

FRIENDS TOP TV STRESS-BUSTER

FRIENDS tops the list of TV shows to turn to when feeling stressed.

Strictly, Bake Off and Killing Eve also featured in the top 20 feel-good programmes that help people relax along with The Simpsons, Breaking Bad and Married at First Sight.

Some 54% will turn to their TV when tensions are high - with work, relationships and money worries being the most common reasons for doing so - and 48% say they instantly feel better.

Research commissioned by streaming service Roku also found comedy (42%) is the most common genre to watch when feeling stressed.



90s HIT: The famous cast

Diabetes hits young

TYPE 2 diabetes in younger people has soared in the last 30 years.

A worldwide rise in the condition, driven by obesity, was particularly affecting women under 30, scientists in China revealed.

Tribute to tragic MP

A CHARITY choir will release a Christmas single as a tribute to murdered MP Sir David Amess.

He worked with the Music Man Project in his constituency of Southend, Essex, for 20 years.



By Catherine Wooding

Santa paws move

IT is estimated that 16.5million pets will be on the move over the festive season, clocking up an average of 105 miles.

To help pet owners feel more confident on their travels, pet food brand Lily's Kitchen has partnered with Great Western Railway to launch the Santa Paws Express.

The specially designed train marks the launch of pet-friendly services including free treats, a map of stations with areas for toilet breaks, plus travel tips and advice from TV vet Rory Cowlam, inset.

It will run throughout the festive season, making it easier for owners to travel with their four-legged friends.

Lee Edworthy of GWR said: "We wel-

come pets on our trains all year round, but we're delighted to be working with Lily's Kitchen to add some festive sparkle to our service."

To further help, the pet food firm is encouraging owners to remember "PETS"...

- Planning and provisions: take them for a long walk and toilet break before travelling.
- Entertainment: pack a chew or their favourite toys to help them relax.
- Training: take them on shorter journeys to get them used to the sights and sounds.
- Socialisation: make sure your four-legged friends are comfortable with other travellers.



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PAW-FECT: U-Hearts' special hamper

HAMPERS OFFER GREATEST GIFT

A CHRISTMAS appeal has been launched to help the abandoned pets of Ukraine.

With the invasion ongoing, thousands of stray and homeless animals require desperate support.

In order to help, Ukrainian charity U-Hearts Foundation is asking Brits to purchase a festive hamper.

Much like a Christmas shoebox, the hampers are made up of essential items including blankets, food and medical supplies.

They will be distributed to animals and shelters across Ukraine.

Yuriy Tokarski, chief executive officer for the charity, said: "Every animal deserves to feel the magic of Christmas."

"This is why we're hoping Operation Paw-pose will go a long

way in providing the animals of Ukraine the necessities they need for basic survival."

Four dogs needing support are Max, Lucy, Misha and Magnatyk.

They were rescued before the Russian invasion - but are at constant risk of shelling and rocket attacks, making it extremely difficult to source food and supplies.

So far, U-Hearts Foundation has donated 20kg of food to them - but this isn't enough. And many other animals are also living dangerously.

Supported by many, including TV dog groomer Verity Hardcastle, Pets Corner, Spotteddog Communications and Pet Industry Federation, the campaign runs until January. To buy a hamper, visit epicentrua.com/pet-boxes



PRODUCT OF THE WEEK

English Flag Personalised Dog Bandana - Yappy.com
YOUR dog will be the cutest England supporter in this fantastic bandana.

Personalised with your pup's name on, it's the perfect way for your patriotic pooch to fly the flag for the England team!
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