

SINGLE BRIDE

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**MICHELLE
ON LIVING
APART FROM
MARK**

**EXCLUSIVE
CHATS**

**KATIE HOPKINS'
SECRET BATTLE**

**'I had just 2 years
left to live'**

Closer

FREE!

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FOR EVERY READER

T&Cs APPLY



KELLY

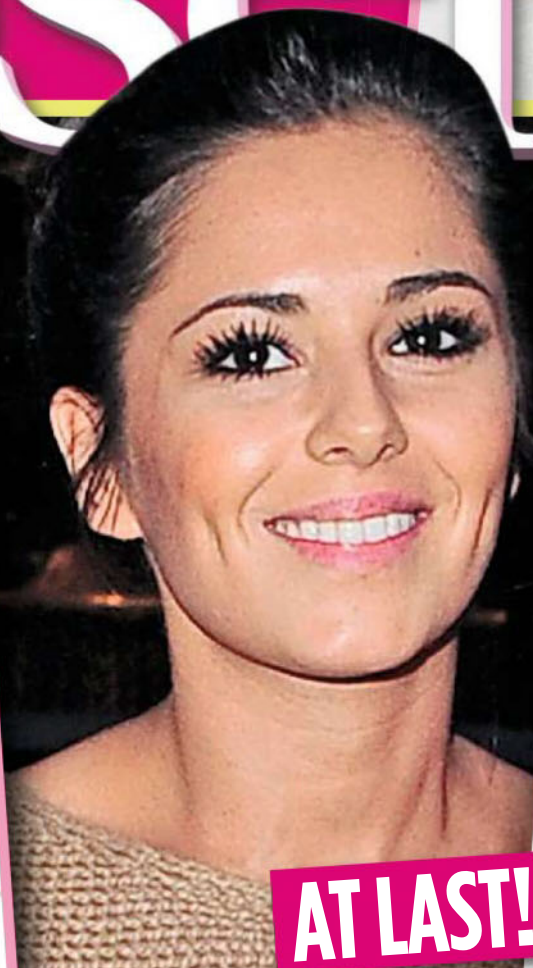
**'It's hard work
getting bikini fit
– I'm happier
being me'**



**STEPH'S SHOCK
U-TURN**



**'Seeing Jeremy with our son
has changed everything'**



AT LAST!

CHERYL'S BABY JOY!



**THE REAL REASON
SHE KEPT HER
PREGNANCY
SO SECRET**

ISSUE 739



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welcome

LETTER FROM THE EDITOR

Showing a softer side

She is almost universally reviled for her controversial – and often shocking – comments, but TV presenter and writer Katie Hopkins reveals a surprisingly softer, more vulnerable side in *Closer's* exclusive interview this week (p40). The 42-year-old opens up about her 20-year battle with debilitating epilepsy, which shattered her confidence and left her living in daily fear. On the eve of life-threatening brain surgery to cure her condition, Katie created a guide for her three young children in the event she didn't pull through. It's a glimpse into the real Katie Hopkins – and it makes for an emotional read.

Lisa

LISA BURROW CLOSEREDITOR@CLOSERMAG.CO.UK



Katie had brain surgery to cure her epilepsy

IT'S ALL ABOUT YOU!

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ON SALE

7 MAR

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CHERYL'S JOY:

'I've wanted this for so long'

As she finally confirms her pregnancy, showing-off her bump in new promotional shots, Cheryl's pals reveal why she kept her baby news a secret

It's been the worst-kept secret in showbiz history despite her entire pregnancy being shrouded in mystery, but last week pictures finally emerged of a glowing Cheryl proudly showing-off her baby bump, looking blissfully happy.

The singer, 33, was grinning from ear-to-ear as she revealed her pregnancy curves

in the campaign shot for The Prince's Trust and L'Oréal Paris' collaboration. But fans continued to speculate whether baby "Chiam" had already arrived.

One asked on Twitter: "Is this a sneaky way of saying Cheryl has just given birth?" and another commented on Instagram: "Does that mean she's in labour now?"

FEELING NERVOUS

The former Girls Aloud star has spent the past few months going to every effort to hide her baby news – concealing the bump, never talking about her pregnancy, and keeping a low profile – a move insiders say was motivated by Cheryl's concerns over her much longed-for pregnancy.

A source reveals: "Following two public divorces and wanting

been wanting to shout about her pregnancy from the rooftops."

The day before the image was released, Cheryl's boyfriend, Liam Payne, 23, attended The BRITs alone.

When *Closer* asked his former bandmate Niall Horan at the Warner BRITs after party how Liam was, he remained coy, saying: "Liam is good – all the guys are."

Last week's BRITs marked exactly a year since rumours over Cheryl's relationship with toyboy Liam broke after the pair were spotted cosy'ing up to one another at the ceremony. This came just after her split from her second husband, Jean-Bernard Fernandez-Versini, following her divorce from Ashley Cole in 2010.

THE PERFECT TIME

Insiders say JB was also part of the reason Cheryl's been so reluctant to talk about her pregnancy. Their divorce was finalised last October, after months of negotiations, with reports the Frenchman was forced to sign a gagging order.

KEEPING IT UNDER WRAPS...

2 OCTOBER



Cheryl caused a stir when she showed off a "bump" at a L'Oréal party in Paris in a fitted ensemble.

27 OCTOBER



She covered up at an event – but was seen the same day looking very different.

NOVEMBER



Pregnancy rumours went into overdrive when she wore this knitted green number.

Liam attended The BRIT Awards alone



Cheryl's mum Joan was pictured outside the star's home last week





She confidently revealed her bump in a L'Oréal campaign last week

A source says: "Cheryl's been sensitive that her relationship with Liam progressed soon after her marriage breakdown and she was conscious of appearing to rub the pregnancy in JB's face – especially as technically they were still married for part of it."

Earlier this month, fashion photographer Mariano Vivanco teased fans over the anticipated bump shoot when he uploaded a Snapchat captioned: "My divine @cherylofficial," after saying he was "shooting someone very special today." It was quickly deleted. Her hairdresser also posted a video of the star's growing bump on his Instagram account recently, which was swiftly removed.

A source says: "Cheryl's been nervous about revealing her bump, but she said the L'Oréal campaign would be the perfect time to finally show it off, given it was so close to the due date."

"The shoot happened earlier this month. She's relaxed as her pregnancy's gone on and felt better than ever. She wanted to take the opportunity to flaunt her bump and show-off the body she says she feels so proud of."

Closer has previously reported how her former band mate and mum-of-two Kimberley Walsh, 35, has been giving Cheryl advice

on how to cope when the baby arrives and pals say she's urged Cheryl – who reportedly has both her mum Joan and Liam's mum Karen on hand to help – not to pressurise herself into losing her baby weight.

FRIENDLY ADVICE

A source says: "Kim's told Cheryl to go easy on herself during the first few weeks with the baby. Cheryl said she feels more confident than ever as Liam keeps telling her how sexy she looks. Starting a family has given her a new lease of life and she's delighting in the idea of finally being able to put the past behind her and to embrace her dream of becoming a mum."

By Daisy McLure

THE CELEBRITIES WHO KEPT MUM ABOUT THEIR PREGNANCIES

CAREY MULLIGAN, 31:

Carey didn't confirm her pregnancy or the birth of daughter Evelyn until a month after she was born in September 2015. The notoriously private actress, who married rocker Marcus Mumford in 2012, wore loose-fitting dresses for six months. In October 2015, she told Graham Norton on his show: "It's a girl!"

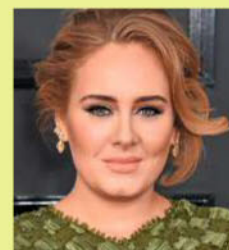


LAURA LINNEY, 53:

The *Love Actually* actress remained quiet right up until she gave birth to her first child, aged 49. Fans were shocked when Laura had son Bennett in 2014 and, while she isn't as private about her son now, Laura said: "I wanted to make sure that my child actually arrived, and was safe and healthy."

ADELE, 28:

She attended the 2012 BRITs at five months pregnant, but no one clocked she was expecting until Adele announced it at seven months. She wore baggy clothes and avoided the press, before announcing: "We're over the moon and very excited, but please respect our privacy at this precious time." She had son Angelo in 2012.



The star looked relaxed and happy in Cambodia last week

HOW ANG HER DIVO



She seemed drawn - here in 2015 - with ex-husband Brad



ANGELINA OVERCAME HER WORST DEMONS

- After her bitter split from Brad Pitt, Angelina Jolie vows she's stronger than ever
- Insiders reveal she's focusing on positives as she embraces life as a single mum
- She removes Brad's strict boundaries on the kids as she does things "her way"

Looking happier and healthier than she has in years, Angelina Jolie last week opened up about how determined she is to come back even stronger after her bitter high-profile break-up from husband Brad Pitt.

The 41-year-old actress – who split from Brad last September after 12 years together – was in Cambodia with her six children and admitted: “We’re focusing on the health of our family. We will be stronger when we come out of this, that’s what we’re determined to do.”

BITTER FEUD

Despite being the golden couple of Hollywood, Brad and Angelina’s divorce quickly turned nasty on both sides.

Angelina was the target of a Hollywood backlash as A-listers sided with Brad, claiming she had tried to paint him as a bad dad. But now, despite the ongoing custody battle, Angelina is looking forward to a bright future.

Speaking about the split for the first time, she said: “It was very difficult. My focus is my children, our children. We are and forever will be a family.”

Giving a glimpse into her new life, the actress added: “I’m going through a moment where there’s just... everybody’s in my room. Two hamsters and two dogs and two children at the moment. It’s wonderful.”

And Angelina – who has children Maddox, 15, Pax, 13, Zahara, 12, Shiloh, 10, and eight-year-old twins Knox and Vivienne – now claims she’s happier than she’s ever been.

A source tells *Closer*: “Angelina is gaining perspective on their split and letting go of a lot of the anguish she was holding on to. After some soul-searching, she’s

promote her new Netflix documentary, *First They Killed My Father*, and pals close to the actress say her life has totally changed.

An insider explains: “Before, it was all about compromise. Brad and Angelina had very different parenting styles and didn’t always agree. Now she’s able to do things her way.

“Unlike Brad, Angelina doesn’t like to set too many boundaries for the kids; her way is about letting them make mistakes and learn from them. She hates strict bedtimes and encourages them to speak their mind – she welcomes them being outspoken like she was growing up.”

MORE FREEDOM

The source adds: “She has help from two nannies and her brother James [Haven], who travel with her – and she includes the children in her work.

“Before, she’d often stay up late with Brad or feel obliged to attend an event he wanted to go to. Now she’s free to get an early night, so



Pals say she's enjoying travelling with her children

she’s been getting up earlier and likes doing cardio workouts and yoga in the mornings.

“The rest of the day she’ll spend checking in on the kids’ homeschooling. When they finish their work they accompany her wherever she’s going. She spends lots of time with them which she loves – motherhood’s everything to her.”

Despite a wave of antipathy towards her since the split, Angelina remains a global icon, campaigning for refugees for the UN and speaking out about violence against women.

The insider adds: “She loves being able to express her true self again, which she felt has been lost over the years. She’s got her groove back.”

By Kelly Allen

‘She loves expressing her true self again’

realised she has the freedom to get on with her life.

“She feels as though this is her second chance. She’s accepted that Brad will always be a part of the family, but she’s going to keep travelling the world and seeking out new roles in charities across the globe.”

PARENTING STYLES

Angelina flew to Cambodia last week with her children to



KYLIE MOVES ON FROM HER SPLIT HEARTACHE

After her shock break-up,
Kylie Minogue reveals she'll
never give up on love



There was an outpouring of sympathy for

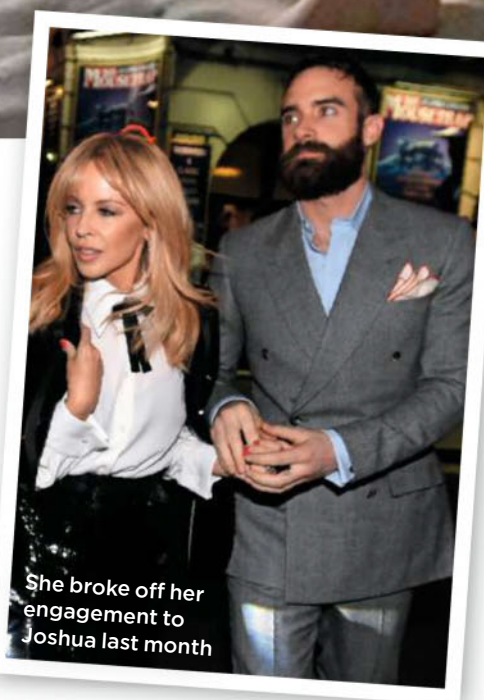
“unlucky-in-love” Kylie Minogue last month when it was revealed she’d split from toyboy fiancé Joshua Sasse.

But only a matter of weeks after their break-up, the 48-year-old superstar was snapped smiling on a beach looking relaxed and happy.

After posting the shot on Instagram, she also revealed in an interview that she had put the trauma of the split behind her and is grateful for her time with the 29-year-old actor.

She said: “It wasn’t meant to be and so I look forward to moving on, richer for the experience.”

And the Aussie singer



She broke off her engagement to Joshua last month

admitted that, despite her failed engagement, she’s still hopeful of finding love again.

She revealed: “I haven’t had the white picket fence and happy ever after in my life so far, but perhaps that’s just not my destiny. I know love and I love to be in love.”

By Daisy McLure

‘Being single again in your 40s can be exciting and empowering’

CLOSER’S PSYCHOLOGIST

EMMA KENNY SAYS: “Like Angelina, the average age of a woman going through divorce is between 40-44.

“Obviously it can be devastating. It usually means the breakdown of a family unit, financial arguments and fear of the unknown.

“But becoming single in your 40s can be hugely empowering, as Angelina and Kylie are discovering – so long as you approach it in the right way. You have to see it as a chance to focus on yourself.

“In long-term relationships, you can lose your sense of self over time. After a break-up, it’s helpful to concentrate on the future and something new; find a new hobby, join a new fitness class or go on an exciting holiday.

“Treat your body with respect by eating well and exercising regularly, which will make you feel better in

itself. Do things for yourself; socialise with family, catch up with old friends and make new ones – don’t spend too much time on your own.

“You may find yourself craving a relationship, but rushing into another romance could cause more hurt in the long run.

“Instead, be content with being alone and – above all – remember happiness is a choice. Think of exciting possibilities, rather than scary limitations.”





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STEPH: ‘Seeing change

After their shock reunion pals say bonding over their baby is healing the rift between Stephanie Davis and ex Jeremy McConnell

Taking their son for a walk around a Liverpool park last week, Stephanie

Davis and Jeremy McConnell finally seemed to be putting their bitter past behind them.

The former couple, who got together on *Celebrity Big Brother* in January 2016, but split in May over cheating allegations, appeared relaxed in each other's



Caben-Albi was born on 13 January

Jeremy with our son has changed how I feel about him'

company and even shared a joke as they doted on seven-week-old Caben-Albi after Jeremy, who lives in Dublin, travelled north to spend six days with them.

BURYING THE HATCHET

Now insiders have revealed that seeing Jeremy with their son may have reignited Steph's feelings for her ex.

A source says: "The pair spent nearly a week at Steph's house – a lot of the time her family were there, too. There were a few heated arguments about Jeremy's admission that he cheated on Steph and the way they've treated each other over the past 10 months, but they ended up getting on really well. Steph was so happy they were able to bury the hatchet and chat and joke together like they did before."

Steph, 23, was left heartbroken last year when the pair split amid claims Jeremy had cheated. After they broke up, she announced she was pregnant, but Jeremy publicly questioned whether he was the father. The pair became embroiled in a bitter social media war.

Just last month, Jeremy hit out at the actress during a *This Morning* appearance, where he called their four-month relationship "toxic." However,

The pair met on CBB last January



'Steph and Jeremy need to work on rebuilding trust'

CLOSER'S PSYCHOLOGIST

EMMA KENNY SAYS: "If you have a child, but have split up, you must detach yourself from emotions and accept the child must come first. You've got to see each other as co-parents, not exes."

"To prevent arguments, you need to ensure you set boundaries – like visitation arrangements – which you both agree on. And you've got to be respectful and positive about your ex partner in front of the child."

"But with your ex back around and a baby to

focus on, it's easy to get swept up with the family ideal.

"However, you need to think carefully and not do it for the sole sake of the baby."

"If Steph and Jeremy do reunite and give their relationship another go, they must confront past problems – possibly in couples' therapy – and work on rebuilding trust."

"They can't afford to be childish when they've got their son to be responsible for."

things thawed after the model acknowledged he was the father on social media, then Steph started following him on Twitter.

Now pals say that despite Steph's family warning her not to fall for him, she has enjoyed flirting with Jeremy – who "liked" a racy snap she uploaded last week – and being close to him.

A source says: "Things between Steph and Jeremy have thawed since spending time

together. Jeremy has been showering her with compliments about what a good mum she is, which has really touched her. Likewise, Steph has been surprised by how good Jeremy is with Caben. He's been changing nappies and has been keeping an eye on Caben while Steph catches up on the sleep she's lost while up breastfeeding

at night. It didn't take long for them to fall back into old habits and they have been flirting with each other. Steph knows she should be wary, but she's seeing him differently and wondering if they could possibly have a future. Even when they're apart, they've been keeping in touch."

FAMILY HOPES

The pair showed just how happy they were after a weekend with their son. Steph posted an image reading: "A Sunday well spent brings a week of content," while Jeremy wrote: "Had an amazing few days, feeling blessed."

Reports surfaced last week that TV bosses are desperate to sign them up for a host of reality shows – with the pair in line to bag up to £50k if they agree to work together. Some fans accused the pair of staging the entire break-up to make money.

One fan wrote: "And there it



Steph and Jeremy enjoyed six days together

is – their plan worked. Big fake break up and fighting during the pregnancy. They are the biggest liars," while another added: "[It's] all just part of their warped plan to make some money."

An insider adds: "Steph is ignoring all the cynics, her focus is on Caben and being the best mum she can. She's feeling strong right now."

"She hopes her friendship with Jeremy will keep improving. She swore she wouldn't give him another chance, but she says seeing him with their son has changed everything and she's starting to think differently. She loves the idea of them raising Caben as a family, as well as working together on a reality show. She knows doing something together could be the making of them."

By Daisy McLure

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KELLY:

‘There’s more to life than diets – I’m happy now’

Despite cruel weight jibes, pals say Kelly Brook is feeling more contented than ever

She’s one of the UK’s most successful models, yet Kelly Brook has faced taunts about her hourglass figure over the years, with everyone from Jordan to Katie Hopkins making jibes about her weight.

Last week was no exception, when unflattering photos of the 37-year-old surfaced and trolls branded her “fat, old and cheap.” Newspaper columnist Kelvin MacKenzie wrote: “If she carries on like this she will go from page 3 to page 33,” cruelly adding that he’d see her at Slimming World.

SUPPORT NETWORK

A source says: “Kelly tries to ignore the trolls, but it is upsetting. She calls her friends and family for support, and her boyfriend Jeremy [Parisi] is great. She’s determined not to let people she doesn’t know bring her down.”

Just days earlier, Kelly – who has reportedly earned £8m from modelling – had confessed in an interview she feels self-conscious

stripping for photo shoots, saying: “I’m still amazed that they want me to do my calendar. That’s the only time of the year I go: ‘Oh God, I’ve got to put on a bikini and have my picture taken.’ Now I feel like a normal woman. I’m just as self-conscious as anyone.”

Kelly was launched into the spotlight on C4’s *The Big Breakfast* in 1999. Her weight has fluctuated over the years, going from a size 8 to a 12, but she’s always accepted her curves. In 2013, she said: “I’ve got huge boobs and bum. That’s just the way I’ve been built.”

But sources say after years of dieting, Kelly – who regularly uploads Instagram shots of herself enjoying eating out – has reached a point where she wants to relax.

A source says: “She spent her 20s and early 30s working on a model body. She’s gradually put on a bit of weight over the past two years, as she believes there’s now

more to life than juicing. She’s now a size 12 to 14 and is much happier.

Kelly feels it’s hard work getting bikini-fit – she’s just happier being her. She wants to be normal – eat pizza, have tea with her mum. Before, she’d deprive herself.”

FAMILY LIFE

After suffering two miscarriages in 2011 during her relationship with Thom Evans, Kelly later gained weight in the hope of getting pregnant, saying in 2014: “I wanted to be a bit chubbier because I want to have a baby.”

She has been dating model Jeremy, 30, for two years. A source says: “Kelly would love to start a family. She’d be happy to swap modelling shoots for being at home with a baby. She’s looking forward to the next chapter.”

By Hanna Fillingham



Model Kelly is famous for her curves

Trolls have recently bullied her for putting on weight

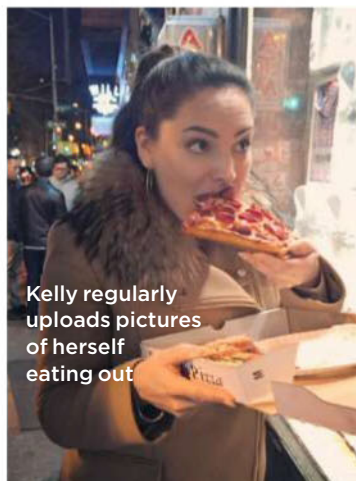


‘Kelly reflects most women’

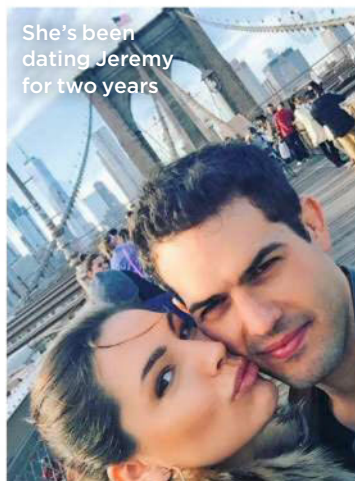
BODY IMAGE EXPERT LISA LISTER, FROM FEMINIST WEBSITE

THESASSYSHE.COM, TELLS

US: “Many women can relate to Kelly because they have hang-ups too and most women’s figures fluctuate. We need to see women that aren’t just a size zero. It’s good that Kelly can show people that even celebrities struggle, but in the end it’s about being happy and comfortable in your own skin. We need more women to be OK with how they look – whatever their size.”



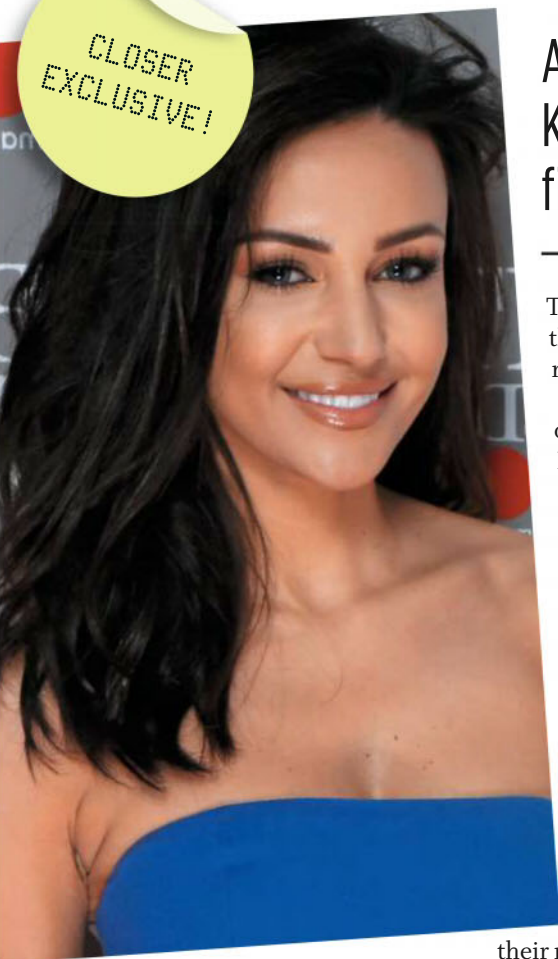
Kelly regularly uploads pictures of herself eating out



She’s been dating Jeremy for two years

'Why can't I have a career

CLOSER
EXCLUSIVE!



After relentless reports of a troubled romance, Michelle Keegan tells Closer she and husband Mark Wright will find a way to make things work long-distance

That's the frustrating thing. Mark will visit me and we will be fine.

"We just speak on the phone and FaceTime each other. It's not like we have to write letters. We have technology!" Laughing, she adds: "No, we wouldn't send sexy pictures – people hack the iCloud!"

The couple are no strangers to scandal, having endured relentless speculation about the state of

their marriage.

In June last year, Mark, 30, was photographed partying with bikini-clad girls while on a lads' holiday in Las Vegas. Michelle was later linked to her co-star Luke Pasqualino and, in

'We always say we want kids – but not yet'

August, photos emerged of Mark hugging a mystery blonde at V Festival – he later dismissed the claims, explaining she was a family friend.

Mark also became embroiled in a reported spat with Danny Dyer at the event, and was linked to Katie Price a second time after claims he called her on a night out last October.

Earlier this month, Mark reportedly followed then unfollowed a model on social media, and it was later revealed he was following an account of semi-naked American university students.

DIFFERENT PEOPLE

Their marriage faced a further blow last week when a magazine column Michelle had written in 2011 – a year before she met Mark – resurfaced, with her slating Mark's "cringe" relationship with his then-girlfriend, Lauren Goodger.

Michelle wrote: "I don't know how Lauren can take Mark back so easily, though – it's so cringe!"

Referring to his alleged affairs with co-stars Lucy Mecklenburgh and Sam Faiers, she added: "I just wouldn't be able to get back with someone who'd slept with lots of girls I knew, but that's just me!"

When Closer asks her about the embarrassing publicity around the column last week, she shrugs it off, saying: "It was six years ago, we're different people now."

They've struggled to spend time together since tying the knot in May 2015, with their careers keeping them on opposite sides of the world.

But as Michelle Keegan prepares to jet off to South Africa to film the third series of *Our Girl*, the 29-year-old actress tells Closer that she and husband Mark Wright won't let the distance ruin their relationship.

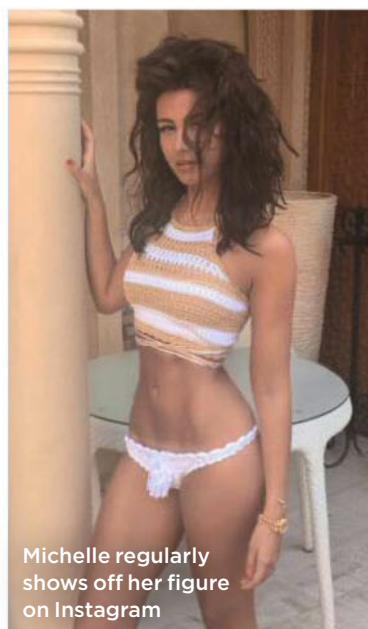
SEPARATE CAREERS

Speaking at the BRITs, she says: "Everything is fine with us. We have separate careers. Why is that a bad thing? I've got to go away for work. I'm just a normal girl, doing my job.

"We know what to expect when I go away this time. Why can't a woman have a career, work away from her husband and still have a good marriage?



She says filming *Our Girl* abroad won't get in the way of with her marriage



Michelle regularly shows off her figure on Instagram

SKIING HOLIDAY

Before Michelle begins filming in South Africa, she has a month off to spend with Mark, and the pair have just returned from a skiing holiday together.

Michelle says: "We went skiing last week. I'm rubbish but Mark is so good. I took my girlfriends – some of them can't ski – which was so much more fun. I

r and a good marriage?’

Mark with pals as marriage
his' is denied
Girl Michelle's months
ay from hubby

Michelle and
Mark attended
the BRITs

like the *après-ski*. I didn't think I would like it because I love a hot holiday but we had such a laugh!"

LOVING LIFE

Despite constant speculation over them starting a family, Michelle admits she's in no rush, saying: "Yeah, I've thought about kids and we always say we want them, but not yet. We are loving life!"

One thing she is looking forward to is marking her milestone birthday in June. "I'm 30 this year. I'll probably be filming on my 30th. I want to do something to celebrate it. Mark had about three parties, it lasted a month," she grins.

Meanwhile, Michelle – who often proudly flaunts her incredible body on social media – admits that while she loves her food, she needs to put the hours in at the gym to see results.

She adds: "I don't watch what I eat but I have everything in moderation.

When we were skiing I was eating raclette and fondue and steak and ale pie and crêpes, so now I'm back I'm trying to be good again.

"I love food. I do exercise a lot but I love food too!"

By Kelly Allen

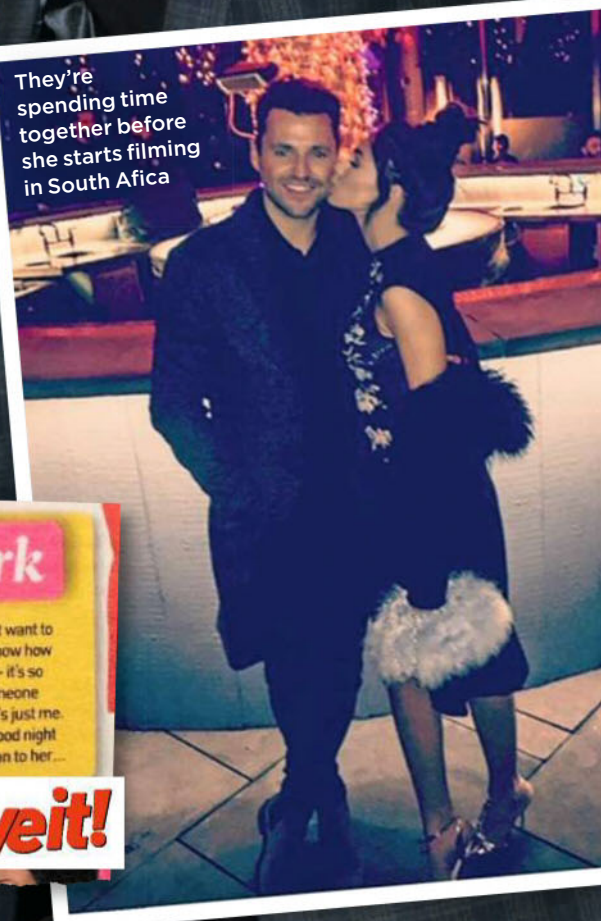


They're spending time together before she starts filming in South Africa



Michelle criticised Mark's relationship with Lauren in a column she wrote in 2011

loveit!





It's time to remove the question mark.

The new and improved Hyundai i10 comes with a whole host of entertainment features including a 7" Sat Nav with live traffic updates, Apple CarPlay™ and Android Auto™. With these constant improvements, it comes as little wonder that the i10 has won the What Car? Best City Car award four years running. We really have taken the question mark out of What Car?

hyundai.co.uk



Fuel consumption in MPG (l/100km) for New i10 Range: Urban 38.2 (7.4) – 57.6 (4.9), Extra Urban 56.5 (5.0) – 80.7 (3.5), Combined 47.9 (5.9) – 70.6 (4.0), CO₂ Emissions 139 – 93g/km. These official EU test figures are to be used as a guide for comparative purposes and may not reflect all driving results. Apple CarPlay™ is a trademark of Apple Inc. Android™ is a trademark of Google Inc. 5 Year Unlimited Mileage Warranty terms and exclusions apply. For information please refer to hyundai.co.uk or consult a Hyundai dealership.

‘Paul & I will have our own US reality show!’

Insiders reveal Sam Faiers is negotiating for her own LA fly-on-the-wall show – and is dreaming of becoming the UK’s answer to the Kardashians

She revealed she was planning to quit Essex for Los Angeles at the end of last year, and now pals say Sam Faiers’ recent holiday to California was preparation for a big move Stateside, where she hopes to turn her family into “the British Kardashians.”

NEW SERIES

The former *TOWIE* star, 26, visited the US with boyfriend Paul, 27, and one-year-old Paul Jr. She documented the trip with a string of social media snaps, which showed her staying at the Beverly Hills Hotel, and enjoying nights out with pals Ferne McCann, 26, and Luisa Zissman, 29.

Now, insiders tell *Closer* how Sam – who has earned a whopping £5m since leaving the reality show in 2014, with endorsements, fashion ranges, a tell-all book deal and her own celebrity training website – is setting her sights on US



Sam enjoyed nights out with pal Ferne

stardom with a reality show follow-up to her ITVBe series, *The Mummy Diaries*.

SECRET MEETINGS

A source says: “Sam had some filming to do with Luisa and said it was the

perfect opportunity to scout for family homes and meet with TV networks ahead of their move over there.

“She had secret meetings with E! and Bravo, who were both very impressed. Friends say one of the channels is keen to give them a six-part series to start documenting their new

life across the pond.

“Sam’s extremely business-minded and has always dreamt of turning her and Paul into a showbiz couple like Kimye.

HOLLYWOOD STARS

“She’s told Paul they’ll become the British Kim and Kanye – even joking she’ll make sure baby Paul and Saint become BFFs!”

Meanwhile, Sam – who



Sam and Paul hit the markets in LA last week

Friends say the family want to start a new life in Los Angeles



Paul’s controversial kiss with mum Gaynor

was forced to defend Paul after he was filmed kissing mum Gaynor on the lips and was subsequently dubbed a “Mummy’s boy” – has told pals her mother-in-law won’t be joining them in LA.

The insider adds: “Sam loves Gaynor but she’s told Paul she just wants it to be the three of them. She’s assured him that it will all be worth it when they’re Hollywood stars.”

By Daisy McLure

‘I was abused for two years – I’m glad Corrie is tackling this horror’



As a hard-hitting soap storyline is highlighting the extent of child grooming, Closer speaks to Alex, who experienced a hellish ordeal at the hands of a sex ring

At just 14, Alex was thrilled to be lavished with expensive jewellery and flashy new phones.

The gifts came from her new older “friends,” brothers Shamin Uddin, 30, and Giash Uddin, 31, and their friend Robert Jackson, 27. But she had no idea these men were grooming her to eventually sleep with other men.

Although shocking, Alex’s story is far from an isolated case. There have been many other appalling high-profile cases of children being

exploited in sex rings.

The Rotherham child abuse scandal revealed around 1,400 children were subjected to sexual exploitation between 1997 and 2013, with a report finding South Yorkshire police had failed to prioritise the issue.

CHILD SEX PARTIES

Earlier this month, six members of the child sex gang were jailed for a combined total of 80 years for grooming and abusing girls, one of whom fell pregnant at 12.

And, in 2013, a sadistic gang of seven men in Oxford groomed six girls aged 11 to 15 before

selling them for sex at “parties.”

Coronation Street is tackling the issue in its latest storyline, which sees 16-year-old Bethany Platt (Lucy Fallon) being groomed by Nathan Curtis (Chris Harper), who’s 20 years her senior.

It makes for uncomfortable viewing and some fans have complained the subject matter is “too dark.” But experts believe it’s important to raise awareness.

An NSPCC spokesperson says: “It’s great *Corrie* is running this storyline because it shines a light on the grooming process and how sexual predators can target and manipulate vulnerable



Older man Nathan has been manipulating Bethany

young people. Parents need to be vigilant about the relationships their child is forming, and should have regular conversations with them. TV programmes can help facilitate these discussions.”

LIFE DESTROYED

Alex, now 22, suffered two years of abuse at the hands of the Uddins and Jackson. She has bravely waived her anonymity – though *Closer* has withheld her surname to protect her – and says: “I’m glad *Coronation Street* is raising awareness about child sex rings. It might be upsetting, but it almost destroyed my life and we need to prevent other girls becoming victims.

“I was flattered by the attention from the men that groomed me – but soon they started giving me drink and drugs and eventually started making me have sex with other

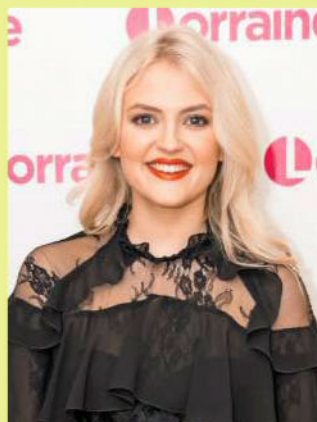
CORRIE’S LUCY FALLON:

‘Watching the grooming scenes makes me uncomfortable’

Actress Lucy Fallon, 21, who plays victim Bethany Platt, has admitted she finds watching the gritty grooming scenes tough.

