



Dakota Johnson launches podcast for victims of sexual assault

The 29-year-old actress gave out her phone number at the Global Citizen Festival last year as she encouraged women and girls to call her to share their experiences with her, and now she has launched 'The Left Ear' as a platform for the stories to be heard. Talking to Instagram, she said: "One year ago I asked women and girls around the world to call me and leave a voicemail telling their stories of sexual violence, harassment, and gender based inequalities. I didn't want to speak on their behalf, I wanted to listen to them. This is 'The Left Ear'. A podcast where you will find the voicemails I listened to. To protect anonymity the voices have been slightly pitched, and any identifiers have been removed. Other than that, they have not been edited. These are real stories from real people around the world." The 'Fifty Shades' star urged listeners to "take care" if they

chose to listen to the podcast, as she admitted the stories shared can be "very intense". She added: "Listening to these stories can feel very intense. So please take care of yourself if choose to listen. And I hope you do choose to listen, because listening is the most important thing you can do for someone." Dakota revealed the name of the podcast comes from the idea that people can "save someone" by "listening with your heart". She continued: "In this podcast, I want to create a space where the listener is listening just as honestly and bravely as the speakers who had the courage to call. Your left ear is the ear closest to your heart. And by listening with your heart, you can save someone even just a little bit." The first episode of 'The Left Ear' is now live, with a new podcast to follow every Monday from October 7.

Prince Harry is to edit National Geographic's Instagram account



The 35-year-old prince took charge of the publication's social media account yesterday to launch a campaign called Looking Up, on which he will work with the magazine's photographers to highlight indigenous trees and how vital they are for life on earth. Harry asked Instagram users to share their own pictures of trees from around the world and also share an image taken in Liwonde National Park, Malawi, where he is unveiling two initiatives to help preserve trees in the area as part of his current official visit to Africa with wife Duchess Meghan and their four-month-old son Archie. Harry's passion for trees and forests is "inspired by the work he does on behalf of his grandmother, Her Majesty Queen Elizabeth II." The Prince has launched 15 of the Queens Commonwealth Canopy (QCC) projects across the world since it began in 2015, when Commonwealth countries were invited to submit areas of greenery or plant trees to preserve in the monarch's name, with almost 50 countries taking part. During Harry's tour, there will be two

other national parks committing to the project, as well as tree planting with schoolchildren in Botswana. News of Harry's Instagram campaign came after he urged people to boost their efforts to safeguard the planet and warned humans need to learn from past mistakes and overcome "greed, apathy and selfishness" to protect the world. He wrote in the Daily Telegraph newspaper: "This may well sound hippy to some. But we cannot afford to have a "them or us" mentality. Humans and animals and their habitats fundamentally need to co-exist or within the next 10 years our problems across the globe will become even more unmanageable. Nature teaches us the importance of a circular system, one where nothing goes to waste and everything has a role to play. If we interfere with it, rather than work with it, the system will break down. Conservation used to be a specialist area, driven by science. But now it is fundamental to our survival and we must overcome greed, apathy and selfishness if we are to make real progress."

Elle Fanning felt pressure from others to compete with her sister

The 'Maleficent: Mistress of Evil' actress - whose older sister Dakota made her name with early roles in the likes of 'The Cat In The Hat', 'War of the Worlds' and 'Charlotte's Web' - revealed having both siblings in the public eye meant they would be pitted against each other. She told 'Entertainment Tonight': "From a young age, my sister is in the business, and always interviews would always be about asking me, 'Oh, well, you guys must be really jealous of each other'. Interviewers would want to pit women against each other, so there's this stigma of, 'If you guys work together there's jealousy on set,' and it's just so not true." Elle, 21, recently revealed she and her 25-year-old sister used to act out scenes together in their house from a young age. She said: "Well, I saw my sister doing it and I was a huge ham growing up. We would constantly put on these scenes around the house. It wasn't for anyone, only for ourselves. We would do lines, characters, it was very funny. It just felt right at home for us ... We weren't supposed to do this at all. My mom played tennis, my dad played baseball, my mom's dad was a quarterback in the NFL. We were supposed to play tennis or something."



