

ISSUE 8 | JULY/AUGUST

fully grown.



HOT GIRL
SUMMER

NETWORKING AT
UNIVERSITY

DEALING WITH
CHANGE



Don't trust
anybody who
doesn't have
a sense of
humour!

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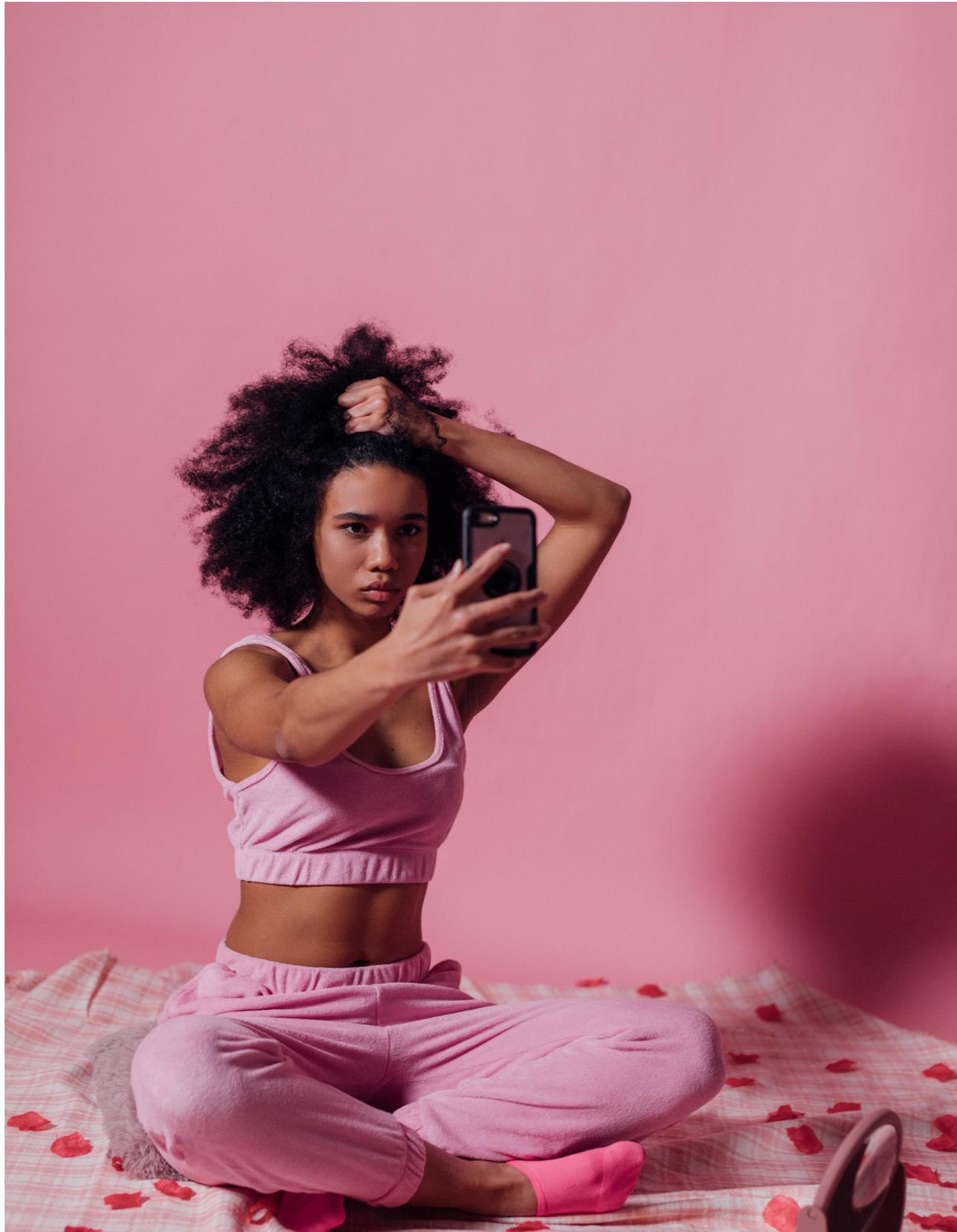
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Words by Zoe Williams Photography by Koolshooter

hot girl summer.

Feminist statement or controversial hot potato?

Unless you've been boycotting social media you have undoubtedly heard of the infamous 'hot-girl summer.' Whether it's in an Instagram caption, TikTok video, or email campaign, hot girl summer is a term that has pushed its way into our everyday language and isn't going anywhere soon.

What appears to be a harmless catch-phrase for women having the summer of their dreams has instead been brewing a storm of controversy and social pressure. With over 2 million tags on Instagram, Tiktok and Twitter, a quick search of this catchy hashtag instantly floods you with photos, videos, and workouts all directed towards achieving this idyllic state of being. But do I really have to wake up at 7am, drink a green smoothie, dump my boyfriend and jump on a boat in a bikini to achieve the hot girl summer status?

the origin of the hot girl.

From my research, the term 'hot girl summer' was first coined by twenty-six-year-old rapper, songwriter and college student Megan Thee Stallion as part of her persona hot-girl Meg. In a radio interview with KissFM, Megan explains how the phrase first came about when she produced her mix-tape Fever. The term proceeded to go viral on social media before she released a song under the title in 2019. Since then, it has gained its place in the canon of pop culture, and fans have turned to her in their millions to know the meaning behind her creation.

Her answers, whilst somewhat vague, seem harmless enough and spread a positive message about confidence, self-love, and mutual support between women. She tweeted that hot girl summer is about being 'unapologetically you' and 'living your truth, focusing on normalising women and girls being their authentic selves. Her statements also encapsulate the actions of men; it's about, 'men and women having a good time, hyping up your friends, doing you and not giving a damn what anybody has to say about it.' In a separate interview, when asked about the rules of hot girl summer, her three simple steps included being kind, confident and the life of the party. This seems simple enough, but where has all this tension and expectation come from if this is the case? More importantly, can we consider it as a feminist statement?

At its heart, Megan's definition of a hot girl summer is one of personal freedom. In a world that's still struggling to shrug off outdated preconceptions about women's choices, appearances and behaviour, Megan's call to simply be ourselves and enjoy the summer is difficult to resist and is undoubtedly the reason for its huge popularity. Yet the good intentions of this message seem to have gotten lost along the way and, like most trends, taken on a life of its own. As a result, self-care has become equated to a specific workout routine, diet, and personal freedom to engage in hookup culture.

hot boy summer?

Disgruntled men fought back with their own #hotboysummer whilst others have called for dropping the word 'hot' altogether, opting instead for 'happy' or 'healing girl' summer. Whilst the majority of this seems

to be done in lighthearted humour, it seems to me that there are tensions and misconstrued ideas about female empowerment brewing below the surface. Much like FOMO (fear of missing out), hot-girl summer has accumulated certain pressures. The expectation of being young, happy and having the best summer of your life is a heavier burden than one might expect, and for those not feeling this way, the call to have a 'hot-girl summer' can feel like more of an expectation than an exciting prospect.

Add a worldwide pandemic into the mix, and you have a generation of anxious individuals dealing with loss, money issues and concerns about the future, now desperately trying to make the most of the summer to account for lost time. In addition, whilst Megan's definition of a 'hot girl summer' is open for women everywhere, others have implemented their own criteria: to be single and negate any serious romantic attachments for the summer season. This in itself seems problematic as it implies that for a woman to be free and act without fear of judgement, she must be single. The obligations of a loving relationship would place a restriction on this freedom. Surely this is driving a deeper wedge between the sexes rather than striving for equality? Many have also commented on the unspoken implication of hookup culture, which reinforces female empowerment through sexual liberation.

too hot to handle?

