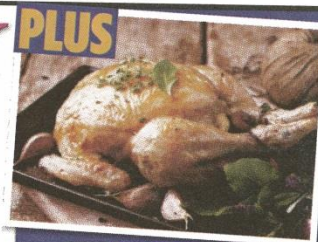




MARY BERRY FREE 24-PAGE GLOSSY RECIPE PULLOUT

IN YOU
MAGAZINE



PLUS
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CHICKEN
FROM M&S
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*TERMS - MYMAIL MEMBERSHIP, PLUS MAIL POINTS AND MULTIPLE NEWSPAPER PURCHASE REQUIRED. FOR FULL TERMS, SEE PAGE 102

● Charity Commission investigating claims that soldiers' welfare at risk
● Whistleblowers complain of bullying as seven staff quit

HELP FOR HEROES IN SHOCK CHARITY PROBE

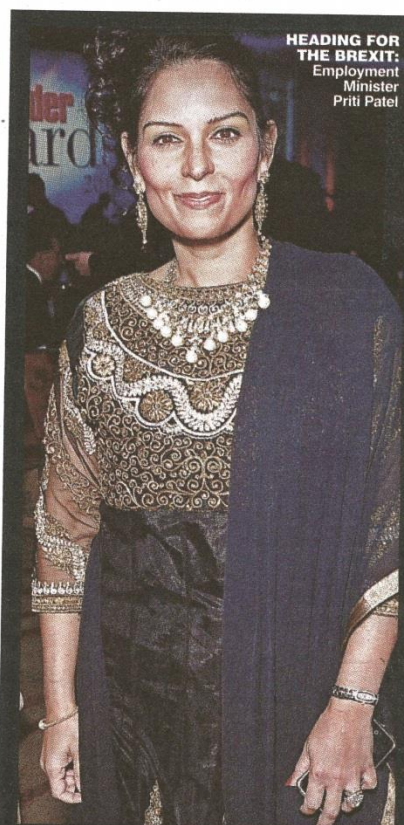
By Mark Nicol

DEFENCE CORRESPONDENT

BRITAIN'S biggest veterans' charity is being investigated amid claims it failed some of the heroes it cares for - leaving at least one soldier on the brink of suicide.

The Mail on Sunday can reveal that

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HEADING FOR
THE BREXIT:
Employment
Minister
Priti Patel

REVEALED:
**The Cabinet
Minister who
WILL fight
to leave EU**

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THE PROBLEM

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Nor, in the vast majority of cases, are they a sign of anything more untoward than a poor night's sleep.

But that's where the joy ends. Unfortunately, if you are blighted by this 'cosmetic' problem, you're stuck with it. It's mainly due to your genes and the structure of your face.

And the bad news is that they get worse with age as the tissues around your eyes, including the muscles supporting the eyelids, weaken.

Normal fat that helps support the eyes can then move into the lower eyelids, causing the lids to appear puffy.

Fluid also may accumulate in the

SPA DOCTOR treats... EYEBAGS

area, adding to the swelling. A sluggish circulation, triggered by poor sleep, too much caffeine and also air travel is mainly to blame.

As a life-long sufferer, now 37, I tend to look as if I've been out all night partying when in fact I was in bed by 10pm with a mug of Horlicks. And that's on a good day.

So I was obviously intrigued by a spa treatment that promised to gently smooth away my eyebags using only the lightest of massage techniques.

WHERE IS THE SOLUTION?

The Kameha Grand, Zurich. It bills itself as a business hotel as it is a stone's throw from the airport, but is really more like a trendy boutique. It has two restaurants, the casual Italian-influenced L'Unico, the chic French and Far East fusion You, and the Gold Bar, where you can graze on the fanciest of French patisserie.

Oh, and there's also a Shisha bar – although none of the above will go any way to making your eyebags any better.

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WHAT'S THE TREATMENT?

For my puffy under-eye area, I'm recommended the Detox Energy Massage Against Lymph Congestion for face, throat and décolleté (£50 for 30 minutes).

Part of this 'facial-plus' involves lymphatic drainage massage (MLD), a procedure that is offered as a medical treatment on the NHS for those who suffer extreme fluid accumulation in the limbs, known as oedema.

This disfiguring condition can happen when lymph glands, part of the lymphatic system of fluid-transporting ducts throughout the body, are removed as part of cancer treatment. But it can also happen for no reason.

Essentially, when your eyebags look really bad on a given day, it's probably due to mild oedema. So it makes sense to have a treatment that targets this problem to reduce them.

An MLD practitioner will use extremely light strokes to stimulate fluid to disperse, and results are usually instant.

As I lay on the bed, the therapist worked her magic: she dimmed the

lights, and started lightly running her fingertips over the top of my head, moving down over the eye area, then lower face and finally neck and upper chest. Clients keep their underwear on for all this.

It's extremely gentle, and there is no rubbing. I fell asleep, so butterfly-like were her movements.

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Double rooms start at £151 per night, with 'theme suites' – each decorated in a unique way – starting from £305 per night.

