

# Health Triangle

141/Dec 2025 & Jan 2026

The official e-mag of  
UK Health Radio



## Health Focus ADHD in adults

**2026:**  
**Ride the Energy  
of the Fire Horse**  
by Janine Lowe

## Suicide in young adults

This Christmas  
**Choose You!**  
by Danielle Sax

## TIME TO BUILD SELF BELIEF

Festive & New  
Year Wellness  
by Janey Lee Grace

Anthea Turner:  
**GRACE IN  
MOTION**





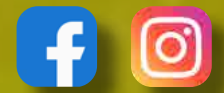
“Write it on  
your heart that  
every day is the  
best day in the  
year.”

Ralph Waldo Emerson

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Editor's Note:

## This Month▲

FROM REFLECTION TO RENEWAL

As I reflect on this past year while shaping our **December-January** bumper issue, I'm struck by how much growth, challenge and change 2025 has held — both personally and across the wider world of health. My first months as Editor-in-Chief has deepened my belief that wellbeing is not something we chase; it's something we continually return to, recalibrate and relearn.

This issue brings together themes that have defined the year: the rising awareness of neurodiversity, explored in our feature on ADHD in adults; the importance of emotional resilience, highlighted through **Danielle Sax's** reminder to "Choose You" this Christmas; and the strain on our health system, addressed openly in our **Breaking News** report. These conversations matter because they reflect the realities so many of us are navigating.

One of the most uplifting tasks of closing the year has been announcing the **2025 UK Health Radio Awards Winners**. These individuals and organisations embody dedication and integrity — qualities that continue to inspire me in my own work. Their contributions remind us how powerful clear information and compassionate leadership can be.

This issue also showcases voices that have personally resonated with me: **Dr Belynder Walia's** portrait of **Anthea Turner**, who also graces the cover, **Sophie Linton's** exploration of constant contact and brand myths, and **Dee Blick's** heartfelt call to build self-belief. **Janey Lee Grace** and **Theresa Cheung** bring warmth to the festive season, while **Ken D. Foster** and **Carole Coleman** remind us that creativity is not a luxury in wellbeing — it's a necessity.

I also contributed **Beyond the Bag: Food, Glorious Food - Without the Fear**, reflecting my ongoing commitment to helping readers rebuild their relationship with nourishment and self-trust. Looking ahead, **Janine Lowe's** guidance on 2026: The Year of the Fire Horse offers timely direction. The Fire Horse brings passion, independence and momentum, but it also asks us to ground our energy and act with intention rather than urgency. For me, that means clarity, boundaries and creativity at the centre of the year to come.

As we close 2025, thank you for being part of this growing community. Your engagement shapes every issue. May this season bring rest, courage and a bright beginning for the year ahead.

Warm regards  
**Raphaela Reeb**  
Editor-In-Chief







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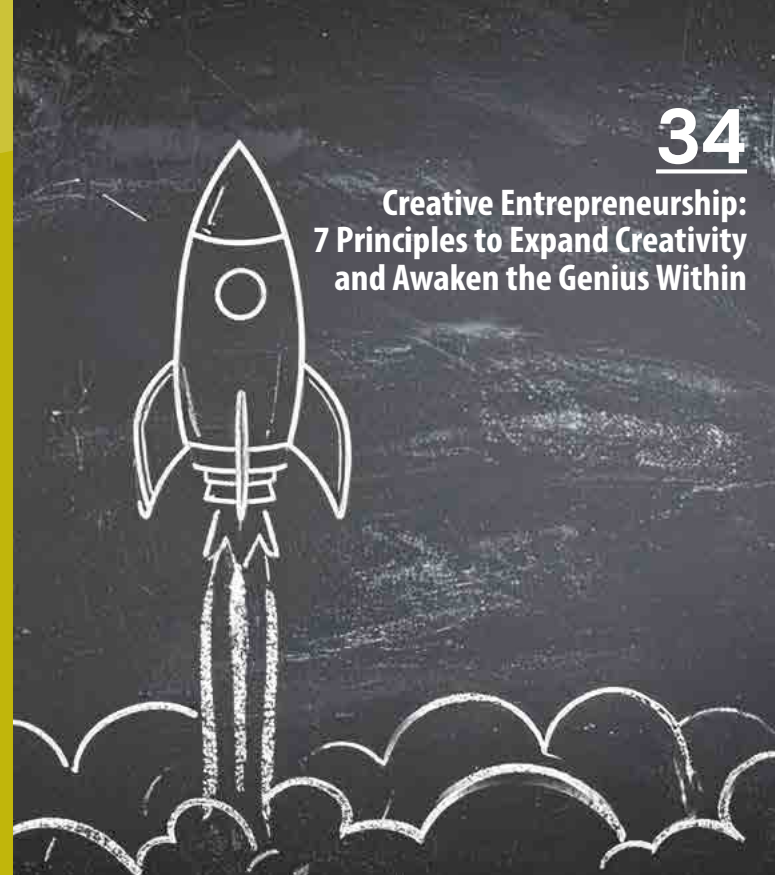


