

FREE INSIDE



As Britain sizzles, your guide to the best beaches and days out

Best beaches
& great days out



REVEALED:
How you are helping Harry and Meghan sleep soundly

SEE PAGES 6&9

NEW KNIFE CRIME SHOCK

BABY DELIVERED AFTER PREGNANT MUM STABBED TO DEATH



HORROR SCENE
Police outside house

BY DAN WARBURTON
and KAREN ROCKETT

A BABY was born at a murder scene yesterday after its mum was stabbed to death.

Paramedics delivered the child after the mother, aged 26 and eight months pregnant, had a cardiac arrest.

She was stabbed in the early hours and was found after a 999 call to Thornton Heath, South London. Police said: "This is a horrific incident."

The baby was in a critical condition last night. A man of 37 has been arrested on suspicion of murder.

FULL STORY: SEE PAGE 5

Child critical in hospital as man held on suspicion of murder

LIVE FOR TODAY

Running with terminal cancer by Kevin Webber

MARATHON MATE
Kevin with Danny



This week has been an unusually quiet one for me, although I can probably do with the rest! So I thought I would introduce you to two inspirational guys I came across this year.

Firstly, I met Danny during the Marathon des Sables ultramarathon in the Sahara. Danny had not trained as much as he would have liked (he was still faster than me, though) and carried with him something very special. Just a couple of months earlier his father committed suicide - and Danny found him.

Danny was clearly, at heart, a fun guy but wanted to do something that helped him make sense of it all. He wanted to share being in the Sahara with his father, in some ways, I think, to say that his dad's spirit need not worry about him because he is strong and will lead his family through their emotions.

So he carried his dad's ashes in an urn on the 250k race - as well as all his own kit. The weight was something he thrived on and, I believe, the event helped him on so many levels afterwards.

Secondly, I met Chris on a charity trek. Chris was struggling having taken on a challenge many would not have started and knew that he would only manage to get halfway. That did not stop him though, as he felt he had to raise awareness for mental health.

Chris had tried to commit suicide and is only here today because his sister found him in time.

Since then he has learned just how loved he was by so many people - but who he had never wanted to trouble before. He told me he would advise anyone who is struggling with life to speak to someone - anyone - as just talking can make things seem a whole lot better. His life is now back on track, I am delighted to say.

So my thought this week is to make sure you share any problems you have. If lucky enough not to have problems, make sure you have an ear for anyone else who may be silently suffering.

Until next week...

Kev

justgiving.com/fundraising/kevin-webber7

Your health

BY MATTHEW BARBOUR

Meet the choir where every member really is singing from the same hymn sheet - after a life affected by ovarian cancer.

Together they make up the Ovacomme Choir, the brainchild of Craig McMurrough, who lost his younger sister Cheryl to the disease three years ago.

Craig says: "I grew up in Dublin and singing is in my blood. I wanted to create a safe space where people could sing to their heart's content and, if they felt like it, discuss their cancer stories without any pressure."

Since starting the fortnightly sessions last October, the choir has attracted over 20 members.

And they can drop in at any time at the London offices of cancer support charity Ovacomme.

Craig goes on: "Having lost my sister, I know it's not just those women who have experienced ovarian cancer who need support, but close friends and family too."

IMPACT

"There are no auditions, you don't have to read music - all that matters is you like singing, want to improve your wellbeing and perhaps support others too."

Victoria Clare, CEO of Ovacomme, says ovarian cancer can be incredibly isolating because it is less common - with just 7,000 new cases reported each year compared with over 50,000 for breast cancer.

She says: "Creating communities through choirs can have an incredible, positive impact on wellbeing for cancer patients and their families."

The charity has plans to roll out similar choirs to other UK cities in the near future. Here, seven choir members tell their story:

Ruth

Retired nurse Ruth Payne, 64, from Wanstead, East London, was diagnosed with ovarian cancer at 41. She has run support lines for Ovacomme for 16 years.

