



REAL LIFE
MUM OF
THREE

'I feel like a virgin
— my husband
loves it!'

SPECIAL REPORT
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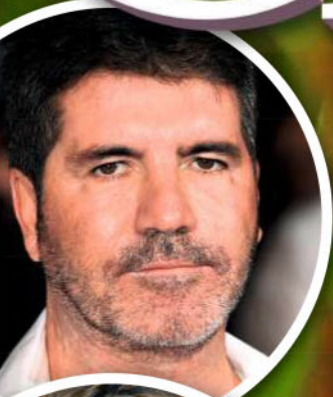
**'I wanted to be perfect
for my man'**



KIMBERLEY TELLS CHERYL:
**'Don't hide away
with the baby'**



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SEX SCANDAL BOMBSHELL

**JORDAN'S SECRET JOY
AS ILLICIT NIGHT WITH
SIMON'S EXPOSED**

plus: **HIS EX ALICIA REVEALS:**
**'Simon was like Christian
Grey in the bedroom!'**



BARING ALL AFTER BIG BROTHER



NICOLA
**'I know I
have a lot
of issues'**



JESSICA
**'Why shouldn't
I date three
men at once?'**



BIANCA
**'I'm finally
in a good
place'**

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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.

welcome

LETTER FROM THE EDITOR

End the senseless cruelty

Whenever we hear of cruelty and abuse on a massive scale, it's hard to believe we can have any influence. But that brilliant quote: "The only thing necessary for the triumph of evil is for good men to do nothing," reminds us of our collective power for good. This explains why countless online petitions are bringing about amazing changes worldwide. On page 29, we highlight a campaign against the barbaric trade in donkeys skinned alive for Chinese medicine. PLEASE read it and take a minute to help these beautiful, loyal creatures.

Lisa

LISA BURROW CLOSEREDITOR@CLOSERMAG.CO.UK



Jenny Frost is against donkey trading

Donkeys are being slaughtered to make beauty products

IT'S ALL ABOUT YOU!



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- The top fashion and beauty buys on the high street
- Tasty recipes to impress and celeb shape-up secrets
- Expert advice: Health, money and relationship problems sorted!

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NEXT ISSUE
ON SALE

14 FEB



Jordan's secret Simon Cowell

After claims she once spent an illicit night with Simon Cowell, pals reveal Jordan's quietly revelling in all the attention

You'd think there was little more that Jordan could do to shock, but fans were left opened-mouthed once again when her former fiancé, Leandro Penna, claimed she secretly spent the night with Simon Cowell – something they both deny.

In an explosive interview last week, Argentinian Leandro, 31, claimed that while they were dating during 2011-2012, Jordan – aka Katie Price – sneaked to the music mogul's London mansion “dressed like a provocative hooker” and

didn't return home until the next day. And that after reading flirty texts between them, he confronted her about it.

She denied it, which led to the breakdown of their 18-month relationship in October 2012.

Leandro said: “I was really suspicious... In the end I told her: ‘I read the texts, you lie.’ We barely spoke for the next few weeks. It's the reason I split up with her.”

LOVING THE ATTENTION

Despite denials from both parties, the rumours dominated headlines and, during auditions for *Britain's Got Talent*, David Walliams mocked Simon, 57, asking him if he'd made a ‘mistake’ with Katie Price.

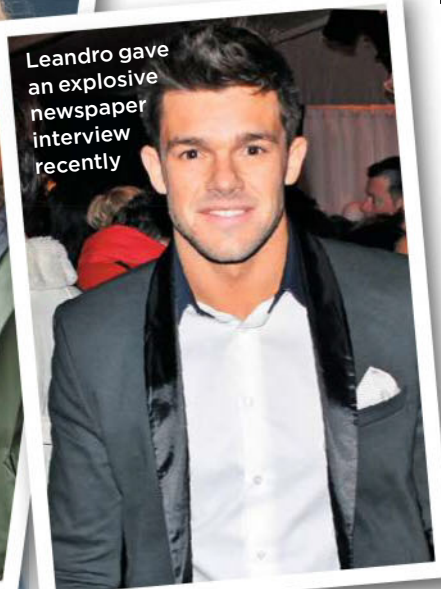
Just days later, Simon – who has son Eric, two, with partner Lauren Silverman – was drawn into the drama again. His long-term ex and close friend Sinitta commented, saying: “I'll kill her [Katie Price]. It better not have been on my watch. I'm shocked and stunned.”

But sources say that, privately, Jordan, 38, loves being at the centre of the story and being linked to such a high-profile star. An insider says: “Katie is secretly thrilled with the claims about Simon and she's loving being linked to him. She's enjoying her moment in the spotlight – she relishes being associated with a big star. She also thought the fact Sinitta commented on it was hilarious. She thinks it's just



Leandro gave an explosive newspaper interview recently

Insiders reveal Kieran is worried about what else will be revealed



ret delight over fling drama

sour grapes and is hoping she'll bump into her to wind her up."

Jordan reportedly attended Simon's 50th birthday party in 2009, and the pair have continued to sing each other's praises since. Asked about her ideal man in an interview, Jordan said: "Maybe Simon Cowell? I wouldn't mind a bit."

Then, in 2011, Simon admitted: "Do I want [Katie] as a judge on the *X Factor* panel? Yeah, that could work. Why not? I like her as a person. In fact I'd even go as far as to say she's my woman of the decade."

Jordan is no stranger to celeb

Friends say she's trying to keep Leandro on side so he doesn't spill too many secrets.

A source says: "Katie texted Leandro after he spoke out about Simon. At first, they were angry, but then she realised she had to keep him on side in case he started saying anything else and could jeopardise her next book. She doesn't mind the publicity, though. She likes to brag that no one knows half her conquests and she's going to be keeping them all for one big reveal."

While she rides out this latest drama, Jordan has also been trying to shake off rumours that

her marriage to Kieran Hayler is on the rocks.

NEW STRAINS

Late last year, she was pictured getting into

a car with *Geordie Shore* womaniser Scotty T as well as reportedly screaming that her marriage was "over" on a night out, which she adamantly denies. At the time, she also vehemently denied a romance

with Scotty T, saying he was taking her to a sunbed session.

Her four-year marriage to third husband Kieran almost collapsed in 2014 after he slept with two of her close friends, Jane Pountney and Chrissy Thomas. As *Closer* previously reported, the pair are said to be still struggling with the fallout of the affairs and have reportedly been living increasingly separate lives. And pals say the revelation over Simon has put their relationship under renewed strain.

A source says: "Once again, Kieran feels he's been made to look a fool. He feels really uncomfortable when anyone is talking about his wife's sex

life. It makes him worry about what else could come out."

Meanwhile, Jordan's war on Twitter trolls, who have mocked her disabled son Harvey, 14, was stepped up last week with the arrest of a 19-year-old from Sussex, on suspicion of harassment. Another troll, Mark Williams, 30, was sacked from his job in Stockton-on-Tees two weeks ago, after being exposed for sending vile jibes about Harvey to Jordan. He later issued a grovelling apology to the star.

By Lily Smith

It's claimed Jordan spent the night with Simon at his London mansion

KATIE'S SECRET NIGHT WITH COWELL



'Kieran feels he's been made to look a fool'

flings, having been linked to singers Gareth Gates and Dane Bowers and footballer Teddy Sheringham, and has often used her autobiographies to expose details about her steamy liaisons.

