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Issue 19 Winter 2016/2017



London Mums



Nadiya Hussein



Carol Smillie



Mira Nair

**Star
Dad**

Bear Grylls:

**'Heaven for me
is winding down
with my family,
a cuppa tea and
a long bath'**

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Editor's letter



Dear London Mums

Winter is looming and who better than Bear Grylls to put a smile on our face. In an exclusive interview he tells us all about his parenting skills and a few behind-the-scenes gossips from his adventures.

In the lead up to Christmas, Bake Off star and super London mum Nadiya Hussein gives us tips for alternative festive cakes and opens up about

family, her new career, the Queen's cake and her latest book Bake Me A Story, a unique hybrid of children's recipe and storybook aimed at bringing families into the kitchen to spend time sharing stories and cooking.

Film Director Mira Nair talks about her latest flick Disney's Queen of Katwe that tells the vibrant true story of a young girl from the streets of rural Uganda whose world rapidly changes when she is introduced to the game of chess. You can watch this interview on our YouTube channel www.youtube.com/londonmums

Scottish TV presenter Carol Smillie speaks about her latest entrepreneurial venture, the Diary Dolls, a pioneering range of pretty clever underwear for young women who might be worried about heavy periods whilst at school, playing sport and sleepovers.

In conversation with Francesca Lombardo, author of Beatrice and the Bus, we discuss her educational children's books aimed at helping young people overcome urban isolation and enjoy living in this wonderful melting pot. Her series 'Beatrice and the London Bus' was voted by London Mums as the ultimate kids' novels based in London.

UK's most trusted GP Dr Anshumen Bhagat tackles children's problems with allergies in our popular Ask the Doctor's section.

Last but not least, you can find out why we believe that Nadia Ivanova is a Fashion brand to watch in 2017.

The London Mums' Christmas shopping pages are filled with lots of inspiration for trendy gifts, toys and films. For additional gift ideas check out London Mums' dedicated attractions' site londonmumsmagazine.entstix.com where you can get up to **60% OFF** tickets for West End shows and lots of London attractions.

I hope you will enjoy reading this Winter issue as much as we have loved making it!

Spread the word – London Mums is totally and utterly FREE!

Monica Costa

*Editor in chief, Founder of London Mums & mum of ten-year-old Diego
Let me know what you think of this issue at monica@londonmums.org.uk
or via Twitter at [@londonmums](https://twitter.com/londonmums)*



THE BIG INTERVIEW BEAR GRYLLS

Editorial

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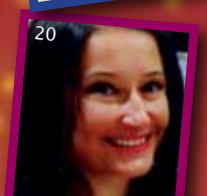
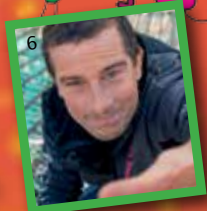
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Exclusive star dad interview!

Winter 2016/2017 londonmumsmagazine.com

The Bear Grylls Survival Race & Family Festival

Editor Monica Costa met British adventurer, TV presenter, author and super Dad Bear Grylls at the launch of the new family car, Land Rover Discovery. At the unforgettable star-studded party at Packington Hall Bear descended from a helicopter onto a massive replica Tower Bridge made entirely with LEGO to reveal the new SUV. Then he told London Mums what he really loves in life.

Bear Grylls was chosen as Land Rover brand ambassador because he has been using the Discovery for his expeditions and has always very convincingly described Land Rover cars as 'the unsung heroes' of his many adventures while filming in deserts, jungles or mountains.

Q: If you were to go on a road-trip with the new Land Rover with your family where would you like to go and why?

BG: Maybe Patagonia – with huge expanses, amazing mountains lakes and people. We filmed there a while back and I always wanted to return with the family and bring our kite surfers and paramotors!

Q: You recently jumped out of a plane free-falling at a rate of 125mph to test Land Rover's new Discovery "world-first" smart seat feature, which lets owners reconfigure their vehicle seating from anywhere with a data connection with an app on their Smartphone. Why is this app relevant and practical when you travel with children?

BG: Well, as you know, when you have a big family and dogs and life gets super busy, you want ease at the tip of your fingers – every little thing helps and being able to reconfigure the seats at the touch of a button just makes life that much easier. Especially when you need to pack up the car.

Q: What's your parenting style?

BG: The truth is that I learnt a lot of my parenting skills from my late father. He was the man who taught me to climb, to dream big and not be scared of failing! My mum's line was always: failure is only failure when you stop trying! My wife and I just want to pass affection and care through to our brood and support them the best we can. Shara and I have three incredible boys with contagious adventure spirits! Parenting style? I try to tell them to follow their dreams and look after their good friends along the way. (And be especially nice to their brothers!) You can sum parenthood up in three words though: example, example, example.



