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If you want a gift that will give you more than just her gratitude and a warm feeling inside - or alternatively if you're the sort of man who can pull off jewellery (see Daniel Day-Lewis) - then try this bracelet by Theo Fennell, jeweller to the glitterati, whose clients include Sir Elton John, the Beckhams and Dame Helen Mirren. All profits go to the Nicholls Spinal Injury Foundation, set up by top chef David Nicholls after his son tragically broke his back by diving into a hidden sandbank while swimming on Bondi Beach and was left paralysed from the arms down as a result.

£135. nichollsfoundation.org.uk

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