



What connects heart diseases, stroke, diabetes and vascular dementia?

Your circulatory system. And our research.

1 in 4 of us will die from heart and circulatory diseases. That's why our research starts with your heart, but doesn't stop there. Donate today and help beat heartbreak forever.
bhf.org.uk



What connects heart diseases, stroke, diabetes and vascular dementia?

Your circulatory system. And our research.

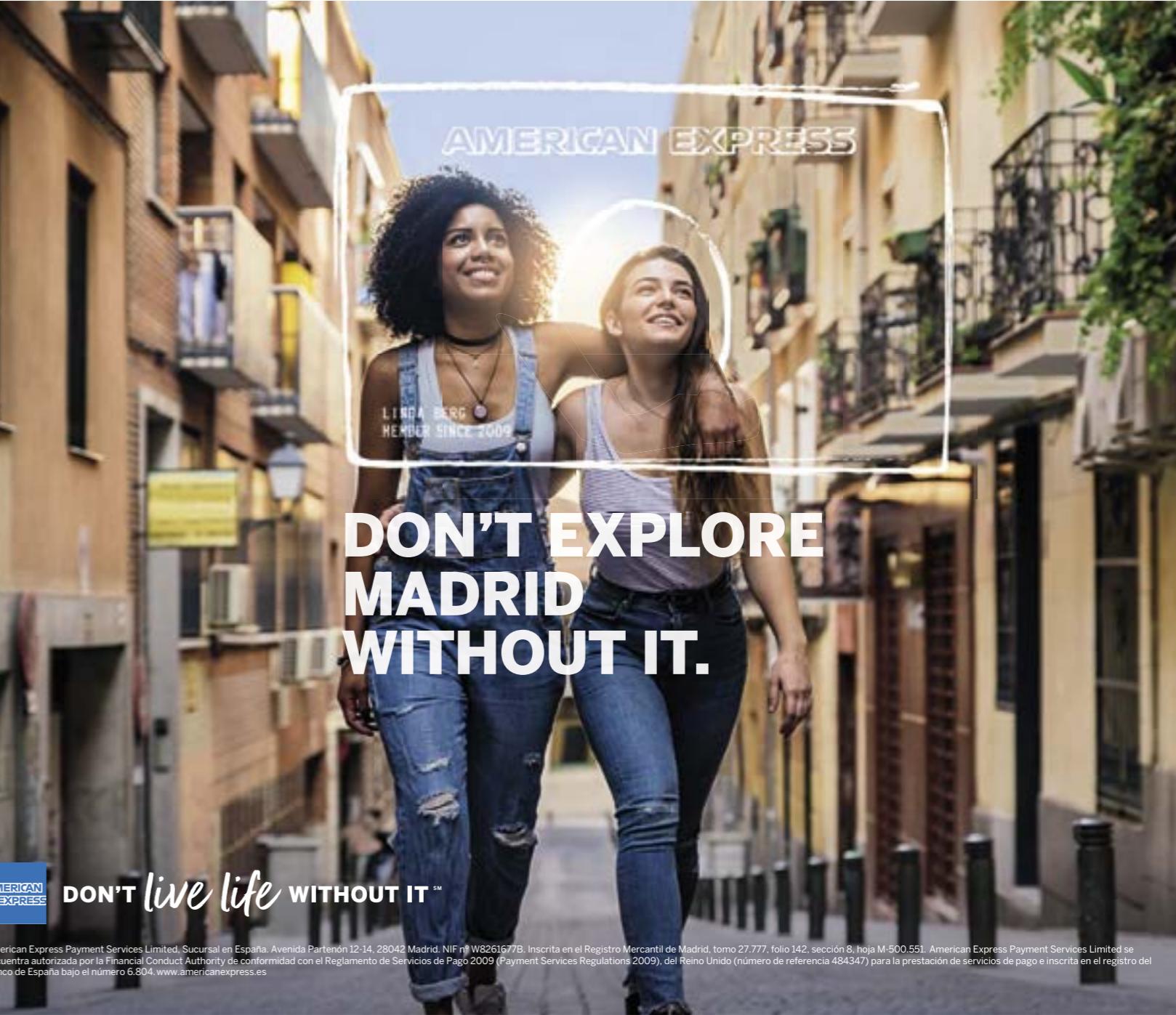
1 in 4 of us will die from heart and circulatory diseases. That's why our research starts with your heart, but doesn't stop there. Donate today and help beat heartbreak forever.
bhf.org.uk



© British Heart Foundation 2018. Registered charity in England and Wales (225971) and in Scotland (SC039426).