'Bear Grylls, Zara Phillips and Sir Ben Ainslie at the global unveiling of the Land Rover Discovery at Packington Hall, Solihull'





Q: What's your favourite fun activity with your children?

BG: Every Summer we spend it just us as a family on our small island hideaway in North Wales, where we have limited communications and no mains power or water. It is such a special time as a family. The rest of our year is so busy with lots of people we really value that escape even in the Welsh wind and rain is amazing! So that's it: up in north Wales, lying in the long grass, with Shara and the three boys beside me, messing around building dens, going on mini adventures to the mainland in our boat, swimming off the rocks, and cooking mackerel.

Q: What's your favourite food?

BG: I'm a big fan of almond butter! It's the one thing I make sure we smuggle into all my shoots no matter where we are headed!

Q: It is difficult to imagine you winding down and having a calm evening. What do you do to relax?

BG: It's not all mud and action 24/7, I also really love winding down with my young family, taking a nice long bath, cuppa tea and enjoying the calm after returning from full on shoots abroad. That to me is heaven!

Q: Do you use meditation and mindfulness techniques to help you keep calm during your adventures?

BG: My Christian faith has been such a rock and backbone through so many ups and downs of life and adventuring, it is that real guiding force in my life that calms me – leading me home and strengthening me when I am tired.



'Bear Grylls, at the global unveiling of the Land Rover Discovery at Packington Hall, Solihull'

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INFORMATIVE GUIDE TO ALTERNATIVE METHODS IN Women's Health, Pregnancies & Baby Care



The Prenatal Centre (website) is an exciting new concept created by Dr Kiran Gill, a leading chiropractic practitioner, based in South West London, whose vision is to provide a one-stop shop for information regarding complementary treatments in fertility, prenatal, pregnancy and postnatal care – for you and your entire family.

"The ethos of the centre is based on the premise that life is naturally intelligent and instinctively seeks to adjust all parts of our bodies to work in the way in which they're designed. Sometimes it just needs a little help. We apply this perspective to all spheres of wellness – physical, emotional, mental and spiritual", says Dr Gill.

Dr Gill's areas of expertise include Prenatal, Chiropractic Care, Labour Prep, Postnatal, Family Care, Infants & Toddlers, as well as fertility. She has created 'The 1-2-0 Plan', a 120-day personalised plan for women to reach optimal health prior to conception, IVF, IUI, as well as postnatal care.

Covering all aspects of wellness, Dr Gill's unique approach tailors lifestyle options to nurture every aspect of your medical and nutritional needs alongside your mental, emotional and spiritual balance.

The Prenatal Centre (website) delivers expert guidance and information on complimentary therapies, such as Acupuncture, Reflexology, Massage, Hydrotherm Massage®, Mindfulness, Webster Technique, Hypnobirthing, Menopause and much more. It also provides a directory of Dr Gill's recommended, trusted and highly specialised healthcare practitioners to present a well-rounded approach to looking after yourself and your loved ones.

Dr Gill has personal experience with reproductive health as she was diagnosed with adenomyoma,

fibroids, endometriosis and menorrhagia years ago, thereby making it difficult to achieve pregnancy. Her intent with her healthcare services is to share her knowledge and expertise to help women expand their conscious alternatives and become educated in areas with which they may not have been familiar.

Dr Kiran Gill's comprehensive approach has helped her build a loyal clientele working with Hollywood stars, music industry elite as well as professional dancers and top athletes in American football, basketball, cycling and extreme sports.

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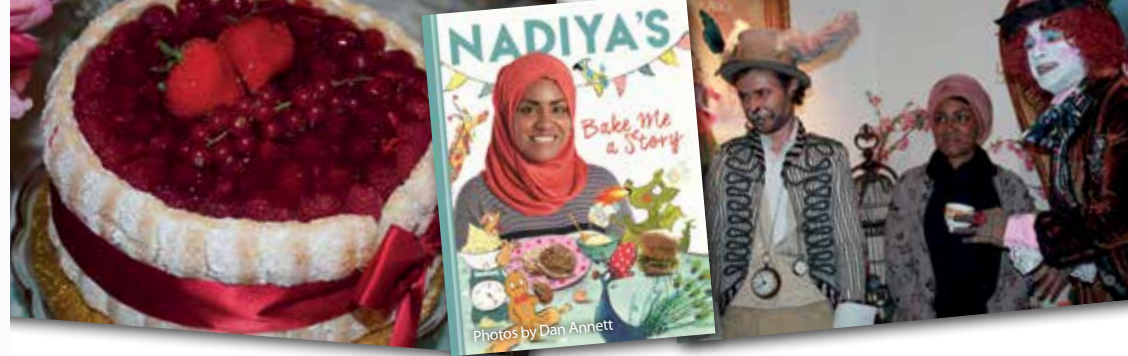
EXCLUSIVE! NADIYA HUSSAIN OPENS UP ABOUT FAMILY, HER NEW CAREER AND THE QUEEN'S CAKE