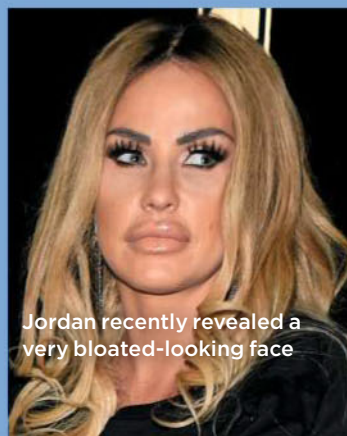
SURGEON WARNS:

'Jordan's in danger of turning into Catwoman'

She's made no secret of her love for cosmetic procedures, but plastic surgeon Mark Ho-Asjoe, who's worked with celebrities including Chantelle Houghton, says Jordan is at risk of going too far.

Mark says: "Jordan is in danger of turning into Catwoman. She's bloated herself with so much filler in her cheeks

and lips that she's becoming freakish-looking. It also looks like she's had an eye procedure where the tissues at either corner of the eye are tightened, creating an upward slant and a more taut support under the eyelid, making her look more cat-like. If she carries on as she is, she could end up looking like 'Catwoman' Jocelyn Wildenstein."



Jordan recently revealed a very bloated-looking face



Jocelyn Wildenstein - dubbed 'Catwoman' - is known for her extreme surgery

TURN FOR MORE →

➔ **ALICIA:**

‘Simon was just like Christian Grey in the bedroom!’



Jamie Dornan – here on set – plays *Fifty Shades’* Christian Grey in the film series

Alicia Douvall tells *Closer* all about her steamy six-month affair with Simon Cowell – and reveals Jordan’s just his type

After Leandro Penna claimed his ex, Jordan, enjoyed a fling with music mogul Simon Cowell, another alleged former lover, Alicia Douvall, says she wouldn’t be surprised if the pair had hooked up – and praises his skills in the bedroom.

The former glamour model, 37, met Simon at a hotel bar in London’s Knightsbridge area in 2001 when he was working as a music producer for Universal – before he became a household phenomenon on *The X Factor*.

Alicia tells *Closer*: “I was having a drink at the Mandarin Oriental with a girlfriend.

Simon, who was staying in the penthouse suite while he was making renovations to his house, came over and started chatting to us. It was like a scene from *Pretty Woman*.

“He’s really talkative, flattering and knows how to get inside a woman’s head. He knows what he’s doing. He recognised me as a glamour model and we chatted all night – he was clearly interested.”

ALL-NIGHT ROMPS

But Alicia says it wasn’t until the third or fourth date that they consummated their romance.

“We ended up doing it 11 times in one night!” laughs

Alicia. “We started having sex and went on through the night. We slept a little bit in between but only for a few minutes.

“He would analyse my performance just like a judge on a TV show and say how there could be an improvement next time.”

ATTENTIVE LOVER

She adds: “He was just like *Fifty Shades* Lothario Christian Grey! He was sensitive but domineering.”

And Alicia says Simon, 57 – who now has two-year-old son Eric with his girlfriend Lauren Silverman, 39 – even shares traits with the infamous sex addict from *Fifty Shades*.

“He was really OCD like Christian,” says Alicia. “His wardrobe was immaculate with lots of the same items lined up. And he smelt so good, he always wore the same aftershave.”

After dating for six months, Alicia says their relationship came to an end when Simon invited her to a showbiz party and then didn’t take her.

She reveals: “I thought Simon was embarrassed to be seen with me because I’d been a glamour model – he woke up to a nasty surprise when I did a kiss and tell on him in the papers a few years later! He’s forgiven me now and we’ve spoken since. We’ve moved on and he’s happy with his family.”

Although Alicia thinks Simon is a changed man, she says she wouldn’t be surprised if he had enjoyed a secret night of passion with Jordan in the past.

She says: “Simon has a type – he likes super-slim women with gigantic boobs and a big personality, so Jordan sounds right up his street!”

By Katie Banks

SIMON’S SHOWBIZ DATING HISTORY



PAULA HAMILTON, 1977
The model grew up with Cowell and described him as “funny and rebellious.”



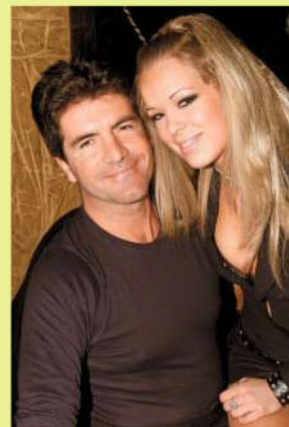
JACKIE ST CLAIR, LATE '70s
After dating in the late '70s, Simon and the model are still friends.




LOUISE PAYNE, 1995–1998
Simon and Page 3 model Louise were briefly engaged in the mid '90s.



SINITTA, 1984
Singer Sinitta dated Simon on and off for 20 years. The pair remain famously close.



GEORGINA LAW, 2000
Simon met Page 3 girl and lap dancer Georgina at the Spearmint Rhino Club.

CLOSER
EXCLUSIVE!


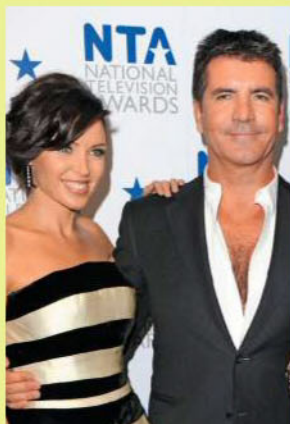
Alicia says Simon
loves super-slim
women with
gigantic boobs



'We'd ended up doing it
11 times in one night!'



TERRI SEYMOUR 2001-2008 Presenter Terri says the pair "still speak every day" despite their split.



DANNII MINOGUE, 2007 The duo had a brief fling when Aussie singer Dannii first joined *The X Factor*.



MEZHGAN HUSSAINY, 2009-2011 Simon and the make-up artist were briefly engaged in 2010.



FRANCESCA NEILL, 2012 He was linked to the *BGT* make-up artist, who he said left him "tongue-tied."



LAUREN SILVERMAN, 2013 Simon and American socialite Lauren welcomed their son Eric in 2014.

POSH'S FURY OVER MARRIAGE BACKLASH

- Posh left angry over hurtful divorce rumours
- David admits: "Of course you make mistakes"
- Pals say: "She's sick of having to prove their love"

Their 18-year marriage has been subject to its fair share of drama over the years and it was thrown back into the spotlight last week when David Beckham opened up about the "tough times" he's been through with wife Victoria.

Now insiders say mum-of-four Posh, 42, has been left angry by fresh speculation over the state of her marriage. It was sparked after David, 41, revealed how they recently renewed their wedding vows in a private ceremony at home.

The revelation created an online backlash – with some doubters accusing the couple of simply staying together to make more money, while others suggested the marriage was in big trouble.

One online comment read: "If you haven't broken them, then no need to renew your vows."

The debate raged on, with others saying: "No Dave, you've confused renewing vows to extending the credit agreement on her fashion business debt..." And: "Well that's the final nail in the coffin... divorce within a year."

TOUGH TIMES

During the interview to mark the 75th anniversary of Radio 4's *Desert Island Discs*, David hinted at past regrets, revealing: "Of course you make mistakes and we all know that marriage is difficult at times. It is about working through it. We have come up against tough times."

A source says:

"Victoria was angry when she saw the reaction to David's interview, which she thought would silence the rumour-mill and show their solidarity to one another. Instead, it seemed to backfire and make people question their relationship again."

"David wanted to be honest and show how they were like any normal couple who have ups and downs, but it led

to so much negativity and more accusations of their marriage being fake, which left Victoria hurt."