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# ADHD

## in adults

**A**DHD (attention deficit hyperactivity disorder) is a condition where the brain works differently to most people. If you have ADHD, you may have trouble with things like concentrating and sitting still. There are things you can do to help manage your symptoms.

### SYMPTOMS OF ADHD

Symptoms of ADHD involve your ability to pay attention to things (being inattentive), having high energy levels (being hyperactive) and your ability to control your impulses (being impulsive).

You may show signs of being inattentive, such as:

- **being easily distracted or forgetful**
- **finding it hard to organise your time**
- **finding it hard to follow instructions or finish tasks**
- **losing things often, like your wallet, mobile or keys**

You may show signs of being hyperactive and impulsive, including:

- **having a lot of energy or feeling restless**
- **being very talkative or interrupting conversations**
- **making quick decisions without thinking about what might happen as a result**

Most people with ADHD will have symptoms of both the inattentive and hyperactive-impulsive type. Some only show signs of one type.

These symptoms usually start before the age of 12. ADHD is thought to be recognised less often in women than men. This may be because women with ADHD more commonly have inattentive symptoms and these can be harder to recognise than hyperactive symptoms.

### GETTING HELP WITH ADHD

If your ADHD symptoms are affecting your studies, work or relationships, make an appointment with a GP to find out what support is available.

At your appointment, the GP will ask about your symptoms and how they affect your life. They may also want to consider other conditions that could be causing your symptoms, such as autism, Tourette's or anxiety, to help you get the right care.

After the appointment, the GP may decide to refer you for an assessment with a mental health professional specialising in ADHD.

If you have already been diagnosed with ADHD in childhood and need help for your symptoms, talk to your GP about getting a referral.

People with ADHD may often have other conditions too, such as depression, anxiety or addictions, or a learning difficulty such as dyslexia.

### What happens at an ADHD assessment

Your appointment will be with an ADHD specialist such as a psychiatrist.

They'll ask about the history of your symptoms, particularly if they started when you were a child, and how these symptoms affected you at school.

The assessment will focus on different areas of your life, including:

- **work and education**
- **family and friends**
- **medical history, including any mental health issues**

The specialist may want to contact someone who knows you well, such as a family member or close friend.

If you're diagnosed with ADHD, the specialist will talk to you about what this means and what will happen next, including what help and support may be available.

### HOW TO MANAGE ADHD

ADHD can be managed in many ways, including lifestyle changes, changes at work, or medicines.

It depends on your symptoms and how they're affecting you. Not everyone needs or wants to take medicine to help manage their ADHD symptoms.

When you get a diagnosis of ADHD, your specialist will discuss ways you can be supported.

### LIFESTYLE

There are things you can do to help yourself.

Make time for physical activities you enjoy, as exercise





has many health benefits and can be a good focus for your energy.

Exercise also helps reduce symptoms of anxiety and depression. Anxiety and depression can make your ADHD symptoms worse.

It's important to get enough sleep. Having a regular bedtime and a quiet dark bedroom can help. Try to avoid screens, caffeine, sugar and alcohol close to bedtime.

Aim for a healthy, balanced diet and regular mealtimes. You may also find it helpful to talk to friends and family about your ADHD.

### **WORK, COLLEGE OR UNIVERSITY**

At your workplace or place of study, you can request changes to help you manage your ADHD. These are called "reasonable adjustments".

Reasonable adjustments may include things like:

- having a personalised work space in a quiet area
- having written instructions as well as spoken instructions
- having help from another person to plan and structure your tasks

### **MEDICINES**

ADHD medicines must be started and monitored by an ADHD specialist.

