**“LOVE IS ALL YOU NEED”**

Singer/songwriter Paul McCartney summed Valentine’s Day, celebrated worldwide on 14th February, with the lyrics of his song “*Love is All You Need*”.

“The universal day of lovers need not be an expensive time but rather one of expressing your love for those people you cherish, with more dash than cash,” said Annie Payne, Personal Historian, who offers the following ideas for lovers of all ages.

* Make your own card for your Valentine, with pictures and words that have special meaning for him/her. One of the earliest forms of Valentine cards consisted of a paper hand with a heart glued on and a personal verse inside to your sweetheart. Use red card for your personal message.
* Bake a batch of heart shaped biscuits and add several into everyone’s lunch that day.
* Pour your favourite cake mixture into a heart shaped cake pan to bake and invite the special people in your life around to share it over a cup of tea or a glass of wine.
* Why not cut out a host of red paper hearts and, using disposable picnic forks, decorate your front lawn with them the night before, adding the name of your sweetheart and special messages?
* Have you considered writing a love story for your lover, with the two of you as the leading characters? Print it off on some special paper and tie it with a red ribbon. Perhaps it could be the story of how you both met and fell in love – amazingly; you will both have different recollections of this event!
* What about a special pampering treat for the love of your life? Cut out some tissue paper hearts and strew them from the front door to the bathroom. Decorate the bathroom walls with more hearts and photos of the pair of you together. Place a dish of fruit (strawberries would be perfect) beside the bath, with some scented candles and fragrant bubble bath at the ready. Run the bath for your lover’s homecoming and let him/her relax in the tub, surrounded by symbols of your love.

“The important thing is to preserve these special tokens of your love for each other once Valentine’s Day is over,” said Annie. “Place all love letters/cards into chronological order and store them in a Mylar page in an acid free folder or box. Your family will be enthralled to read of their parents or grandparents love for each other in later years.”

“*Love is a promise,*

*Love is a souvenir,*

*Once given, never forgotten*

*Never let it disappear”*  John Lennon, singer/songwriter

 **Annie Payne, Personal Historian since 1988, History from the Heart**