 120). We've got an easy one this month that's perfect for both beginners and keen sewers. Enjoy!

Gaby

GABY HUDDART, EDITOR

PS Going away this summer? Grab a copy of Fern Britton's new book, *The Postcard* – it's perfect holiday reading. She's written a brilliant piece on friendship in this issue, too!

Don't miss the August issue, **OUT 7 JULY**



Bake us a cake!

103



Beat the bloat!



Actress Amanda Redman, 58, lives in West London with her husband, Damian Schnabel, a graphic designer. She has a grown-up daughter, Emily, 28.

I was put off marriage after my first one failed, but Damian is fabulous and I'm very lucky to have met him. He's a gentle, gorgeous man – and a bit of a romantic. We take it in turns to surprise each other with a holiday to surprise each other with a holiday for our wedding anniversary. There are strict rules: the trip has to be to somewhere neither of us has visited before, and it's a secret until we board the plane. The only hint we give each other is whether to pack for a warm or cold climate. Our anniversary is in September, so it's usually warmish. Last year, Damian told the cab driver to circle around so, initially, I didn't realise we were heading to Heathrow. But we did, and then boarded a flight to Jordan.

When it's a decent summer, England is the best place in the world. When it's warm, you have the choice of enjoying stunning countryside or fabulous seaside. Even dusty old London is magical when the sun's out. There's something about seeing people sitting outside pubs at 5pm with their sleeves rolled up and sunglasses on.

We're lucky to have a garden we can entertain in. I love having friends over for long, lazy lunches outside. Damian will rustle something up while I open the wine. Friends will often come for lunch and end up staying for dinner. Bliss!

'The best thing about me now?

Confidence'

Amanda Redman talks to Prima about grief, girlfriends and giving back – plus her weight-loss secrets

Summer style to me means easy dressing. I'll throw on a loose sundress and a floppy hat or slouchy linen trousers and a vest top. When I'm at home, I can't be bothered to get dolled up and I'm happy to potter around in a T-shirt and baggy sweatpants. I love dressing up when the situation calls for it, but the pictures of me in Prima are achieved with help from a stylist and make-up artist! I'm not a fanatical shopper but if I'm looking for a dress, I'll head to Diva. The quality is great, the cut is flattering and the colours are wonderful. Mint Velvet is another favourite shop.

My concerns about my body have changed over the years, but there has always been something. My weight is always fluctuating – it's in my genes. My current worry is the quality of my skin. It's not as tight as it once was. On holiday, I'll wear a bikini if it's just me and Damian, but I don't like my stomach so usually cover up with a tankini or a sarong.

Getting healthy

The day after my Mum died in October 2014, I got a call from Lynda Bellingham's husband to tell me that my great friend had passed away, too. The acute sadness of that year meant I started to comfort eat and piled on weight. I don't have a sweet tooth but I tucked into pasta,

'I wouldn't be here without my girlfriends – I try to have a girls' night every Friday'

cheese and shepherd's pie – and ate bigger portions than normal. Giving up smoking and going through the menopause didn't help, and I started to feel heavy and miserable. It was my mental state more than anything that made me determined to get out of my grief-stricken rut. I started walking everywhere to try to clear my mind and, while it did help to lift my mood, I also lost a little weight. That kick-started my determination to get healthy again.

During the week, I try to be as strict as I can, but I eat and drink what I want at the weekends. But I don't set myself unrealistic expectations – who cares if you have a piece of cake on a Tuesday? Life's too short! Wearing a Fitbit also encouraged me to get fitter. At first, I would just go down to the bottom of the road, but I built up the distance gradually. Now I walk about 15,000-20,000 →

Amanda wears: Jacket; jeans, both VilaGallo. T-shirt, Collection Weekend by John Lewis. Earrings, Georgiana Scott. Cuff, Dower & Hall. Shoes, Lisa Kay

steps every day. I also started going to the gym and try to do three hours of weights and four hours of cardio a week.

I wouldn't be here without my girlfriends. Your children grow up and move on, your partners might die or leave, but your girlfriends are always there. If I'm not filming, we have a girls' night at my place every Friday evening. When Mum was ill, my friends Liz and Freda spent as much time at the hospital with her as I did. I can tell my good friends anything; I can ring any of them at 3am with worries – and I have done.

Being a mum

Watching *Call The Midwife* has me in floods. I had nine miscarriages, including two ectopic pregnancies. Of course, I adore Emily and I wouldn't want to be pregnant now, but it's the idea of lost opportunities that can make me cry. I think most women experience that point in their lives when they still feel young in their heads but physically it's another story. I adore children and would have loved more – that's probably one of the reasons I run a drama school.

If I hadn't been an actor, I would have gone into teaching. The kids at the school learn much more than just how to act. Drama is a fantastic way to teach communication skills and the importance of working in teams. It promotes the idea of appreciating and not judging others.

I was protective as a mother but I really hope I wasn't stultifying. I injured myself as a child when I poured a pan of boiling soup over myself and spent years at hospitals such as Great Ormond Street. So when Emily was young, I was very frightened of possible accidents. Even now she's 28, I'll grab her arm when we're crossing the street. She laughs and tells me everyone will think she's helping a little old lady across the road! I hope she can tell me everything but at the same time I'm adamant that I'm her Mum, not her best friend. I think you have to let your children fly, but it's also important that they know there are arms to catch them if they fall.



