

# MUMSROCK



The  
*Reinvention*  
**DIV**  
LIFESTYLE

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On the cover : Millie Laws

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# T H E D I V A S

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We're proud of what we have achieved bringing you the first and second issue of The Reinvention Diva Lifestyle Magazine, sadly this is our final one together, we hope you enjoy it.

Sharon and Sandie



Hi I'm Sharon. Married mum of two boys, both taller than me! I love being a wife and mum. I'm a qualified hypnotherapist, nlp and eft practitioner and counsellor.

Now I'm pursuing my dream as a boudoir photographer. What's that?

I take intimate, sensual portraits of women because I believe we're all beautiful and should be celebrated.

This project is off the scale fun and I'm so happy to be working with the extremely talented (and a bit mad) Sandie Panesar.

Whoohoo!



Well hello to our diva readers. I'm Sandie. A mummy of 2 very young crazy kids, wife to a even crazier husband, a developing cake baker and a fab graphic designer.

I like to make things look good and I use creative design to make it look awesome, and now The Reinvention Diva too working with the unique sensational photographer, Sharon. (P.S Sharon took my pic (above) = good isn't she?!)

So, I hit the sexy, funky and bold 30s last month and been totally baking mad! I Took a trip to the City Sikhs Networking event and bhangra partied all night. I met loads of inspirational individuals. So it's been a mad, busy and amusing february!

With Divalisious Love, me.

# FUNKY MOMMAS SPEAK OUT

( & A FUNKY DADDY TOO! )

From one mother to her own mother: Thank you for all you have given to me. Friendship. Irrefutable Love. Guidance. Only now as I watch my children grow do I understand the pain of motherhood. Mum, I wouldn't swap it for anything either. I love you.

Aarti Mohindru

I will look after you and take care of you until you are ready.'

Roy Marsh

Being a mum has given me the opportunity to watch my boys grow into the amazing little people they are today, sharing thier highs and lows, being there for them, unconditionally with a love that has no bounds.

Samantha Turner

My children helped me learn to love myself because they loved me unconditionally

Sharon Simpson

"I can't be a mum without being a kid too. I love to jump in muddy puddles with both my children."

Sandie Panesar

Having kids puts all those little worries into perspective, there are bigger and better things in life or should that be smaller and funnier?!

Jas Dhaliwal

There is life after children just because you're a mother doesn't mean you can't have fun

Millie Laws

# HEATHER MELVILLE



Heather Melville is a driven women. Born to Caribbean parents whom she describes as her role models, it is through sheer hard work, determination and an unshakable love for her children that she has created a strong career in international banking.

## Tell us a little about your background

"I've hit that milestone birthday. Fifty years ago I was born to working class parents a nurse and a carpenter. They were old fashioned people where everything was done by morals, good values and hard work.

Sadly, they're both deceased. I lost my mother 31 years ago, my father 12. I owe my passion, drive, and who I am to them."

From a young age Heather wanted to become a lawyer, however, what she calls a 'blip' at the age of 15 was to see her life take a different turn. Heather became pregnant with her first son. Thankfully she didn't believe the words she'd overheard her mother's friend say, "Oh, that means she's finished now." In her young mind she vowed that she was only just beginning.

At the age of 19 she was married. Tragically, this was around the time that her mother suddenly passed away. Six months after her loss she became pregnant with her second son. He celebrates his 30th birthday in September this year. She says of this period, "It was a tough time emotionally but what it did was spiral me to have an inner strength. So, everything I did was because I felt I owed it to my parents and my children. That's what drove me."

Sadly, her marriage ended after 5 years, however, she remains good friends with her ex-husband. Although Heather didn't have her mother, she did have someone who she describes as being a 'really, really special

person.' It was her mother-in-law, who Heather says adopted her and was always a support in those early years.

Her career began in international banking. She says she was blessed to work for organisations that rewarded her loyalty and hard work with new opportunities. Often these would involve Heather taking a risk by doing a role that she didn't think she could do, or one that nobody else wanted and making something of it.

"I would say to anybody who gets offered a role or an opportunity, that doesn't fit into their comfort zone, to go for it. Because the survival skills you learn put you in a good place."

These skills were exactly what she would need as her career was about to take off, she was headhunted by IBM. For many years she attended financial conferences and she believes IBM had taken notice of how she presented herself and interacted with delegates from around the world.

She was invited to meet with them and underwent the most challenging interview of her career. Sitting opposite the global head of the business, and four other senior directors Heather turned the interview around after she was asked, "So why would you like to come and work for IBM?"

With lessons she had learned about valuing herself from her parents, she says she went into survival mode as she felt herself being compromised by this line of questioning,

her reply, "Actually, I think we should start this conversation again because you've asked to see me and you therefore need to share with me why you think I should leave my good job and come and work for you."