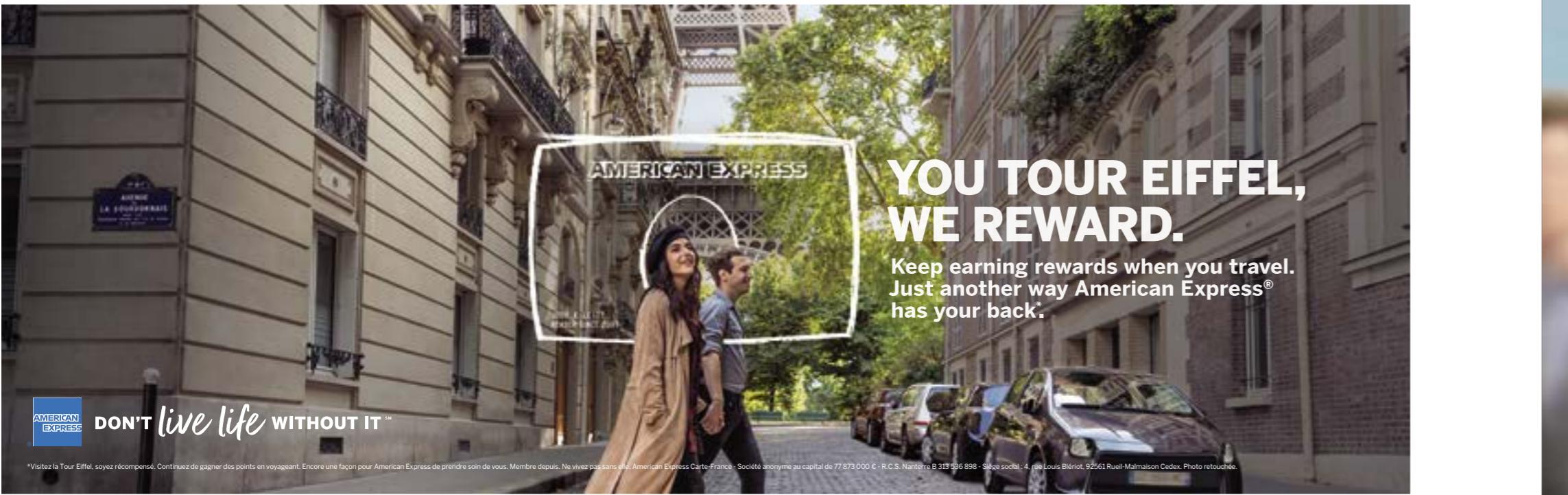
© British Heart Foundation 2018. Registered charity in England and Wales (225971) and in Scotland (SC039426).





DON'T *live life* WITHOUT ITSM

American Express Payment Services Limited, Sucursal en España, Avenida Partenón 12-14, 28042 Madrid, NIF nº W8261677B. Inscrita en el Registro Mercantil de Madrid, tomo 27.777, folio 142, sección B, hoja M-50. American Express Payment Services Limited se encuentra autorizada por la Financial Conduct Authority de conformidad con el Reglamento de Servicios de Pago 2009 (Payment Services Regulations 2009), del Reino Unido (número de referencia 484347) para la prestación de servicios de pago e inscrita en el registro del Banco de España bajo el número 6.804. www.americanexpress.es



