



MENTAL HEALTH AFTER COVID

Many are struggling with mental health after the pandemic

After the intense pain of isolation, many children, teenagers, and adults are suffering from mental health issues. These issues can vary, be it OCD, PTSD, depression, or anxiety. Each issue inflicts indescribable hurt on the victim, and this can also severely damage the prospects of their future. Many people are also unaware of their issues. To a teenager it may just be hormones. To a woman it may just be 'that time of month'. To a man it may be too hard to confront. Denial and ignorance can lead to them postponing getting the help they need. When accepting that they need help, these people still face problems accessing it. For counselling through the NHS, there can be an 18

week wait. If it's a non-urgent case, this can be longer. In 18 weeks, the situation can become much more severe, and that can lead to desperate people doing desperate things.

More needs to be done to aid these people; the government should offer more funding to mental health support groups or services, but not enough is being done.

If you have been affected by mental health, remember you are stronger than you feel. You will get through this.

LET'S SPILL THE TEA ON BISCUITS!

The biscuit battle!

After the grey monotony of your day all you want is to flop into your favourite chair with a cup of tea and a biscuit. However, this divides Britain. What biscuit is superior? Pink Wafer? No. Bourbon? Sociopath. Rich tea? Bland. This debate has been eating us up for too long. It ends now. Only 3 biscuits have the godly presence I desire. My heart sings when my eyes fall upon these flawless delicacies. These are: Hobnobs, Lotus Biscoff, and Crunch creams.

Some humans believe a bourbon is a 'quality entity that deserves respect.' I think they need help. Sad, disorientated beings like these do not regurgitate these unholy pieces of cow dung. They do not weep at the sight of these sloppy, fake, pathetic excuses for

biscuits. They break in that perfect cup of tea and smell of anything other than chocolate. They can only be consumed by someone with no taste buds. I feel insurmountable grief when I witness these poor souls consume a bourbon. What trauma did they endure to do that to themselves? Do they need a hug? No, they just need a hobnob. The holy presence of oatly goodness. The sweet yet not overpowering taste is distinctive and comforting. They warm you inside and out with their golden radiance.

Mmmm.... Heaven.

Phoebe Bond

Books? Worth it or not?
(January Recommendations)

Books are worth reading but here is the question, what ones are worth it? Well, it is my job or obligation to tell you the truth about mainstream and underrated books and whether you should read them. As for those of you who do not like reading, what are you doing here?

First is the legendary Riordanverse or simply, Percy Jackson. I rate the books 9/10. Personally, the earlier books are my favourites, especially *Heroes of Olympus* as it has a more diverse group of characters such as Piper McLean and Leo Valdez. Though the epically, amazing underwater kiss scene between Percabeth will ever be in my favour and heart.

Next, for those of you who are more curious about poetry than fantasy, is *Aphrodite Made Me Do It* by Trista Mateer. It shows how you can overcome tragedy and diversity even when you feel weak, just like Taylor Swift overcomes not owning her songs. Here are the trigger warnings:

https://booktriggerwarnings.com/index.php?title=Aphrodite_Made_Me_Do_It_by_Trista_Mateer

Then to continue there is *The Invisible Life of Addie LaRue* by V.E. Schwab, which I love. It is a tragic love story that leaves me hooked the entire time. I loved the pansexual representation with Addie and Henry. It is absolutely phenomenal and I love how they go in between years to tell the story of how Addie ends up there, along with what happened with Luc.

https://booktriggerwarnings.com/index.php?title=The_Invisible_Life_of_Addie_LaRue_by_V.E._Schwab

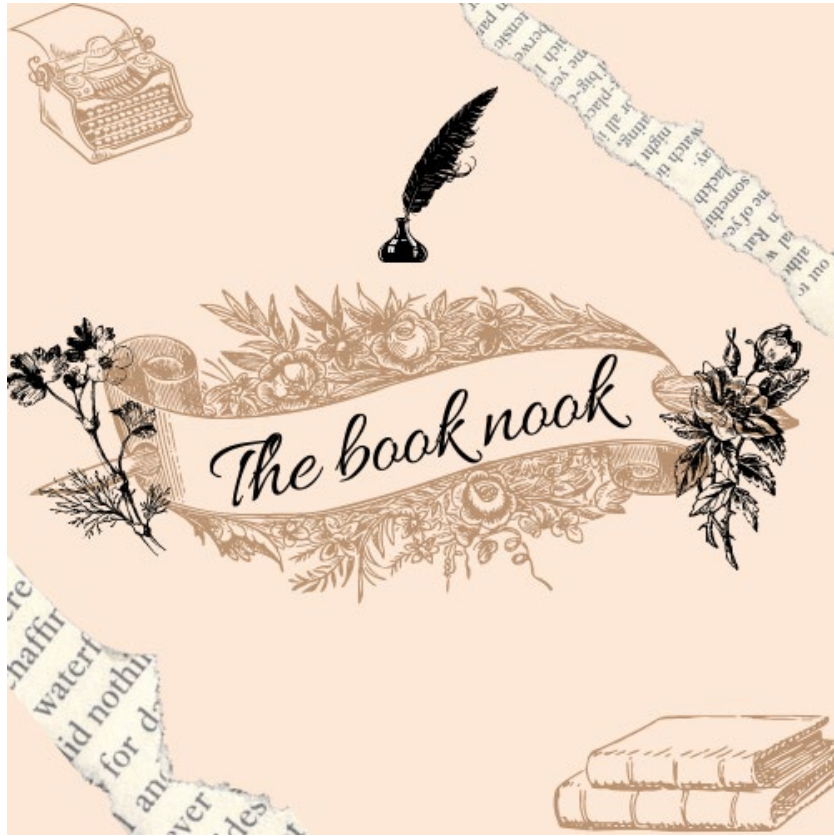
Shadow and Bone by Leigh Bardugo. It's one of my favourite trilogies and the story doesn't end with that, as it continues with the *Six of Crows* duology and the *Rule of Wolves* duology. It also explores different perspectives of characters in later books. I like how Bardugo creates relationships between different characters such as Jesper and Wylan, or Alina and Mal, by interconnecting their backstories.

