Pick Me Up!

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Your pick me ups

Author:

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Your pick m

Reason to smile

Have you ever lost touch with an old pal and wished there was a way of rekindling the friendship again?

Anna Jeffrey and Mary Braddock became friends after meeting at a ladies' club 30 years ago and grew close after spending time fundraising together – but they drifted apart.

But when Anna, 92, moved into Porthaven Care Homes' Prestbury House in November 2023, she was stunned to see her old chum Mary, 95.

The sweet reunion has given the ladies a new love for life as they've spent time together catching up and reconnecting – they now spend their days enjoying flower arranging, afternoon tea and dinners together.

It just goes to show – true friendship stands the test of time.

● Visit: porthaven.co.uk

As the Spice Girls sang – friendship never ends!

Fun days out

Get into the great outdoors with a day out that's fun for the whole family. Blenheim Palace's new Palace and Play Pass is the most cost-effective way to enjoy the Oxfordshire attraction – giving visitors unlimited access to the Palace, Park and Gardens and immersive Adventure Play area.

The hidden world of adventure in the historic Walled Garden – with secret chambers, clamber nets, tunnels, slides and rope bridges – is fun for children of all abilities.

Once the kids are worn out, head into the grand palace that has been home to the Dukes of Marlborough since 1705. Set in 2,000 acres of parkland, it's the birthplace of wartime Prime Minister Winston Churchill!

Check out some of Blenheim Palace's upcoming events, too – the Food Festival on from 25 to 27 May and the Flower Show from 21 to 23 June, both free of charge with the new pass.

● Palace and Play Pass, £150 for a family of four (two adults and two children). Individual passes available. Existing pass holders can upgrade.
● Visit: blenheimpalace.com

GET IN TOUCH

Send us your stories and photos, including all names and ages, a daytime phone number and full address.

E-mail hello@pickmeupmag.co.uk

WRITE TO *Pick Me Up!* Media Centre, Emma-Chris Way, Abbey Wood Park, Filton, Bristol, BS34 7JU

PHONE 0117 440 0607

FACEBOOK facebook.com/pickmeupmag

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Book of the week

Nell has always known her expiry date – a psychic predicted her death date 20 years ago, and she lived her life accepting she'd never see 40.

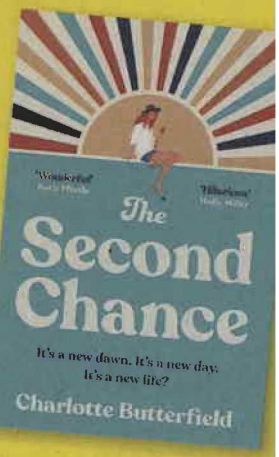
Choosing to embrace adventure and travel the world, she picked fun over commitment and laying down roots – making the most of every single day.

So when the fateful day comes, she's ready.

Posting excruciatingly honest confessions to her sister, parents and past loves, she knows she won't have to face the consequences as she checks into a fancy hotel and waits for the inevitable to happen.

But when she wakes up the next day, delighted at her second chance at life, it hits her – what happens now everyone knows exactly how she really feels?

'Moving and snort-laugh funny,' author Becky Hunter.



● *The Second Chance* by Charlotte Butterfield, £9.99, available from Waterstones

We're loving

Can't live without your coffee fix? Then you have to try the new Iced Whipped Latte range from Costa.

Iced coffee season is here, and these chilled bevvys feature a velvety-smooth layer of whipped coffee before being topped with yummy sauce for a delicious twist on the classic.

Featuring Salted Caramel, Choco and White Chocolate flavours, it's available in stores now.

● Visit: costa.co.uk

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