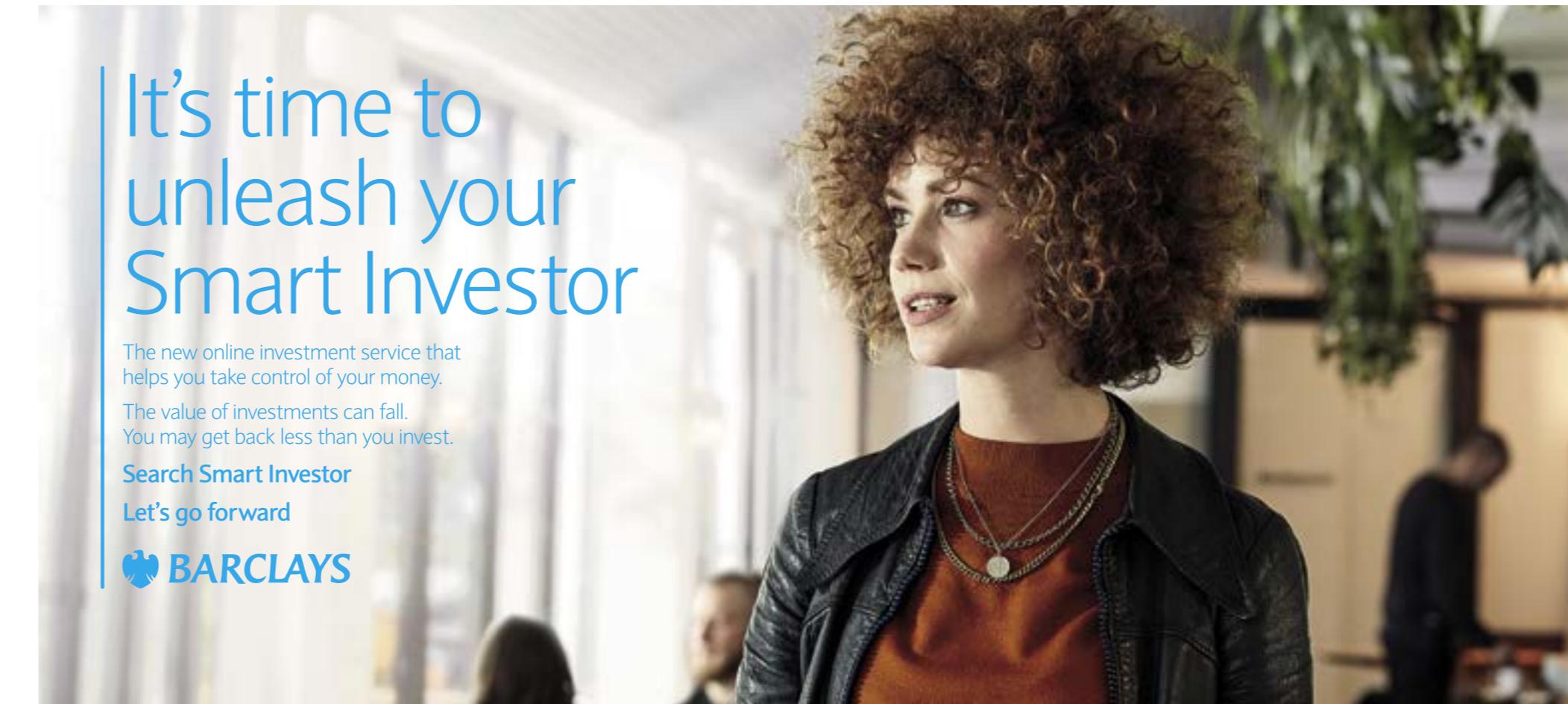
DON'T *live life* WITHOUT IT™

*Visitez la Tour Eiffel, soyez récompensé. Continuez de gagner des points en voyageant. Encore une façon pour American Express de prendre soin de vous. Membre depuis. Ne vivez pas sans elle. American Express Carte-France - Société anonyme au capital de 77 873 000 € - R.C.S. Nanterre B 313 536 898 - Siège social : 4, rue Louis Blériot, 92561 Rueil-Malmaison Cedex. Photo retouchée.



DON'T *live life* WITHOUT IT™

*Terms apply. American Express Services Europe Limited has its registered office at Belgrave House, 76 Buckingham Palace Road, London, SW1W 9AX, United Kingdom. It is registered in England and Wales with Company Number 1833139 and is authorised and regulated by the Financial Conduct Authority.



It's time to unleash your Smart Investor

The new online investment service that
helps you take control of your money.

The value of investments can fall.
You may get back less than you invest.

[Search Smart Investor](#)

[Let's go forward](#)

 **BARCLAYS**

Smart Investor is a trading name of Barclays Bank PLC (registered No. 1026167 Registered VAT No.243 8522 62) which is a member of the London Stock Exchange and the NEX Exchange. Barclays Bank PLC is registered in England and authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority. The registered address is 1 Churchill Place, London E14 5HP.



Smart Investor. Investments de-baffled and jar-gone.

Introducing Smart Investor,
the simpler online direct investing service.