Photos by Dan Annett

One of the best stories coming out of successful cookery show Great British Bake Off is Nadiya Hussain's whose ups and downs and final win was watched by 14.5million in 2015. Nadiya (31) is a London Mum and lives in Milton Keynes with her husband Abdal, sons Musa (9) and Dawud (8) and daughter Maryam (5). Over the past year she has had to learn how to deal with instant success and to ignore racist and sexist comments on social media. Nadiya has also

listened to her kids' advice when writing her children's cookbook and the result is Nadiya's Bake Me A Story, a unique hybrid of children's recipe and storybook aimed at bringing families into the kitchen to spend time sharing stories and cooking. Editor Monica Costa recently met Nadiya at a Disney's tea party to celebrate the DVD release of Alice Through the Looking Glass where she baked the Mad Hatter's cake.



Q: Your latest cookbook Nadiya's Bake me a story is really original as it incorporates your recipes and your kids' favourite stories. How did you come up with the concept for the book?

NH: I'd always wanted to do a kids' cookbook. My children are massive readers: they've always got a book in their hands and they love being read to. They also pester me in the kitchen while I'm cooking and that's when the idea came to me – what if I wrote a book that stays in the kitchen with stories that are matched with recipes. The idea is that parents and kids can enjoy cooking together and then curl up and read a related story while they wait for the oven, or enjoy the story while they eat what they've made!

Q: What is your personal favourite recipe from this book?

NH: My favourite recipe from the book is the Blueberry and Orange Soda Bread. It takes all the laborious stages out of bread baking and makes for a quick and easy bread recipe that works so well warm, with lashings of butter.

Q: Nadiya, how has life changed since winning the Great British Bake Off?

NH: After Bake Off, I thought that was it! I'd fly under the radar and I'll just go back home and go back to normal life and actually I've done quite the opposite! I've been able to do everything I've ever dreamed of. I'm shaping my future every single day and seeing where it takes me. It's really nice to see that my background paired with the win can inspire so many different people. What has really stunned me is how much it has inspired the younger generation to get in the kitchen. I have met many parents who have said that I have inspired their younger children to cook. Now, to me, that feels like the biggest achievement.

Q: Where did you get the inspiration for the Queen's official 90th birthday cake?

NH: It took so much thinking and I was so nervous, I was so anxious about the whole experience. How can you make the Queen's cake?! When I got the email from my agent I thought someone was pranking me. It all happened so quickly and I was just left scratching my head thinking 'I just made a cake for the Queen!' The Queen and Prince Philip loved that it was orange drizzle not a fruit cake which I was so pleased about. I made a lemon drizzle for the Bake Off final for Mary Berry, so I figured the Queen is the next best thing and I'll make her an orange drizzle. When I told my daughter I was baking a cake for the Queen, she said: 'But you've made loads of cakes for Mary Berry!'. As far as we're concerned, Mary is Queen in our house.

Q: If you were Queen of Britain what would you do first?

NH: I would change people who are negative on social media all the time and make money from being unkind. There's so much sadness in the world already. The world is such a small place now because of social media and the Internet. When people say something mean it actually really hurts as though you were saying it to their face. I've been thrown into that environment and having to talk to the media, I know what it's like when someone is negative and how much it stings, however as much as you don't want it to affect you, when somebody says something mean about something as simple as the scarf on my head it's quite upsetting.

Q: What are your biggest challenges as a mum in the public eye now? How do you balance your work life and your family life?

NH: Not being able to spend as much time with the kids as I did before is hard but my husband Abdal and I manage and have a rule that one of us always needs to be there for the kids. The most important thing to me is that my kids are happy and that I am a good role model as a mother for them.

Q: What is your favourite cuisine of all time and why?

NH: Like most people who enjoy food, I will tell you that I don't have a favourite and I have a new flavour of the month every other day. At the moment I love Korean food and things like bibimbap and kimchi.

Q: If you could get a chef to cook a favourite meal for you, what would you pick?

NH: Something covered in cheese – I can't imagine a life without cheese. Although my go-to meal is sourdough with an extra virgin olive oil and balsamic dip, followed by blue steak and sweet potato chips, and chocolate dipped strawberries for dessert. Heaven.

