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Nigel & Sherri

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Caring for someone with dementia

Part one

CARING for someone with dementia can be challenging and stressful. But with the right support, it can be rewarding and often satisfying.

You may not think of yourself as a carer, particularly if the person with dementia is a partner, parent or close friend.

But both you and the person with dementia will need support to cope with the symptoms and changes in behaviour.

Support for you as a carer

It's a good idea to:

- make sure you're registered as a carer with your GP
- apply for a carer's assessment
- check if you're eligible for benefits for carers
- find out about training courses that could help you
- find support groups near you on the Alzheimer's Society website

Get a carer's assessment

If you care for someone, you can have an assessment to see what might help make your life easier. This is called a carer's assessment.

A carer's assessment might recommend things like:

- someone to take over caring so you can take a break
- training in how to lift safely
- help with housework and shopping

- putting you in touch with local support groups so you have people to talk to near you on

A carer's assessment is free and anyone over 18 can ask for one.

If you have a family member, partner or friend who needs ongoing care or support with day-to-day life you can read about working and supporting someone's health or care on [GOV.UK](https://www.gov.uk).

Helping someone with everyday tasks

In the early stages of dementia, many people are able to enjoy life in the same way as before their diagnosis.

But as symptoms get worse, the person may feel anxious, stressed and scared about not being able to remember things, follow conversations or concentrate.

It's important to support the person to maintain skills, abilities and an active social life.

This can also help how they feel about themselves.

How you can help

Let the person help with everyday tasks, such as:

- shopping
- laying the table
- gardening
- taking the dog for a walk

A carer's assessment is free and anyone over 18 can ask for one.

Memory aids used around the home can help the person remember where things are.

For example, you could put labels and signs on cupboards, drawers and doors.

As dementia affects the way a person communicates, you'll probably find you have to change the way you talk to and listen to the person you care for.

Next month: More advice on helping a person with dementia.





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DRONE TECH

With continuous technological advancements, the drone industry is moving towards more advanced, safer, and efficient directions. If your purpose of purchasing a drone is only for aerial photography, then we suggest you buy a high-quality aerial drone. Low-end drones will not allow you to experience the joy of photography. Here are three of the best...



AUTEL EVO NANO+ £636

The Autel Evo Nano+ is incredibly small and can easily fit into a pocket or backpack, making it perfect for outdoor travel and exploration. With a large sensor and bright lens, our tests have shown that its camera performance is superior to that of the Mini 2, supporting the creation of 4K30p videos. Overall, the Autel Evo Nano+ is a great alternative to DJI drones.



DJI AIR 2S £790

The Air 2S camera is equipped with a large Type 1 (also known as 1 inch) sensor, which can capture better 20MP still photos than the Mini series drones. It supports 5.4K30 and 4K60 videos.

Powerful safety features include GPS positioning, obstacle sensors, ADS-B that warns you of nearby manned aircraft, and a 30-minute battery life.

DJI MINI 4 PRO £899

The Mini 4 Pro is a powerful ultra-lightweight drone in the market and is also a popular product of Mini 4 Pro. When using the standard battery, it weighs only 249g, so you do not need to register with the FAA. It has intelligent obstacle avoidance function, automatic flight mode, and a Quad Bayer camera with 4K60 HDR video, which makes the feature set more complete. It has a stylish appearance, but the price is also high. Its only drawback is that image quality may not be ideal in low-light environments and needs to be used under good lighting conditions.



Mini egg brownies

If there ever was a crowd-pleasing Easter bake, this is it! These delicious fudgy brownies are speckled with mini eggs.