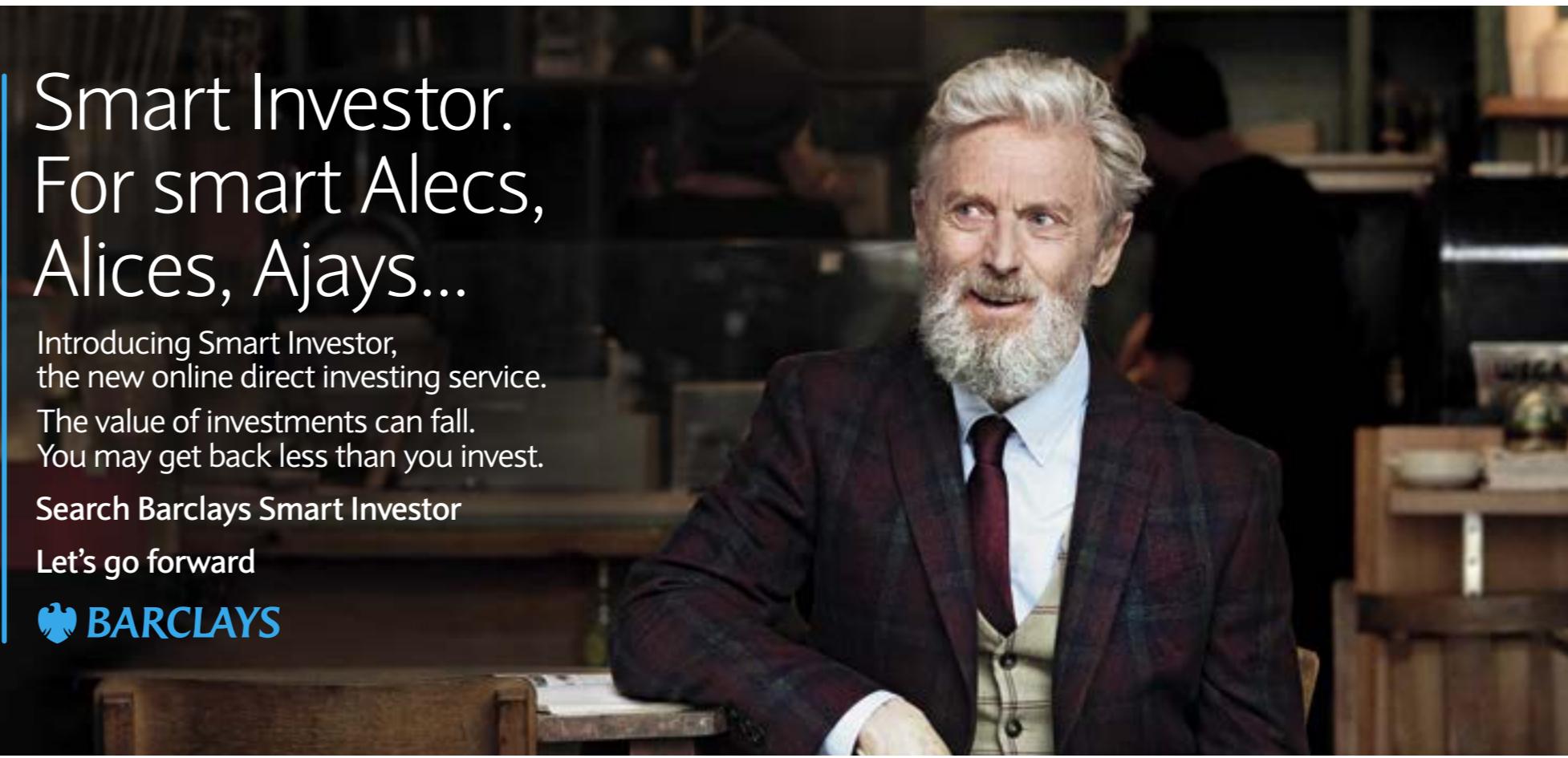
The value of investments can fall.
You may get back less than you invest.

Search Barclays Smart Investor

Let's go forward



Smart Investor is a trading name of Barclays Bank PLC (registered No. 1026167 Registered VAT No.243 8522 62) which is a member of the London Stock Exchange and the NEX Exchange. Barclays Bank PLC is registered in England and authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority. The registered address is 1 Churchill Place, London E14 5HP.



Smart Investor. For smart Alecs, Alices, Ajays...

Introducing Smart Investor,
the new online direct investing service.

The value of investments can fall.
You may get back less than you invest.