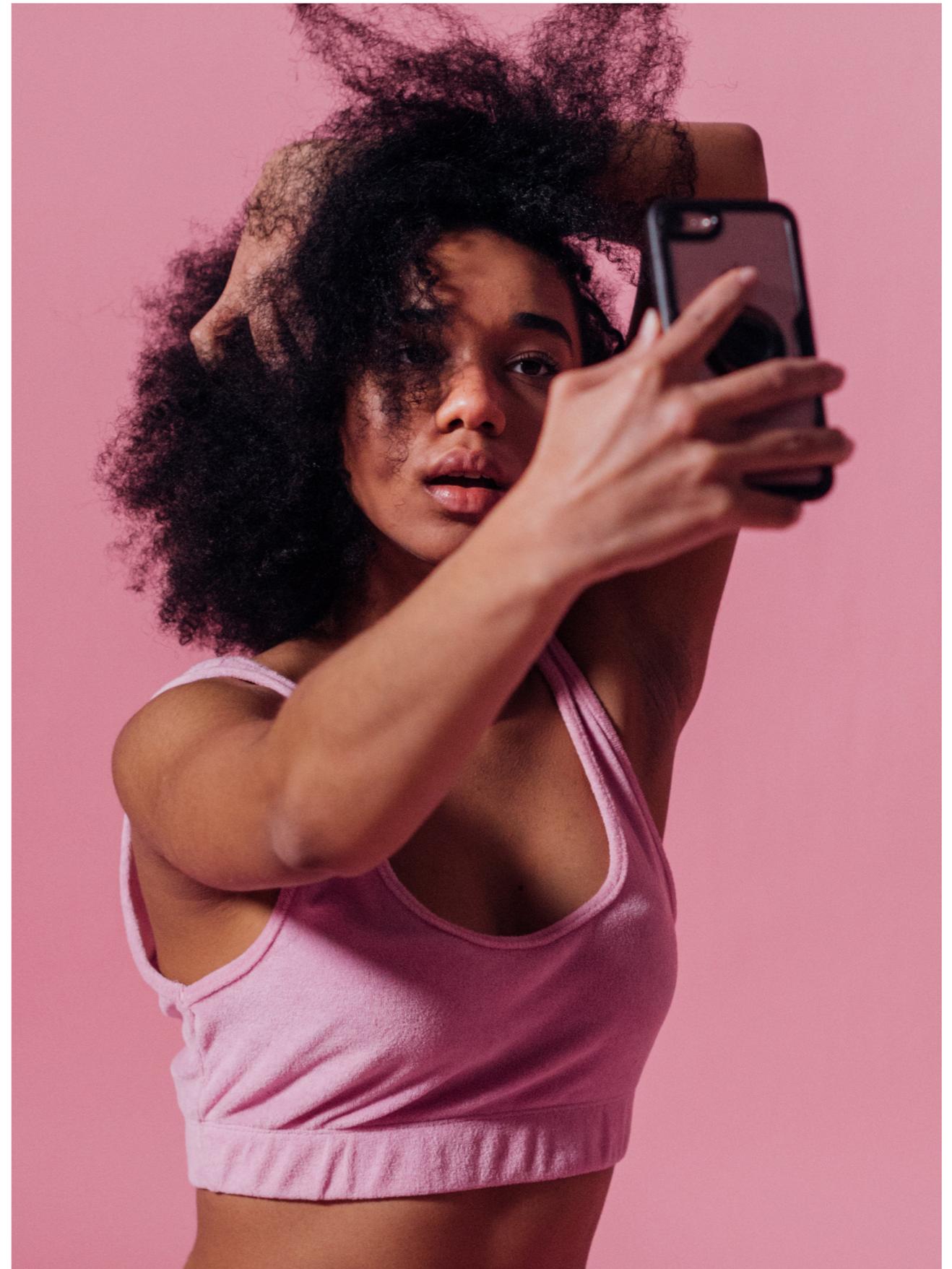
Now, of course, we want women to feel free of any obligation to form a romantic attachment - no Mrs Bennet in the background planning our future weddings please - and naturally, we want to explore our sexuality without retribution. This in itself is in keeping with Megan's original definition. Yet, something about the way 'hot-girl summer has started to come across that creates an edge to all of this. The root of the problem? Our language.

Despite our progress in moving towards equality

for women, our language has been slower to evolve, and the terms used to describe women are often tinged with underlying misogyny and sexism. Don't believe me? Google hot-girl and see what images come up. The results (not surprisingly) are less geared towards promoting female empowerment and more towards objectifying and promoting a particular type of woman. Whilst hot girl summer can be considered an attempt for women to reclaim this language and decide for themselves what it means to be a 'hot girl', the fact that numerous women have called for alternatives seems evident of the discomfort created by the connotations and expectations the term carries.

beyond the hashtag.

Of course, we know that a hot girl can be a happy girl and any body shape she wants because none of these qualities is incompatible. But if hot girl summer is continually used to sell bikinis, encourage diets, and imply promiscuity, it seems at risk of sliding back into the patriarchal doctrine we tried to rescue it from. Subtly, a phrase that was supposed to resonate with and unite us has instead begun to single us out. All of this comes in addition to Megan's own difficulty with claiming ownership of her creation as she fought to trademark the term before it was commercialised. Overall, what started as a call for female empowerment seems to have become a controversial question mark. Yet despite this, it is possible to view the hashtag positively as an example of the strong familiar feeling that exists when promoting women's rights. At the end of the day, everyone wanted the hot girl summer because it promoted freedom, friendship and a jolly good time! And whilst I hope that one day we won't need a hashtag to tell the world that women can do whatever the f*ck they want... perhaps we can resurrect the spirit of Megan's original message and support women everywhere to enjoy the summertime... without telling them how to do it.



fully living.





dealing with change.

Whether you're adjusting to life outside of COVID or going back to work after a year of interacting through Zoom. We're all dealing with change.

Words by Tilly O'Brien Photography by Fauxels

As our lives consistently evolve, it's difficult to keep up with everything at once, but change is a universal constant and you must remember that you aren't alone. Change varies depending on the situation, whatever it may be it's essential that you know how to effectively deal with anything you're faced with.

acknowledgment.

The most important step in undergoing any sort of change is acknowledgment. Regardless of the circumstances you shouldn't ignore what change is occurring, as it can only make things worse in the long run. For example, if you're moving house and leave everything to the last minute it can cause more stress for you. But if you learn to tackle things head on, rather than burying your head in the sand, it will prepare you for any surprises that follow.

Another aspect to understand when acknowledging change, is that you must allow yourself to have the time to feel any emotions that may arise, anything from excitement to anxiety. Taking some time for yourself to recognise possible negative or overbearing feelings is crucial as once this is over you can begin to move forward and plan your next steps.

letting go.

It can be extremely difficult to let go of responsibility, especially when it comes to accepting that you cannot be in control of everything that happens.

The biggest wakeup call of 2020 hit us all hard in this regard, however there was a positive side – we realised that although we may not be able to control everything around us, we can control the things in front of us.

A popular coping mechanism for dealing with change is maintaining the control you already have. Instead of focusing on the things that are spiralling, focus on what you can do to take back some of the power. For example, if no longer wearing face coverings in shops frightens you, you can still choose to wear yours, or if the opposite applies and you want to keep yours off, do it. Do whatever feels right for you.

To a number of people, letting go may seem like an impossible task, but finding small ways of coping that are tailored to your life can help ease anxious thoughts. Sometimes the best changes that happen to us are the ones that we cannot control.

support.

What's the point in having friends if you can't lean on them every once in a while?

The support system that you have around you is one of the best tools to use when the change in your life is becoming too much. You could be going for a job interview or leaving your house for the first time in a while, whatever the activity a little encouragement from your friends and family can go a long way.

It's no secret that change can be a scary thing, particularly if you're going through it alone, but having people there by your side to make the journey easier for you is an effective way to help. There's no need to feel like you're being a burden to anyone, as one day the favour will be reciprocated, and you will be needed by a friend.

positivity.