She says: “I haven’t actually watched it yet because it does make me feel quite uncomfortable, as it does for a lot of the viewers. But it’s so important that we do it, especially at this time because we’re targeting people who watch *Coronation Street*, who are young.”

She adds that the storyline is set to get more sinister: “What [Bethany] doesn’t realise is Nathan’s not in it for the same reasons she is. She’s gradually falling in love, but he’s only sticking around while he can get something out of it – and where that’s going is pretty scary.”





HOW PARENTS CAN STAY VIGILANT

There are tell-tale signs that grooming could be taking place. Parents should look out for the young person being secretive, having new things such as clothes or a mobile, or going to unusual places to meet friends. You should:

- Have regular conversations with your child about what's going on in their life.
- Speak to them in a neutral, relaxed environment – maybe on a walk or bike ride, or even in the car.
- Visit nspcc.org.uk for help and support if you're concerned your child may be a victim of grooming.

myself, but they'd send me messages telling me they'd hurt my family."

The abuse escalated. Alex says: "Me and a friend would be taken to a hotel in Manchester or London, while men had sex with us. It was terrifying.

"Mum was worried but I didn't know how to tell her. My behaviour became worse – I'd go missing and Mum would tell the police, but they thought I was just being an unruly teenager."

At 16, the gang lost interest in her. She adds: "They started looking for new, younger, girls and I was able to start leading a more normal life again."

In 2013, police approached Alex after another victim of the gang reported them and she was asked to give evidence. She recalls: "I was scared, but I wanted to make sure it couldn't happen to anyone else."

In October that year at Manchester Crown Court, the Uddins and Jackson were convicted of charges including rape and drug possession and were jailed for a total of 37 years.

Alex has now rebuilt her life, but wants to warn other girls. She adds: "The gang preyed on me when I was just an innocent child. They've destroyed my childhood and I'm having counselling to cope with the horrific memories. But they won't destroy my future."

By Poppy Danby

Coronation Street's grooming storyline has been controversial

men. I'd hate for anyone else to go through the same ordeal."

Alex was just 14 when the gang targeted her. She explains: "I came from a strict Christian family and was a normal teenager. I met Shamin in 2010 through a friend, who invited me to join them on a night out – it sounded fun.

"I told Mum I was staying at a friend's. Shamin drove a flash car

and was a smooth talker; I was impressed. At the end of the night we shared a bottle of Jack Daniel's at his house. I'd never drunk before, so it went to my head and I agreed to have sex with him.

"The next morning I was shocked by what I'd done – I'd only slept with one guy before – but thought it made me grown up. I believed he was my boyfriend."

Alex started seeing Shamin regularly. She says: "He made me feel like an adult at an age when I craved to be taken seriously. Mum had a new boyfriend, so I was keen to have a life myself. They'd buy me jewellery and phones."

TAKING DRUGS

But within weeks, the gang started plying Alex with class A drugs. She explains: "They encouraged me to take ecstasy and cocaine. Shamin and his friends were all doing it and made it seem normal."

But with Alex on drugs, Shamin began raping her, then forcing her to have sex with other men too.

She says: "I was so out of it I didn't know what I was doing. I'd drink more to block things out, and hoped it'd be over quickly. I tried to distance

JAILED SEX RING LEADERS



Shamin Uddin:
Sentenced
to 19 years



Robert Jackson:
Sentenced
to 12 years



Giash Uddin:
Sentenced
to six years



Delicious Spoonable treat



This Easter, discover **the treat that has it all**. Kids love peeling back the **two halves**, for two times the joy. In the first half, they can spoon up layers of **creamy milk and cocoa filling** topped with **delicious crispy wafer bites**. In the second, there's a fantastically **fun toy** for them to enjoy.

DANIELLE AND JAMIE START A NEW FEUD

Relations between the exes hit an all-time low as pregnant Danielle Lloyd lashes out at ex Jamie O'Hara for slamming her on Twitter

After their bitter split in 2014, Danielle Lloyd appeared ready to end the hostility with her ex Jamie O'Hara when she recently told *Closer* she didn't want to fight any more.

But just a week later, a new feud erupted between the pair, with the ex-footballer claiming Danielle had prevented him from seeing their sons.

Jamie, 30, lashed out on Twitter over missing a visit with his sons, explaining he had lost his keys, and that he would have to "go to court" if he wanted to see them.

FLYING OFF THE HANDLE

Earlier this month, Danielle, 33 – who has Archie, six, Harry, five, and George, three, with Jamie – told *Closer*: "Jamie and I will remain civil for the children. We have three boys together, but we definitely can't be friends."

But last week she was accused of "flying off the handle" by her ex, amid reports his girlfriend Elizabeth Tierney had offered to collect the children when

he was unable to.

It quickly escalated into public mudslinging between the pair.

Danielle – who is three months pregnant by her electrician fiancé Michael O'Neill – insisted Jamie has repeatedly failed to show up for visits with his sons.

She posted online: "As a single mother, my children are the main priority and I'm concerned about Jamie's ability to be a father."

The pair's relationship has been frosty since Danielle ended their three-year marriage in 2014, having discovered Jamie had been unfaithful.

Relations hit an all-time low in June 2016 when Michael was arrested after a fight broke out between him and Jamie. Jamie had gone to drop off his children at Danielle's house and a row erupted over car seats. A brawl then broke out between Michael and Jamie in the garden,



THEIR NEW SOCIAL MEDIA WAR

Whatever vendetta my ex-wife has against me should not involve my children being stopped from seeing their Father. I want to see them face to face and not through Instagram posts or set up pap shots my ex-wife consistently does with them using the children for her own financial and profile gain.

Jamie hit out at his ex-wife on Twitter last week

Statement for Danielle Lloyd:
Yesterday, Danielle Lloyd was subject to another Twitter tirade from her ex-husband Jamie O'Hara in which Mr O'Hara stated that had been denied access to his three children. This is not however the case – Jamie O'Hara was unable to keep to the arrangements that had been made of his own accord, arrangements which are bound by a court agreement and are in place to achieve stability and safety for their children.

Danielle responded with an online statement

reportedly over Jamie's cheating during his marriage to Danielle, with punches thrown before Danielle called the police.

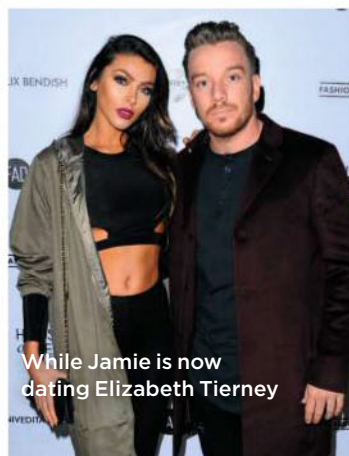
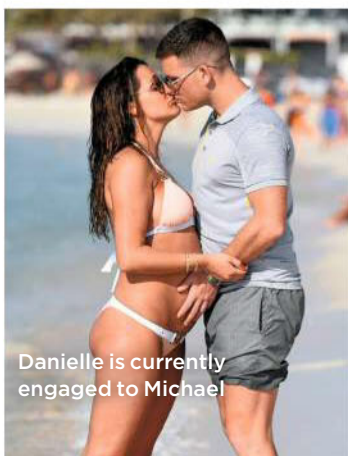
Jamie suffered cuts to his forehead and Michael was released on bail the next day.

DIVORCE DRAMA

In January, while appearing on *Celebrity Big Brother*, Jamie revealed he "lost quite a bit in my divorce," alleging that Danielle demanded £15k a month from him in maintenance, a claim she later denied.

While Jamie was in the house, Danielle appeared on *This Morning* in tears, saying: "He obviously regrets what he's done in the past but now blames me for not wanting to stay in the relationship. It's so upsetting for me; I've been having anxiety attacks."

Last week, Jamie took to Twitter once again, accusing his ex of waging a "vendetta" against him, saying: "I'm concerned about the children and they're my main priority." By Kelly Allen





KIM:

'Paris can an even b

Insiders reveal Kim Kardashian is plotting to reunite with her former best friend Paris Hilton to regain her crown as the queen of celebrity

She proved her feud with former-BFF-turned arch nemesis Paris Hilton was well and truly over last week when she publicly wished her a happy birthday on Snapchat – and now sources say Kim Kardashian is plotting an epic comeback with her “frenemy.”

Kim, 36, was left reeling following her terrifying attack in Paris last October.

She then went into hiding for three months – an opportunity, insiders told *Closer*, Paris chose to use to remerge on to the Hollywood party scene.

Pals say Paris, 36 – who’s said to be dating actor Chris Zylka, 31 – had been waiting in the wings to strike after taking an extended break from the spotlight. And sources say Kim – who has North, three, and Saint, one, with rapper husband Kanye West, 39 – thinks the heiress could be vital to her comeback.

Kanye turns to Caitlyn for marriage advice

They’ve shared a close friendship over the years with Kanye West being father-in-law Bruce Jenner’s rock during his gender transition to become Caitlyn in 2015. And he credited the rapper for helping other family members to become more “open minded.”

Now insiders say Kanye is turning to Caitlyn as he recovers from the breakdown he suffered in November. A source says: “Caitlyn’s been counselling Kanye over the past few months and they often talk for hours on the phone or at her Malibu home, which has become a refuge for him. He feels

a deep connection with Caitlyn, who’s had bouts of depression and struggled in the limelight, which Kanye can relate to.”

Kim and Kanye have been fending off marriage trouble rumours, which pals say Caitlyn has also been offering advice on.

A source says: “Caitlyn knows what it’s like to be in a high-profile marriage and the added pressures of having young kids. She’s urged Kanye to spend plenty of time alone with Kim to ensure they don’t let the stress of their public profiles get in the way of their love for one another.”



Pals say Kanye has been leaning on Caitlyn

A ‘POWER COUPLE’

A source says: “Kim’s worried as she feels her star is fading and, with Kanye still healing after his breakdown, she feels it’s had an effect on their power couple status. Kim reckons teaming up with Paris could boost her popularity.”

“Kim reached out to Paris after Christmas and said she was keen to renew their friendship, saying the ordeal had made her realise life was too short to hold grudges.”

“Paris jumped at the chance to hang out with Kim again – even hosting girls’ nights and spoiling her children with gifts.”

The former childhood classmates were inseparable growing up, with a then unknown Kim only identified as “Paris’

make me igger star'



Paris and Kim – here in 2006 – used to be classmates



Kim became Paris' assistant in 2003 when she starred in *The Simple Life*

best friend.” Speaking about their friendship, Kim said: “We’d go anywhere just to be seen.”

Kim became Paris’ assistant in 2003 after she shot to fame on *The Simple Life*, alongside former pal Nicole Richie. But as Paris fell off the radar after the show was cancelled, Kim became famous following the release of her sex tape in 2007 and *Keeping Up With The Kardashians* – resulting in a huge fall-out between the pair.

Speaking about Kim’s famous bum during a radio interview in 2008, Paris sniped: “I would not want it – it’s gross! It reminds me of cottage cheese inside a trash bag.”

However, the girls appeared to have made up when they were reunited in Ibiza at designer Riccardo Tisci’s birthday party in 2014 – posting Twitter snaps.

A source says: “Kim’s convinced she and Paris can become the ‘It’ Hollywood party pair again with a reality show, an app and a range of merchandise. She thinks Paris will be key to her

comeback.

“Paris is keen and says it will be just like the good old days. She’s very excited about hanging out with Kim again.”

DESPERATE MEASURES

Paris made a glam appearance at last week’s Hollywood Beauty Awards and recently launched a hairstyling range, as well as a line of fragrances and accessories.

A source adds: “Kim’s ‘momager’ Kris thinks reuniting with Paris is a genius idea and she’s offered to mastermind the whole thing. Kanye is hesitant as he fears it could tarnish Kim’s brand when she’s worked so hard to move away from the tacky reality star image. But Kim’s really up for it and says she’ll do whatever it takes to get her star status back.”

By Daisy McLure



Kim sent this Snapchat to Paris last week



WHAT MADE A BRIGHT, SUCCESSFUL WOMAN FALL FOR A TWISTED CONMAN?

Last week, evil Ian Stewart was jailed for the murder of his fiancée Helen Bailey. Here we examine how he managed to fool her...

At 51, Helen Bailey was a successful children's author with a £4m fortune, several properties and a seemingly loving partner. But behind her back, her fiancé Ian Stewart was plotting to murder her for her fortune.

WHIRLWIND ROMANCE

In 2011, manipulative Stewart, 56, befriended Helen – whose first husband had tragically drowned – through a Facebook bereavement group.

Stewart, who Helen called her “gorgeous grey-haired widower,” as he'd also lost his own partner in 2010, ended up moving in with her. Three years later, he began slipping sleeping pills into her food and, in April 2016, suffocated her and dumped her body in the cesspit of their £1.3m home in Royston, Herts, along with their dachshund, Boris.

So what made Helen – who a neighbour described as a “beautiful, classy, intelligent lady” – fall for the charms

of a sickening murderer?

Criminologist Elizabeth Yardley explains: “Stewart breezed into Helen's life like a knight in shining armour. She

was vulnerable after losing her husband and he preyed upon that. But he wanted her lifestyle and money for himself. He had an inflated sense of self and would have been threatened by her success, and possibly even by her love for her dog.

“It was a whirlwind relationship and he moved things along to get what he wanted. Helen was intelligent, but men like this are master manipulators and good at controlling people. Their victims will not realise it's happening.”

Stewart, a former software engineer – who had sons Jamie, 24, and Oliver, 21, from his previous marriage, and had convinced Helen to leave almost all of her assets to him – reported her missing four days after killing her. He paid for flyers appealing for help, but also went on holiday and used her bank accounts.

SUSPICIOUS BEHAVIOUR

Gradually police grew suspicious of his behaviour and he was arrested. After a six-week trial at St Alban's Crown Court, he was

FIANCE GUILTY OF AUTHOR'S MURDER, NOW POLICE PROBE HIS EX-WIFE'S DEATH
SEE PAGES 4&5



HELEN AND HER DOG, BORIS, WERE MURDERED BY STEWART

found guilty of charges including murder, fraud and preventing a lawful burial. He was jailed for a minimum of 34 years.

The death of his previous wife, Diane, from an epileptic fit, is now being investigated.

Elizabeth adds: “You have to question what happened in Stewart's past to make him behave like this. His selfish pursuit of his own desires may have resulted in people being hurt before.”

By Poppy Danby

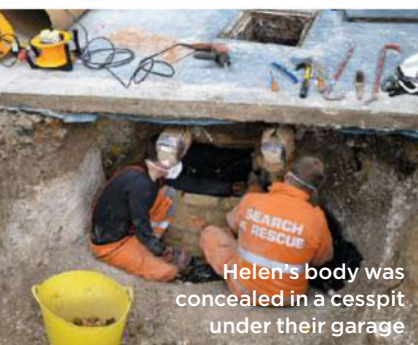
How Stewart's cover was blown

Stewart made several mistakes which led to him being caught:

- He waited four days before he contacted the police about her disappearance, and forgot basic details, including her eye colour.
- Two months after Helen disappeared, he jetted off to Spain on a holiday he'd previously booked with her.
- When questioned by police, he said two men – Nick and Joe – had visited his home and may have taken Helen hostage. In earlier interviews he forgot their names and said he'd had no visitors.



Stewart being interviewed at his home



Helen's body was concealed in a cesspit under their garage



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WHY EVERYONE'S TALKIN

She loves a selfie and a sexy outfit, but who is the showbiz circuit's fastest-rising star?

She's risen from the ranks of a Victoria's Secret angel to a fully-fledged A-lister, marrying musician John Legend, becoming best pals with Kim Kardashian, and amassing an £8m fortune.

And Chrissy Teigen, 31, has also endeared herself to the public – her no-nonsense attitude and brutally honest approach to motherhood have earned her

over 4million Twitter followers.

Growing up in California, she was scouted as a teenager while working in a surf shop. Her modelling career took off in 2010 when she appeared in *Sports Illustrated Swimsuit Issue* and, since then, she's co-presented *Lip Sync Battle*, released a cookbook, *Cravings*, and has her own foodie website, *So Delushious*. With no end to her talents, here are just a few of the reasons we can't get enough of Chrissy...

HER BODY POSITIVITY

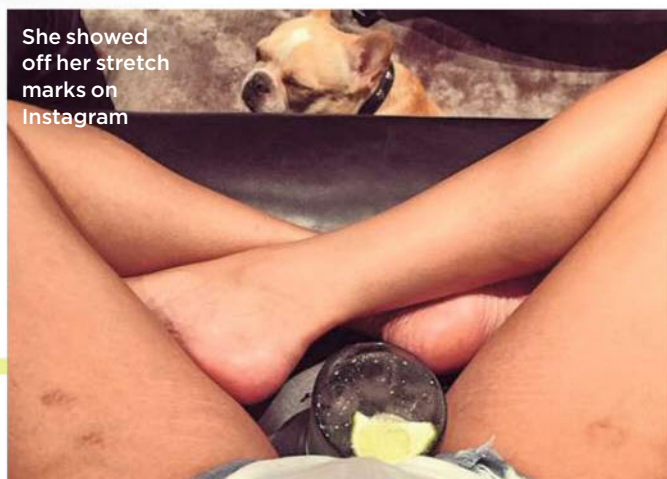


Chrissy uses social media to celebrate her "flaws"

Though she's got a killer figure, Chrissy suffers from the same insecurities as many women. Despite this, she uses social media to promote body positivity, and has been applauded by women worldwide for celebrating her "flaws." The model has shared snaps of her double chin and stretch marks, and she's against photo-editing apps, saying: "I think we forget what normal people look like... The standard is so ridiculous. It's gotten to a point where they're actually changing the shape of their body and nobody can compare to that when you're fixing yourself so much."



She's not shy about getting her body out on social media



She showed off her stretch marks on Instagram

G ABOUT CHRISSY TEIGEN!

THE A-LIST PALS

After she married singer John Legend in 2013, Chrissy's fame skyrocketed. The pair hit it off in 2007 when they met on the music video set of John's song *Stereo*. His hit *All Of Me* was dedicated to Chrissy and, in her typically open way, Chrissy revealed the couple love "PDA," even admitting they've joined the "Mile High Club." The model

also became close pals with Kim Kardashian when they met in 2009. Speaking about their close bond in a joint interview with Kim, Chrissy said: "I was so nervous to meet you... You made me feel so much better because we went to the bathroom and you had me zip you up. I was like, 'Oh my gosh. She has Spanx on. She's cool. She's normal.'"

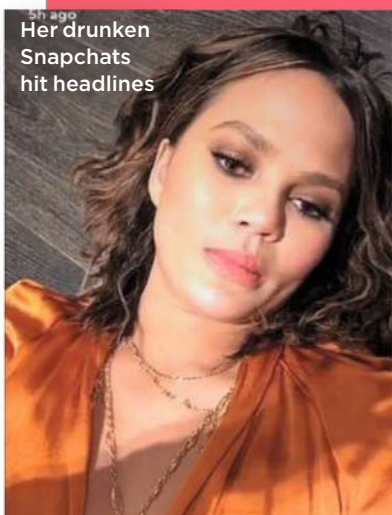


Her celeb pals include Tyra Banks

Chrissy's also a close friend of Kim Kardashian

SOCIAL MEDIA SASSINESS

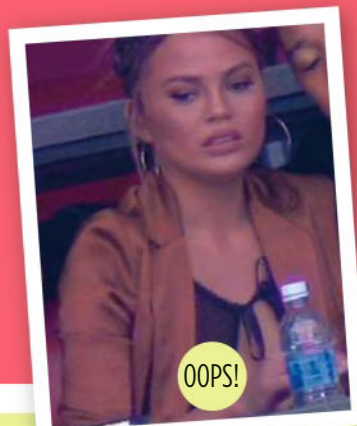
5h ago
Her drunken Snapchats hit headlines



Chrissy's popularity is partly down to her funny and honest Twitter posts. She offers witty commentary on politics, gossip and her daily life, often with self-deprecating humour. She even joined in when the world mocked her "ugly cry face" (after she was pictured weeping when John won a Golden Globe). And after the Grammy's earlier this month, she shared a series of drunken Snapchat posts which further endeared her to fans.

RED-CARPET MISHAPS

She's constantly photographed looking glamorous on the showbiz circuit - but Chrissy has also hit the headlines for a series of wardrobe malfunctions. In an interview, she revealed that her numerous "nip slips" occur because she "doesn't like bras." In November 2016, she stepped out in a dress with a slit up to her thigh that revealed she was wearing no underwear and she recently posted a snap of her sitting naked in a chair, writing: "Just a typical press day..."



OOPS!



Chrissy laughs off her wardrobe malfunctions

OOPS!

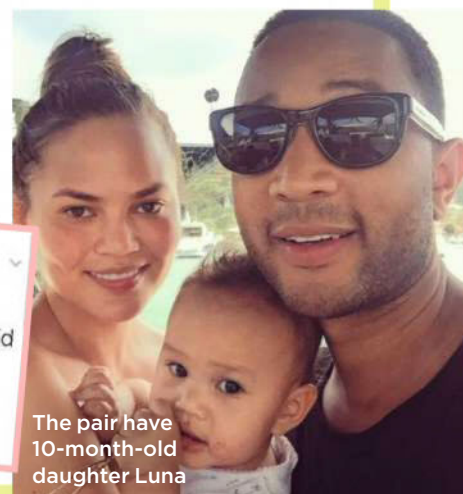
FERTILITY BATTLE HONESTY

Chrissy has 10-month-old daughter Luna with John, and has been open about her difficulty falling pregnant. She said: "Emotionally, it could be really hard." Chrissy turned to IVF treatment and announced she was pregnant in October 2015, but she was forced to defend herself against trolls who

blasted her for choosing a female embryo. Chrissy hit back: "We had multiple embryos. Girls and boys. We simply chose to put in a female first..."



christine teigen @chrissyteigen
Since this is coming up again, I said our next baby would be a boy because that is the embryo we have left. A boy. So. Yeah.



The pair have 10-month-old daughter Luna

PHOTOS: INSTAGRAM, TWITTER, WIRE IMAGE, XPOSURE, CAMERA PRESS, SNAPCHAT, REX/SHUTTERSTOCK

SINGLE BRIDE:

'I'm spending £4k on marrying myself!'

Lynne Gollogly has decided to have a big wedding celebration and tie the knot... with herself. She's joining a growing band of brides embracing new trend 'sologamy'

For her wedding day on 8 April, Lynne Gollogly will spend the morning with her friends having a special pampering massage, followed by a light lunch. In the afternoon her friends will come over and one of them will do her make-up, another will style her hair, then Lynne will slip into her £300 wedding dress.

Brother-in-law Kieran will arrive in a chauffeur-driven car and take her to the local village hall, where 100 of her friends

and family will be eagerly awaiting the appearance of the bride... All in the knowledge that there will be no groom.

Lynne is one of a growing number of single women embracing so-called "sologamy" and marrying herself.

NO MR RIGHT

Lynne, 39, a business analyst from Rotherham, explains: "I've had relationships in the past, but I've not met Mr Right and I don't see why I should settle. The wedding will tie in with my 40th birthday as well.

"By the time I've paid for the venue, entertainment and solo honeymoon to Rome, I'll have spent around £4,000. But it's worth every penny!"

Lynne first had the idea for a solo marriage – which isn't recognised legally – when her older sister turned 40.

She explains: "She had a big celebration and her husband took her to New York. So I started thinking of doing something big for my 40th, too. I also love the episode of *Friends* where the girls all dress up in wedding dresses. It's funny

but also empowering."

So Lynne decided to make her 40th her "wedding day."

She explains: "It seemed the perfect way to celebrate being 40 and happily single. I've had relationships – my longest one was a year – but they've never worked out. I tend to lose interest and I've been hurt in the past, too."

TWO HEN NIGHTS

In 2014, Lynne started planning her day and, soon after, she bought a £300 wedding dress.

She explains: "The staff at the shop were so helpful and loved the idea that I was marrying myself. My friends and family have been really supportive.

"I've got two hen nights planned, organised by my sister and work colleagues. It's a surprise, so I don't know what's in store."

When it comes to the big day, Lynne's 11-year-old niece will be her bridesmaid, wearing a hand-made dress, while her seven-year-old nephew will be her page boy in a suit costing £50.

Her mum Flo, 68, adds: "Lynne has just not met the right man and she is proud to do things by herself – I'm really looking forward to her party."

Lynne adds: "My dad is going to walk me down the aisle and I'll walk under

OTHER UNUSUAL WEDDINGS



AGE-GAP LOVERS

Despite a 38-year age gap, Edna and Simon Martin married in 2005. Edna was 70 and Simon just 32 when they tied the knot, but the pair are still very much in love. The music enthusiasts, who met at an organ recital, even renewed their vows in 2015 at their home. Edna said: "We hold hands all the time and we're still crazy about each other."



TRIO TIE THE KNOT

Doll, Kitten and Brynn, from Massachusetts, USA, became the world's first "married" lesbian threesome in 2013. Each of their fathers walked them down the aisle and they all wore white dresses and exchanged rings. Brynn said: "Just because we aren't the typical configuration, I didn't want to not get married."



FAIRGROUND ATTRACTION

Linda Ducharme married a Ferris wheel named Bruce in Florida in 2013. They first met in 1982, but the ride was damaged in a storm four years later and removed. Linda – who has objectophilia, an attraction to objects – found it 25 years on. Linda, who also fell in love with a plane and a train, said: "Bruce is my world, I think about him constantly. It just feels right."



Lynne has invited 100 guests for a big bash



an archway made out of broadsword.

"I'm having 100 guests and I've already sent out invitations. I want guests to wear their old wedding attire – so their wedding dresses or tuxedos – or just posh clothes. I haven't asked for any gifts, just hugs."

ONE HUNDRED GUESTS

She adds: "I'm having my first dance with my dad. There will be plenty of booze and a buffet and I'm expecting the party to go on until 11.30pm."

"One of the best things is being able to do what I want without compromising.

Weddings can be stressful, so it's nice I'm not having to think about anyone else."

And her celebration won't end there – in July, Lynne's going on a week-long honeymoon to Rome.

She adds: "I'm splashing out on a hotel and plan to really treat myself. I can't wait for my big day – it's a celebration of my life as a single woman and letting everyone know I'm very happy being me."

"If I met the right guy I'd consider tying the knot with him, but for now I'm content on my own."

By Mel Fallowfield
& Jamie Mountain

'It's nice I don't have to think about anyone else'

Wake up your butterflies...



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Style alert

THE OUTFITS THAT GOT EVERYBODY TALKING THIS WEEK

WHO WORE IT BEST?

Suki Waterhouse Vs Selena Gomez

A Varsity jacket is one of the most versatile items, as both actresses demonstrate, styling this silky red Coach number *very* differently. Suki wore it first, teaming hers with jeans and white tassled moccasins. A week later, Selena dressed up the same jacket with a floral frock and stilettos.

VERDICT

Both look fab, but we're loving Selena's edgy styling, giving her this week's crown.

Suki Waterhouse, 25



Selena Gomez, 24



STYLE CRUSH!

FAB IN FLORALS!

Katy Perry, 32

There were some pretty garish outfits at this year's BRIT Awards, but Katy led the best-dressed at the after party in this lovely Adam Selman rose-print dress and trouser combo. Her simple gold accessories and red strappy shoes completed the romantic look.



GREEN GODDESS

Christine Lampard, 38

Christine turned heads at the BRITs in this eye-catching Diane Von Furstenberg blouse, which complemented her skin tone perfectly.



SHEER SHOCKER

Lady Victoria Hervey, 40

She left little to the imagination in this floor-grazing, see-through horror with glitzy detail. Thank goodness she remembered her nipple pasties.



GINGHAM GOODIE

Sienna Miller, 35

The actress gives us a lesson in how to wear gingham in this figure-flattering Sonia Rykiel frock with stylish belt detail. We want her look.



DENIM DISASTER

Leigh-Anne Pinnoch, 25

Sporting several shades of denim, lace ties, fraying, jagged hems and bizarre bust cones, this denim dress caught our eye for all the wrong reasons.



BROOKLYN & ASHLEY'S 'BRIT' OF FLIRTING!



Brooklyn wore a sling after breaking his collarbone snowboarding



Ashley tried to get him to dance with her at the Brits party

Tongues started wagging at a BRITs after-party when Brooklyn Beckham, 17, was reportedly flirting with former Pussycat Doll Ashley Roberts, 35. Despite being twice his age, insiders claim the US star was eager to get to know the eldest of Victoria and David's children. "She asked her agent to introduce her to him," a source reveals.

Brooklyn, who is 18 next week, was at a table with his mum's ex-Spice Girls pal Emma Bunton, Holly Willoughby, Christine Bleakley and Frank Lampard when Ashley approached.

According to party-goers Brooklyn leapt out of his seat to talk to her and they spoke for over half an hour. Ashley tried to get Brooklyn to dance by showing him some of her moves."

Earlier in the night, Ashley - who has been replaced by Scarlett Moffatt on *Ant & Dec's Saturday Night Takeaway* - was seen hanging around with Dougie Poynter and his pals. In 2014, Ashley dated Lawson bassist Ryan Fletcher, who is eight years her junior. A source says: "Ashley was having lots of fun, dancing and laughing."

Brooklyn had his arm in a sling at the Warner Music & Ciroc Vodka BRIT Awards party, after he injured himself snowboarding in Whistler, Canada, the previous week. Earlier in the night he made a stylish arrival on the red carpet at London's O2 Arena sporting designer stubble. The student mingled with celebs including Charli XCX, Doutzen Kroes and Abbey Clancy.

Brooklyn's appearance seemed to shock 41-year-old Emma Bunton, who joked that it made her feel old seeing him at the event. She said: "I'm like: 'I held him as a baby and now he's a big man!' It's frightening! He looks very handsome."

At a BRITS event last year Brooklyn was seen getting close to actress Jemma McKenzie-Brown, 22, and has become a regular party-goer. But dad David, 41, recently warned his son about his antics, telling him he "should be at school" as Brooklyn posted a live video to fans on Instagram.

Brooklyn has also been linked to Lionel Richie's daughter Sofia, 18, after recently visiting a bowling alley with her in London. He previously dated US actress Chloë Grace Moretz, 20, but they split last September as it was claimed she was "too clingy."

TOWIE'S TOM:

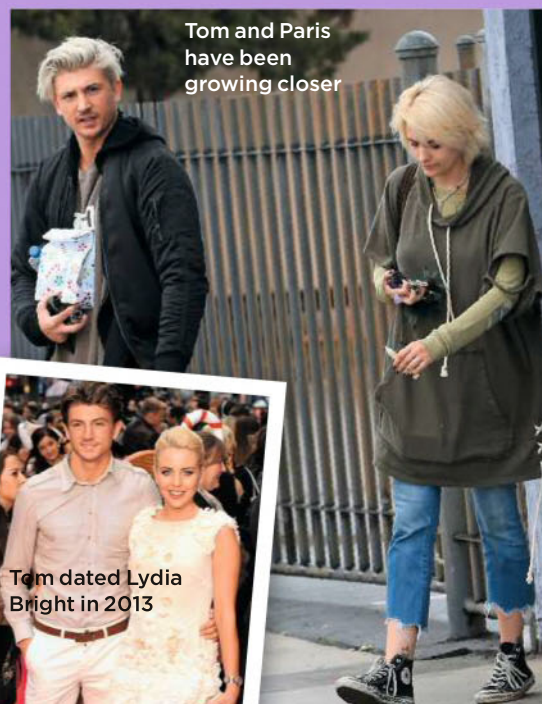
'I'm smitten with Paris'

It's one of the most unlikely showbiz pairings, but last week former *TOWIE* star Tom Kilbey was romantically linked to Paris Jackson, 18, after they hung out in LA.

Insiders tell *Closer* how the former footballer, 26, who dated Lydia Bright in 2013 - has grown close to the daughter of the late Michael Jackson, since her split from her boyfriend, Michael Snoddy, earlier this month. A source reveals: "Tom's been trying to launch a photography career in LA and met Paris through some

model pals a few weeks ago. They immediately struck up a connection and have been spending a lot of time together. He's blown away by Paris' ethic and says they have chemistry.

"Paris likes the fact Tom isn't affiliated with Hollywood as she finds it hard to trust people in the entertainment industry. It's early days, but there are definitely strong feelings there and Tom's made it clear he's smitten."



Tom and Paris have been growing closer



Tom dated Lydia Bright in 2013

LOUIS:

‘Eleanor is helping me through my grief’

One Direction fans were sent into a frenzy last week following reports Louis Tomlinson had reunited with his ex childhood sweetheart, Eleanor Calder, just two months after the tragic death of his mum, Johanna, who died aged 43 from leukaemia in December.

Pals tell *Closer* how fashion blogger Eleanor, 24, has been supporting the singer, 25, since his devastating loss, two years after their three-year relationship ended. A source says: “Ellie was very close to Johanna and reached out to Louis following her death.

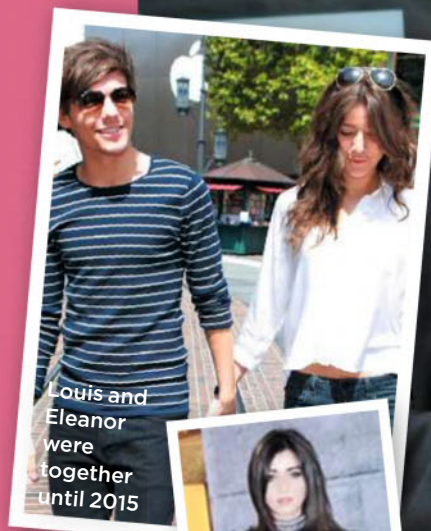
“She started checking in on Louis daily and she became his rock, helping him with his grief. It led to them reuniting in LA last month and their romance being rekindled.”

Louis – who split from

Danielle Campbell, 21, last month after just over a year together – and Eleanor were first rumoured to have reunited when they started following each other on Instagram, and were spotted wearing the same sweatshirt.

Insiders say Eleanor, who was Maid of Honour at Johanna’s wedding to Daniel Deakin in 2014, has even met Louis’ son, Freddie, whose mum Briana Jungwirth had a fling with Louis in 2015, two months after he broke up with Eleanor.

A source says: “A lot has happened over the past two years, but losing his mum made Louis realise he never stopped loving Ellie. He wants to make it work this time.”



Louis and Eleanor were together until 2015



...Louis sparked reunion rumours after stepping out in a similar top



She wore this jumper last year...



Trinny revealed her boobs in a vlog



She was accused of being drunk on This Morning

‘Trinny would love a wedding and a happy ending’

She raised eyebrows last week after she was accused of being drunk on TV, spitting on the studio floor and flashing her boobs in a video blog.

And pals are said to be worried 53-year-old Trinny Woodall is struggling with having a relationship in the spotlight. She has been dating Charles Saatchi, 73, for three years.

In June 2014, Trinny was pictured with Charles in the same restaurant where he was photographed a year earlier, grappling with his then-wife Nigella Lawson. Pictures showed Trinny arguing and crying, although

both parties deny there was a falling out. A source says: “Trinny adores Charles and he’s very supportive of her, but pals are concerned having a relationship in the public eye is putting pressure on her. Trinny would love a wedding and a happy ending.”

The fashion expert has spoken of her fight with alcoholism and cocaine, and in 2013 said she’d been sober for 23 years.

A source says: “Addiction is something she battles every day. In light of everything that’s happened over the past week, her friends want her to know they’re there for her.”

PHOTOS: INSTAGRAM, EXPRESS, REX/SHUTTERSTOCK, SPLASH NEWS, WENN.COM, XPOSUREPHOTOS.COM, YOUTUBE/TRINNY

Why are the McCanns under fire again?

TALKING POINT

Almost a decade after three-year-old Madeleine McCann went missing in Portugal in 2007, her parents – Gerry and Kate McCann – have launched a new legal battle against a Portuguese police chief who claimed they were involved in their daughter's disappearance. The move prompted criticism on Twitter from former glamour model Jodie Marsh. Here she states her case, while Kerry Needham – whose 21-month-old son Ben vanished from Kos in 1991 – reveals the pain of a missing child...