Feature: Gabriella Plum Photos: Nicky Johnston
 Make-up: Polly Chisholm using Radical Skincare & Nars
 Hair: Charley McEwen
 Amanda wears: White Jean Jacket, Dorothy Perkins. T-shirt, John Lewis. Jeans, J brand at Trilogy. Earrings, Dower & Hall. Necklace, bracelets, all Stella & Dot

I can't stand the current competitiveness that goes with parenting. When did it become fashionable to brag about how talented or clever your child is? I also worry that young children nowadays have too much on. At just five or six years old, they get taken to ballet, horse riding and have music and swimming lessons, extra maths and English tuition, and so on. When do they have time to just play?

It's wonderful that Emily is independent and has her own life but when she left home, I felt slightly bereft. Friends with several kids explained that it gets easier if the 'empty nest syndrome' is staggered. They joke that you're sad when the first one goes, but you're pushing the last of them out of the door! I'm looking forward to having some grandchildren, but I brought up Emily to be her own person so I'm sure if she has children of her own, she'll want to do everything herself. I'll be begging to babysit!

Heaven to me is a good book, a bath and a glass of wine. But my latest preoccupation is a stress-relieving app called Colour Therapy. It is a sort of adult colouring book on your phone. You choose a design and colour tones, then colour in... I'm a bit obsessed!

AMANDA in 7 questions:

What's the best thing about your stage in life?
 Having more confidence and feeling financially more settled.

...and the worst? The rest!

What would you do if you found a £20 note? Pick it up!
What makes you laugh? The BBC comedy series *The Office* and *Princess Anne*. We met once and she made me laugh so much in just five minutes. She's great at telling stories and is very witty.

What makes you cry? The vulnerability of children. That's why I'm an Ambassador for World Vision.

Greatest wish? That Emily has a happy life.

What couldn't you live without? Emily.

'Emily's faraway "sister"'

Amanda has been sponsoring a child with international children's charity World Vision for almost 20 years.

'When I first heard how sponsorship could make a difference to a child's life, I was happy to sign up. I enjoyed starting to get to know Diaw, a 10-year-old girl from Senegal, through the letters we exchanged. So when the charity offered me the chance to visit West Africa to meet her, I was delighted.

When we met in a remote village, it was emotional. I was so impressed by her dignity in the face of poverty but, at the same time, my heart was breaking as I wanted to do so much more.

Diaw was the same age then as my daughter, Emily, who made the trip with me. The instant connection between the girls was incredible. Emily let her hold her prized possession, a teddy called Brown Bear Barney, and they communicated easily, even though they didn't speak each other's language. The innocence of two girls who were so similar but from such different worlds brought home how much we take for granted.

The villagers were desperate for clean, safe drinking water, and I was shocked by the stories of mothers who had to make the terrible choice of seeing their baby die from dehydration or give them a cup of contaminated water knowing that it would kill them anyway.

When World Vision started work in the region, disease – such as cholera, malaria and typhoid – was rife. Hundreds of children were dying each day. The villagers had no electricity, no sanitation, and the well they did have was covered with a thick layer of mosquitoes buzzing over the top like a black blanket. Surely everyone should have access to clean water?

Yet sponsorship costs £26 per month and can truly save lives. I was helping the entire village, but getting to know Diaw made it so much more personal.

Once we were back home again, I had a photo of the three of us enlarged – it still hangs at home. By the time Diaw turned 22, child sponsorship money had paid for boreholes to provide clean water and villagers had been trained to maintain them. Sanitation improved, sponsorship helped fund schools and, in 2010, World Vision felt the community had developed enough to become self-sufficient so has focused its efforts on other areas in dire need.

So I now sponsor Sophie, who's 10, from another part of Senegal and hope to see similar changes to her life.

However, I will never forget my trip to see Diaw. The conditions I saw first-hand were distressing, yet I came away feeling uplifted and knowing that sponsorship works. There will always be poverty and disasters to overcome but I know we can help communities and give kids, like Diaw, real hope for the future.' For more information, visit worldvision.org.uk

'The instant connection between the girls was incredible'



We felt the fear... and did it anyway

'If you have hope, there is light even in the darkest place'

Battling her way back to health after a serious accident taught *The Night Manager* actress Natasha Little about the importance of never giving up

I was badly injured in a car accident when I was younger, and the doctors weren't very encouraging. I was told all sorts of bad news about what the future might look like - it was a very challenging time. I had gone from having a very busy and active life to suddenly not being able to do very much at all. One doctor said I would be crippled for the rest of my life. The world suddenly got very small.

Maybe it was naivety or stupidity, but I always felt very hopeful. I didn't take on board all the pessimistic diagnoses I had been given. It took me 18 months to get back to what you would call a normal life. During a lot of that time, I couldn't walk. It wasn't necessarily brave but I learnt being hopeful in situations is really important, because if you have hope, there is always a little bit of light, even in the darkest place.

I'm not running marathons, but since then I have had two children and I am

climbing mountains. I have a busy and active life, and I'm very thankful.