No matter the situation, maintaining a positive mindset is key. However, this is very much easier said than done. Remaining positive can be successful when you focus on the end result. Assess your goals and understand that these can only happen when change occurs. By seeing a light at the end of the tunnel, it can allow you to feel more positive about any upcoming reworking's in your life.

Know that there will eventually be an end to this change, although that might not be exactly when you want it to be, you must remember that it all leads to something better. As with anything, keeping a positive frame of mind is something that needs to be practiced.

Don't pressure yourself into acting pragmatically immediately; our emotions fluctuate at a rapid rate, it's all about taking time to adjust.



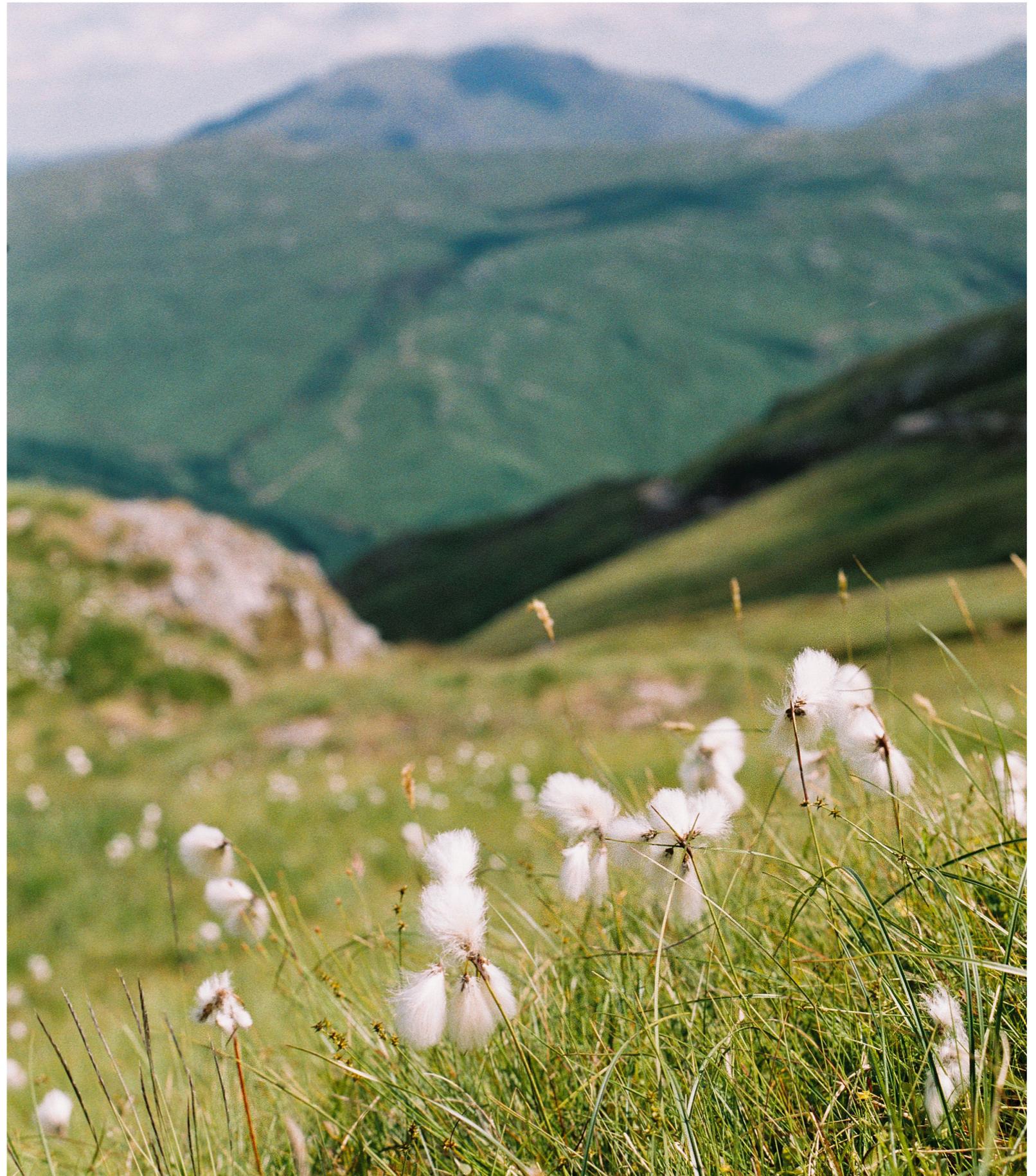
staycations over vacations.

With restrictions lifting going abroad might be the first thing on your mind, but for others it may be their worst nightmare. Luckily, we have the option to explore the UK and its vast choice of destinations for all types of holiday seekers

Words by Jessica Doherty Photography by Anna Urlapova & Joanne Kay

If you are one for walking and adventure, then the countryside has a lot to offer, with places like Scotland and The Yorkshire Dales offering an array of countryside walks and some fantastic geological features. But if you prefer a luxurious break, then coastal areas, such as Cornwall and Wales, are home to several beautiful beaches to sit and relax by.

If you are all for sightseeing and travelling the world, you are probably wondering why on earth anyone would prefer a staycation. Well, let me enlighten you.





it will save you money.

Firstly, you will likely save money with a staycation as you have cut the cost of flights, travel insurance, visas, and expensive hotels. You will have more spending money at hand to spend on enjoyable experiences during your holiday.

This is an excellent option for families, as you can afford to do a range of new experiences together. But it can also be a great option for the younger generation, giving you more money to spend on partying and going out for meals. Sounds good to me!

the breathtaking scenery.

Obviously, when you go abroad, you get to witness some amazing views and scenery, but you can get this in the UK too! The UK has many breathtaking views on offer, with destinations such as Wales, Scotland, and the Lake District offering hills, beaches, and lakes waiting to be admired. You can witness some amazing views in the UK that nowhere else in the world has to offer. Take advantage of this beautiful country we live in.

travel with ease.

Another benefit of staying in the UK for a holiday is the ease of travelling. You don't have to worry about flight times and airport transfers. It gives you so much flexibility. This aspect of a staycation is my favourite. You can leave when

you like and arrive at your destination at a time that best suits you!

Having enlightened you with just some of the benefits of a staycation, you may be tempted to explore the stunning scenery throughout the UK as your next holiday. This may bring to light the question of where to explore first. As mentioned previously, there are many beautiful parts of the UK waiting to be seen. A couple of my personal favourites are:

The Jurassic Coast.

This beautiful world heritage site stretching from Dorset to Devon offers breathtaking scenery with outstanding geology. The beach itself is beautiful, and the famous landmark, Durdle Door, is a must-see geological feature.

Cornwall St Ives.

For all those beach lovers out there, this is the idyllic holiday destination for you. St Ives offers some of the most beautiful beaches in the UK. It feels like being abroad when the sun is shining and the water is glistening. If you don't feel comfortable going abroad yet and are looking for a compromise, this is a perfect holiday location for you!

So, if you are feeling a bit unsure about taking the leap of going abroad just yet, then don't do it! A staycation has a lot to offer and will still be an amazing holiday.

fear of freedom day.

Going out into the post-lockdown world.

Words by Zoe Williams Photography by Pavil Danilyuk

Shortly after arriving at a campsite in Polzeath my friend announced that we were meeting a group of her friends at a local bar. So far, I had only dipped my toes in the water when it came to socialising in the post lockdown world. I had been shopping, met small groups of friends and even indulged in my first pub lunch. This, however, would be my first night out in over a year...



I approached it with something of a cautious optimism, enjoying the excitement of getting ready and expecting the usual seated table service. Instead, as we turned the corner and walked up a narrow flight of steps we entered a fully crowded beach bar, already buzzing with live music, laughter, and dancing. No table service, no masks, no social distancing. I was suddenly taken aback by the situation that I was about to enter. What should have been the momentary thrill of new faces and the spontaneous evening ahead was replaced with a twinge of anxiety and doubt.