Q: What is your favourite restaurant in London?

NH: I have to say I have not eaten in too many restaurants in London. But I love the Solace of Eating at Soho House. I would love to eat at the Rainforest Cafe with the kids.

Q: What is the London attraction that you love the most and why?

NH: I would love to visit the London Dungeon but my kids are not quite old enough and actually I don't know if I am brave enough either!

Q: What is your parenting style?

NH: Abdal and I very much parent together. If he's busy with work then I'll be around more for the kids. Right now, it's the other way round! But it works for us as a family and that is what is important – the kids being happy and well looked after.

Q: Who is the person who has inspired you the most throughout your life and why?

NH: My dad. He's a hard worker. Resilient and never gives up. Creative and witty. He has the biggest heart of anyone I know.

Q: Do you have a famous celebrity crush?

NH: Sam and Mark (CBBC presenters Sam Nixon and Mark Rhodes) are just lovely. I love working with them. And I'm a long-time admirer of David Attenborough.

Q: Where do you like to go on holiday with your young family?

NH: We recently went to Disney World in Florida, which the kids absolutely loved, especially my 5-year-

old daughter. Abdal and I were a bit tired by the end of it though! My sons didn't really want to go and see the princesses but I said, 'Come on, you have to do this for your sister' so we all went and it was lovely.

Q: What is your guilty pleasure?

NH: Marmite crisps. I love them!

Q: How would you like to be remembered?

NH: For being a good mother to my beautiful kids.

Q: What are you up to next?

NH: I was given the opportunity to do three different writing projects; it was a no brainer for me. As much as I love cooking and baking, writing is one of my very first loves. It's the way I express myself and I encourage my kids to express themselves that way as well. The thought of doing novels does not scare me one bit; I enjoy it so much. It's very different to cookbooks but any style of writing, even if it's something I haven't done, I won't hesitate to have a go. I love the process of getting it wrong and correcting it and seeing what does and doesn't work. I loved making those mistakes, so I feel like I'm learning all the time. I don't have a plan. I just see what opportunity I have every day. I always look forward to an email saying 'Hey! Would you like to do this thing?' Yes please! I'm shaping my future every single day and seeing where it takes me.

Q: Which pudding would you recommend London Mums prepare this Christmas?

NH: There's a zebra cake recipe in my new book, which looks and tastes great and is fun to make with the kids. Not all kids necessarily like the traditional Christmas cake so this is a good one for them.

Nadiya's Bake Me a Story, out now in hardback priced £14.99 from Hodder Children's Books.



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5 MINUTES WITH CAROL SMILLIE

Scottish actress and former model Carol Smillie is a familiar face on British TV. She was highly prominent as a presenter during the late 1990s and early 2000s and best known for her DIY programme Changing Rooms and Dream Holiday Homes. *By Monica Costa*



In October 2012, she started her own business, DiaryDoll, a pioneering range of pretty clever pants, with partner and personal friend Annabel Croft, former British Number One and international tennis player. Both with teenage daughters dealing with their monthly cycle, they created a range of women's underwear specifically for use during periods, with a secret waterproof panel inside them to remove the possibility of leaks and stains on clothing and bedding. They originally developed the range for young women who might be worried about heavy periods whilst at school, playing sport

and sleepovers. DiaryDoll then partnered with charity Endometriosis UK, giving confidence to some of the 1.5million British women who suffer painful and heavy periods as a result of Endometriosis. It was later noted that these were also useful to women in post-maternity and with pelvic floor weakness and the company was rebranded to include all of these groups. An extra goal for Carol is now to reduce the stigma of periods and women's pelvic health as it is still seen to be an embarrassing topic despite its prevalence and normality amongst healthy women.

Q: How did you come up with the idea behind your underwear brand Diary Dolls?

CS: A girly chat on holiday with our daughters, who expressed concerns about 'accidents' during sleepovers, sport and school during their period.

We designed the DiaryDoll pants to look and feel like normal underwear – i.e. breathable, washable and not crackly – giving women the confidence to go about their usual activities. Just like any other pants in the drawer, they are soft, comfortable and machine washable. The waterproof layer is so discreet it won't be seen under lycra sports clothing or leggings so, with DiaryDoll, you can go about your everyday life without worry. They are available now in black, white, pink and blue online and in 122 Boots stores across the UK. They sold over 400 pairs in 8 minutes on QVC and are available in Debenhams, John Lewis and pharmacies across the world.

When Kate Winslet openly admitted 'by third sneeze, it's game over' on Graham Norton's chat show, sales rocketed.