Sometimes bravery is about persevering through really challenging circumstances and keeping a thread of hope going when everything looks very bleak. When I travelled to Serbia with the children's charity *World Vision*, that was certainly the case for the refugee families I met.

They were distributing food packages and other essentials and had set up a child-friendly space. There were women with new babies. They had nothing and we were able to give them nappies and food and dry clothes. The trauma they are carrying is almost palpable, and yet they are carrying on. Some of them didn't even know where they were going - just somewhere safe. To be able to persevere over weeks, months and years in those terrible circumstances, and not to just lie down and give up, is incredible.



'I didn't listen to the pessimistic diagnoses,' says Natasha

PHOTOGRAPHY: IAN HARRISON/CAMERA PRESS; DAVID ELLIS/CHILLI MEDIA; FRANKLINFORFORK.COM; WORLDDIVISION.ORG.UK; VISIT THE WORLD VISION GARDEN AT HAMPTON COURT PALACE FLOWER SHOW

goodhousekeeping.co.uk

I'M A RUNNER

Linda Barker

The interior designer and TV presenter, 54, on how running helped her take the big plunge

I've always been a really sporty girl. At school I loved swimming, tennis, netball and athletics. I was big into swimming, and running helped build my fitness for that.

Because I grow up on a farm, I've always enjoyed being outside in the fresh air. Going for a run fits in with how I like to live my life as an 'outdoors' type of person.

By my 30s, I was a mum and my TV career with *Changing Rooms* had taken off. It was hard to make time for running, but my fitness was still important to me. Like many busy mums, I tried squeezing everything in.

I also discovered yoga around that time. I love the strength it gives and how it changes my body shape. The core strength I gained was so helpful when I started running longer.

I love the instant freedom running gives me. Wherever you are, you can slip on your trainers and be off on a run. I always take my kit in my overnight bag when I'm away.

In 2012 I ran the London Marathon for the first - and probably last - time. The energy on the day from everyone there was amazing. I took it steadily [she finished in 4:26]. The last four miles were tough, as I'd never run that far. But I still partied afterwards!

The discipline of marathon training really appealed to me. Even though it was cold, wet and grim outside, I knew I had to follow my training plan or face the consequences. You really find out a lot about yourself when you know you've got to get out and run whatever number of miles.



A PATTERN EMERGES
Linda Barker goes running wherever she can

An injury I suffered to my knee 24 years ago when skiing has come back to haunt me. When I tore the meniscus [a piece of cartilage] in my knee last year, I went in for some surgery but the surgeon discovered I didn't have a working anterior cruciate ligament there because of the old injury. I'm now coming out of a long rehab to strengthen my knee and return to proper running.

My kit is very low-tech and has seen better days. For someone like me, who's into design, maybe my gear should be more eye-catching. But I simply want comfy trainers and to layer up if I'm doing winter runs.

Appearing on the TV show *Splash!* [celebrity diving show] was the scariest thing I'd ever done. But my marathon training helped give me the mental strength to climb those steps and jump off the diving board.

I've done a variety of races and like to try something new rather than do the same ones again. But I did enjoy the Royal Parks Half Marathon in 2013. I think my full-marathon days are over because of my knee, but, hopefully, shorter races will be possible.

Linda is an ambassador for World Vision. To find out more, go to worldvision.org.uk or visit the World Vision garden at the Chelsea Flower Show (24-28 May).

Interview: Adrian Rowell Photograph: Ben Knight

MY FAVOURITE...



Post-run treat

I'm really into nutrition so I love making protein bars. I use ingredients such as cashew nuts, coconut oil, almond butter and chia seeds.



Route

When I was working in Paris before my marathon, I loved early morning runs along the River Seine. It was beautiful seeing the city waking up.



Running Heroes

I worked with Neil McAndrew (model and sub-3:00 marathon runner) in the build-up to my marathon: she's amazing.



"Before a party, I often feel tired and think I won't stay long, but then actually I'm the last one to leave!"

Actress Natasha Little, 46, lives in Essex with her husband and fellow actor Bo Poraj, 42. They have two sons, Gabriel, 11, and Joel, six.

I love parties, but although we often have up to 20 people over for lunch, we haven't had a "real" party at our house for ages. When you have kids, though, opening a packet of crisps and putting on some music is a party! When the boys were younger we'd often put on *Survivor's Eye of the Tiger* or some Queen and have a bop.

I'm a secret party animal. Before a party, I often feel tired and I'll tell myself I won't stay that long, but then actually be the last to leave. I'll have had one glass too many and be grabbing people's ankles begging them to stay!

On Christmas Day I'd rather have a lovely time than waste it worrying that everything's perfect. We'll be spending this year as we always do at ours with my mother-in-law, aunts and uncles and various friends. Bo is a terrific cook, so he's in control in the kitchen while I'm a great sous chef. We play charades and Heads Up!, a phone app game. I'll put out flowers and try to make the table look good, but in the past when I've

tried too hard things have tended to fall apart. Now I'm more relaxed and polishing the silver takes a backseat.

