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WEATHER: **SUNNY**

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WHY MIGRANT CRISIS IS GIVING CAMERON AN EU HEADACHE

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10 TOP TIPS TO CUT THE COST OF YOUR INSURANCE

Your Money SEE PAGE 28

BACK PAIN: THE 6 GOLDEN RULES TO FIGHT IT

New guide will bring relief for millions

A SIMPLE set of daily rules is the best way to beat the agony of back pain, experts say.

Disturbing new research has laid bare the alarming extent to which back trouble blights Britain's workforce.

The official figures show seven

By **Giles Sheldrick**

people in 10 have lived with recurring neck or back pain for more than a decade and three in 10 took time off work last year.

The number of sick days caused by the condition rocketed by 29 per cent to almost 10 million in the year to 2014.

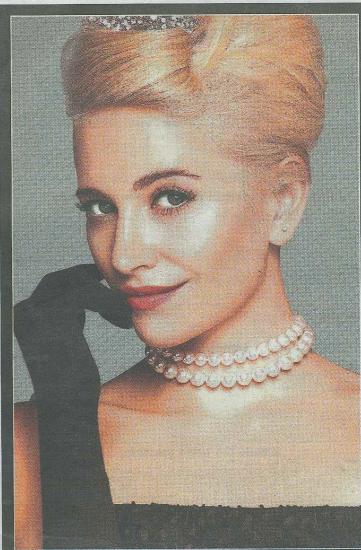
And yet two-fifths of people

have done nothing to protect their backs, according to the British Chiropractic Association, which has issued six golden rules to help avoid problems.

They include; sit up straight, do not remain seated for more than 30 minutes and walk every day.

Last night one chiropractor

TURN TO PAGE 4



Singer Pixie Lott, 24, will take to the stage in her first play

Pixie's breakfast date at Tiffany's

SEE PAGE 9

Pixie sparkles in Audrey role

By Mark Reynolds

SHE has that demure, butter wouldn't melt, look and an air of beauty so it is little wonder that Holly Hepburn's famous role in *Breakfast At Tiffany's* is a perfect fit. The hair and pearls are just right but one thing is missing. Holly Golightly is the hair colour. Pixie's blonde locks contrast with Audrey's classic brunette style.

Holly Hepburn, 24, is taking the role to the Theatre Royal, Plymouth, in the Broadway musical *Breakfast At Tiffany's*. The show is a 12-week run starting in March next year. Yesterday she told of her delight at the challenge and how she was excited to play Holly in *Breakfast At Tiffany's* in my first West End play," she said.

Holly Hepburn has a free spirit. "Audrey Hepburn is an icon to me and I can't wait to bring her to life. I'm really excited to be in a play. It's like a dream come true. Audrey died in 1993, aged 63."

"Alongside music, I've also been inspired to be in a play. It's like a dream come true. Audrey died in 1993, aged 63."



Pixie sparkles shines Holly's style and free spirit

Farce of car smoking ban

POLICE could turn a blind eye to a controversial new smoking ban in cars when there are children in the car.

From tomorrow, officers will over anyone they suspect of smoking in a vehicle with children in the car.

Those caught are expected to be handed a £50 fine.

But Jayne Willetts, of the Police Federation, which represents police officers, said it "just creates an unnecessary extra layer of bureaucracy".

She added: "With resources being cut, no one has time to do their job properly. It's a hard-pressed police officers' time for this."



Audrey Hepburn starring as Holly Golightly

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