Medicines that can help with ADHD symptoms include methylphenidate or lisdexamfetamine.

You may need to try more than one medicine to find out what works for you.

A GP may be able to take over prescribing ADHD medicines, but only if there is a "shared care agreement" between the GP and the ADHD specialist. To find out more, talk to your ADHD specialist or GP.

### **TALKING THERAPIES**

Talking therapies, such as cognitive behavioural therapy (CBT) or mindfulness, may be recommended for adults with ADHD.

### **ADHD AND DRIVING**

You must tell the DVLA if your driving is affected by your ADHD or your ADHD medicine, or both.

### **ADHD AND MENTAL HEALTH**

People with ADHD may be more likely to have a mental

health issues such as anxiety and depression.

They are also at higher risk of suicide.

If you're feeling like you want to end your life, it's important to tell someone.

Help and support is available right now if you need it.

You do not have to struggle with difficult feelings alone.

### **WHAT CAUSES ADHD**

The cause of ADHD is not always known. ADHD may be caused by genetic differences and often runs in families.

There are several other things linked to ADHD, including being born premature (before 37 weeks of pregnancy), having epilepsy, a brain injury and being autistic.

Some people with ADHD call themselves neurodivergent. Neurodiversity describes the range of different ways our brains work.

### **HELP AND SUPPORT FOR ADHD**

If you have ADHD, there are ways to help manage your condition in addition to support from your doctor and workplace.

There are ADHD support groups locally and online.

There are also a number of organisations and charities that can offer information and support about ADHD.

#### **ADHD UK**

Information and support for anyone affected by ADHD.

Website: [www.adhduk.co.uk](http://www.adhduk.co.uk)

Adult ADHD self screening tool **[ADHD UK]**

**Support groups [ADHD UK]**

#### **ADHD ADULT UK**

Information and peer support for adults with ADHD.

Website: [www.adhdadult.uk](http://www.adhdadult.uk)

Resources **[ADHD Adult UK]**

#### **MINDOUT**

Mental health support for the LGBTQ community.

Website: [www.mindout.org.uk](http://www.mindout.org.uk)

Advice and information **[MindOUT]**

#### **SAMARITANS**

Mental health support for everyone.

Website: [www.samaritans.org](http://www.samaritans.org)

How we can help **[Samaritans]**





# Celebrating Excellence: HEALTH AWARDS 2025 WINNERS

**T**his year's **UK Health Radio Awards** shine a spotlight on individuals and organisations whose dedication, innovation and compassion have profoundly impacted the landscape of health, wellbeing, social care and community support.

From authors shaping modern entrepreneurship to advocates transforming the conversation around dementia, from sustainable food pioneers to champions of emotional healing, these winners embody the spirit of service and positive change. Each nominee was put forward by UK Health Radio presenters who witness firsthand the extraordinary work taking place across the health and wellbeing community. Their nominations reflect not only achievement, but heart — the courage to lead, the determination to uplift others, and the unwavering belief that healthier futures are possible.

Below, we proudly present the **2025 Winners**.

## **AUTHORS / INFLUENCERS – Alison McRobbie**

Alison McRobbie is an award-winning author and multi-business owner who has built and scaled ventures globally, inspiring others through her blend of entrepreneurship, leadership and

wellbeing. She created The 365 Plan®, a guided framework that helps entrepreneurs remove overwhelm and gain clarity through structured, personalised online coaching.

## **CARE ORGANISATIONS – Carrie Alberts (Dementia Darling)**

Carrie Alberts, widely known as Dementia Darling, uses education, humour and heartfelt advocacy to uplift dementia caregivers and raise nationwide awareness. Her mission is to empower caregivers with knowledge, compassion and encouragement while challenging the tragedy narrative around dementia.

## **CHARITIES / NON-PROFIT – Ginger Cat House**

Refuge & Rehome Surrey (June Fraser)  
June Fraser leads the Ginger Cat Rescue in Surrey, providing a safe haven for vulnerable, abandoned and special-needs cats through a no-kill, compassion-driven ethos. Supported by volunteers and donations, she dedicates her life to rescuing, rehabilitating and rehoming cats while also offering guidance to owners facing difficult circumstances ...