Serves: Makes 16

Prep: Less than 30 min

Cook: 10-30 mins

Ingredients

- 200g/7oz unsalted butter, cubed
- 200g/7oz dark chocolate, roughly chopped
- 3 free-range eggs
- 250g/9oz caster sugar
- 100g/3½oz plain flour
- 50g/1¼oz cocoa powder
- 240g/8½oz mini eggs, about half of them roughly chopped
- A pinch of pinch salt

Method

1 Heat the oven to 180C/160C Fan and line a 20cm/8in square baking tin with parchment paper.

2 Put the butter and chocolate into a heat-proof bowl and melt either in short bursts in the microwave or suspended over a pan of simmering water (do not let the bottom of the bowl touch the water). Leave to cool slightly to room temperature.

3 Put the eggs and caster sugar into a large bowl (or the bowl of a stand mixer) and whisk using an electric whisk until light, pale and fluffy. While whisking, gradually pour in the chocolate mixture until combined.

4 Pour the brownie batter into the tin and spread out to make an even layer. Dot over the remaining mini eggs (you may want to roughly crack some of these for the look).

5 Bake for 25 minutes, or until cracked slightly on top and there is a little wobble in the middle. Leave to cool completely in the tin before slicing and serving.

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THIS MONTH...



...in 1964 The Beatles occupy top five places on American charts

On April 4, 1964, the Beatles managed a feat that no other band had ever come close to: holding the Nos. 1-5 spots on the Billboard Hot 100.

In its second week on the charts, "Can't Buy Me Love" shot up from No. 27 to the top. The other four songs, in order, were "Twist and Shout," "She Loves You," "I Want to Hold Your Hand" and "Please Please Me."

On top of that, they had seven other songs in the Top 100: "I Saw Her Standing There" (No. 31), "From Me to You" (No. 41), "Do You Want to Know A Secret" (No. 46), "All My Loving" (No. 58), "You Can't Do That" (No. 65), "Roll Over

Beethoven" (No. 68) and "Thank You Girl" (No. 79).

There were a couple of reasons why the market was flooded like this. The Beatles hit America a little more than a year after they broke in England. Capitol responded by issuing as much of their back catalog - along with singles from A Hard Day's Night - as possible.

The Fab Four's chart feat lasted more than 50 years, but the advent of streaming helped that streak come to an end. In September 2021, rapper Drake scored nine of the Billboard Hot 100's Top 10 songs. In 2022, Taylor Swift, who became the first artist to hold every slot in the Top 10.

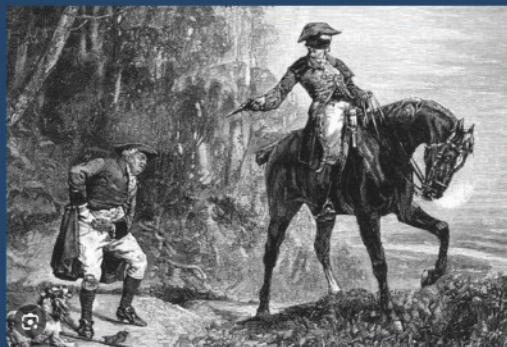
...in 1739 Dick Turpin hanged

The notorious highwayman was hanged at Knavesmire, York on April 7, 1739.

Previously a respectable butcher, Turpin turned to crime when he was offered the chance to fence deer carcasses poached by an Essex gang. they turned to housebreaking, robbing farms and houses on the fringes of London during the winter of 1734. In February 1735 some of the gang were captured and one, John Wheeler, turned informant. Only Turpin and another member remained at large and they briefly took to highway robbery.

Using the name John Parnen, he was arrested in 1738 for disturbing the peace and removed to York Castle. His brother-in-law refused to pay 6d due on a letter Turpin had written to him, as he did not recognise Turpin's pseudonym. It was returned to the postmaster who, by

chance, taught Turpin as a boy and recognised his writing. He informed the authorities and Turpin was tried and hanged.





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Top UK campervan destinations for 2025



SUMMER 2025 is the perfect time to embark on a campervan adventure across the UK.

With its stunning landscapes, historic sites, and charming villages, the UK offers many destinations best enjoyed at your own pace. Here are some of the top spots to park your camper van and soak in the summer vibes.