"David tried to comfort her and assure her there would always be haters who would criticise, but Victoria is fed up with the constant digs. However she knows how much she and David love each other and refuses to let people bring them down."

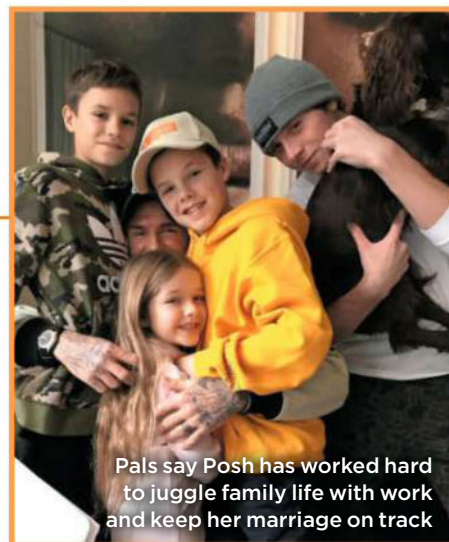
Over the past two decades, the

'She's fed up with the constant digs'

couple – parents to Brooklyn, 17, Romeo, 14, Cruz, 11, and five-year-old Harper – have been forced to fight off split rumours.

David and Posh, who are worth a combined fortune of around £500million, were rocked by accusations made by former PA Rebecca Loos – who he was accused of having a four-month fling with in 2004. David denied the allegations, saying they were "ludicrous." Despite the scandal, though, they stayed together.

Most recently, in the wake of Cruz's music career launch,



Pals say Posh has worked hard to juggle family life with work and keep her marriage on track

the pair have been accused of keeping their marriage alive for the sake of "Brand Beckham" – something David strongly denied in his interview, saying "We stay together because we love each other."

TRYING TO MOVE ON

A source adds: "Victoria has worked hard to keep her marriage on track while juggling family life and a business, so to have it constantly called into question is tough."

"She feels their vow renewal has been taken out of context and twisted. She and David have to contend with constant scrutiny as well as spending long periods of time apart due to their hectic work schedules. It's not been easy, but she's proud of what they have achieved."

"She's sick of feeling she has to prove their love and has told David she just wants to move on from this and put the negativity behind them."

By Daisy McLure



Rebecca Loos claimed she had an affair with David in 2004



Posh and I sorted our rows with vows

REBECCA: NO REGRET OVER BECKS 'AFFAIR'

Yes, I made mistakes, confesses Beckham

Becks marriage is still strong despite 'mistakes'

POSH'S PUSH TO BOOST BRAND BECKHAM

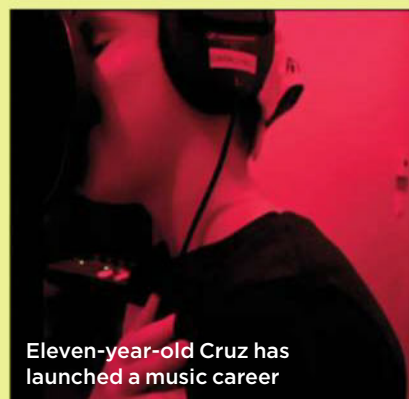
They faced criticism last year for allowing their children to pursue careers in modelling and music – but sources say Posh and David are planning to make their brood even bigger stars in 2017. Sources say Cruz, 11 – who released his first single in December – will launch a solo album, while brother Romeo, 14, who has modelled for Burberry, is rumoured to be signing another contract with a high fashion label.

A source reveals: “Victoria and David want to ensure their empire continues to grow. The children seem to be passionate about going into the entertainment and fashion industries and they really want to support them.

“Victoria has also got David and the children involved in a secret project she’s hinted will propel Harper into the limelight, too. They’ve faced criticism over the kids’ careers but they won’t let it affect them – Victoria says it just drives them to work even harder.”



Romeo, 14, has modelled for Burberry



Eleven-year-old Cruz has launched a music career



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COLEEN'S STRUGGLE AMID CHINA RUMOURS

As Wayne Rooney is offered a staggering £32m to move to a Chinese club, wife Coleen is torn over whether to relocate

Rumours of Wayne Rooney being snapped up by a foreign football team have been swirling for months, but last week reports surfaced that Chinese club Beijing Guoan have offered a staggering £32 million a year contract for him to leave Manchester United and move to the Far East.

But pals say the huge offer has created a quandry for Wayne's family as wife Coleen, 30, is torn and confused over what's best for their three sons, Kai, seven, Klay, three, and Kit, one.

A source says: "Coleen has previously said no way to moving abroad, but Wayne is desperate to keep his career going at a top level. Her friends think the prospect of moving to China will really knock her for six – she's unsure how she'd cope so far from her close-knit family, uprooting the boys and going to a strange new place.



Coleen wants to do what's best for their three sons

"She knows it's an amazing offer for Wayne, but feels it's her responsibility to make sure they do what's best for the boys and needs more time to think.

"Understandably, she's nervous about how different their life would be – an unfamiliar language, no support from family or friends and loneliness."

NEW FRICTION

The news follows a turbulent year for the couple. Wayne has made headlines regarding dwindling play for Manchester United, his impending retirement and, last November, there were reports he'd gatecrashed a wedding and gone on a boozy bender. To add to their troubles, former prostitute Jenny Thompson, 27

– who has alleged she'd slept with Wayne multiple times in 2010 – is set to appear on reality show *Ex On The Beach*.

And friends say that while the possibility of uprooting the family from their £5m Cheshire mansion to China could cause friction, Coleen is trying to be as understanding as possible.

A source says: "Coleen is trying her best to see Wayne's side. She knows the money is incredible, but she insists it's not just about that. She'd rather he never earned another penny than have to move – she feels China is just too far."

In October last year, reports emerged that Wayne, 31, was likely to follow in the footsteps of fellow England stars Frank

Lampard and Steven Gerrard and make the move to the MLS soccer league in America. But whether it's the US or China, pals say Coleen can only see two options if Wayne were to move abroad and she's torn.

A HUGE DECISION

A source says: "Coleen has been trying to come up with the best solutions for her family. The first option is that Wayne makes the move on his own until he settles and then she'd move out after the school year with the boys.

"The second option is that Wayne moves solo and they deal with the distance and fly out regularly with the boys, every two months. Either way, it's not ideal."

By Lily Smith



Friends say the star is nervous about this huge life decision

FROM CHESHIRE TO CHINA...



Coleen, Wayne and the boys currently live in a close-knit community in Prestbury, Cheshire.



They're debating a move to China's highly populated capital Beijing, 5,000 miles away.

KIMBERLEY TELLS CH

‘Don’t hide the baby’

As Cheryl’s due date approaches, her best pal Kimberley is urging the star to build a support network she can lean on

She’s rumoured to be nearing the end of her pregnancy, and now insiders say Cheryl’s best pal and mum-of-two Kimberley Walsh wants to make her introduction to motherhood as smooth as possible.

While Cheryl, 33, has remained tight-lipped during her pregnancy, Kimberley, 35, openly showed off her delight at the arrival of her second son, Cole, in a series of pictures and videos on social media.

And pals say that Kimberley – who’s also mum to Bobby, two, with her husband Justin Scott, 34 – has warned her friend not to isolate herself once the baby comes.

A source says: “Kimberley’s watched Cheryl hibernate during her pregnancy. She doesn’t want her to become lonely when the baby’s born and has stressed the importance of having a support network.”