We shared a mutual look of, 'Is this okay?' before we were waved over to our table and made our way through the crowd. Needless to say the efforts of the bartenders and their cocktails did much to ease this initial distress... but I couldn't help wondering if this was the freedom I had really been waiting for. Was it simply a case of first day jitters? Or had lockdown dulled my desire for nightlife?

To me, lockdown mirrored the feelings of getting into a hot bath. At first it feels like something of a chore, but then once you're in, warm and comfortable, you put off getting out for as long as you can. I am sorry to say I am one of those introverted individuals, who embraced the solitary months of lockdown. I baked banana bread, exercised more and took up hobbies (as well as a liking for white wine). Studying from home had placed me back into a domestic sphere of life, which, whilst quiet, was undoubtedly comfortable. Somehow, despite the freedom that "going back to normal" promised, I couldn't help wanting to put it off a little longer...

On talking to friends and fellow students, I soon found I wasn't the only one. Whilst a majority were naturally looking forward to going out again, a survey I conducted found that people between the ages of 19 and 24 were more inclined to eat out and spend time with friends than go to nightclubs. Whilst a strong 40% denied any feelings of anxiety towards the lifting of restrictions, a further 60% expressed

feelings of anxiety or uncertainty towards going out. This mirrored my own experiences of barbecues and house parties, where it was mutually agreed that these smaller, more relaxed gatherings had become preferable to busy (and often hazy) nights out of former times. Many pointed to the ongoing danger of infection, as well as a lack of trust in government, as responsible for their apprehension. Even those excited for the reopening of their favourite club considered a concern for their safety (and that of others) a significant drawback.

Yet some, like myself, felt a more enduring impact on the way lockdown had affected our behaviour. One respondent commented, 'I'm not sure if it's increased my social anxiety a little, or whether that's just me getting older and more worrisome!'

Was this the case? Had the quiet life of lockdown lead us to grow up and leave the social inclinations of our younger selves behind? Certainly, the passing of lockdown had made me feel older and I couldn't help begrudging the pandemic for restricting what my early twenties might have been. But on reflection, it seems that confronting us with less lockdown has encouraged us to look for more.

Whilst there have been undeniable drawbacks there has also been a chance to cultivate a more balanced life, as well as a greater understanding of ourselves. Several respondents commented that lockdown had taught them to take less for granted, to enjoy time alone and to pay greater attention to their own needs. As one student said, 'I really think about my time differently and the activities that I choose to do. But at the same time, it taught me that it is okay to say no and stay home.'

Perhaps it's not a case that we have left our old habits behind but that we have accumulated new ones. By being reacquainted with ourselves, we have gained a greater sense of perspective on what matters to us. In the end, I thoroughly enjoyed my first night out and the spontaneous nature of the nights' events. But equally, I am more assured in my decisions to spend time alone and prioritise





my own interests, without feeling a constant pressure to engage in social activities.

As my favourite respondent commented, "Dobby is a free elf!". In the spirit of that message, I say how we choose to enjoy our freedom is up to us.

tips for socialising post-lockdown.

timing.

If you're still concerned about social distancing, try to go out during quiet periods such as weekdays rather than weekends and evenings.

seating.

If you're concerned about crowded areas try and opt for outdoor seating and sit away from people you don't live with if possible.

be clear about your boundaries.

If certain aspects of socialising after lockdown make you anxious, let your friends know. For example, if you're happy to meet in small groups but would prefer not to hug on meeting, let your friends know in advance.

control what you can.

Start by going out to familiar places you feel comfortable with and continue to adopt safety measures, such as wearing a mask and using hand sanitiser.



networking as a student.

Since the beginning of university, one thing that was constantly emphasized was that networking is very important for the future of our chosen careers. However, making connections as a student can be challenging. We don't have much experience yet but still want to advance early-on in our career of choice.

Words by Elizeta Pylioti Photography by Ivan Samkov

There are multiple ways to increase your connections in your field and take a step closer to the position of your dreams whilst studying, but first it is important to clarify one thing.

Networking is not only about making connections with professionals that can recognize your skills and help you advance in the industry, but it is also about networking with students or young professionals, who could be great connections later on in your career.

Here are 4 simple ideas to help you grow your network:

build your LinkedIn account.

I know it sounds cliché, but LinkedIn is an excellent networking website with lots of job opportunities and great people you can connect with! If you don't have a website, LinkedIn allows you to upload posts about your work which can lead to people seeing what you are capable of. Don't be afraid to showcase your skills, you never know who is looking!

join societies.

Every university has dozens of societies about literally anything you can imagine, from board games to sports to languages and so on! Whether you join a society for one of your hobbies, or a society closer to your field of study, being part of a small community could help you make friends, as well as good connections for the future.

talk with your tutors and lecturers.

Being at university means you are surrounded by experienced professionals, whose goal is to help you grow in your field of choice. Reaching out to them can be essential for your future career. Whether you are reaching out for advice or questions, the initiative can be life changing. What if they like your work and



introduce you to another fellow professional, who hires you as an Intern? You really never know what could come from networking, so don't hesitate to talk to people.

join seminars and online events.

Another great thing about LinkedIn is that you can join online events hosted by professionals and big corporations, like Disney and Spotify. During these events and seminars, you may not have the chance to directly talk with the hosts, but you are able to ask questions and get a closer look at the way the industry of your choice operates.

Apart from LinkedIn, TargetJobs hosts multiple events that target young professionals, their goal is to connect students from all over the UK. From personal experience, this is totally worth it because it gave me the chance to meet amazing people and professionals through fun and free events!

It is also worth mentioning that career centres within many universities host events for students. Their sole purpose is to help you network with professionals and fellow undergraduates. Drop them an email and ask about any seminars that you could participate in!

As you can see, there are many ways to expand your network and establish some good connections for the future. At first, it may seem difficult but once you begin this journey, good things happen!

One thing that really helped me to build my network was that I overcame my fear of asking questions. I have struggled with anxiety so expressing what I am thinking has not always been easy. However, attending events and meeting new people, virtually and in real life, helped me build my confidence and taught me that there is no such thing as a dumb question!

One of the purposes of networking is to help you advance in your career and asking questions is key to achieving success. So go out there and have fun networking!

hiking in the UK.

One for the outdoorsy folks. With summer in full swing and restrictions being completely lifted, it's the perfect time to catch up on all the beautiful scenery we missed this past year and a half.

Words by Mani Kidston Photography by PNW Production

Before we kick off, an important consideration: safety first. When undertaking your next adventure, make sure you take necessary precautions to ensure you have the best chances of fun and minimise any risks. Here are a few tips:

- Research your chosen spot before visiting
- Pack appropriate gear
- Adhere to guidance in the area
- Water and snacks never go amiss

Without further ado, here are seven gorgeous places to go walking or hiking in the UK...





Southeast Cornwall

Starting off in the Southwest of England, some of my favourite places to go walking and hiking are in Devon and Cornwall. And not just because I grew up there. Honest.

If you're looking for spectacular coastal views, Cawsand to Rame Head in Southeast Cornwall will certainly do it for you. At around an hour long, this walk is perfect for beginners. Highlights include a medieval chapel and panoramic views at Rame Head point. The chapel is said to have been first licensed for mass in 1397 and is on the site of an ancient Celtic hermitage.

You may also spot some Dartmoor ponies grazing around here if you're lucky.

North Devon

For a more diverse habitat, North Devon's Northam Burrows Country Park has got you. It's an Area of Outstanding Natural Beauty and Special Scientific Interest due to the many rare plants and animals found there. With salt marsh, sand dunes, and open grassland backing on to the world's only pebble ridge, what more could you want?

Plus, the beach on the other side of the rocky spectacle is the perfect place to eat an ice cream and watch the sun go down on a summer evening!