JODIE MARSH:

'I would be digging up the earth with my bare hands'



Reality TV star Jodie Marsh, 38, doesn't understand why the McCanns are suing and not using that money to find Madeleine:

"I Tweeted about the McCanns because it's something I feel so strongly about. I've never understood how the couple – especially Kate – managed to appear so calm and controlled.

"I don't understand why they are spending money on clearing their name when that money could be spent on trying to find their daughter.

"The other day my dog went missing – I was hysterical, screaming like a banshee looking for her. She was only gone for 10 minutes but I was a complete mess.

"If I had a child who disappeared, that would be multiplied tenfold.

"I might not be a mum, but I've experienced loss. When I was 23 my best friend was killed – for two weeks I didn't wash or change my clothes. I was too devastated to even think about doing anything and would sob uncontrollably.

"I know Madeleine went missing 10 years ago, but if it were me I'd still be in Portugal now, digging the earth with my bare hands.

"I couldn't leave the country where my child had disappeared. I couldn't do anything but look for her. I certainly wouldn't care about what people were saying about me."

KERRY NEEDHAM:

'Until you've been there, you have NO idea!'



Kerry Needham, 44, whose son Ben went missing in 1991, backs the McCanns' bid to clear their names. She says:

"Jodie Marsh has no idea how she would react to this situation – she's not even a mother, let alone the mother of a missing child. Nobody has a clue what they'd do until they're thrown into a situation where they're living daily with the nightmare of having a child go missing.

"Of course anyone – including myself – would be digging the dirt with our hands

if we thought we'd find our child. But I'd also be fighting to clear my name against any false accusations. Gerry and Kate have every right to ensure they keep their reputations intact. Their other kids will read these reports and may well ask why their

parents didn't defend themselves, if they don't do so. I've been very lucky with the support I've had, and only ever received the odd negative comment, but even those few remarks devastated me.

"The McCanns have had to fight to beat off critics from every direction, which is horrific. They're in a no-win situation – if they ignore such accusations, people will say they aren't fighting them because they're true. On the flip side, when they fight back some people say it's because they have something to hide.

"I know what it's like to live with the pain of wondering whether you will see your child again – every day is a battle. Jodie doesn't have the right to judge."



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EVERY WEEK WE BRING YOU A BRILLIANT GUEST COLUMNIST. THIS WEEK FORMER MIC STAR ASHLEY JAMES, 29, SHARES HER OPINIONS & HER LIFE

ASHLEY JAMES

'It's inspiring when people are open about their flaws'

Having suffered from body dysmorphia and anxiety in the past, it's taken me a long time to feel confident, and I believe it's important to use social media as a tool to spread positivity – and talk openly about our body insecurities.

That's why I posted a comparison picture on Instagram last week – I wanted to remind everyone that we can look beautiful or not in photos depending on the lighting. Women need to be kind to themselves; they aren't alone in feeling insecure.

I have days where I eat loads of pizza and feel disgusting and I have to remind

myself I'm not. I really look up to plus-size model Ashley Graham after she said: "I'm not ashamed of a few lumps, bumps or cellulite." It's tempting to use filters on photos but it is more inspiring when people are open about their flaws.

I've had an amazing reaction to my post. It was good that *Geordie Shore*'s Marnie Simpson recently admitted she was "feeling fat." Hopefully fans will see that everyone has times when they don't feel so confident. I think Marnie is beautiful and I wish we could all see ourselves through the eyes of others – we would be so much nicer to ourselves.



Ashley posted a comparison on Instagram last week – one shot with good lighting (left) and one without

CREDIT WATCH

MY LAST 5 BUYS

£400 On a pair of Louis Vuitton shoes. They're nude and classic and I'll have them forever. It felt really nice treating myself.

£4 On a Rimmel lipstick, Mauve-ment. It smells amazing and is really moisturising – plus it stays on well. I get a lot of



compliments when I wear it.

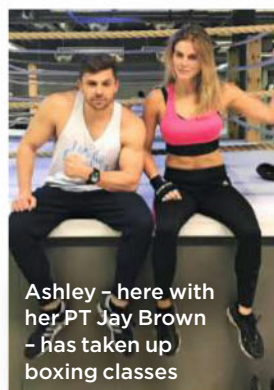
£47 On Chloé perfume. I needed to replace it because I was burgled.

£3 On a matcha latte at a coffee shop when I was walking my dog the other morning.

£1 On some bacon-flavour dog treats from Tesco for my dog, Snoop!

MY TYPICAL DAY:

'I can't lie in bed in the mornings'



Ashley – here with her PT Jay Brown – has taken up boxing classes



I WAKE UP AT AROUND 6.30AM NATURALLY – I CAN'T JUST LIE IN BED! I take my toy

poodle Snoop for a walk and go for a run. I like to raise my heartbeat at the start of the day, otherwise I lie in bed with anxiety. Having something to get me up while listening to positive music makes me feel good.

I'VE STARTED DOING BOXING CLASSES THREE TIMES A WEEK AT 8.15AM. It's good for my mental health. If

I'm angry, it's great to have something to take it out on!

IF I'M NEAR A CAFÉ, I'LL GET A FLAT WHITE OR MATCHA LATTE.

At home, I have breakfast – my favourite meal of the day – which is normally smashed avocado, scrambled eggs and brown toast. I spend the rest of my mornings emailing or writing my blog.

AROUND 12.30PM, I MAKE LUNCH, WHICH IS USUALLY FISH, BROCCOLI AND POTATOES. If I go out, I like to try new places. There's an amazing vegan restaurant on London's Oxford Street called Vitao.

IN THE AFTERNOONS, I HAVE MEETINGS. Then if I'm going to an event, a make-up artist will come over to do me up – it takes two hours! **I DJ A LOT WITH MODEL AND PRESENTER CHARLOTTE DE CARLE.**

If I'm not going to an event, I try to see my friends as much as possible.

BACK HOME, I READ BEFORE GOING TO BED AROUND 11PM.

I want to read more and I'm currently reading a Robert Galbraith's [JK Rowling's pen name] detective novel, which is amazing.

THIS WEEK...

I LOVE:



My friend, DJ Lilah Parsons. We had lunch and I felt really positive and motivated afterwards.

I LOATHE:



Fur. I hate seeing people wearing it – there are so many other alternatives, which look just as glam.

Friends say
Gemma
met Ryan in
December

PALS WARN GEMMA :

'Don't let Ryan b

After Gemma Atkinson is linked to Ryan Giggs, friends fear she could be headed straight for heartache

They were spotted on a dinner date in Manchester two weeks ago, sparking reports of a romance – but worried pals have urged Gemma Atkinson to steer clear of Lothario Ryan Giggs, who's had a string of high-profile affairs.

An insider reveals: "Gemma's always fancied Ryan and made a play for him when they met in December at the BBC Sports Personality Of The Year event.

"They've been on a

few dates and she insists he's been nothing but the perfect gentleman. She's smitten, but her friends are worried she's falling too fast."

The 43-year-old former Manchester United player and his estranged wife Stacey Cooke, 38 – mother of his two children – are currently locked in a High Court battle over money.

The footballer – who owns a restaurant, George's, in Greater Manchester – famously had a six-month affair with former *Big Brother* star Imogen Thomas, 34, in 2010.

A year later it was revealed Ryan had also had an eight-year affair with his sister-in-law, Natasha. At the time Stacey stuck by her husband. But the pair split last May.



Ryan split from his wife last year

Kate: 'I won't go public with Rio'

TOWIE star Kate Wright's ex-boyfriend and co-star Dan Edgar expressed his shock earlier this month at rumours of a romance between his former childhood sweetheart and footballer Rio Ferdinand.

But now insiders say that – unlike her publicity-hungry co-stars – 25-year-old Kate won't be going public with her new man any time soon.

Kate – who is currently filming the 20th series of *TOWIE* and recently denied rumours she's leaving the show – made the decision out of respect for the late wife of the former England star, 38.

Rebecca Ellison, the mother of Rio's three children – Lorenz, 10, Tate, eight, and Tia, five – died from breast cancer in May 2015 aged just 34.

A source reveals: "Rio's extremely sensitive about making the romance public and is conscious of not unsettling the children in any way, which Kate respects.

"She understands everything needs to be done at Rio's pace and he wants to keep their romance as low-profile as possible for now.

"She's agreed to stay tight-lipped and won't be mentioning him on the show."

The insider adds: "It's still early days with Rio and while they've been on a string of dates since being set-up last month, Kate knows his children are his number one priority, so she's not putting any pressure on him."

Kate split from on/off boyfriend Dan, 26, last summer after six years together. Just last month, he revealed he "will always have feelings" for his ex, adding that the pair will remain friends.

Rio's wife
Rebecca passed
away in 2015



Kate and
Dan broke up
last summer

reak your heart'

A source says: "Friends have warned Gemma that Ryan has a reputation and they don't want to see her hurt. They're urging her to pull the plug before it all ends in heartache."

The *Emmerdale* star, 32 – who last week dismissed reports she was leaving the soap – has dated her fair share of footballers. In 2007,



She briefly dated Ronaldo in 2007

she briefly dated Portuguese player Cristiano Ronaldo, 32, and she was engaged to former England striker Marcus Bent, 38.

The couple moved in together in January 2008, but split later that year, revealing their careers were keeping them apart.

The insider adds:

"Gemma insists she knows what she's doing and Ryan has learnt his lesson the hard way.

"She's telling pals he insists he's a changed man.

"She says she has her eyes wide open and will be gone the minute he puts a step wrong. But for now she wants to see where it goes."



Pals say Kate doesn't want to put pressure on Rio



Danielle and Daniel confirmed their romance in Dubai last week

DANIELLE:

'I want us to be the next power couple'

She showed off the results of her recent weight loss in a skimpy bikini with a PDA-packed beach display on a recent holiday to Dubai – and now pals say former *TOWIE* star Danielle Armstrong is hoping she and her footballer boyfriend Daniel Spiller will become a new power couple.

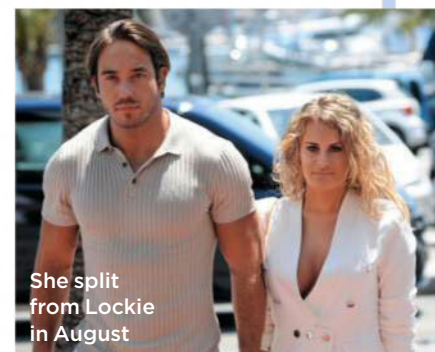
Danielle, 28, who opened up about their romance last week, has told pals how she wants to turn her and Daniel, 35, into the UK's biggest showbiz pair.

A source reveals: "Danielle would love to boost her career and says she's in talks for a reality show. She would love to do a range of 'his and hers' products, along with some presenting gigs together."

Danielle was first linked to multi-millionaire Daniel last year just before she quit *TOWIE* to move on from her ex, James "Lockie" Locke, 30.

The insider adds: "Danielle is on cloud nine with Daniel and is talking about moving in with him as soon as possible.

"She's telling friends he's The One and is hoping for a ring on her finger by the summer. She's even half joking they'll have four children just like Victoria and David Beckham – the ultimate power couple. She already has her own fashion collection, so she's in good stead to follow in Victoria's footsteps."



She split from Lockie in August

KATIE HOPKINS:

‘I was terrified I’d die – now I feel invincible’

A year after having life-changing brain surgery, Katie Hopkins reveals how it’s given her renewed hope for the future



She’s famous for her formidable attitude and tough exterior, but this time last year, the seemingly unstoppable Katie Hopkins was told by doctors she had just two years to live – something that left her terrified even as she put on a brave face in public.

Last March, Katie, 42, made the difficult decision to undergo an operation to remove part of her brain to finally rid her of epilepsy – and the torment of her 20-year battle with violent fits.

As *Closer* sits down with Katie, she looks worlds away from the villainous role she portrays on TV. Debuting her pale pink pixie

haircut, she exudes positivity and laughs her way through the interview, saying she feels “the best she’s ever felt,” even inviting us to touch her 32cm head scar.

While still as strong and defiant as ever, she’s surprisingly sweet. Katie even exposes her vulnerable side while describing her struggle with the neurological condition.

TOUGH TALKING

Katie says: “Having epilepsy made me tough. When people moan about things in their life – things that aren’t permanent, and are reasonably easy to fix – I don’t tolerate it.”

The former *Apprentice* contestant was diagnosed with epilepsy aged 19 and

spent her 20s and 30s “coping” with the condition. At that time, she’d only suffer fits at night – and occasionally when having a nap in the daytime.

But her fits became more frequent in her 40s, when she’d endure five a night. And in 2015, she experienced a terrifying episode where she collapsed in the middle of the street. The fit was so violent that she knocked her teeth out.

It was then Katie had an epiphany and realised the disorder was controlling her life. She says: “After that fit, I lost all my confidence. I stopped imagining life beyond 45. I started to worry about when my fits were going to happen – where would I be?”



wake up from them. So with the rate of my fits, I'd only have about two years left."

Katie then made the difficult decision to have an operation to remove the part of her brain where seizures occurred. She was at risk of paralysis, loss of speech, loss of sight and even death. And she couldn't bring herself to tell her children – India, 12, and Poppy, 11, from her marriage to Damian McKinney, and Max, eight, with her husband Mark Cross.

FEELING VULNERABLE

She says: "Every time I tried to sit down with the children, I just couldn't tell them. I made a 'Folder Of Doom,' which had everything the children would need if it didn't go well. I'd written family birthday cards before the operation just in case.

"I made a deal with my parents that we wouldn't say goodbye beforehand, because if we had, we'd have broken down. So when they came to look after the kids, we passed each other in the hallway and didn't speak."

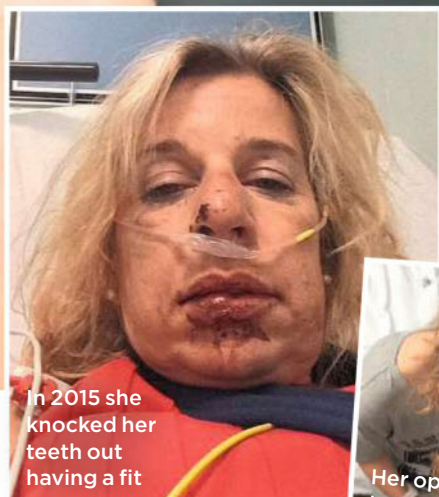
But after her 12-hour operation, Katie was at her most vulnerable and it's an ongoing battle relearning to use the left side of her body.

"I was scared of the operation," she says. "But now I'm not scared of anything at all. Don't get me wrong, it was tough and still is. I had to relearn everything – walking, running, skipping. My left leg doesn't know where it is and I have to consciously think

about moving the left side of my body. But I feel the best I've ever felt."

Katie credits Mark, 52, with helping her through her recovery. She says: "My husband was amazing. While I had drains attached to my head and I was p***ing into a cardboard box, he was there for me. I mean, that is love!

"I used to be adamant that long hair was about vanity, but when you lose your hair, it is absolutely horrible. People look at you like you are the walking dead.



Would I be holding my child? As a mum, you want to be all-powerful and all-capable for your children.

"But I was feeling less and less in control. Fits are strange – it was mortifying being looked at like a freak. I'd say I was fine – but then when I got home I'd cry. It was reaching a point where I couldn't live my life.

"I went to see a surgeon to talk about the risks of having the operation. It was then he said I'd only have around two years to live. My fits were getting more frequent and violent and it was getting harder for me to

CELEBS WITH EPILEPSY

MARTIN KEMP: Spandau Ballet's Martin Kemp has suffered from epilepsy since having brain surgery in 1995. He revealed his wife helps him through and says: "I've been on medication for something like 18 years now."



EDITH BOWMAN: The Radio 1 presenter said she grew out of epilepsy aged nine. "I was weaned off medication and I've been fine since then," she reveals. "I never regarded myself as an invalid – it toughens you up."



SUSAN BOYLE: BGT star Susan Boyle says she was teased at school for having epilepsy. She said: "All through my childhood, people would say epilepsy is to do with mental function... now I realise it's not. I was up against those barriers – it wasn't easy."



"Mark loves my short hair and I care less about how my body looks. Humour keeps our sex life spicy – my husband's funny and he has a large penis and a lot of patience."

But Katie admits she can't shake the fear her children could suffer from epilepsy too.

LOOKING TO THE FUTURE

Welling up, she says: "It would be an absolute horror if any of my children developed epilepsy. I know what it's like to hide the truth and persuade everyone you're OK when you're not – so it would absolutely kill me."

In the meantime, she's enjoying her new epilepsy-free life and is looking forward. She says: "Before the operation I stopped talking about the future – when people were talking about things like their children going to university I'd mentally check out of the conversation. But after my operation, I feel like I'm a capable mum again. I feel invincible."

By Lily Smith

This is why your teeth feel sensitive

Under a microscope, this is what the sensitive areas of your teeth look like.
Tiny holes in dentine are now exposed.

This is how you can
help keep the pain away

Keep using Sensodyne® desensitising toothpaste
for continued sensitivity relief.*



*with twice daily brushing.

‘Simon gave me a hug and said I’d done well’

Jake Quickenden opens up about his spat with the music mogul

He shot to fame on *The X Factor* in 2014, but after being voted off, Jake Quickenden took advantage of his newfound popularity and headed on to *I’m A Celeb!* weeks later.

At the time, *X Factor* boss Simon Cowell, 57, slammed Jake for using the show as a shortcut to fame, saying: “We want people on this show who want to be recording artists in the real world.”

But, finally lifting the lid on how they ended the spat, Jake insists there’s no hard feelings between the pair, telling *Closer*: “Everyone is entitled to their own opinion. My first love is music. I saw Simon at the final, after I came out of the jungle, and he just gave me a hug and said: ‘Good on you, you’ve done well.’”

HOLLYWOOD DREAMS

After coming second in the jungle, Jake, 28, landed several presenting jobs and is on the reserve list for Channel 4’s *The Jump*.

He adds: “I think people say things sometimes and don’t really mean them. Simon understands I’ve got to embrace every opportunity with both hands if it’s going to help me with my career, whether in



music or presenting. It’s all about taking the opportunities you’ve been given.”

Jake, who is still planning to return to singing, is also hoping to move into acting. He’d like to follow in the footsteps of fellow *X Factor* and current *Corrie* star Shayne Ward.

“Films and Hollywood are the way forward,” he reveals. “I have only had a year of acting lessons, but I would pretty much consider anything if it was going to help me and my career.”

“To get into soaps you have to be really good; there are some amazing actors in soaps. Danny Miller is one of my mates and the way he has played his character [Aaron

Dingle] in *Emmerdale* is unbelievable.”

But it isn’t just about advancing his acting career; Jake also wants to use his profile for good, which is why he’s thrilled to be helping British Heart Foundation’s “Dechox” campaign, which involves giving up chocolate throughout March.

HELPING PEOPLE

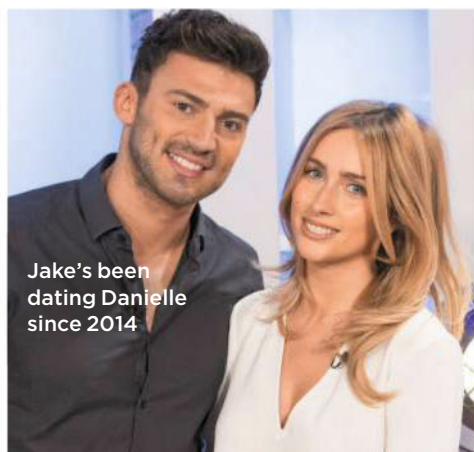
He says: “It’s a domino effect. If it wasn’t for *The X Factor*, I wouldn’t have gone in the jungle, and then I wouldn’t have been given important roles like the campaigns I’ve supported. It’s amazing to get asked to do things that really help people.”

Jake has been with girlfriend Danielle Fogarty, 25, since meeting her dad Carl in the jungle, and he hopes love will also continue to blossom for rumoured couple Vogue Williams and *Made In Chelsea*’s Spencer Matthews, who reportedly got together on *The Jump*.

Jake adds: “I’m sure Spencer will settle down when he meets the right person. He’s got a heart of gold; he’d be a good boyfriend.”

By Hanna Fillingham

● Jake supports BHF’s DECHOX campaign.
Visit www.bhf.org.uk/dechox





We've reduced the total amount
of salt in a typical Happy Meal® by 47%*

good to know

*Based on Chicken McNuggets, Fries and a Fruit Shoot now and in 2003. Happy Meal® served after 10.30am. Subject to availability. © 2017 McDonald's

Life & style

IT'S ALL ABOUT YOU

FOUND!

The hottest denim on the high street

PAGE

48



BROWTIFUL
BRUSH UP
ON YOUR
EYEBROWS,
LIKE KATE
BOSWORTH

PAGE

55



MUM-OF-TWO
GIOVANNA:
'MY BODY
ISN'T FLAWED -
I'M PROUD OF
WHAT IT'S DONE'

PAGE

60



PASTA
PERFECTION
TRUST US, THIS
CREAMY DISH
IS A MUST-EAT!

PAGE

65

WHAT DOES LIFE LOOK LIKE DURING YOUR PERIOD?

#LooksLikeThis

Life looks great with
Tampax Compak Pearl.

Unlike the leading
non-applicator tampon,



it expands

differently

to better fit

your unique shape for
superior anti-leak protection.

power
OVER PERIODS™

TAMPAX



*Nielsen July 2016 data. Comparing the "Super" 3 drops variant of
the leading non-applicator tampon and Tampax Compak Pearl.

WHO, WHAT, WEAR

This week's most wanted on the high street, on celebs and on our style radar

IN THE NEWS

SHOW OFF YOUR CURVES!

Spring is in the air – well, almost – meaning there has never been a better time to stock up on new-season buys. Whatever you have planned for the months ahead, Evans' brand new bloom-inspired collection has all you need to up your style credentials for S/S17! Granted, florals are hardly groundbreaking – especially for spring – but the mix of garden prints with sheer fabrics, and embroidery with denim (we're loving the jacket, see right) in this stellar new drop will ensure you look the best of the bunch. The whole collection is available in figure-flattering sizes 14-32, and comes with an A-list stamp of approval, as model Hayley Hasselhoff has returned to front the campaign. What's not to love?!



I WANT WHAT SHE'S GOT



JUST LANDED

LUSCIOUS LIP OILS

Packed full of nourishing lip-loving Moroccan argan and jojoba oils, 3INA's brand new balms are perfect for achieving a colour-pop pout, while giving your smackers a hydration hit. Plus, they come in a whopping 80 shades (yes, 80!).



Stockists ASOS www.asos.co.uk, Evans www.evans.co.uk, Little Mistress www.little-mistress.com, New Look www.newlook.com, ST.studio www.ststudio.com, Topshop www.topshop.com

DRESS MISS
SELFRIDGE £49
EARRINGS ASOS £6
(WORN THROUGHOUT)
SHOES TOPSHOP £72

As the temperature warms up, we just want something pretty and easy to wear. Cue the denim dress! It matches with pretty much everything, too.

Jeans will never go out of fashion, but there's a big trend for denim in everything right now. Here's how to make this versatile fabric work for you...

PHOTOGRAPHY:
CHARLOTTE HACKETT
STYLING & ART DIRECTION:
KAT BYRNE

THE NEW DENIM RULES



FAR LEFT

JUMPSUIT

V BY VERY £45

BELT BERSHKA £14.99

SHOES ZARA £29.99

A denim waist-cinching belt not only looks good, it'll enhance your silhouette too.



LEFT

JUMPER M&S

COLLECTION £25

JEANS

TOPSHOP £52

For a quirky spin on a classic cut, pair slogan designs with basics to ensure the focus is on your jeans.



Choose a pastel tone to add a pretty feel to classic styles

LEFT

T-SHIRT RIVER

ISLAND £18

JACKET DOROTHY

PERKINS £34

SHORTS DOROTHY

PERKINS £22

Denim doesn't always have to mean blue. Opt for an unexpected colour to add an interesting twist to your outfit.



FAR LEFT

TOP TOPSHOP £29

JEANS RIVER ISLAND £45

SHOES AS BEFORE

Give the fabric a new-season update by picking embellished hems and trims.

LEFT

T-SHIRT VINTAGE

KATHERINE HERME

AT ROKIT £22

SKIRT TOPSHOP £36

Mesh is a key trend for spring. This see-through style adds an edgy feel to classic denim.





RIGHT

TOP BON PRIX

£24.99

JEANS MISS

SELFRIDGE £55

SHOES ZARA £29.99

Lengthen your silhouette by wearing different shades of denim. A lighter top and darker bottom will elongate legs.

FAR RIGHT

SHIRT NEXT £30

SHORTS RIVER

ISLAND £35

When it comes to patchwork, stick to simple cuts for a stylish summer look.



FIND

CROPPED

Ideal for petite ladies, cropped styles instantly elongate legs, giving the image of a longer-length silhouette. A frayed hem will give you extra style points, too.



MISS SELFRIDGE £40

RIGHT

TOP

PEACOCKS £16

SKIRT

PEACOCKS £14

Break the rules with a double denim look. Choose opposing tones to ensure your look remains clean-cut and classic.



The secret to wearing double denim is balance – mix up your blue shades

RIGHT

TOP PEACOCKS £18

JACKET DOROTHY

PERKINS £34

SHORTS

PEACOCKS £20

Smarten up denim with lace inserts. Perfect for any spring weddings.



FAR RIGHT

DRESS ASOS £45

JACKET BOOHOO £30

Oversized jackets are ideal for layering up on cooler spring evenings. Pair with a maxi dress for extra style cred.



1 As the weather warms up, switch your foundation for a tinted moisturiser with an SPF.

2 Swirl a golden powder on to cheek apples and up towards your temples before patting on a hint of cream highlighter.

3 Use a pencil to fill in gaps and add definition to brows.

4 Sweep a warm, nude eyeshadow over lids and apply mascara.

5 Press on a nude lipstick for just a hint of colour.

YOUR PERFECT PAIR

When it comes to jeans, every figure can be flattered by the right style. From super-skinny to full-on flare, here's our guide to finding your hard-working must-have...

BOYFRIEND

The laid-back style of a boyfriend jean is great for creating a casual-yet-cool style. Wear low-waisted if you've got a boyish figure, and go for a mid-rise if you've got an hourglass shape, to skim over love handles.



PEACOCKS £28

WIDE-LEG

Fanning out from the top to the bottom, wide-leg jeans are excellent for creating the illusion of longer and leaner legs thanks to their hip-balancing properties. Ombre washes give the '70s style a modern twist.



NEXT £38

SKINNY

Hailed as the go-to style for jeans lovers, the skinny is a wardrobe must-have. Great for every shape, the slim silhouette gives you a streamlined look. Embroidered details give this classic cut a new-season edge.



GLAMOROUS £42

FLARE

Calling all curvy girls! This is the shape for you. Opting for a flare that kicks out just below the knee will instantly even out a curvier lower half – ideal for those who have hips and a bottom.

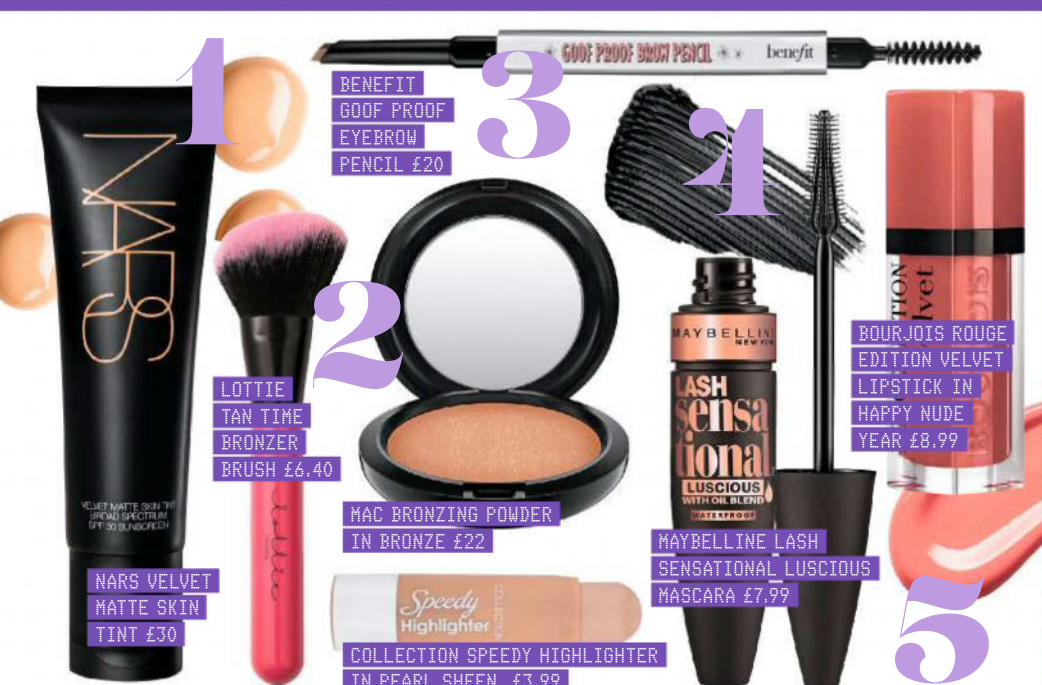


SIMPLY BE £28

AVAILABLE
IN SIZES
10-32

BARE-FACED BEAUTY

A hint of coverage, a sparkle-free glow and a nude lip will create a subtle, barely-there effect to finish off your true blues nicely

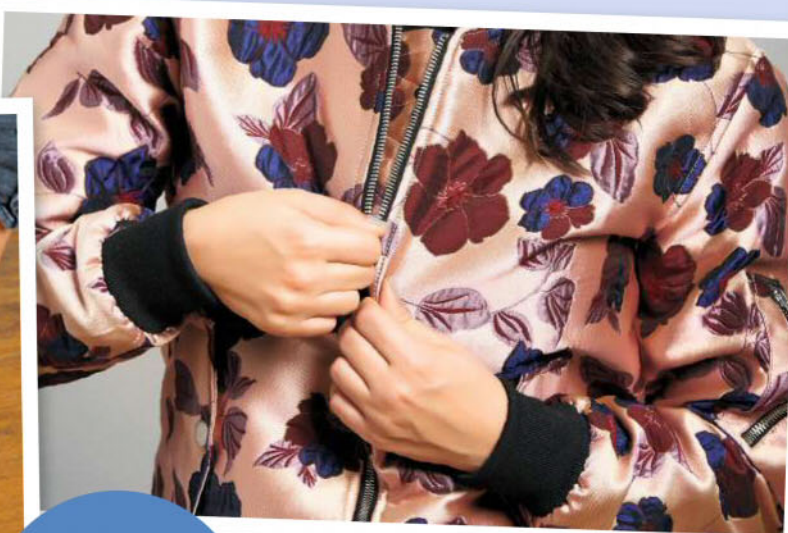




1

FIGHT THE PINCH

Bought a heavenly pair of heels that are hellish to walk in? Stretch out narrow styles with chunky socks, then blast with a hairdryer for a few seconds. It really works!



STYLE
TEAM
FAVE!

2

ZIP IT UP

If you have a zip on a jacket or dress that keeps getting stuck halfway, give it the slip with a dab of Vaseline or sheer lip balm.

EASY STYLE

Save time and money with these nifty tried-and-tested fashion lifesavers

We all like to show off our new outfits come spring – but having just bought that lovely new dress, the last thing you want is a stain on it. Thankfully, Ariel 3in1 Pods are here to help! Removing the tough stains while keeping your whites and colours nice and bright? Win, win! We put some other clean hacks to the test, too – here are the results...



6

BE FLUFF-FREE

Don't panic if your beloved chunky knit is starting to bobble. Simply remove any fuzz by gently running over with a disposable razor and then tidying up with a lint roller.

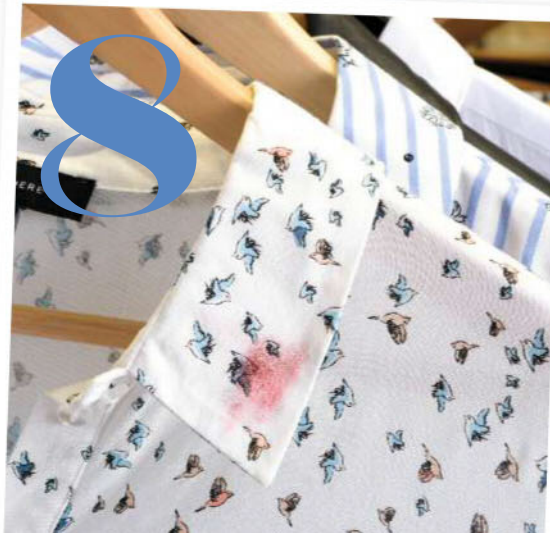


GET SHIRTY

Sometimes there's just no time to iron before heading out for the day. Instead, bust out your straighteners on a low setting to neaten your collar in seconds.

CLEAN YOUR BASICS

Got changed in a hurry and ended up smearing lippy on your blouse? Don't panic! Pre-treat with liquid, then wash as normal at the hottest temperature indicated on the care label and let Ariel 3in1 Pods do their thing. Your shirt will be meeting-ready in no time!



8



3

LOOK BUFF

Use a hint of moisturiser to bring an old pair of leather shoes back to life. Just a pea-sized amount will perk them up without having to splash out on polish.



4

REMOVE DIRT

Leftovers from feeding the ducks? Use your stale bread for removing tricky dirt from suede. A little bit of elbow grease and a chunk of your old loaf will work wonders!

SHINE ON

Bananas count for more than just one of your five-a-day, ladies. Use the inside of the skin to bring back shine into your old boots or the kids' school shoes - simply wipe over and then buff with a cloth.



5

HACKS!



9

STOP THE STICK

If your swishy skirt has stopped swishing and is sticking where it shouldn't, fight off the dreaded static by misting your hems with hairspray.



10

TIGHTEN FRAMES

If your frames are slightly loose, tighten up the hinges with a little clear nail polish. You'll be summer-ready in less than a minute!

WIN A NEW WARDROBE!

Ariel 3in1 Pods is offering one lucky reader the chance to win a spring wardrobe worth £1,500. Also, 10 lucky readers will win a year's supply of Ariel 3in1 Pods to clean their clothes like new. To be in with a shot of winning, simply visit Closeronline.co.uk/ariel.

Why not put Ariel 3in1 Pods to the test and see the results for yourself?
#CleanLikeNew #Ariel #Closer



PUMP UP THE VOLUME!

YOUR ULTIMATE PLAYLIST HAS ARRIVED!

IN ASSOCIATION WITH
heatradio

#reheat

◀ REWIND BACK TO THE 90s & 00s



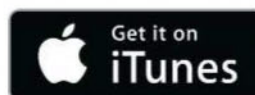
40 HUGE NOSTALGIC HITS INCLUDING
BRITNEY SPEARS / ALL SAINTS / PETER ANDRE / SUGABABES / FIVE / BUSTED / EAST 17 / BLUE
MARK MORRISON / NSYNC / MCFLY / BACKSTREET BOYS / HANSON / BOYZONE / MELANIE C

WHEN THE GOING GETS TOUGH
JUST PUSH THE BUTTON AND TURN IT UP...