Visit kamehagrandzurich.com

■ Frances Jacob

You've heard of birth plans... Now write your own death plan

By **Barney Calman**

HEALTH EDITOR

TERMINALLY ill patients are to be encouraged by an NHS Trust to write their own 'end-of-life plan' instructing doctors, nurses and family about their wishes for their final months, days and hours.

The document is based on birth plans that pregnant women commonly draw up with their midwives, and takes the form of a single-page grid detailing the personal wishes of the patient about every aspect of their care.

Subsections include: 'What will be important to me...', 'How to support me and those I love...', 'WHAT MUST happen...', and 'WHAT MUST NOT happen...' when the patient has months, weeks, and then just days to live, at the time of their death, and then afterwards.

The scheme was developed by father of four Max Neill, 49, a former community nurse who is suffering from incurable bowel cancer and is endorsed by UK support service Dying Matters, part of the National Council for Palliative Care, and Hospice UK, the national charity for hospice care.

Campaigners hope the form will eventually become available online for anyone to download.

To create his plan, Neill worked in conjunction with Helen Sanderson Associates who have pioneered similar so-called 'one-page profiles' for social care, education and health-care organisations.

After showing the plan to his palliative care team at Lancashire Teaching Hospitals NHS Foundation Trust, doctors showed interest in making the template widely available, as did staff at St Catherine's Hospice, who are also involved in Neill's case.

Palliative care nurse Sarah Russell, Head of Research and Clinical Innovation at Hospice UK, the national charity for hospice care,



Max Neill

While I have weeks to live

How will decisions be made: who will be involved

I should be involved and have final say in all decisions.

What is important to me...

• Writing my appreciations for the key people in my life, especially my children and grandchildren.

LAST WISHES: Max Neill, left, at St Catherine's Hospice. Above: An extract from his end-of-life plan which sets out care instructions for his final weeks

they do not wish to be resuscitated under certain circumstances.'

He saw his plan as a move away from programmes like the controversial Liverpool Care Pathway.

This was a document drawn up by medical professionals covering medical care in the final days of life, such as pain relief and whether fluid and foods should be given. It was scrapped in 2014 after allegations that patients were placed on the pathway without consent or their friends' or family's knowledge.

NEILL said: 'When you are terminally ill, your life can become dominated by the medical side of things. There is also a tendency to panic if there is a crisis and do everything possible to extend life, such as emergency surgery that might only extend life by a few days.'

'My end-of-life plan states that I do not wish for this to happen. I want to die at home. I'd like have a glass of red wine to sip, if I can. I want the people I love around me, and Lorraine to be able to make important decisions for me if I can't. And I don't want to be in pain. These are the things that are important to me,

but it will be different for someone else. You can keep adding to and changing the plan, so it's entirely flexible and it's not legally binding.'

Neill was diagnosed with bowel cancer in September 2014 and had surgery then chemotherapy, but six months later the cancer had spread throughout his body. 'This plan will give both the professionals involved in my care and my family help in giving me what I need. I want to make something that's very difficult slightly easier for everyone.'

Dr Claire Capewell, Consultant in Palliative Medicine at Lancashire Teaching Hospitals NHS Foundation Trust, said: 'When Max shared his concept with me, I thought it was fantastic. It's not easy to have discussions about end of life plans but we know that having them increases the likelihood of the wishes being known and respected.'

'Max's plan is a beautiful example of putting on paper what is important to him and his family and how they can be supported.'

'I have felt inspired by Max's plan to look at my current practices to see how his ideas can be developed to benefit others.'

● You can follow the blog at peoplethinkingaction.blogspot.co.uk.

REAL SUPER FOODS

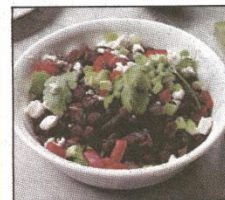
with ITV chef **Sally Bee**

THIS WEEK: **BLACK BEAN**

Eat more grapes as the message last week, after research suggested that the flavonoids they contain – particularly anthocyanins which give fruit and vegetables red, blue and purple hues – reduce blood pressure and cholesterol and therefore lower the risk of heart disease, but also can aid weight loss and improve sex.

Experts believe that the compounds help with weight loss by reducing the amount of fat the body absorbs from food, reducing appetite, or raising our metabolism.

But grapes have a high sugar content, with a handful containing about 15g, or four teaspoons, close to the recommended limit of six.



Another way to get the full beneficial force of the antioxidants is by adding black beans to your diet.

These are also low in carbs, and high in fibre and protein.

I buy the canned variety which only take minutes to heat up. I love Mexican refried black beans – adding smoked paprika, chilli, diced onion and red peppers, and sauteing together until the beans start to break down and all the flavours emerge. Serve with sour cream, or crumbled cotija cheese, and corn chips or a cornflour wrap.

You could also try aubergine, which has a low sugar content and an even higher level of antioxidants than grapes, concentrated mainly in the glossy darkest purple skin.

It can sometimes be tough but I make it work in a home-made babaganoush by roasting the washed and cubed aubergine, with the skin on, and then roughly mashing with a fork alongside some finely chopped garlic, tahini, lemon juice and olive oil.

@sallybeelicious

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