Search Barclays Smart Investor

Let's go forward



Smart Investor is a trading name of Barclays Bank PLC (registered No. 1026167 Registered VAT No.243 8522 62) which is a member of the London Stock Exchange and the NEX Exchange. Barclays Bank PLC is registered in England and authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority. The registered address is 1 Churchill Place, London E14 5HP.





Exploring the woods at Gibside, special to Arun Summerfield, aged 11
Climb a tree, no.1 of 50 things to do before you're 11 ¾ | nationaltrust.org.uk/50thingstodo



National Trust



A day on the beach at Birling Gap, special to Pehrr Ramrakhyani, aged 9
Jump over waves, no.20 of 50 things to do before you're 11 ¾ | nationaltrust.org.uk/50thingstodo



National Trust



THIS IS THE NEW
EXTRA
EXTRAORDINARY
INDEPENDENCE OF THE SEAS®

SOUTHAMPTON SAILINGS FROM 15TH MAY



RoyalCaribbean.co.uk



THIS IS THE NEW EXTRA EXTRAORDINARY INDEPENDENCE OF THE SEAS®

SOUTHAMPTON SAILINGS FROM 15TH MAY

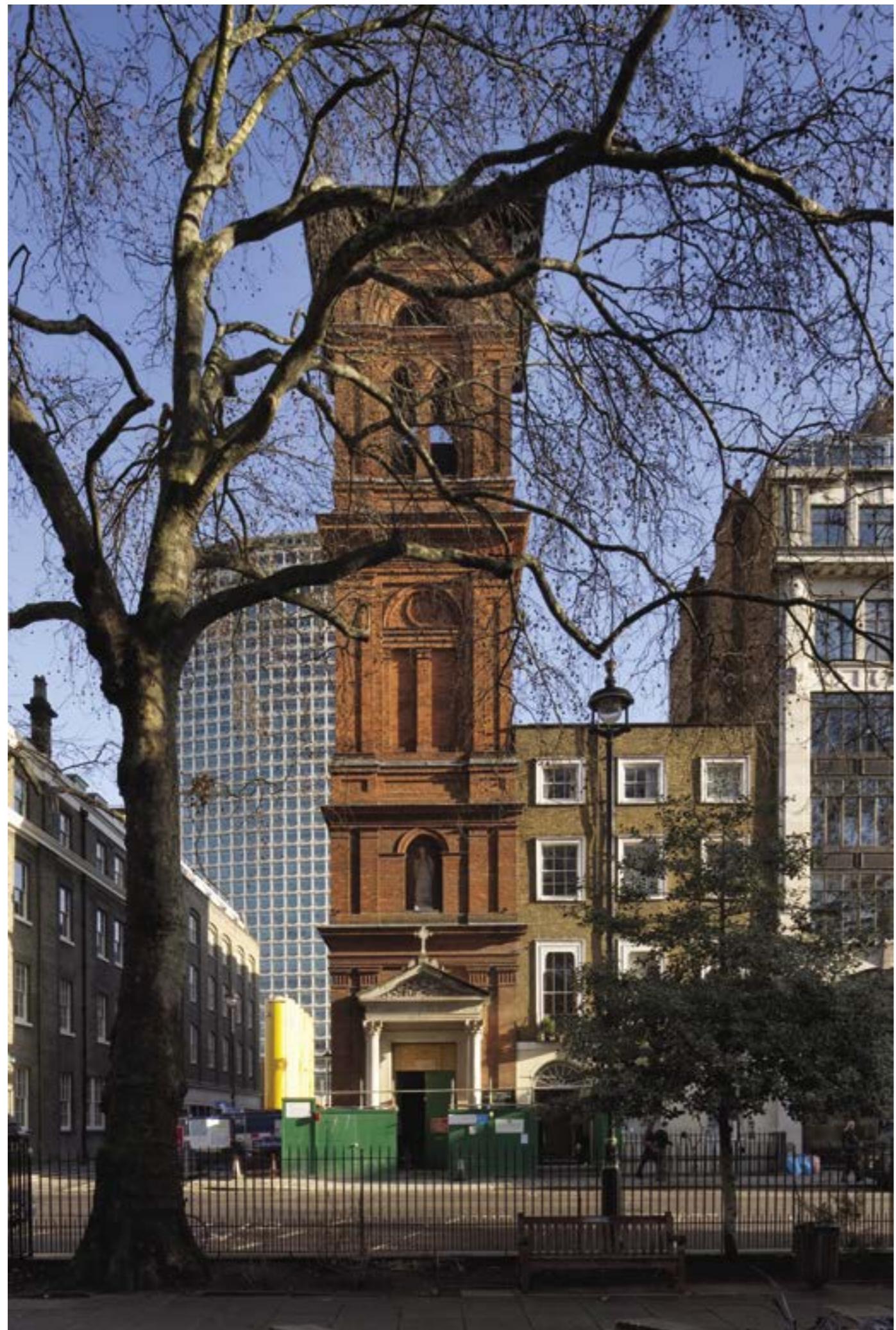


RoyalCaribbean
INTERNATIONAL

WHERE EXTRAORDINARY HAPPENS



RoyalCaribbean.co.uk



NIKE.COM



The front page news on TV every night? Ours.

Learn more: newsworks.org.uk/butterfly



For the last word in news coverage, television's presenters take a look at our headlines.

Irrefutable evidence that even in this multi-media world, it is still tomorrow's newspapers that set the national agenda.

It's a fact that's not lost on 18 to 24 year olds.

Most of them are turning to our titles, not the TV, for their news.

They trust the articles that we carry and it's a trust that rubs off on the articles that we advertise.

As readers, they couldn't be better informed. As an advertiser you couldn't be better placed to inform them.

It's a fact that's not lost on 18 to 24 year olds.

Nothing works like news works.



Research reveals that people are more absorbed and attentive when they read newspaper content.

Learn more: newsworks.org.uk/butterfly



The Labour leadership saga? The chaos outside Calais? The latest gossip from Tinseltown?