Sales have really taken off, over 35,000 in fact, but not without a little resistance. We underestimated the level of taboo that still surrounds this whole topic. The launch into Boots is a huge deal for us – it's a big step towards getting this sensitive but very common problem out in the open and getting more people talking about it.

Q: Is there any new product coming up from the Diary Dolls in the near future?

CS: Yes, watch this space! Sign up to our newsletter to be the first to know at www.diarydoll.com.



Q: How did your collaboration with Annabel start?

CS: We often bumped into one another on holiday in Portugal with our families, and it was on one of these holidays that the idea came about.

Q: Tell us a bit about Annabel and what you like about her.

CS: We are both very lucky to have three children (girl, boy, girl) of the same age, and are both still married to the same guys 25 years later, that's a rarity in television!

Q: Who is your favourite fashion designer of all times and why?

CS: I'm more of a High Street girl, but if I was pushed, probably Coco Chanel. That women had real class.

Q: In your 30+ year career you have reinvented yourself quite a lot. Of all your jobs what do you prefer and why? You are not allowed to say mum (giggling)

CS: I loved Changing Rooms, because we were all working as a team, with no real expectations at the time. What a dream when it resulted in invitations to Downing St, Buckingham Palace and an award in the Royal Albert Hall! Starting my own business at almost 50 has been the real icing on the cake. I am finally in charge of my own destiny!

Q: You have such a youthful glow! What's your biggest beauty secret?

CS: I hardly drink alcohol (2 glasses of wine max, once a month!) and I've never smoked. Oh... and a younger husband.

Q: How do you keep fit?

CS: I don't.

Q: You have grown up children and one who is still going through the teenage years. What advice would you give to mums ready to face this complicated time in their children's lives?

CS: That's a tricky one. Give them space and privacy, but let them know, no matter how bad it is, you will listen and not get mad. They need to understand that you have a life too. Respect is everything. We've nagged them to death about manners, being polite and thinking of others, not just themselves. They often forget around us, but everyone tells me they're a delight in other company, so we've done something right, I guess!

Q: What is the London attraction that you love the most and why?

CS: Carnaby Street. It's so much fun, quirky, eccentric and cool. It is everything that makes me proud to be British.

Q: If you were Queen of Britain what would you do first?

CS: Bring all the politicians into my office and tell them all to grow up.

Q: Who is the person who has inspired you the most throughout your life and why?

CS: My parents probably, they were very hardworking and unassuming, but had morals that I try to live by. Sadly they are no longer alive, but the older I get, the more I understand the sacrifices they made to give me the opportunities in life that have made me who I am today.

Q: What is your guilty pleasure?

CS: First Dates TV show.

Q: Where do you like to go on holiday with your family?

CS: We have a little bolthole in Portugal, that is our haven of peace.

Q: How would you like to be remembered?

CS: That I tried, and never took anything for granted.

Q: What are you up to next?

CS: Onwards and upwards with DiaryDoll, it's full time job for me, and I love it!





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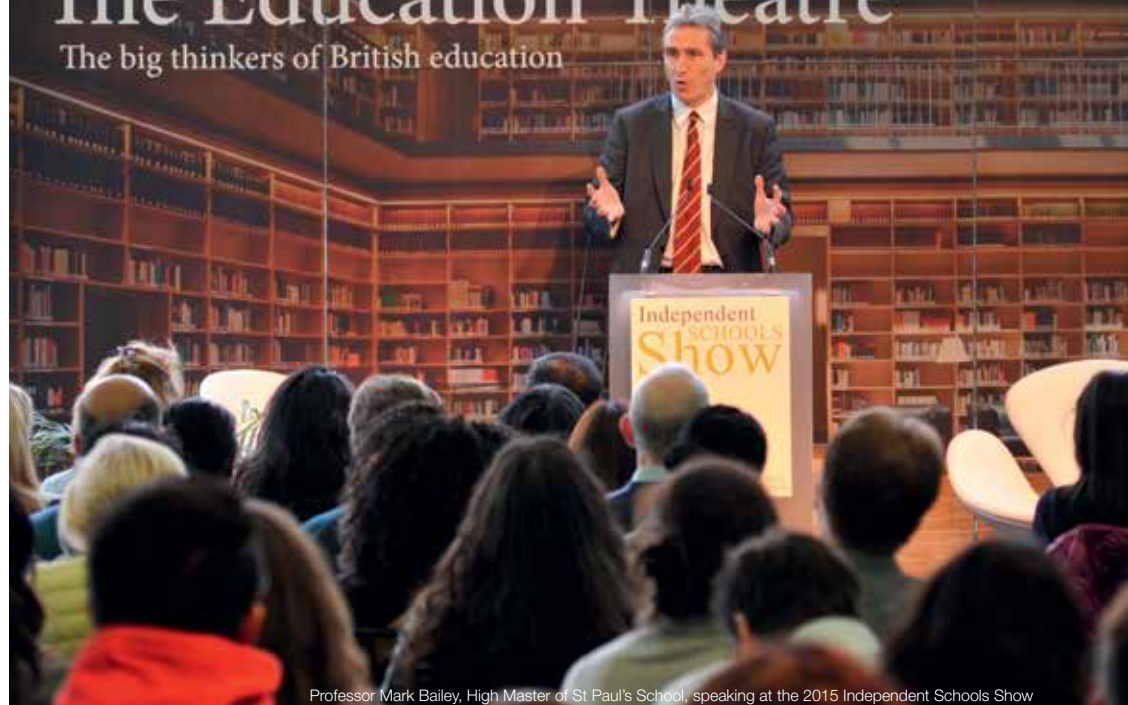
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Professor Mark Bailey, High Master of St Paul's School, speaking at the 2015 Independent Schools Show