AVAILABLE NOW



TESCO



THE BEAUTY EDIT

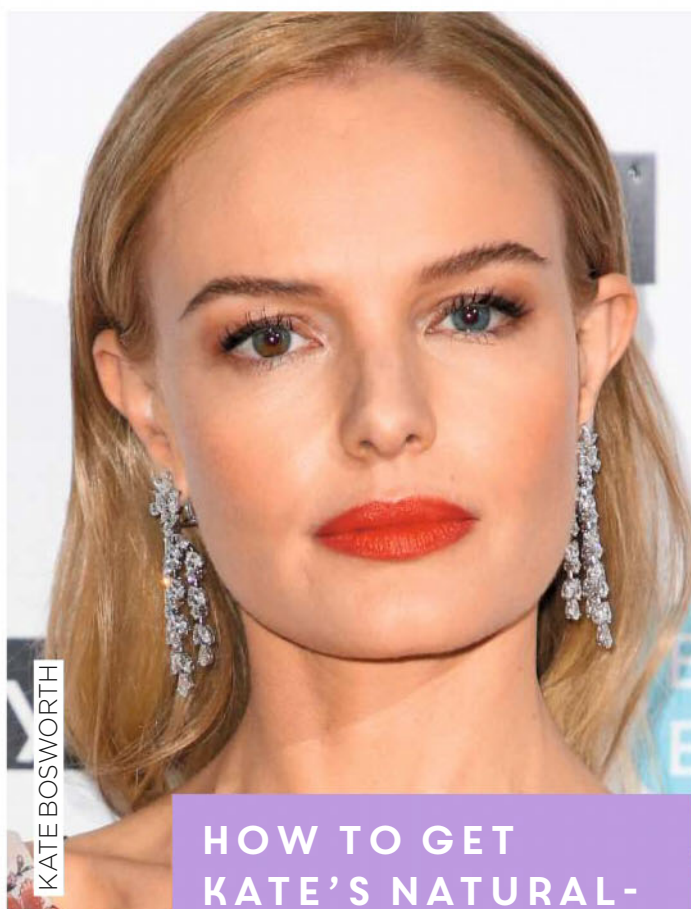


Our acting deputy style editor Matilda Stanley has the tips, tricks and product news to keep you looking gorgeous

TRADE SECRETS...

Cleaning up an uneven eyeliner flick with your finger tip or brush can often lead to a bigger smudge than you started out with! Next time you mess up your artistic eyes, don't wipe it. Instead, simply disguise your error with a nude eyeliner or concealer stick. Opt for a natural-toned pencil and gently draw over the squiggle to hide any mistakes and create an even sharper line. Just ensure the point is super-fine, so you don't cover up too much, and gently pat with your pinkie finger to blend.

RIMMEL SCANDALEYES
IN NUDE £3.99



KATE BOSWORTH

HOW TO GET KATE'S NATURAL-LOOKING BROWS

MAC CLEAR BROW
GEL £14

MAYBELLINE BROW
DRAMA CRAYON £5.99

DIEGO DALLA PALMA HIGH PRECISION
LONG LASTING EYEBROW £14.50



Drawn-on, perfectly smooth arches are falling out of favour on the red carpet – and they're being replaced with fluffy, fuller-looking, natural brows. Hollywood star Kate Bosworth's peepers are a perfect example of how to work your brows for 2017. Brush them up a little to instantly create a fuller shape, then fill any gaps by lightly drawing over with a soft crayon. Use an angled pencil to sketch short, fine lines outward from the centre of your arches. If your natural shape is very thin, fill in a little below your browline, rather than above, to keep it looking natural – then sweep over with a clear gel to hold.

ON TRIAL

GLAM GLOW

There are 9 shades in this range of tints, so there's something to suit everyone. The small wand made it a doddle to apply and it blended on to leave cheeks and lips with a natural-looking flush that lasted all day.



YSL BABY DOLL KISS &
BLUSH DUO STICK £24

TWO-IN-ONE

Just one swipe of this two-tone stick is perfect for creating a natural-looking highlight over cheeks. The colour pay-off on lips didn't disappoint, either – the tinted balm had a strong finish while keeping skin silky soft.



THE BODY SHOP LIP
& CHEEK STAIN IN
BRIGHT PEONY £8

LIGHT FLUSH

Patting a little of this beauty favourite on to lips both hydrated and smoothed, and the flush it created on cheeks didn't let us down.



STILA CONVERTIBLE
COLOR IN PETUNIA £14

3



AMANDA HOLDEN

'I had to have grief counselling. I wasn't coping and needed help'



FEARNE COTTON

'I lost my lust for life. I felt anti-social, cut off and alienated'

WHY IT'S GOOD TO ABOUT DEPRESSIO

In a week where celebrities including Amanda Holden and Michelle Dewberry opened up about their personal struggles with depression, we look at why it's healthy to challenge the stigma and admit when you're not coping...

The Apprentice's Michelle Dewberry was "on the edge of killing herself" until mum's intervention

It's an illness that can affect anyone, regardless of age, race or gender – yet many of us would still be reluctant to admit to a mental health problem.

Alarmingly, research shows that while one-in-four of us is likely to experience a mental health issue at some point in our lives, we struggle when it comes to being open about it.

And celebrities aren't immune to it – stars including Fearne Cotton, Michelle Dewberry, Amanda Holden and Mel C have recently talked honestly about their battles with mental health.

CELEBS SPEAK OUT

After the heartbreaking loss of her stillborn son Theo in 2011 – and the trauma of nearly dying while giving birth to Hollie a year later – actress Amanda, 46, revealed she sought

“therapy for one month” after suffering with post-traumatic stress syndrome.

And while Mel C, 43, appeared to be living the dream in the Spice Girls, in reality she struggled with “depression, eating disorders and obsessive over-exercising” – and still suffers with “bouts of depression.”

Former radio host Fearne, 35, also admitted she only found solace after seeking support, saying: “I felt anti-social, cut-off, alienated, and they were massive warning signs. It was



MEL C

‘Depression, eating disorders, over-exercising; I went through all of it’

TALK N

a relief when the doctor identified what was happening. I was given anti-depressants. I cut back on work and focused more on family.”

And despite being on the brink of suicide in 2012, *The Apprentice* star Michelle Dewberry, 37, revealed last week it was only after speaking with her mum – who urged her to see her GP – that she realised she had depression.

MENTAL HEALTH STIGMA

According to *Closer*’s therapist, Emma Kenny, having celebrities speak out about their experience will help to erase the stigma surrounding mental illness.

She says: “When you hear about other people’s experiences with mental disorders, it helps to remind us that it’s normal. The more we speak up, the more likely it is that judgemental attitudes



will disappear and people will feel more comfortable about being honest.”

And Emma says that speaking out about depression is often the first step to improving overall wellbeing. She says: “One of the consequences of depression is that it leaves you feeling lonely and emotionally isolated, but if you acknowledge that these feelings exist, and let someone know, it’s the first step to feeling more connected – and that in itself is a powerful anti-depressant.”

“Most sufferers spend ages bottling it up before deciding to speak out, and by this point their situation may have deteriorated. But a problem shared really can be a problem halved. Talking to friends or family can be as good as therapy,” she says. “Having someone you can trust enough to be open with can be a powerful tool.”



MICHELLE DEWBERRY

‘It was a constant cloud of sadness – I couldn’t get rid of it’

And while research shows that one-in-five of us feel we can’t discuss mental health problems with our employers, Emma stresses it’s nothing to be ashamed about.

PERSONAL SHAME

“The stigma attached to mental health can make it harder for us to speak up because we fear the consequences. It can bring about feelings of personal shame. In reality, mental health disorders are so common that your friends, colleagues and even your family members will have experienced it in one form or another. Being honest about the way you feel can actually be quite liberating and might encourage other people to do so too. These days, mental health is taken very seriously in the workplace and you’re more likely to receive a more empathetic response.”

By Neeru Sharma





HELP LIFT THE DARK CLOUD

Closer's therapist Emma Kenny gives her tips on easing the symptoms of depression

DON'T ISOLATE YOURSELF

It can take a huge amount of effort to socialise when you're feeling low, but the truth is that you need to stay connected. Call a friend when you're feeling particularly down, or pop over to their house for a coffee. Chances are you will feel better for it afterwards.

STRETCH YOUR LEGS

Studies have shown that people who live close to green space have lower rates of depression, anxiety and poor physical health. Going for a walk in a local park and getting some fresh air will really help if you're feeling low. Try to make this a daily habit if you can – even if it's just for ten minutes.

FIND A FURRY FRIEND

Being around animals is proven to boost your mood, and many people suffering with depression find that having a pet helps them immensely.



Going for a walk in a park can help lift your mood

Ask to join your friend on their dog walk or volunteer to cat-sit.

LISTEN TO MUSIC

Playing an upbeat song can really improve your mood. Make a playlist of uplifting, fun songs for when you need a boost.

EAT WELL

Research shows that eating non-processed healthy food, full of leafy greens rich in nutrients, can help to balance mood and ensure that even when you are struggling mentally, your body is being looked after physically.

SEEK THE POSITIVES

When you're feeling low, there's an overwhelming tendency to focus on the negative aspects of life. Instead, take five minutes out of your day to sit down and focus on everything that went well and how it made you feel. It will incite feelings of positivity.

'THERE IS SO MUCH SUPPORT AVAILABLE FROM YOUR GP'

Dr Sarah Jarvis, clinical director at Patient.co.uk, says: "You should never be afraid to bring up depression with your GP as there is so much support available. Be brave and get it off your chest – the sooner you admit to having a problem, the sooner you'll get better. Your doctor will understand your symptoms and you can always bring a friend or family member if you think it would help. You may be asked to complete a patient health questionnaire or undergo a telephone interview, which helps your GP understand the severity of your depression. You'll then

be referred to IAPT (Improving Access to Psychological Therapies), where they decide what services are best for you. Sometimes this might be counselling sessions, a self-help group, or even cognitive behavioural therapy (CBT). CBT is a talking therapy and a powerful tool in beating your negative thoughts. In some cases, it's just as effective, if not more, than anti-depressants. I'd never recommend anti-depressants for people who have mild depression – but for more severe cases, anti-depressants are beneficial alongside therapy to amplify the benefits."



DENISE: 'My depression was so severe, but I'm learning to control it'

She's battled years of mental health problems, but Denise Welch is now keen to make the topic less taboo in a bid to help others

Denise Welch has always been open about her ongoing battle with depression. The TV star suffered with postnatal depression after the birth of her son Matthew in 1989, which developed into a more severe condition. Denise previously admitted she wanted to throw herself out of a moving car to "stop the pain in her head."

The star, 58, describes her disease as "like a black cloud had descended on my world from which I could see no way out." She previously told *Closer*: "My depression first hit me 28 years ago after the birth of my first son Matthew. It started out as postnatal depression and became so severe that I was verging on psychosis."

Denise has struggled with the illness ever since, although she's learnt techniques to control it. She's also battled alcoholism, and admits she used to turn to drink to self-medicate her condition.

"I used to drink to make myself feel better and the episode of depression would last three times as long," she says. "I was on a downward spiral – it's the most isolating condition."

MUCH HAPPIER

Denise – who's also mum to Louis, 16 – was eventually diagnosed with depression linked to a hormonal deficiency and was prescribed (female sex hormone) oestrogen. She reveals that taking the drug along with anti-depressants and cognitive behavioural therapy (CBT) sessions,

as well as giving up alcohol, helps her manage her condition.

"I feel so much happier now; I don't fear depression like I used to," says Denise. "I'm putting some goodness back in. Of course I can't eradicate my depression completely – I can just wake up or be mid-conversation and it's there – but it's less frequent now."

BEING KINDER

And Denise – who is married to artist Lincoln Townley, 44, who also battled alcoholism in the past – says one of the main reasons she feels better these days is because she's kinder to herself.

"I treat myself with tender loving care now," she says. "I used to force myself to go out, even when I was feeling really bad, because I didn't want to let people down. But Lincoln says to me: 'If you were vomiting, you'd be phoning people saying you can't make it and this is no different.' So now I will say: 'I'm having a few days off' and everyone understands."

And Denise is delighted that more celebs are breaking the taboo and talking publicly about depression.

"I never kept my depression a secret. When I started to see the light at the end of the tunnel, I was approached by a paper to speak about it. I was advised by some not to for fear it would damage my career, but it was fantastic that something positive could come out of the hell I'd been through.

"If you're suffering and you see someone speaking out about it, it's like a lifeline. It shows there is hope and that your depression doesn't define you."

By Annabelle Lee

● Denise is an ambassador for mental health charity Mind

Denise's tips for managing depression

REMOVE YOURSELF FROM STRESSFUL SITUATIONS

"I have to be careful about what jobs I take because I don't want to give myself unwanted pressure. I try not to put myself in a position where I get too stressed."

TRY CBT

"I recommend CBT to everyone; it changes your attitude to everything. It's helped me get my eating habits under control and stopped me smoking."

TAKE TIME TO RELAX

"I have to stay active to keep my illness at bay. Yoga and meditation ensure I feel healthy."



Denise is mum to sons Louis (left) and Matthew



With her supportive husband Lincoln

‘I wasted years hating my body’

Giovanna Fletcher opens up to Closer about parenthood, her post-baby figure and *that* wedding video...

She's won thousands of online followers as a vlogger, with her refreshingly down-to-earth attitude towards parenting. And Giovanna Fletcher, who's married to McFly's Tom, and is mum to sons Buzz, two, and Buddy, one, is always brutally honest about her life.

In fact, last week, she bravely revealed she'd suffered a heartbreaking miscarriage before falling pregnant with Buzz, in a bid to help other women understand and talk about it more.

The 32-year-old author admitted she'd been diagnosed with Polycystic Ovary Syndrome [PCOS] and worried she would struggle to become a mother. But she fell pregnant shortly after getting married – with the help of fertility drugs – only to tragically miscarry just a few days later.

She revealed: “Anyone who has experienced that moment of knowing you're bleeding knows the paralysing horror that comes with it. When I found out, I wanted to scream at the world. I felt like I'd completely failed us. I might have only known I'd been pregnant for a couple of days but I'd carried around hopes of being a mother for decades. The thought of never being able to hold that baby in my arms was crushing. Miscarriage is awful, but it happens, and I still feel mournful. But I also feel lucky that I've gone on to have two healthy babies.”

POST-BABY BODY

Fast-forward four years and Giovanna now has two young boys – and admits that life is hectic but extremely happy.

“It's busy at home!” she laughs. “Buzz is coming out of the terrible twos and he's learning to share, but I've heard about ‘threenager’ being the next thing, which will be interesting. But the boys are so sweet together, it melts my heart watching them.

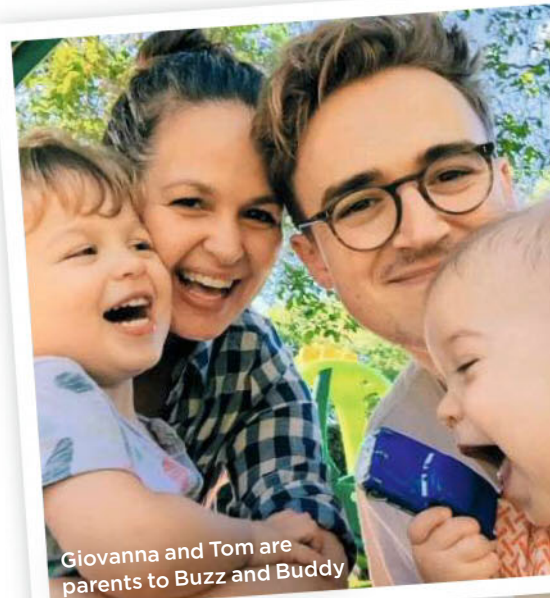
I remember someone saying to me: ‘You think you love your child but wait until you have another. Seeing them together is just a whole other thing.’ She was right, it's just amazing.”

And Giovanna – whose younger brother Mario is reportedly set to return to *TOWIE* – is equally as honest when it comes to her post-baby body. She posted a selfie a year ago, shortly after having Buddy, to encourage women not to feel under pressure to snap back into shape. This followed insensitive comments from a stranger about how she still had a mum-tum – just eleven days after giving birth. The picture went viral and soon racked up over 75,000 likes.

“I wasn't prepared for the response to that post. It felt like something I wanted to share to help other women feeling the same,” she explains. “The more we get that message out there the better. We're always told our bodies should look a certain way and after you've had a baby it's harder than ever to look that way. I've got a nice little pouch on my tummy now!”

Giovanna admits her body will never be the same, but says it was a small sacrifice to pay.

“I look at my body and think, ‘Yes, I'm a bit wobbly’. I've got stretch marks and leaky



Giovanna and Tom are parents to Buzz and Buddy

boobs but I also have two children and my body has done that. Before I had children, I spent decades knocking my body, hating every single thing that would be seen as a flaw. Looking back I realise my body's not flawed, it's just the human body.”

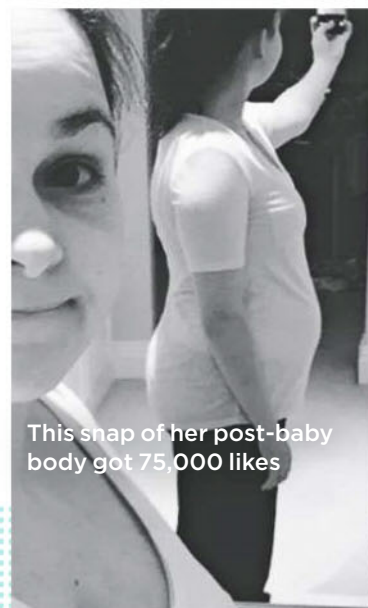
SUPPORTIVE HUSBAND

And Giovanna says Tom, 31, is very supportive. “I think he was more in disbelief than me when I had those comments about my body,” she says. “He was horrified and he's always so supportive and reassuring.”

Giovanna says it's been amazing watching



With childhood sweetheart Tom



This snap of her post-baby body got 75,000 likes

GIOVANNA ON ...

HER VIRAL VIDEOS

Their wedding speech video has amassed 18.5 million views on YouTube, thanks to Tom re-writing McFly songs to form his speech when they married in 2012. And since then, the couple have released creative videos to announce their pregnancies and births.

Giovanna says: "We can't go to a wedding without Tom's speech being brought up in conversation! It was a really magical moment, and people ask us about it all the time. I can't believe it was almost five years ago now."

Giovanna says they will continue making special announcement videos if they have more children. "We love making the videos," she smiles. "And I wouldn't want our third child to feel left out so we'll have to think of something decent!"

Announcing
their second
child...



Tom's wedding
speech went viral



Announcing
their first
child...



her husband become a dad. The couple, who married in 2012, first met when they were 13. "We met as kids and now we have kids, which is funny," laughs Giovanna. "He's a brilliant dad – he's so playful and creative with them. We love spending time as a family, and a night on the sofa with a glass of wine. For us, that's just as good as a night out and a posh meal."

And the pair plan on adding to their family. "We've discussed having more kids, but not in the near future. It depends on what happens and if my body allows it. But I've always been maternal and I love being a mum. It's a learning curve, though. I feel like

being a mum is one long wing-it session!"

By Annabelle Lee

● *Happy Mum, Happy Baby* is out now (Coronet, £16.99).

For book tour info, visit www.gioannasworld.com/events



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UP YOUR VITAMIN D TO BE COLD-FREE!

Boosting your vitamin D intake could help you avoid getting ill. Here's how...

A new UK study that leafed through 25 pieces of research found that getting enough vitamin D could protect us against colds and flu by boosting immunity.

Vitamin D is known as the “sunshine vitamin” as we make it when our bare skin is exposed to the sun’s rays. However, long, dark winters mean more than half of us in the UK don’t get enough of the vitamin from October to April. Upping your vitamin D intake with your diet and with a supplement could be the answer.

“The body makes around 90 per cent of the vitamin D it needs, but this can only happen when your skin gets enough direct UV light from the sun,” says Elizabeth Wall, Nutritionist at Holland & Barrett. “The other 10 per cent comes from food, but most of us don’t eat enough

of the foods rich in it, such as oily fish and egg yolks. Look for cereals, milk and juices fortified with vitamin D, too, and take a good-quality daily supplement with 10mcg. Try Fultium Daily D3 [£3.99 for 30 capsules, Hollandandbarrett.com].”

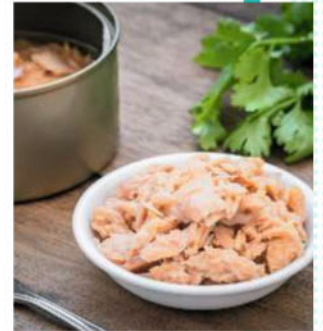
Research also links lack of vitamin D with an increased risk of diabetes, depression, musculoskeletal disorders, weight gain, heart disease and cancer, so there are plenty of reasons to up your intake. We need 400iu (international units) – or 10mcg – of vitamin D every day.

While taking too much over a long time can mean your body absorbs too much calcium – which can weaken bones and damage your kidneys and the heart – a 10mcg daily dose won’t do that, so worry not.

Here is Elizabeth’s pick of the best vitamin D-rich foods to add to your weekly shop.

CANNED TUNA

Oily fish is a great source of vitamin D – and canned tuna has around 236iu of vitamin D per 100g (over half the minimum recommended daily intake). It’s convenient and versatile and less pricey than fresh fish. Other good choices include wild salmon, trout, sole, pilchards, sardines, mackerel, halibut and herring (canned or fresh).



MUSHROOMS

Mushrooms, like humans, synthesise vitamin D when exposed to UV light, so they’re a great source. Good choices include button, wild, portobello and shiitake mushrooms. A 3oz serving of portobello mushrooms, or 4-5 cheshnut mushrooms, gives you 400iu – your recommended daily intake.



TOFU

Tofu is an excellent source of vitamin D and is high in protein, magnesium, selenium, zinc, calcium, iron, phosphorus and vitamin B1, too. 100g firm tofu contains around 130iu. Always drain well before cooking. Marinate in soy sauce and use in stir-fries, in place of meat in curries, or serve in Mexican-style tortillas.



ALMOND MILK

Most almond milks are fortified with vitamin D, so 200ml has around 90iu as well as calcium, magnesium, phosphorus, zinc and vitamins A, C and E. It’s lower in calories than cows’ milk, too. Choose unsweetened and blend 200ml with a banana, a dash of vanilla essence and a sprinkle of nutmeg for a quick, tasty smoothie.



WHOLEGRAIN CEREALS

Many breakfast cereals and instant oats are fortified with vitamins and minerals, including vitamin D. An average 30g serving will provide around 100iu (just under a quarter of your recommended daily intake), but most of us pour much bigger portions than 30g. Check the label for the exact amount per serving and have with almond milk and berries.



Whoever
you are...

Whatever
you drive



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GUILT-FREE
TREATICED DESSERT
WITH MIXED
BERRIES

STEP 1 Crush 250g mixed berries (fresh or frozen) and mix with 120g low-fat cream cheese.

STEP 2 Beat 2 egg whites until stiff, then add 50g warmed liquid honey. Beat for a further minute.

STEP 3 Fold the egg white mixture into the cream cheese and berry mixture. Transfer to a mould and set overnight in the freezer.

STEP 4 Serve in thick slices.

● Recipe from *Simplissime Light* by Jean-Francois Mallet (Hamlyn, £25).

116 CALS
3.5G FAT
14.1G SUGARS
0.4G SALT
PER SERVING

SERVES 4



● TV chef Rachel says: "This pasta dish features regularly at our house. It makes a little smoked salmon go a long way."



789 CALS
34.1G FAT
4.9G SUGARS
2.3G SALT
PER SERVING

SERVES 4

- 500g pasta, such as pappardelle or tagliatelle
- Knob of butter
- 100g streaky bacon, cut into 1cm strips (lardons)
- 100g frozen peas
- 150g smoked salmon fillet, cut into 1cm cubes
- 150ml regular or double cream
- Squeeze of lemon juice
- 1tbsp chopped parsley
- Sea salt and black pepper

RACHEL ALLEN'S PASTA WITH SMOKED
SALMON, BACON & CREAM

STEP 1 Bring a pan of water to the boil with 1tsp salt. Add the pasta and cook by following the packet instructions, or until al dente.

STEP 2 Place a pan over a medium heat and add the butter. When melted, tip in the lardons and cook for a few minutes, until the fat has rendered out and they're golden. Add the peas and salmon and stir over the heat for a minute or two, until the salmon starts to cook, then pour in the cream and boil, uncovered, for 2 minutes, until slightly thickened. Add the lemon juice, parsley and season to taste.

STEP 3 Tip the drained pasta into the sauce and mix, then serve.

● Recipes From My Mother by Rachel Allen (HarperCollins, £20) is out now

HOW TO MAKE
IT DIFFERENT

Make with tinned salmon or tuna, or cooked prawns, instead of smoked salmon. You could also swap streaky bacon for ham (no need to cook). Vegetarians can leave out the fish and meat and add extra veg, such as broccoli or asparagus (simply boil with the pasta). For a lighter version, use reduced-fat crème fraîche, saving 125 calories and around 15g fat per serving.

NEW & DELICIOUS

CREAMY LEEK &
CHEDDAR COVENT
GARDEN SOUP

(Tesco, £2) It's the Soup Of The Month for March – and the tasty combination of leek, cauliflower, potato and creamy Cheddar is a lunchtime favourite!

DOLE FRUIT
POUCHES

(Sainsbury's, £1.19)

These handy resealable pouches are packed with ripe fruit and are perfect for breakfast toppings or snacks. No peeling or chopping required!





**Perfect
pancakes.**



Costcutter[®]
Shop the way you live

costcutter.co.uk

For more great offers and to find your local store visit Costcutter.co.uk. Offer valid 16/02/2017 to 08/03/2017. Independent Broccoli, 1s. Independent Ham, 100g, PM £1.50. Independent Large Eggs, 6 Pack. Independent Flour, 1.5kg. Independent Brie, 180g. Offers available at participating stores only, excluding ROI, subject to availability. E & OE. N.B. Some variants may not be available in some stores. We reserve the right to limit purchases of stock. Find your nearest store using the store locator on our website. Offers may exclude some smaller stores.

Fridge raider

Real Housewives star Dawn Ward, 43, on what's in her fridge

How much do you spend a week?

I spend around £500 for me, my husband [former footballer] Ashley and our four daughters. I love entertaining and I can often have as many as 12 people round for dinner. I buy most of my meats from Costco and everything else is from Tesco or Aldi.

Describe your daily diet...

I wake up with a coffee and a vitamin C supplement, followed by scrambled eggs with ham and avocado. Lunch is often mushroom soup or a tuna salad. I try to make everything from scratch so dinner is a big wholesome meal like shepherd's pie or a Thai curry. I snack on raw carrots, Snack-a-Jacks or Doritos.

Is there anything you refuse to eat?

I hate processed foods. I believe they're full of bad stuff.

What's the strangest thing you've eaten?

I once went to George Michael's house and Heston Blumenthal cooked us snails and porridge. It was like a Bushtucker Trial.

What would you cook to impress someone?

I'd probably make a roast beef dinner.

● Dawn has launched her non-surgical Skulpt Aesthetics; weareskulpt.co.uk



"I hide the Creme Eggs from the kids so they don't keep eating them!"

"I stay away from margarine - you don't know what's in it."

"I'm obsessed with Vimto - my friends always laugh at me."

"Strawberries and champers are the perfect combo."

INSIDE DAWN'S FRIDGE

- Double cream
- Yoghurts
- Red Leicester
- Boursin
- Butter
- Tomato ketchup
- Philadelphia
- Creme Egg
- Bacon
- Eggs
- Sea bass fillets
- Smoked salmon
- Mayonnaise
- Fish sauce
- Prawns
- Chicken breast
- Green beans
- Chillies
- Mustard
- Carrots
- Strawberries
- Cabbage
- Lemongrass
- Spinach
- Pizza Express dressing
- Vimto
- Bottle of water
- Champagne

Guiltiest food pleasure?

Black pudding and pork scratchings.

Usual takeaway order?

Chinese. I order salt and pepper ribs, seaweed, duck, sweet and sour curry, noodle soup, spring rolls and sweet chilli beef. I'd rather have too much than not enough.

Food hangover cure?

Any kind of Indian food.



VERDICT

NUTRITIONIST SALLY WISBEY

SAYS: "Dawn's diet contains lots of nutritious meals. Mushroom soup is packed with nutrients and great for strengthening the immune system. Dawn shouldn't take her vitamin C supplement with her morning coffee, though, as the caffeine inhibits the absorption. For a healthier twist on shepherd's pie, use sweet potato topping as it's higher in antioxidants."

FRIDGE HEALTH RATING 7/10

WWW.SALLYWISBEYNUTRITION.CO.UK, @WIZZNUTRITION

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CLOSERONLINE.CO.UK/BODY-AND-WELLBEING





DO YOU REALLY NEED ANTIBIOTICS?

We think they cure everything, but they don't touch certain illnesses, as Dr Christian explains

TOP TWEET



I've changed my diet and cut out meat. I'm nauseous, tired and dizzy. Is it low iron levels?

DR CHRISTIAN: It's possible, but it could be a number of things, such as a vitamin D deficiency. Ask your GP for a blood test to find out more.

IN THE NEWS...

'EATING OUT IS FUELLING CHILDHOOD OBESITY'

Health officials have warned that dining out is now so commonplace, it's contributing to child obesity.

IN MY OPINION...



Apparently one in 10 children in the survey had eaten out at least six times in the previous week. It's now normal to eat out regularly, but it means you don't always know what is going into your food. Often,

kids' menus are the worst – all pizza, chicken nuggets and chips. Your kids won't choose chips if they don't eat that at home, so start your healthy habits there. And if the kids' menu is awful, ask for a smaller portion of something from the regular menu.

There's one simple rule – antibiotics only treat bacterial infections, not viral ones, so when you feel awful and ask for them, that's why we often say no, because they won't work! We're running out of antibiotics, and I see it every day. When I send samples to the lab, they grow the bug, then send me a list of antibiotics and tell me if they're "sensitive" or "resistant" to it. More and more, I get columns of "r" for resistant.

Antibiotics I used to prescribe don't exist any more. It's not just because GPs have overprescribed them, bacteria is becoming resistant to the drugs because people skip them, save them up for later and share them with friends. For example, if you take antibiotics for a few days, then feel better and stop taking them, you may not have killed off all the bacteria and the remaining bacteria develops a resistance. Here's my guide to when they do and don't work.

TREAT A COLD AT THE CHEMIST

Nasty colds, flu, sore throats and coughs are viral, so antibiotics won't help. Even if your cold or cough develops into sinusitis or bronchitis, if you're young, fit and generally well, you should shake it off without antibiotics. The shivery, feverish feeling should only last a few days at worst. If it goes on for longer and after

a week you're still feverish, having trouble swallowing or coughing up green gunk, call your surgery and ask for a GP to phone you, rather than going in. You often read that the colour of your snot tells you if you need antibiotics – that's not true – most colds give you green snot. Stay warm, take painkillers, rest, eat what you fancy and drink lots of fluids. The same applies for kids – unless you have that mother's intuition that something's not right, look after your children at home.

SOOTHE SINUSITIS SYMPTOMS

You shouldn't need antibiotics for sinusitis – where your nose gets blocked, you can get headaches, lose your sense of taste and you feel tenderness around your cheeks. People who regularly suffer with it know when they need antibiotics to clear it, but a young, healthy person who doesn't get it often can usually ride it out with over-the-counter products. Relieve symptoms with painkillers, decongestants and steam. Also, don't blow

your nose too hard, as it can make things worse.



VISIT YOUR GP FOR BAD BITES

It depends on what bite you have and how deep it is – human bites are the worst, so if your child has been bitten by another child, you probably should get an antibiotic. Animals

'I've got no sense of smell'



Little Mix's Perrie Edwards, 23, was born with congenital anosmia

"I was born without a sense of smell. It's really bizarre. I've never smelt anything, but I think I smelt coffee once! People are always like: 'Oh, isn't that really horrible?' and I'm like: 'No' because I've never known what it's like to smell. I wear the same perfume all the time, because everyone says: 'Oh you smell nice!'"

● Little Mix's album *Glory Days* is out now

MY
HEALTH

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[WWW.CLOSERONLINE.CO.UK/
HEALTH-AND-FITNESS](http://WWW.CLOSERONLINE.CO.UK/HEALTH-AND-FITNESS)



and humans have a lot of bacteria in their mouths, so if it's a nasty, deep bite it can get infected and that infection could spread if left untreated. The usual treatment for a small bite is to wash it carefully, remove any hairs or dirt, squeeze it to encourage it to bleed a little, then dress it and it should be fine. No doctor will be cross if you see them for a nasty bite, though.

TAKE PAINKILLERS TO SORT EAR INFECTIONS

Ear infections usually improve on their own, unless a baby of under a year has one, then you should take them to the doctor. Otherwise, you can treat an ear infection using Calpol for a young child, and with paracetamol or ibuprofen for an adult, and it should clear in a few days. If there's lots of gunk coming out of the ear or the pain is unbearable after a few days, see your GP. If it's swimmer's ear

(infection of the outer ear as a result of trapped water) – often topical eardrops from the pharmacist will do, if not you can get something stronger prescribed. Try the pharmacy first and avoid getting water and shampoo in your ears when showering.

BUY DROPS FOR EYE INFECTIONS

Conjunctivitis, or "pink eye," is usually viral, especially if it's spread through work, school or the family. Don't rub or scratch your eyes, don't share towels, wash your hands regularly and use eye drops from the pharmacist. Don't go to the surgery as it's hugely contagious! Gently wash away the crusty bits and don't wear contacts. If it doesn't go, it's pouring thick green gunk or your vision is in any way compromised, see your doctor, who may prescribe you antibiotics, but if it's just a bit itchy and sore, treat it at home.

SEE YOUR GP FOR UTIS

If you get that urgent urge to pee, feel like you can't empty your bladder and you're getting tummy pain, drink lots of fluids and have some cranberry extract. But if you're getting fevers, you're in a lot of pain or it's going around the back, antibiotics are needed. You don't really get viral urinary tract infection, they tend to be bacterial. If you frequently have UTIs, avoid perfumed beauty products, stay hydrated, don't hold your pee, wipe front to back, and avoid tight, synthetic underwear. For children with UTI symptoms, see your GP right away.

IF YOU HAVE TO TAKE THEM...

Antibiotics wipe out all bugs, so they'll kill the good bacteria in your gut, too. That can lead to vaginal thrush or tummy troubles. After taking antibiotics, take probiotics. You want many types of bacteria, rather than millions of one type – or eat fermented foods like kefir.

CLOSER'S KIT FOR BUSTING BUGS

CHECK IT!!

WWW.NETDOCTOR.CO.UK/SYMPTOM-CHECKER Wondering what your symptoms mean? Type them into the this site and it brings up a list of the most likely ailments.

netdoctor

DRINK IT!!

BIO-TIFUL KEFIR CHERRY SMOOTHIE

If you have to take antibiotics, top up your good bacteria to stay well afterwards with this fermented milk drink

£1.60, SAINSBURY'S



BEAT IT!!

COLDZYME SPRAY

Stop a cold in its tracks by spraying this treatment in your throat at the first sign. One box will see off three colds. £15.99, BOOTS





TV's Sarah Willingham reveals how to take control of your finances & make the most of your cash



'I'm stuck in low-paid jobs'

Shay McKenzie, 18, is unemployed and lives at her boyfriend's family home in east London



"I left school in 2015 and started a practical apprenticeship in business administration at a beauty salon. I was earning

£3.50 per hour as a receptionist, working 11 hours a day. The salon closed, but I went to a different salon on the same scheme, earning £5.50 per hour for seven hours a day. After three months I had a disagreement with my manager and was let go last summer. In both jobs I felt I was overworked and underpaid.

"In December I started as an administrator at an accountancy firm – again on the same scheme. But I left after a month because I felt I wasn't being paid enough. I'm now searching for work that isn't an apprenticeship. Ideally I'd like to go into beauty or retail and eventually own a business.

"My apprenticeship gave me a level 2 diploma in business administration and I have solid receptionist experience, which is

what I usually search for when job hunting.

"I'm living rent-free at my boyfriend's family's house, but we can only stay here for so long. And although my boyfriend works as a stock taker, I want to be able to contribute. It's a struggle to get a job as I am still lacking in experience but I don't want to go back to another low-paid apprenticeship."

SARAH'S 3-POINT PLAN

1) Get a foot on the ladder

I understand Shay's resentment, but she needs to take a job and stick at it. The short stints and gaps between jobs on her CV will make her look unreliable, so she needs to demonstrate that she will stay in a job. There are rules about minimum wage, even for apprentices. Those in their first year must be paid £3.40 per hour and in the second year this rises to £5.55 for those aged 18 to 20. Away from apprenticeships, the national minimum wage for Shay's age group is £5.60 per hour. Getting experience in business is the most important thing, with or

INCOME:	
Universal credit	£257
OUTGOINGS:	
Mobile phone:	£20
Travel:	£10
Food:	£100
Socialising:	£40
Clothes:	£50
Beauty products:	£20
TOTAL:	£240

without an apprenticeship. Shay should look for admin roles in industries she's interested in. Check Monster.co.uk and Reed.co.uk and local Facebook pages. Also, Cibtac.com and Cidesco.com run courses for the beauty industry and Habia.org has lots of advice too.

