

# Easter eggs 'on sale too early'

A health charity has urged retailers to stop selling Easter eggs too early in the year to help tackle the obesity crisis.

With three weeks to go until Easter Sunday, half of the UK public have already bought and eaten at least one Easter-related chocolate treat and almost a quarter have already bought and eaten at least one full-sized Easter egg, the Royal Society for Public Health (RSPH) found.

More than three-quarters

of the public think supermarkets are selling Easter confectionery too early, the survey suggests. Some stores are known to put them out as early as Boxing Day!

Some 57 per cent of parents say their child has been tempted by Easter-themed treats displayed near checkouts. And more than two-thirds of people surveyed think retailers use holidays or special occasions too much to advertise and sell unhealthy food, with 38 per

cent claiming that their diet is less healthy than normal when supermarkets push seasonal products.

Latest figures suggest that around 27 per cent of UK adults are obese, the highest rate in Western Europe. More than 20 per cent of Year 6 pupils are obese and as many as 4.2 are now "severely obese".

The average Easter egg contains almost three-quarters of an adult's recommended daily calorie intake, the RSPH said.



Sacha Parkinson in a scene from her new film *Apostasy* and inset, during a recent trip back to her home town

# A dark tale is brought to life by Sacha

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**A leading local actor will be the star guest when a volunteer cinema group screens the highly-rated, hard-hitting British film she stars in.**

Sacha Parkinson, from Tyldesley, will introduce the showing of *Apostasy* at Leigh Film Society tonight.

The critically-acclaimed film, made by first-time Manchester director Daniel Kokotajlo, tells the dark tale of a family of Jehovah's Witnesses who have to choose between family and faith.

Sacha, who is best known to TV viewers as Sian Powers from *Coronation Street*, plays the key role of Luisa, the elder of two sisters who is expelled from the strict religious group as she has become pregnant outside of marriage and intends to keep the baby.

Sacha will introduce the film, which was shot at locations across the North West, and expressed her delight it is being screened in her home borough.

She said: "I'm excited to be coming to Leigh Film Society, I think what they do is amazing. I wish there had been something like this when I was first getting into film and TV.

"I'm proud they have chosen to screen our film. The society is part of my local community. It's really nice to see people come together to watch films like this, so as soon as they asked me to come I was definitely on board.

"We've done a few question and answer sessions for the film and I would get really nervous. It's a completely different thing for an actor to speak in your own voice."

The film is based on director Daniel's own experiences growing up in the Jehovah's Witnesses and his decision to leave the tight-knit and restrictive Christian sect.

Sacha said that, with its dark subject matter and tight schedule, filming *Apostasy* was an intense and draining experience which generated great camaraderie among the actors and technical staff.

She said: "We actually shot the film two-and-a-half years ago so it feels like such a long process.

"When I read the script I instantly knew it was special, but we didn't expect just how it would be received.

"We were filming in the middle of Manchester in November so it was gloomy as anything and raining all the time. It was really full-on."

## Film society officials delighted to invite local actor to their event

Leigh Film Society is delighted Sacha will be there to introduce the film to its fans of non-mainstream movies at The Turnpike Centre. Development director Elizabeth Costello said: "When making our selections for 2019 we all knew that *Apostasy* had to be on our screening programme. It's a thought-provoking film with intense drama and many outstanding performances. "Sacha Parkinson is a local actor whose career I have followed for many years, and it's great to

see her doing so well with many prominent roles. "We were delighted Sacha accepted our invitation to do a special introduction at the screening of *Apostasy*. "To have Sacha doing this for us is wonderful. "I am sure there will be many conversations following the screening as this film raises a lot of questions." *Apostasy* is screened at The Turnpike Centre this evening at 7.30pm. Tickets are £5 and £3 for concessions.



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