“While she understands Cheryl has wanted to keep out of the spotlight for the past few months due to various personal reasons, Kimberley’s warned her how tough the first few months can be. She’s told her she needs to

ensure she gets out of the house daily and to socialise. Cheryl’s taken her advice on board and has promised she’ll work on creating a circle of mum pals.”

FEELING ISOLATED

Insiders reveal Cheryl – who’s moved from her Hertfordshire home into boyfriend Liam Payne’s £5.1m Surrey mansion, which they’ve reportedly had baby-proofed – has been struggling over recent weeks as the 1D star, 23, spends weeks at a time in LA recording his solo album.

Closer recently reported how Cheryl, who went public with her romance with Liam a year ago, was upset over reports that she and Liam have been living separate lives.

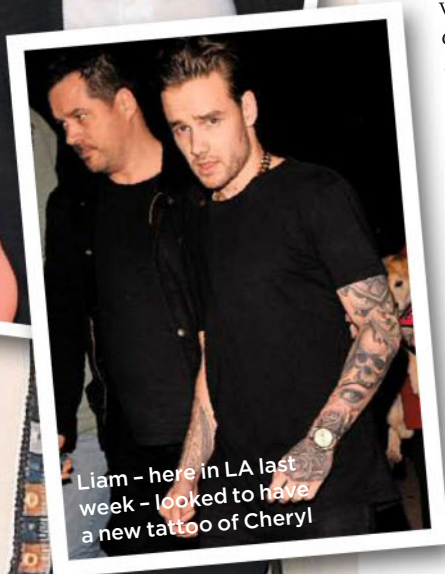
While the pregnant star – who split from her ex-husband Jean-Bernard Fernandez-Versini at the end of 2015 – has been keeping a low profile in the UK, Liam has been spotted on nights out in LA. Last week, he was snapped with what looked to be a new tattoo of Cheryl’s eye on his arm.

A source says: “Cheryl’s been keeping busy preparing for the baby with her mum, Joan, and assistant, Lily, as well as working on some upcoming projects.

“She was used to living close to Kimberley, who she’d pop in to see, but now she’s at Liam’s, which is further away. Kimberley is



Cheryl and Liam are expecting their first child



Liam – here in LA last week – looked to have a new tattoo of Cheryl

ERYL:

away with



intent on her building a support network to stop her feeling isolated, as she won't be round the corner when Cheryl needs a friendly face."

BABY PREPARATIONS

Kimberley revealed last week that Cheryl was "desperate" to meet Cole – who she had in December – and visited less than 24 hours after his arrival for "cuddles."

Our source adds: "Kimberley's already suggested some trendy baby classes for Cheryl to try and she's promised to visit weekly."

Cheryl appeared to be making final preparations to welcome her baby two weeks ago when a van from posh pram company Silver Cross was seen making

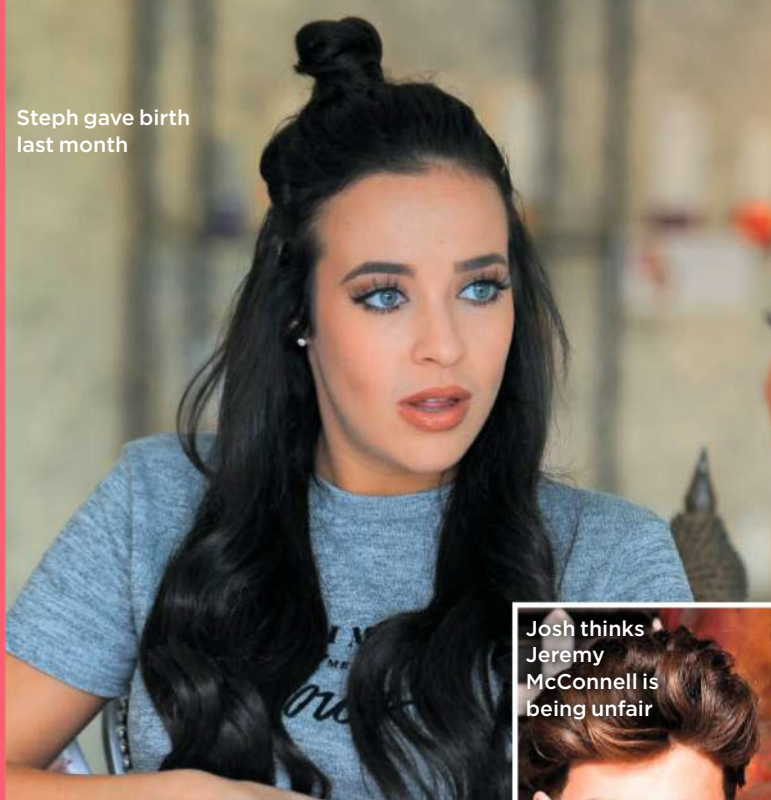
a delivery to her home. And pals say that, as well as splashing out £1,250 on the pram – also chosen by Kate Middleton – she's been enjoying kitting out the nursery.

The Geordie-born star – who has revealed she played with second-hand toys as a child – has previously said: "I'll definitely let my kids know that life's not a bowl of cherries and you might have wonderful things, but believe me, you've got to appreciate them."

A source says: "She's been waiting to become a mum her whole life and, while she's insisted she won't be spoiling her baby, she wants to ensure everything is perfect and just as she's always imagined it would be."

By Daisy McLure

Steph gave birth last month



Josh thinks Jeremy McConnell is being unfair

JOSH:

"Steph needs to be left alone!"

He caused controversy after recently hinting he could be the father of Stephanie Davis' newborn baby boy. But speaking exclusively to *Closer* last week, *Ex On The Beach* star Joshua Ritchie denied he is the dad. However, he admitted he's still in contact with his ex-girlfriend, 23.

Josh, 22, says: "Steph knows that I am obviously not the father and I know that. I've spoken to her since all of this has come out and she was upset, but she is fine now."

Josh, who was linked to Stephanie last year, revealed in a recent interview he was worried "she could be turning up on my doorstep with the baby any time soon."

He tells *Closer* the comments were misinterpreted: "I don't really know what happened and my words got totally taken out of context. I made a comment and it got flipped on its head – it has been blown out of context massively."

Since announcing her

pregnancy last May, Stephanie has been locked in a bitter war of words with ex Jeremy McConnell, 26, who has claimed he doesn't believe he is the father of the baby, despite her insistence that he is.

The former *Hollyoaks* actress gave birth to her 6lb 10oz son Caben-Albi on 13 January at Liverpool Women's Hospital, and Jeremy has now publicly claimed he has asked Stephanie for a DNA test.

But protective Josh, 22, reckons she needs to focus her attentions on her baby.

Speaking to *Closer*, he adds: "I think she needs to be left alone now; she has just had a baby and doesn't need any unnecessary pressure on her."

"It is unfair on her as she is a new mum. I don't mind my life being scrutinised, though. I feel that when you sign up for a show like *Ex On The Beach* you know the consequences."

● Josh was promoting the new series of *Ex On The Beach* at the AOL BUILD London studio

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helps you say it better

'Charlotte is marriage material'



Reality star Stephen Bear admits that he's been getting close to Charlotte Crosby on their new TV show – and is a hopeless romantic at heart

He has become famous for being a ladies' man and causing chaos during his appearances on *Ex On The Beach* and *Celebrity Big Brother* last year.

But despite his mischievous personality, Stephen Bear admits he has a soft spot for ex-*Geordie Shore* star Charlotte Crosby, who he has repeatedly been romantically linked to over the past few months.