2) Top up with evening work

Shay could work in the evenings in a bar or restaurant to supplement her income. Just check benefits to make sure that she can earn and claim.

3) Save earnings Shay has very low outgoings, so once she's earning she should put money aside as a buffer for rent. She admits that living with her boyfriend's family is short-term so she should aim to save three months' salary as a backup.

Visit Sarah's consumer website:

www.letsavemoney.com

And follow her on Twitter at:

@sarahwillers

MONEY SAVING TIPS

YOUNG MONEY

Lloyds Bank has launched a three-year practical financial advice programme for 16 to 24-year-olds to help them make the most of their money. The website Moneyforlife.org.uk is packed with tips on how to manage money (which any of us can use) and the app Pennies To Pounds helps young people to create savings goals.

POINTS MEAN PICS!

Nectar cardholders now get two points for every pound spent with Photobox on canvases and other photo gifts. Photobox also regularly offers bonus Nectar points through exclusive codes.

MY LIFE IN CASH

US singer and CBB star Stacy Francis, 47, talks us through her money history



“MY POCKET MONEY WAS... Probably a dollar every Sunday – we were pretty poor. I'd spend it all at the arcades.

MY FIRST EVER JOB WAS... I starred in a show called *Mama, I Want To Sing* when I was 16. Ten years later I starred in the same show in the West End. I earned a lot of money for it and my mum put it all into savings for me.

ISPENT MY FIRST PROPER PAY CHEQUE ON... Clothes and make-up.

MY BIGGEST IMPULSE PURCHASE WAS...

Probably my black Christian Louboutins, which I bought while I was shopping in Beverly Hills.

THE MOST EXPENSIVE THING I OWN IS...

My Louis Vuitton bag – it was £960!

SPENDER OR A SAVER?

Spender, but I'm trying to be more of a saver. I have two children and their future to plan for.

● Stacy is performing at London's Hippodrome on 9 March. Visit Hippodromecasino.com/events

Our therapist & TV psychologist Emma Kenny is here to make sense of your emotional issues

SOCIAL MEDIA RULES ALL COUPLES NEED

Social networking has changed relationships hugely. The likelihood of bumping into an ex 10 years ago was slim, and when relationships ended, so too did regular communication. Now, not only do many of us have our ex on our Facebook friends list, we also have our whole relationship history captured in social media photo albums. So what online behaviour is appropriate when you fall for someone new?



HOW TO ESTABLISH BOUNDARIES

● **HAVE THE PICTURE CHAT.** Have a conversation about pictures of your previous relationships. I didn't like the thousands of pictures of my husband with his ex and he felt the same about my past relationships, so we agreed to remove them from our social networks and start our own story.

● **DON'T BE A VICTIM OF CONTROLLING BEHAVIOUR.** If you're on good terms with an ex, your partner should respect that. If they ask you to "unfriend" them, make it clear why you won't, and remind them that controlling behaviour is unhealthy in relationships.

● **DON'T FALL INTO THE TRAP OF BEING**

FLIRTY WITH FRIENDS. It's easier to be flirty on social media than in person – and it's not nice for a partner to read online. Respect is key.

● **THINK CAREFULLY WHEN YOU MAKE COMMENTS.** If you're in a relationship, neither of you should feel the other is still playing the field, so don't accept friend requests from cute guys you don't know. Don't "like" or comment on pictures of hot guys, either. You probably wouldn't be happy if he was posting comments under another woman's bikini shots.

● **BE OPEN.** If you have lots of platonic male friends, tell your new man about them to prevent him feeling excluded or jealous.



'ME MYSELF AND I'



TV PRESENTER LINDA BARKER, 55, TAKES OUR QUIZ

What are you scared of?

Horror films. I can't bear to watch them as they stay in my mind for ages.

What is your worst habit?

Allowing my dog Stanley on my bed. I can't help myself!

What animal would you be and why?

A cheetah. I imagine running fast is like flying.

Where is your happy place?

At my home in Yorkshire, listening to the sea.

Describe yourself in three words...

Courageous, loving and creative.

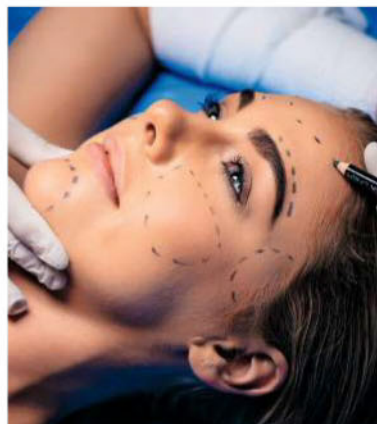
What is your proudest achievement?

My daughter, Jess! And I've had such a great career, too, working on everything from *Changing Rooms* to *Splash!* I now shiver every time I see a diving board!

● Linda stars in *The Home Game*, weekdays, 3pm, ITV

IS SURGERY THE RIGHT CHOICE?

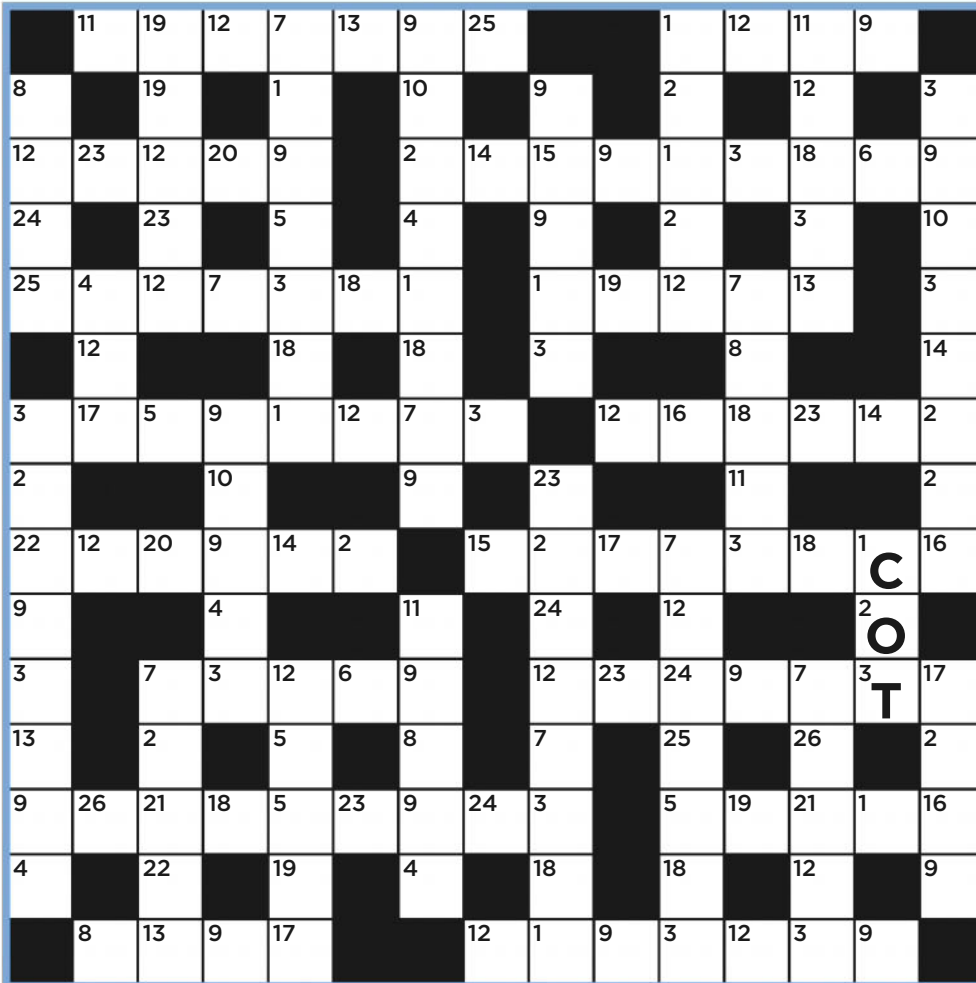
So many of us have been caught up in the Kardashian culture, mesmerised by a family who have carved their careers by cosmetically altering their bodies, we've started to buy into the myth that changing our shape will bring happiness. I'm not against plastic surgery, but if you're doing it to make yourself feel happier you'll be disappointed. Research shows that after six months, you'll feel the same as you did pre-surgery. More worryingly, this can lead to people constantly having procedures to lift their mood, resulting in further disappointment. If you want surgery, make sure you're clear as to why – maybe your boobs are big and you don't want the backache, or maybe your ears stick out in a way that makes hairstyles challenging, these are unemotional reasons and the result will be positive physically. If your surgery is emotion-based, rather than paying to have work done, invest in therapy sessions instead.



Puzzles

CODE CRACK

Every number in the grid stands for a different letter. We've given you the word COT to get you started. Fill in all the 1s, 2s and 3s and you'll be able to start guessing other letters. All 26 letters of the alphabet appear at least once. Cross off the ones you've used on the list below



KEEP TRACK OF YOUR LETTERS HERE:

A	N	1	C	14
B	O	2	O	15
C	P	3	T	16
D	Q	4		17
E	R	5		18
F	S	6		19
G	T	7		20
H	U	8		21
I	V	9		22
J	W	10		23
K	X	11		24
L	Y	12		25
M	Z	13		26



GUESS THE FILM STILL



A
Dreams and drama collide in Leonardo DiCaprio's brainy, head-spinning sci-fi.



B
London-set romantic comedy starring Julia Roberts and Hugh Grant.

NAME THE STARS

With the help of our clues, rearrange the letters in the words below to make a celeb's name

- 1 Former Manchester United and FIFA World Cup centre-back.

ANDROID FINER

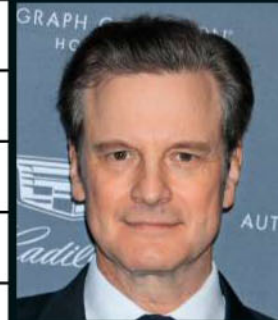
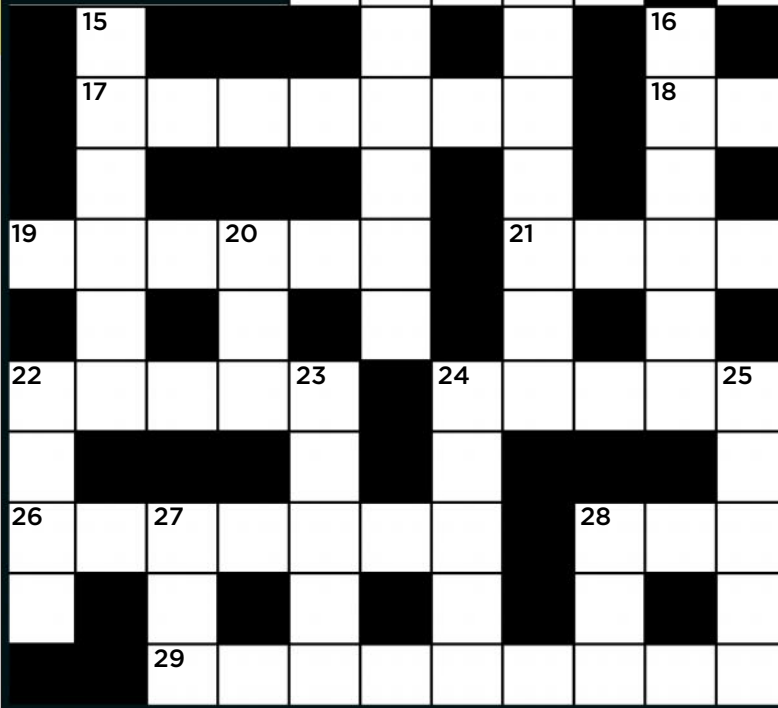
- 2 *Emmerdale* actress who went on to present *You've Been Framed* – and famously shed 10st in 2016.

ARE I SILLY

THE BIG CROSSWORD



17 ACROSS



25 DOWN

ACROSS

- 1 Aide, helper 9
- 7 Evil deed 3
- 8 Insect's feeler 7
- 9 Open with a lever 5
- 12 Coat of arms 5
- 17 *EastEnders'* Sonia, ----- Cassidy **See pic 7**
- 18 Rhododendron-like shrub 6
- 19 Ambassador, envoy 6
- 21 Trudge 7
- 22 High-quality tea variety 5
- 24 Juggernaut 5
- 26 Remainder 7
- 28 Carpenter's tool 3
- 29 Large waterproof cover 9

DOWN

- 1 Greek fable writer 5
- 2 Source of daylight 3
- 3 Use a razor 5
- 4 Caper 5
- 5 Heavy weight 3
- 6 Diplomacy 4
- 10 House painter's tool 6
- 11 Charity for homeless people 7
- 13 Narrow sea inlet 3
- 14 Kebab spike 6
- 15 Extension to a building 6
- 16 America's Aloha State 6
- 20 Bustling activity 3
- 22 Urban green space 4
- 23 Born earlier 5
- 24 Cub scout leader 5
- 25 *The King's Speech* star, ----- Firth **See pic 5**
- 27 Lay (a table) 3
- 28 Feel unwell 3

Hard knock	Almond-flavoured liqueur	▼	Bridge's length	▼	Fragment	▼	Puccini opera	▼	Sleeping frames	MRI, eg	Radio 1 DJ, ---- Tong	▼
▶	▼		Movie star, ---- Cage		Examine, inspect	▶				▼		
Praying insect	▶		▼				Nab		In the direction of		Gestures	
▶				Dog's restraint	Spanish instrument	▶	▼					
Indian queen	Unblock	▶					Yoko ---, activist	▶			English architect	▶
▶					Golfer's peg	Quarrel	▶			Expanse of water	Civil honour (1, 1, 1)	
Moll Flanders author	Woodwork device	▶			▼			Diverse	▶		▼	
▶						Certain	▶				loud noise	▶
Relaxed (2, 4)	Piece of paper	▶						Fish of the carp family	▶			Chapel bench

CLUES & ANSWERS

Fill in the grid using the clues provided

Puzzles

SAY WHAT?!



Read my lips! The future is female!

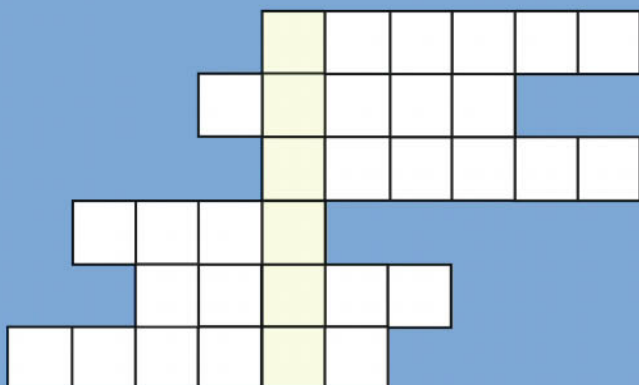
- A) ADELE
- B) LADY GAGA
- C) MADONNA



WORD PLAY

Fit the *The Real Housewives Of Cheshire* cast members in their places to reveal another name in the green strip.

STACEY
TANYA
AMPIKA
DAWN
LAUREN
SEEMA



*TS & CS APPLY/PHOTOS: REX/SHUTTERSTOCK

SUDOKU

Complete the grid with the numbers 1 to 9 so that each row, column and 3x3 block contains the numbers 1 to 9 only.

LEVEL 1: EASY

			7	4		5		
5				1				7
7						3	8	1
1						7	2	
9	5						4	
			7	8	6			
						8		
		1	6	2				
	7	6	1	9				2

LEVEL 1: MEDIUM

			6	3				
	2	9	7					
		6				5	8	
5								
4							9	6
				7	8			4
			3			9		
	9	1				7		
			4	6				

Win!

WIN A BABY & TODDLER HAMPER, PLUS A £50 ALDI VOUCHER!

This week, we are offering one lucky *Closer* reader the chance to win a Baby & Toddler hamper of Aldi Mamia products, plus a £50 Aldi voucher. To enter, visit Closeronline.co.uk/win by 6 March*



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SPOT THE DIFFERENCE

Can you spot the six differences between these two pics of Bella and Gigi Hadid?



GUESS THE CELEB

Can you name these stars from looking at just one part of their famous faces?



WORD LINK

Fill in the blanks to find a word that will make sense when placed at the end of the first word, and the start of the second word.

- A** FATHER ----- SKATING **D** WRIT ----- INTESTINE
B SPOT ----- DRAW **E** BARGAIN ----- MEMBRANE
C SPRAINED ----- SOCKS **F** NAKED ---- SOCKET

See p96 for all puzzle solutions

WORD SEARCH

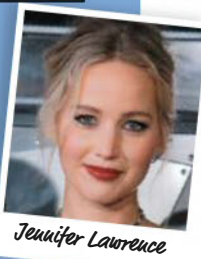
Can you find all the Jennifer Lawrence-related words in the grid? Words can be horizontal, vertical or diagonal

A	M	E	R	I	C	A	N	H	U	S	T	L	E	E
Y	D	B	K	R	E	N	N	I	W	R	A	C	S	O
C	K	I	K	A	T	N	I	S	S	X	V	E	R	N
H	C	C	A	W	A	L	J	L	Y	W	M	E	E	P
A	I	Q	U	P	C	N	Q	O	I	A	Y	C	P	L
R	F	D	S	T	T	J	E	N	G	A	S	I	O	A
I	B	E	S	R	N	S	T	R	I	X	T	J	O	Y
T	E	Q	M	W	E	E	E	K	E	Q	I	O	C	S
Y	G	W	C	I	R	G	K	H	M	S	Q	Y	Y	G
W	X	U	M	S	N	V	N	N	G	F	U	K	E	U
O	P	X	B	U	W	I	F	E	I	I	E	S	L	I
R	R	O	H	I	N	M	S	Y	S	N	H	U	D	T
K	N	E	X	M	R	X	J	T	C	S	R	L	A	A
E	H	X	M	E	N	F	I	L	M	S	A	O	R	R
T	S	H	R	A	D	E	R	A	R	T	H	P	B	Q

AMERICAN
HUSTLE
BORN IN
KENTUCKY
BRADLEY
COOPER
CHARITY
WORK

FEMINIST
HIGHEST-PAID
JLAW
JOY
KATNISS
MYSTIQUE
OSCAR WINNER
PASSENGERS

PLAYS GUITAR
SERENA
SHRADER
THE HUNGER
GAMES
WINTER'S BONE
X-MEN FILMS



Closer

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A Street Cat Named Bob

Catchy songs and a ridiculously cute cat make this heartwarming drama – based on a true story – totally unmissable. James (Luke Treadaway) is homeless and battling addiction when he meets stray puss Bob, who changes his life forever...



ALSO OUT: ● Jack Reacher: Never Go Back

Tom Cruise kicks more butt as the gun-toting private investigator in this full-throttle sequel. This time he's on the run from the law after discovering friend Major Susan Turner (Cobie Smulders) has been accused of murder. Can he clear her name before it's too late?



Viceroy's House

Bend It Like Beckham director Gurinder Chadha takes on a more serious subject in this historical drama about the 1947 Partition of India. Hugh Bonneville plays Lord Mountbatten, brought in to oversee the British handover of India – but with the country divided between religious factions, it's no easy task. This is a thought-provoking and visually stunning watch, with an excellent cast – which also includes Gillian Anderson and Michael Gambon.

ALSO OUT: ● Logan

Superhero movies are all about explosions and flashy superpowers, right? Well, this third (and possibly last) Wolverine flick breaks the mould as Hugh Jackman's grizzled mutant swears off saving the world, only to be dragged back into action by a young girl with powers. Dusty, poignant and grown-up, this is like *Mad Max: Fury Road* for the *X-Men* universe.

Out this week!

THE BEST FILMS, BOOKS, MUSIC AND DAYS OUT
TO MAKE THE MOST OF THE NEXT SEVEN DAYS



GREAT DAY OUT

Symfunny No.2

Back for its second year and raising money for Parkinson's UK, the Royal Albert Hall hosts 2017's Symfunny on 19 April. This year's line-up includes Josh Widdecombe, Katie Melua and Jack Dee for a night of music and laughter, all hosted by comedian Jason Manford. Tickets and more info at www.royalalberthall.com



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BEST MUSIC



Ed Sheeran Divide

The first two singles from Ed Sheeran's third album – *Castle On The Hill* and *Shape Of You* – went down a storm, so we couldn't wait to get our hands on this. Predictably, guitar-heavy *Divide* (out 3 March) is a winner, as Sheeran takes us on a personal journey through his relationships and memories. Brilliant stuff.

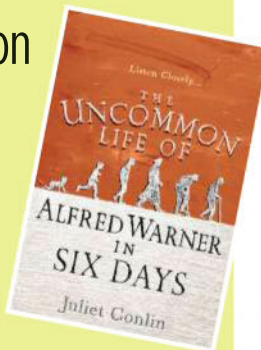


MUST READ

Juliet Conlin

The Uncommon Life Of Alfred Warner In Six Days

The title is a mouthful, but it sums up the story nicely. Approaching 80, Alfred Warner makes a final trip back home to Germany to meet his granddaughter. He has just six days to relate his incredible life story – which has seen him witness the rise of the Nazis and imprisoned in a POW camp in Scotland. He also carries an astonishing secret...one that could prevent a family tragedy. This will grip your heart.



WORDS: ELLIE PALMER, JOSH WINNING, MATILDA STANLEY,
CAROLINE KNELL

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What to watch,

TV WEEK:
4-10 MARCH

THE SHOWS EVERYONE WILL BE TALKING ABOUT

LET'S SING AND DANCE FOR COMIC RELIEF

SAT, 6.45PM, BBC1

Mel 'n' Sue host the
charidee talent show

MAKING A SONG AND DANCE



THE ONLY WAY IS ESSEX

The new series kicks off with
tanning in Tenerife. *SUN, 10PM, ITVBE*



TOP GEAR

Matt's back alongside Chris Harris
and Rory Reid. *SUN, 8PM, BBC2*



BROADCHURCH

The mystery deepens as the
suspects line up. *MON, 9PM, ITV*

7-DAY PRIMETIME TV LISTINGS PAGE 89

PLUS CELEB CHATS, FILMS & SOAPS





Behind the

WITH CLOSER'S TV EDITOR
HANNAH WRIGHT

MEL AND SUE:

'The best thing about working together? Hours of titting about'

Bake Off faves Mel Giedroyc and Sue Perkins return to host BBC1's *Let's Sing And Dance For Comic Relief*, where famous folk perform iconic dances for charity

This show sees celebs singing and dancing. Do you both enjoy busting some moves?

MEL, 48: I don't want to be smug, but in our youth we could cut a bit of old rug, couldn't we?

SUE, 47: I'd like to think we cut through the dance floor, but with hindsight and being older I realise people were just leaving the dance floor so they weren't associated with us. They were trying to run away...

Why did you want to host *Let's Sing And Dance For Comic Relief*?

BOTH: We love dancing!

S: We just wanted to have fun!

M: As Cyndi Lauper said, but actually we can't say "girls" any more as I'm

nearly 50 and Sue is close behind...

S: But I am the rhythm of dance; rhythm moves through me like water...

Who is the better dancer out of you both, and do you have signature moves?

M: I'm very '80s.

S: I'm more grime, and I like to pop a lot. And krump - I'm a real krumper. I can't talk about it really as when you've lived for krump like I have, when you get a bit older and you move away from it, it's hard.

Have you done karaoke together before?

M: We like singing together.

S: We used to go to a great North London Chinese restaurant. They had a fantastic karaoke machine upstairs and we'd just belt out the hits. I did *A Midnight Train To Georgia*, which probably gave most of the front row tinnitus for life. It was very intense.

M: I like Joan Jett's *I Love Rock 'n' Roll* as it's got a nice low sound. Sue actually has a good range. She hides her singing light behind the old bushel, definitely.

S: I can hold a tune - I wouldn't say more than that.

If you were to enter *Let's Sing And Dance*, what would be your performance together?

M: We've already done Elaine Paige and Barbara Dixon on *Stars In Their Eyes*, which obviously doesn't involve much dancing.

S: We sang *I Know Him So Well* - but we couldn't look at each other when we were doing it as we'd become too hysterical. As soon as I caught a whiff of Mel dressed as



Elaine, the bladder went quite significantly.

M: We got into trouble as we were laughing so much that the dress rehearsal took over an hour. It was meant to take 20 minutes, and the other acts were really annoyed with us...

Is there a celebrity you would like to see doing this new series?

M: I'd love to see Kate Bush.

S: I'd love to see Kate Bush full stop. We're both in love with her and everything she does is magnificent. I'd really like to see Mary Berry busting out a Pitbull number. I might have to ring her up and suggest it. Mary can move, she's like liquid.

M: Helen Mirren doing a Meatloaf song would be good. I'd enjoy that.

Describe your on-screen partnership?

S: Overrated [laughs].



The pair performed as Elaine Paige and Barbara Dixon on *Stars In Their Eyes*

e scenes



M: Shambolic and contractual [laughs].

What's the best and worst thing about working together?

M: The best thing is just hours and hours of titting about basically.

S: And there's no downside to that. It's just gas, gossip, merriment and then usually Mel will just get tired or wee herself.

Will you feel nervous or excited about presenting live Saturday night telly together?

M: Ruddy mayhem is what it will be. It will be such a laugh.

S: I'm hoping we will get fired out of a giant cannon!

● *Let's Sing And Dance For Comic Relief* starts Sat 4 March, 6.45pm, BBC1

Matt LeBlanc, 49, returns as Top Gear's main host – in a further revamped series where we're promised "more humour"...

Tell us about the new Top Gear, which you're fronting along with co-hosts Rory Reid and Chris Harris...?

There'll still be plenty of cars and all the technical talk, but there's also a comedy element! My background is comedy and it's fun to find a balance between that and the car porn...

Will you still be having celebrity guests on the show?

Yes – although, I can't give any names yet, and hopefully they'll be more involved throughout the whole show rather than just one segment.

We hear there's a lot more banter – a bit like when original hosts Jeremy Clarkson, James May and Richard Hammond did the show?

What people forget is, it took them a while to build up a rapport. This is the first season for the three of us, but we are starting to click now. We are having lots of fun.

Chris Evans announced he was stepping down last July, after just one series. Can you tell us what really happened with him?

I read that I forced him out, but



that's not true; I didn't have anything to do with it. He's got a lot on his plate. Whatever his reasons were, he gave the statement. It was all very clear.

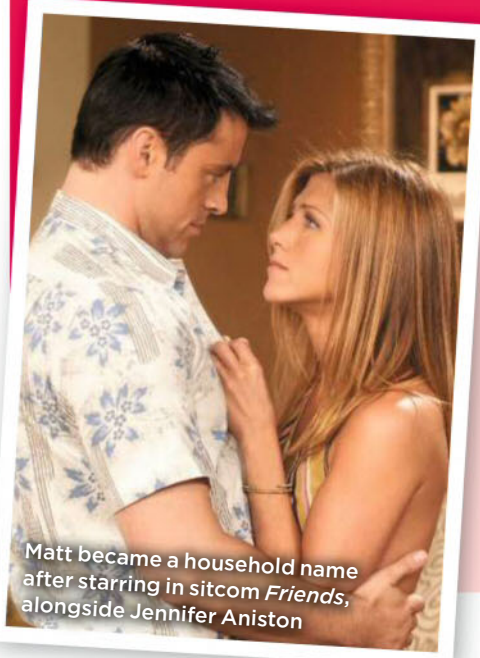
Ratings for the last series weren't great – have you thought about quitting?

No. I made a commitment to the show and I'm having a great time. It's really fun and there's a lot more drinking (this year).

Have you watched The Grand Tour [Clarkson/May/Hammond rival car show] on Amazon Prime?

I've caught some bits of it and it is what it is. It's those guys; they are great.

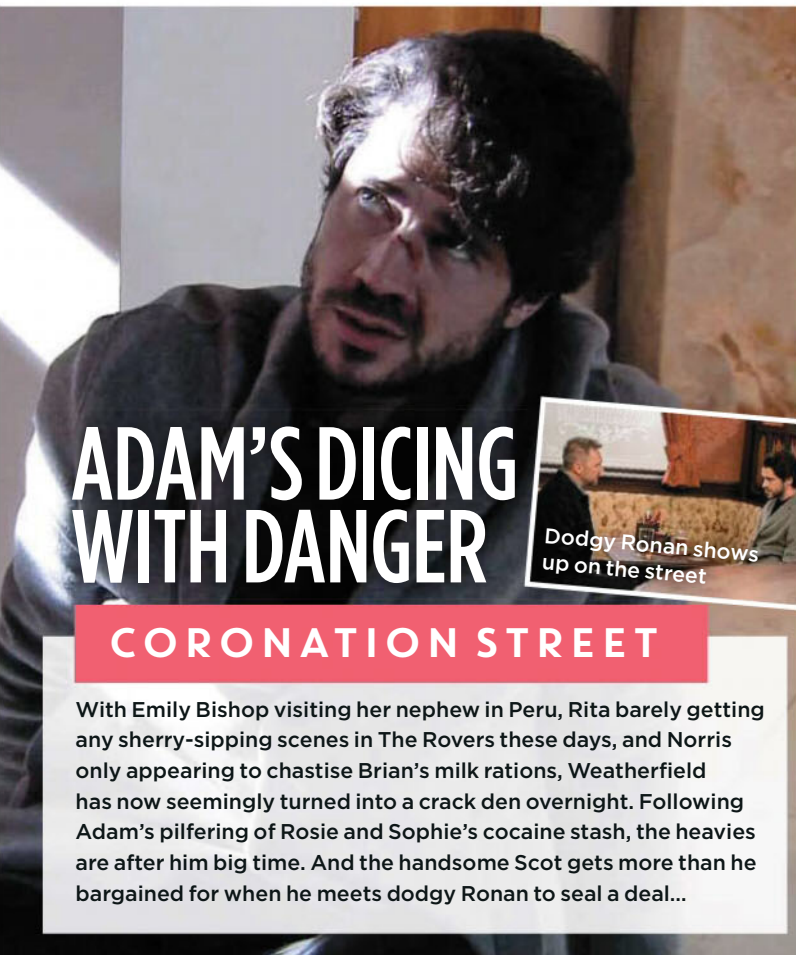
● *Top Gear* returns Sunday 5 March, 8pm, BBC1



Matt became a household name after starring in sitcom *Friends*, alongside Jennifer Aniston

MORE ON MATT:

Matt shot to fame playing the dim-witted womanising Joey Tribbiani on massive sitcom *Friends*, which ran for 10 years. When *Friends* was no more, BBC comedy *Episodes* beckoned, where he plays a fictional version of himself – winning a Golden Globe in the process. Before the bright lights of superstardom beckoned, you may also have spotted Matt in a couple of early Jon Bon Jovi and Alanis Morissette music vids. How very rock 'n' roll of him...



ADAM'S DICING WITH DANGER

Dodgy Ronan shows up on the street

CORONATION STREET

With Emily Bishop visiting her nephew in Peru, Rita barely getting any sherry-sipping scenes in *The Rovers* these days, and Norris only appearing to chastise Brian's milk rations, *Weatherfield* has now seemingly turned into a crack den overnight. Following Adam's pilfering of Rosie and Sophie's cocaine stash, the heavies are after him big time. And the handsome Scot gets more than he bargained for when he meets dodgy Ronan to seal a deal...



HOLLYOAKS

HAPPILY EVER AFTER?

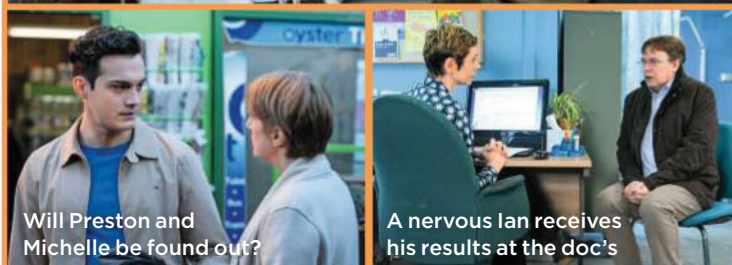
John Paul can't move for proposals at the minute, so it seems. Barely five minutes after old flame Ste got down on bended knee, JP is feeling all glum when his and Ste's divorce papers come through – but then James goes and proposes! Sadly, in Soapland, things rarely go to plan, so the whole drama turns into a sorry old mess by the end of the week, with several "OMG" moments in between. Elsewhere, Nick, Zack and Holly plan a lederhosen-wearing, German-themed student night, but Holly discovers something a bit gutting on Nick's phone...

EASTENDERS

Martin's world is turned upside-down when he's called to the school. It's all to do with those mucky Bex/Shakil photos, and Bex has something of a nightmare week, ending with Martin shunning her – and the poor girl is devastated (plus the bullies are being meanies). Elsewhere, Michelle and Preston (er, how did she pull HIM?) continue to sneak about, but walls have ears as we all know... Plus, Ian has to face up to some health news and big changes are afoot (go on a diet, old son!).



BEX HEARTBROKEN

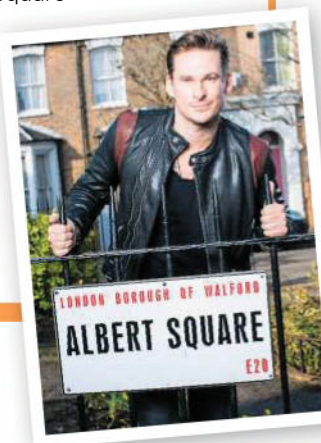


Will Preston and Michelle be found out?

A nervous Ian receives his results at the doc's

LEE RYAN HEADS TO WALFORD

EastEnders bosses have announced the exciting news that Blue singer Lee Ryan is set to join the Square playing new character "Woody" Woodward this spring. A "bad lad," Lee says: "Woody is the best role I could have wished to play. He's a brilliant character and it's clear he's been leading a full and colourful life. I know some of the cast already so I'm sure we're going to have a lot of fun." We're told Woody is going to "ruffle some feathers." We can't wait!



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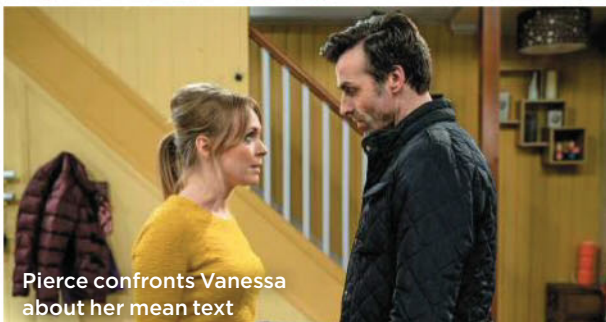
SEX TAPE SHENANIGANS (!)

Oh dear. A light-hearted strip tease after rummaging around in Laurel's underwear stock was never going to be a good idea for Rhona and the dodgy Pierce – who get fruity this week (it's *Emmerdale*, make it stop!), with Pierce recording all the action on his tablet. Fast-forward to the morning after the night before and all is well, until Vanessa (desperately trying to get Rhona to see what a rotter her man is) sends Pierce a horrid text. Pierce sees red and there's all sorts of drama surrounding the saucy footage, which falls into the wrong hands – OMG!

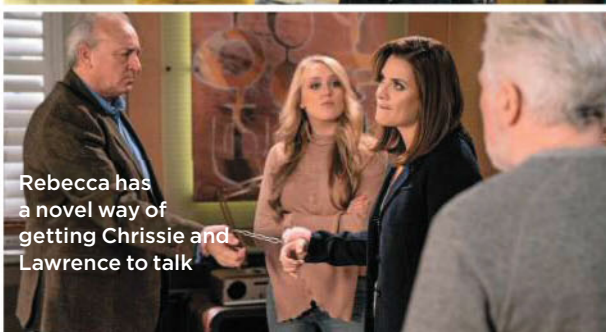
Elsewhere, Aaron's having a terrible time in prison after his cell mates spotted Robert's hand on his knee at the last visit. Battered and bruised, he can go on no more – and a slippery slope beckons when his shady cell mates offer him drugs (don't do it!). There's also Crazy Chrissie being ousted from the family home, bags packed and everything. Rebecca strangely can't bear to see the back of her sis, so takes desperate measures (handcuffing Chrissie to Lawrence) and a guilty Ronnie has to decide whether to confess about having set her up. It's all go this week!



