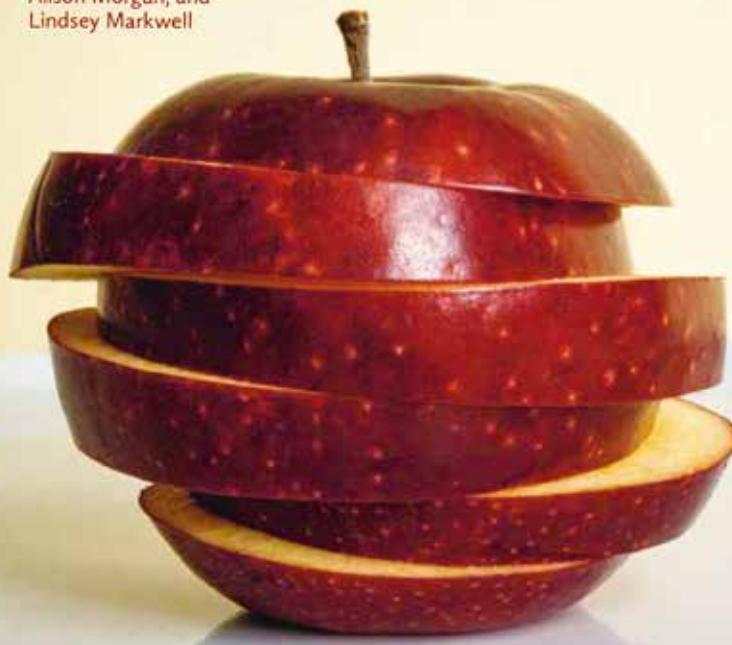


# theFriends Quarterly

Issue number one, 2026 | £6.00

## Hungry for more?

Ruth Jones,  
Naomi Richards,  
Alison Morgan, and  
Lindsey Markwell



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