Since they began filming their new MTV UK show *Just Tattoo Of Us*, the reality stars have sent the rumour mill into overdrive after posting cosy photos of themselves on social media. Last week, Stephen, 27, Snapchatted a picture of the pair in bed together and posted a picture of them wearing matching jumpers on Instagram.

CELEB GIRLFRIEND

But while Stephen tells *Closer* he's currently single and steering clear of celebrity girlfriends for the time being, he could see himself with Charlotte, 26, in the long run. He says: "Charlotte Crosby is marriage material – if I wanted to get married and have a wifey, it'd be her. I've loved getting to know her and I think she's absolutely lovely.

"I've had relationships

with celebrities and they've ended in disaster. But if I was to pick a celebrity girlfriend, it would be Charlotte."

The CBB winner has previously dated jungle queen Vicky Pattison, fellow *Ex On The Beach* star Gemma Lucy and model Lillie Lexie Gregg, who famously confronted Stephen in the *Big Brother* house after he'd allegedly cheated on her with fellow housemate Chloe Khan.

SETTLING DOWN

But while Stephen has been linked to various women in the past, he admits his longest relationship only lasted five months – and says that, deep down, he really wants to settle down.

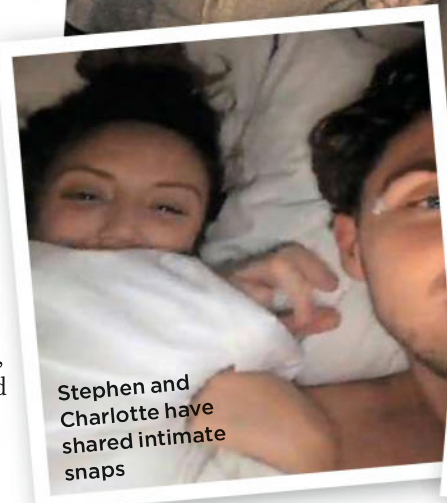
He says: "I am looking for The One – my mum and dad have been together for 37 years. I want something like that – I want 10 kids, I want to get married and live in a big house with the perfect woman.

"I'd be an amazing boyfriend, honestly. I'm a real gentleman. I'd do anything and go anywhere with the right girl. I'd be devoted."

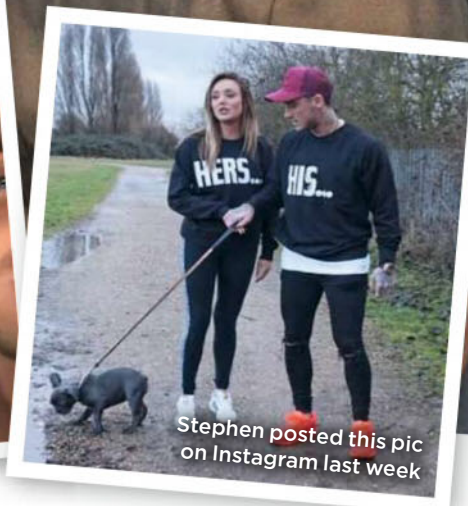
The Essex-born model admits he has no problem meeting women and that his newfound fame has given him a huge female fanbase, with one woman even giving him "a condom with her number on it" at a nightclub. However, after being hurt in the past, Stephen admits it's difficult for him to trust women.



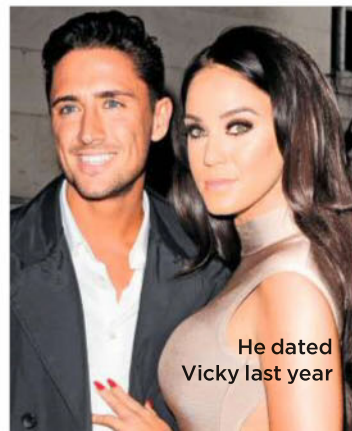
Stephen says Charlotte is "absolutely lovely"



Stephen and Charlotte have shared intimate snaps



Stephen posted this pic on Instagram last week



He dated Vicky last year

TOO GOOD TO PEOPLE

He reveals: "I'm so picky and want to meet the perfect person before I commit. I think it's my past that has made me like that.

"When I was 18, I was seeing this girl I really liked. I did my best – I was a roofer but I saved £400 for a rose gold bracelet. I gave her everything, but then she started going out with someone else behind my back. It was horrible."

He adds: "That was a benchmark – after that scenario, I thought, 'I'm being too good to people.' Now I'm cautious and I find it really hard to trust girls. They've got to be perfect for me. If they're not, there's no point getting involved."

By Lily Smith

● *Celebs Go Dating*, Monday 13 February, 10pm, E4

INSIDE THE KARDASHIAN

Sources say the Kardashian sisters' recent holiday was marred by competition over their figures and explosive arguments

The Kardashian sisters showed off the results of their extreme diet and exercise regimes by exposing every inch of their super-toned bodies on holiday in Costa Rica last week.

But insiders say that what was meant to be a relaxing family break for their reality show ended up being ruined by explosive showdowns and jealous rows as the competition over their figures threatened to tear them apart.

BARELY SPEAKING

Insiders tell *Closer* how the bitter fallout began on the first night of the holiday when Kim, 36, stepped out in an ab-revealing crop-top, which her older sister, Kourtney, 37, then copied to show off her equally toned stomach.

A source says: "Kim was fuming when Kourtney decided on a last-minute outfit change after seeing Kim's abs exposed."

She accused her of stealing her limelight and they had a furious row."

Following her terrifying Paris robbery in October, Kim – who's mum to North, three, and Saint, one – took some time out from social media. But pals say she's been exercising for three hours a day for the past month to get in the best shape possible for her comeback – even adopting the ketogenic diet, which involves fasting for 16 hours a day and eating a very low-carb diet, which turn the body into a fat-burning machine.

Documenting every part of their trip on social media, the girls continued their daily gym sessions – with Kim filming younger sister Khloe's workout on Snapchat, saying: "Get it, Khloe!" before admiring her own figure in the mirror, adding: "You guys, don't I look so skinny today?"

A source says: "Khloe was livid with Kim for turning what



Kim reportedly accused Kourtney of trying to steal her limelight

was supposed to be a step-by-step workout plan for fans to follow into all about how skinny she looked. Khloe called Kim self-obsessed, which led Kim to lash out at Khloe, leaving her in tears."

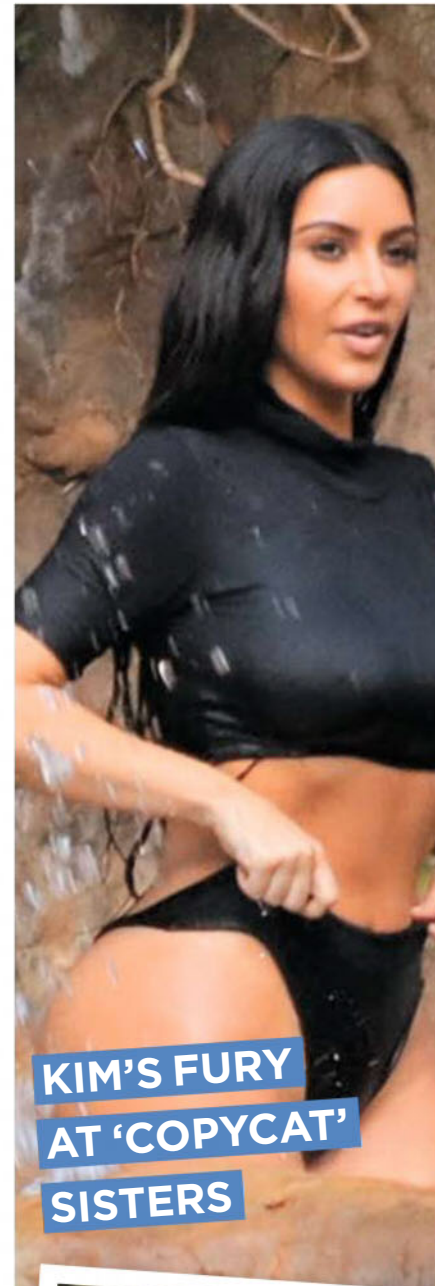
OVERSHADOWED

And Khloe, 32, who lost 3st following her marriage breakdown from Lamar Odom and bagged her own E! reality show, *Revenge Body*, was blasted by fans after posting a selfie on Instagram captioned "Island Vibes," looking dramatically different. One fan wrote: "Stop your surgeries, you're looking so creepy," while another added: "Why does she look so different?"

