



North Korea's Kim Jong-un
Jong-un sets ground rules for US talks

North Korean leader Kim Jong-un has said he would take part in a third summit with Donald Trump – but only if the US brought the “right attitude”.
North Korean state media reported the comments by Mr Kim last night.
In a speech, he urged the US President to pursue a deal that was “fair” and “mutually acceptable” to both nations.
The two leaders met for the first time in Singapore last year. However, a second summit in Hanoi in February broke down over denuclearisation steps.
Mr Trump said North Korean officials had wanted economic sanctions lifted in their entirety in exchange for disabling a major nuclear site, provoking him to walk away.



Rose-ringed parakeet
Parakeets causing a flap in park

A study is being carried out to see if Scotland's only breeding colony of ring-necked parakeets will have to be removed.
About 20 or 30 of the birds have made their home in Victoria Park in the west of Glasgow.
They are popular with residents but their days in the wild may be numbered depending on the findings of a study by government wildlife agency Scottish Natural Heritage.
The agency's Stan Whitaker said: “Almost certainly the parakeets were kept as pets and they have either escaped or perhaps been deliberately released.
“Invasive species cause impacts on native wildlife, the economy and the way that we live. Their droppings can also spread diseases.”

Experts reveal how dusting, polishing and mopping can help

sufferers ease the symptoms of stress, anxiety and depression

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BRINGING BACK THE SPARKLE

Mrs Hinch has won an army of followers with her handy hints but The Sunday Post's Pass It On column – collected in our best-selling book last year – was doing the same thing 70 years ago. Here are some of the tips, new and old.

NOW

Use tumble dryer sheets as dusters

Unlike sponges and cloths, tumble dryer sheets have anti-static action that helps to attract and lift dust away from surfaces, which is perfect for cleaning Venetian blinds, towel racks and skirting boards. Plus, you're left with a lovely, fresh smell.

Baking soda helps to remove mattress stains

Pull back your sheets and sprinkle a layer of baking soda straight on to any marks on the fabric. Wearing rubber gloves, work the powder into the area then leave for up to an hour. Simply Hoover away the excess powder and the stain should be gone.

Disinfect your sinks with Zoflora

Mrs Hinch's favourite disinfectant can be used all over the home, but a capful poured into the sink with boiling water will freshen and clean away bugs. You can also pour a little Zoflora into the bottom of your toilet brush holder, and douse a sheet of kitchen roll to place at the bottom of bins.

Freshen your carpets with a Squeegee

Hoovering carpets and rugs is great for removing dirt, but the best way to get rid of built-up hair is with a rubber squeegee. Drag across the surface of the pile, and you'll soon have a bundle of hair lifted from deep in the fibres.

Wipe doors with fabric softener

Dilute a capful in a bowl of water then apply with a non-scratch scourer cloth in circular motions.

She is the best-selling queen of clean whose advice and enthusiasm have seen widespread acts of dusting, polishing and mopping breakout across the country.

However, Sophie Hinchcliff, better known as Mrs Hinch, has also won praise for talking candidly about her mental health issues and how cleaning has eased her anxiety and stress.

With more than two million dedicated followers on Instagram, 29-year-old Sophie's first book, *Hinch Yourself Happy: All The Best Cleaning Tips To Shine Your Sink And Soothe Your Soul*, soared straight to the top of the



Cleaning guru Sophie Hinchcliff – aka Mrs Hinch – keeps things real by talking about her own burdens

Amazon bestsellers' chart on pre-orders alone.

Launched on the back of the popular cleaning (or hinch) tutorials she shares online each day, the “The Hinch Effect” has seen Sophie, who is being tipped to take part in this year's Strictly Come Dancing, recommended cleaning gels, creams and wipes report a big rise in sales with the manufacturers of her favourite disinfectant, Zoflora, even reportedly doubling production at its Huddersfield factory to meet demand.

But cleaning has helped her become mentally stronger too. “There's no worse feeling than when you get that heat in your chest and you start worrying and panicking for no reason,” she explained in a TV interview.

“You can't get rid of it. So, for me, I will get up and grab my mop or Hoover and I'll get going. When you feel at your weakest, [cleaning helps] you still feel like you're achieving something.”