In recalling the story, Heather says she does not know where that come from. IBM responded by agreeing with her, a good meeting followed and after several more conversations she worked with them for 8 years. She attributes her career success to them believing in her and giving her a chance.

Wanted for her excellent communication skills and understanding of payment systems, Heather recognised her value to the firm, she says, "When you've got a skill that somebody wants you can put a price on it. Not through arrogance but by creating something, a brand, and the one I created was "brand" Heather Melville."

Brand Heather Melville has gone on to set up a network helping other women in banking, it has over 6000 women in 30 countries. She is a Justice of the Peace, a non-executive director on a small government agency, involves herself with charity work, mentors young female entrepreneurs and those on the corporate ladder. She has two children, two grandchildren with one on the way. She is an unstoppable champion for women in business.

Heather's hard work and career achievements have been appreciated and acknowledged. She is the recipient of several awards: In 1998 she won the European Professional Business Women Award, in 2010 The prestigious Women In Banking and Finance Award, in the category of champion for women, and in 2012 The International Alliance for Women World of Difference 100 Award (TIAW). She was named one of the top 100 women in the world making a difference in the corporate space.

Is this lady pausing for breath, not likely? When someone is a success, when they are devoted to nurturing talent in others, we all want to delve a little deeper into how they operate, I asked Heather,

**What is your advice for developing strong self-belief?**

"Let me make this absolutely clear," she began, "I have days when I doubt myself: Am I pretty enough? Am I intelligent enough? Am I slim enough? I have the same challenges most women have. I am not overly religious but I do have faith, it keeps me centred and grounded."

It is this feet on the ground attitude that has driven Heather's career forward. She feels passionately that one cannot do it all alone, she says, "I have a strong network of personal friends that give me permission to be Heather, I think that's something that so many of us are lacking. We hold onto friendships that really should have gone a long time ago. Sometimes they are our Achilles heels. I've been guilty of that."

Continuing with her straight talking advice, Heather delivers her message lovingly, encouraging women to not buy into anybody else's story and to create their own. Remember, she says, misery loves company, so when seeking a supportive ear, find someone whose life is working in the area where you are struggling.

Laughter is an incredible medicine and Heather's pledge to herself, is to allow smiles, jokes and laughter to enter her life everyday whether it be with work colleagues or friends. She continues, "Many of us don't let go of our past hurts, they come with us in relationships, friendships and they follow us to work, that's where problems begin."

A strong proponent of self love, Heather's words will touch the hearts of many women who struggle with believing in themselves. It is such a fundamental and important aspect in all of our lives, Heather tells it like this, "If you are really in love with yourself and who you are it is very hard for someone not to fall in love with you."

Another important factor in developing strong self-belief Heather says is to seek out role models and mentors, Heather's role models are: Maya Angelou, whom she had the privilege of meeting. She says 'she is such a powerful woman, who has gone through so much in her personal life but has stayed true to herself.'

Nelson Mandela for his ability to forgive. After 27 years in captivity he still managed to emerge courteous to his captors. She says if someone upsets her and she finds it difficult to forgive she thinks, "What would Nelson do?"

Heather recognises the emotional value of forgiveness explaining that it allows us to be healthy as holding onto negative emotions ruins our insides.

She respects and admires Oprah Winfrey, because she has allowed herself to be Oprah, she hasn't changed her name or morphed into something that someone else wanted her to be. Finally, Barack and Michelle Obama, amusingly, because he's shorter than her and that hasn't bothered them.

Heartfelt advice from a woman whose life changed direction as a teenager, Heather is an inspiration for women. Nurturing her talent and confidence along the way has given her the insight to provide an environment for women to step into their real selves. It is easy to admire this woman who used her early setback to propel her forward, always striving to do and be better.

Heather ended our interview poetically, "What do I want people to say about me when I leave this world? My son is a funeral director, he says, 'Mum you have no control over what they say but you can leave a footprint.'"

**"So, if it's one person whose life I've changed, then it's worth it. I do think losing my mother at such a young age, and seeing so many young people lose their life for whatever reason has kind of made me not take life for granted. Everyday I treat it as though it is my last. My philosophy is, if I want to buy it, I do. If I want to eat it, I will If I want to wear it, I shall."**

Amen to that.

WHAT DOES HAVING IT  
ALL MEAN TO YOU?



The winner of the competition is  
Tigz Rice who believes  
"TOTAL BODY CONFIDENCE IS SEXY"

sexy funky bold  
sexy funky bold  
sexy funky bold sexy  
sexy funky bold sexy  
sexy funky bold sexy  
sexy funky bold sexy funky  
there is nothing more

# sexier than body confidence

The real secret in being totally  
body confident is learning  
to accept yourself as you.