Lake District

The Lake District is a quintessential campervan destination with its breathtaking lakes, rugged mountains, and picturesque towns. Must-visit spots include Lake Windermere, where you can take a leisurely boat cruise or enjoy water sports. Keswick offers a mix of outdoor adventures and cultural attractions like the Theatre by the Lake. Ambleside is another gem known for its charming stone houses and access to scenic trails. Stay at one of the many scenic campsites, such as Castlerigg Hall, which provides stunning views of Derwentwater and the surrounding fells, or Park Cliffe Camping & Caravan Estate, nestled close to Lake Windermere, offering excellent facilities and beautiful surroundings.

Scotland's North Coast 500

The North Coast 500 (NC500) is a 516-mile scenic route around the northern coast of Scotland. This journey offers stunning coastal views, ancient castles, and remote beaches, making it a perfect road trip for campervan enthusiasts. Highlights include

the Bealach na Bà pass, a thrilling drive through the mountains with hairpin bends, and John o'Groats, often considered the northernmost point of mainland Britain. There are numerous campsites along the way, such as Applecross Campsite, set in a serene location by the sea, and Sango Sands Oasis in Durness, which offers spectacular views of the North Atlantic Ocean.

Cornwall

Cornwall's sandy beaches, charming fishing villages and excellent surf spots is a summer paradise. Head to places like St Ives, known for its beautiful beaches, or Newquay, famous for its surfing culture and vibrant nightlife. Explore the Eden Project, a remarkable complex of biomes housing a variety of plants from diverse climates. Tintagel Castle, associated with the legend of King Arthur, provides dramatic views of the coastline. Land's End, the westernmost point of mainland England, is another iconic destination. Popular campsites include Treen Farm Campsite, located near some of the best beaches and coastal walks, and Polmanter Touring Park, offering high-quality facilities and easy access to St Ives.

Pembrokeshire Coast, Wales

Pembrokeshire Coast offers some of the most beautiful coastal scenery

in Wales. Enjoy the Pembrokeshire Coast Path, a 186-mile national trail that winds its way through stunning landscapes and picturesque villages. Sandy beaches like Barafundle Bay, often voted among the best in the world, provide a perfect spot for relaxation and swimming. The charming seaside towns of Tenby, with its medieval town walls and pastel-coloured houses, and St Davids, the smallest city in the UK with its impressive cathedral. Don't miss Skomer Island, home to puffins and other seabirds. Campsites like Trevayne Farm Caravan and Camping Park, which offers stunning views of the coastline, and Celtic Camping and Bunkhouse, set in a spacious and scenic location, are excellent choices.





Isle of Skye, Scotland

The Isle of Skye is famed for its dramatic landscapes, including the Cuillin Mountains and the Old Man of Storr. Explore the Fairy Pools, a series of crystal-clear pools and waterfalls, ideal for a refreshing swim or stunning photography. The Quiraing, a landslip on the northernmost point of Trotternish, offers some of the most spectacular views and hiking opportunities. Neist Point Lighthouse, perched on a rugged cliff edge, is perfect for watching the sunset and spotting marine life. Ideal campsites include Glenbrittle Campsite, located at the foot of the Cuillin Mountains and offering access to excellent hiking trails, and Torvaig Caravan and Campsite, which provides easy access to the island's capital, Portree.

Snowdonia National Park, Wales

Snowdonia National Park offers stunning mountains, lakes, and forests. Hike up Mount Snowdon, the highest peak in Wales, which can be ascended via several different routes or by the Snowdon Mountain Railway. Explore the village of Betws-y-Coed, a charming base for outdoor activities with its beautiful stone buildings and lush surroundings. Visit the beautiful Aber



Falls, one of Wales' most spectacular waterfalls. Campsites like Gwern Gof Isaf Campsite, located at the base of Tryfan, one of the most iconic mountains in Snowdonia, and Nantcol Waterfalls Campsite, offering scenic views and access to the waterfalls, provide a great base for exploring the park.

