TODAY: FRIDAY, MARCH 29, 2024

45 YEARS AGO (1979) Labour PM Jim Callaghan lost a confidence motion by one vote and called an election for May 3 We said his chances "weren't as rosy as they were six months ago" after a winter of strikes.

50 YEARS AGO (1974) Farmers drilling a well near Xi'an, north west China, found a burial chamber containing 8,000 life-size terracotta warriors, chariots and horses.

10 YEARS AGO (2014) Peter McGraith and David Cabreza became the first same-sex couple to marry in England at a midnight ceremony in Islington, North London.



Today's giggle

What did one Easter egg any good yolks today?



plays the fiddle and mandolin Former PM **John Major** is 81. He left school with three O-levels. Game of Thrones actor **Edward Skrein** is 41. le's also a rapper. Monty ython star **Éric Idle** is 81. A talented guitarist, he wrote

most of the group's songs. England and Arsenal idfielder **Leah Williamso**ı is 27. She had originally trained as an accountant. If you'd like us to mention the hirthday of a loved one write to Birthdays Daily Mirror, One Canada Square, London E14 5AP or vourvoice@mirror.co.uk

when you spend £20 on 197



Get a FREE No7 Derm Solutions 100 hour hydration cream 50ml when you spend £20 or more on No7.

Expertly formulated with Adaptopro ComplexTM, a blend of Ceramides, Niacinamide and Adaptogens, this dermatologist-approved moisturiser worth £22.95 deeply hydrates, evens out skin tone and soothes visible redness in even sensitive skin, providing long-lasting comfort and reduced sensitivity.

Begin your new skin journey today with No7 Derm Solutions and this amazing offer.



HOW TO CLAIM

offering No7 products by Monday April 1, 2024 to take advantage of this great deal and get a free No7 Derm Solutions 100 hour hydration cream 50ml when you spend £20 or more on No7.

Terms and conditions apply, see voucher for details.

FREE Derm Solutions 100 hour hydration cream 50ml When you spend at £20 on N°7

To the Reader: Simply cut out this voucher and present it at the checkout of any participating Boots store in the UK, alongside your No7 Derm Solutions 100hr hydration cream 50ml to receive it free when you spend £20 on No7 products, valid from Thursday, March 28, 2024 to Monday, April 1, 2024, when making a single transaction purchase This youcher can be used on No7 Skincare, No7 Cosmetics, No7 Accessories, No7 Men's, inis volcier can besed in Mo. Shindler, Mo. Coshietto, Mo. Accessiones, Mo. Meis, Mo7 Indulgent Bathing, No7 Sun and No7 Self Tan. This offer excludes No7 Age-Defying Regime Deals, No7 Men's Regime Deals, No7 Laboratories Age Defying LED Mask, You Got This cosmetics bag (Macmillan charity bag), No7 Gift Sets, travel kits, electrical beauty, beauty services and price reduced lines

Terms and conditions: Only one voucher can be redeemed per transaction. One voucher per customer. Voucher can only be used once. To qualify you must spend £20 in a single transaction. Voucher cannot be used in conjunction with any other offer or coupon. Voucher can only be redeemed in Boots stores in the UK and must be presented with your purchase. Voucher is valid from Thursday, March 28, 2024 to Monday,

April 1, 2024. Voucher cannot be redeemed on Boots online service, in store ordering or as part payment with Boots Advantage Card points. Some products may only be stocked in larger Boots stores. No cash alternative is available, and the voucher is non-transferable



TRAITORS STAR PAUL ON YEARS OF BEING BULLIED



EXCLUSIVE

ppearing on reality TV can open a lot of doors – it can also open the floodgates to a whole world of bullies and trolls.

But to Traitors star Paul Gorton, that was nothing new. The 36-year-old has been targeted by bullies all his life, simply for having ginger hair.

He says: "I realised I was different when I was at primary school and I stuck out like a sore thumb.

"As I got older, the negative comments kicked in. I had to develop a thick skin as soon as possible. I tried to go along with the joke, even though I was the butt of the joke, which is complicated to look back on."