Sikki Reed's jewelry line made from recycled technology components

The 'Twilight' actress works with computer company Dell to obtain the metals used in her BaYou With Love - which is made from entirely recycled or sustainable materials - collection and has praised the firm's "incredible" work to be eco-conscious. She told The Hollywood Reporter: "I use gold that's been found in recycled technology primarily in recovered motherboards and my partner for that is Dell. So we use gold that's been extracted from the motherboards in their recycle technology. Michael Dell is actually incredible. I mean he really prioritizes sustainability within their supply chain and has for many, many years, actually decades." Among those supportive of Nikki's line are actress Bryce Dallas Howard, who praised her friend's "innovation" to create something sustainable beyond her own "wildest dreams". Speaking at the 2nd Annual Environmental Media Association Honors Benefit Gala - where many of the guests were wearing BaYou With Love - said: "I'm wearing all of her jewelry right now and it's absolutely incredible because the idea of saving the world people think that's going to require solely lifestyle changes and it's not just that. It requires innovation. What Nikki has done is she has created a jewelry company that is entirely sustainable to a degree that my wildest dreams couldn't even imagine... These diamonds are grown and they're molecularly identical to diamonds that would be mined. They're grown using solar power." Another guest at the gala, 'Entourage' star Emmanuelle Chriqui, thinks the concept of sustainable fashion is growing around the world.



Kate Wright didn't have a dress until a week before her wedding

The former 'Only Way is Essex' star married partner Rio Ferdinand in Turkey on Friday (27.09.19) but the 28-year-old beauty had a "total nightmare" leading up to the big day because the bespoke gown she'd planned "went wrong". She said: "I had been having a dress made since January but it all went wrong and it just wasn't made right. A week before we flew to Turkey, I still didn't have a dress. It was a total nightmare and I was stressed! I had to have an entire new dress made by The Wedding Club and fitted within a week." Luckily, Kate was thrilled with the replacement, an ivory fishtail Bera gown. She added in an interview with Britain's OK! magazine: "In the end I adored my dress and preferred it to the original. Some things are meant to be." The first person to see Kate in her dress was her maid of honor, Rio's seven-year-old daughter Tia. Kate said: "One of my biggest highlights, apart from seeing Rio waiting for me, was when Tia and I had a moment together. Tia has said for so long that she wanted to be the first one to see me in my dress and she was. She was so happy - she was nearly crying. Then she introduced me to my mum and my bridesmaids in the dress and she loved it. It meant everything to her and it was so special for us to share that moment before the madness of the day." — Bang Showbiz



Zendaya finds putting make-up on therapeutic

The 'Greatest Showman' actress regards using cosmetics as a "hobby" because it gives her the same sense of relaxation that others find from activities such as painting. She said: "For me, [applying] makeup is a hobby. It eases my mind the same way someone would enjoy painting. It's therapeutic; it calms me down." Zendaya enjoys doing her own make-up for red carpets and mascara is her "all-time favorite" product for events. She told Allure magazine: "I have my all-time favorite slash go-to: Lancôme's Hypnose mascara. Mascara is a very special thing. Everyone has their favorite and that one just works for me." The 'Euphoria' actress remembers experimenting with make-up from a young age. She said: "My mom had really old make-up that I'd play with. I'd try avant-garde stuff - crazy circles all over. We had a great time, but it was this cruddy '80s make-up that had definitely expired." The 23-year-old star has picked up a lot of tips over the years but learned the importance of not using too much heat on her hair the hard way. She explained: "When I hit 15, [my hair] had been so fried [on sets] that it was falling out in the sink. Heat is the enemy. I find other ways to achieve the styles I want - pin-curling overnight, a roller set under a dryer with low, cool air. It takes more time, but it's worth it." Zendaya is proud to be the new face of Lancôme. She said: "Lancôme has always been one of those staple brands. I think we all [think about] Lancôme and then you see the rose in your head, and [their products] have a very signature style - it's beautiful. [And now that I'm] going into adulthood and becoming a woman, Lancôme felt like the perfect place where I could take that next step and elevate. It's very exciting and it's crazy."