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Children's Books

In conversation with Francesca Lombardo,
author of *Beatrice and the London Bus*

Francesca Lombardo is an Italian journalist, writer and publisher with a great passion for London. Inspired by the British Capital, she has written several educational children's books aimed at helping young

people overcome urban isolation and enjoy living in this wonderful melting pot. London Mums have voted book series 'Beatrice and the London Bus' as their ultimate kids' novels based in London.

Q: *Beatrice and the London Bus* series in 50 words ...

FL: An inquisitive child stepping into the complicated world of the grown-ups trying to make sense of it all with the help of her bus friend.

Q: Where did you get the inspiration for the *Beatrice and the London Bus* stories?

FL: Sitting at a Starbucks and staring at a London Bus parked outside. "What if he could talk and feel what I feel? I thought. I heard 'him' saying: 'Hello dear...'"

Q: How do your stories help children learn about London and overcome urban isolation?

FL: Too many children in big cities never get out of their neighbourhoods. When that happens in impoverished areas, the risk of developing a sense of urban isolation is high. My series depict London as a living thing: its famous tourist attractions talk, have dreams and problems. Kids identify easily and this helps them develop a sense of belonging to the city as a whole.

Q: You are touring schools and libraries across London. How can schools across the Capital get involved?

FL: As a spin off of the book series, I am launching *LONDON MEETS ITS CHILDREN* which offers a series of London-themed activities: book readings and Q&A sessions, writing and drawing workshops and London-themed drawing competitions, but also bookstores events in Foyles or Waterstones and street book reading performances. We successfully ran it in Southwark meeting about 600 children. Get in touch – tell us in which borough your school is, we'll come.

To request a school event in your borough under the *London meets its children* project send an email to info@dailyfairytale.co.uk

beatriceandthelondonbus.co.uk
beatriceandthelondonbus.co.uk/london-meets-its-children

Q: Who has been the biggest influence for your stories and drawings?

FL: Roald Dahl for his ability to depict the worst of our society with humour. But also the Divine Comedy by Italian author Dante Alighieri. Just like Virgilio who's taking Dante on a discovery. A journey into humans' failures, the London Bus is taking Beatrice on a coming-of-age journey where the City's secret inhabitants represent the best and the worst of human nature. For the illustrations, we went for a vintage cartoony look and feel.

Q: What would you recommend to parents who would like to motivate their children who are not interested in literacy to write more?

FL: Acknowledge their natural ability to observe and take inspiration from their surroundings, and encourage them to express how they see it. Words or drawings are just vehicle not the task.

Q: What are you up to next?

FL: I am working on the *London meets its children* project, a spin-off of my books series, which has received the support of major brands such as Coca-Cola London Eye, KidZania, London Transport Museum and The Classic Tour. They have offered prizes for our drawing competition. I am also in talks with senior figures of the city to expand the educational opportunities of the project and of the book series.

Beatrice and the Bus book series are available from Waterstones, WHSmith, Foyles and LTM gift shop in London.



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FASHION TO WATCH IN 2017

By Monica Costa



This year at Fashion Finest Show London I had the pleasure to meet one of the most creative fashion designers on earth, Nadia Ivanova. She might not be as famous as Valentino or Armani (not yet at least – watch this space) but she definitely is one of the best female entrepreneurs I have ever met and she has a bubbly and irresistible personality.

Her story is remarkable and inspiring. She came to London as a tourist from Bulgaria in 1991 without speaking any English but she loved the vibe of the Capital so much so that she settled here.

Nadia trained at London College of Fashion, having learnt dressmaking from her aunt. After that her collections were sold in independent boutiques and enjoyed a good response by selling well. Her signature Flamenco skirt is a success story and still is a great favourite today. Nadia's signature skirt is also available for the little ones in a variety of fabrics.

