



Waitrose weekend

6 JANUARY 2012

Your **FREE**
guide to the
weekend

FOOD & DRINK | ESSENTIAL RECIPES | FITNESS & WELLBEING | TV GUIDE | LATEST EVENTS | SPORT

3 FOR £10

Stock up for the new year on selected meat, poultry and fish

Page 19



TV & RADIO HIGHLIGHTS

Don't miss our new-look guide including Earthflight with David Tennant

Page 16



WEEKEND MENU

Chicken in beer – the perfect Sunday lunch recipe

Page 11



Cook like Heston

Tips and secrets from Britain's top chef are revealed in his new TV series Page 2



Proud Brits to stay home for Olympics

Holiday plans affected by London 2012 and the Jubilee

This is the year to be British and proud as the Jubilee celebrations and long-awaited Olympics draw closer. Some Britons are so excited, summer holiday plans are taking a back seat, according to an exclusive poll for *Waitrose Weekend*.

Almost one in 10 said both events were reasons to stay at home with 16 per cent of those going abroad planning trips so they can watch the London 2012 action at home.

Parties to mark the occasions were on the horizon, with a tenth saying get-togethers with friends and family were already planned.

Last year's Royal Wedding boosted national pride with 80 per cent admitting Prince William and Kate's nuptials in April had increased patriotism.

And with many people tightening their purse strings in the current economic climate, holidaying at home has handy cost benefits. Almost two-thirds said a British trip was 'cheaper'. The remaining third told the survey by One Poll for Waitrose that it was 'less hassle'.

For those heading overseas, the weather was the biggest draw – more than half said it was the main reason for going abroad.

Just one in 20 people polled said they were planning holidays to avoid the Diamond Jubilee and London 2012.

The Queen's Diamond Jubilee marks 60 years of Her Majesty's reign with celebrations planned around an extended bank holiday weekend, 2–5 June.

The London 2012 Olympics run from 27 July to 12 August in the main stadium in east London and other venues across the country. The Paralympic Games take place between 29 August and 9 September.



THE BIGGER PICTURE

Waitrose farmers are reporting sightings of all six species of deer found wild in the UK. The sightings have been made across 60 WildCare farms that supply the 'essential' brand of milk and cream to Waitrose stores.

'Of the six species, only red [pictured] and roe are native to the UK,' says Tim Oliver, who heads up the WildCare initiative on behalf of Waitrose and Dairy Crest. The scheme aims to improve wildlife habitats on farms, and increase the range and number of animal and plant life found there.

'Red deer are regularly sighted on the Waitrose WildCare farms in Scotland,' adds Tim. 'It's an impressive sight to see them in the wild.'

WildCare farmers dedicate at least 10 per cent of their total farmland for wildlife. 'As a consequence, now that the winter months are here, wildlife on Waitrose dairy farms gets to reap the benefits,' says Tim.

'Pearls' of wisdom to smile about

The party season is over, the credit card bills are rolling in, and the days are cold and dark... Use these tips from happiness guru Susie Pearl to help you get through it

January can be the most depressing month of the year. Statistics show it is the month with the highest divorce rates and break-ups, and 16 January has even been dubbed Blue Monday – officially 'the gloomiest day of the year'. Thank goodness that help is at hand...

We spoke to Susie Pearl, author of *Instructions for Happiness and Success* (happinesandsuccess.org), who has created a clever mind-power 'system for living a great life'. She has mentored successful artists, entrepreneurs and business people alike, and reveals that food is also important.

She says: 'Research shows what we eat affects how happy we are. Our emotions are driven by how well our cells are vibrating. Drinking a lot of caffeine and eating sugar can give us an instant high, but that dramatically drops and can leave us feeling depressed.'

'Our bodies feel so much more



Do things that will make you laugh

vibrant, and you feel happier, when you eat foods that are balanced with lots of fresh fruit and fresh veg, and great ingredients.' Turn to our easy recipes on page 9 for some ideas.

Susie also offers these tips:

- Do things that make you feel happy such as dancing, laughing, seeing friends who lift your spirits, going for a walk in the countryside and singing. You have to feel good in order to keep feeling better.

- Avoid the 'doom and gloom brigade'. Don't mirror other people's negative emotions and don't engage in gossip.
- Switch off the news – take time off from all the negative information out there and read a book or go for a walk to clear your head.

- Be kind to others. Doing random acts of kindness increases our own feeling of happiness.

- Happiness is not about money. Be grateful for what you have, such as food on the table, family and friends.

- Keep a pet. Whether it is a terrapin, a budgerigar, a dog or a cat, people who have pets are happier.

- Take control of your own emotions. Nobody can 'make' you feel miserable.

NEWS IN BRIEF

Back to basics baking

In the last issue of 2011, Sue Perkins gave her food predictions for 2012... and food and drink tasting company My Secret Kitchen agrees with her competitive home-baking and back-to-basics fruit and veg predictions. Home cooking 'just like Granny made' will steer cooking towards old family recipes to boast about. They also predict home cooking using great-value wholegrains, and locally 'foraged' ingredients.

Powis comes top

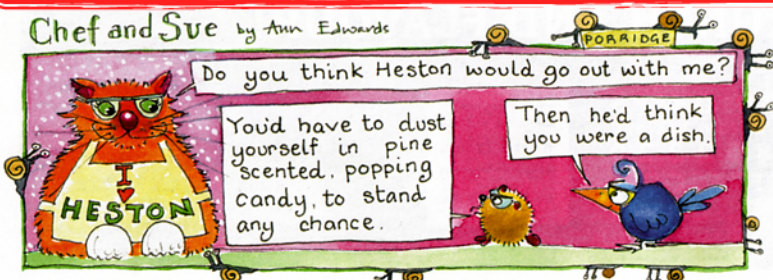
Powis Castle in Wales has been voted the favourite National Trust walk in an online poll run by the charity. The castle's parkland was one of eight places championed by celebrities. Castle assistant visitor services manager Alison Dyer said: 'The win is a real tribute to the joy people receive from exploring our grand terraces and borders.'



Recycle Christmas cards

Don't forget you can recycle your paper cards and non-metallic wrapping paper from the festive period. Just add to your council recycle bin, or take to a paper bank.

Chef and Sue by Ann Edwards



Don't miss!

Start the year by putting one foot forward... Even if you've never run before, you can use our guide on 'how to get running', see page 12.



Correction

The Waitrose Weekend 15 December issue cover story about goose eggs featured a picture of ducks, not geese. We apologise – no fowl play intended.