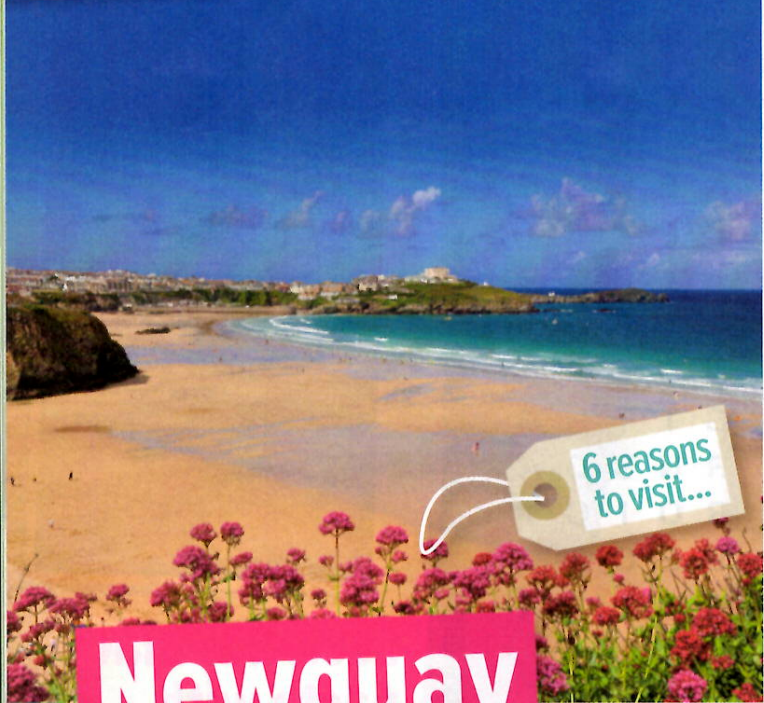


Holiday



6 reasons to visit...

Newquay

Be prepared to fall in love with the adventurous spirit and cool coastal vibe of this Cornish resort!

1 Life's a beach! There are loads of sensational beaches with miles of golden sand and rocky inlets. Walk along the shore, build a sandcastle or explore a rock pool. You won't be bored for long!

2 Bar with a view After a day on the beach, chill out in a bar with views over the Atlantic. Locals' favourites include The Lewinnick Lodge, Fistral Beach Bar and the Carnmarth Hotel.

3 Fab food Check out The Fish House on Fistral Beach. The setting is amazing, the fish is locally caught and with an open kitchen you can watch your meal being cooked as the sun goes down.

4 Give us a wave! Head for the Cribbar, also known as the Widow Maker. This area around Little Fistral and Huer's Hut is the place to watch world-class surfers pit their skills on massive waves.

5 Learn to surf There's no better place to master the board – and the town is packed with surfer dudes eager to teach you how. The pros at Newquay Activity Centre will have you standing up on the board in no time!

6 Family fun The Esplanade is a family beachside hotel with a laid-back beach vibe, free family holiday activities and on-site surf school.

Useful stuff

- Local info: www.visitnewquay.org
- Lewinnick Lodge: www.lewinnicklodge.co.uk; Fistral Beach Bar: www.fistralbeachbar.co.uk; Carnmarth Hotel: www.carnmarth.com
- The Fish House: www.thefishhousefistral.com
- Newquay Activity Centre: www.newquayactivitycentre.co.uk
- The Esplanade Hotel: www.esplanadehotelnewquay.co.uk



Watch surfers from Huer's Hut



My girl won't let alopecia stand in the way of her modelling dreams...

stand in the way of her modelling dreams...

By Rachael Burgess, 33, from Cheshire

My daughter Olivia, then 4, fidgeted as I brushed her long, blonde hair. 'Sit still,' I told her. As I parted her hair into pigtails, I noticed a little bald patch at the back of her head. It was small – the size of a 50p piece. I wasn't sure what had caused it, but I wasn't too worried.

But when I collected Olivia from school later, I found two more patches on top of her head. 'They weren't there this morning,' I said to Olivia's stepdad Matthew, 34.

I took her to our GP, who told me it was alopecia and explained that it's the sudden loss of hair.

An autoimmune condition, it's thought to be triggered by stress or illness, where the immune system attacks hair follicles.

But in Olivia's case there was no obvious cause for it. 'I'm afraid there's no cure,' the doctor said.

We'd have to wait for Olivia's hair to grow back on its own.

Luckily, she was too young to really care, and just got on with things at school.

Whenever other kids asked about her bald spots...

'It's alo-peesha,' she'd

No
DO
CA

tell them, sounding the word out

By the next summer, her hair had grown back. *Relief!*

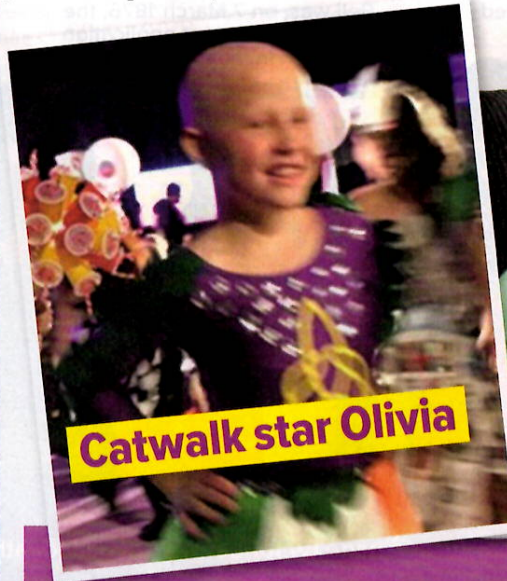
But a few months later, in October, I began finding strands of her hair all over the house.

Our GP referred Olivia to a paediatric dermatologist. They prescribed a steroid cream but it didn't help.

Olivia's long, blonde locks continued to tumble out.

Before long, it had all gone,

Words: Cher Heasmer/Kim Reader; Photos: Mercury Press



Catwalk star Olivia

