

One in a MILLION!



This week we're recognising the determination of Jessica Heather, 32, from Hertfordshire. She said...

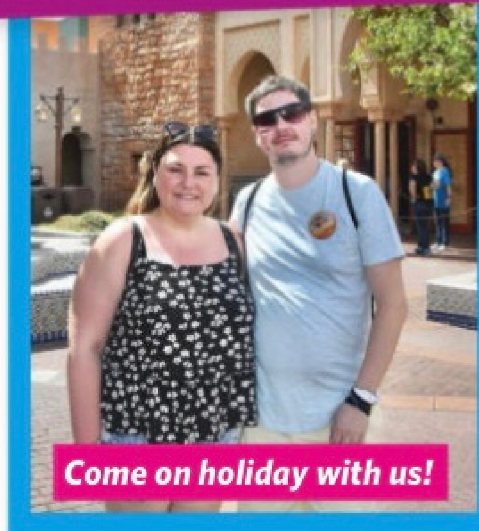
Talking to the lens, everything that I said seemed to roll off my tongue naturally.

And it was a great way to cure the lockdown blues. Needing to shield for most of 2020, due to having a weak immune system after being diagnosed with Behcet's syndrome and gastroparesis in 2020, my symptoms could be treated but not cured.

And it came after suffering from a bout of food poisoning on honeymoon in Turkey with my husband Wayne, now 35, back in 2014, with various harrowing symptoms.

So, starting my own YouTube channel, I first wanted to raise awareness of my health condition, instead of just being stagnant.

Only, with a back catalogue of amazing trips that me and



Wayne had been on in the past, such as New York and beautiful UK staycations, I also wanted to document travel memories in the process, which quickly morphed into something else...

Holiday With the Heathers – a platform where we could document how those with disabilities could still travel, stepping out of their comfort zone, not feeling so isolated.

With my life changing and Covid meaning that certain restrictions were put in place, leaving the house was scary, let alone boarding a plane again.

And I knew I wasn't alone in how I was feeling.

My wife was scared to go away, but we've been on our first cruise after reaching out to charities that you suggested, one comment read.

Since starting our YouTube

channel back in lockdown, we now have over 1.4k dedicated followers, from different backgrounds including the disabled community.

You could say that we have formed a lovely family in the process – something that I never expected before now.

And we've even had the opportunity to work with a variety of global brands that want to promote accessibility options such as London Zoo.

Knowing how lonely a diagnosis can be, I want to be a guide for others, supporting charities and having a platform that individuals can reach out to if they need help.

Whether that's something as simple as what to pack for your holiday, how to book an accessible room or budget-friendly ideas for the entire family, I want everyone to

experience the world in all its wonders.

The whole process has been a real pat on the back and I've even started studying Design, Innovation and Business Management

at the Open University. I want to show that no matter who you are, the walk of life you have come from or your experience, anybody can reach their dreams.

I'm living proof of that!

● **To see more please visit:** holidaywiththeheathers.com

I want everyone to see the world

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Bitesize!

1	2	3	4
5			
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- ACROSS**
- 1 Association of countries (4)
 - 5 Impolite (4)
 - 6 Dry (4)
 - 7 DNA unit (4)
- DOWN**
- 1 Boast (4)
 - 2 Entice (4)
 - 3 Norse god (4)
 - 4 Surrender (4)

Read down the shaded squares for the answer.
Answer on page 47.

JUST FOR FUN



Sneaky peek at this week!



P39 Refresh your skincare routine

P4 Find out what's hot this week!



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