NADIA IVANOVA



In 2000 Nadia launched her own label and in 2009 she opened her charming boutique and studio in Barnes where she beautifully displays the hand-tailored designer collection and evening dresses of which she is so passionate and proud.

Nadia uses natural fibres, which feel good next to the skin such as cotton, linen, wool and silk, although lately at the recent Barnes Fashion Show she has introduced fashionable neoprene fabrics in her collections.

Every item in the shop is hand-made and, most important of all, Nadia takes time and trouble to make sure every item is also personally fitted. She also has a range of casual clothes made from cotton or denim. She makes wedding and couture dresses to order. And her aim for the future is to create more ready-to-wear clothes.

No wonder British actress Helena Bonham Carter bought a skirt from Nadia

for her red carpet outfit at the Harry Potter And The Order Of The Phoenix UK premiere held at the Odeon Leicester Square on 3 July, 2007 in London.

Most days you can find Nadia working in her boutique at 76 White Hart Lane, Barnes, SW13 0PZ



For bespoke original designs Nadia can be contacted on:
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CAN YOU PREVENT ALLERGIES IN CHILDREN?

**Ask
THE DOCTOR**
Dr Anshumen Bhagat



Dr Anshumen Bhagat is the founder of GPDQ, the app that delivers a doctor to your door, and has 15 years experience straddling the NHS and private healthcare sectors.

According to Allergy UK, the number of allergy sufferers increases by 5% every year. Half of those affected are children. But can we prevent our children from developing allergies in the first place? You may hear a lot of conflicting advice, so let's examine some of the most common claims...

True or False: You shouldn't eat any potential food allergens during pregnancy

False: This is NOT shown to reduce the risk of allergies for your children. In fact, avoiding food allergens can prevent you from eating a diet that's rich in the nutrients you and your baby need.

True or False: Lack of vitamin E and fruit during pregnancy can increase the risk of asthma in your baby

True: Some studies have shown a possible link between insufficient intake of vitamin E or fruit during pregnancy and an increased likelihood of asthma. Apples, especially, have been suggested to help prevent breathing problems in babies.

No need to overload on apples and supplements when you're pregnant. Stick to the recommended daily intake and maintain a balanced diet.

True or False: You can pass your food allergies to your baby through breastfeeding

False: It's highly unlikely that your food allergies would be passed to your baby through your breast milk.

In rare cases that a baby has an allergic reaction to breast milk, it's usually a reaction to cow's milk in the mother's diet. In fact, it is suggested that breastfed babies are less likely to develop food allergies.

True or False: You shouldn't eat peanuts, fish, eggs or other potential allergens when breastfeeding

False: There is no evidence that eating potential allergens whilst breastfeeding affects your baby's chances of developing allergies or asthma. However, I would recommend introducing allergenic foods one at a time at 4 to 6 months old. Leave at least 2 days between each allergenic food you introduce. If your baby already has a history of food allergies, or eczema that isn't responding to treatment, then make sure you check with your doctor first.

True or False: Smoke can increase the risk of allergies

True: Smoking during pregnancy and secondhand smoke around babies have been linked to many health risks for your baby, from asthma to sudden infant death syndrome.

As a rule, avoid both smoking and smoky atmospheres when you are pregnant AND after the baby is born.

True or False: Controlling dust mites can prevent allergies

True: Reducing contact with dust mites early in life may delay or prevent allergy or asthma symptoms. If your child is at high risk of developing allergies, removing carpets and upholstered furniture from their room, using "allergen-impermeable" pillow and mattress covers, dehumidifiers and regularly washing bedding in hot water can help.

Dr Anshumen Bhagat recommends AllerGuard, a new, revolutionary range of anti allergy bedding in the UK which has been statistically proven to drastically reduce symptoms of asthma, eczema and rhinitis caused by allergy to the house dust mite. Exposure to dust mites is a major cause of asthma and allergy – especially in children – and it is important to protect your child's

immune system right from the start by protecting against harmful allergens.

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Film Focus

Disney meets Africa

Mira Nair and her Queen of Katwe

Editor Monica Costa met talented film director Mira Nair to discuss behind the scenes from this inspirational movie.



Madina Nalwanga is Phiona Mutesi in Disney's QUEEN OF KATWE Photo credit Edward Echwalu



Walt Disney Studios is treating us to a fantastic movie this autumn, *Queen of Katwe*, which opened in the UK on the 21st October 2016. It is the vibrant true story of a young girl from the streets of rural Uganda whose world rapidly changes when she is introduced to the game of Chess. As a result of the support she receives from her family and community, she is instilled with the confidence and determination she needs to pursue her dream of becoming an international chess champion.