Suffolk

To the east of the country, we have 60 miles of Suffolk Coast Path. The path runs along sea walls and rivers, across marsh, heath, and cliffs. It starts at Felixstowe and ends at Lowestoft, but is often broken down into 8 smaller, more manageable sections. Anyone put off by the intimidating length of the full walk can make it their own.

There are B&Bs in many of the towns and villages along the path, so the full walk needn't be too strenuous. Highlights include the Minsmere Nature Reserve around Leiston - one of the UK's best birdwatching spots - which then leads on to the peaceful Dunwich Forest, where there's miles of vibrant purple heathland.

Lake District

Moving up country and away from the coast to the Lake District for a much steeper climb. Within the lakes, Helvellyn is favourite to many. A straightforward climb to the 950m peak can be found by starting at Swirls carpark in Thirlmere.

For those seasoned hikers looking for even more of a challenge, the ascent via Striding Edge is an option. This route isn't for the faint-hearted, the narrow ridge is famed for being dangerous and scary. You'll definitely want to swap out your Air Force 1s for something a little sturdier here.

Wales

On to Wales - a country with dramatic, diverse landscapes and more sheep than you can shake a stick at. Firstly, a walk in South Wales. With constant views of the sea backed by the North Devon coastline, the Welsh coastal path from Ogmere-by-Sea to Cwm y Buarth doesn't disappoint!

If you want something a bit tougher, head to Snowdonia National Park in the north of the country. Everyone knows Snowdon, but have you heard of Tryfan, her lesser-known cousin? She's slightly smaller and a little trickier, plus it has better views. Have I climbed it? Yes. Does that make me biased? Maybe.

Northern Island

A little further away, we have Northern Ireland. A circular gorge walk in Glenariff Forest Park in County Antrim is an easy-going amble, taking less than an hour to complete.

The rivers that cut through this spectacular gorge tumble dramatically over stoic boulders and the three impressive waterfalls that this walk boasts, until they reach the tranquil oak and beech woodland where the flow calms to a lazy pace. Walking alongside on a sunny day, with the light streaming through the leaves above, is unbeatable.

Isle of Skye

Moving much further north in the UK to the Isle of Skye in Scotland. So many great hikes to choose from here, so I went for a personal favourite (yes, another), Bla Bheinn (Blaven). At the peak you find arguably one of the most beautiful views in Scotland. It has a good path to start but gets rougher and rockier with further ascent. Some loose stones and a bit of scrambling later, you've topped one of the slightly easier Munros in the Cuillin Ridge! At about 1000m this one takes around 5 hours to complete.

Whether you go for an hour or a day, your spirits will be lifted, your mind cleared, and your skin will have soaked up some vitamin D. What's not to love? Get to the nearest walk on your next day off!



fully wellness.





sunshine and your mental health.

Summertime. A word compels the mind to envisage luscious sunny weather, freshly cooled pints of Coke and the smell of swimming pools rich with chlorine.

Words by Amy Cutting Photography by Anna Shvets

As summer approaches, those long-lost winter endorphins are greeted with holidays and warmth to release them from solitary confinement. School and work become less difficult as days become gradually longer. It results in free time actually feeling enjoyable, with pub gardens open and outdoor gatherings making a re-emergence.

In summer, the sun radiates new energy, living life to its entirety and bringing warmth. It comforts us after those unforgivingly bitter days cursed upon us throughout the wintertime. That jack frost sun does nothing for anyone, dreary and woesome, yet in summer, oh how that bright yellow ball of burning gas prospers. And honestly, with seasonal depression existing, people need that summer warmth to replenish them, to make them remember how incredible life can be.

This isn't just some wishy-washy opinion coming from me. In fact, it has been proven scientifically that the sun and all of its basking glory can genuinely improve a person's mental wellbeing. Specifically referring to the summertime sun. It can unfreeze those wretched winter hearts and unlock the beating warmth within. The sun not only brightens the world in a literal sense, but it also brightens the souls within us all.

why you should enjoy the sun this summer.

1. The sun increases your serotonin levels. Serotonin is known as the happy chemical within your body, so having a higher amount of serotonin can help to regulate anxiety and moods. Considering anxiety and depression are closely linked, it may also help to ease depressive feelings.

2. More exposure to the sun can increase Vitamin D intake, which can result in healthier bones whilst also supporting the immune system.

3. The sun brings warmth. With warmth and better weather conditions, comes back outdoor sports, leisure activities and events. Such things can be a massive help in improving quality of life, boosting your mood and increasing levels of activity.

how to increase your sun exposure.

1. Get outside more. Stating the obvious, I know. But it is so easy to just laze around inside. We get so used to it throughout winter it almost becomes habitual! Despite this, even on those lazy days, find time for a walk, join a sports club or just sit outside and read a book.

2. Even whilst sat inside, open the blinds or curtains. Allow the light to shine through and the sun's heat to radiate off the walls. Seeing the light of dawn can be an instant mood booster in summer when the birds are singing, and the plant life is exuberant and thriving.





let's talk about: epilepsy.

Over 500,000 people with epilepsy in the UK alone, so why is there not a greater awareness of the condition?

Words by Poppy Evans Photography by Cottonbro

The first time my younger brother had a seizure, he was in class at school. I was in a history lesson at the time and was called to go to him. I ran to his classroom, where his teacher looked unsettled. She had initially thought he was playing around and had told him off. A few days after the incident, another teacher was overheard saying to a colleague that he hoped my brother falling over had “knocked some sense into him”.

After being given tests and scans, my brother was soon diagnosed with Focal Onset Secondary Generalised Epilepsy in the left temporal lobe of his brain. We learnt that his brain had constant spikes. He was often told off for not concentrating or writing down homework at school and was labelled “one of the naughty kids”. When in fact, due to his neurological disorder, epilepsy, he was having constant miniature seizures, which is why he struggled in lessons.

This has had a profound impact on my younger brother’s life. and I wonder, if there had been a greater understanding of epilepsy, would my brother have had to suffer in this way?

what is epilepsy?

Epilepsy is a complex neurological condition that has physical, mental and emotional consequences on those who suffer from it. One is only diagnosed with epilepsy once they have had recurring seizures that stem from the brain. A seizure occurs when a sudden interruption to the brain’s neurons causes an abnormal response. Not all seizures are caused by epilepsy, but there are over forty different types of epileptic seizures – this is what makes it such a complex condition. As there are so many types of seizures, each person is affected by, deals with, and recovers from them differently.

Many people are mistaken in thinking that epilepsy is something that will not affect them in their lifetime. But the scary truth is that anybody can develop epilepsy at any point in their life. No matter your age, race or social class, you or a loved one could experience epilepsy. Current statistics show over 500,000 people with epilepsy in the UK alone. This is approximately 1 in 100. Over 65s and children are the most common to be diagnosed with the condition. As epilepsy is such an intricate illness and can vary from person to person, the cause of an individual’s epilepsy can be challenging to determine. However, the most common causes are head injuries, difficulties during birth or genetic inheritance.

Thankfully, due to extensive knowledge and understanding of epilepsy among professionals, seizures can



usually be controlled by medication. Additionally, as epilepsy is often triggered by pubescent change, it is common for children to outgrow it. However, in very extreme cases, SUDEP is a daunting possibility within the illness. SUDEP stands for Sudden Unexpected Death in Epilepsy and affects approximately 1 in 1000 people with the disorder.

a call for education.

During the 21st Century, there has been an increase in awareness and understanding of medical conditions and illnesses across society. So why is there an underlying ignorance when discussing an illness as diverse and severe as epilepsy? Mental health and well-being are now a major part of school systems. However, there seems to be an absence of discussion regarding illnesses like epilepsy.

Results of a survey created as research for this article indicate that although 100% knew what epilepsy is, 85% did not recall the topic being discussed in their schools. Only 52.5% of the survey participants would know what to do if somebody was having a seizure, and just 35% know about the different types of epilepsy and seizures.

the importance of raising awareness.