https://booktriggerwarnings.com/index.php?title=Shadow_and_Bone_by_Leigh_Bardugo

Honey Girl by Morgan Rogers is a must read. It was published in February 2021 and has been one of my comfort books since reading it. It's a quick read and is able to get you out of book slumps, which I was having a lot of around February/March of last year. It is a romantic love story about Grace and Yuki, who get married whilst drunk in Las Vegas and how they fall in love over time.

https://booktriggerwarnings.com/index.php?title=Honey_Girl_by_Morgan_Rogers

Lucia J. Nicholson



Your go to stop for everything bookish!

Written by Rhian Davis and Phoebe Bond

January Recommendations:

- A Darker Shade Of Magic, by V.E. Schwab (TW: [Click here to see TWs](#))
- The Darkest Minds, by Alexandra Bracken (TW: No websites but unsuitable for under 13s)
- The Man Who Died Twice, (The thursday murder club #2), by Richard Osman (TW: No websites but unsuitable for under 12s)

A Darker Shade Of Magic review, by Phoebe Bond

A Darker Shade Of Magic by V.E Schwab is an amazing book set in three different Londons, (Grey, Red, and White London). The protagonist is Kell, who is one of the last two antaris, (wizards with the ability to travel between Londons), and inhabits Red London with the royal family. Delilah Bard lives in Grey London, and dreams of being a pirate, and going on adventures. When Kell gets into an accident involving a forbidden talisman from the fallen London, (Black London), he and Lila must work together to return the talisman before it destroys their worlds.

A Darker Shade Of Magic is incredibly well written, with interesting characters, high stakes, and an incredible adventure. It was a hard book to put down, and I enjoyed every second of it. I would definitely recommend this book, and I do think everyone should give it a try!

[Click here to see more reviews on Goodreads!](#)

The Darkest Minds review, by Phoebe Bond

The Darkest Minds by Alexandra Bracken, is set in futuristic America where a mysterious disease called Idiopathic Adolescent Acute Neurodegeneration or IAAN for short, wipes out 98% of the children. The 2% that survive the disease develop “psionic” abilities and are sent to “rehabilitation camps” until they are cured. The protagonist Ruby Daly, accidentally erases her parents’ memories on her tenth birthday after surviving the disease and is sent away to the brutal rehabilitation camp, Thurmond. Ruby is classified as an ‘orange’ which is a type of psi that can control minds. ‘Oranges’ are killed instantly, but Ruby manages to convince the Psi tester she is a ‘green’ which is the type of Psi that gains enhanced intelligence.

When Ruby manages to escape the camp, she, and a group of other Psi, try to seek out ‘the slip kid’ who is rumoured to run a special camp for psi where they are safe from the camps.

With found family tropes, romance, and amazing characters, *The Darkest Minds* is an incredible read. One of the best YA dystopian novels I have read, I would 100% recommend this book to any YA literature fan!

[Click here to see more reviews on Goodreads!](#)

The Man Who Died Twice review, by Rhian Davis

The Man Who Died Twice by Richard Osman the sequel to the *Thursday Murder Club*, and is a phenomenal book. If you are fancying a good murder, you're in the right place, and this book is perfect for you! Also, who doesn't like a diamond crime? The storyline is crafted so brilliantly. The characters are just amazing, and the character development is fab. You gradually connect with the characters. The main characters are: Elizabeth, Joyce, Ron, Ibrahim, and the side characters are: Donna and Chris. Also, the plot is so carefully planned, and I bet you that you would never even guess who did it! This read was a challenging investigation, but it kept my mind active and it was quite comedic at times too! Who thought that a murder mystery can have a comedic element to it!? *The Man Who Died Twice* is such an absolutely brilliant read. I definitely will recommend it!

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