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# Anthea Turner: GRACE IN MOTION

by Dr.Belynder Walia

There's a particular kind of grace that time can't touch. It's not in how someone looks, but in how they carry themselves through change, how they keep showing up, no matter how many chapters they've lived.

**Anthea Turner** has that kind of grace.

For decades, she has been woven into the nation's rhythm, that steady voice and calm energy that once made early mornings feel more ordered and hopeful. Watching her, you never doubted her composure or clarity of thought. Yet what makes Anthea Turner truly remarkable isn't the career that brought her into our homes; it's the woman who has continued to evolve behind the scenes.

She still appears on screen, still radiates that signature warmth, but her story no longer begins or ends with television. Today, her focus extends beyond the camera into something more personal — helping others care for themselves with the same quiet dedication she's always brought to her work...



Photograph by Ashleigh Britten

# THE CULT OF CONSTANT CONTACT

Why always being “on” is costing us  
real connection and true rest

by Sophie Linton



Sometimes I catch myself reaching for my phone without even realising it, mid-conversation, mid-meal, mid-thought. My thumb knows the pattern before my brain does. Tap, scroll, refresh. It's almost muscle memory now — this quiet impulse to stay connected, to stay caught up. We live in an age where silence feels suspicious. Miss a message and you're rude. Leave an email unanswered and you're unreliable. Take too long to reply, and someone somewhere assumes you're upset. The unspoken rule seems to be: always be reachable, always be available, always be “on”. Yet for all this constant contact, I've never encountered more people who feel deeply disconnected.

On the surface, we're more linked than ever. We can talk to anyone, anywhere, at any time. But I'm starting to wonder if we're mistaking contact for closeness. I've had entire friendships that lived in private messages, full of heart emojis and late-night voice notes, and yet months later, I realised we'd barely seen each other in person. We'd shared regular updates, but not our actual lives. It's as though we've substituted frequency for depth.

The truth is, being in constant communication doesn't guarantee connection...



# 2026 Ride the Energy of the Fire Horse

by Janine Lowe, Feng Shui Consultant

The Fire Horse only gallops into our lives once every 60 years 1906, 1966, and now again in 2026. Every cycle of this powerful sign brings transformation, courage, and a little chaos. Known in Chinese Astrology as Bing Wu, the Fire Horse is bold, passionate, and fiercely independent. It moves fast, inspires progress, and reminds us that great change is rarely comfortable but always meaningful.



# CREATIVE ENTREPRENEURSHIP: 7 PRINCIPLES TO EXPAND CREATIVITY AND AWAKEN THE GENIUS WITHIN

by Ken D Foster



## THE COURAGE TO CREATE A NEW FUTURE

Entrepreneurship is not just about building businesses, it is about building yourself. True creative entrepreneurship requires the courage to move beyond fear, the willingness to think differently, and the discipline to align your outer actions with your inner genius.

When I reflect on my journey, from the challenges of early failures to leading companies and producing transformational media, the key ingredient that consistently unlocked new opportunities was not money, timing, or connections. It was courage. Courage to dream big, courage to follow intuition, courage to keep moving forward when every voice said, 'Stop.'

But courage alone is not enough. To awaken the genius within and create something extraordinary, we must embrace principles that transcend time and culture. They come from the wisdom of the East, the science of the mind, and the relentless drive of innovators who refuse to accept limits.

Here are seven principles that, when practiced, will not only expand your creativity but will awaken the entrepreneur within you who is destined to change the world...

"...Courage to dream big, courage to follow intuition, courage to keep moving forward when every voice said, 'Stop'..."



# Festive & New Year Wellness:

A Chance to Make  
a Difference

by **Janey Lee Grace**

# AGEING IS A CHOICE

## Food & Supplements as Preventive Medicine

Bolstering your Beverages

by **Robert Manni**

**PART 33**

**F**ollowing our first instalment on foods as preventative medicine for healthy aging, we pivot this time to supercharging our beverages. By using simple pantry ingredients, we can transform our everyday drinks into a health beverage that is inexpensive, easy to source, and best of all, effortless to make.

Here are a few of my favourites. I make them daily, and I feel great knowing these drinks boost and protect my health. The good news is you probably have these staples in your cupboard already so you can try them right away!...

"... we are not  
only what  
we eat, but  
also what we  
drink...."



around



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