Aaron's having a tough time behind bars



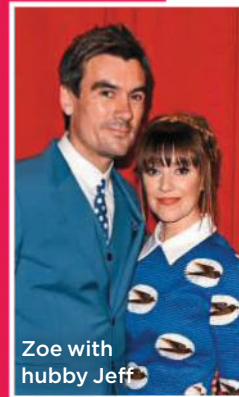
Pierce confronts Vanessa about her mean text



Rebecca has a novel way of getting Chrissie and Lawrence to talk

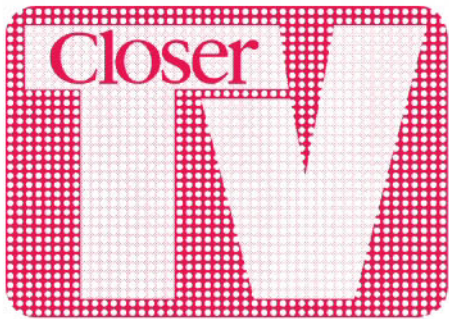
REAL LIFE RHONA

In real life, Rhona Goskirk – who made her first appearance on the soap 16 years ago – is played by actress Zoe Henry. Zoe is married to fellow Emmerdaler Jeff Hordley (who plays Cain Dingle) and they have two children together. On the soap, Rhona has given birth to baby Leo (who has Down's syndrome), married vet Paddy Kirk (Dominic Brunt), become addicted to painkillers, and was involved in the show's biggest stunt; "No Return Week" (the fall-out from a recent massive pile-up). Phew!



Zoe with hubby Jeff

PHOTOS: REX/SHUTTERSTOCK



TOP 20 tv picks

TUNE IN TO CLOSER'S PICK OF THE TOP TELLY EVERYONE'S TALKING ABOUT

FIVE GOLD RINGS

NEW
SERIES

PHIL'S NEW GAME SHOW

SUN 5 MARCH, 6.40PM, ITV

A hyper Phillip Schofield fronts this new game show where pictures appear on the interactive floor and folk have to plonk a gold ring on the spot with the right answer. It could catch on – but maybe not. Complex is the word...



1



NEW
SERIES

MUTINY

SURVIVAL CHALLENGE

MON 6/TUE 7 MARCH, 9PM, C4

In 1789, some sailors were abandoned in a tiny boat in the middle of the "unforgiving" Pacific Ocean. They almost died, but instead managed to navigate the 4,000 miles to safety. Now, 228 years later, C4 sends nine strapping blokes on that same route; in an identical boat and carrying the same rations (with no toilet...). "There should be more to life than working hard and getting smashed," says one. It's like *The Island* – at sea.

3



NEW
SERIES

DRUNK HISTORY

CELEBS GETTING SOZZLED

WED 8 MARCH, 10PM, COMEDY CENTRAL

This inspired show sees famous folk getting sloshed, then attempting to tell the story of a historical happening they are passionate about. In episode one, Chris O'Dowd and Alexander Armstrong star in a drunken *Dambusters*.

2

BENIDORM

5



FUN IN THE SUN WED 8 MARCH, 9PM, ITV

Tiger is behaving even more oddly than usual and, oh dear, it seems he had some "fun times" with Sheron's rampant mum, "Nana" Loretta... Elsewhere, Joyce is in a panic because the big boss wants her to read out a speech at a big conference – in Spanish. Plus, Kenneth goes all Alan Sugar on us, and Jacqueline is back, yay.

HOW'D YOU GET SO RICH?

LOADED PEOPLE TALK

MON 6 MARCH, 10PM, C4

Canadian comic Katherine Ryan is very amusing and, in this, she meets folk who aren't short of a bob or two. She hangs out with the likes of "Britain's Flashiest Playboy" Danny Lambo (she gets into his bed), plus the very normal couple who founded Poundland.

ALSO WATCH: Katherine Ryan on *Alan Davies: As Yet Untitled*, Tue 7 March, 10pm, Dave

NEW
SERIES

4



LET'S SING AND DANCE FOR COMIC RELIEF

NEW SERIES

MEL 'N' SUE RETURN

SAT 4 MARCH, 6.45PM, BBC1
Mel and Sue burst back on to our screens in this super-fun new series for Comic Relief, where a bunch of shy and retiring (not really) celebs sing AND dance, purely for our entertainment. On for four weeks, the comedy duo host proceedings as stars such as Sally Lindsay, Duncan James, Steph and Dom from *Gogglebox*, James and Ola Jordan, Russell Grant (doing *Chain Reaction*) and some *Holby/One Show*-types take to the stage in front of a panel of famous judges. The audience crown the eventual winner – and it's all for Red Nose Day 2017. Turn to p80 for more.



DID YOU KNOW?

Comic Relief's big event – Red Nose Day – is just around the corner, on March 24. Ed Sheeran is among the big-name celebs and comics getting involved to help transform lives in the UK and Africa.



NEW SERIES

HIDDEN RESTAURANTS WITH MICHEL ROUX JR

OFF THE BEATEN TRACK

WED 8 MARCH, 8PM, C4
Jolly decent chap Michel Roux Jr has a really great time going off the beaten track to find restaurants disguised to look nothing like the top eateries they are. There's a floating place only accessible by boat, and a tiny hidden kitchen that looks like a treehouse. We want to go to all of them!

BROADCHURCH

THE PLOT THICKENS

MON 6 MARCH, 9PM, ITV
Wow, however have we lived without *Broadchurch* for so long? Gripping and impeccably acted, episode two delves deeper into Trish's terrible rape. And there are SO many blokes acting shiftily; refusing to give DNA samples, scrubbing dirty boots and the like. Was it her ex? The man in the shop (er, that'd be Lenny Henry...)? There's such a cliffhanger ending you'll be counting down to next week...



THE REPLACEMENT

TOTALLY GRIPPING

TUE 7 MARCH, 9PM, BBC1
After last week's insane ending, Ellen is determined to prove creepy Paula (Vicky McClure) pushed her boss to her death (boo!). She becomes so fixated on this that she goes back to work and sort of forgets she has a newborn baby. As you do.



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TOP 20 tv picks



INSIDE KING'S CROSS: THE RAILWAY

BEHIND THE SCENES

MON 6 MARCH, 9PM, CHANNEL 5

Customers trapped in lifts, a proposal at platform 9¾ and cancelled trains – it's all here in this interesting four-part series, where we find out what goes on behind the scenes at London King's Cross station. We'll never moan about delays again (well...)

10



THE ONLY WAY IS ESSEX

NEW
SERIES

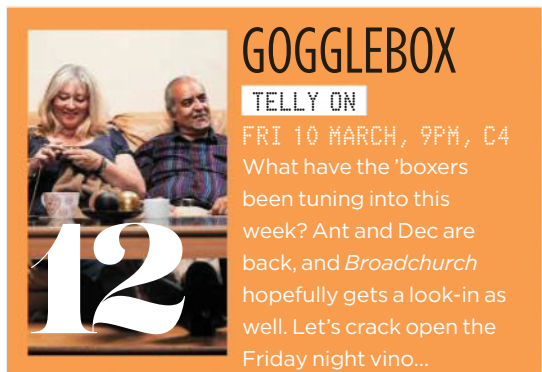
11

TO TENERIFE WE GO...

SUN 5/WED 8 MARCH, 10PM, ITVBE

So, half of the gang are in Tenerife – but then Liam starts a rumour about Megan's BFF Amber T and Dan Edgar... Back in Essex (keeping up?), Megan confronts Liam – cue Megan storming off. Yes, folks, more greatness beckons and lots of dramz, with Amber T left with some explaining to do with boyfriend Jamie, and Courtney and Chloe M all caught up in it all. Welcome back, people!

Chloe S confesses to a romance with the popular Liam, only to reveal they have since split – but Liam wants a second chance. The GC is also gearing up for her birthday bash, but ends up hospitalised instead. OMG.



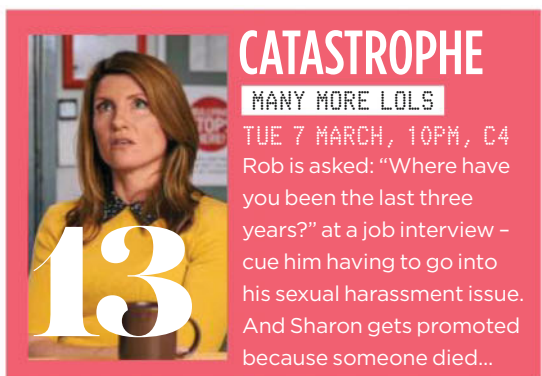
GOGGLEBOX

TELLY ON

FRI 10 MARCH, 9PM, C4

What have the 'boxers been tuning into this week? Ant and Dec are back, and *Broadchurch* hopefully gets a look-in as well. Let's crack open the Friday night vino...

12



CATASTROPHE

MANY MORE LOLs

TUE 7 MARCH, 10PM, C4

Rob is asked: "Where have you been the last three years?" at a job interview – cue him having to go into his sexual harassment issue. And Sharon gets promoted because someone died...

13

MARY BERRY EVERYDAY

ANYONE FOR SOUP?

MON 6 MARCH,
8.30PM, BBC2

"Blissful! Scrumptious! Delicious!" gushes a gilet-wearing Mary Berry, here to show us how to make a tasty soup ("pure velvet") and do something fancy with seabass. Just lovely.



14

THE NIGHTLY SHOW

JOHN BISHOP'S TURN

MON-FRI 6-10 MARCH,
10PM, ITV

It's John Bishop in the hot seat for week two of this nightly entertainment show – recorded as "live" every day. Gordon Ramsay is in the frame to host a week of this, too, with names like Jack Whitehall and Mel and Sue also being bandied about...



THE VOICE UK

KNOCKOUT ROUND

SAT 4/SUN 5 MARCH, 8.30/7.45PM, ITV

Team J-Hud sing for survival on Saturday's show, and Sir Tom performs live. On Sunday, one of his acts faces the chop – and Jennifer Hudson taking to the stage. The "Knockout" round goes on for two weeks...

15

16

TOP GEAR

WITHOUT CHRIS EVANS

SUN 5 MARCH, 8PM, BBC2

Last year, there was a massive hoo-hah when Chris Evans quit the humungously-hyped rebooted new *Top Gear* after just one series. The show was already going through a bit of a crisis following the exit of Jeremy Clarkson and co – and then Chris abandoned ship. Well, now it's back, with Matt LeBlanc as the main anchor man (plus sidekicks Chris Harris and Rory Reid). It harks back to the good old days of three blokes mucking about behind the wheel, and they might just have got it right this time... Turn to page 81 for more.

NEW
SERIES

17

DID YOU KNOW?

When Chris announced his departure from the revamped TG last July, he said: "Gave it my best shot but sometimes that's not enough. I wish the brilliant team all the best."



CALL THE MIDWIFE

ANOTHER GREAT EPISODE

SUN 5 MARCH, 8PM, BBC1

The series is almost over for another year (noooo!) but first, Phyllis is having a nightmare when she gives Sister Winifred a driving lesson – and something terrible happens. Elsewhere, we're back with the Thalidomide babies...

18

ANT & DEC'S SATURDAY NIGHT TAKEAWAY

WITH ROBBIE WILLIAMS

SAT 4 MARCH, 7PM, ITV

This is the week that Robbie Williams and his missus Adya enjoy a bit of mischief in *Get Out Of My Ear!* – and Mrs Brown herself (Brendan O'Carroll) has left her house in Dublin to be the guest announcer. Stephen Mulhern also lends a hand to the hilarity, travelling back in time to ancient Egypt, and *The Crown Jewels* is back for episode two (featuring Carol Vorderman...). Plus more prizes in cheeky giveaway *Win The Ads*, oh fun!



19

PRIME SUSPECT 1973

TENNISON SCORES

THU 9 MARCH, 9PM, ITV

Jane Tennison snogs her boss following a bonding sesh down the boozier. Possibly not the best move, but never mind that – there's a murderer on the loose! And this great '70s-set *Prime Suspect* prequel also features villains burrowing underground to rob a bank...



20



Must see movies!



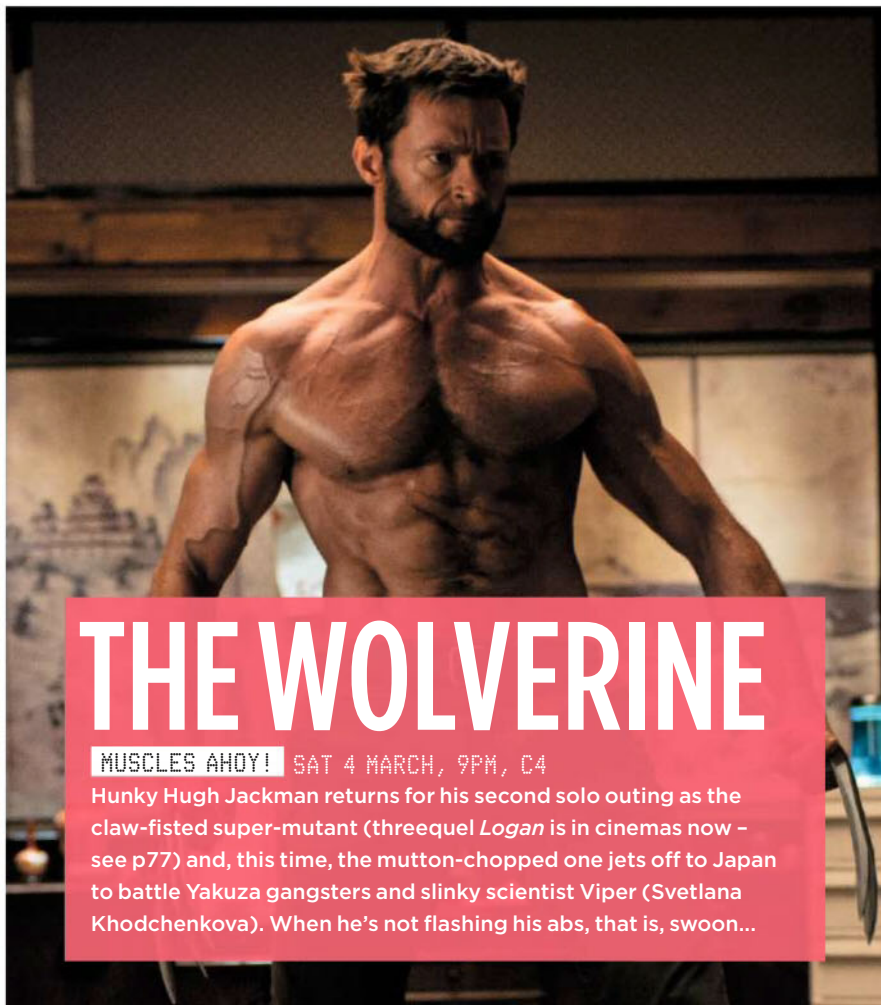
THIS WEEK'S FILMS
ON THE SMALL SCREEN

THE GREY

FAST AND FURRY-IOUS

SUN 5/FRI 10 MARCH,
10/11.05PM, E4

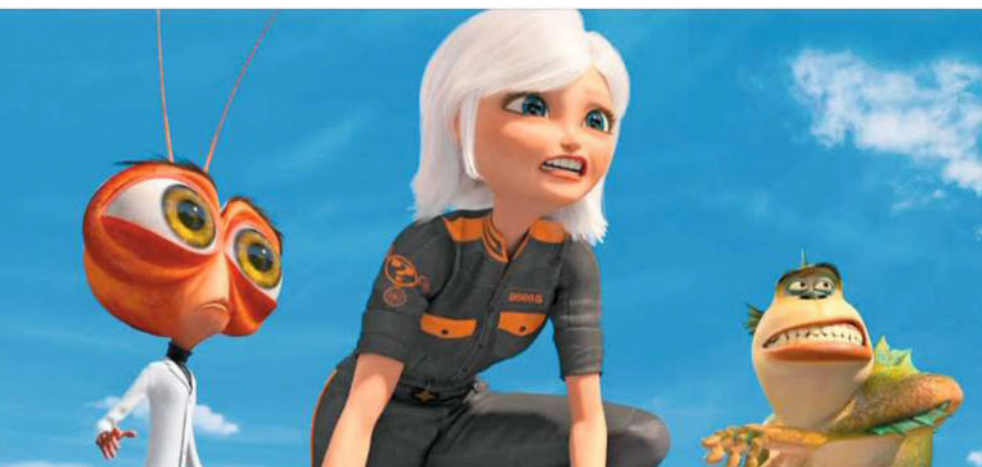
After *Taken* turned him into an unlikely action hero, Liam Neeson went survivalist in this gritty 2012 thriller – taking on wolves in the wilds of Alaska when his plane home from a job crashes. Plenty of watch-through-your-fingers moments here, including L-Dawg going fist-to-fang with an entire pack of hungry pooches, eek!



THE WOLVERINE

MUSCLES AHoy! SAT 4 MARCH, 9PM, C4

Hunky Hugh Jackman returns for his second solo outing as the claw-fisted super-mutant (threequel *Logan* is in cinemas now – see p77) and, this time, the mutton-chopped one jets off to Japan to battle Yakuza gangsters and slinky scientist Viper (Svetlana Khodchenkova). When he's not flashing his abs, that is, swoon...



MONSTERS VS ALIENS

FIGHT! FIGHT! FIGHT! SAT 4 MARCH, 2.45PM, BBC1

This ace animated tribute to classic B-horror movies sees regular gal Susan (voiced by Reese Witherspoon) transforming into the 49ft Ginormica when she's hit by a meteorite. Can she stop alien Gallaxhar from destroying the planet?



MR TURNER

THIS IS AN ART ATTACK...

SUN 5 MARCH, 9PM, FILM4
Mike Leigh's gorgeous period biopic stars a never-better Timothy Spall as Joseph Turner, the 19th-century artist who has an affair with his landlady in the wake of his father's death. Oscar-nommed in 2015, this is as captivating as any of Turner's paintings.

PRIMETIME TV LISTINGS

SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	BBC1	BBC2	ITV	C4	CHANNEL 5
6am	6am Breakfast. 10.0 Saturday Kitchen Live. 11.30 Mary Berry Everyday. 12.0 Football Focus. 1.0 BBC News. 1.15 Bargain Hunt. 2.15 My Life: The Boy On The Bicycle. * 2.45 FILM: <i>Monsters Vs Aliens</i> (2009) ★★★★★ Animated sci-fi comedy, with the voices of Reese Witherspoon and Hugh Laurie. 4.10 Final Score. 5.10 Celebrity Mastermind. 5.40 BBC News. 5.50 BBC Regional News; Weather.	6.25am FILM: North West Frontier (1959) ★★★★★ 8.30 Live Athletics: European Indoor Championships. 10.0 Ireland's Wild River: The Mighty Shannon - Natural World. 11.0 Homes Under The Hammer. 12.0 Two Greedy Italians: Still Hungry. 1.0 The Little Paris Kitchen: Cooking With Rachel Khoo. 1.30 Escape To The Country. 2.15 Mastermind. 3.15 University Challenge. 3.45 Only Connect. 4.15 Live Athletics: European Indoor Championships.	6am CITV 7.30 Scrambled! 9.25 Alphabetical. 10.20 Guess This House. 11.20 ITV News; Weather. 11.25 The Voice UK. 1.30 ITV Racing: Live From Doncaster. 4.0 You've Been Framed! 4.30 ITV News London. 4.45 ITV News; Weather. 5.0 FILM: Despicable Me 2 (2013) ★★	6.20am The King Of Queens. 6.45 The King Of Queens. 7.10 The King Of Queens. 7.35 Everybody Loves Raymond. 8.30 Frasier. 9.0 Frasier. 9.30 The Big Bang Theory. 10.0 The Big Bang Theory. 10.30 The Big Bang Theory. 10.55 The Simpsons. 11.30 The Simpsons. 12.0 Jamie And Jimmy's Friday Night Feast. 1.0 Come Dine With Me. 1.30 Come Dine With Me. 2.0 Come Dine With Me. 2.30 Come Dine With Me. 3.0 Come Dine With Me. 3.30 A Place In The Sun: Summer Sun. 4.35 Location, Location, Location. 5.35 Grand Designs.	6am Milkshake! 9.55 Teenage Mutant Ninja Turtles. 10.30 Access. 10.35 Benefits Britain: Life On The Dole. 11.35 Benefits Britain: Life On The Dole. 12.35 Benefits Britain: Life On The Dole. 1.30 Dance Moms. 2.25 Dance Moms. 3.20 Dance Moms. 4.15 The Nightmare Neighbour Next Door. 5.15 Can't Pay? We'll Take It Away.
6pm	6.0 Pointless Celebrities Stars from the world of TV comedy compete in the unorthodox quiz show. (S) (R)				
7pm	* 6.45 Let's Sing And Dance For Comic Relief New series, Mel Giedroyc and Sue Perkins present the return of the all-star talent show. (S)		* 7.0 Ant & Dec's Saturday Night Takeaway Robbie Williams and his wife Ayda Field take part in I'm A Celebrity Get Out of Me Ear. (S)		6.10 Can't Pay? We'll Take It Away Kevin Stokes and Brian O'Shaughnessy chase a £16,000 debt run up by a coach company. (S) (R)
8pm	8.0 Who Dares Wins Game show in which strangers pair up to win money. (S)	8.15 Grand Tours Of The Scottish Islands Paul Murton visits the island outposts of Shetland. (S)	* 8.30 The Voice UK The contest switches gear once again in the first live knock-out show. (S)	7.0 Escape To The Chateau A British family moves to a French chateau. (S) (R)	7.05 NCIS: Los Angeles Nell goes undercover at the Department of Defence. (S)
9pm	8.40 Casualty David prepares to send Ollie back to Rosa. (S)	8.45 Dad's Army (S) (R)		8.0 Penelope Keith At Her Majesty's Service The actress visits the Queen's residences. (S) (R)	8.0 NCIS A petty officer tries to prove he did not murder his ex-girlfriend. (S)
9.30	Mrs Brown's Boys Agnes's children suspect one of them is adopted. (S) (R)	9.15 Live At The Apollo With Adam Hills, Michelle Wolf and Jamali Maddix. (S) (R)	9.45 ITV News; Weather (S)	* 9.0 FILM: The Wolverine (2013) ★★ The former member of the X-Men travels to Japan, and protects a tycoon's granddaughter from assassins. Superhero adventure spin-off, with Hugh Jackman and Tao Okamoto. (S)	8.55 5 News Weekend (S)
10pm	10.0 BBC News (S)	10.0 Martin Scorsese: True Confessions The Academy Award-winning director discusses major themes in his body of work. (S)	10.0 Lethal Weapon Action drama, starring Clayne Crawford. (S) (R)		9.0 Football On 5: The Championship George Riley and Lynsey Hipgrave introduce highlights from the weekend's games. (S)
11pm	10.20 Match Of The Day Gary Lineker presents highlights of the latest Premier League matches. (S)	10.30 FILM: Mean Streets (1973) ★★★★★ Martin Scorsese's drama, with Robert De Niro and Harvey Keitel. (S)	10.55 FILM: First Blood (1982) ★★ A Vietnam veteran escapes unjust imprisonment and flees into the wilderness, where he fights the law on his own terms. Action thriller, with Sylvester Stallone and Brian Dennehy. (S)	11.25 FILM: Abraham Lincoln: Vampire Hunter (2012) ★★ 1.20 Ramsay's Kitchen Nightmares USA. 2.10 Hollywoods. 4.25 Building The Dream. 5.20 Fifteen To One.	10.0 Football On 5: Goal Rush (S)
	11.45 This Country. 12.10 FILM: Papadopoulos & Sons (2012) ★★ 2.0 BBC News.	12.20 Taboo. 1.20 Taboo. 2.15 FILM: Witchfinder General (1968) ★★★★★ 3.40 This Is BBC Two.	12.40 Jackpot247. 3.0 Who's Doing The Dishes? 3.50 ITV Nightscreen.		10.30 Conspiracy: Pearl Harbor Cover-Up Suggestions of a cover-up in relation to the Japanese attack in December 1941. (S)
					
	6.45pm Let's Sing And Dance, BBC1	7pm Ant & Dec's Saturday, ITV	8.30pm The Voice UK, ITV	2.45pm Monsters Vs Aliens, BBC1	9pm The Wolverine, C4

SATELLITE | DIGITAL | CABLE LISTINGS

W	ITV2	E4	ITVBe	E!
6pm My Family. 6.40 My Family. 7.20 My Family. 8.0 Inside The Ambulance. Hannah and Amy treat a teenager whose pain has left her unable to speak. 9.0 FILM: Kiss The Girls (1997) ★★ 11.15 Grimm. 12.15am Outnumbered. 12.55 Outnumbered. 1.30 Best In Town. 2.15 Almost Human. 3.0 Home Shopping.	5.45pm FILM: Kindergarten Cop (1990) ★★ Comedy, starring Arnold Schwarzenegger. 8.0 Scorpion. 9.0 FILM: American Pie 2 (2001) ★★ Comedy sequel, starring Jason Biggs. 11.10 Family Guy. 11.35 Family Guy. 12.05am Family Guy. 12.35 American Dad! 1.05 FILM: Wanted (2008) ★★ 3.0 Teleshopping.	5pm FILM: Mission: Impossible (1996) ★★★★★ 7.10 The Big Bang Theory. 8.0 The Big Bang Theory. 9.0 FILM: Red (2010) ★★ 11.10 Gogglebox. 12.15am Celebs Go Dating. 1.20 Celebs Go Dating. 2.25 Celebs Go Dating. 3.20 Marvel's Agents Of SHIELD. 4.05 Rude Tube. 4.30 Rude(ish) Tube. 4.50 Revenge.	6pm Dinner Date. 7.0 Dinner Date. 8.0 Dinner Date. Damien from Lancashire looks for love. 9.0 Celebrity Dinner Date. 10.0 The Real Housewives Of Atlanta. Porsha continues her long-distance romance with the beau she met in Miami. 11.0 Southern Charm. 11.55 Bridezillas. 12.55am Teleshopping.	6pm Hollywood & Football. 7.0 E! News. 8.0 Keeping Up With The Kardashians. 9.0 Keeping Up With The Kardashians. 10.0 Keeping Up With The Kardashians. 11.0 E! News. 12midnight The Tonight Show Starring Jimmy Fallon. 1.0 Botched. 1.30 Teleshopping. 2.30 The Tonight Show Starring Jimmy Fallon.
MTV	TLC	SKY1	SKY ATLANTIC	SKY LIVING
6pm Catfish: The TV Show. 7.0 Catfish: The TV Show. 8.0 Catfish: The TV Show. 9.0 Spring Break With Grandad. 10.0 Spring Break With Grandad. 11.0 Spring Break With Grandad. 12midnight Spring Break With Grandad. 1.0 Catfish: The TV Show. 2.30 Ridiculousness. 3.0 Teleshopping.	6pm Say Yes To The Dress: UK. 7.0 Say Yes To The Dress. 8.0 Gypsy Brides US. 9.0 Bubble Man Meets The Pope: Body Bizarre. 10.0 My 600lb Life. 11.0 My Extreme Excess Skin. 12midnight Gypsy Brides US. 1.0 Bubble Man Meets The Pope: Body Bizarre. 2.0 My 600lb Life. 3.0 Say Yes To The Dress. 4.0 Say Yes To The Dress: Atlanta.	6pm MacGyver. 7.0 FILM: Star Wars: Episode II - Attack Of The Clones (2002) ★★ 9.45 Stan Lee's Lucky Man. 10.45 NCIS: Los Angeles. 11.45 Duck Quacks Don't Echo. 12.45am A League Of Their Own: Unseen. 1.45 DC's Legends Of Tomorrow. 2.40 Police Force: Australia. 3.40 Police Force: Australia.	6pm Without A Trace. 7.0 Without A Trace. 8.0 Blue Bloods. 9.0 Game Of Thrones. 10.10 Game Of Thrones. Qhorin gives Jon a chance to prove himself. 11.20 Last Week Tonight With John Oliver. 11.55 Real Time With Bill Maher. 1.05am High Maintenance. 1.40 The Wire. 3.0 Without A Trace. 4.0 The Guest Wing. 5.0 The Guest Wing.	6pm CSI: Crime Scene Investigation. 7.0 CSI: Crime Scene Investigation. 8.0 Bones. 9.0 Grey's Anatomy. 10.0 Scandal. 11.0 Madam Secretary. 12midnight CSI: Crime Scene Investigation. 1.0 CSI: Crime Scene Investigation. 2.0 Grey's Anatomy. 3.0 Grey's Anatomy. 4.0 Customs UK. 5.0 Stop, Search, Seize.

BBC1

6am Breakfast. **7.30** Match Of The Day. **9.0** The Andrew Marr Show. **10.0** The Big Questions. **11.0** Sunday Politics. **12.15** Bargain Hunt. **1.0** BBC News. **1.15** Homes Under The Hammer. **2.15** Flog It! **3.15** Escape To The Country. **4.0** Songs Of Praise. **4.35** Shop Well For Less? **5.35** BBC News. **5.50** BBC Regional News; Weather.

6.0 **The Big Painting Challenge** The artists visit the National Portrait Gallery. (S)

7.0 **Countryfile** Tom Heap travels to Spain to get to the bottom of Britain's vegetable crisis, and Adam Henson investigates new ways to stop cattle from roaming. (S)

* **8.0** **Call The Midwife** Dr Turner helps the parents of a child without limbs. (S)

9.0 **SS-GB** Archer tracks down Spode, who confesses to murdering his brother, before going in search of the missing atomic bomb plans. (S)

10.0 **BBC News** (S) **10.20** **BBC Regional News; Weather** (S) **10.30** **Match Of The Day 2** Mark Chapman reviews the day's Premier League action. (S)

11.35 American High School. **12.20** The Apprentice USA. **1.50** BBC News.

BBC2

6.30am A To Z Of TV Gardening. **7.15** An Island Parish. **7.45** Around The World In 80 Gardens. **8.45** Countryfile. **9.45** Saturday Kitchen Best Bites. **11.15** Nigel Slater's Dish Of The Day. **11.45** Nigellissima. **12.15** MOTD2 Extra. **1.0** Triathlon. **2.30** Live Athletics: European Indoor Championships.

7.0 **Robot Wars** New series. Dara Ó Briain and Angela Scanlon present the first group heat. (S)

* **8.0** **Top Gear** New series. Chris Harris test-drives the Ferrari FXXK at the Daytona circuit in Florida. (S)

9.0 **Special Forces - Ultimate Hell Week** The final challenge involves the Australian Special Air Service Regiment. Last in the series. (S)

10.0 **FILM: London Road** (2015) ★★★★★ Premiere. Ipswich residents' real accounts of a series of murders committed in their neighbourhood are presented in song. Fact-based musical, starring Olivia Colman and Tom Hardy. (S) **11.30** **FILM: Papillon** (1973) ★★★★★ **1.55** Taboo. **2.55** Sign Zone: Question Time. **3.55** Sign Zone: Holby City. **4.50** This Is BBC Two.

ITV

6am CITV. **9.25** ITV News. **9.30** Countrywise: Guide To Britain. **10.0** Peston On Sunday. **10.55** Gino's Italian Escape: Hidden Italy. **11.25** Chopping Block. **12.25** Who's Doing The Dishes? **1.30** ITV News; Weather. **1.35** The Voice UK. **2.50** Little Big Shots. **3.50** The Chase. **4.50** Tipping Point. **5.50** ITV News London.

6.0 **ITV News; Weather** (S) **6.15** **Harry Hill's Alien Fun Capsule** (S) (R)

* **6.40** **Five Gold Rings** New series. Game show. (S)

* **7.45** **The Voice UK** The second live knockout show, which sees three of Tom Jones' acts eliminated, while the others go through to a place in the quarter final. Jennifer Hudson performs in the studio. (S) **9.0** **The Good Karma Hospital** Lydia and Ruby clash over a case involving a nun. (S)

10.0 **ITV News; Weather** (S) **10.20** **The Nightly Show Best Bits** New series. Highlights of the first week of the entertainment show. (S) **10.50** **Peston On Sunday** Political magazine. (S) (R) **11.50** Premiership Rugby Union. **12.40** Jackpot247. **3.0** Chopping Block. **3.50** ITV Nightscreen. **5.05** The Jeremy Kyle Show.

C4

6.15am The King Of Queens. **6.40** The King Of Queens. **7.05** The King Of Queens. **7.30** Everybody Loves Raymond. **7.55** Everybody Loves Raymond. **8.25** Frasier. **9.0** Frasier. **9.30** Sunday Brunch. **12.30** The Simpsons. **1.0** The Simpsons. **1.30** The Simpsons. **2.0** George Clarke's Amazing Spaces. **3.0** Location, Location, Location. **4.0** News. **4.30** **FILM: Fantastic Four** (2005) ★★

6.30 **The Jump** The remaining contestants compete for a place in the final, battling it out in the air jump and the Giant Slalom - the fastest event in the competition. Presented by Davina McCall. (S)

8.0 **Rivers With Jeremy Paxman** The presenter explores the River Severn. (S)

9.0 **Homeland** Carrie follows a lead, and Keane takes a stand. Starring Claire Danes and Rupert Friend. (S)

10.0 **Gogglebox** The households' opinions on recent TV (S) (R)

11.0 8 Out Of 10 Cats Does Countdown. **12.0** **FILM: Broken City** (2013) ★★ **2.0** The Last Leg. **2.55** Under Lock And Key. **3.50** Phil Spencer: Secret Agent. **4.45** Kirstie's Vintage Gems. **5.05** Fifteen To One.

CHANNEL 5

6am Milkshake! **9.50** Teenage Mutant Ninja Turtles. **10.25** Football On 5: The Championship. **11.20** Football On 5: Goal Rush. **11.50** **FILM: The Fifth Element** (1997) ★★★★★ **2.10** **FILM: Spies Like Us** (1985) ★★ **4.10** **Secrets Of The National Trust** With Alan Titchmarsh. **5.10** Cruising With Jane McDonald.

6.05 **Inside Windsor Castle** The recent history of the royal residence. (S) (R)

7.0 **Inside Windsor Castle** The dramatic series of events between 1936 and 1952. (S) (R)

8.0 **Nightmare Tenants, Slum Landlords** New series. A woman with rental arrears of almost £3,000. (S) **8.55** **5 News Weekend** (S)

9.0 **The Bruce Forsyth Story: From The Palladium To The Palace** New series. A look back at the entertainer's 75 years in showbiz. (S)

10.30 **An Audience With Bruce Forsyth** Songs, dance and chat with the veteran entertainer. (S) (R) **11.35** Bruce Forsyth's Comedy Heroes. **12.35** Peter Kay: The Early Years. **12.55** SuperCasino. **3.10** **Secrets Of The National Trust** With Alan Titchmarsh. **4.0** When Kids Kill: Catfish Killer. **4.50** House Doctor. **5.15** Wildlife SOS. **5.40** Angels Of Jarm. **5.50** Roary The Racing Car.



8pm Call The Midwife, BBC1



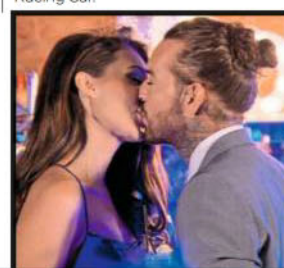
8pm Top Gear, BBC2



6.40pm Five Gold Rings, ITV



10pm The Grey, E4



10pm TOWIE, ITVBE

SATELLITE | DIGITAL | CABLE LISTINGS

W

6pm Outnumbered. **6.40** Outnumbered. **7.20** Outnumbered. **8.0** Honey I Bought The House. **9.0** John Bishop: In Conversation With Freddie Flintoff. **10.0** Jonathan Creek. **11.20** Code Black. **12.20am** Outnumbered. **1.0** Bondi Rescue. **1.30** Almost Human. **2.15** Almost Human. **3.0** Home Shopping.

MTV

6pm 16 & Pregnant. **7.0** 16 & Pregnant. **8.0** 16 & Pregnant. **9.0** Ex On The Beach. **10.0** Ridiculousness. **10.30** Ridiculousness. **11.0** Ridiculousness. **11.30** Ridiculousness. **12midnight** Ridiculousness. **12.30** Ridiculousness. **1.0** Ridiculousness. **1.30** Ridiculousness. **2.0** Ridiculousness. **2.30** Ridiculousness Rap Stars.