Now Paul is using his experiences to help others and to raise awareness of the impact of bullying by becoming an ambassador of the National Bullying Helpline, which gets 5,000 clicks a day.

Paul says of his own experience: "The problem is that people don't take gingerism' seriously, but it can really affect people and I want those who are suffering cruel taunts at the hands of bullies I developed to know that there is help and that I understand what they are going through."

Father-of-one Paul's own traumatic memories resurfaced recently when a child's friend revealed he had been teased over his ginger hair.

He says: "I was really triggered recently as my friend's young son was bullied for having ginger hair.

"It made me realise it's still going on. is not OK.

"This boy is a bright kid and received an award at school recently, but when the head teacher came to give it to him, he remarked he wasn't sure if he should receive it because of his hair.

"The lad came home upset and asked his dad if that was a normal thing. The idea that's happening today is a disgrace.

"A teacher should know that's not a joke to make to a young kid." Recalling one of his own experiences,

he adds: "I was in a youth club minding my own business and someone came over and headbutted me. "I remember going home and crying

look at it, it was a travesty, it was awful." Paul also recalls a shocking comment a lot of pain and stress. from the midwife when his son Charlie

Waldron, 34, a model and

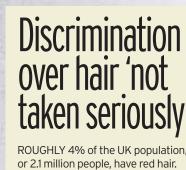
basically didn't work.

"On the day she went into

influencer, had a prolonged labour and multiple complications after a stressful pregnancy.

but still didn't tell my parents about it. was just really traumatic and A lot of stuff I locked away, but when I tough. We were in hospital for six

was born – she said how lucky the baby labour, she had to have an epidural was not to have his dad's hair. His and, after she gave birth, she was



Christine Pratt, founder of the National Bullving Helpline, said: "We don't have stats specifically related to people who have been bullied for being ginger, however it appears to becoming a more common problem

"We had a case where a family of ginger-haired children were targeted and also a person who didn't get a job because of his ginger hair.

'The issue of 'ainaerism' is not really taken seriously, unlike other forms of bullying, but it is just as damaging to mental health.

An NBH spokesperson added: "Paul has vision and purpose and his objective is to help us combat one particular aspect of anti-social behaviour that is often underestimated' For help visit nationalbullving

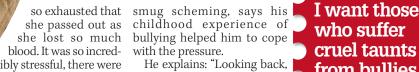
helpline.co.uk

a thick skin . bullying made me the person l am today



Paul says: "Doctors wanted to induce her, which didn't go well, it

"Kate really wanted a natural birth and rejected an epidural. It or seven days, she was in a hell of



points that I thought she or Charlie would die "A traumatic entry into the world and I remember the midwife saying be the person I am if I wasn't

something like: 'Oh and he's not ginger like you, what a relief'. "And I remember thinking how do you think that's a normal thing to say clue I was bullied. to any dad? Never mind a dad who experienced what I did."

memes after appearing on Traitors,

I was punched, headbutted and

mocked just for

being ginger... and it's not OK

I think I developed a sense of numour from the bullying. "I literally don't think I would

ginger. When I told my parents about the National Bullving Helpline yesterday, they had no

tweets and became the subject of family, and I want that to change for others."

One of Paul's co-contestants on the BBC with most of the show's six million reality show, model and disability activist viewers becoming obsessed with his Mollie Pearce received a social media

who suffer cruel taunts from bullies there is help win the £95,000 prize, Mollie

online barracking. Paul says: "It drives me mad that people "Now I have to think about the kids out are forced off of platforms, I hate the idea there who don't have a thick skin and are of abuse doing that. You are being bullied Paul, who received thousands of being bullied. I was ashamed to speak to my off a medium where people want to see what you're doing, it's sad.

FAMILY MAN

partner and son

icklash after she failed to

ncloak the eventual winner.

After losing her chance to

was forced to quit X, formerly

known as Twitter, by some

"Everyone has got a story to tell."

features@mirror.co.uk X@DailyMirror