



MY LIGHTBULB MOMENT



Emma Forbes co-hosts Saturday evening entertainment show *Going Out With Alan Carr* on BBC Radio 2. She describes how

her one-time dream of becoming a ballerina changed in an instant...

'When I was a girl, I ate, drank, slept and lived ballet. At 16, I decided to train professionally. I got into the Urdang Academy in London and was in heaven for two years, although I constantly smelled of Deep Heat because of injuries and pains.

As time went on, it became tougher. I was in a class one day, when I was 18, watching the star pupil of our year dance. She was absolute perfection, and at that moment I had a sudden realisation: "I'm not as good as she is and I'm never going to be." That lunchtime I went out and felt incredibly sad. I was in a panic about what I was going to do with my life. Ballet had been all consuming and I didn't have a back-up plan.

Later, as I walked down the road, I saw a funky glass building, which was a fashion PR company run by Lynne Franks, who was a legend at the time. The next week I walked into that office, explained I was changing career and was willing to learn anything if I could have a job. Luckily, Lynne took me on as a general dogsbody.

It was the decision to stop dancing at 18 that triggered my change of direction. At that age, you're full of confidence and anything seems possible, so I'm glad I did it then.'



FILM OF THE MONTH

The Time Traveler's Wife Certificate TBC (in cinemas from 14 August)
Audrey Niffenegger's bestselling novel was a Book Club favourite and the film is predicted to follow in the *Mamma Mia* tradition as one for a girls' night out. The story revolves around Henry (Eric Bana), who travels through time. He meets his wife Clare (Rachel McAdams) when she is six and he is 36. They marry when she is 23 and he is 31. Impossible, of course, but suspend disbelief and enjoy the ride.



Best kitchen spacesaver

Our cookery team love this! The clever set includes a mixing bowl, colander, sieve, small bowl that becomes a jug and - nesting in the middle - a juicer. Gorgeous colours, too. Nest 5 costs £35 and is available online at www.josephjoseph.com (or call 020 7261 1800).



Best ECO-SHOPPER

The trouble with use-again shopping bags is that they get left at home. Sally Walton hand-makes unique bags so pretty you'll want to have them with you all the time. Let's say it together: No more plastic bags! From £15 (01424 436764; www.carry-a-bag.com).

Best for holiday meals

Did you know you can now find restaurants and book ahead before you go to Europe - at the click of a mouse? Visit www.toptable.com, select the place you're heading for, then let your virtual tastebuds guide you...

Best FEELGOOD JEWELLERY

Earrings made from recycled material, necklaces sold to help women in India... We love the Avasarah website, where all the jewellery is ethically sourced, with a percentage of the sales going to charity. Silver and crystal earrings, £72, by Michelle Tuck (0845 130 8707; www.avasarah.com).

