



*You're never too old to wear what you want. Fashion Editor Michelle Nightingale dispels the myth that fashion is only for the young and tells us how to embrace our style...*

We've all walked into a shop and thought, 'I'm too old to shop here'. It's easy for women of a certain age to feel invisible on a high street that can feel solely aimed at teenagers. But older and definitely wiser, women over 50 are deciding they no longer want others to decide what they can and can't wear. Some of the most stylish women in the world

are over 50. Helen Mirren (74) and fellow actresses Kristin Scott Thomas (60) and Tilda Swinton (59), each have their own unique look. While an entourage of stylists is no doubt helpful, it's an innate confidence that makes them beautiful. But many women of the same age can struggle to feel this sort of confidence. "From a young age we're socialised to think that youth equals beauty,"

explains Cate Campbell, a British Association for Counselling and Psychotherapy accredited psychotherapist. "Confidence levels rise and fall throughout our lives." She cites menopause as a big factor. "What's most important is that you like what you're wearing and feel comfortable and attractive for yourself."



WE LOVE

Tie-front top, £12.50, 8-20 | jeans, £12.50, 8-20 | flat sandals, £18, 3-8. All Matalan

## Never too old

The notion that we're too old to wear certain things is nonsense. Style is ageless and we should have fun with whatever we wear. Practicality and comfort are important, but at the same time clothes can be stylish and enjoyable.

"In my experience, the biggest fear women have is about shopping. They play it safe and their outfit choices don't make them feel enthused about the way they look," says Susie Hasler, who runs the personal styling service Styled By Susie ([www.styledbysusie.co.uk](http://www.styledbysusie.co.uk)). "But you can shop in any shop at any age."

Even if it doesn't stock your size, find really good accessories to update your look. "Stores such as River Island are great for wardrobe staples such as blazers and jeans," says Susie. "Zara is another one; there are so many gems to be found."



1

Longline blazer, £25, 8-22, Tu at Sainsbury's

### A VERSATILE BLAZER

"A black or navy blazer can work with so many items in your wardrobe and will make you feel chic and stylish," says Susie. "It will work just as well with jeans as it will with a midi dress."



Rose gold trainers, £19.99, 3-8, New Look

3

### METALLIC FLAT SHOES

"A lace-up or slip-on metallic shoe or trainer is less stark than white, but will add a comfortable, casual, stylish element. Wear with dresses, jeans and smart trousers."



2

Ivy skinny jeans, £19.50, 6-22, M&S

### SKINNY JEANS

"Don't assume that skinny jeans are too young or fitted for you," Susie explains. "Skinny jeans can flatter all shapes and are more versatile than bootcut or straight-leg jeans. Choose a simple, high-waisted pair in slimming dark indigo."

**SHOP FROM HOME!** see below for stockist details

# Fashion

AT ANY age!



Tilda Swinton: sexy in leather



Kristin Scott Thomas: gorgeous in red



Helen Mirren: casual but stunning

**OPEN ALL AGES** Step outside of your comfort zone with these top shops to try...

## MATALAN

**Michelle says:** "Head to Matalan for everyday staples including denim jeans, shorts and jackets. You'll also find an impressive range of skirts. Sizes vary within the different ranges, but standard is 8-20, plus-size 18-28 and there is also a petite range starting at a size 6."



Linen midi skirt, £14



Straw bag, £12.50



Denim jumpsuit, £25

## NEW LOOK

**Michelle says:** "You'll find lots of colour and pretty feminine styles, as well as comfy basics in New Look. Standard size range is 6-18, plus a curve range of 18-32, a petite range starting at size 4, plus a tall range. There's also an impressive selection of shoes, with wide-fit styles available."



Tie-back top, £17.99



Faux snakeskin sandals, £19.99, 3-8



Off-white high-waist jeans, £25.99

## DOROTHY PERKINS

**Michelle says:** "For dresses galore try Dorothy Perkins. Hemlines are wearable and you'll find a good mix of casual and dressier styles. Standard sizes are 6-22, there's a curve range of sizes 18-28, a petite range starting at a size 4 and a tall range, too."



Curve range floral shirt dress, £32



Peplum dress, £38



Petite range pleated dress, £42

**Stockists:** Dorothy Perkins 0344 984 0261 [www.dorothyperkins.com](http://www.dorothyperkins.com); M&S 0333 014 8555 [www.marksandspencer.com](http://www.marksandspencer.com); Matalan 0333 004 4444 [www.matalan.co.uk](http://www.matalan.co.uk); New Look 0344 499 6690 [www.newlook.com](http://www.newlook.com); Tu at Sainsbury's 0800 028 6658 [www.tuclothing.sainsburys.co.uk](http://www.tuclothing.sainsburys.co.uk). Unfortunately, we cannot guarantee availability and prices of any items featured on these pages