

A former tennis star ticks all the right boxes in a new formula for wellbeing, report **Rosie Kinchen** and **Richard Goss**

ONCE she was the darling of the Centre Court and now she is exciting the interest of social scientists looking for the happiest person in Britain.

With a glorious past behind her, Christine Janes — who as Christine Truman won the French Open and lost a thrilling Wimbledon final — has carved out a life that is an exact fit with an academic formula for finding happiness.

She scores positive marks in each of the 10 categories drawn up by behavioural economists: most importantly, she is married and has an active social life. She is also self-employed, well-off and lives in East Anglia.

The formula was devised by Nick Powdthavee, an economist and happiness expert. He developed the profile after analysing data from the British Household Panel Survey, which has asked 5,000 households to rate their own happiness annually over the past 20 years.

From next month, the Office for National Statistics will ask the nation to evaluate its happiness as a part of a drive to create the first official wellbeing index. David Cameron believes it will help people "build a better life".

Janes said: "I'm lucky to have the quality of life that I do. I feel extremely fortunate."

She moved from London to

I've won the grand slam of happiness

East Anglia — the region with the happiest people in Britain — 13 years ago.

Powdthavee, assistant professor of economics at Nanyang Technological University in Singapore, said the next happiest people live in Merseyside and the West Midlands.

He also established that the happiest people have children, socialise frequently, are physically healthy and have a household income of between £70,000 and £80,000 a year.

Janes agrees that her contentment is down to a combination of family, friends and good health. She is married to Gerry Janes, a former Wasps rugby player, and has four children and five grandchildren under the age of four. She is friends with her neighbours and is physically fit, playing golf with the Aldeburgh ladies' team and swimming.

"A group of us go for a dip in

the sea regularly from April to November. It sounds a daft thing to do but we all enjoy it," she said.

Another factor is career. She is able to control her workload — a key consideration according to Powdthavee — as an after-dinner speaker and

a BBC commentator during Wimbledon.

"I have been part of the radio team for the last 36 years and I love working at Wimbledon — it's a great bonus to return and meet old friends and players," she said.

She is relieved that her

career no longer dominates her life, but found it satisfying. "I'm grateful to have had the opportunity to play tennis, which I was good at and enjoyed," she said.

Paul Dolan, professor of economics at Imperial College London, who drafted the four

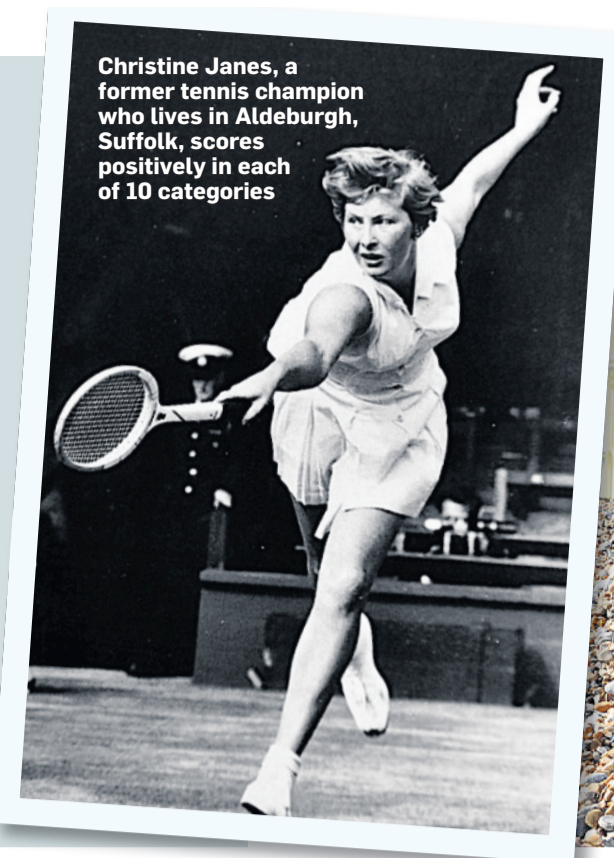
questions that the Office for National Statistics will ask the nation next month, said the Powdthavee profile was significant because it is based on an assessment of people's lives rather than on the things that are thought to make us happy. "If you ask people in their

thirties and people in their seventies who is happiest, both will say those in their thirties are. But if you base it on what people say about themselves, older people are happier," said Dolan.

