

KINNOCK'S WIFE LEFT £1.5MILLION

FORMER Labour leader Neil Kinnock's wife Glenys left £1.5million in her will, documents reveal.

The Baroness, who died aged 79 in December 2023, bequeathed the entire sum to her husband of 56 years.

Former MEP Glenys was known for supporting her husband as he campaigned against Tories Margaret Thatcher and John Major in unsuccessful general elections. She

EXCLUSIVE
by **THOMAS GODFREY**

was later elevated to the House of Lords as Baroness Kinnock of Holyhead and served as a Foreign Office minister under PM Gordon Brown.

Court records signed off last week show she left an estate worth £1,514,275.

She made her final will in 2009, and her

Support . . . couple



husband, MP son Stephen and daughter Rachel were executors.

Glenys was diagnosed with Alzheimer's in 2017 and her family campaigned for better treatment of the debilitating brain disorder.

Speaking in 2022, Neil said: "Glenys is a highly articulate, immensely lively, funny woman, a brilliant cook, wonderful mother and grandmother – and in all of those areas she has lost capability."

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EXPERTS' TOP TIPS

IT is the time when we make our resolutions for the next 12 months – but latest research shows that 43 per cent of us give up on them by the end of January.

So instead of setting unrealistic goals, make one

small change which will reap big results.

LAURA STOTT finds seven experts in various fields who give their top tips for commitments you can easily resolve to make throughout 2025.



ADDED SPARKLE...
make small changes to spice up your sex life

SLEEP

SLUMBER specialist and author Heather Darwall-Smith says: "Improve the quality of your sleep by being consistent about nod-off and wake-up times."

"It will ensure a good night's rest and give your circadian rhythm – the internal clock that regulates your kip cycle – a chance to work optimally."

HEALTH

GP Dr Helen Wall says: "Inspect your breasts or testicles once a month for lumps or changes – and see your GP if you have any concerns."

"The check is best done after a shower, and you should look for new or unusual swellings, lumps, nodules or changes."

"Women should also keep an eye out for any nipple puckering, dimples or discharge."

FITNESS

PERSONAL trainer and founder of thesixpackrevolution.com, Scott Harrison, says: "Get strength training. Invest in a set of dumbbells or kettlebells, or even your own body weight will suffice."

"Strength training builds muscle and improves bone density, joint health and posture, and boosts metabolism. Start with 15 to 30 minutes two to three times a week."

DATING

DATING expert and founder of matchmaking app iamreddi.com, Stacy Thomson, says: "To find out why you date the way you do and how to build the kind of relationship you have been searching for, understand your attachment style or how you behave in relationships."

"Whether you are someone who keeps people at arm's length or anxiously waits for that text to come back, knowing your

attachment style gives you the tools to date intentionally and connect authentically."

"It's the foundation for real, lasting love."

SEX

CLINICAL sexologist and coach Marie Morice says: "To spice up your sex life, chat to your partner about what you both want."

"Share what you enjoy, what you'd like to try, or have a laugh about things that didn't work. It's all part of the fun. Little changes, such as mixing up your routine, focusing on foreplay or just being more vocal about what feels good, can make a big difference."

PARENTING

PARENTING expert and author Anita Cleare says: "The best single change parents of teens can make is to give less advice. Teenagers don't want our words of wisdom. They want to feel supported."

"Being given advice they haven't asked for makes them feel criticised or annoyed – and leaves parents frustrated when it is ignored. "When you are desperate to help, ask a question instead, like 'What ideas have you got for doing that?' The best conversations help teens find their own answers."

DIET

NUTRITIONAL therapist and clinical director of urbanwellness.co.uk, Nicola Shubrook, says: "Good hydration is the No1 rule of nutrition, yet many of us have too many sugars in our beverages."

"Swap fizzy drinks, shop-bought smoothies, juices and even the 'no added sugar' squashes or cordials for plain water, herbal teas or some sparkling water instead."

"There is no need to quit tea and coffee but try to wean yourself off any sugar or sweeteners by slowly cutting down the amount."



QUESTION TIME...
avoid giving words of wisdom to teens