£50 CROSSWORD

Solve the crossword in the normal way and the shaded squares will reveal a word or phrase. Send the clues you've solved to us and call our entry line below by midnight Saturday, November 1. The winner will be picked at random and will win £50. Call 0906 161 1170 followed by the crossword entry code. Calls cost £1.50 or free minutes. Text helpline is Extra.

ACROSS

1 Anyone with a knife (4)
4 Title or honour, perhaps (6)
9 Try to regain or recover (4)
10 Sweet treat, sometimes (9)
11 Body cavity (3)
12 In consideration, perhaps (2,3,4)
13 Lobby concern (7)
14 Mr Ashcroft, writer (3)
15 Host (eight a meeting (5)
17 Big cat (6)
18 Bird of prey (6)
20 Emblematic couple (9)
23 Scantilies up (6)
24 Sailor (3)
25 Take off (computer) (6)
27 Pistachio (4)
28 Sweetness (10)
29 Sweetcorn (3)
30 Transport (6)
31 Sandwich, oval meal (4)
32 Tie the (1,2)

DOWN

1 Acquire (4)
2 Mecca's mountain (7)
3 Sweetness (5)
4 Crown, emblem or carriage (4)
5 Place a good for making roses (9)
6 Sweetness (8)
7 Disease (6)
8 Enemies from play (4,3)
9 Sweetness abroad (3)
16 Platform (9)
19 Of the holidays (8)
21 A stamp (7)
22 Smooth and shiny (6)
23 Sweetness (5)
26 Carefully worked out, detailed, etc. (3-3)
27 Alarm (4)
28 Lyric poem (4)
29 Sweetness (3)
30 Existence (3)
31 Vocal carrier (3)
32 Part of group (3)
33 Pigment, salt (3)

CROSSWORD SOLUTION

CROSSWORD ENTRY LINE

0906 161 1170 Key details for this SPCR003 with your answer, name and postcode to 61611 (£1.50/text)

Lines are open 24 hours a day, seven days a week. Calls cost £1.50 plus your phone company's access charge. Texts cost £1.50 plus one standard network message. Helpline: 0330 333 0103. Service provided by Dotdigital Group Plc, Dorset House, Stamford Street, London SE1 9LU. Please ask the bill payer's permission before you call or text. Must be 16 or over. Competition ends 11.59pm on 28/11/21. Winner will be chosen at random from all correct entries received and will win £50. Prize is subject to availability. Full terms and conditions can be found at dotdigitalgroup.com/terms-and-conditions/

LAST WEEK'S CROSSWORD ANSWERS

ACROSS: 1 Tassel, 4 Frown, 10 Sugar, 12 Rose, 13 Guide, 14 Tidy tip, 15 Tea, 16 Circus, 18 Pines, 19 Ingrid, 20 Ingrid, 21 Ingrid, 22 Ingrid, 23 Ingrid, 24 Ingrid, 25 Ingrid, 26 Ingrid, 27 Ingrid, 28 Ingrid, 29 Ingrid, 30 Ingrid, 31 Ingrid, 32 Ingrid, 33 Ingrid, 34 Ingrid, 35 Ingrid, 36 Ingrid, 37 Ingrid, 38 Ingrid, 39 Ingrid, 40 Ingrid, 41 Ingrid, 42 Ingrid, 43 Ingrid, 44 Ingrid, 45 Ingrid, 46 Ingrid, 47 Ingrid, 48 Ingrid, 49 Ingrid, 50 Ingrid, 51 Ingrid, 52 Ingrid, 53 Ingrid, 54 Ingrid, 55 Ingrid, 56 Ingrid, 57 Ingrid, 58 Ingrid, 59 Ingrid, 60 Ingrid, 61 Ingrid, 62 Ingrid, 63 Ingrid, 64 Ingrid, 65 Ingrid, 66 Ingrid, 67 Ingrid, 68 Ingrid, 69 Ingrid, 70 Ingrid, 71 Ingrid, 72 Ingrid, 73 Ingrid, 74 Ingrid, 75 Ingrid, 76 Ingrid, 77 Ingrid, 78 Ingrid, 79 Ingrid, 80 Ingrid, 81 Ingrid, 82 Ingrid, 83 Ingrid, 84 Ingrid, 85 Ingrid, 86 Ingrid, 87 Ingrid, 88 Ingrid, 89 Ingrid, 90 Ingrid, 91 Ingrid, 92 Ingrid, 93 Ingrid, 94 Ingrid, 95 Ingrid, 96 Ingrid, 97 Ingrid, 98 Ingrid, 99 Ingrid, 100 Ingrid, 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WINNER FROM November 14,

CROSSWORD wrote me a letter. Wow – thanks, Top Tip

Healthy YOU

With AMY PACKER

‘Grief is like being hit by a truck’

Westlife’s **Shane Filan** tells of his heartbreak at losing both parents to cancer in 10 months, and how celebrating their lives through music has helped him to cope

COPING WITH GRIEF

- Join Cruse’s FREE video chats open to grief at wherecruse.com/cvsm
- Give yourself permission to grieve and be kind to yourself. Develop habits that help support you like exercise, meditation, sing-alongs, or spending time in nature
- When we’re grieving, we are likely to feel lonely. Remember to make time to connect with others. Never underestimate the power of a hug
- Talk to someone you trust. Ask them to be a source of support
- Ask help with things that can’t be done when you need
- Create time and space to focus on the person who has died, talk about them and share stories. It’s helpful to say their name. It’s by remembering, not forgetting, that we heal

Shane with his late parents Mona and Finbar

Shane with his wife Lucy and children Nicole, Patrick and Maisie

Shane with his brothers Mark, Keith, Kian, Ryan, Fin and Nicky Byrne

In July 2019 they played Croke Park in Dublin, the spiritual home of Gaelic football.