Peak District

The Peak District is a haven for outdoor enthusiasts, with its rolling hills, limestone dales and historic houses. Explore the towns

of Bakewell, Castleton (known for its caves and the imposing Peveril Castle) and Buxton, a spa town with lovely Georgian and Victorian architecture. Visit Chatsworth House, a magnificent stately home with extensive gardens, and hike up Mam Tor for panoramic views of the surrounding countryside. Campsites like Upper Booth Campsite, situated in a picturesque valley with access to hiking trails, and Laneside Caravan Park, offer excellent facilities and great bases for your adventures.



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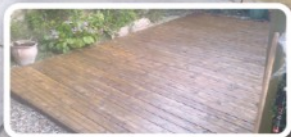
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Ingrowing toenails - you may need a section removed to reduce irritation. They can be permanently removed under local anaesthetic and if they are painful.

Verrucae - If you have annoying verrucae and require treatment, Falknors Needling is an advance treatment to help your body fight the virus to get rid of them.

Foot pain - Foot or Ankle Pain is not normal, let us help get you back to normal.



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Quiz - 80s Album Covers

- | | |
|--|---|
| 1 Paul Young: <i>No Parlez</i> | 7 Roxy Music: <i>Flesh and Blood</i> |
| 2 Phil Collins: <i>No Jacket Required</i> | 8 David Bowie: <i>Let's Dance</i> |
| 3 Kate Bush: <i>Hounds Of Love</i> | 9 Duran Duran: <i>Rio</i> |
| 4 Madonna: <i>Like A Virgin</i> | 10 Frankie Goes To Hollywood: <i>Welcome To The Pleasuredome</i> |
| 5 Tina Turner: <i>Private Dancer</i> | 11 Eurythmics: <i>Touch</i> |
| 6 Adam & The Ants: <i>Prince Charming</i> | 12 Dire Straits: <i>Brothers In Arms</i> |

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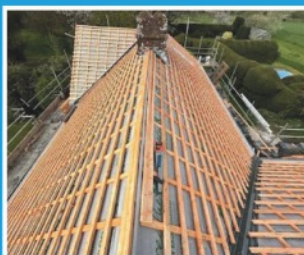
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10 ways to help you save

PART TWO

FOLLOWING on from last month, here are five more tips which will help you save money.

It might help give you a bit of extra cash to save for a rainy day. Here's some of our top tips.

1. Track spending

Keep track of your monthly cash flow - your income minus your expenditures. This step will also make it easier to mark progress toward your savings goal. Many budget apps can help you track spending.

2. Pay off high-interest debt

Debt payments can be a big burden on your overall budget. If you can pay off debt more quickly - by making extra payments or paying more toward the principal balance when you can - you'll save on total interest paid and free yourself from that burden sooner. If you can't make extra payments right now, consider exploring ways to make money on the side that you can put toward your debt.

3. Lower your TV and internet bills

Do you use all the streaming



services you have? Do you need the highest internet speeds? You could lower your cable bill by as much as £40 per month by downsizing internet and streaming costs. Other options include cutting some streaming services or premium subscriptions altogether, or downgrading your internet plan.

4. Cancel unnecessary subscriptions

You might be paying for

subscriptions you no longer use or need. Reviewing your credit card or bank statement carefully can help you flag any recurring expenses you can eliminate. Avoid signing up for free trials that require payment information, or at least make a note or set a calendar reminder to cancel before the free period ends.

5. Restrict online shopping

Making it more difficult to shop online may help you stop spending money on things you may not need. Instead of saving your billing information, opt to input your

shipping address and

credit card number each time you order. You'll probably make fewer impulse purchases because of the extra work involved. You may even consider deleting any shopping apps from your phone. You'll soon see a difference.



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How to find a good builder

Seven things everybody should do...

A good builder can be worth their weight in gold.

