SHOPZILLA THE WOMEN BUYING NEXT SEASON’S FASHION NOW
HELLO MUM WHY DON’T MEN CALL THEIR MOTHERS?
VITAMINS THE TRUTH ABOUT WHAT REALLY WORKS

INTRO

From left, Angela wears sequined top and floor-length skirt by Beyond Retro; gown not from Angela; all words by Thomas Barberini; trousers by Paul Smith; shoes by Birkenstock.

HOW TO STAY IN STYLE

BY AUDI JAMES

I only ever want to be at home, and what’s making me disinterested is that there’s nothing new in the way of new arrivals. I’m going to pull it off and use the barbecue season to go.

I got the idea after visiting the Bosphorus Grand Prix a few weeks ago. I was at a party given by the Crown Prince. He had everything – you could even see the royal ship from the palace gardens. It was an amazing day, with guests including Lea Caproni and Abba, but the only thing I was interested in was his kahibab machine at the back of the garden.

You could have all kinds of fun making your own kahibabs, and the machines only cost about £500. The kids are going to love it – it might look normal, but you can just kit it out and make all kinds of fun things. Then, all you need is a DJ, and you can swing around like the Crown Prince of whichever.

DO SOMETHING SPORTING HOST A PARTY FOR EURO 2008

JUNE 7-29

England may not have qualified, but you can still enjoy the football — and the leg. Sit back and savour Europe’s finest sweating it out without missing who wins. The line-up:

Top horse The tournament’s best-looking and best-dressed are the Italians. Pay particular attention to captain, Fabio Cannavaro, and forward Luca Toni. Also watch Thierry Henry vass-aunton for France, alongside Philipp Mexes — a potential winner of Euro 2008’s best haircut.

Their Wags Forget Posh, Coleen and Cheryl. There’s a new Waggle in town, headed up by former Miss Spain Eva Gonzalez (girlfriend of the Spanish goalkeeper Iker Casillas). Dutch actress Sylvia von der Vaart (wife of free-kick expert Rafael van der Vaart) and Radka Kocurova, runner-up Miss Czech Republic 2002 and girlfriend of Arsenal’s Tomas Rosicky.

PLAY BIKE POLO AUG 16-17

At Johnstone’s Wheelers Cycle Club in Glasgow. This particular bike polo team came into existence after a drunken chat in a pub. Take part and find out what all the fuss is about.

RUN ACROSS THE WORLD (HAWK) AUG 4

You need a steady part of trains for this.

The British leg of the huge global marathon starts in Stratford and comprises 250km over five days. Complete it and you’ll qualify for the one in the Arctic next year.

SWIM WILD SEPT 6

Celebrate the end of summer by coolling in a charity swim in the Lake District. Hosted by the Outdoor Swimming Society and run by the author Kate Rew, the event is open to anyone over 12 years old, so jump in. As long as you can stay afloat for 2km-3km, that’s outdoorswimsociety.org.uk

GO GUERRILLA GARDENING

Pick up a copy of Richard Reynolds’s book on the art of stealthily making over empty pockets-strewn urban spaces. Exercises your muscles and your conscience.

GO BOATING

Sail the Norfolk Broads in style with poshboats.co.uk (hotel slippers, champagne, and Mobberly Brown gondoliers on board); go speedboating on the Thames James Bond-style with bondboatexcursions.com; or, if you’re a Born Johnson moment, head to Henley Regatta (July 26th; hrr.com), for the biggest collection of style mix; Parsons Green. £