My husband, Bo, is good at lots of things but not Christmas shopping. We tend to keep a day to go shopping together but separately. Last year when we regrouped I'd sped around and had bought 17 great gifts. He was still on a second cappuccino contemplating how stressful it all was. My dad's wife runs a charity in the Philippines so I sometimes give a donation and then smaller token gifts. I love giving charity gifts. This year I'm going to buy blankets and coats for Syrian refugees living in Jordan and Lebanon through World Vision's Must Have Gifts catalogue (musthavegifts.org). We moved around lots when I was younger and living in the Middle East is an area I remember with great affection.

For me, getting ready to go out is a mad scramble to get the kids settled and us out the door. I'd love to say I spend hours in a luxurious bath then cover myself in expensive body lotion before spending ages on my make-up but sometimes I just have time to shave my legs! I rarely wear nail varnish, so if I do have time to paint my nails I always feel more elegant. I painted them red the other day and felt very vampy!

Sitting in the make-up chair being transformed for a party, you can't help but pick up some tips. I have very straight eyelashes so I'm delighted to have found Japonesque Eyelash Curlers. I also love Laura Mercia Secret Brightening Powder - it's good at hiding dark circles under your eyes.

I've given up on making resolutions around food or dieting - I never keep them. We moved house recently from London to a slightly bigger house in Essex. We're still near the capital but the air feels different and there's a slightly different tempo to life. So my resolution this year is to enjoy this and get more of a work-life balance.

Natasha Little is Ambassador for World Vision, the world's largest international children's charity, worldvision.org.uk. She stars in BBC One series, *The Night Manager*, which starts in February 2016

"I love to go to parties for maybe just an hour but really I prefer small intimate get-togethers"



As the number of migrants reaching Europe hits record levels, **Charlotte Ross** visits a refugee

centre in Serbia and meets the traumatised families forced to flee their homes in wartorn Syria

The road from Damascus

OUTSIDE Motel Adasevci the new wave of coaches arrives, emptying a stream of passengers onto the muddy forecourt. They are in a motorway siding in northern Serbia, near the Croatian border, about an hour's drive from Belgrade, but to refugees weary from a long and

perilous trek, it could be anywhere. Pulling coats and blankets tight around them they trudge through the fog towards the concrete building. Twelve weeks ago, it was derelict. Now it is coming back to life as a centre for migrants waiting to board a train to Croatia. Hand-drawn signs promise water, wifi and medical help inside,

where a patchwork of charities and NGOs have taken over the ground floor rooms to offer essential services to the thousands who pass through here each day on their way to a new life in Europe.

On the coaches volunteers hand out supplies: bananas, bread, chocolate, cans of fish and meat, nappies and

wipes for babies. The atmosphere is stifling and there is a throat catching human stench. Children sleep beneath fleece blankets, while families eat their meals jammed together in the seats. One boy bites hungrily into a high-rise sandwich he's made from four slices of bread and his entire tin of meat.

These refugees have much in common. They have journeyed from Syria, Iraq or Afghanistan by foot, bus and train to Turkey. From there they made the dangerous crossing to Greece in boats built for 35 passengers, but carrying up to three times that many. Everyone talks of their terror during the "life and death" crossing, and their joy and tears on arriving on the beaches of Greece.

Most have made this journey with only the clothes on their backs, some carry a single knotted blanket holding their entire family's possessions. Many have very young children. There are also the single men: teenagers with qualifications and faces full of hope; fathers fleeing conscription with plans to send for their children, wives, mothers and cousins from a place of safety.

That place, more often than not, is Germany. Eighty per cent intend to make "Allemagne" their home – not a single person says they plan to come to the UK. "It is hard enough," says Besan, 45, a chef who is travelling with his seven year old niece. "Why would we go somewhere that is harder to get into? We want to be welcomed."

Meanwhile they are pacing, huddling and smoking on the side of this motorway as the temperature falls, caught in an unbearable limbo for up to 18 hours as they wait for the signal to depart for the border. They are conscious of the threat of snow which could halt the trains, fearful that countries will limit migrant numbers before they reach their destination.

In orange trainers and tracksuit, 21-year-old Yahya from Aleppo is hard to miss. He has been up for two days helping people find the services they need. Like many of the young Syrian men, he is bright and friendly, his face a mix of sadness and optimism. Aiming for Belgium, he speaks good English and hopes to study English literature.

It is the same for Wasim and Abed, who have come from Damascus. Wasim was an IT worker, Abed a journalism student and swimmer in the Syrian national team. Both are in their early twenties and hope to end up in Sweden, or maybe the Netherlands – their plans are fluid. Many men like them are fleeing conscription which has stepped up in recent weeks. Asked if they are fleeing Isis or Assad, the answer often comes back: "We're fleeing bombs."

Everyone has a tale. Shiyhr, 28 and his wife Rodin, 25, who is five months pregnant, fled the Syrian city of Kobani two weeks ago. "There is no life there," Shiyhr says. "It is destroyed to the ground: no future, no buildings, no hospitals." The newlyweds stayed in the city, which has been the scene of intense fighting and occupation by Isis, for as long as they could, moving from one district to another, until each suburb in turn was reduced to rubble.

