CHRIStMAS PArty
It’s not cancelled! City Pantry is making Covid-friendly Pantry Packages, from £20 per person, to bring the celebrations to your home. All the festive feels.

PG tiPS
The tea makers just dropped a new Plus range with added extras: Immunity, Caffeine and Metabolism. Put the kettle on.

LEFTOVERS
In a giant up-side to us all staying at home more, 49% of people have found they are wasting less food. *Hurray!

CORONA-CUFFING
The new term for those trying to nab a boyfriend in case of a second lockdown... (guilty).

ICy BLONDe
No longer the must-have hair colour. It’s now all about the autumnal shades of cinnamon spice à la model Alexina Graham.

HANNAH GRACE
This singer-songwriter has the voice of an angel on her new album Remedy. Check her out pronto.

DANNY DYER
We’re happy to see the loveable geezer back on BBC1 game show The Wall. Let’s be ‘avin’ you!

Learning curve Paula Radcliffe

RUNNING ICON, MBE, 46
It’s important to accept help. When I was younger, my coach used to say to me: “You’re not Superwoman, you can’t do it on your own – you have to be able to lean on other people.” That’s something I’ve not always been very good at, but I’ve learned it’s important to have that team around you, and not to be so stubborn or strong-willed that you think you don’t need that hug or to talk about it.

Losing my dad Peter underlined the importance of family. He died in April this year, and the most difficult challenge I ever had was trying to support my mum in the middle of lockdown when we were in different countries [Paula lives in Monaco]. My family and their health are what I’m most grateful for, so overcoming that and helping the kids to overcome that, really wasn’t easy.

Becoming a mother made me a better athlete. It made me happy, so it made me race well, and it gave me an outlook on life that I didn’t have before having Isla and Raphael, who are now 13 and 10. Giving birth was a lightbulb moment, because I never understood what you can feel for someone else until I had kids. Suddenly everything was about putting them first. Whatever happens, however bad things get in other areas of my life, coming home to my family and kids puts it in perspective. It’s made me stronger, better at time management and coping without sleep, and more able to handle stress and problems.

You have to stretch yourself to find out what you’re capable of. That way, it doesn’t matter if you don’t get your dreams, because you’ll still achieve much more than you initially thought you could.

I’m a naturally competitive person. Since retiring in 2015, I’ve surprised myself with how easily I’ve been able to let go of that with running – I can jump into races with friends without needing to win – but I think I’ve just transferred it to other areas of my life. I’ve got lots of ambitions and I want to get the best out of myself and get better at the things I do, such as commentating and giving talks. I’ve got a big ambition to get more children healthy and exercising, and I want to support my kids as well as I can.

My grandma taught me to hold myself accountable. She said: “Every once in a while step outside and make sure that you’re happy and proud of the way that you’re living your life. And if you’re not, then change it.” I’ve tried to live by that and make sure I’m happy with the person I’m being, and that I’m treating everybody else fairly. Life isn’t always fair, but you can always act in a fair manner.

Paula Radcliffe is working with Flora in partnership with the London Marathon to inspire the nation to get active post-lockdown.

Words: Molly Reynolds & Samantha Rea
Photography: BBC/ Remarkable/Guy Levy, Getty Images
Source: *Hotpoint

GREAT
NOT SO GREAT