But how do you actually go about vetting potential builders and making the right choice for your project and budget? We've spoken to experts about the mistakes you should avoid if you want your project to be a success, and come in on time and budget.

1. Ask for recommendations

One of the best ways to find a good builder is to go off recommendations from friends, family and neighbours who have used them before and have the finished project to show for it. Skip this step, and finding a quality builder may feel like looking for a needle in a haystack.

2. Look around your local area

A good builder is a busy builder. Look around your area for banners and signs on properties. This is often how local builders advertise their services and show their workmanship.

3. Do your research

Research the kind of work they have done in the past (and speak to previous clients). It can also help to see if they are members of any trade associations, like the Federation of Master Builders, National Federation

of Builders, TrustMark or the Guild of Master Craftsmen.

If you find a builder, before going any further you should insist on seeing evidence that they have public liability insurance and a written contract for the work to be carried out.

4. Do NOT pick the first builder you speak to

You should always speak to at least three, asking them all about their previous work, explaining what you want from the project, and getting an idea of costs.

5. Check references

Good builders will be more than happy to shout about the work they've done and encourage you to speak to their former clients. But before parting with a potentially significant sum of money on a major renovation project, it's important you follow up and check these references for yourself.

6. Be savvy with quotes

When you are getting quotes from builders, you'll need to make sure you are comparing like for like. It can be difficult as there are so many variables, including the size of the firm, how busy the builder is (they may charge a higher labour rate), and how they interpret the scope of work.

7. Have a contract

Having a written contract in place is essential - it provides clarity to both parties about the scope of work to be undertaken, the timeframe and schedule of works, cost, payment terms and will lay out details as to who is responsible for what, and what happens in the event something goes wrong.



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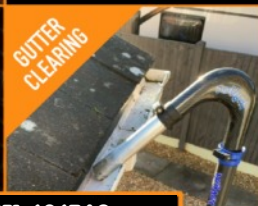
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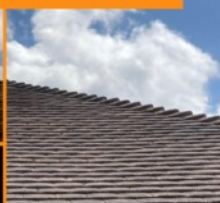


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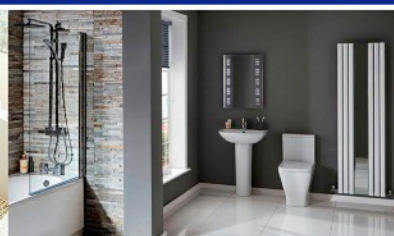
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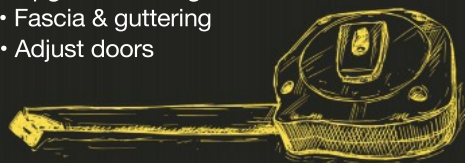
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How to build your stamina

Part One

STAMINA is defined as: "The ability to sustain prolonged physical or mental effort".

Increasing your stamina is important for a healthy lifestyle as it can help lower your heart rate, blood pressure and help burn fat. But as well as the health benefits, stamina is crucial for performance in your chosen sport.

There are two types of muscle fibres in the body which contribute to stamina; Type II and Type I. Type II are known as the slow twitch fibres. They don't work as quickly as the Type I (fast twitch fibres), but can work for a longer period of time. Although long-distance running and cycling they contribute to building up your stamina and endurance, you need to improve your overall strength in various ways for the best results.

There are several other things you can do to help increase your stamina. Here are some top tips to help you along the way:

Combine strength and cardio sessions

It's common for people to reserve one day for strength workouts and another for cardio. Why not combine the two during your training session?

Increasing your muscle mass from strength training sessions will increase your metabolism and therefore stamina.

You could include exercises during your warm up such as squats and lunges which will increase the strength in your legs and leave you with more energy to complete fast-paced bursts or sprints.

Choose exercises using lots of muscles

Compound movements, such as squats, step-ups or press-ups all utilise more than one muscle group, therefore will enhance your endurance quicker than isolated movements.