In transit: clockwise from right, a young family wait to board a bus on their way to a new life in Europe; three young sisters from Sinjar; a toddler gives the peace sign from her seat on the coach



PHOTOGRAPHY BY PAUL WU

"Our house is destroyed," says Rodin, a French student who had to stop attending university because "down every street were guns – the army, Daesh, bombs." Of 11 family members only her mother, father and younger sister remain in Syria, the others having dispersed to Iraq, Denmark, Turkey. Shiyhr, a geologist and teacher who can now fit everything he owns into a money belt, says: "I left with only my diploma, the clothes I am wearing and these lira." He holds out three Syrian coins. Rodin shows me her phone. The battery is dead, but it contains her only treasured possessions – photos of family and friends, memories of her old life.

ALL their other luggage was lost as they fled across the border from Syria, or discarded in Turkey before the crossing to Greece. The two-hour voyage to the island of Lesbos, says Shiyhr, was "calm but very difficult. The boat was full of people, more than 50, especially children and pregnant women. You couldn't move your feet. We were told not to move if we didn't want to die."

The same harrowing tale is repeated by every refugee. One group of women and children talk of spending five terrifying hours in a vessel which had split, the passengers holding it together manually, with "the waves lapping at the back of our necks".

Later three striking sisters aged three, six and eight, tumble out of a coach in matching jackets. Despite the best efforts of aid workers to entertain them their pretty faces are seemingly unable to smile. Then their father explains that they have fled Sinjar, a mainly Yazidi town in northern Iraq which had been

under the control of Isis. It was there that mass graves of Yazidi women were recently discovered.

Inside Motel Adasevci, a small oasis has been created for children such as these by the charity World Vision. Inside, mothers can breastfeed, children can play and draw, while anyone showing signs of trauma is offered stress therapy. When toddlers arrive wearing only flip-flops on their feet they are given dry socks and new boots. Parents with babes in arms queue for pappose carriers. There is a clean dry space for nappy changing.

These simple comforts can't be taken for granted: at one point a mother changes her baby in the mud outside her bus. One child arrives wearing the plastic sandals he crossed from Turkey in. Several toddlers turn up with sodden socks and shoes. Outside it is minus three.

Many are distressed. Separation anxiety is common and traumas can be glimpsed in the children's drawings. The walls are covered with naive, haunting depictions of the sea crossing

to Greece; drawings of home, with helicopters in the skies; disturbing battle scenes.

There are tales of deep trauma. The 10-year-old boy who removed his anorak to reveal a lifejacket. Weeks after his crossing to Greece he still couldn't take it off. A child of three who was left when the buses set off for Croatia cried so much he threw up.

"That was a difficult day," says Wei Wang, who runs World Vision's child programme, and helps reconnect families. The boy's family was tracked down in Croatia a day later after information and pictures were sent to the border authorities. They knew they had found the right family when his seven-year-old sister saw her brother's photo and broke down screaming. "It would not be possible to reunite these families without the charity's work," says Wei.

Suddenly a tear-streaked little girl of about four bursts in. She is looking for her mother. The team springs to life, whisking her up and dashing for the buses. Happily, they find her family on



Art therapy: actress Natasha Little, an ambassador for World Vision, in the child-friendly space in Adasevci. See a video of her time with refugees in Serbia, at: standard.co.uk/refugee

The walls in the family room are covered with naive, haunting depictions of the sea crossing to Greece

a coach about to leave for the border. Later that day another tiny boy is found wandering alone, swept away in the crowds rushing to board the coaches. He too is reunited with his parents by Wei's team.

Later, a woman in a white headscarf tells how she left Syria with only the clothes on her back and her children, two bright girls drawing pictures of neat houses surrounded by flowers. Asked how she explains what has happened she says, "I tell them they will go back to Syria when it is safe. It is very sad because they were doing well at school. They love Syria so much." She breaks down in tears.

For the refugees at Adasevci, life can only get better. A sense of optimism is often tangible amid the tales of human tragedy: these are people on their way to a safer place.

For Shiyhr and Rodin there was no choice but to leave Kobani, although their final destination remains unclear. "We don't know where to go," says Shiyhr. "Germany or Norway. Norway has better geology, it has gas, so maybe I can work there."

In common with many on the migrant route, the couple don't know when they will next sleep, or what country they may wake up in tomorrow. Rodin does not yet know where her first baby, due in April, will be born.

"We miss our family and friends and our life in Syria because it is all destroyed," says Rodin. "We are going to grab our future in Europe but one day we would like to continue our lives in Syria. Everybody we meet thinks the same. We live in hope."



★★★★★
"COMPLETELY ASTOUNDING"
DAILY TELEGRAPH ON MIRACLE

★★★★★
"PURE GOLD"
THE SUN ON MIRACLE

DERREN BROWN
MIRACLE
DIRECTED BY ANDY NYMAN & ANDREW O'CONNOR

UNTIL 16 JAN 2016
PALACE THEATRE
LONDON W1

BOOK NOW 0330 333 4813
www.nimaxtheatres.com
ticketmaster 0844 844 0444

SET DESIGN BY SIMON HIGLETT
NOT SUITABLE FOR UNDER 12s VISIT DERRENBROWN.CO.UK

@chartoross

Donate to the Refugee Crisis Appeal at: worldvision.org.uk/syria

Telefonica Sim only Pay Monthly

Discover freedom with a sim only deal

Sims from **£9.50** 12 month tariff

Double your data and minutes from £2.50 a month

Be more dog
0800 970 0202
Visit o2.co.uk/simonly or any O2 shop

Device	Duration of agreement	Airtime Plan, now to March 2016	Airtime Plan, April 2016 to March 2017
SIMO	12 months	£9.50	£9.50 + RPI% announced in February 2016 = Price A