“Mum got diagnosed with cancer and her mate, we despite being sick sick at the time,” says Shane.

It was at that show that Shane’s brother Mark realised something was wrong with their father.

“In the after party he said, ‘Dad looks a funny colour, doesn’t he?’ He was a bit pasty-looking. And his stomach was a bit big. But I hadn’t heard cut he had pancreatic cancer.”

Shane couldn’t believe the news. “We had just come back from John [the Apple concert] and I remember getting a phone call from my mum to tell all the money in the world can’t couldn’t fight it.

“It hit me like a steam train. I thought I could lose two parents. It really did flatten me for more than two months after that.”

Mona was diagnosed with stage four pancreatic cancer in 2013, the family was floored. “And had a rough for a little while. But at first blood tests came back not looking came up. A couple of months later, tests showed the cancer,” says Shane. “You hear

“It was a really difficult time,” says Shane. “Mum was getting chemotherapy in the Mid-West country and had one of her lungs removed.

“So, weeks later she was back out walking her dog, a German shepherd called Rosie, and playing with the women,” says Shane.

After her diagnosis, Peter underwent treatment aimed to keep the cancer at bay. Shane spent as much time as he could with his parents as they battled the disease.

In December 2019, Mum passed away peacefully at North West Hospice Hospice, surrounded by her family. She was 71.

And in October 2020, in the middle of the pandemic, Peter succumbed to his cancer aged 77 at St Vincent’s University Hospital, Dublin. He was 78.

“Just before he died, we had a great chat and I said, ‘Thank you, you’re been the best father a man could ever have’. I’m so glad I got those words out of my head.

“We hugged on and gave me a kiss on the lips like I was still his little baby boy. It was incredible to have that moment with him.

“I still haven’t fully processed the fact that both my parents – two of the most selfless people to walk the earth – are gone. It’s very bittersweet, very raw in a great woman – and it’s certainly true for me,” says Shane.

Fast forward to now, and Westlife’s new album, called Wild Dreams, features songs penned by Shane and Mark.

“I’m most proud of always With Me, which is about my parents,” says Shane.

It’s been cathartic talking about them. I’ll always have hot old pointy, but I can process the positive parts of my life with them.

“Out of grief can come happiness if you allow it to. I’m very comfortable with them. I’m going to celebrate them, and continue their legacy.”

Wild Dreams, Shane Filan’s new album, starts on Thursday. For details visit thegaietyofficial.org. Westlife’s album, Wild Dreams, is out now. For 2022 tour dates and tickets, visit westlife.com

> **In the middle of the song I weep, and then I am off crying**

WHAT CAN I DO ABOUT... dust mite allergy?

Allergists have dust mites but they’re invisible to the naked eye – sometimes unless you’re looking for them.

“The body reacts by producing excess histamines – causing symptoms such as sneezing, nose and soreness and redness of the skin and eyes – very similar to the more well-known hay fever symptoms,” says air-born allergen expert Alex Woolsey from Allergy Test.

“Dust mites thrive in warm humid environments, like our beds, so it’s a good idea to wash your bedding regularly and use allergy-friendly mattress covers and bedding.

“Vacuum the house regularly, especially beds and fabrics, to remove dust allergens, and also open windows and doors to let in fresh air.

“Consider using an air purifier with a HEPA filter to capture the dust mites and keep the humidity in your house between 40 per cent and 20 per cent.

GOOD NEWS

Major Covid-19 breakthrough

Scientists have found a gene which makes the risk of respiratory failure from Covid-19 ten times higher in some affects how the cells lining the airways and lungs respond to the virus.

Thankfully, the gene doesn’t affect the immune system, meaning vaccines will be just as effective for those with the gene as it is in the rest of the population. Oxford University researchers who discovered the gene hope new drugs and therapies can be developed to treat the airways and lungs.

Around 60 per cent of people of South Asian heritage have the gene, compared to 15 per cent of those with European ancestry and just two per cent of those of Afro-Caribbean descent.

SELF HELP

Managing stress

With animals share their bodies after a stressful experience to discharge tension – a psychophysiological process known as somatic experiencing.

Massaging any tense areas is thought to release trapped hormonal serotonin.

“Writing about thoughts and feelings can have a similar effect,” says Chloe, who works with Rescue Remedy.

Journaling is a good way for us to put our thoughts in our phone, or in a notebook.

RETAIL THERAPIES

- Putting aside added benefits, tea can be a bit of wellness powerhouse, and the brews inside by London Nootropics are among the best we’ve tried.

Their Grand Coffee (£19 for 12 sachets, londonnootropics.com) is a delicious way to get some mushrooms and nootrics for short & long-term memory, brain fog, and reducing procrastination.

- Could tea brought increased isolation for many older people during the first year of the pandemic. Furbaby’s Mate by Joy For All (from £109, thesage.com) Researchers have found the animatronic, interactive cats – which purr, meow, respond to hugging – can reduce anxiety and agitation, and provide comfort to older adults and those living with dementia and Alzheimer’s. They also result in a much as that cats though.

- Looking for something to perk up your evenings when you’re on the road? Whether you’re in the mood for a Manhattan or a pre-supermarket-dancing cook dinner, for a grown up palate. The boxes (£38, primeclub.co.uk) contain a cocktail kit and a recipe card to spoil each month, along with mixers, garnishes, snacks and a cocktail of the month.

- The winter months can be a challenge for those with eczema, when the condition forms due to the change in temperatures. Cure Care makes must-tools for parents trying to help their little ones stay calm and gently. Their baby the Starfish (£30, cure-care.com) ‘safe scratcher’ provides relief, with or without touch.