Hybrid exercises such as lunges also help to stimulate more muscles. The more muscles you can get working, the more it will challenge your cardiovascular system, which will in turn, improve your stamina.

Cross-training is great for mixing it up and working different muscles. Also referred to as circuit training, it involves combining other disciplines apart from weight training such as biking, swimming and jogging. Swimming is a great example of aerobic exercise. Water provides 12-14% resistance compared to air which makes a number of muscles work harder and tones them without

having to use weights. This exercise relaxes muscles, increases flexibility and enables stretching.

Apply fast-paced, dynamic activities to training

Fast-paced explosive-type exercises are brilliant to include in training as they take a lot of energy and really challenge your strength and stamina simultaneously.

Plyometrics or 'jump training' can be integrated into your training session. The combination of stretching and contracting your muscles from jumps, squats or hops is great for increasing stamina as the force and power from these movements builds up your overall strength.

Don't forget to stretch

Regular stretching helps skeletal muscle fibre recovery and maximises muscle strength and growth which contributes to increasing your stamina.

You should also stretch your entire body after warming up and after your workouts. It's even suggested you should stretch your body on rest days. This will also prevent injury. Stretches can be grouped into two categories, static and dynamic. Static are performed without movement, while dynamic are performed with movement.

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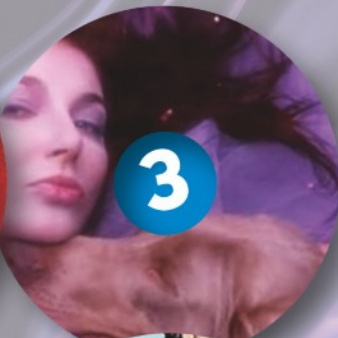
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How many of these chart-topping albums can you name?



Answers
on page
19

Your Horoscopes



Aries (March 21 - April 19)

Organising and efficiency will become your strong point, especially at work, as you will be able to immediately implement your ideas in practice without the slightest problems or time delays. But don't forget about a proper diet and a sufficient supply of vitamins during this period.



Taurus (April 20 - May 20)

You will be more spontaneous, so do not be afraid to take full advantage of every opportunity, but a certain amount of prudence would be appropriate. You will also be full of physical strength, which you will put to good use in sports activities.



Gemini (May 21 - June 20)

Almost everything will be a piece of cake for you, so don't be afraid to try handicrafts and various sports activities and feel free to start some minor home improvements. Your creativity in planning leisure activities exceeds the expectations of both yourself and your loved ones.



Cancer (June 21 - July 22)

Your behaviour will be mostly impulsive, so during this period, try to focus on inner peace and try to think things through before you say something. This will improve not only your communication skills but also your empathy for others.



Leo (July 23 - August 22)

This will be a time of independence and change. Whether it's a change in your behavior, in the lifestyle, at work, or a change in your visage, you'll enjoy it to the fullest. However, it will also bring some negatives. You will want to get rid of your current obligations and enjoy your freedom.



Virgo (August 23 - September 22)

You will crave a hug from someone close, and you will not be able to get enough physical contact. But during this period, you will start to cling to many things and want everything right away, which will keep you in constant tension.



Libra (September 23 - October 22)

You will see great improvement in communication skills, and will use it the most in your work, where you will finally gather courage, stand out from the crowd and dictate your conditions. At the same time, you will be motivated to study a foreign language, in which you will excel.



Scorpio (October 23 - November 21)

Scorpios will be restless and proactive. In some ways, you will be prone to jealousy, leading to vengeful behavior as Mars will influence you. You will not feel quite yourself, so think carefully about your actions and about what causes them.



Sagittarius (November 22 - December 21)

Try to spend as much time as possible with your children, but on the other hand, don't forget your partner either. You can also try inviting a parent or a sibling on a trip just for you two since it's been a while since you've had time for each other.