Insiders say the final straw for Kim came when Kourtney posted a naked pic on Snapchat.

A source adds: "This was supposed to be Kim's moment to shine and show off the results of her hard work, but instead she felt as if she was being overshadowed. She's hellbent on changing things now they're back in LA; she's hatching a plan to put the spotlight back on her, which will effectively put her sisters back down the pecking order."

By Daisy McLure



KIM'S FURY AT 'COPYCAT' SISTERS

KOURTNEY'S UPSET OVER SCOTT'S WOMEN

Kourtney was snapped with on/off ex Scott Disick landing in Costa Rica with their three children – but sources say the family were left shocked after Scott jetted off to Miami and was pictured getting close to a string of girls two days later. Scott, 33, was seen enjoying a PDA with model J Lynne, before cuddling up to a mystery blonde woman on a sunbed. A source says: "Kim and Kris were livid with Scott, and called him 'disrespectful and disruptive' when they saw the pictures. Kourtney has grown used to his wild behaviour – but to run off with a bunch of models just days after the family holiday was below the belt and it upset her. She thinks he needs to grow up."



29 JAN



31 JAN



31 JAN



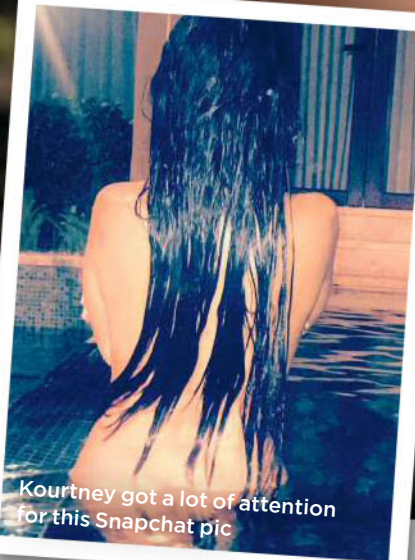
Kim wanted the focus to be on her body

S' BITTER BODY BATTLE




VS

**KOURTNEY'S
JEALOUS
SHOWDOWN
WITH KIM**

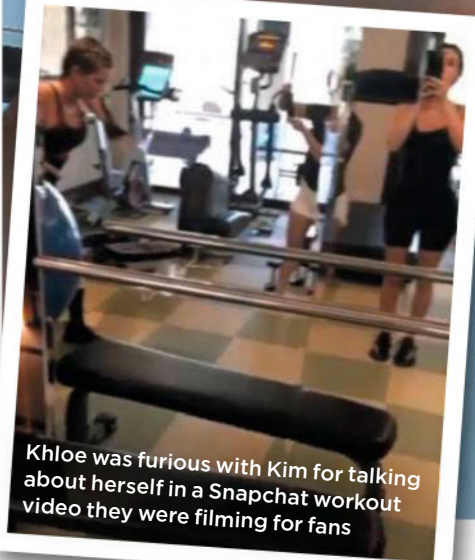


Kourtney got a lot of attention for this Snapchat pic

VS



**KHLOE'S TEARS
OVER BODY
BACKLASH**



Khloe was furious with Kim for talking about herself in a Snapchat workout video they were filming for fans

LAUREN:

'I'LL BE A SIZE 8 FOR MY WEDDING!'

Lauren Goodger hits the gym and embarks on a strict diet as her jailbird boyfriend Joey Morrison motivates her to shape up for their big day

After revealing she'd love a "big wedding" with her convict boyfriend Joey Morrison, Lauren Goodger has told pals her dream man is helping her get in shape for their big day.

Insiders say 30-year-old Lauren, who's been dating Joey for six months, plans to marry him in a lavish ceremony once he's finished serving part of an 18-year prison sentence for offences including burglary and drug dealing – and believes he may be released in only a matter of months.

As *Closer* previously reported, the reality star is so besotted with her criminal lover she was even willing to marry him behind bars, though now her sights are firmly set on a traditional white wedding.

Last week the 5ft 6 *TOWIE* star, who dropped a whopping

4st and went from a size 16 to an 8 in 2015, admitted she wanted to be "tiny" again and lose 1½st by the end of March, to get her down to 9st, with a combination of gym workouts and a strict eating plan.

Rather worryingly, Lauren said of Joey last week: "He'd have me locked in a room with a treadmill and feed me water and vegetables." She also added: "To have him be like: 'So what do you weigh today?' helps me."

SET TO PROPOSE

But sources close to the size 12 reality star insist that Joey's influence is far from negative.

A source says: "Lauren's told friends she was only joking when she said Joey would lock her in a room and force her to work out. He's always really kind to her and wants to help – not torture her!"

"Lauren is actually thrilled Joey is motivating her to get

back into shape – she couldn't do it without him. She wants to have the perfect body for when he gets out of jail and she thinks he'll propose straight away as they've already talked about marriage. She wants to look amazing in her wedding dress and intends to get down to a size 8 – she's already looking at different designs she likes.

"Joey's been really practical about helping her lose weight, even though he obviously can't go to the gym with her. He's given her a routine to follow and shown her specific exercises for toning.

"Joey's always been massively into fitness and likes to work out regularly, so he feels like he's the ideal person to whip Lauren into shape. She'd love him to be her trainer when he's out of prison."

says: "Joey's told Lauren she doesn't have to go to such extremes to make him happy. Her friends are also worried she could be harming her

'Lauren wants to have the perfect body for Joey'

health with such a strict eating plan, but Lauren says she's being careful to look after herself. She wants to be extreme at the beginning to kick-start her weight loss and then she'll ease off a bit as she begins to shape up."

Last week, fans were also alarmed when Lauren stepped out with a dramatic new look – but she's shrugged off any unflattering comments over her semi-permanent eyebrows and lip liner.

A source says: "Lauren loves experimenting with make-up and knows everything will settle down within a few weeks. She wants to look her absolute best for her prison visits, and Joey appreciates the fact she makes such an effort.

"Lauren's literally counting down the days until she can live with Joey in the outside world and they can be a normal couple. She can't wait."

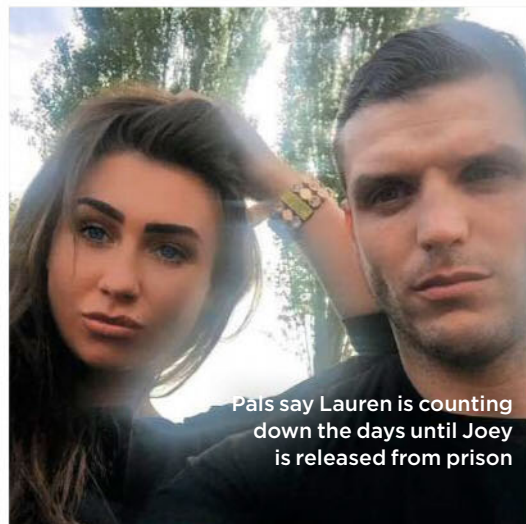
By Daisy McLure

She shocked fans last week with a dramatic new look

RIGID DIET

In addition to exercising three times a week, Lauren's admitted she's adopted a rigid high-protein, low-carb diet, which has left her "starving" and eating mostly "cans of tuna."