She says: "The Ovacomme choir is a joy. Everyone there knows how you feel, but without having to explain yourself."

"Stepping outside your cancer story for a few hours every other Saturday is such a relief."

"Many members have never sung, so for them it's a revelation. For cancer survivors and sufferers,

singing is more life-affirming than I could begin to describe."

Cathy

Volunteer Cathy Seldford, from Maida Vale, North-West London, is a choir volunteer and supports musical director Naveen Arles.

She says: "I've lost so many friends through cancer, but never ovarian cancer, so saw it as a great way to learn what these women and families had experienced, how I

could help. With two other volunteers, Clare and Viv, I sing to help build confidence and bring them together as a group. Singing next to women with incurable cancer with a smile on their face is so humbling and inspirational."

Jane

Jane Hatfield, 51, from Honor Oak Park in South-East London, was diagnosed with stage three ovarian cancer in January. After

major surgery, she has finished chemo and is waiting for the final scan to see if she is cancer-free.

She says: "I thought singing through my treatment would be a great way to distract myself and to find some joy in life when there was so much uncertainty."

"What I found particularly buoying was meeting other women who'd survived, to give me hope I might get through this."

Our singing together is the only time I can forget my cancer

Choir lifeline for patients and families

How I coped with... migraines

Severe migraines first hit me as a teenager and left me with blinding pain during my O-Levels.

It severely affected my life afterwards. At its worst, I was having three or four a week. For a long time, I managed it by taking sumatriptan with three aspirin. It meant I had a life with my children.

I also tried essential oils, homeopathy, deep breathing, magnesium baths and even a teeth guard to wear at night - but nothing worked.

There also seemed to be no pattern to them. It was only when I did a food diary and started looking

at diet that I realised my gut health might be to blame. I've now changed what I eat, removing inflammatory foods and taking a high-strength probiotic called Probio 7 Advanced.

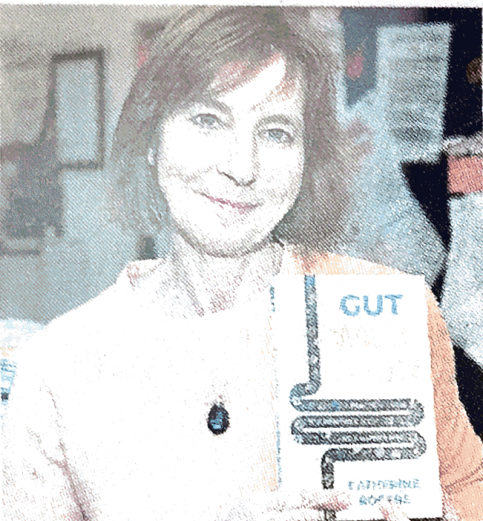
This has made the biggest difference along with, more recently, bio identical hormones to ease extra migraines triggered by the menopause.

I still have them occasionally, usually when stressed, but now I know why.

Catherine Rogers, 57, Henley-on-Thames, Oxon, author of Gut Well Soon and ryghealth.com



GUT INSTINCT Catherine



GUT INSTINCT Catherine

How I coped with.. migraines

Severe migraines first hit me as a teenager and left me with blinding pain during my O-Levels.

It severely affected my life afterwards. At its worst, I was having three or four a week. For a long time, I managed it by taking sumatriptan with three aspirin. It meant I had a life with my children.

I also tried essential oils, homeopathy, deep breathing, magnesium baths and even a teeth guard to wear at night – but nothing worked.

There also seemed to be no pattern to them. It was only when I did a food diary and started looking

at diet that I realised my gut health might be to blame. I've now changed what I eat, removing inflammatory foods and taking a high-strength probiotic called Probio 7 Advanced.

This has made the biggest difference along with, more recently, bio identical hormones to ease extra migraines triggered by the menopause.

I still have them occasionally, usually when stressed, but now I know why.

Catherine Rogers, 57, Henley-on-Thames, Oxon, author of Gut Well Soon and ryghealth.com