There are many reasons why there should be greater awareness and education of epilepsy. As the condition can be developed by anybody and there are no physical signs of the illness, it is crucial that there is some sort of basic understanding across society. When somebody has a seizure, it is a terrifying experience – both for the individual with epilepsy and the people witnessing it. If there is a basic knowledge of what to do when somebody has a seizure, the experience becomes less frightening. This enables the individual to come around from the seizure in a calm and safe environment.

Additionally, epilepsy has a detrimental effect on your mental health. It is common for individuals to feel a sense of loss or major restriction once they have been diagnosed with epilepsy, as it is such a life-changing condition. Often anxiety and depression go hand-in-hand with epilepsy, due to it having such restrictions on your life and the fear of losing control over your body at any point in time.

Enuresis is also a possibility during seizures, which can be challenging to deal with, especially during school in front of classmates. Understanding your peers and being surrounded by people who are comfortable and supportive of a condition like epilepsy can make all the difference in overcoming any mental health difficulties related to the illness.

Puberty and a change in hormones can trigger seizures in young people. The NHS states, “Around one child in every 200 has epilepsy, and while some will grow out of it, others won’t”. Similarly, in 2013 the National Institute of Clinical Excellence (NICE) estimated that “there were approximately 34,000 young people under 18 with a diagnosis of epilepsy and taking anti-epileptic drugs in England”. This shows the importance of the education and awareness of epilepsy. It affects so many young people across our country. We need a much wider understanding of the condition throughout our society.

Raising awareness is beneficial for an individual with epilepsy. Still, it makes those witnessing or helping with a seizure more comfortable. Knowing what to do creates a calmer and safer environment. Please familiarise yourself with a basic understanding of epilepsy, and it will have a positive impact on so many lives, including possibly those close to you one day.

avoiding diet culture.

Summer diet culture can be hard to avoid, so here are fully grown's tips and tricks on avoiding the diet trends.



Words by Katy Bishop Photography by Andres Ayrton



Spring gradually comes to an end every year, and summer greets us with the promise of sunnier days and warmer weather. However, from the moment we begin to place our knits and jackets back into the wardrobe and reach for our shorts and tank tops, we are reminded by the media of the notorious 'summer body'. There is an apparent necessity for us to earn the right to get our bodies out in public. There is no doubt that summer diet culture is toxic, but it can be hard not to cave and partake when reminders are constantly shoved into our faces wherever we look. Here are some top tips for avoiding diet culture this summer.

every body is a beach body.

It might sound cheesy, but it's true. There is no such thing as a 'beach body'. The concept is made up by diet brands to profit off of the arrival of the summer. Next time you find yourself worrying about a beach trip because you don't think you have the body for a bikini, think about the last time you visited the beach or the pool. Did you ever find yourself looking at others and critiquing their body? Because I guarantee you didn't, you were busy enjoying your day and the feeling of sand between your toes. You didn't decide to go to the beach to sit and judge others, nor did anyone else. If you are on the beach and have a body, you have a beach body, and it looks great!

dieting isn't healthy.

It can be easy to misinterpret a diet as 'healthy eating'. However, the two are not always the same. Extreme dieting, particularly for a prolonged period, can be extremely unhealthy for you and your body, with the implications of an absence of vital nutrition, fatigue, and low mood. It's important to remember that just because it's summer does not mean your body deserves to be punished for abiding by the diet culture that surrounds the warmer seasons. Instead, nourish your body and listen to what it needs. Healthy eating also includes a healthy mindset when it comes to food.

you aren't obliged to lose weight just because it's summer.

Most of us were introduced to diet culture at a young age, even at school. As the summer months approached, peers would share ab challenges and celebrity diets on Facebook, challenging others to join them in the quest to achieve a 'summer body'. Every year, we would give in and join them. When dieting during the approach to summer is drummed into us every year for most of our lives, it's a tough pattern to break. However, ending the cycle can start this year, when you decide that you are beautiful as you are right now, and you don't need to change just because it's August.

filter your media.

The best way to avoid being sucked into the 'summer body' nonsense is to filter your media. Go onto Instagram and unfollow any accounts that promote the concept. Unfollow accounts that make you feel bad about yourself or could potentially tempt you into buying those dietary products or so claimed 'quick fixes'. Make sure you do this with all of your media. This way, you're free from any negative influence and can begin to unlearn the idea of 'slimming down for summer'.

wear what feels comfortable.

The right outfit can make anyone walk with a spring in their step, so don't underestimate the power of a

great fitting pair of shorts. If you find your summer wardrobe isn't exciting or that there are some old pieces floating around in your closet that you know you've outgrown, do a wardrobe refresh. Having clothes you know you've outgrown from past summers hanging around will only harm how you view yourself in the present and may trick you into thinking you need to change. Go and get the dress you saw the other day and loved and throw out those shorts from 2 years ago. Out with the old and in with the new!

Summer is a wonderful season, and you shouldn't have to stress over which style bikini will cover the most up for that beach day. Get the bikini you think looks the cutest and tell your body you love it because it's pretty amazing.





spotting signs of abuse in a partner.

Words by Hannah-Louise Shergold Photography by Liza Summer

An estimated 2.3 million adults aged 16 to 74 experienced domestic abuse over a year from March 2019. This included 1.6 million women and 757,000 men. With the coronavirus pandemic confining many relationships, the demand for domestic abuse victim support increased with a 65% increase in calls logged by helplines between April and June 2020.

An abusive relationship can take many forms: physically, psychologically, emotionally, threateningly, financially, sexually and more. However, the initial identifiable signs in an abusive partner can apply to most forms. We've collated a list of common signs that your partner is displaying, or may eventually display, signs of abuse.

controlling behaviour.

Your partner may assume a position of control in the relationship, which isn't necessarily bad. However, when control becomes a power over you, your ability to do anything for yourself is undermined. It may be a sign your partner's control could increase to prevent you from normality.

downgrading and belittling.

Your partner seeks to reduce the importance of your actions, no matter how important they are to you. This can include dismissing your achievements, saying things to downplay what you've done or subtle criticisms that diminish your self-esteem. They may also convey that you and your achievements will never be as good as them, continuing this role of power and control.

preventing socialisation.

Your partner may try and stop you from seeing friends and family or ensure that they are with you when you do. They may just limit you to seeing certain people in your social circle or everyone. Either way, there is a boundary crossed that prevents you from living your day-to-day life. This prevention may also include knowing where you are at all times, regardless of who you are seeing.

lack of respect for boundaries.

This sign is more difficult to detect as it usually occurs over time, sometimes considered the "slow erosion of the self". Infringing on your boundaries may be hidden under the guise of compromise. Make sure you reflect and assess how many compromises you make compared to them; if the balance is unfair, consider whether these compromises are penetrating your established boundaries.

picking fights and arguments.

You and your partner have consistent, menial arguments that stem from little cause. They are usually started by your partner, but you are always wrong or gaslit to believe so.

you feel nervous around them.

Your partner should be seen as someone you are comfortable with, not afraid or nervous of. If you're worried your partner is displaying signs of abuse, reach out to friends and family if possible to talk about your concerns and next steps. Several resources can offer advice and provide a route to leaving your partner safely also. You can also make a request to the police for information on a person's previous violent offending either in person at a police station, by telephone, email or online. This is known as the Domestic Violence Disclosure Scheme or Clare's Law and is your 'right to ask'.

Refuge's National Domestic Abuse Helpline
(England)
0808 2000 247
[Online chat](#)
[Webform](#)

Domestic and Sexual Abuse Helpline (Northern Ireland)
0808 802 1414
[Online chat](#)
help@dsahelpline.org

Domestic Abuse and Forced Marriage Helpline (Scotland)
0800 027 1234
[Online chat](#)
helpline@sdafmh.org.uk

Live Fear Free (Wales)
0808 80 10 800

[Online chat](#)

[Text](#)

info@livefearfreehelpline.wales

Men's Advice Line
0808 801 0327
info@mensadviceline.org.uk

Bright Sky App
A free mobile app and website for anyone that may be experiencing domestic abuse or worried that another person is.