According to Pujja K McClymont, life coach and mental health expert, the repetitive motions of cleaning can help people to clear and focus their mind, putting aside

THEN

Carry a large, soft natural rubber around when spring cleaning. Dirty spots can then be rubbed off wallpaper, especially fingermarks round wall switches.

Use ordinary eau de cologne to clean spectacles. It quickly removes spots and grease from both lenses and frames. And prevents them steaming up.

Water spots on a French-polished table are easily removed with Vaseline. Use a piece of cotton wool and rub briskly round and round, over the spot.

Always put polish on boots or shoes at night and leave polishing until morning. This feeds and preserves the leather, and gives a better shine.

To keep pastel-coloured leather shoes looking like new, take out dirty marks and scratches with a soft rubber.

Give your bathroom a new look in two minutes. After cleaning in the usual way, take a slightly damp chamois leather and polish bath, tiles, taps and mirrors.

If your saucepan retains the odour of the last food cooked in it, pour a little vinegar into the pan. Allow the vinegar to come to the boil. Now run the vinegar round the pan, and rinse well with boiling water.

When the marble slab in your kitchen gets a grubby look, rub it lightly over with lard, and leave for a while, then wash with hot suds. It's bright and clean, with an improved surface.

A spare shoe horn makes a good pan scraper. Either end has its uses, and it doesn't scratch or rust.

When you wash out your refrigerator, put a few drops of vanilla in the water. It gets rid of any musty smells.

When the brush heads of your vacuum cleaner are clogged with fluff, a few seconds' work with a metal comb makes them as good as new.



Happy with her wash? A 1950s advert for Gay washing up liquid shows how cleaning up can bring the sunshine to your home



Kelly Lacey loves cleaning now

It's inspiring if you're having a bad day

Kelly Lacey, 39, is a blogger at Love Books Group, Edinburgh

I started following Mrs Hinch quite a while ago – she definitely didn't have millions of followers at that point, it was still in the thousands.

Now, it's the first account I look at every day.

I watch her videos before anyone else because they're always positive. There's never anything horrid, nasty or negative, it's just uplifting.

She is also so genuine. She doesn't have a Maserati in the garage and doesn't live in a big mansion – you can relate her day-to-day with your own life.

Plus, when you're having a bad day or you're anxious about something, she can be inspiring.

Although her posts are fun and light-hearted, she also shares her own experiences with anxiety and mental health.

She often shares messages sent by her followers, and you can see how her account has inspired people to do better or even just to get out of bed in the morning. That's really amazing.

It's a great thing that she has the whole nation cleaning and loving their house again.

And, let's face it, she's brought so many people together – I love the Hinch Army side of her account. A lot of people out there are really lonely, and this is something that's totally inclusive.

You really feel a part of her life – she lets you in more than any other celebrity, allowing you to see the nuts and bolts of her everyday.

I loved cleaning before I started following Mrs Hinch, now I really love it.



Gennaro Rapinese
Australian dad hopes a Scot can save him

A dad of three from Australia with a rare form of leukaemia is seeking a lifesaving bone marrow transplant from a donor with Scottish-Italian heritage.

Gennaro Rapinese, whose father is Italian, can trace his great grandparents on his mother's side back to Scotland with one of them originally from Dalkeith in Midlothian.

The 39-year-old needs to trace a donor with similar racial and ethnic heritage for an urgent transplant as bone marrow is dependent on genetics rather than blood type.

The highest likelihood of finding a match is within the same ethnic group.

He said: “My immune system does not work. “If I don't find a match then I am a dead man walking.”

Gennaro, who lives in Perth, Western Australia, was first diagnosed with acute myeloid leukaemia in 2015.

He underwent months of gruelling chemotherapy and went into remission at the start of 2016 – only for the cancer to return in February this year.

Mr Rapinese, who has three sisters, has so far been unable to find a match in Australia.

The bone marrow register is worldwide and he is now appealing to people with Scottish-Italian heritage to give blood.

Schoolgirl hit by van

Police are appealing for information after a six-year-old girl was struck by a van and seriously injured.

The youngster was crossing Slaemuir Avenue in Port Glasgow at around 6pm on Friday when she was hit by the vehicle.

She was taken to the Royal Hospital for Sick Children in Glasgow where she was treated for serious injuries.

Sergeant Chris McKay has appealed for witnesses to come forward, saying: “There were lots of people in the area at the time.”