ITV2

5.25pm **FILM: King Kong** (2005) ★★★★★ Fantasy remake, starring Naomi Watts. **9.0** Ibiza Weekender. **10.0** Family Guy. **10.30** Family Guy. **11.0** Family Guy. **11.30** American Dad! **12midnight** American Dad! **12.30** The Cleveland Show. **12.55** The Cleveland Show. **1.25** Ibiza Weekender. **2.20** Teleshopping. **5.50** ITV2 Nightscreen.

TLC

6pm Little People, Big World. **7.0** My Four Wives. **8.0** Gypsy Brides US. **9.0** Say Yes To The Dress: UK. **10.0** Mother That Killed: Crimes Of The Century. **11.0** Hoarding: Buried Alive. **12midnight** Gypsy Brides US. **1.0** Say Yes To The Dress: UK. **2.0** Mother That Killed: Crimes Of The Century. **3.0** Cake Boss. **4.0** Toddlers & Tiars.

E4

6.05pm The Big Bang Theory. **6.35** The Big Bang Theory. **7.0** **FILM: Unstoppable** (2010) ★★★★★ **9.0** Marvel's Agents Of SHIELD. * **10.0** **FILM: The Grey** (2011) ★★★★★ Wilderness adventure. **12.15am** Celebs Go Dating. **1.20** Celebs Go Dating. **2.20** Marvel's Agents Of SHIELD. **3.05** Gap Year. **3.55** Hollyoaks.

SKY1

5.30pm Supergirl. **6.30** The Simpsons. **7.0** The Simpsons. **7.30** The Simpsons. **8.0** The Simpsons. **8.30** The Simpsons. **9.0** Hawaii Five-0. **10.0** NCIS: Los Angeles. **11.0** MacGyver. **12midnight** The Force: Essex. **1.0** Air Ambulance ER. **2.0** Arrow. **2.50** Police Force: Australia. **3.50** Police Force: Australia. **4.50** Police Force: Australia.

ITVBE

6pm Celebrity Dinner Date. **7.0** The Bachelor USA. Chris takes six women on a group date. **9.0** The Real Housewives Of Atlanta. Porsha covers an awards show. * **10.0** **The Only Way Is Essex**. New series. Liam starts a rumour about Megan's best friend. **11.0** Selling It In The ATL. **12midnight** Southern Charm. **12.55** Teleshopping.

SKY ATLANTIC

6pm Blue Bloods. **7.0** Blue Bloods. **8.0** Blue Bloods. Danny believes a serial killer is on the loose. **9.0** The Circus: Inside The Greatest Political Show On Earth. **11.0** Fortitude. **12midnight** Billions. **1.10** True Detective. **2.45** The Wire. **4.10** Networks Of Power With Sir Christopher Meyer. **5.05** Networks Of Power With Sir Christopher Meyer.

E!

6pm Revenge Body With Khloe Kardashian. **7.0** E! News. **8.0** Fashion Police: The 2017 Academy Awards. **9.0** Revenge Body With Khloe Kardashian. **10.0** Revenge Body With Khloe Kardashian. **11.0** E! News. **12midnight** Hollywood Medium With Tyler Henry. **1.0** Botched. **1.30** Teleshopping. **2.30** Revenge Body With Khloe Kardashian.

SKY LIVING

6pm The Biggest Loser USA. **7.0** America's Next Top Model. **8.0** Blindspot. The agents track a dangerous courier. **9.0** Criminal Minds. **10.0** Bones. **11.0** Elementary. **12midnight** Scandal. **1.0** Scandal. **2.0** Madam Secretary. **3.0** Customs UK. **3.30** Customs UK. **4.0** Stop, Search, Seize. **5.0** Stop, Search, Seize.

Monday 6 March

*** CLOSER PICKS**

	BBC1	BBC2	ITV	C4	CHANNEL 5
6am	6am Breakfast. 9.15 The Housing Enforcers. 10.0 Homes Under The Hammer. 11.0 Heir Hunters. 11.45 Dom On The Spot. 12.15 Bargain Hunt. 1.0 BBC News At One; Weather. 1.30 BBC Regional News; Weather. 1.45 Doctors. 2.15 The Doctor Blake Mysteries. 3.15 Escape To The Country. 3.45 Money For Nothing. 4.30 Flog It! 5.15 Pointless.	6am The World's Most Photographed. 6.30 Heir Hunters. 7.15 The Farmers' Country Showdown. 8.0 Sign Zone: The Great Interior Design Challenge. 9.0 Victoria Derbyshire. 11.0 BBC Newsroom Live. 12.0 Daily Politics. 1.0 Two Tribes. 1.30 Beat The Brain. 2.0 Building Dream Homes. 2.30 Channel Patrol. 3.15 Rivers With Griff Rhys Jones. 4.15 Madagascar. 5.15 Bargain Hunt.	6am Good Morning Britain. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV Lunchtime News. 1.55 ITV News London. 2.0 Judge Rinder. 3.0 The Home Game. 4.0 Tipping Point. 5.0 The Chase.	6am Countdown. 6.45 The King Of Queens. 7.10 The King Of Queens. 7.35 The King Of Queens. 8.0 Everybody Loves Raymond. 8.30 Everybody Loves Raymond. 9.0 Frasier. 9.35 Frasier. 10.05 Undercover Boss USA. 11.0 Ramsay's Kitchen Nightmares USA. 12.0 Channel 4 News Summary. 12.05 A New Life In The Sun. 1.05 Find It, Fix It, Flog It. 2.10 Countdown. 3.0 Fifteen To One. 4.0 A Place In The Sun: Winter Sun. 5.0 Couples Come Dine With Me.	6am Milkshake! 9.15 The Wright Stuff. 11.15 GPs: Behind Closed Doors. 12.10 5 News Lunchtime. 12.15 The Nightmare Neighbour Next Door. 1.15 Home And Away. 1.45 Neighbours. 2.15 NCIS. 3.20 FILM: Her Dark Past (2016) ★★ ★ 5.0 5 News At 5. 5.30 Neighbours.
6pm	6.0 BBC News At Six; Weather (S) 6.30 BBC Regional News; Weather (S)	6.0 Eggheads Quiz show. (S) 6.30 The Hairy Bikers' Comfort Food Nostalgic dishes that conjure up memories of childhood. (S) 7.0 Top Gear Motoring magazine, featuring test drives of the latest models. (S) (R)	6.0 ITV News London (S) 6.30 ITV Evening News (S)	6.0 The Simpsons (S) (R) 6.30 Hollyoaks Harry organises a party but it doesn't go as planned. (S)	6.0 Home And Away The Morgans rally round to help Raffy get through Decker's funeral. (S) (R) 6.30 5 News Tonight (S)
7pm	7.0 The One Show Presented by Matt Baker and Michelle Ackerley. (S) 7.30 Inside Out Regional documentary. (S)		7.0 Emmerdale Aaron is attacked. (S) 7.30 Coronation Street Tracy tells Ken that Adam has been stealing from her till. (S)	7.0 News (S)	7.0 The Cars That Made Britain Great Martin Kemp and Jon Culshaw extol the virtues of the Ford Cortina. (S) (R)
8pm	8.0 EastEnders Michelle panics after receiving a phone call from Preston's mum. (S) 8.30 Sleepless Britain - Panorama (S)	8.0 University Challenge (S) * 8.30 Mary Berry Everyday The food writer celebrates hearty and wholesome food. (S) 9.0 Meet The Lords Alf Dubs tries to push through an amendment to the Immigration Bill. (S)	8.0 The Kyle Files Tackling high-profile issues. (S) 8.30 Coronation Street Adam has a crisis of conscience. (S) * 9.0 Broadchurch Ellie and Hardy start to investigate Trish's life and talk to her ex-husband Ian. (S)	8.0 Food Unwrapped (S) (R) 8.30 Travel Man: 48 Hours In St Petersburg New series. Richard Ayoade offers offbeat advice on mini-breaks. (S) * 9.0 Mutiny New series. Nine men recreate a voyage led by William Bligh in 1789. (S)	8.0 Fatal Fog: Winter Road Rescue Officers from Thames Valley Police recall a notorious Valentine's Day pile-up. Last in the series. (S) * 9.0 Inside King's Cross: The Railway New series. Behind the scenes at the London transport hub. (S)
9pm	9.0 Crimewatch Jeremy Vine and Tina Daheley present a special edition focusing on crime on the roads. (S)		* 10.0 The Nightly Show With John Bishop Topical monologue, studio games and celebrity guests. (S) 10.30 ITV News (S)	* 10.0 How'd You Get So Rich? New series. Katherine Ryan finds out how wealthy people got their money. (S)	10.05 Britain's Biggest Cash Grab The events of the Tonbridge Securitas robbery of 2006. (S)
10pm	10.0 BBC News At Ten (S) 10.30 BBC Regional News; Weather (S) 10.45 Imagine - Alice Neel: Dr Jekyll And Mrs Hyde A profile of the American artist made by her grandson. (S) 12.05 The Graham Norton Show. 12.55 BBC News.	10.0 Cradle To Grave The thought of paying for Sharon's wedding is giving Fred sleepless nights. (S) (R) 10.30 Newsnight (S) 11.15 The Secrets Of Your Food. 12.15 Incredible Medicine: Dr Weston's Casebook. 1.15 Sign Zone: Countryfile. 2.10 Sign Zone: Imagine - She Spoke The Unspeakable. 3.10 Sign Zone: Royal Recipes. 3.55 This Is BBC Two.	11.0 ITV News London. 11.15 The Chase. 12.15 The Nightly Show With John Bishop. 12.40 Jackpot247. 3.0 The Jeremy Kyle Show. 3.50 ITV Nightscreen. 5.05 The Jeremy Kyle Show.	10.50 Tattoo Fixers A stunned Jay encounters his number one fan. (S) 11.50 Gap Year. 12.45 A Very British Hotel. 1.40 Extremely British Muslims. 2.35 Escape To The Wild. 3.30 Building The Dream. 4.25 Four In A Bed. 4.55 Jamie's Comfort Food. 5.05 Phil Spencer: Secret Agent.	11.05 FILM: GI Joe: The Rise Of Cobra (2009) ★★ ★ 1.10 SuperCasino. 3.10 GPs: Behind Closed Doors. 4.0 Witches: A Century Of Murder. 4.45 House Doctor. 5.10 Divine Designs. 5.35 Wildlife SOS.
11pm					



8.30pm Mary Berry Everyday, BBC2



9pm Broadchurch, ITV



10pm How'd You Get So Rich?, C4



9pm Mutiny, C4



8.30pm Travel Man, C4

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W	ITV2	E4	ITVBe	E!
6pm Tipping Point. 7.0 Supernanny. 8.0 Honey I Bought The House. 9.0 Booze, Bar Crawls And Bulgaria: Stacey Dooley Investigates. 10.0 EastEnders. 10.40 Absolutely Fabulous. 11.20 Nev's Indian Call Centre. 12.20am Bondi Rescue. 12.50 EastEnders. 1.30 Almost Human. 2.15 Almost Human. 3.0 Home Shopping.	6pm You've Been Framed! Gold. 7.0 You've Been Framed! Gold. 8.0 Two And A Half Men. 9.0 Family Guy. 9.30 The Great Indoors. 10.0 American Dad! 11.0 Family Guy. 11.55 American Dad! 12.25am The Cleveland Show. 1.25 The Great Indoors. 1.50 Totally Bonkers Guinness World Records. 2.20 Teleshopping.	6pm The Big Bang Theory. 7.0 Hollyoaks. 7.30 Game Of Clones. 8.0 FILM: Mirror Mirror (2012) ★★ ★ 10.0 Celebs Go Dating. 11.05 First Dates Abroad. 12.10am The Big Bang Theory. 1.10 Celebs Go Dating. 2.15 First Dates. 3.10 Naked Attraction. 4.0 Rules Of Engagement. 4.20 Rules Of Engagement. 4.45 Charmed.	6pm Dinner Date. 7.0 Buying And Selling. 8.0 The Real Housewives Of Orange County. Kelly tries to make amends with Shannon. 9.0 The Real Housewives Of Orange County. 10.0 Kendra On Top. 10.30 Kendra On Top. 11.0 The Only Way Is Essex. 12midnight Selling It In The ATL. 12.55 Teleshopping.	6pm Keeping Up With The Kardashians. 7.0 Keeping Up With The Kardashians. 8.0 Keeping Up With The Kardashians. 9.0 Revenge Body With Khloe Kardashian. 10.0 Revenge Body With Khloe Kardashian. 11.0 Celebrity Style Story. 12midnight Hollywood Medium With Tyler Henry. 1.0 Botched. 1.30 Teleshopping. 2.0 Teleshopping.
MTV	TLC	SKY1	SKY ATLANTIC	SKY LIVING
6pm Teen Mom: OG. 7.0 Snog, Marry, Avoid? 7.30 Snog, Marry, Avoid? 8.0 Teen Mom 2. 9.0 Are You The One? 10.0 Spring Break With Grandd. 11.0 Are You The One? The Aftermath. 11.30 Ex On The Beach. 12.30am Georgie Shore. 1.30 Georgie Shore. 2.30 Ridiculousness. 3.0 Teleshopping.	6pm Say Yes To The Dress: Atlanta. 7.0 Say Yes To The Dress. 8.0 Little People, Big World. 9.0 Outdaughters: Busby Quints. 10.0 Say Yes To The Dress. 11.0 Hoarding: Buried Alive. 12midnight Little People, Big World. 1.0 Outdaughters: Busby Quints. 2.0 Say Yes To The Dress. 3.0 Hoarding: Buried Alive.	6pm Futurama. 6.30 The Simpsons. 7.0 The Simpsons. 7.30 The Simpsons. 8.0 FILM: Star Wars: Episode III - Revenge Of The Sith (2005) ★★ ★★ 10.40 The Blacklist. 11.40 The Force: Manchester. 12.40am Road Wars. 1.40 Stop, Search, Seize. 2.40 Hawaii Five-O. 3.40 RSPCA Animal Rescue. 4.40 RSPCA Animal Rescue.	6pm Without A Trace. 7.0 Without A Trace. 8.0 Blue Bloods. 9.0 Alan Partridge's Scissored Isle. 10.0 Girls. 10.35 Last Week Tonight With John Oliver. A satirical look at news and pop culture. 11.10 Real Time With Bill Maher. 12.20am The Kettering Incident. 1.30 The Kettering Incident. 2.40 Girls. 3.15 Looking. 4.0 Fish Town. 5.0 Fish Town.	6pm Customs UK. 6.30 Customs UK. 7.0 CSI: Crime Scene Investigation. 8.0 Shades Of Blue. 9.0 Criminal Minds. 10.0 Madam Secretary. 11.0 Criminal Minds. 12midnight Cold Case. 1.0 Cold Case. 2.0 Road Wars. 3.0 Cold Case. 4.0 Nothing To Declare. 4.30 Nothing To Declare. 5.0 Monkey Life. 5.30 Monkey Life.

BBC1

6am Breakfast. **9.15** The Housing Enforcers. **10.0** Homes Under The Hammer. **11.0** Heir Hunters. **11.45** Dom On The Spot. **12.15** Bargain Hunt. **1.0** BBC News At One: Weather. **1.30** BBC Regional News: Weather. **1.45** Doctors. **2.15** The Doctor Blake Mysteries. **3.15** Escape To The Country. **3.45** Money For Nothing. **4.30** Flog It! **5.15** Pointless.

6pm **6.0 BBC News At Six; Weather** (S)
6.30 BBC Regional News; Weather (S)

7pm **7.0 The One Show** (S)
7.30 EastEnders Martin is called to the school over a further development with Bex. (S)

8pm **8.0 Holby City** Jasmine fights chronic fatigue while trying to impress Serena. (S)

9pm * **9.0 The Replacement** Ellen finds evidence that her boss was having an affair. (S)

10pm **10.0 BBC News At Ten** (S)
10.30 BBC Regional News; Weather (S)
10.45 Marine A: Guilty As Charged? - Panorama Examining the rare case of a British soldier convicted of a battlefield murder. (S)
11.25 The Big Painting Challenge.
12.30 BBC News.

BBC2

6am The World's Most Photographed. **6.30** Heir Hunters. **7.15** The Farmers' Country Showdown. **8.0** Sign Zone: The Big Painting Challenge. **9.0** Victoria Derbyshire. **11.0** BBC Newsroom Live. **12.0** Daily Politics. **1.0** The Super League Show. **1.45** Countryfile. **2.0** Building Dream Homes. **2.30** Channel Patrol. **3.15** Rivers With Griff Rhys Jones. **4.15** Madagascar. **5.15** Bargain Hunt.

6.0 Eggheads Quiz show. (S)
6.30 The Hairy Bikers' Comfort Food Si King and Dave Myers cook a new take on steak and chips. (S)
7.0 Antiques Road Trip classic car threatens Charles Hanson and James Braxton's Scottish journey. (S) (R)

8.0 Kate Humble - Back To The Land New series. The presenter champions the UK's most inspirational rural entrepreneurs. (S)

9.0 1066: A Year To Conquer England King Harold of England has to take on two invasion forces. (S)

10.0 Inside No 9 A man's promotion leads to an eventful karaoke session. (S)
10.30 Newsnight (S)
11.15 Imagine - Zaha Hadid: Who Dares Wins. **12.25** Special Forces - Ultimate Hell Week. **1.25** The Attack: Terror In The UK. **2.25** Sign Zone: Our Dancing Town. **3.25** Sign Zone: Further Back In Time For Dinner. **4.25** This Is BBC Two.

ITV

6am Good Morning Britain. **8.30** Lorraine. **9.25** The Jeremy Kyle Show. **10.30** This Morning. **12.30** Loose Women. **1.30** ITV Lunchtime News. **1.55** ITV News London. **2.0** Judge Rinder. **3.0** The Home Game. **4.0** Tipping Point. **5.0** The Chase.

6.0 ITV News London (S)
6.30 ITV Evening News (S)

7.0 Emmerdale Liv spots that Aaron is taking drugs. (S)
7.30 Britain's Busiest Motorway Traffic officers are called to a pile-up in bank holiday traffic. (S)

8.0 The Secret Chef A businessman hopes to amaze his wife with a show-stopping meal. (S)

9.0 Play To The Whistle With Alan Shearer, James Anderson and Jimmy Carr. (S)

* **10.0 The Nightly Show With John Bishop** The comedian continues his week as guest presenter, with another mix of guests. (S)
10.30 ITV News (S)
11.0 ITV News London. **11.15** Prime Suspect 1973. **12.15** The Nightly Show With John Bishop. **12.40** Jackpot247. **3.0** Loose Women. **3.50** ITV Nightscreen. **5.05** The Jeremy Kyle Show.

C4

6am Countdown. **6.45** The King Of Queens. **7.10** The King Of Queens. **7.35** The King Of Queens. **8.0** Everybody Loves Raymond. **8.35** Everybody Loves Raymond. **9.05** Frasier. **9.35** Frasier. **10.05** Undercover Boss USA. **11.0** Ramsay's Kitchen Nightmares USA. **12.0** Channel 4 News Summary. **12.05** A New Life In The Sun. **1.05** Find It, Fix It, Flog It. **2.10** Countdown. **3.0** Fifteen To One. **4.0** A Place In The Sun: Winter Sun. **5.0** Couples Come Dine With Me.

6.0 The Simpsons Santa's Little Helper disappears. (S) (R)
6.30 Hollyoaks Harry makes sacrifices for Ste. (S)

7.0 News (S)
7.55 The Political Slot Defra Minister George Eustice MP puts forward the Conservative Party's view on leaving the EU. (S)
8.0 The Secret Life Of The Zoo A young giraffe gives birth at Chester Zoo. (S)

* **9.0 Mutiny** The men set out to explore a tropical island where they hunt for vital food and water with the help of a remote local tribe. (S)

* **10.0 Catastrophe** Sharon returns to teaching, leaving Rob looking for a new job. (S)
10.35 This Is Us Randall struggles to accept his father's deteriorating health. (S)
11.30 Gogglebox. **12.30** Ramsay's Kitchen Nightmares USA. **1.20** KOTV Boxing Weekly. **1.50** Gillette World Sport. **2.20** Dogs: Their Secret Lives. **3.15** Building The Dream. **4.10** Phil Spencer: Secret Agent. **5.10** Fifteen To One.

CHANNEL 5

6am Milkshake! **9.15** The Wright Stuff. **11.15** GPs: Behind Closed Doors. **12.10** 5 News Lunchtime. **12.15** Nightmare Tenants, Slum Landlords. **1.15** Home And Away. **1.45** Neighbours. **2.15** NCIS: Los Angeles. **3.15** FILM: Deadly Pursuit (2015) ★★ ★★ **5.0** 5 News At 5. **5.30** Neighbours.

6.0 Home And Away Nina is reluctant to allow Justin access to Ava. (S) (R)
6.30 5 News Tonight (S)

7.0 Fatal Fog: Winter Road Rescue Officers from Thames Valley Police recall a notorious Valentine's Day pile-up. Last in the series. (S) (R)

8.0 Inside Windsor Castle A look at 20 years in the life of the Queen and her family. Last in the series. (S)

9.0 Secrets Of The National Trust With Alan Titchmarsh The presenter examines the story of Thomas Legh, owner of Lyme in Cheshire. (S)

10.0 Adolf & Eva: Love & War Drama-documentary about Eva Braun, from her teenage infatuation with Adolf Hitler to their wedding and joint suicide in a Berlin bunker, exposing the power she wielded over him. (S) (R)
12.05 The Hunt For Hitler's Millions. **1.0** SuperCasino. **3.10** Climbing The Property Ladder. **4.0** Now That's Funny! **4.45** House Doctor. **5.10** Divine Designs. **5.35** Wildlife SOS.



9pm The Replacement, BBC1



8pm Kate Humble, BBC2



10pm Catastrophe, C4



8pm Life Of The Zoo, C4



9pm Play To The Whistle, ITV

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W

6pm Tipping Point. **7.0** Supernanny. **8.0** MasterChef USA. **9.0** Grimm. A terrifying new Wesen targets a young family. **10.0** EastEnders. **10.40** Absolutely Fabulous. **11.20** Nev's Indian Call Centre. **12.20am** Bondi Rescue. **12.50** EastEnders. **1.30** Almost Human. **2.15** Almost Human. **3.0** Home Shopping.

MTV

6pm Teen Mom: OG. **7.0** Snog, Marry, Avoid? **7.30** Snog, Marry, Avoid? **8.0** Catfish: The TV Show. **9.0** Finding Carter. **10.0** Ex On The Beach. **11.0** Drunk History: Georgie Shore Special. **11.30** Spring Break With Grandad. **12.30am** Georgie Shore. **1.30** Georgie Shore. **2.30** Ridiculousness. **3.0** Teleshopping.

ITV2

6pm You've Been Framed! Gold. **7.0** You've Been Framed! Gold. **7.30** You've Been Framed! Gold. **8.0** Two And A Half Men. **8.30** Two And A Half Men. **9.0** Hell's Kitchen USA. **10.0** Plebs. **10.30** Family Guy. **11.30** American Dad! **12.30am** Two And A Half Men. **1.25** Release The Hounds: Famous & Freaked.

TLC

6pm Say Yes To The Dress: Atlanta. **7.0** Say Yes To The Dress. **8.0** Whitney: Fat Girl Dancing. **9.0** Meet The Putmans. **10.0** My Four Wives. **11.0** Hoarding: Buried Alive. **12midnight** Whitney: Fat Girl Dancing. **1.0** Meet The Putmans. **2.0** My Four Wives. **3.0** Hoarding: Buried Alive. **4.0** Say Yes To The Dress: Bridesmaids.

E4

6pm The Big Bang Theory. **7.0** Hollyoaks. **7.30** Game Of Clones. **8.0** The Goldbergs. **8.30** Black-ish. **9.0** Tattoo Fixers. **10.0** Celebs Go Dating. **11.05** Naked Attraction. **12.10am** The Big Bang Theory. **1.10** Celebs Go Dating. **2.10** First Dates. **3.05** Tattoo Fixers. **3.55** The Goldbergs. **4.20** Black-ish. **4.40** Charmed.

SKY1

6pm Futurama. **6.30** The Simpsons. **7.0** The Simpsons. **7.30** The Simpsons. **8.0** Supergirl. **9.0** The Flash. **10.0** Hawaii Five-0. **11.0** Air Ambulance ER. **12midnight** The Force: Manchester. **1.0** Road Wars. **2.0** Stop, Search, Seize. **3.0** Hawaii Five-0. **4.0** Futurama. **4.30** RSPCA Animal Rescue. **5.0** RSPCA Animal Rescue. **5.30** Futurama.

ITVBe

6pm Dinner Date. **7.0** Buying And Selling. **8.0** Celebrity Dinner Date. **9.0** The Real Housewives Of Atlanta. Porsha covers an awards show. **10.0** The Real Housewives Of Orange County. **11.0** Marriage Boot Camp: Reality Stars. **12midnight** Candidly Nicole. **12.25** The Real Housewives Of New York City. **12.55** Teleshopping.

SKY ATLANTIC

6pm Without A Trace. **7.0** Without A Trace. **8.0** Blue Bloods. An undercover officer is taken hostage. **9.0** Billions. **10.10** Crashing. **10.45** The Circus: Inside The Greatest Political Show On Earth. **12.45am** Billions. **1.55** Blue Bloods. **2.55** The Wire. **3.30** Micro Monsters With David Attenborough. **4.05** Fish Town. **5.0** Fish Town.

E!

6pm Keeping Up With The Kardashians. **7.0** E! News. **8.0** Keeping Up With The Kardashians. **9.0** Fashion Police: The 2017 Academy Awards. **10.0** Keeping Up With The Kardashians. **11.0** E! News. **12midnight** Hollywood Medium With Tyler Henry. **1.0** Botched. **1.30** Teleshopping. **2.30** Keeping Up With The Kardashians.

SKY LIVING

6pm Customs UK. **6.30** Customs UK. **7.0** CSI: Crime Scene Investigation. **8.0** Shades Of Blue. **9.0** Elementary. **10.0** The Catch. **11.0** The Catch. **12midnight** Criminal Minds. **1.0** Cold Case. **2.0** Cold Case. **3.0** Road Wars. **4.0** Nothing To Declare. **4.30** Nothing To Declare. **5.0** Monkey Life. **5.30** Monkey Life.

	BBC1	BBC2	ITV	C4	CHANNEL 5
6am	6am Breakfast. 9.15 The Housing Enforcers. 10.0 Homes Under The Hammer. 11.0 Heir Hunters. 11.45 Dom On The Spot. 12.15 Bargain Hunt. 1.0 BBC News At One; Weather. 1.30 BBC Regional News; Weather. 1.45 Doctors. 2.15 The Doctor Blake Mysteries. 3.15 Escape To The Country. 3.45 Money For Nothing. 4.30 Flog It! 5.15 Pointless.	6am The World's Most Photographed. 6.30 Heir Hunters. 7.15 Money For Nothing. 8.0 Sign Zone: Sicily: Wonder Of The Mediterranean. 9.0 Victoria Derbyshire. 11.0 BBC Newsroom Live. 11.30 The Budget. 3.30 Channel Patrol. 4.15 Madagascar. 5.15 Bargain Hunt.	6am Good Morning Britain. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.20 The Chancellor's Budget 2017: An ITV News Special. 1.55 ITV News London. 2.0 Judge Rinder. 3.0 The Home Game. 4.0 Tipping Point. 5.0 The Chase.	6am Countdown. 6.45 The King Of Queens. 7.10 The King Of Queens. 7.35 The King Of Queens. 8.0 Everybody Loves Raymond. 8.35 Everybody Loves Raymond. 9.05 Frasier. 9.35 Frasier. 10.05 Undercover Boss USA. 11.0 Ramsay's Kitchen Nightmares USA. 12.0 Channel 4 News Summary. 12.05 A New Life In The Sun. 1.05 Find It, Fix It, Flog It. 2.10 Countdown. 3.0 Fifteen To One. 4.0 A Place In The Sun: Winter Sun. 5.0 Couples Come Dine With Me.	6am Milkshake! 9.15 The Wright Stuff. 11.15 GPs: Behind Closed Doors. 12.10 5 News Lunchtime. 12.15 The Great British Benefits Handout. 1.15 Home And Away. 1.45 Neighbours. 2.20 NCIS. 3.20 FILM: Two Wrongs (2015) ★★ 5.0 5 News At 5. 5.30 Neighbours.
6pm	6.0 BBC News At Six; Weather (S) 6.30 BBC Regional News; Weather (S)	6.0 Eggheads Quiz show. (S) 6.30 The Hairy Bikers' Comfort Food Si King and Dave Myers give a traditional pudding a new look. (S)(R) 7.0 Antiques Road Trip Philip Serrell and Catherine Southon head for their first auction in Salisbury. (S)(R)	6.0 ITV News London (S) 6.30 ITV Evening News (S)	6.0 The Simpsons With the guest voice of Tom Waits. (S)(R) 6.30 Hollyoaks Jack is trying to win over Frankie but her mind is elsewhere. (S)	6.0 Home And Away Tori is kidnapped and taken to a warehouse. (S)(R) 6.30 5 News Tonight (S)
7pm	7.0 The One Show Matt Baker presents the live magazine show featuring topical reports from around the UK and big-name studio guests. (S)		7.0 Emmerdale Vanessa challenges Pierce on his controlling behaviour. (S) 7.30 Coronation Street Ken is furious with Adam for taking his car. (S)	7.0 News (S)	7.0 Killer Landslides Investigating some of the biggest land slips ever recorded. (S)(R)
8pm	8.0 Who Do You Think You Are? News presenter Sophie Raworth investigates her family history. Last in the series. (S)	8.0 The House That £100K Built A couple attempt to build an ambitious modern home in Torquay. (S)	8.0 Little Big Shots Dawn French hosts the latest episode of the variety show. (S)	* 8.0 Hidden Restaurants With Michel Roux Jr New series. The chef tours Britain in search of secret eateries. (S)	8.0 GPs: Behind Closed Doors A four-year-old boy with a cancerous tumour visits the surgery. (S)
9pm	9.0 The Real Marigold Hotel The whole group are invited to a traditional Hindu wedding ceremony. (S)	9.0 Incredible Medicine: Dr Weston's Casebook Surgeon Gabriel Weston investigates the most complex part of the body, the brain. (S)	* 9.0 Benidorm Kenneth inadvertently starts up a mini-cab business. (S)	9.0 The Royal House Of Windsor This episode reveals how Prince Philip was the Windsors' most radical moderniser. (S)	9.0 Climbing The Property Ladder Two friends buy and renovate two houses in London. (S)
10pm	10.0 BBC News At Ten (S) 10.30 BBC Regional News; Weather (S) 10.45 Peter Kay's Car Share Kayleigh is half-drunk after a party the night before. (S)(R) 11.15 A Question Of Sport. 11.45 Beti And David: Lost For Words. 12.55 BBC News.	10.0 Mock The Week With Rob Beckett, Ed Gamble, Milton Jones, Romesh Ranganathan and Tiff Stevenson. (S)(R) 10.30 Newsnight (S) 11.15 Meet The Lords. 12.15 1066: A Year To Conquer England. 1.15 Sign Zone: Trust Me, I'm A Doctor. 2.15 Sign Zone: DIY SOS: The Big Build. 3.15 This Is BBC Two.	* 10.0 The Nightly Show With John Bishop Topical monologue, studio games and celebrity guests. (S) 10.30 ITV News (S)	10.0 A Killing In My Family Meeting with families bereaved by manslaughter and murder. (S)	10.0 Can't Pay? We'll Take It Away Two agents must deal with a negligent tenant. (S)(R)
11pm			11.0 ITV News London. 11.15 UEFA Champions League Highlights. 12.15 Supernatural. 12.05am The Big Bang Theory. 1.0 Celebs Go Dating. 2.05 First Dates. 2.55 Supernatural. 3.40 Timeless. 4.25 Rules Of Engagement. 4.45 Charmed.	11.05 24 Hours In A&E. 12.10 Mutiny. 1.10 Mutiny. 2.05 FILM: The Change-Up (2011) ★★ 4.0 Phil Spencer: Secret Agent. 4.55 Jamie's Comfort Food Bites. 5.05 Fifteen To One.	11.05 Nightmare Tenants, Slum Landlords. 12.05 Benefits Britain: Life On The Dole. 1.0 SuperCasino. 3.10 Celebrity Sex Pod. 4.0 Now That's Funny! 4.45 House Doctor. 5.10 Divine Designs. 5.35 Wildlife SOS.



9pm Benidorm, ITV



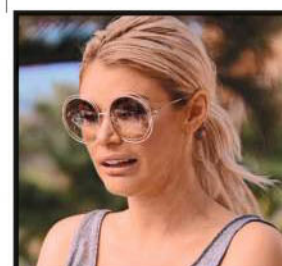
8pm Little Big Shots, ITV



8pm Hidden Restaurants, C4



10pm Drunk, Comedy Central



10pm TOWIE, ITVBE

SATELLITE | DIGITAL | CABLE LISTINGS

W	ITV2	E4	ITVBe	E!
6pm Tipping Point. 7.0 Supernanny. 8.0 MasterChef USA. 9.0 Code Black. A viral outbreak jeopardises the lives of doctors and patients alike. 10.0 Louis Theroux's LA Stories. 11.20 Absolutely Fabulous. 12midnight Nev's Indian Call Centre. 1.0 Bondi Rescue. 1.30 Almost Human. 2.15 Almost Human. 3.0 Home Shopping.	6pm You've Been Framed! Gold. 7.0 You've Been Framed! Gold. 8.0 Two And A Half Men. 9.0 FILM: Sweeney Todd: The Demon Barber Of Fleet Street (2008) ★★ ★★ 11.20 Family Guy. 12.25am American Dad! 1.20 Two And A Half Men. 1.45 Totally Bonkers Guinness World Records. 2.15 Teleshopping. 5.45 ITV2 Nightscreen.	6pm The Big Bang Theory. 7.0 Hollyoaks. 7.30 Game Of Clones. 8.0 The Big Bang Theory. 9.0 Timeless. 10.0 Celebs Go Dating. 11.05 Supernatural. 12.05am The Big Bang Theory. 1.0 Celebs Go Dating. 2.05 First Dates. 2.55 Supernatural. 3.40 Timeless. 4.25 Rules Of Engagement. 4.45 Charmed.	6pm Dinner Date. 7.0 Buying And Selling. 8.0 Dinner Date. 9.0 Ladies Of London. Caroline Stanbury takes all of the women on a trip to Scotland. * 10.0 The Only Way Is Essex. 10.50 Kendra On Top. 11.20 Kendra On Top. 11.50 The Jeremy Kyle Show USA. 12.45am Teleshopping. 5.50 ITVBe Nightscreen.	6pm Keeping Up With The Kardashians. 7.0 E! News. 8.0 Keeping Up With The Kardashians. 9.0 So Cosmo. 10.0 Keeping Up With The Kardashians. 11.0 E! News. 12midnight Hollywood Medium With Tyler Henry. 1.0 Botched. 1.30 Teleshopping. 2.0 Teleshopping. 2.30 Keeping Up With The Kardashians. 3.30 E! News.
MTV	TLC	SKY1	SKY ATLANTIC	SKY LIVING
6pm Teen Mom: OG. 7.0 Snog, Marry, Avoid? 7.30 Snog, Marry, Avoid? 8.0 Teen Mom 2. 9.0 Catfish: The TV Show. 10.0 Teen Mom 2: TM2 vs TMOG. 10.30 Ex On The Beach. 11.30 Ridiculousness. 12midnight Georgie Shore. 1.0 Georgie Shore. 2.0 Ridiculousness. 2.30 Ridiculousness. 3.0 Teleshopping.	6pm Say Yes To The Dress: Atlanta. 7.0 Say Yes To The Dress. 8.0 90 Day Fiance: Happily Ever After? 9.0 Tattoo Girls. 10.0 Gypsy Sisters. 11.0 Hoarding: Buried Alive. 12midnight 90 Day Fiance: Happily Ever After? 1.0 Tattoo Girls. 2.0 Gypsy Sisters. 3.0 Hoarding: Buried Alive. 4.0 Say Yes To The Dress: Bridesmaids.	6pm Futurama. 6.30 The Simpsons. 7.0 The Simpsons. 7.30 The Simpsons. 8.0 MacGyver. 9.0 The Blacklist. 10.0 NCIS: Los Angeles. 11.0 The Force: Manchester. 12midnight The Force: Manchester. 1.0 Road Wars. 2.0 Hawaii Five-0. 3.0 RSPCA Animal Rescue. 3.30 Police 10/7. 4.0 Animal House. 5.0 Animal House. 5.30 Futurama.	6pm Without A Trace. 7.0 Without A Trace. 8.0 Blue Bloods. Erin recruits Danny to provide security for a witness. 9.0 Blue Bloods. Frank contends with a conflicted priest. 10.0 The Kettering Incident. 11.10 The Kettering Incident. 12.25am The Wire. 1.40 Fortitude. 2.40 Veep. 3.20 Veep. 4.0 Fish Town. 5.0 Fish Town.	6pm Customs UK. 6.30 Customs UK. 7.0 CSI: Crime Scene Investigation. 8.0 Shades Of Blue. 9.0 Grey's Anatomy. 10.0 Madam Secretary. 11.0 Criminal Minds. 12midnight Cold Case. 1.0 Shades Of Blue. 2.0 CSI: Crime Scene Investigation. 3.20 Nothing To Declare. 4.10 Nothing To Declare. 5.0 Monkey Life. 5.30 Monkey Life.

