

**Beauty Spot**  
**The black bob**

Lily Allen, Charlotte Church and Maggie Gyllenhaal have all gone to the dark side with an edgy take on the classic bob



# Health & Beauty

IT'S LIGHTING-UP TIME FOR CYCLISTS, SKINCARE FOR BOYS TAKES OFF AND WHY EXERCISE DOESN'T STUNT YOUR GROWTH



**Role models:** Ollie and Louisa want to raise awareness of cystic fibrosis

## FOR THE LOVE OF MY SISTER

**F**ASHION designer Ollie Amhurst appears to have a charmed life. After working for Armani for 10 years, he started his own luxury leather brand, Lot 78. His jackets – made in Italy from super-soft leather and suede – have been worn by Oasis, Arctic Monkeys and Kings of Leon. Elle Macpherson is a fan, so is Sheherazade Goldsmith (they dated before she married Zac Goldsmith).  
 Lot 78 is stocked by Browns and Harvey Nichols in London; Bloomingdales and Saks Fifth Avenue in the US. This season's collection has been snapped up by Net-A-Porter. Last month, 38-year-old Ollie opened his first stand-alone shop off Westbourne Grove.  
 His elder sister, Louisa, is his muse. Today she's modelling one of his light grey suede jackets. "Whenever my collection gets delivered, I show it to her first," Ollie laughs.

Watching his elder sibling cope so bravely with cystic fibrosis has been an inspiration for designer Ollie Amhurst, he tells **Liz Hoggard**

"I'm very enthusiastic, but quite blunt, too," she admits, although they are extremely close.  
 The main reason is because Louisa, 39, was born with cystic fibrosis. She had a heart and lung transplant 12 years ago and a kidney transplant seven years later. Their mother donated one of her kidneys because if it ever collapses Ollie will still be able to give Louisa one of his. Quite a responsibility. "You don't really think about it, you just roll with it," says Ollie, firmly.  
 Cystic fibrosis (CF) is one of the UK's most common, life-threatening inherited diseases. It affects the internal organs, especially the lungs and digestive system, by clogging them with thick sticky mucus, resulting in infections and inflammation that make it hard to breathe and digest food.

Louisa is slim and vivacious and a picture of health – you would never guess how proscribed her existence can be. She can't work full time any more but is passionate about the arts – she talks knowledgeably about Gauguin and Barbara Hepworth and the theatre. "Louisa makes me feel like the most uneducated person," groans Ollie.  
 "Often people don't realise because I'm quite smiley and happy-go-lucky. I love chatting," Louisa explains. "I do get my down moments obviously because it's quite stressful having any illness, and there are so many complications that I have to deal with every day."  
 These include the thickening of secretions from her pancreas, which makes it difficult for her to digest food. This can cause malnutrition, which

can lead to poor growth, physical weakness and delayed puberty in children. Louisa also has Type 1 diabetes. "I have to constantly monitor my blood sugar levels. If we're going out to a club, I have to anticipate how much insulin to have – if you drink alcohol your blood sugar level drops very suddenly and you can have a 'hypo' [hypoglycaemia or low blood glucose], which can be dangerous."  
 Only half the people with cystic fibrosis can expect to live beyond 38 (although improvements in treatment mean a baby born today could expect to live longer). At 39, Louisa knows she is lucky. Transplants have saved her life but her medication has also caused renal failure in the past.  
 Ollie is a passionate supporter of the Cystic Fibrosis Trust. Last year he cycled

from London to Lyon to raise funds. And Lot 78 plans to support the trust by selling cool "Breathe" T-shirts in store. The main aim is to rebrand the charity and raise more money for research. "Scientists are close to developing a treatment that will replace the faulty gene which causes cystic fibrosis, but their work costs £4 million to £6 million a year," says Louisa.  
 But Ollie and Louisa are also keen to highlight the plight of her fellow sufferers. It's not a cause that usually attracts glamorous celebrity sponsors. "With cancer," Louisa says earnestly, "you have years of good health before the disease strikes. But with cystic fibrosis the suffering is intense from day one. People with the disease never moan or complain because that's all they've ever known. But it's a lot for a young person to carry with them. You're in and out of hospital, having

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