

**JOIN THE REBELLION AGAINST CANCER WITH JASMIN WALIA**

**STAND UP AGAINST CANCER**

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**WIN A PAIR OF TICKETS TO MEET TIM PEAKE**

**New Scientist Lab**

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# Rationing on NHS is now 'rife'

Cancer patients 're-mortgage to pay for treatment'

Breaking point: Metro's front page on Monday after Chris Hopson's dire NHS warning



RATIONING is rife in the NHS, with access being limited to both drugs and surgery, a survey of doctors shows.

Cancer sufferers have resorted to re-mortgaging their homes to fund their own treatment, researchers were told.

Patients with painful hernias have to wait for surgery until the problem is bad enough to cause complications.

And people with depression have ended up being sectioned because of a lack of community care services. It

comes after NHS Providers' boss Chris Hopson warned drastic cuts will be needed unless funding is increased.

Gareth Thomas, whose company Wilmington Healthcare carried out the survey, said: 'Our research suggests rationing is widespread for a variety of services and treatments. With budgets

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# Mad Max

Silk star's all uninged in stunning new Streetcar Page 21

■ **Oops! Corbyn list of nasty Labour MPs leaked** Page 2 ■ **Is Paul Hollywood going to stay with Bake Off?** Page 9

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TOP THREE LATE DEALS



ESCAPE to Ibiza in early October and enjoy the peacefulness after the clubbers have gone home. The Holiday Village Seaview is on the west coast and can boast spectacular sunsets, a great beach and infinity pool.

Save £384.33 per person on a seven-night stay, including return flights from London Gatwick. Valid for travel on October 10. From £361.17. [topCashback.co.uk/first-choice](http://topCashback.co.uk/first-choice)



PERCHED 1,000 feet above the sea in the picturesque medieval town of Ravello on Italy's Amalfi Coast is Palazzo Avino, formerly the private villa of an Italian noble family. The hotel has just 32 rooms and 11 suites.

Save £165 per person on a four-night stay, bed and breakfast, including return flights and transfers. Valid for stays between October 5 and 23. From £679. [itluxurytravel.co.uk](http://itluxurytravel.co.uk)



GO beach-hopping in Thailand, with seven nights at the three-star Best Western Premier Bangtao Beach Resort & Spa in Phuket, and then another week at the Griza Beach Resort, a little further north in Khao Lak.

Save over £600 per couple on a 14-night stay, including breakfast, return flights and transfers. Valid for travel on selected May and June departures, book by September 21. From £699 per person. [trailfinders.com](http://trailfinders.com)

# Go south for a rare Indian summer

Exhausted India's more famous beach options? Make for Thanjavur in the south, says **Jane Mulkerrins**, where you'll find a brand-new boutique hotel

ARE the well-trodden paths to Goa and Kerala too mainstream an option? Then perhaps it's time to try Thanjavur. In Tamil Nadu, in the south-west of India, Thanjavur (formerly known as Tanjore) is regarded as the cradle of south Indian religion, art and architecture. It also has the requisite abundance of temples but, until now, has been largely visited only by committed Indophiles.

This month, the city opens its first luxury boutique hotel, Svatma, in a carefully restored, century-old family mansion. It's designed to be far more than simply a comfortable place to sleep. "All guests receive bespoke itineraries during their stay and they can choose from eight recommended

experiences, selected by my family and I," explains Krithika Subrahmanian, Svatma's owner, who is also a dancer and architect. "Each is designed to give them a deeper insight into the culture and heritage of the region."

The experiences include taking Tamil home cooking lessons, visiting a temple with an expert guide to learn about its restoration, architecture and iconography, a demonstration of Thanjavur painting using gold foil and gemstones, and Vedic chanting and vedantic discourse, led by a priest/doctor of natural medicine.

"Rather than describe Svatma as lavish, we aim to provide guests with the feeling of being invited into a private home," says Subrahmanian. There are 38 rooms and suites – seven with private verandas – spread



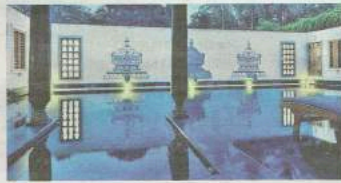
Treasure trove: The hotel is adorned with Indian ornaments



Home cooking: Svatma serves traditional vegetarian dishes, while you can also relax by the pool, below

across the historic part of the hotel and a newly built wing. All have high ceilings, wooden beams and polished wooden floors, and are furnished with carefully selected antiques and art, individual to every room.

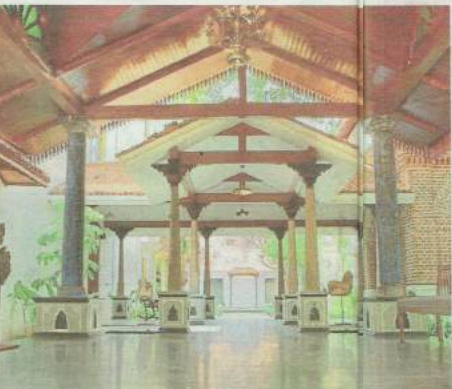
Traditional vegetarian Tamil home cooking is served all day at Aharam, while Nilai is a rooftop dining terrace offering "Nilasapadu" cuisine. This is served in baskets packed in antique tiffin boxes and on eco-friendly plates



From £170 per room per night, including breakfast and two experiences, [svatma.in](http://svatma.in)



Makeover: Svatma is based in a restored family mansion



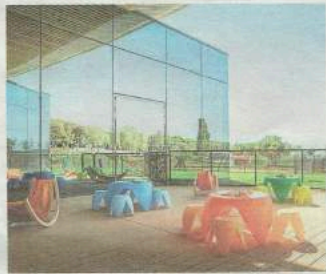
TEMPLE TRAIL EXPLORING CHOLA SITES



THANJAVUR, a prosperous agrarian city known as the Rice Bowl of Tamil Nadu, first rose to prominence under the Chola dynasty, which ruled from 850 until 1279. There are numerous well-preserved Chola temples, all of which are Unesco World Heritage monuments, in and around Thanjavur, including the spectacular 1,000-year-old Brihadeweswara Temple (pictured), which is dedicated to Shiva and is one of India's most prized architectural sites.



Croatian luxury for all ages



IN the coastal town of Rovinj, in Istria, northern Croatia, Hotel Amarin is a new luxury hotel designed specifically for families. It has seven swimming pools, a lazy river and waterfalls, multiple games rooms for children of all ages and an adrenaline park, with trampolines and outdoor playgrounds. There's also tennis, beach volleyball, kayaking, water-skiing and sailing, a kilometre of pebble beach and a spa for adults to relax in too.

Happy families: The hotel is designed for guests of all ages. From £88 per room per night, [maistra.com](http://maistra.com)

Grab a room with a view

THE first new hotel in Canada's stunning Banff National Park in nine years, the recently opened Moose Hotel & Suites has been designed to make the most of the incredible views. Along with the 174 one- and two-bedroom suites, there is a spa and rooftop health club, both with outdoor hot tubs and overlooking the Fairholme mountain range, as well as an indoor pool and sauna, and local hot springs nearby. All of which may be needed after a day exploring Banff's three ski areas, with 1,600km of trails and extensive wilderness.

From £200 per room per night, [moosehotelandssuites.com](http://moosehotelandssuites.com)



Looking up: Moose Hotel & Suites has stellar views of the Fairholme mountains