Capricorn (December 22 - January 19)

Your life will be all about work, and whether you enjoy it or not, you will not be able to stop thinking about your duties even at home. Nevertheless, thanks to the fact that most people born in this sign are very systematical, it will not be a problem for them to find time for their family and friends.



Aquarius (January 20 - February 18)

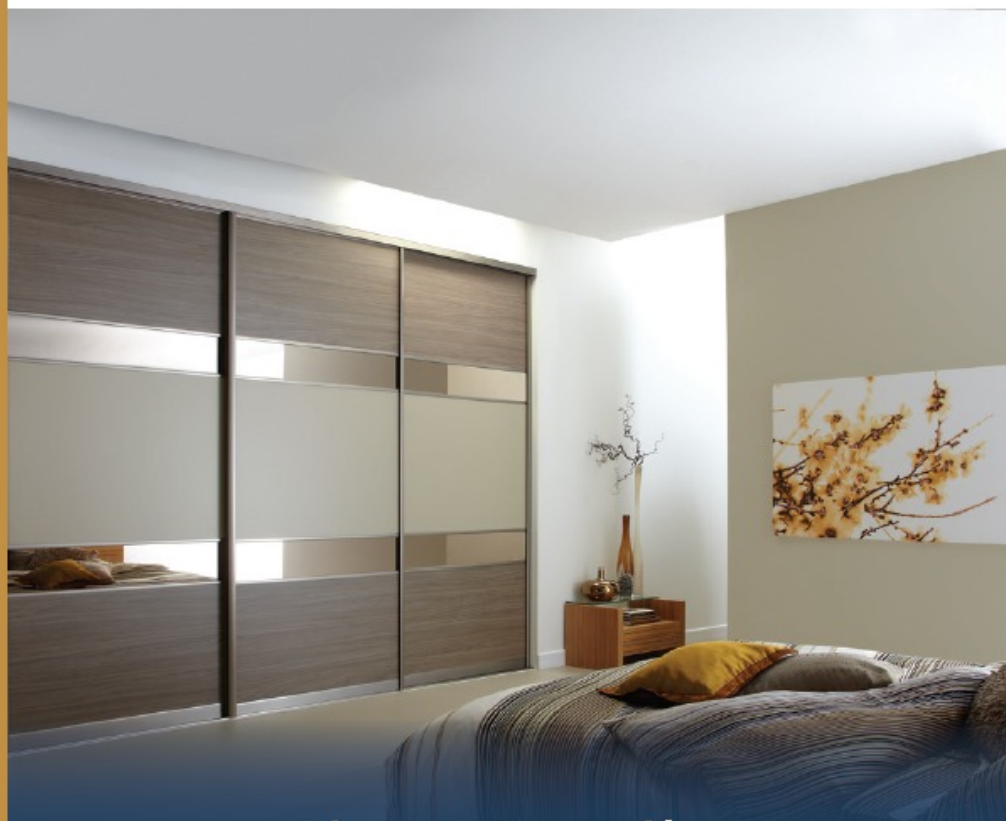
You will dive into learning something completely new that was always a big challenge for you. Furthermore, your mind will be open to a spiritual world as well, so make time for meditation and try to focus mainly on your long term problems; now you have a big chance to solve them for good.



Pisces (February 19 - March 20)

Your memory will be able to absorb an incredible amount of information. Even you will be surprised by that. So you have a unique chance to start studying something that you have been thinking about for quite some time because now it is a time to overcome challenges.

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Garden border ideas PART TWO



THERE'S a lot you can do when it comes to framing your outdoor space.

Following on from last month, here are more ideas to spruce up your garden borders.

Use the fence

You don't need a huge area to introduce effective garden border ideas. It's possible to create a neat growing space by building a border in front of a stylish fence. If you want to make the most of every centimetre, consider a border which holds a fast-growing climbing plant like clematis or honeysuckle

Don't be afraid to add drama

The best garden border ideas should offer an element of surprise. So, contrast dramatic exotic shapes such as banana trees, spires and 'see-through' shapes.