Younger people rate their happiness lower, because of

unfulfilled ambitions and time spent on their careers.

Janes believes money means less to her happiness than her family and friends. "I believe you should ride the bumps. Don't dwell on it, just pull yourself together and get on with it."



Christine Janes, a former tennis champion who lives in Aldeburgh, Suffolk, scores positively in each of 10 categories



JAMES FLETCHER

SAVE UP TO £191 ON BOOTS CONTACT LENSES

SWITCH TO SPECSAVERS

| Lens name | Supplier | Boots Direct debit scheme | Specsavers Direct debit scheme | Monthly saving | Annual saving | % saving |
|-------------------------|-------------------|------------------------------|-----------------------------------|----------------|----------------|----------|
| Purevision | Bausch & Lomb | £25.93 | £10.00 | £15.93 | £191.16 | 61% |
| Purevision Toric | Bausch & Lomb | £28.69 | £15.00 | £13.69 | £164.28 | 48% |
| Focus Daily Toric | CiBA Vision | £44.35 | £35.00 | £9.35 | £112.20 | 21% |
| Focus Daily Progressive | CiBA Vision | £43.39 | £35.00 | £8.39 | £100.68 | 19% |
| Proclear Multifocal | CooperVision | £25.44 | £19.00 | £6.44 | £77.28 | 25% |
| Acuvue Moist | Johnson & Johnson | £39.66 | £34.00 | £5.66 | £67.92 | 14% |

If you come to Specsavers for contact lenses, you can save up to £191 a year on Boots prices. It's easy to switch — just bring the lenses you usually wear and a copy of your current contact lens specification into your nearest Specsavers store to start saving.

Visit specsavers.co.uk/save to find your nearest store and to see how much you could save



Based on research conducted between 4 and 12 March 2011. Applies to Direct Debit schemes only. Current contact lens specification required. Alternatively an eye test and contact lens appointment may be required. Eye test may be charged at our standard rate. ©2011 Specsavers. All rights reserved.



Lisa Tse's wealth leapt when she set up a networking club

Slump? Every day Britain gets 120 new millionaires

David Leppard

NEARLY 100,000 millionaires have been created in Britain since the depths of the economic downturn, thanks to stock market recovery, private entrepreneurship and an influx of rich foreigners.

Figures from Barclays Wealth show there are 619,000 millionaires in Britain today, up from 528,000 two years ago — an increase of more than 120 a day. Of the total, some 86,000 have more than £5m in assets, up 19% over the same period.

Alex Cheadle, founder of Ten Lifestyle Management, which caters to the leisure demands of the rich, said his client base was booming because of a big increase in the number of millionaires.

He charges £300 a month to provide wealthy clients with a range of services from booking them a table at Heston Blumenthal's latest restaurant to finding a £10m house in London.

"The City is doing very well. But we are also seeing the sons and daughters of wealthy Russians, Chinese and Indians coming to settle in London. They are millionaires in their own right and can take advantage of the tax advantages of being non-domiciled. With all the political instability, London is a safe haven. And it's fun."

David Semaya, head of UK and Ireland private wealth at Barclays Wealth, said the growth in the ranks of the rich went far wider than City bankers. He said the number of

his clients, who must have at least £500,000 of investable assets (excluding their main home), had grown significantly since 2008.

"Despite one of the deepest recessions ever experienced by this country, these findings indicate that wealth creation is starting to recover and this trend is set to continue at a steady pace," he said.

Lisa Tse, 31, is one of the new ranks of the self-made rich. Born in Devon to a family from Hong Kong, she came to London to study. Six years ago she set up her own design consultancy, which develops characters for video games.

Her wealth received a boost in 2009 when she established The Sorority, a networking club for women professionals charging £1,000 a year membership. She put in £50,000 of her own money as a start-up.

"In the midst of the recession women professionals could see that they needed to get off their backsides, be proactive and do something about it," she said. "That's what we help them to do."

The study, conducted for Barclays by Ledbury, a research group, examined the spread of wealth across England, Wales and Scotland.

The largest number of millionaires — 287,000, or 46% of the total — live in London and the southeast. The Midlands is the second wealthiest region with 92,000. The northwest has the third highest, with 64,000 living in the region.