

# DATE ON THE CALENDAR

# THE CARE



THROU' LOVE 19 Crimes drinks

## Wine is just three-rrific

A WINE bottle big enough for three people could be perfect for throuples.

It comes after research showed nearly 25% of Gen Z and millennials have been in a polyamorous relationship with 17% considering one.

19 Crimes specially created 1,125ml prototype "The Throuple" for Valentine's Day this year following their study.

Russell Kirkham, Head of Regional Marketing EMEA Treasury Premium Brands, said: "We hope the one-of-a-kind prototype of 'The Throuple' wine bottle format we have created demonstrates that more can and should be done to support those in unconventional relationships."



## Labradoodle daddy

AN "unlucky in love" labradoodle is expected to become a father for the third time today.

Gershwin, a five-year-old guide dog from Warwickshire, England, is considered a stud among Guide Dogs staff, but the charity

said he lacked success in his love life until meeting partner Bella.

Breeding dog volunteer Lucy Parkes said: "Hopefully Gershwin will have a long and successful future providing puppies to help people with sight loss."



DEVOTED Victoria and singer Shane

## Victoria's vid post of late hubby Shane

BY CATHAL RYAN

VICTORIA Mary Clarke has posted a moving video of her late icon husband Shane MacGowan ahead of Valentine's Day today.

The legendary songwriter passed away at the end of November in his Dublin home from pneumonia.

He died following a long hospital stay, at the age of 65, just weeks before his birthday.

Shane's wife Victoria has been sharing memories of her late husband across social media since his passing, posting pictures of his artwork, photos of him through the years and pieces of Shane found throughout their loving home.

Taking to X, the author and artist shared a video of Shane singing the lyrics to The Kinks' Sixties tune Victoria, alongside the caption: "I feel like an absolute blubbing wreck today and it's not even Valentine's yet!"

### STRENGTH

Victoria films Shane sitting in his chair singing "is the best" as well as the chorus "Victoria" multiple times as well as humming the guitar before exclaiming, "The streets were ringing with that in 1969."

His adoring wife then replied: "Aw, that's nice. I like that."

Fans flocked to the comments to shower Victoria with support.

Maia Dunphy wrote: "Oh this is beautiful Victoria. You know he would want you to smile again, however difficult."

While another added: "God bless each and every day, may he and all those that love you help give you the daily strength to carry on, get through and flourish again."

Victoria was released by The Kinks in 1969 when Shane was 12 and living in London.

The song was later covered by The Fall in the 1980s, sung by Mark E. Smith - another late musical friend of Shane. Shane also released a song called Victoria with his 1990s outfit the Popes, but it is not a cover.

“What time do you allocate to have fun?”

MICHAELA BRADY  
PSYCHOTHERAPIST



change. So is a refusal to apologise or acknowledge feelings, as this shows a lack of empathy and emotional maturity.

### Improve communication

Communication forms the basis of all relationships and can enhance or destroy them.

Ask yourself how you can convey what you need to say in a clear, open and respectful way? Or how would you like it said to you?

When giving feedback, be

specific and separate the behaviour from the person. Make "I" not "you" statements to replace the blame game with taking ownership of wants, needs and feelings. Resist urge to interrupt.

### Conflict resolution

Conflict is an inevitable part of relationships when expectations and needs clash.

If you are having disputes, it's most likely the same type of row on repeat.

Resolving conflict requires expressing yourself in respectful ways and replacing criticism with

constructive feedback. It's tackling one thing at a time and pressing pause if things get too heated.

It's learning to listen, empathise, collaborate and make compromises.

### Put the phone down

Our phone connects us to those far away and disconnects us from those close by.

It's disrespectful, devaluing and frustrating if someone is constantly scrolling. Do a phone detox during

quality time together, which sends signals of interest, respect and presence.

### Have fun

When providing relationship coaching, I always ask: "What time do you allocate to have fun?" Tricky, especially if you are at loggerheads. But sometimes we need to put a pin in it, take a break from the stresses of life and have a date night.

Think of your relationship like a bank account. To reap the rewards of financial stability requires making sacrifices and a commitment to regular deposits. A relationship is the same, if you want the long-term benefits you must invest the effort.

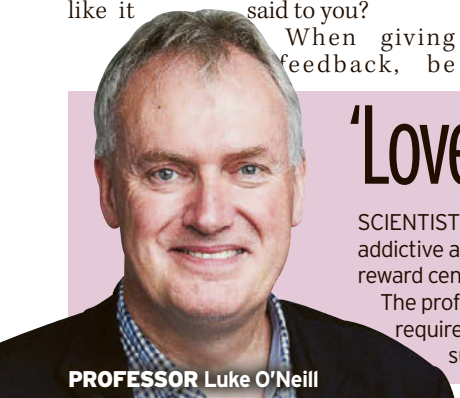
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## 'Loved-up life is addictive like heroin'

SCIENTIST Luke O'Neill says being in love is addictive as heroin, lighting up the same reward centres of the brain.

The professor of biochemistry says it's required for bonding to ensure the survival of the human race. He

added: "There are a few key chemicals in the early stages of romantic love; oxytocin, the love hormone, noradrenaline, which makes you excited, and dopamine, which is about motivation. You move onto the bonding stage, and you're a team."



PROFESSOR Luke O'Neill