Victim Support
Services for victims and survivors of any abuse or crime, regardless of the time frame and whether it was reported to the police.
08 08 16 89 111
[Online chat](#)
[Free resource](#)

ANI Codeword
If you need immediate help, ask for "ANI" (Action Needed Immediately) at a pharmacy. They will provide you with a private space, phone and support from the police or domestic abuse support services.

Safe Spaces
These are available in Boots, Morrisons, Superdrug and Well pharmacies, TSB banks and independent pharmacies in the UK. Inside you will be able to access specialist domestic abuse support information. Find your nearest Safe Space [here](#).

If you think you may be an abuser, there is support available for you. The [Respect Phonenumber](#) is an anonymous and confidential helpline for both men and women.



a battle with ARFID.

I'm going to be sharing my experience with an eating disorder whilst also hoping that it can guide someone in a similar situation into getting the help they deserve.

Words by Sarah Ryan Photography by Roberto Hund

TW: eating disorders. Disordered eating is commonly misunderstood and stigmatised. People tend not to talk about their experiences because they believe they might not be accepted by their loved ones, friends or society.

types of disordered eating.

There are different types of eating disorders, the most common ones being bulimia nervosa and anorexia. I am trying to overcome the one called Avoidant/Restrictive Food Intake Disorder (ARFID). A condition that might make someone avoid or restrict their food intake or avoid a certain type of food for an extended period. People might do this because they are sensitive to the taste and texture of food, they may have had a distressing experience with food, such as choking, or because the person may not recognise that they are hungry in the way that others do, this can make eating seem like a chore and resulting in them struggling to eat enough.





my experience with ARFID.

Another critical aspect of ARFID is its potential negative impact on your physical health and mental and psychological wellbeing. The past two years have been the hardest years of my life. I have had to face many issues that I never thought I would face, resulting in feeling angry and suffocated and taking it out on my body. For the first seven months, I had no idea what was going on with me. My anxiety became crippling, I was only eating one small meal a day (at best), and I never felt like opening up because I strongly believed nobody would understand. Due to this, my day-to-day functioning was negatively affected as I started to overthink certain situations and question my self-worth.

As for my eating, it took a long time to consume a few mouthfuls before feeling full. I only ever took small bites whilst making sure to chew my food very carefully. These alluded to me being a 'picky eater' rather than someone with disordered eating.

Like most eating disorders, ARFID can make people believe that there is no possibility of escaping it and that they can't change their eating habits, making them reluctant to reach out for help. Even when I started to believe that my food intake was getting better and I was feeling healthier, something would happen, and it would spiral out of control. It felt like a broken record. However, it is important to recognise that anyone can react differently, as ARFID is sometimes described as an 'umbrella' term – it includes a range of different types of difficulty.

A few months ago, I, and the people around me, noticed that my mental health was getting worse. I reached out for help from my local GP and the student wellbeing services at my University. Using these services helped me narrow down the reasons behind my disordered eating by talking about it (if I wanted to) whilst also guiding me to understand and accept that things take time to heal. I was told, "people have one brain but two minds that can sometimes battle against each other". For the first time in a while, I didn't feel alone.

If you are currently struggling with disordered eating, please get the help you deserve by contacting your GP or visiting B-Eat online. They specialise in helping people overcome various eating disorders. You are not alone. If you think that a friend or family member is struggling, here are some tips on how you can help support them through this tough time:

- Listen – They are nervous to admit that they might need help, so listen to them talk, and it might result in them feeling more confident to tell others.
- Educate yourself – They might not understand what they're going through, so by educating yourself, you could guide them into choosing the right person for help and support.
- Support them – Reassure them that recovery is possible and make sure they talk about what they're thinking and feeling.
- Avoid certain topics – When someone is struggling, try your best to avoid topics such as weight, food, diets or even body shape as you never know what thoughts they are trying to overcome that day.
- Ask if you can help – Asking if there is anything you can do for them can help reassure someone that they are not alone. People might need assistance with day-to-day life that has been neglected.



overcoming university nerves.

Words by Jessica Doherty Photography by Charlotte May

Starting university, an exciting but also daunting time in your life. For some, they can't wait to leave home and seize the opportunity of independence. For others, it's a nerve-wracking experience they are putting off. Nerves are normal in any situation, especially if we're out of our comfort zone. They can be pretty darn annoying, but we can overcome them.

biting the bullet.

It is important to remember you are not alone. Everyone is in the same boat. You are all likely leaving home for the first time to live with a bunch of people you've never actually met. This can be daunting for anyone, no matter how confident of a person you are. When your family departs, anxiety might overcome you as everything feels real. However, you need to seize this opportunity to get to know everyone and make new friends. Remember, they are all feeling the same way. Sparking a conversation and breaking that awkward silence is key to easing everyone's nerves. Try biting the bullet and making the first move. Before you know it, everyone will be more relaxed and chatting away.

freshers.

Your first week of university is all about making new friends and finding your crowd. You may not click as well as you would have liked with your housemates, but there's always plenty of societies to join and people on your course to get to know. Part of the university experience is finding friends for life. So, enjoy the process of finding your crowd and getting to know each individual person. Everyone is different, and not everyone clicks. This is what makes the world go round and will be a massive part of your university journey and making new friends.

embracing university life.

As a university student myself, I can vouch for this. Not every person you meet at university will be a lifelong friend, and first day nerves are normal! But if you remember you are all in it together and that you'll find your crowd eventually, you can combat those nerves. If you are worried about missing family, just remember they're only a Facetime or message away. They may be far, but they'll always be there to talk to and support you along the way. Just think of all the amazing memories you'll make and the amazing people you'll meet. University is going to open so many opportunities for you. Don't let your nerves get in the way of such a fantastic experience that you'll remember for life.

So, when overcoming your university nerves, you need to embrace the experience and the feelings along the way. Anyone you speak to about their university years will say they felt nervous many times throughout and will undoubtedly have a few stories to tell. But we must remember, this is what makes the experience so valuable.

The first taste of independence when you begin university maybe a little sour. Still, once you adapt, it'll soon taste sweet. Embrace the opportunity of university, don't let your nerves put you off.





what to read this summer.

The Appeal - Janice Hallett

Spanning the 1950s to the 1990s and from the Deep South to California, Bennett's stunning novel follows the journeys of two estranged twin sisters leading very different lives – to the extent of adopting different racial identities.

[Buy it here.](#)

The Thursday Murder Club - Richard Osman

Laced with killer one-liners and artfully constructed twists, the debut novel from the telly puzzle favourite centres on a posse of pensionable Poirots investigating the suspicious demise of a property developer.

[Buy it here.](#)

The Midnight Library - Matt Haig

From the author of How to Stop Time and The Humans comes this poignant, unique novel about regret, hope and forgiveness - and a library that houses second chances.

[Buy it here.](#)

The Lying Life of Adults - Elena Ferrante

Following the fortunes of an adolescent girl through changing family dynamics and growing self-realisation, The Lying Life of Adults is a pitch-perfect dissection of Italian family life and the follies of youth.

[Buy it here.](#)

Hamnet - Maggie O'Farrell

One of our greatest living novelists resurrects the short life of Hamnet Shakespeare, in a lyrically written and emotionally devastating account of the Bard's only son.

[Buy it here.](#)

fully foodie.



chicken curry with cumin rice.

Words by Rania Salman

Photography by Abhi Bakshi, Andy Holmes,
Fox & Tim Samuel

This is a healthy twist on the family-favourite takeaway, an Indian chicken curry. When you think of an Indian curry, you often think very fatty, oily and salty. This recipe hits all the right spots without using unhealthy fats and by adding a load of vegetables into the mix, you are ensuring that you are meeting at least 2 of your 5-a-day in just one serving. The spice mix used in this recipe is packed full of polyphenols, which are increasingly becoming more known for their incredible bounty of health benefits.