No matter how our news brands capture a reader's attention, they are remarkably successful at keeping it.

An NRS survey had them spending 45 minutes with us on their smartphones and tablets.

They are more relaxed than TV viewers and radio listeners and less likely to be multi-screening.

In fact, the 36 million who pick up a paper spend over an hour reading and don't multi-screen at all.

Research also confirms that this deeper involvement coincides with deeper pockets.

Newspapers reach 98% of those earning over £20k and they spend after more than the average amount of time online and in their shops.

When they can tear themselves away from their editorial hours,

Nothing works like news works.





*Variable, includes a 12-month bonus rate of 0.15%.



*Variable, includes a 12-month bonus rate of 0.15%.

Putting the interest back into savings.

Start saving with just £1.
No fees or charges.
Move your money whenever you like.

Open an online savings account at marcus.co.uk

A new savings account has arrived.

Start saving with just £1.
No fees or charges.
Move your money whenever you like.

Open an online savings account at marcus.co.uk

Marcus:
BY GOLDMAN SACHS®

Interest rate is 1.50% AER/1.49% gross, variable, and includes a bonus rate of 0.15% which ends after 12 months. Rate correct as of 17/08/2018. Interest is paid monthly. Annual Equivalent Rate (AER) illustrates what the interest rate would be if interest was paid and compounded once each year. Gross rate is the interest you earn on your account before income tax is deducted. Marcus by Goldman Sachs® is a registered trademark and trading name of Goldman Sachs International Bank.

Marcus:
BY GOLDMAN SACHS®

Interest rate is 1.50% AER/1.49% gross, variable, and includes a bonus rate of 0.15% which ends after 12 months. Rate correct as of 17/08/2018. Interest is paid monthly. Annual Equivalent Rate (AER) illustrates what the interest rate would be if interest was paid and compounded once each year. Gross rate is the interest you earn on your account before income tax is deducted. Marcus by Goldman Sachs® is a registered trademark and trading name of Goldman Sachs International Bank.