A source



Pals say Lauren is counting down the days until Joey is released from prison



Gemma's told pals she's always made out to be a drama queen



Carol lashed out at Gemma, calling her an "egomaniac horror"

GEMMA:

'I've had enough of the haters!'

S

he's known for her love of confrontations on *TOWIE* - but last week Gemma

Collins was dragged into a feud with Carol McGiffin after Carol accused the Essex star of letting fame go to her head.

The former *Loose Woman* panellist went on record questioning what had become of Gemma after watching her on ITV's *Sugar Free Farm*. The star wrote: "What's happened to Gemma Collins? When first on *TOWIE*, she was the roly-poly girl that everyone loved. Now a professional reality TV 'star,' she's turned into an egomaniac horror who believes her own hype - an insufferable, arrogant, bad-tempered attention-seeker."

A source says: "Gemma is so shocked and upset by Carol's

comments. She feels that Carol doesn't even know her, so to judge her on her appearance on a TV show is just wrong.

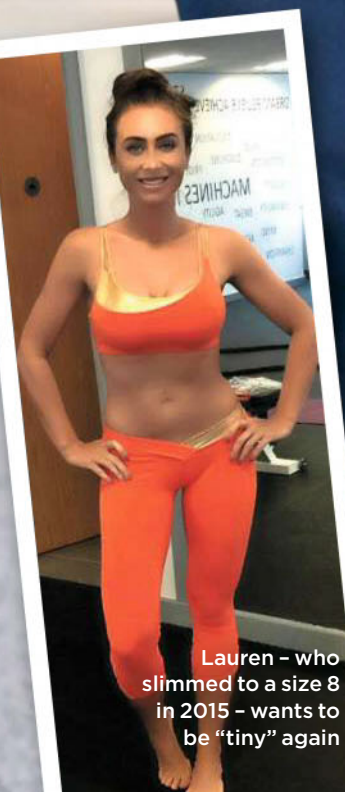
"Gemma says the TV shows she appears on are always heavily edited, making her come across as a drama queen. It's not real life. She's had enough of the haters."

In 2014, Gemma - who has lost almost a stone on *Sugar Free Farm*, despite being branded a "nightmare" by her co-stars - notoriously lasted just three days in the *I'm A Celeb!* jungle, after complaining about the lack of food.

Adding to the drama, Gemma posted a picture from hospital last week of a cannula in her hand - although she didn't reveal why - while out in Tenerife to celebrate her 36th birthday. She wrote alongside the photo: "Thankyou for all your lovely messages sadly Im in hospital In Tenerife but hope to be on the mend soon what a way to spend your birthday" [sic].

A source says: "Gemma is trying to focus on staying positive at the moment. She's a strong character and knows her loyal fans will always support her."

She posted this photo from hospital last week



Lauren - who slimmed to a size 8 in 2015 - wants to be "tiny" again



PREGNANT BEYONCÉ

‘These babi

As Beyoncé announces she’s expecting twins, pals say she and Jay Z are hoping the pregnancy will strengthen their marriage

She’s kept a low profile over the past few months, sparking rumours of a pregnancy – and last week Beyoncé confirmed in typically dramatic fashion that she and husband Jay Z, 47, are expecting twins.

Posing for a series of artistic snaps on her website, the *Single Ladies* singer, 35, announced: “We would like to share our love and happiness. We have been blessed two times over. We are incredibly grateful that our family will be growing by two and we thank you for your well wishes.”

Her Instagram announcement even broke a world record for most “liked” image on the social media site – over 8 million as *Closer* went to press.

AFFAIR ALLEGATIONS

Insiders tell *Closer* how the pregnancy will mark a fresh start for the couple – who are also parents to five-year-old daughter Blue Ivy.

Beyoncé and Jay Z already have Blue Ivy together





es will be a fresh start!’

The pair held a secret vow renewal last year following the release of Beyoncé’s visual album, *Lemonade*, which hinted her rapper husband of eight years may have been unfaithful with a woman called Becky.

The album ended with a song about forgiveness, and it was reported that the couple – whose marriage has been rocked by numerous affair allegations, all of which have been denied – had patched up their differences and decided to give their marriage another go.

DREAM COME TRUE

A source reveals: “Beyoncé is ecstatic to finally be having some siblings for Blue.

“She says this pregnancy could be the turning point in her marriage to Jay – they’re both praying it will mark a fresh start for them.

“It’s no secret they’ve been through some rocky times,

which meant putting their plans to add to their family on hold. So to have overcome their problems and be expecting two babies is a dream come true.

“The release of *Lemonade* was a huge turning point for Beyoncé, who said recording the album was her form of therapy and enabled her to put the past behind her.

“She and Jay renewed their vows shortly after with a private ceremony at home, and started trying for another baby to draw a line under the past. They both hope that their twins can help reinforce their bond, and seal any remaining cracks in their marriage.”

The superstar – who is set to perform at the Grammys later this month – revealed she suffered a miscarriage in 2011 before falling pregnant with Blue Ivy, which she documented in her song, *Heartbeat*.

After welcoming her

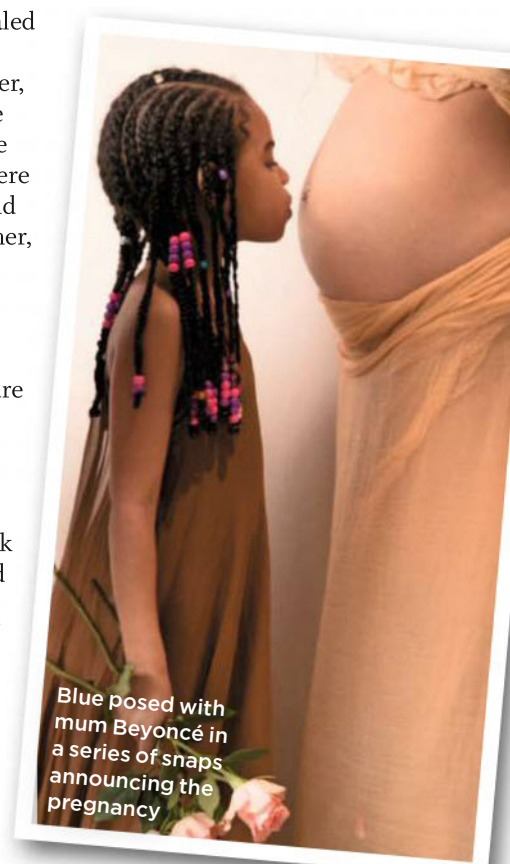
daughter in 2012, she revealed she wanted more children, saying: “When I was younger, there were moments where I said: ‘I’m not going to have children,’ and then there were moments I wanted four. And now I definitely want another, but I don’t know when.”

FAMILY OF FIVE

A source adds: “Beyoncé wants to focus on their future as a family of five. She said that telling Blue Ivy about the pregnancy was the best moment of her life – and Blue’s already helping to pick out outfits for the twins and calling herself ‘big sis.’

“Beyoncé’s in a bubble of happiness and has said she may even go for another two or three, but Jay joked she may think differently once they have two newborns in the house!”

