

TODAY: FRIDAY, MARCH 29, 2024

On this day

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 McGrath and David Cabreza became the first same-sex couple to marry in England at a midnight ceremony in Islington, North London.

Birthdays

The Banshees of Inisherin star **Brendan Gleeson** is 69. He 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. He's also a rapper. Monty Python star **Eric Idle** is 81. A talented guitarist, he wrote most of the group's songs. England and Arsenal midfielder **Leah Williamson** is 27. She had originally trained as an accountant.

■ If you'd like us to mention the birthday of a loved one, write to Birthdays, Daily Mirror, One Canada Square, London E14 5AP or yourvoice@mirror.co.uk

Today's giggle

What did one Easter egg say to the other? Heard any good yolks today?

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WORTH OVER £22

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

Expertly formulated with Adaptpro Complex™, 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

Bring this voucher to a Boots store 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 £20 on No7 at Boots

Valid until store close on Monday April 1, 2024

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 voucher can be used on No7 Skincare, No7 Cosmetics, No7 Accessories, No7 Men's, No7 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. Photocopies will not be accepted.

TRAITORS STAR PAUL ON YEARS OF BEING BULLIED

I was punched, headbutted and mocked just for being ginger... and it's not OK

ROUGHLY 4% of the UK population, or 2.1 million people, have red hair. Christine Pratt, founder of the National Bullying Helpline, said: "We don't have stats specifically related to people who have been bullied for being ginger, however it appears to be 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 'gingerism' 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 nationalbullyinghelpline.co.uk

DISCRIMINATION over hair 'not taken seriously'

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“I developed a thick skin .. bullying made me the person I am today”

PAUL GORTON ON THE IMPACT OF BULLYING

SCHEMING Paul during BBC show The Traitors

FAMILY MAN Paul with his partner and son

EVIL PLANS Paul with Traitors host Claudia Winkleman

partner, Kate Waldron, 34, a model and influencer, had a prolonged labour and multiple complications after a stressful pregnancy. Paul says: "Doctors wanted to induce her, which didn't go well, it basically didn't work. "Kate really wanted a natural birth and rejected an epidural. It was just really traumatic and tough. We were in hospital for six or seven days, she was in a hell of a lot of pain and stress. "On the day she went into labour, she had to have an epidural and, after she gave birth, she was

so exhausted that she passed out as she lost so much blood. It was so incredibly stressful, there were points that I thought she or Charlie would die. "A traumatic entry into the world and I remember the midwife saying 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 to any dad? Never mind a dad who experienced what I did.' Paul, who received thousands of tweets and became the subject of memes after appearing on Traitors, with most of the show's six million viewers becoming obsessed with his

smug scheming, says his childhood experience of bullying helped him to cope with the pressure. He explains: "Looking back, I think I developed a sense of humour from the bullying. "I literally don't think I would be the person I am if I wasn't ginger. When I told my parents about the National Bullying Helpline yesterday, they had no clue I was bullied. "Now I have to think about the kids out there who don't have a thick skin and are being bullied. I was ashamed to speak to my family, and I want that to change for others." One of Paul's co-contestants on the BBC reality show, model and disability activist Mollie Pearce received a social media

backlash after she failed to uncloak the eventual winner, Harry Clark. After losing her chance to win the £95,000 prize, Mollie was forced to quit X, formerly known as Twitter, by some online barracking. Paul says: "It drives me mad that people are forced off of platforms, I hate the idea of abuse doing that. You are being bullied off a medium where people want to see what you're doing, it's sad. "Everyone has got a story to tell."

I want those who suffer cruel taunts from bullies to know there is help

PAUL ON HIS WORK FOR THE BULLYING HELPLINE

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