MEET OUR FRESH LINE-UP

ALAN
TITCHMARSH

BILL
TURNBULL

ALEXANDER
ARMSTRONG

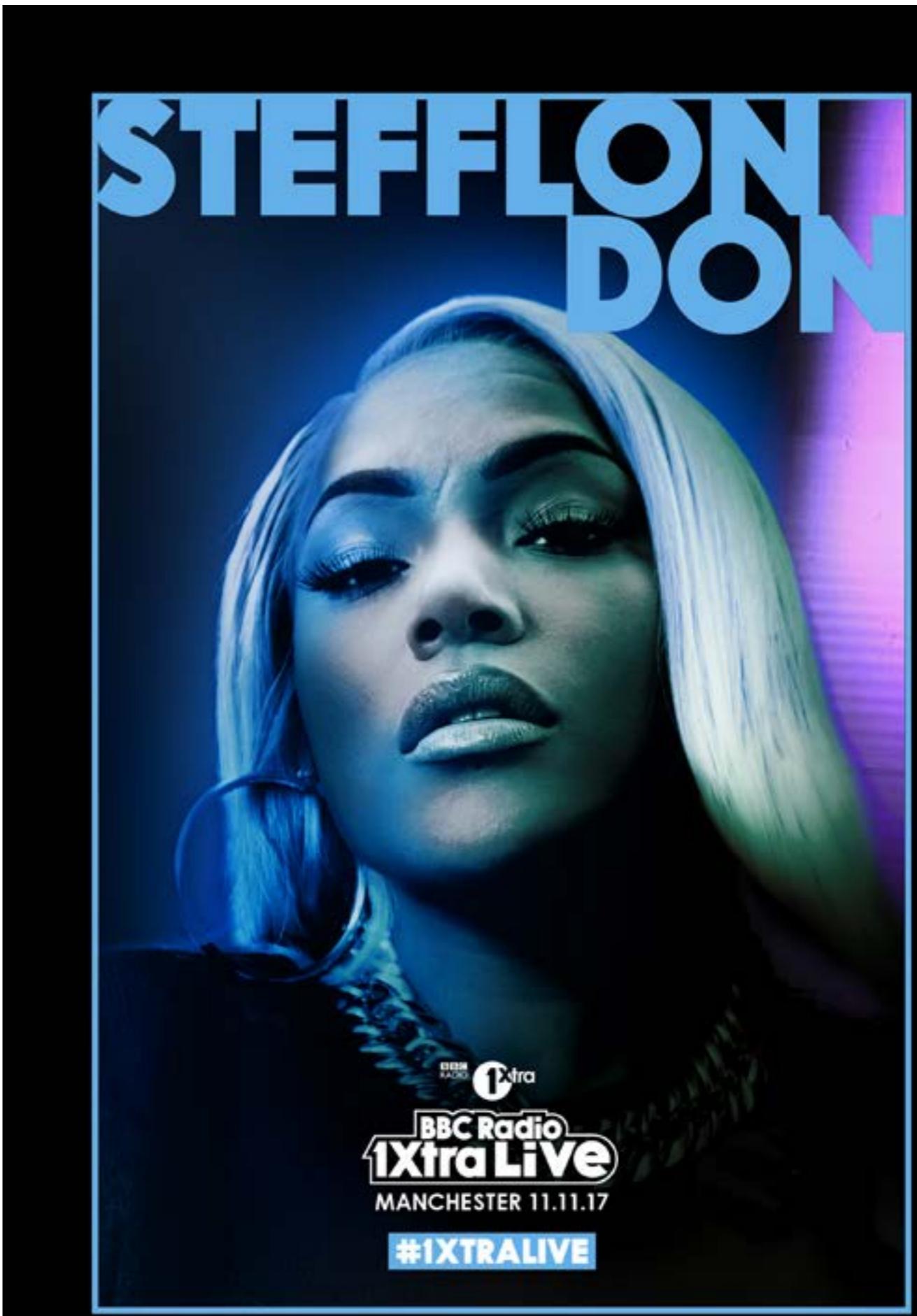
MYLEENE
KLASS

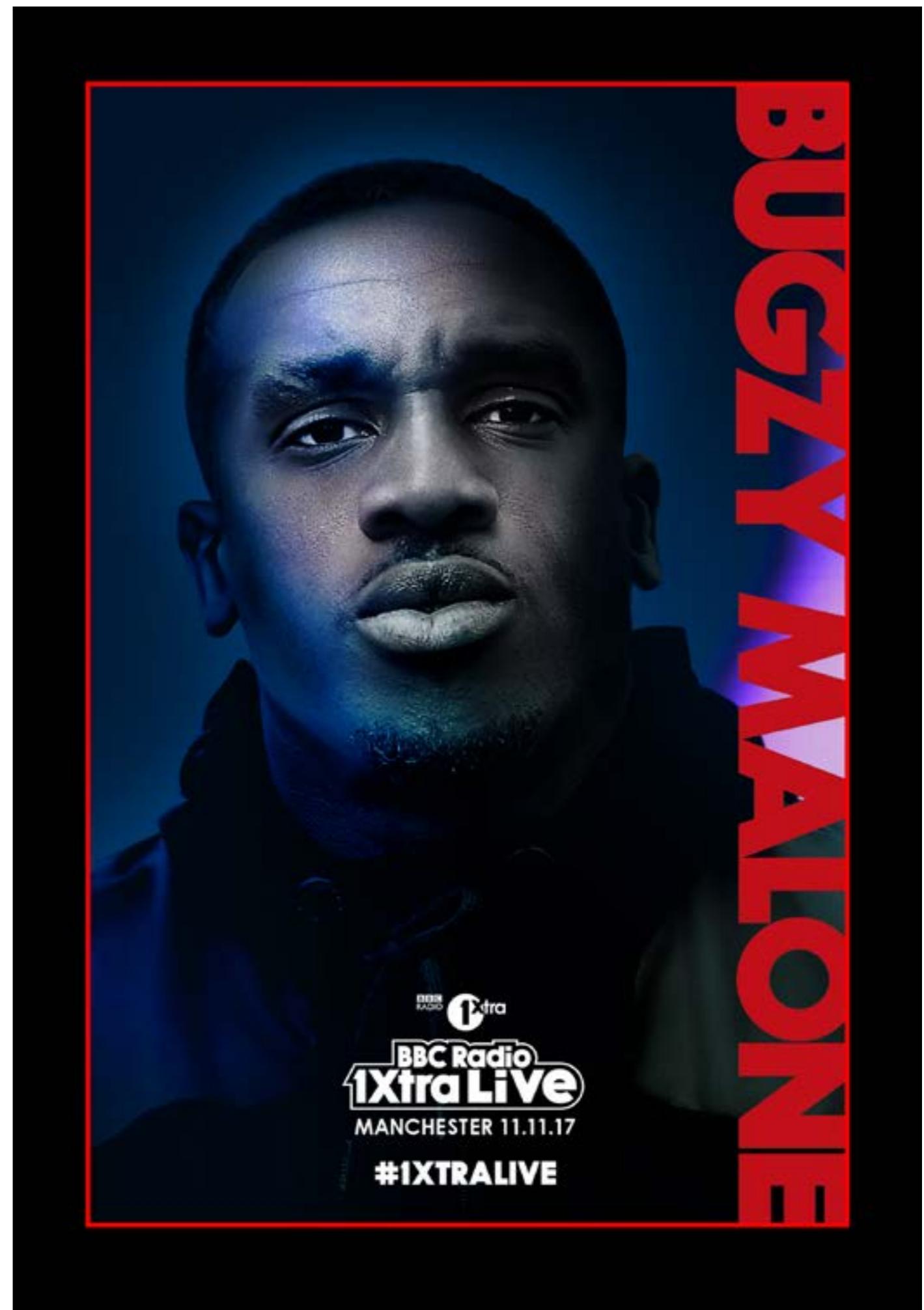
ALED
JONES



CLASSIC *f*M

100-102 FM | DAB DIGITAL RADIO | MOBILE















J.
J SHOES
be in character



J.
J SHOES
be in character













BORUSSIA DORTMUND — HANNOVER 96

DIESEN SONNTAG, UM 13:30 UHR
LIVE IM EUROSPORT PLAYER

Jetzt abonnieren
6,99€* pro Monat
eurosportplayer.de

EUROSPORT
PLAYER



* inkl. MwSt., monatlich kündbar,
es gelten die AGB.



EINTRACHT FRANKFURT — BORUSSIA MÖNCHENGLADBACH

FREITAG, 26. JAN. 20:30 UHR

Die Freitags-Spiele live
4,99€* pro Monat
eurosportplayer.de

* inkl. MwSt.

EUROSPORT
PLAYER









UNMISTAKABLY SWISS



BE MORE IMAGINATIVE
TOBLERONE

FLY HOME WITH A
TRIANGULAR TREAT



BE MORE IMAGINATIVE
TOBLERONE

WAITING...



... TO DIG A HOLE
IN THE SAND
and fill a hole in
your heart



REHOME A DOG FROM
DOGS TRUST, BRIDGEND

Reg Charity Nos 227523 & SC037843

Waiting...



... to steal your **HEART**
and maybe your socks



REHOME A DOG FROM
DOGS TRUST, NEWBURY

Reg Charity Nos 227523 & SC037843