

NEWS

Inspirational mum keen to share good things

How happiness aided Frederika in dark moment

HEALTH

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A Doncaster mum whose children have battled against life-threatening heart conditions is set to reveal how she turned heartache to happiness.

Frederika Roberts, whose two daughters were born with severe heart problems, is to explain the secrets of what makes people across

"FREDERIKA LAUNCHED THE LITTLE HAPPINESS INGREDIENTS PROJECT LAST MONTH TO TIE IN WITH THE FIFTH ANNIVERSARY OF HER CHILD'S NEAR DEATH EXPERIENCE."

the world happy as part of International Day of Happiness tomorrow.

Five years ago, her eldest daughter Charlie, who was

12 at the time, had a cardiac arrest.

She said: "Whilst I clung to hope, I found myself planning her funeral in my head in my darkest moments."

Frederika launched the Little Happiness Ingredients project last month to tie in with the fifth anniversary of her child's near death experience, asking people what makes them happy.

Charlie eventually recovered from her ordeal and survived without any brain damage or other lasting effects.



Hannah and Charlotte Roberts of Dunsville with their parents Frederika and Simon. (Buy this photo D1625TS) Picture: Tony Saxton

Her other daughter Hannah was also born with heart defects and between them, they have had two cardiac arrests, three open heart surgeries and numerous other hospital stays.

But Frederika has

triumphed over adversity by becoming The Happiness Speaker, sharing the happiness lessons she has learnt over the years with schools, businesses and charities through inspirational speeches.

She is to publish the

results of what makes people happy tomorrow, having collated results from more than 600 respondents from around the globe.

The results will be revealed at <http://happiness-speaker.co.uk/lhiproject>

Diners hope their pizza spicy eating has earned new record

Daring diners are waiting to hear if they have made it into the Guinness Book of Records after scoffing down the world's deadliest pizza.

A string of brave contestants descended on Doncaster's Red Tomato takeaway to tackle the eye-watering chilli sauce dish that's two times more potent than chemical weapons.

And a trio of iron-stomached contenders could now be in line for a place in the famed book of world beaters after managing to eat four slices of the pizza, topped with a sauce with a heat rating of more than 13 million Scovilles - more potent than police pepper sprays normally used for quelling riots.

Red Tomato owner Parviz Hayati and sons Comron and Darius teamed up with chilli expert Frank Jay, who runs The Chilli Shop in Leeds to create the dish which was served up to nine brave hopefuls at a specially organised eating contest at the Thorne Road takeaway on Saturday.

Said Frank: "We believe this



Winners Wayne Hart, Barry Coldwell, and Khuram Khan, with chefs Nicki Currie and Comrom Hayati.

is the hottest pizza ever. This pizza is two times more deadly than chemical weapons.

"An average jalapeno measures about 2,500 on the Scoville scale and this is approaching 13 million so its deadly serious stuff.

"The burn is extremely uncomfortable - and long-lasting. Its not a pleasant eating experience."

The hopefuls had to scoff down four slices of the pizza, with the contest given an added twist with the dish being topped with Trinidad Scorpion and Carolina Reaper chillis - official-

ly the world's hottest and both measuring more than two million on the Scoville scale.

Contestants were not allowed to touch the glass of milk, placed tantalisingly in front of them between rounds, and were warned of possible side effects including stomach cramps, light-headedness, muscle spasms and sickness and had to sign a disclaimer ahead of the challenge.

A fire engine and ambulance from nearby Doncaster Royal Infirmary were also on standby during the contest.

Added Frank: "Essentially, we have just ruined the best pizza in the country. To put it simply, one drop of this sauce would need to be diluted with 13 million drops of water before the heat is non-existent."

Diners Wayne Hart, Khuram Khan and Barry Coldwell all breezed through the challenge - and the trio all collected certificates to mark their feat.

They will now have to wait to see if the sauce is accepted by the Guinness Book of Records as the world's hottest.

Barry, of Conisbrough, said: "It was the first slice that was the worst. The sauce was unbelievably hot. It was getting really bad, I could feel it on my lips and tongue.

"But as crackers as it sounds, after the first slice though it was quite enjoyable. I am glad to have come along and taken part and enjoyed it."

Parviz said: "Hopefully we have made history. We can't wait to hear back from the Guinness Book of Records to see if we have made the world's hottest pizza."

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