Double data and minutes only available after first 30 days. Each year your Sim Only tariff will be adjusted on your April bill by the Retail Price Index (RPI) rate of inflation announced in the preceding February. Find out more at o2.co.uk/ripes. Handset not included. Connection subject to status, credit check, direct debit and 12 month minimum term 30 day rolling contract. Non-02 phones may need unlocking. Excessive usage policy and terms apply. UK calls/texts to standard UK landlines/mobiles, special numbers chargeable. UK data, 4G phone required to access 4G. 4G available in selected areas. Data allowance will be used for 4G and non-4G data. Terms apply visit o2.co.uk/terms

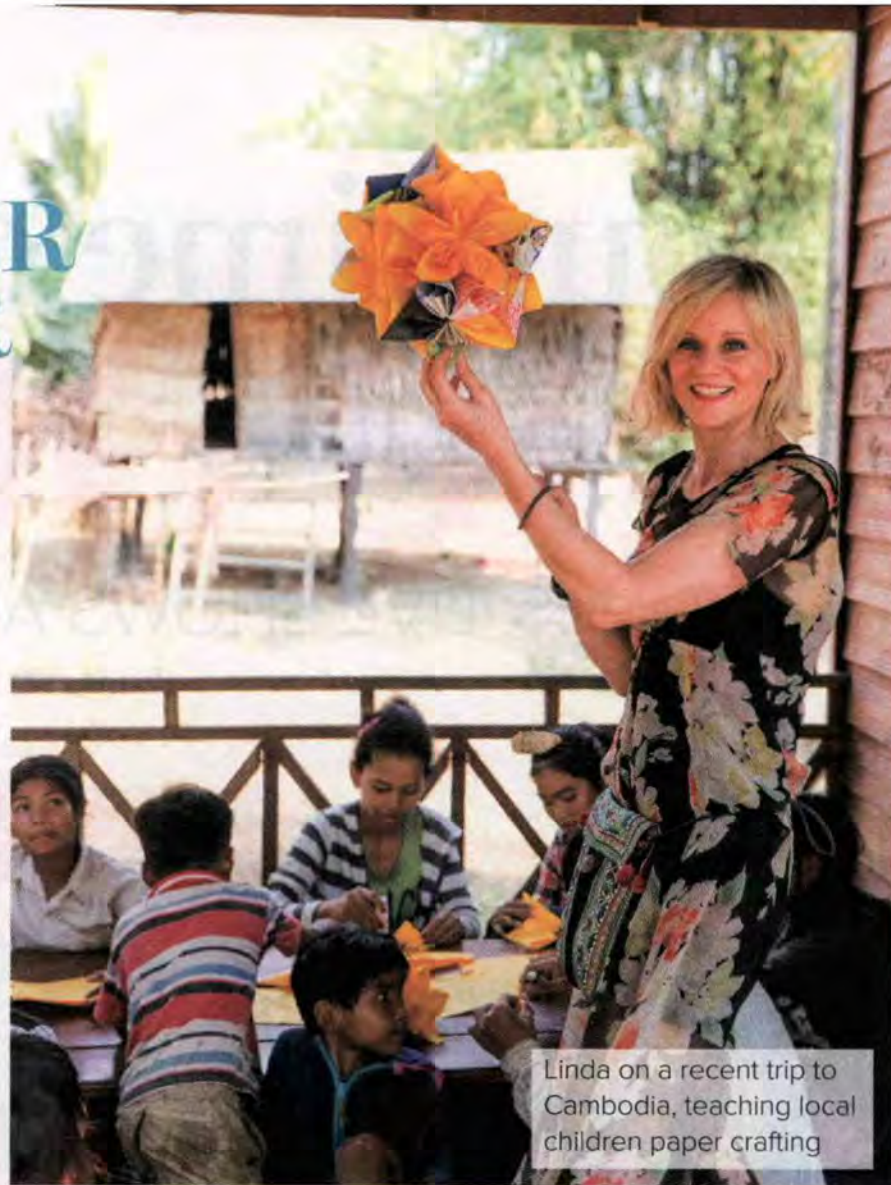
Get creative with Prima's deputy editor Sue McNeill



Sew it, make it, love it!

FLOWER POWER

I think paper flowers are some of the easiest and loveliest things to make and TV interiors queen Linda Barker thinks so, too! She's putting her love of crafting to good use by supporting kids' charity [World Vision](#) and its [Floral Friday](#) campaign – the aim is to make or wear something floral on 10 July to show support for the world's poorest children. Text [FLORAL](#) to 70060 to donate £5, and visit [worldvision.org.uk/floralfriday](#) to find Linda's tips for origami flowers.



Linda on a recent trip to Cambodia, teaching local children paper crafting

WHAT MAKES ME FEEL GOOD

From late-life running to tidying the house, four famous faces tell us how they nurture their body and soul

'Swimming is my clear-thinking time'

Interior designer and TV presenter Linda Barker, 53, lives in Battersea, London with husband Chris Short, a TV executive. They have a grown-up daughter, Jessica.

