

The feminine touch

Kirsty Martin offers a selection of bright ideas for women and families



IN-TRENCHED

THE TRENCH coat is this autumn's must-have outerwear. Look chic and feel cosy, too, in this high-necked, neutral pleat detail mac – £65 from next.co.uk.



MASTER CLASS

IF, LIKE me, you avidly watched TV's Lisa Faulkner, Dick Strawbridge and Christine Hamilton cooking their socks off as they competed for the coveted title of *Celebrity MasterChef* 2010, then you might like to head to Olympia London on 12-14 November for *MasterChef Live*.

As well as being able to sample a vast choice of delicious food and drink, visitors will be able to watch cookery theatre sessions hosted by the BBC series' presenters, John Torode and Gregg Wallace. Celebrity chefs sharing their expert tips include Rick Stein and James Martin, while highlights of the event will be exciting 'cook-offs' between former *MasterChef* champions including Lisa Faulkner and Dhruv Baker. For more information and to buy tickets, call 0844 581 1361 or see mastercheflive.com.

MAKE IT EASY

MAKING LIFE easier for vegetarian and vegan caravanners who want a fuss-free meal while on holiday is V Cuisine. This producer of dry meals that simply require heating with water, offers a selection of tasty, dairy-free and additive-free dishes that come in lightweight, recyclable packaging. Although limited at the moment, the range is being developed with more delicious soups on the way. See vcuisine.biz for more details.



READ THIS

Do you dream of creating a beautifully decorated home, but don't want to spend a fortune in the process? Kirstie Allsopp tells you how in this book to accompany the Channel 4 series of the same name, *Kirstie's Homemade Home*. From knitting a tea cosy to screen-printing wallpaper... £12.99 from waterstones.com.

AFRICAN ADVENTURE

ALTHOUGH A summer release may have been more timely, new family film *Africa United* is still just the thing for footy-mad kids. It tells the story of a trio of Rwandan children who set out to fulfil their shared dream of taking part in the opening ceremony of the 2010 World Cup in Johannesburg. On the way to the selection trial, however, disaster strikes when they board the wrong bus and cross into the Congo. After being taken to a refugee camp, the pint-sized team use their ingenuity to escape and continue their journey, picking up a band of displaced youths along the way. Together they negotiate a series of thrilling and hilarious adventures on a 3,000-mile route across seven countries. *Africa United* is a dramatic and enchanting story set to delight family audiences everywhere. In cinemas now.