Q: My 10 year old son felt inspired by the *Queen of Katwe*. What message would you like children to get away with from the movie?

MN: Firstly Phiona's story is utterly true and secondly she is a girl who had a dream without even knowing and a gift of chess using her own mind, to do something that lifts her own family out of the struggle where they live. That is an inspiring story. It tells us that genius is in all of us, and anywhere. It needs a teacher to see that spark in you; it needs a mother, a street, a web of people who can harness that genius in you. Like Phiona's story, she is surrounded by great poverty and struggle but the ability to focus on what you have and not on what you don't have and yet to realise that dream, it's what Phiona does. It's what all of us can do.

I love the fact that Phiona is a girl because we hardly ever see any models of kids who look like us, who sound like us, who live like us on screen. If children are shown kids achieve this, it's a beautiful thing and it wakes us up.

Q: The children were fascinated by the smart chess moves on screen. They wondered whether they were real or just for the sake of filmmaking ...

MN: The *Queen of Katwe* is a film equally for chess aficionados and chess lovers. Every single move of chess and every game in the film is a true game. They are moves Phiona is famous for. Her teacher, Robert Katende himself, was our chess consultant

on set and worked with us every day. With the core sheet of the film, there was also the drawn out chess game of the day. Every move was rehearsed. 17 of our kids were all taught chess by Robert Katende for weeks before the movie began. Every game was played as it had been played as it had been played. The children got into it so much that when I would say 'Take 1' and they would start playing the game then I would say 'Cut', they would all moan because I had to go back to 1. They would say: 'Let us continue, Mira. I almost checkmated him'. We had to go back to Take 2. It was like that. The game harnesses the kids' complete focus. And that's what's so beautiful to see. It's also hard to direct that thinking. It was a beautiful challenge filming chess.

Q: I read that you are an enthusiastic yoga practitioner and that you ask the cast and the crew to have a yoga session and meditation before the day starts. What are the benefits of mindfulness for filmmakers?

MN: Yes I am a practising Ayenger yogi, that is a very classical form of yoga. I like to have a senior teacher with us on the crew and we have a voluntary class – you cannot force yoga on everyone – for one hour before we start working in the morning. It's a very beautiful way to firstly put the ego out of the door to be democratically together from the movie stars to the carpenters, to practice something that gives us strength and stamina. It teaches me particularly the art of resistance and surrender. The director's task is to find solutions, to make everyone bloom around you and practising yoga gives me that stamina and selflessness to be able to see the problem or the issue for what it really is rather than the tension that might be around it. And also at the end of the shoot you are not spent, you



Lupita Nyong'o arriving at the charity screening of Walt Disney Studio's *Queen of Katwe* Photo credit Liam Arthur Norris



Madina Nalwanga is Phiona Mutesi in Disney's QUEEN OF KATWE
Photo credit Edward Echwalu

Robert Katende, Martin Kabanza (Brian), Mira Nair (Dir), Madina Nalwanga (Phiona), Lupita Nyong'o (Harriet), David Oyelowo (Robert), Phiona Mutesi at the Uganda premiere

actually have energy for the next day, because it's very hard doing what we do. So yoga has become a great foundation of my life as well as of my making the craft of film.

Q: What were the challenges of filming in Africa?

MN: My home is Kampala Uganda. I have lived there now for 27 years. So filming the Queen of Katwe was an enormous privilege to distill what I love about the everyday joy, dignity and the struggle of living there, the attitude of people, which is what I call the 'lifest' attitude, how to embrace life fully even if you don't have much in your stomach. And that's what I live around. It was a chance for me in Queen of Katwe to bring that on screen, the vibrancy, the sassiness, the emphasis on education, for instance. All that is what I see. But you never see that about any part of Africa. If you see Africa at all it's always safariland and giraffes. But this is how life

is truly lived: the struggle, the dream of Phiona, the fierceness of her mother Harriet who will protect her family against all odds, even the disappointment of dreaming. These are tales that exist around us but you never see. So it was a great joy and a huge benefit to actually film in Katwe where the community came out of their homes to dance and to work with us all the time. There are hardly any extras in this film. It's full of people leading their own lives. I come from that tradition of cinema of truth so for me and for our actors, it was constantly a boon, to be around the people you are portraying. I really enjoy the fact that you are seeing Katwe as it is, in all its vibrancy, its bird life, in its struggle and also in its joy.



Oscar (TM) winner Lupita Nyong'o and newcomer Madina Nalwanga in Disney's QUEEN OF KATWE Photo credit Edward Echwalu

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