Being happy is key. If you feel good, you look good. But you have to experience some sadness to recognise – and appreciate – the good times. I'm happiest with my family and I'm also lucky that I love what I do. The variety of my work keeps me on my toes.

One of the hardest times of my life was trying for a sibling for Jess. I had five miscarriages and spent six years trying IVF. It was so traumatic. I come from a large farming family so I made a point of bringing up Jess with her cousins in rural east Yorkshire. We bought a house five doors down from my sister, Jill, who has three daughters of similar age to Jess, and the girls would go to the countryside and woods to play together.

The menopause hit me like a steam train. It felt a bit like I was going mad. I had expected hot flushes but not the intensity. It was the anxiety and panic attacks that shocked me most. I tried HRT briefly but then dealt with it by starting to cook with ingredients like soy containing phytoestrogens – plant-based versions of the natural hormone that depletes as fertility slows down. And I upped my exercise. Luckily I love yoga and working out; the

more I got into it, the better I felt.

Exercising makes me feel younger.

Running used to help me clear my mind but earlier this year I had a knee operation and the surgeon told me I should stop. So I started swimming and now I get my clear-thinking time at the local pool.

Cookbooks are an addiction. My kitchen has a shelf full of them. I'm a big fan of vegetarian recipes by Anna Jones, especially her book, *A Modern Way to Eat*.

I've reached a time in life where I really appreciate what I have and want to give back. Travelling to Cambodia to see the work of children's charity World Vision had a huge impact on me. We met children from the poorest areas who are left to fend for themselves when their parents are forced to work away from home.

Linda is a World Vision Ambassador. Join her by wearing something floral on #FloralFriday (10 July) and text FLORAL to 70060 to donate £5 to children living in fear.



I'm happiest with my family and I'm also lucky that I love what I do – the variety keeps me on my toes



PRIMA NOVEMBER 2014

FREE PATTERN* The flirty skirt... it's seriously sexy!

prima

ONLY £2.99
NOVEMBER 2014

PRIMA fab fashion treats
20% OFF! JACQUES VERT dresses
WIN* a PHASE EIGHT party frock!

Elizabeth McGovern
'Downton is great but the real me is singing with my band'

A more beautiful YOU!

- ✓ NEW natural ways to perfect skin
- ✓ NEW tips for glossy, vibrant hair – yes!
- ✓ NEW ways to wear black & look pounds lighter

Brrrr-ing on the cold
We've found the best jumpers, coats, boots, jackets & more... for every body & budget!

LIVE LONGER, HEALTHIER, HAPPIER
10 health, diet & wellbeing tips... slam the brakes on ageing!

DECLUTTER YOUR FINANCES
Simple steps to a money matters detox

TIPS, TRICKS AND CLEVER IDEAS

HEARST magazines UK

Feeling hungry?



Easy seasonal suppers



Speedy TV dinners



Irresistible chocolate!

HEARST magazines UK



*Call charges apply TT&Cs apply

‘I’m proud to be in *Downton* but music is my joy!’

Our favourite *Downton Abbey* actress, Elizabeth McGovern, reveals her passion for singing, songwriting, giving back – and her tips to deal with ageing!

Early in her career, US actress Elizabeth McGovern, 52, was nominated for an Oscar for the film *Ragtime* and starred in *Once Upon a Time in America* opposite Robert De Niro, but she left the States in the 1990s to move to the UK. She now lives in west London with her husband, film director Simon Curtis, and their daughters Matilda, 20, and Grace, 15. She is now best known for playing Lady Cora, Countess of Grantham, in ITV hit drama *Downton Abbey*. She is also lead singer, guitarist and songwriter for blues-folk band Sadie and the Hotheads. The band have played at the Montreux Jazz Festival and Isle of Wight festival and they embark on their first US tour next month.

My music came about because I was at home with two young kids who’d started school and I was looking for something to do. I’d moved to London and it felt as if I had more or less left my acting career behind. One day, the free local paper landed on the doorstep and a box with the words ‘Guitar Lessons by Steve’ caught my eye. I had nothing to lose, so I called him. I was soon infected by Steve’s love of song and songwriting.

When he suggested that I give it a go myself, I became obsessed. We worked on songs together, once a week for many years. When one day he called to say he couldn’t make our session as he was travelling to Nashville to record with his brother, I put down the phone and cried.

‘What do you mean you can’t make it? You’re going to Nashville to record? How could you?’ Now that was weird.

It excites me to think that there’s no reason why you can’t write a rock’n’roll song about standing at the school gate waiting for your kids. Or missing a girlfriend you haven’t seen in ages. Or feeling frustrated. Why not write about what it’s like to be a grown-up in the middle of your life? Lots of people are in that place in their lives right now. I write down my thoughts as lyrics and then the melody follows.

I’d never actually thought of myself as someone who could create something out of nothing. When you’re acting, you’re interpreting

someone else’s vision. To realise that I could connect with an audience through songwriting was so exciting, and to discover this in my forties was a revelation! Performing on stage with Sadie and the Hotheads is thrilling beyond my wildest dreams. There’s the most indescribable high when everything fits into place with the music on stage; there’s nothing as immediate as the joy of connecting with people through music.