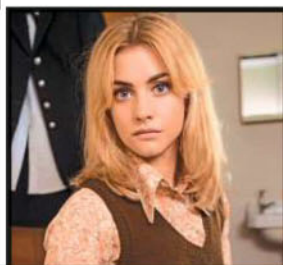
	BBC1	BBC2	ITV	C4	CHANNEL 5
6am	6am Breakfast. 9.15 The Housing Enforcers. 10.0 Homes Under The Hammer. 11.0 Heir Hunters. 11.45 Dom On The Spot. 12.15 Bargain Hunt. 1.0 BBC News At One: Weather. 1.30 BBC Regional News: Weather. 1.45 Doctors. 2.15 The Doctor Blake Mysteries. 3.15 Escape To The Country. 3.45 Money For Nothing. 4.30 Flog It! 5.15 Pointless.	6am Flog It! Trade Secrets. 6.30 Heir Hunters. 7.15 Money For Nothing. 8.0 Sign Zone: An Island Parish: Anguilla. 8.30 Sign Zone: Great British Railway Journeys. 9.0 Victoria Derbyshire. 11.0 BBC Newsroom Live. 12.0 Daily Politics. 1.0 Two Tribes. 1.30 Beat The Brain. 2.0 Building Dream Homes. 2.30 Channel Patrol. 3.15 Rivers With Griff Rhys Jones. 4.15 The Hunt. 5.15 Bargain Hunt.	6am Good Morning Britain. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV Lunchtime News. 1.55 ITV News London. 2.0 Judge Rinder. 3.0 The Home Game. 4.0 Tipping Point. 5.0 The Chase.	6am Countdown. 6.45 The King Of Queens. 7.10 The King Of Queens. 7.35 The King Of Queens. 8.0 Everybody Loves Raymond. 8.35 Everybody Loves Raymond. 9.05 Frasier. 9.35 Frasier. 10.05 Undercover Boss USA. 11.05 Ramsay's Kitchen Nightmares USA. 12.0 Channel 4 News Summary. 12.05 A New Life In The Sun. 1.05 Find It, Fix It, Flog It. 2.10 Countdown. 3.0 Fifteen To One. 4.0 Crufts 2017. 5.0 Couples Come Dine With Me.	6am Milkshake! 9.15 The Wright Stuff. 11.15 GPs: Behind Closed Doors. 12.10 5 News Lunchtime. 12.15 Nightmare Tenants, Slum Landlords. 1.15 Home And Away. 1.45 Neighbours. 2.20 NCIS. 3.15 FILM: Perfect Life, Perfect Lies (2016) ★★ 5.0 5 News At 5. 5.30 Neighbours.
6pm	6.0 BBC News At Six; Weather (S) 6.30 BBC Regional News; Weather (S)	6.0 Eggheads Quiz show. (S) 6.30 The Hairy Bikers' Comfort Food Si King and Dave Myers put a twist on a classic pudding. (S) 7.0 Antiques Road Trip Antiques experts compete to make the most money at auction. (S) (R)	6.0 ITV News London (S) 6.30 ITV Evening News (S)	6.0 The Simpsons (S) (R) 6.30 Hollyoaks Hungover Cleo is mortified when she wakes up. (S)	6.0 Home And Away Olivia and Hunter get their exam results. (S) (R) 6.30 5 News Tonight (S)
7pm	7.0 The One Show Topical stories from around the UK. (S) 7.30 EastEnders Mick receives an offer that could prevent him going to jail. (S)	8.0 The Great Pottery Throw Down The quarter-final sees the potters create four stacking Russian dolls. (S) 9.0 Brexit: Britain's Biggest Deal Laura Kuenssberg investigates the likely impact of Brexit. (S)	7.0 Emmerdale Vanessa shares her fears with Rhona. (S) 7.30 Buy Today, Pay Tomorrow? Tonight Asking whether Britain is heading for a new credit crunch. (S) 8.0 Emmerdale (S) 8.30 Harry Hill's Alien Fun Capsule Lorraine Kelly, Kathy Burke, Joe Lycett and Ainsley Harriott join in the fun. (S) * 9.0 Prime Suspect 1973 The police hunt for the driver of the car Julie-Ann Collins was last seen climbing into. (S)	7.0 News (S) 7.55 The Political Slot The Labour Party's view on social care policy. (S) 8.0 Crufts 2017 Including judging of the Terrier and Hound groups. (S) 9.0 A Very British Hotel Mandarin Oriental hosts a wedding ceremony. (S)	7.0 Nightmare Tenants, Slum Landlords Revisited Catching up with tenants and landlords from previous episodes. (S) (R) 8.0 The Nightmare Neighbour Next Door Two neighbours in Snowdonia National Park who ended up at loggerheads. (S) 9.0 The Great British Benefits Handout A Gloucester man uses the windfall to do something special for his partner. (S)
8pm	8.0 Would I Lie To You? With Bob Mortimer. (S) (R) 8.30 EastEnders Lauren tries to have some romantic time with Steven. (S)	10.0 MOTD: The Premier League Show Magazine programme featuring news and highlights. (S) 10.30 Newsnight (S)	* 10.0 The Nightly Show With John Bishop Topical monologue, studio games and celebrity guests. (S) 10.30 ITV News (S)	10.0 Extremely British Muslims Two young Muslim men accustomed to stereotyping because of the way they look. (S)	10.0 Celebrity Sex Pod Model and reality star Chloe Khan considers surgery to her vagina. (S)
9pm	9.0 Britain On The Fiddle A multiple-identity fraudster tries every trick in the book to avoid her day in court. (S)	11.15 Top Gear. 12.15 Top Gear: Extra Gear. 12.40 Sign Zone: Panorama. 1.10 Sign Zone: The Real Marigold Hotel. 2.10 Sign Zone: Royal Recipes. 2.50 This Is BBC Two.	11.0 ITV News London. 11.15 UEFA Europa League Highlights. 12.15 The Nightly Show With John Bishop. 12.40 Jackpot247. 3.0 Buy Today, Pay Tomorrow? Tonight. 3.25 ITV Nightscreen. 5.05 The Jeremy Kyle Show.	11.05 Rich Dog Poor Dog. 12.05 Britain's Weirdest Council Houses. 1.05 A Killing In My Family. 2.0 The Supervet. 2.55 Shipping Wars UK. 3.40 Four In A Bed. 4.10 Phil Spencer: Secret Agent. 5.05 Fifteen To One.	11.05 100 Per Cent Hotter. 12.0 SuperCasino. 3.10 Cruising With Jane McDonald. 4.0 Now That's Funny! 4.45 House Doctor. 5.10 Divine Designs. 5.35 Wildlife SOS.
10pm	10.0 BBC News At Ten (S) 10.30 BBC Regional News; Weather (S) 10.45 Question Time Topical debate from Sunderland. (S) 11.45 This Week. 12.35 BBC News.				
11pm					



8pm Would I Lie To You?, BBC1



8.30pm Alien Fun Capsule, ITV



9pm Prime Suspect 1973, ITV



8pm Crufts 2017, C4



10pm Celebrity Sex Pod, Channel 5

SATELLITE | DIGITAL | CABLE LISTINGS

W	ITV2	E4	ITVBe	E!
6pm Tipping Point. 7.0 Supernanny. 8.0 MasterChef USA. 9.0 John Bishop: In Conversation With James Corden. 10.0 EastEnders. 10.40 EastEnders. 11.20 Absolutely Fabulous. 12midnight Nev's Indian Call Centre. 1.0 Bondi Rescue. 1.30 Almost Human. 2.15 Almost Human. 3.0 Home Shopping.	6pm You've Been Framed! Gold. 7.0 You've Been Framed! Gold: Top 100 Holidays. 8.0 Two And A Half Men. 9.0 Release The Hounds: Famous & Freaked. 10.0 Family Guy. 10.30 Family Guy. 11.0 Family Guy. 11.30 American Dad! 12.30am Two And A Half Men. 1.30 Release The Hounds: Famous & Freaked.	6pm The Big Bang Theory. 7.0 Hollyoaks. 7.30 Game Of Clones. 8.0 The Big Bang Theory. 9.0 Gap Year. 10.0 Celebs Go Dating. 11.05 Brooklyn Nine-Nine. 11.35 Brooklyn Nine-Nine. 12.10am The Big Bang Theory. 1.05 Celebs Go Dating. 2.05 First Dates. 3.0 Gap Year. 3.50 Rules Of Engagement. 4.35 Charmed.	6pm Dinner Date. 7.0 Buying And Selling. A couple and their three daughters seek a bigger home. 8.0 Dinner Date. 9.0 Newlyweds: The First Year. Ro makes a major life decision without consulting Rob. 10.0 Ladies Of London. 11.0 The Only Way Is Essex. 11.50 The Jeremy Kyle Show USA. 12.50am Teleshopping.	6pm Keeping Up With The Kardashians. 7.0 E! News. 8.0 Keeping Up With The Kardashians. 9.0 Botched. 10.0 Keeping Up With The Kardashians. 11.0 E! News. 12midnight Hollywood Medium With Tyler Henry. 1.0 Botched. 1.30 Teleshopping. 2.30 Keeping Up With The Kardashians. 3.30 E! News.
MTV	TLC	SKY1	SKY ATLANTIC	SKY LIVING
6pm Teen Mom: OG. 7.0 Snog, Marry, Avoid? 7.30 Snog, Marry, Avoid? 8.0 Catfish: The TV Show. 9.0 MTV Asks Ed Sheeran. 9.30 Teen Mom 2: Greatest Guy Moments. 10.0 Are You The One? 11.0 Ridiculousness. 12midnight Geordie Shore. 1.0 Geordie Shore. 2.0 Ridiculousness. 3.0 Teleshopping.	6pm Say Yes To The Dress: Atlanta. 7.0 Say Yes To The Dress. 8.0 Say Yes To The Dress: UK. 8.30 Say Yes To The Dress: UK. 9.0 My 600lb Life. 10.0 My Extreme Excess Skin. 11.0 Hoarding: Buried Alive. 12midnight Say Yes To The Dress: UK. 1.0 My 600lb Life. 2.0 My Extreme Excess Skin. 3.0 Lottery Changed My Life	6pm Futurama. 6.30 The Simpsons. 7.0 The Simpsons. 7.30 The Simpsons. 8.0 Duck Quacks Don't Echo. 9.0 Arrow. 10.0 Stan Lee's Lucky Man. 11.0 A League Of Their Own: Unseen. 12midnight The Force: Manchester. 1.0 Hawaii Five-0. 2.0 Stop, Search, Seize. 3.0 Police 10/7. 4.0 Brit Cops: Frontline Crime UK. 5.0 Animal House.	6pm Without A Trace. 7.0 Without A Trace. 8.0 Blue Bloods. 9.0 Fortitude. A heart-breaking discovery changes the town forever. 10.0 Last Week Tonight With John Oliver. 10.35 High Maintenance. 11.10 Girls. 11.45 Crashing. 12.20am Fortitude. 1.20 The Wire. 2.30 Veep. 3.05 Veep. 3.40 Veep. 4.15 Fish Town. 5.10 Fish Town.	6pm Customs UK. 6.30 Customs UK. 7.0 CSI: Crime Scene Investigation. 8.0 America's Next Top Model. 9.0 CSI: Crime Scene Investigation. 11.0 Criminal Minds. 12midnight Cold Case. 1.0 Shades Of Blue. 2.0 UK Border Force. 3.0 UK Border Force. 4.0 Nothing To Declare. 4.30 Nothing To Declare. 5.0 Monkey Life.

	BBC1	BBC2	ITV	C4	CHANNEL 5
6am	6am Breakfast. 9.15 The Housing Enforcers. 10.0 Homes Under The Hammer. 11.0 Heir Hunters. 11.45 Dom On The Spot. 12.15 Bargain Hunt. 1.0 BBC News At One; Weather. 1.30 BBC Regional News; Weather. 1.45 Doctors. 2.15 The Doctor Blake Mysteries. 3.15 Escape To The Country. 3.45 Money For Nothing. 4.30 Flog It! 5.15 Pointless.	6am Flog It! Trade Secrets. 6.30 Heir Hunters. 7.15 Money For Nothing. 8.0 Sign Zone: Big Dreams Small Spaces. 9.0 Victoria Derbyshire. 11.0 BBC Newsroom Live. 12.0 Daily Politics. 1.0 Two Tribes. 1.30 Beat The Brain. 2.0 Building Dream Homes. 2.30 Channel Patrol. 3.15 Rivers With Griff Rhys Jones. 4.15 The Hunt. 5.15 Bargain Hunt.	6am Good Morning Britain. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV Lunchtime News. 1.55 ITV News London. 2.0 Judge Rinder. 3.0 The Home Game. 4.0 Tipping Point. 5.0 The Chase.	6am Countdown. 6.45 The King Of Queens. 7.10 The King Of Queens. 7.35 The King Of Queens. 8.0 Everybody Loves Raymond. 8.35 Everybody Loves Raymond. 9.05 Frasier. 9.40 Frasier. 10.05 Undercover Boss USA. 11.05 Ramsay's Kitchen Nightmares USA. 12.0 Channel 4 News Summary. 12.05 A New Life In The Sun. 1.05 Find It, Fix It, Flog It. 2.10 Countdown. 3.0 Fifteen To One. 4.0 Crufts 2017. 5.0 Couples Come Dine With Me.	6am Milkshake! 9.15 The Wright Stuff. 11.15 GPs: Behind Closed Doors. 12.10 5 News Lunchtime. 12.15 Fatal Fog: Winter Road Rescue. 1.15 Home And Away. 1.45 Neighbours. 2.20 NCIS. 3.20 FILM: 10.0 Earthquake (2014) ★★ ★★ 5.0 5 News At 5. 5.30 Neighbours.
6pm	6.0 BBC News At Six; Weather (S) 6.30 BBC Regional News; Weather (S)	6.0 Eggheads Quiz show. (S) 6.30 The Hairy Bikers' Comfort Food The duo prepare salmon pie with spinach and hollandaise. (S) 7.0 Antiques Road Trip Catherine Southon and Philip Serrell reach their final auction in Somerset. (S) (R)	6.0 ITV News London (S) 6.30 ITV Evening News (S)	6.0 The Simpsons (S) (R) 6.30 Hollyoaks Warren asks Joel a big question about Bart after piecing the dates together. (S) 7.0 News (S)	6.0 Home And Away A fire breaks out at the festival. (S) (R) 6.30 5 News Tonight (S)
7pm	7.0 The One Show The final edition of the week. (S) 7.30 Live Six Nations Rugby Union Wales v Ireland (Kick-off 8.00pm). John Inverdale presents all the action from both teams' fourth and penultimate match of the championship, held at the Principality Stadium. (S)	8.0 Gardeners' World New series. Monty Don shares his tips for pruning and planting up pots for spring colour. (S) 8.30 Only Connect (S)	7.0 Emmerdale Jai struggles with temptation. (S) 7.30 Coronation Street Tracy is stunned when an estate agent arrives at Preston's Petals. (S) 8.0 Schofield's South African Adventure Efforts to preserve the rhino population. Last in the series. (S) 8.30 Coronation Street (S)	7.30 Crufts 2017 Clare Balding presents further coverage from the NEC, Birmingham, introducing highlights from the Flyball and Agility event and judging of the Toy and Utility groups. (S) * 9.0 Gogglebox The households' opinions on recent TV. (S)	7.0 The Gadget Show New series. New series. Craig Charles and Georgie Barrat join existing presenters Jon Bentley and Ortis Deley. (S) 8.0 Naughty Toddlers Make You Laugh Out Loud Compilation of amusing clips of toddlers appearing on the internet. (S) 9.0 The Graham Norton Story Profile of the chat show host, exploring his rise to fame from humble beginnings in Ireland. (S) (R)
8pm					
9pm					
10pm	10.0 BBC News At Ten (S) 10.25 BBC Regional News; Weather (S) 10.35 FILM: Pirates Of The Caribbean: The Curse Of The Black Pearl (2003) ★★★★★ Swashbuckling fantasy adventure, starring Johnny Depp and Orlando Bloom. (S) 12.50 The Real Marigold Hotel. 1.50 BBC News.	10.0 QI The panellists consider misconceptions. (S) (R) 10.30 Newsnight (S) 11.05 Robot Wars. 12.05 FILM: The Borderlands (2013) ★★ ★★ 1.30 Sign Zone: Andrew Marr: My Brain And Me. 2.30 Sign Zone: Terry Pratchett: Back In Black. 3.20 This Is BBC Two.	 * 10.0 The Nightly Show With John Bishop Topical monologue, studio games and celebrity guests. (S) 10.30 ITV News (S) 11.0 ITV News London. 11.15 Play To The Whistle. 12.15 The Nightly Show With John Bishop. 12.40 Jackpot247. 3.0 Freeze Out. 3.50 ITV Nightscreen.	10.0 The Last Leg Comedian Harry Hill and physicist Brian Cox join the regulars. (S) 11.05 8 Out Of 10 Cats: Best Bits. 11.55 How'd You Get So Rich? 12.40 FILM: Oldboy (2013) ★★ ★★ 2.25 Catastrophe. 2.55 Time Crashers. 3.50 Shipping Wars UK. 4.30 Four In A Bed. 5.0 Kirstie's Handmade Treasures. 5.20 Fifteen To One.	10.30 When Celebs Sing Pop - Badly Memorable records by celebrities. (S) (R) 12.15 SuperCasino. 3.10 Benefits Britain: Life On The Dole. 4.0 Conspiracy: Pearl Harbor Cover-Up. 4.45 House Doctor. 5.10 Divine Designs. 5.35 Wildlife SOS.
11pm					



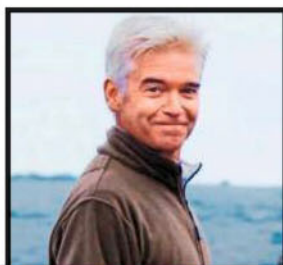
7pm Gadget Show, Channel 5



9pm Lethal Weapon, ITV



10pm The Nightly Show, ITV



8pm African Adventure, ITV



9pm Gogglebox, C4

SATELLITE | DIGITAL | CABLE LISTINGS

W	ITV2	E4	ITVBe	E!
6pm Tipping Point. 7.0 Honey I Bought The House. 8.0 Dynamo: Magician Impossible. 9.0 Criminal Minds: Beyond Borders. 10.0 FILM: Kiss The Girls (1997) ★★ ★★ Thriller, starring Morgan Freeman. 12.15am Louis Theroux's LA Stories. 1.35 Almost Human. 2.25 Betty White's Off Their Rockers. 3.0 Home Shopping.	6pm You've Been Framed! Gold. 7.0 You've Been Framed! Gold A-Z Of Animals. 8.0 Two And A Half Men. 9.0 FILM: American Pie 2 (2001) ★★ ★★ 11.0 Family Guy. 11.30 Family Guy. 11.55 American Dad! 12.30am American Dad! 12.55 Two And A Half Men. 1.25 Ibiza Weekender. 2.20 Teleshopping. 5.50 ITV2 Nightscreen.	6pm The Big Bang Theory. 7.0 Hollyoaks. 7.30 Game Of Clones. 8.0 FILM: Unstoppable (2010) ★★ ★★ 10.0 Celebs Go Dating: The Finale. * 11.05 FILM: The Grey (2011) ★★ ★★ 1.25am Tattoo Fixers. 2.25 Celebs Go Dating: The Finale. 3.20 First Dates Abroad. 4.10 Rules Of Engagement. 4.50 Charmed.	6pm Dinner Date. Tony from Leeds chooses three blind dates. 7.0 Buying And Selling. A single home for three generations of women. 8.0 Dinner Date. 9.0 The Millionaire Matchmaker. 10.0 Marriage Boot Camp: Reality Stars. 11.0 Mob Wives Chicago. 11.55 The Jeremy Kyle Show USA. 12.55am Teleshopping.	6pm Keeping Up With The Kardashians. 7.0 E! News. 8.0 Keeping Up With The Kardashians. 9.0 Revenge Body With Khloe Kardashian. 10.0 Keeping Up With The Kardashians. 11.0 E! News. 12midnight Hollywood Medium With Tyler Henry. 1.0 Botched. 1.30 Teleshopping. 2.30 Keeping Up With The Kardashians.
MTV	TLC	SKY1	SKY ATLANTIC	SKY LIVING
6pm Teen Morn: OG. 7.0 Teen Morn: OG. 8.0 Ex On The Beach. 8.30 Ex On The Beach. More Exes Wash Ashore. 9.0 Spring Break With Granddaddy. 10.0 Ridiculousness. 10.30 Jackass. 11.0 Jackass. 11.30 Jackass. 12midnight Jackass. 12.30 Jackass. 1.0 Jackass. 1.30 Jackass. 2.0 Jackass. 2.30 Jackass. 3.0 Teleshopping.	6pm Say Yes To The Dress: Atlanta. 7.0 Say Yes To The Dress: The Big Day Updated. 8.0 Say Yes To The Dress. 9.0 Say Yes To The Dress: UK. 9.30 Say Yes To The Dress: UK. 10.0 Dating Naked. 11.0 Hoarding: Buried Alive. 12midnight Say Yes To The Dress. 1.0 Say Yes To The Dress: UK. 2.0 Dating Naked. 3.0 Lottery Changed My Life.	6pm Futurama. 6.30 The Simpsons. 7.30 The Simpsons. 8.30 Modern Family. 9.0 Stan Lee's Lucky Man. 10.0 The Blacklist. 11.0 Ross Kemp On Gangs. 12midnight The Force: Essex. 1.0 Road Wars. 2.0 Stop, Search, Seize. 3.0 Police 10/7. 3.30 Brit Cops: Frontline Crime UK. 4.30 Animal House. 5.30 Futurama.	6pm Without A Trace. The team searches for a truck driver. 7.0 Without A Trace. 8.0 Blue Bloods. Danny investigates the murder of a student on a college campus. 9.0 Game Of Thrones. 10.10 Game Of Thrones. 11.20 Deadwood. 12.35am Deadwood. 1.45 The Wire. 2.55 Veep. 3.30 Veep. 4.05 Fish Town. 5.0 Storm City.	6pm UK Border Force. 7.0 CSI: Crime Scene Investigation. 8.0 The Biggest Loser USA. 9.0 Bones. 10.0 Criminal Minds. 11.0 Criminal Minds. 12midnight Cold Case. 1.0 Shades Of Blue. 2.0 UK Border Force. 3.0 UK Border Force. 4.0 Nothing To Declare. 4.30 Nothing To Declare. 5.0 Monkey Life. 5.30 Monkey Life.

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Bauer Media Magazine and Digital Awards Magazine of the Year 2012

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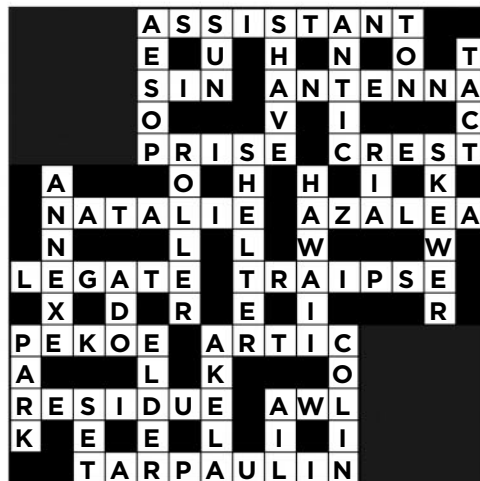
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THE BIG CROSSWORD



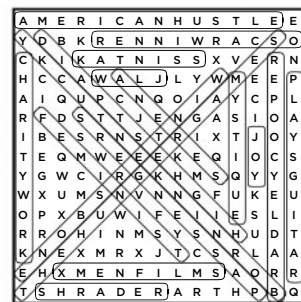
SUDOKU - EASY

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5	8	2	9	3	1	4	6	7
7	4	9	5	6	2	3	8	1
1	6	8	4	5	9	7	2	3
9	5	7	2	1	3	6	4	8
3	2	4	7	8	6	1	9	5
2	9	5	3	4	7	8	1	6
8	3	1	6	2	5	9	7	4
4	7	6	1	9	8	5	3	2

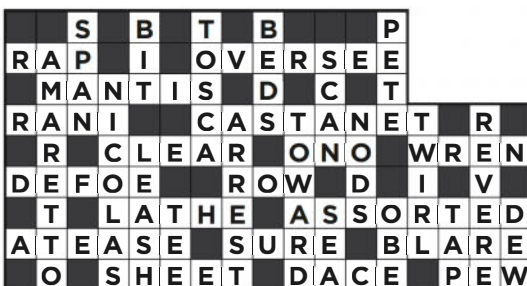
SUDOKU - MEDIUM

1	5	7	6	3	8	4	2	9
8	2	9	7	5	4	6	3	1
3	4	6	1	9	2	5	8	7
5	1	8	9	4	6	3	7	2
4	7	2	5	8	3	1	9	6
9	6	3	2	1	7	8	5	4
2	8	4	3	7	1	9	6	5
6	9	1	8	2	5	7	4	3
7	3	5	4	6	9	2	1	8

WORD SEARCH



CLUES & ARROWS



GUESS THE FILM STILL

- INCEPTION
- NOTTING HILL

NAMETHE STARS

- RIO FERDINAND
- LISA RILEY

GUESS THE CELEB

- BRITNEY SPEARS
- MARTIN KEMP

SAY WHAT?!

- MADONNA

WORD PLAY

LAUREN
SEEMA
AMPIKA
DAWN
TANYA
STACEY

WORD LINK

- FIGURE
- PRIZE
- ANKLE
- LARGE
- BASEMENT
- EYE



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1. These terms and conditions together with any specific rules displayed or referred to on the relevant page of Closer magazine in respect of a prize draw or competition ("a Prize Draw Notice") and Bauer's General Terms and Conditions (available online at <http://www.bauerlegal.co.uk/competition-terms.html>) are the prize draw rules (the "Rules") that apply to each and every prize draw and/or competition of any nature included in Closer magazine ("a Prize Draw") unless otherwise expressly stated in the Prize Draw Notice. By entering a Prize Draw, entrants agree to be bound by these Rules. 2. Each Prize Draw is organised by Closer magazine, part of Bauer Consumer Media Limited of registered address Media House, Lynchwood, Peterborough Business Park, Peterborough, PE2 6EA ("Bauer"). In the event of a discrepancy between these terms and conditions and the Prize Draw Notice, the Prize Draw Notice shall prevail. 3. Bauer reserves the right to cancel or amend a Prize Draw at any time without prior notice. 4. All Prize Draw entrants must be over 18 years of age at the date of entry and resident in the UK. Proof of age may be required before a prize-winner can claim a prize. The eligibility of any entrant is at the sole discretion of Bauer. Employees and agents of Bauer and its associated companies (including the families of such employees and agents) are not eligible to enter a Prize Draw. Only one entry per person and per household is permitted.

Additional eligibility requirements may apply to a specific Prize Draw, e.g. a valid passport, visas and/or driver's licence will be required if the Prize Draw's prize includes travel outside the United Kingdom and/or car hire. 5. Prize Draw entries must be made in accordance with the Rules and must be received by Bauer before the closing date specified in the Prize Draw Notice (the "Closing Date"). Entries made otherwise will be invalid. 6. No payment is necessary to enter a Prize Draw. Unless otherwise stated in the Prize Draw Notice, all Prize Draws are entered by sending an appropriately worded e-mail to the email address specified in the Prize Draw Notice. Any such e-mail must include a postal address to contact you at in connection with the Prize Draw and otherwise must comply with any instructions for submitting such email sent out in the Prize Draw Notice (for example, to identify which Prize Draw is being entered). Each Prize Draw must be entered by a separate email. Alternative means of entering a Prize Draw - if any - may be set out in the Prize Draw Notice and where there are alternative means of entering a Prize Draw no distinction shall be made between entries received by any means prescribed under the Rules. 7. Prize-winners will (unless specified otherwise in the Prize Draw Notice) be chosen at random by an independent judge from all qualifying entries. In all matters, the decision of the judge(s) shall be final and no

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Your stars

WITH YASMIN BOLAND

28 FEBRUARY - 6 MARCH



REBEL WILSON
2 MARCH 1980

OLIVIA PALERMO
28 FEBRUARY 1986

IF IT'S YOUR BIRTHDAY THIS WEEK

This is a big year for you – and the coming 12 months promise to be memorable. You have the New Moon eclipse in your chart, which means that you can change your life if you want. However, in order to make changes, you have to leave the past behind.

THIS WEEK'S CELEB STAR SIGN

PISCES

20 FEB - 20 MAR

You have the rare privilege of having the New Moon eclipse in your sign. That suggests the year ahead holds something very special for you – it could be that you change your life direction. Letting go of the past is the top thing to do now. To find out what this week's New Moon means for you, call 0906 7511 677*

LIBRA 24 SEP - 23 OCT

This is such an important time for you. In particular, you're starting a new cycle where your life could start to change in amazing ways. It could be to do with moving house or changing jobs. It's definitely about changing your daily routines in some marked ways. To find out what this week's New Moon means for you, call 0906 7511 677*

SCORPIO 24 OCT - 22 NOV

Life might be chaotic at the moment. That's not going to change soon, so here's what you need to do, according to your chart – explore your inner life, get spiritual, turn up the volume on your intuition. Delve into your spiritual life – you never know where your explorations will take you. To find out what this week's New Moon means for you, call 0906 7511 677*

ARIES 21 MAR - 20 APR

All that stands between you and your preferred destination is facing up to that thing that scares you – and is holding you back. Big relationship changes are possible this week as well. You have so much easily accessed potential in your chart right now – decide what you want. To find out what this week's New Moon means for you, call 0906 7511 677*

CANCER 23 JUN - 23 JUL

If you're convinced you have one book or more inside you struggling to get out, take this forecast as a sign to start or keep writing. The New Moon eclipse is lighting up the part of your chart associated with publishing, travel, study, teaching and The Great Cosmic Quest. To find out what this week's New Moon means for you, call 0906 7511 677*

SAGITTARIUS 23 NOV - 21 DEC

One of the words you could use to sum up the passage of Saturn through your sign would be "sobering." And that doesn't necessarily have anything to do with alcohol. Rather it's about you settling down more, getting stable and thinking about adult things, such as home life and your roots. To find out what this week's New Moon means for you, call 0906 7511 677*

TAURUS 21 APR - 21 MAY

The New Moon is always a good time for wishing, and when it's an eclipse too, that's doubled. And when the New Moon eclipse takes place in your Wishing Zone, it's triple. Don't waste this opportunity – clarify your dreams. Changes to your daily routines are easy to make now. To find out what this week's New Moon means for you, call 0906 7511 677*

LEO 24 JUL - 23 AUG

The New Moon eclipse is taking place in your Cash Zone. Big changes are possible right now and for you, they could well be to do with money, your salary, paying off debts or even an inheritance. The more you stand on your own two feet financially now, the better. To find out what this week's New Moon means for you, call 0906 7511 677*

CAPRICORN 22 DEC - 20 JAN

So what do you want? If you know what you want, you are way more likely to get it and far less likely to be tossed around by the erratic celestial forces. So be clear with yourself and others about how you want personal and/or professional matters to move forwards. Find out what this week's New Moon means for you – call 0906 7511 677*

GEMINI 22 MAY - 22 JUN

It's easy for Geminis to feel as if it's a do-or-die situation professionally at the moment, but your chart suggests your home life is the key to happiness for you now. Try to sort out your work/life balance – romantically, creatively and in terms of children. Big changes are possible. To find out what this week's New Moon means for you, call 0906 7511 677*

VIRGO 24 AUG - 23 SEP

One thing you should know today – the more independent you are now, the happier you'll be. That doesn't mean you have to leave your beloved or ditch all your friends. It does mean you should avoid relying on them too much. You're starting a new relationship cycle together. To find out what this week's New Moon means for you, call 0906 7511 677*

AQUARIUS 21 JAN - 19 FEB

The New Moon eclipse is in your Cash, Property and Possessions Zone. It's also in the part of your chart related to your self-esteem. To access the abundance on offer, you need to believe in yourself. It might give you courage to ask for a raise or do something different. To find out what this week's New Moon means for you, call 0906 7511 677*

CALL CLOSER'S DESTINY LINE TO HEAR
YASMIN'S WEEKLY FORECAST AND ADVICE



0906 7511 677

*Landline calls cost just 80p a minute, plus your phone company's access charge. Calling from Republic of Ireland? Call 1550 500900 (97c per minute). To report a phone-line problem, call 0800 138 9789.

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CELEBS ARE JUST LIKE US...

A FINAL FIX OF THIS WEEK'S PICS

YEAH, JESSICA, WE ALWAYS FOUND THAT STORY ABOUT A POT OF GOLD HARD TO SWALLOW...



WE LIKE OUR HANDBAGS BIG, TOO, ALEXA - PREFERABLY BIG ENOUGH TO DRIVE HOME IN!



WE LOVE THE THRILLING CONVERSATION FROM OUR OTHER HALF ON LONG JOURNEYS, TOO, HOLDS.



KERRY'S JETLAGGED AFTER A FLIGHT FROM OZ - WE LOOK LIKE THIS AFTER THE BUS RIDE TO WORK!

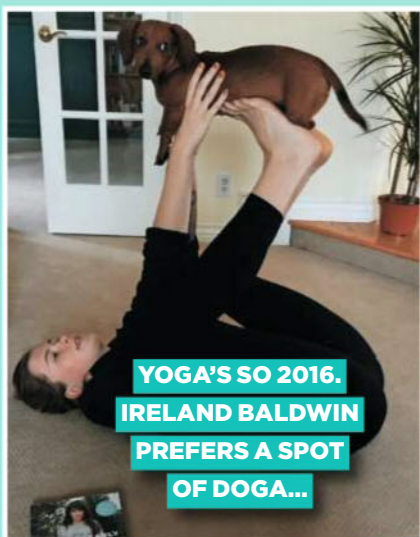


AND THIS, GRIMMY, IS WHY TAXI DRIVERS NEVER STOP FOR US AFTER A NIGHT OUT.



...EXCEPT WHEN THEY'RE WORLDS APART

YOGA'S SO 2016. IRELAND BALDWIN PREFERS A SPOT OF DOGA...



SHE'S EVA SO LUCKY TO HAVE HER OWN JET. WE'RE FIGHTING FOR A SEAT AT THIS POINT.



MARY BERRY'S GBBO REPLACEMENT IS REVEALED. WONDER IF PHIL HAS A SOGGY BOTTOM?



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PERFECTIL.COM



Nicole
Scherzinger

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which contribute to the maintenance of normal hair and nails.

*UK's No1 beauty supplement brand for skin, hair and nails. Nielsen GB ScanTrack Total Coverage Unit Sales 52 w/e 3 December 2016.



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