SERVES: 4

PREP TIME: 20 minutes

COOK TIME: 45 minutes

INGREDIENTS

80g yellow pepper, 80g red pepper, 80g green pepper, diced

90g carrot, diced

155g onion, diced

200g potato, diced

2 garlic cloves, minced

1-3 bird's eye chilli, diced

1 medium tomato, diced

360g raw chicken breast, cubed

Handful of peas

30g coriander, chopped

Turmeric

Curry powder (mild-medium, as per taste)

Garam masala powder

Tomato puree

3g Cumin seed

300g Basmati rice

Salt

Rapeseed oil





METHOD

01. Dice all the vegetables and set them aside. In a pan, heat a tablespoon of oil and add the onion and mince garlic. Add the bird eye chilli (if you are not a fan of chilli, no need to add) and sautee until the onion is translucent.
02. Once the onion is translucent, add $\frac{1}{4}$ teaspoon turmeric, $\frac{1}{4}$ teaspoon curry powder and $\frac{1}{4}$ teaspoon garam masala and mix well. Add an extra tablespoon of oil, turn up the heat high and add the chicken cubes and cook. Add salt to taste.
03. Once the chicken has cooked, add the diced vegetables (apart from the peas and coriander). Add more salt to taste and add another $\frac{1}{2}$ teaspoon of garam masala and $\frac{3}{4}$ teaspoon of curry powder. Add 650mls of water and add 1.5 tablespoons of tomato puree. Add salt, 1 teaspoon curry powder, 1 teaspoon of garam masala and bring to a boil. Let it boil for ~20 minutes or until sauce has thickened. Once thickened, add the coriander and peas.

FOR THE RICE

04. Add 1 tablespoon oil and cumin seeds to a medium sized pot. Sauté the cumin seeds in the oil over medium-low heat for 1-2 minutes. Add the uncooked rice to the pot and continue to stir and cook for 2-3 minutes more to toast the rice.
05. Add enough water to just cover the rice and add salt to taste. Place a lid on the pot, turn the heat up to high, and let the liquid come up to a boil. Once it reaches a boil, turn the heat down to low and let it simmer (with lid) for 15 minutes. After 15 minutes, turn off the heat and let it sit undisturbed for 10 more minutes before lifting the lid. After resting for 10 minutes, remove the lid, fluff with a fork, and serve.



homemade naan bread.

Words by Hannah-Louise Shergold
Photography by Michael Burrows

Impress your friends and spice up your curry evening with this easier-than-it-looks naan bread recipe. Arguably better than shop bought and the perfect addition to a homemade curry, or midnight snack.

SERVES: 2-4

PREP TIME: 1 hour 15 minutes

COOK TIME: 30 minutes

INGREDIENTS

1x 7g sachet dried yeast

1 tsp golden caster sugar

150g strong white bread flour

½ tsp baking powder

25g butter or ghee (if you want to use ghee for the authentically Indian approach, consider avoiding mainstream supermarkets as it can get expensive)

150ml natural yogurt

1 tbsp nigella seeds (not a necessity just a nice addition)

METHOD

01. Put 125ml warm water into a small bowl add the yeast and 1/2 tsp of sugar. Leave for 10-15 mins or until frothy. In a larger bowl, put the flour, remaining sugar, sprinkle of salt and baking powder. Mix together then make a well in the centre.
02. Melt the butter in the microwave and add to the well, add the yogurt, nigella seeds and yeast mixture. Stir well, then bring the mixture together with your hands. Add water or flour depending on the stickiness – or dryness – of the mixture. The dough should be soft without leaving residue but able to form a ball shape easily.
03. When you're happy with the consistency, start kneading until the dough is smooth and elastic but still soft. Shape into a ball and place in a bowl. Cover and leave in a warm place for about 1 hr or until doubled in size.
04. Divide the dough into 4 balls, and roll them into a teardrop shape. Heat up a frying pan and add a tsp of butter/ghee. When the pan is very hot, carefully lay the naan bread into it. Let it dry fry and puff up for about 2 mins – be careful it doesn't burn - then turn over and cook on the other side until cooked through and charred in patches.
05. Heat the oven to its lowest setting and put the cooked naan bread on a baking sheet. Brush with a little melted butter and cover with foil until you're ready to eat. If you're pre-cooking them for later, leave this step until 10 minutes before eating. The naan breads can also be frozen, just complete steps 1-4, leave to cool then place in the freezer. They can be defrosted on the side or placed in a toaster!





crispy potatoes.

Words by Amelia Morgan
Photography by Anna Tis & Enric Cruz Lopez

A great addition to a BBQ or bring-your-own dinner party. Cheap, easy, and certainly a crowd-pleaser!

SERVES: 2

PREP TIME: 10 minutes

COOK TIME: 30/35 minutes

INGREDIENTS

400g baby potatoes

Tbsp olive oil

Garlic salt (regular salt also works)

Chopped rosemary

Pepper

METHOD

01. Preheat the oven to 180C/200C fan oven. Cut the baby potatoes into smaller pieces (roughly half or quarter) and boil for five minutes until you can put a fork in them. Drain and leave for a minute to steam dry off. Shake the saucepan to break them/fluff them up a bit, then transfer to a baking tray, spooning out any mashed potato left behind from shaking.
02. Crush them slightly - it works well if you use the back of a big spoon or the bottom of a drinking glass. The more mashed, the crispier they'll be. Toss in your olive oil, salt, chopped rosemary and pepper. Cook for 30 minutes or until golden and crispy.



Greek-inspired salad.

Words by Rania Salman
Photography by Dmitry Dreyer

This fresh and vibrant Greek-inspired salad is great as a side to accompany grilled meats or can even be a vegetarian light summer main in its own right. The best part? You get a flavoursome and refreshing dish in no time!

SERVES: 4

PREP TIME: 20 minutes

INGREDIENTS

2 large tomatoes
130g cucumber, diced
80g red onion, thinly sliced lengthways
95g sweetcorn
60g black-pitted olives (drained weight)
200g Feta cheese
3 tablespoons olive oil
1 tablespoon lemon
oregano

METHOD

01. Dice/chop all the vegetables as above and mix in a large salad bowl. Crumble the Feta cheese over the chopped vegetables and add the drained olives.
02. Add 3 tablespoons of olive oil and 1 tablespoon of lemon and mix well. Add oregano to taste. Some people may also wish to add some salt although I find that the saltiness from the feta cheese more than covers it!



coffee and walnut cake.

Words by Hannah-Louise Shergold
Photography by Anton and Tom Hermans

What better way to get your caffeine fix than a big ol' slice of coffee cake! Oh and its delicious too...
Make a large cake to share with family

SERVES: 10-12

PREP TIME: 15 minutes

COOK TIME: 30 minutes

INGREDIENTS

170g baking butter

170g caster sugar

3 eggs

170g self-raising flour

1 tbsp instant coffee

1 tbsp icing sugar

METHOD

01. Preheat the oven to 180C/fan oven 160C and butter the base of a tin.
02. Put the coffee into a small bowl or mug and pour over 1tbsp of boiling water, leave to dissolve and cool. Add the butter to a large bowl and microwave for 5 seconds if firm. Add the butter and cream together. Add the eggs and mix until a thicker texture.
03. Add the flour and most of the cooled coffee, mix until a smooth mixture is formed. Add to a buttered cake tin, or cupcake cases and put in the oven for 30 minutes or until golden on top. Leave to cool on a wire rack.
04. Mix together the rest of the cooled coffee and icing sugar. You may have to adjust the amount of icing sugar depending on how much coffee you reserved. Keep adding icing sugar until the mixture isn't too runny but still easy to spread. Add to the cooled cake, or cupcakes.



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