For years, my daughters, like most children, were embarrassed by anything I did. And at first, this included the band. But one of the proudest moments of my professional life was at the Montreux Jazz Festival last year. After we performed our set, Grace ran up to me, threw herself into my arms and said she was proud of me.

I dedicated a song on our latest album to Pat, who used to drive me to work at Highclere Castle, where *Downton* is filmed. Pat and I formed a close relationship because he was at my door at 5am to take me to work every morning. The journey takes about an hour-and-a-half and at that time of the morning, the city



“I don't dwell on age – these days I feel sexier and happier than I ever have before”



Left: Elizabeth (centre) with her band Sadie and the Hotheads

Below: Performing this year at Highclere Castle, the home of Downton Abbey

My top tip to deal with ageing is to get absorbed by something outside yourself. Don't look in the mirror too much; focus on bigger things. I don't have a regimented skincare routine. Expensive moisturisers are nice, but I don't fixate... I love my wrinkles. They are mine. This is my face. This is how you look as you get older. I don't dwell on age because these days, I feel sexier, happier and more interesting than I ever have before.

I've reached the point in my life where I really feel it's time to give back. I was delighted when World Vision approached me to be their ambassador. In aid of the charity, this Halloween I'll be carving a heart in my pumpkin rather than a grisly face to mark their A Night of Hope campaign. The idea is that, while we're enjoying a spooky night of 'fun fear' on 31 October, we'll be supporting children, such as the millions who have fled war in Syria, who experience real fear every night.

I've also visited Sierra Leone with the charity and have seen for myself some of its long-term projects. They do everything from building schools to providing access to clean water. And, as the charity is in almost 100 countries, it can respond quickly to emergencies to help children, such as those from Syria who are most vulnerable and desperately in need. I think as you get older and you see more of the world around you, you start to appreciate how lucky you've been. That's certainly how I feel and it's why being involved with the charity has become a really important part of my life.

ELIZABETH IN BRIEF:

What kind of mother are you?
The kind who looks on in wonder as her kids get on with it and it all kind of works out.

The last time you cried? *At my husband's movie Woman in Gold. It's heartbreaking and wonderful.*

Are you a saver or a spender?
A saver, though I wish I had it in me to sometimes have a splurge.

What's your favourite way to relax? *Faffing around the house.*

Who cooks at home? *Me, but I keep it simple: steak or lamb with veg.*

How do you keep fit? *Pilates.*

● *Sadie and the Hotheads' album Still Waiting is on sale now and their latest single is out this month. See sadieandthehotheads.com*

● *To get involved in World Vision's #ANightOfHope, simply visit worldvision.org.uk/nightofhope or text HEART to 70060 to give £5 towards school equipment for Syrian child refugees*



is very quiet and the world looks like a different place. I started writing *Get Your Car* while trying to catch this mood of the morning drive. But as Pat is ahead of me in the ageing process, it also became a song about going into the twilight of your life, wondering where the years went and realising that, although you do look back, the only way to go is forward.

Michelle Dockery, who plays Cora's daughter Lady Mary, is a really good singer. I cajoled her into performing with us at a festival a few years back, and she sang on the second album. When you're working on a series like *Downton*, there's lots of sitting around while waiting to be called to do your scenes. In the earlier series, I connected with Michelle through music; we swapped CDs and were often in my trailer in

our 19th-century dresses listening to music or discussing it.

As soon as I'd read the script, I knew I wanted the part of Cora. We're both American mothers raising English kids. My daughters are very English. Your kids always surprise you when they're adults, but especially when there's a cultural difference. And like Cora, I've had to make adjustments to



Elizabeth with Downton's dashing new character, played by Richard E Grant

living here. My agent encouraged me to write to the show's creator, Julian Fellowes, to tell him how much I loved the script, but I'm not sure how much it had to do with me getting the part.

I absolutely love the cast of Downton. I'd worked with Hugh Bonneville before – he's great to work with. And I get on well with my 'daughters'. Being part of something as successful as *Downton Abbey* is what all actors dream of – it's the result of a magic chemistry between script and actors. On set, we're always laughing. There's always someone at the elegant dining table who asks the butler for ketchup and has everyone in hysterics! It's also hard work, though – I often start at 5am and finish around 8pm.

I have adapted to life in the UK, but I still don't feel that I'm completely

British. I'm definitely an American but love living here and, having lived in many different places, I think London is the best city in the world to live in.

Life without my husband would be unimaginable. We're both passionate about work, but put our family first. We married in 1992 and I think anyone who's been married for that long will say you have to work at it. Of course, we fight, but we also talk a lot and we're each other's best friend.

I don't enjoy clothes shopping! I tend to wear the same uniform of jeans and a top. Having said that, of course, it's fun dressing up as Cora and getting to inhabit another era, especially in the last series as it was set in the 1920s, so the clothes weren't so restrictive and were looser than in previous series.

Photos: Nicky Johnson, Kirsty Grant Photography, ITV Elizabeth wears: (This page and previous spread) Dress, xxxxxxxx. Earrings, xxxxxxxx. Bracelet, xxxxxxxx. Shoes, xxxxxxxx