A starting point for you:

## getnaked

Spend time with yourself  
why don't you try standing  
naked in front of a large  
mirror, check yourself out  
from head to toe. SMILE.

Learn about and take note of your

## supersexy

assets that make you feel  
awesome

Dress those assets well. Dig deep into your  
wardrobe, full of oversized clothes by any chance?  
STOP buying clothes to hide your body away,  
invest in some stylish outfits, buy clothes that  
compliment your body shape, make use of a stylist.

## CURVY?

## NOT CURVY?

Enhance your body

beautiful

dress

confidently

stand tall,

& work your

body

language

chick

be sexy

be funky

be bold



# MILLIE LAWS

DUCHESS OF HACKNEY

I LOVE THE WAY I AM SEXY AND BOLD

**Millie Laws**, titled 'Duchess of Hackney' by lead singer of Madness, Suggs, is a remarkable woman. A Hackney resident for most of her life. She has two children and is affectionately known as Gem to her 5 grandchildren.

Involved in the local arts scene, she is trustee for three organisations: Arts for All, House of Fairytales and Livestock. She will be relaunching the Hackney Arts Club, for which she is founder later this year with Roland Muldoon. He is founder and former creative director of the Hackney Empire.

Just to make sure her days are full she also works as a therapist.



INTERNATIONAL  
WOMEN'S DAY



# A NEW YOU

## THE SITUATION

I grew up in a family where little affection was shown. I don't remember my mother cuddling or praising me. I was shouted at and put down. I've grown into an adult with no self confidence and very low self-esteem. I am now a parent, I have a beautiful one year old daughter and a loving husband.

I've noticed I'm beginning to parent my child in the same way my mother did me. I'm scared that when she grows up she may hate me like I do my mother. I want to change but I don't know where to start. I'm too embarrassed to talk to anyone about this, as mothering is supposed to come naturally.

Kate, London

## THE SOLUTION

Kate, it is a popular myth that mothering comes naturally. You have done the right thing by reaching out and asking for help.

The first place to concentrate your energy is on yourself. It is so important that you develop a loving relationship with you before considering changing the one with your mother. When you are stronger emotionally you can begin to look at healing the relationship you have with her. She will have her own story.

You clearly love your daughter, and you must take time to nurture this relationship. If you find it difficult to cuddle your child take it slowly. Begin by just observing her, watch her play, look at her face when she talks to you, notice her nuances. Does she crinkle her nose when she laughs? Does she gesture with her hands when she speaks? See her as a little person.

You say you're too embarrassed to talk, however, it's vital you find someone you can trust and begin a healing conversation. You could try one of two very different approaches, Psychotherapy or Coaching. Psychotherapy will give you the space to explore your past and your feelings. Coaching can offer strategies and solutions for finding your way forward. To find a good coach or psychotherapist please see our back page

# CAKEY LOVE

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## LEMON DRIZZLE CAKE



### Cake

125 grams unsalted butter  
175 grams caster sugar  
175 grams self raising flour  
2 large eggs  
zest of 1 lemon  
pinch of salt  
4 tbsp milk

### Syrup

Juice of 1 1/2 lemons  
100 grams icing sugar

### Glaze

Juice of 1/2 lemon  
150 grams icing sugar

**CAKE:** Have everything out at room temperature. Preheat oven to 180 degrees and line a 23 x 13 x 7cm loaf tin. In a bowl beat the butter and sugar until light and fluffy. Add the eggs, one at a time, beating well after each addition. Gradually beat in the self-raising flour, salt and milk. Fill your loaf tin and bake for 45 minutes or just until set and a toothpick inserted into the cake comes out clean.

**SYRUP:** On a medium heat combine the lemon and icing sugar, mix until a thick clear syrup is formed. Pour this over the cake whilst still hot and allow to fully cool before glazing.

**GLAZE:** Swirl together the lemon juice and icing sugar, be creative and drizzle over the cake, serve with love.



ISCREAM CAKES

Photograph IScream Cre8tive



# The Reinvention Diva Lifestyle



To find a counsellor or therapist in your area visit the British Association of Counsellors and Pyschotherapists (BACP) or United Kingdom Council for Psychotherapy (UKCP) website. Call and visit a few. Many offer an initial consultation, find the right one for you.

To find a coach you can visit The Coaching Academy and Life Coach Directory

<http://www.bacp.co.uk/> - bacp

<http://www.the-coaching-academy.com> - coaching

<http://www.psychotherapy.org.uk/> - ukcp

<http://www.lifecoach-directory.org.uk/> - coaching

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