But don't use too many different plants - restrict your choice of varieties, repeating them rhythmically at intervals.

A good rule of (green) thumb is to add border

plants in odd numbers, as this will help to create a pleasing sense of continuation.

Naturalistic planting

If you're worried about a border requiring constant maintenance, embrace naturalistic wildlife and pollinator-friendly planting.



'Cottagecore' is set to be a huge garden trend again this year, so it's the perfect time to jump on the bandwagon. Try roses, wild strawberries, jasmine and wild honeysuckle

in romantic shades of pink, white and cream to nail the aesthetic.

Make use of bamboo

Giving your garden a tropical makeover, bamboo will make you feel like you're abroad. Bamboo (pic, left) is easy to grow and very hardy, so it works well in British garden borders and compliments garden decking ideas. It's ideal for creating focal points in your garden, providing height and movement to your border, and acting as a windbreak for smaller plants.

Evergreens

The holy grail of garden border ideas is to create a display that looks good whatever the time of year. This can be a challenge, especially with a new border that will take time to establish itself.

Think of your late autumn and winter border as a framework. Start by allowing space for plenty of evergreen foliage such as ivy, boxus and hebe leaving holes for bulbs and annuals.

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Footballers and bankruptcy Part two

PREVIOUSLY, in part one, we gave examples of three players who succumbed to the pressure of life in the Premier League and ended up facing bankruptcy.

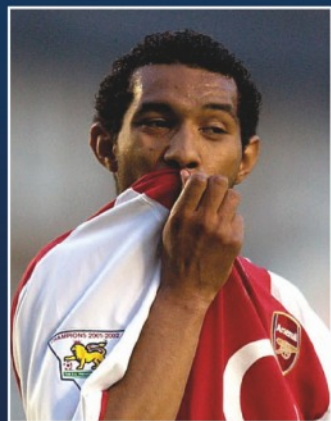
Here are four more professional footballers who, despite the almost unlimited riches on offer, found themselves on the edge of a financial precipice.

Paul Merson

Former Arsenal player Paul Merson also saw a £7m fortune frittered away on gambling. The midfielder had once thought of breaking his fingers so he could not ring the bookmaker to lay a bet.

Merson's career was first put in jeopardy when he admitted to alcohol, cocaine and gambling addictions in 1994 at the age of 26. The FA arranged a three-month rehabilitation programme and he was out of football until February the following year.

Later he would admit himself to the Sierra Tucson Clinic in Arizona to get help for a gambling addiction following advice from the Professional Footballers' Association, who also funded it.



Jermaine Pennant

Pennant admits he squandered an estimated £10 million during his

career, including buying a house which he later forgot about.

He also once left a Porsche with a personalised number plate featuring his name at a railway station in Spain.

He was also declared bankrupt in 2023, having run up debts of around £1m.

He once spent £25,000 on a bar tab for friends during a trip to Las Vegas and had owned a fleet of supercars including Lamborghinis, Ferraris, an Aston Martin DB9, a Porsche GTS and several Range Rovers.

He said: "In all honesty, I could have been a billionaire and still f***ed it up. I have made so many mistakes but I did not know how to deal with things and would not think of the consequences of my actions."



Wes Brown

The HMRC declared former defender Wes Brown bankrupt in April 2023.

Brown, who earned up to £50,000-a-week at the height of his career ran out of cash once his playing career ended and he split from his wife Leanne.

He said: "It may seem like I was earning big money - to most people I was - but the

trouble was I was also trying to keep up with the lifestyle of team-mates earning five or six times more than me."



John Arne Riise

Ex Liverpool player John Arne Riise was declared bankrupt two years after winning the Champions League in 2005 with the Merseyside club, where he earned £50,000-a-week.

His financial problems related to a £100,000 debt in his native Norway.

Paul Merson:
Frittered away a £7m fortune on gambling.



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