By Daisy McLure



Blue posed with mum Beyoncé in a series of snaps announcing the pregnancy

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These are provided to allow comparisons between vehicles and may not reflect your actual driving experience. Model shown is MY17 AYGO x-press 5 door 1.0 VVT-i Manual at £11,935. Price includes White x-press paint at no extra cost. Prices correct at time of going to print. *0% APR Representative only available on new

retail orders of AYGO (excluding x grade) between 15th December 2016 and 31st March 2017 and registered and financed through Toyota Financial Services by 30th June 2017 on a 3.5 year AccessToyota (PCP) plan with 0%-35% deposit. ^Payment shown is based on a 42 month AccessToyota contract with £1,898.50 customer deposit and Guaranteed Future Value/Optional Final Payment. Toyota Financial Services (UK) PLC; registered office Great Burgh, Burgh Heath, Epsom, Surrey, KT18 5UZ. Authorised and regulated by the Financial Conduct Authority. Indemnities may be required. Finance subject to status to over 18s. Other finance offers are available but cannot be used in conjunction with this offer. 8,000 miles per annum, excess miles over contracted charged at 8p per mile. Toyota Centres are independent of Toyota Financial Services. Terms and conditions apply. Affordable finance through AccessToyota. 5 year/100,000 mile manufacturer warranty subject to terms and conditions.

EVERY WEEK WE BRING YOU A BRILLIANT GUEST COLUMNIST. THIS WEEK TV STAR FERNE MCCANN, 26, SHARES HER OPINIONS & HER LIFE

FERNE MCCANN

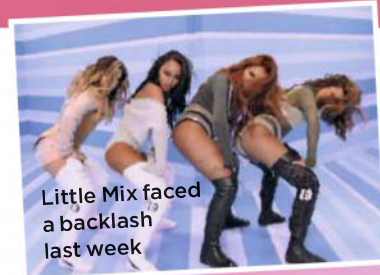
‘Nobody’s perfect – it’s not a crime to want to look your best’

The Little Mix girls came under fire last week when some fans speculated their bodies – especially Jesy Nelson’s waist – had been digitally altered in their latest music video. However, new footage later appeared to confirm the claims were groundless. The girls are role models with lots of impressionable young fans, so I understand where the critics were initially coming from. But even if a video is altered, that’s fine by me as long as no one takes it too far.

When you frame a photo of yourself, you pick the most-flattering image, and it’s the

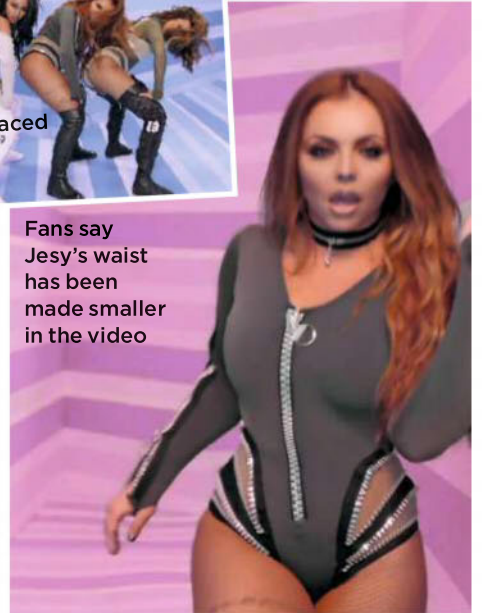
same for popstars and their videos. Image is a huge part of it; they have their hair and make-up done and perhaps they’ll want any cellulite smoothed out. In the past, I’ve seen some bad pap pics of myself and it’s a horrible feeling. Nobody’s perfect and it’s not a crime if popstars want to look their best. If they didn’t, people would comment on their cellulite or waistlines, so you can’t win. There is so much pressure to look a certain way.

Nearly everyone touches up to a degree, filtering photos on Instagram. A music video isn’t real – it’s simply entertainment.



Little Mix faced a backlash last week

Fans say Jesy’s waist has been made smaller in the video



CREDIT WATCH

MY LAST 5 BUYS

£15 On a baker boy hat from ASOS. I want to look like Sienna Miller in *Factory Girl*!

£30 On Apple Music, so I can listen to music whenever I fancy.

£2.70 On a skinny latte and an energy ball snack from the coffee shop at Channel 4.

£15 On a cinema ticket to see *La La Land* – it was amazing – and a pink and blue slushie.

£0 On a date – all the men



I’ve been dating have paid for my dates, which I love!

BIGGEST EVER

SPLURGE On my new Essex flat! I can’t wait to move in.

MY TYPICAL DAY:

‘I catch up on admin in traffic jams’



“I’m a presenter on *This Morning*”

I WAKE UP AT AROUND 6:15AM BEFORE GETTING PICKED UP BY A CAR AND DRIVEN TO THIS MORNING FOR WORK. I could be heading to any location in the UK to do coverage for them. I’ll have a banana and a bottle of water in the car on the way in, and do my make-up too. **WE’LL ARRIVE AT A LOCATION ABOUT 9AM AND PREPARE FOR A LIVE BROADCAST.** We go live at around 11.30am. I’ll finish at

around 12pm and head to another location. I’m currently going to Dulwich, south London, in the afternoons to film *Celebs Go Dating*. **I’LL EAT ON THE GO – USUALLY I’LL HAVE A KALE AND CHICKEN SALAD AND A NĀKD FRUIT BAR.** The Cashew Cookie flavour is my favourite. During the filming in the afternoon, I’ll drink a latte to keep up my energy and sometimes an energy ball made with nuts and dried fruit. **AT AROUND 4PM, I’LL HEAD BACK TO ESSEX.** I always spend at least two hours a day in a traffic jam, so that’s my admin time. I’ll catch up on emails and Instagram, FaceTime friends and, if I’ve done all my jobs, watch *Shooter* on Netflix on my iPad. It’s amazing. **BACK HOME, I CHANGE INTO MY WORKOUT GEAR AND HEAD TO THE GYM FOR BOXING WITH MY PERSONAL TRAINER.** I’ll then have my social time – I usually go out for dinner at Turkish restaurant Sheesh with my friends. I’m loving their grilled prawns and halloumi at the moment. ● *Celebs Go Dating*, Mon 13 Feb, 10pm, E4

THIS WEEK...

I LOVE:



Our award! I work for *This Morning* and the show recently won an NTA. We’re still smiling.

I LOATHE:



Estate agents. They can be too pushy! I’ve bought a flat and I’m moving out of mum’s.



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£30
was £50

now
£29.50
was £44

now
£22.66
was £34

now
£18.75
was £37.50

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£39.99
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Valentine's
Day

Tuesday 14th
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JUSTIN:

'I'm mostly just a very tired dad'

Superstar Justin Timberlake opens up about why it's the simple things in life that make him truly happy

He's an award-winning pop star with nine Grammys under his belt, a curly-topped heartthrob and a Hollywood film star to boot, yet Justin Timberlake, 36, reveals being a dad to 21-month-old son Silas is the best role ever.

Revealing what family life is like at home, he says: "Being a dad changes everything – I'm mostly just a very tired dad! My family makes me happy; making music makes me happy. I'm a golf nerd, so golf makes me happy. I love to be outside. I like snowboarding and the beach.

"I love pasta and doughnuts. Basically all I do is eat; I really love to eat. But the top things that make me happy are my wife and my son."

Although he reckons he's got a few more



Justin says son Silas has changed his life for the better

years to wait until he can share his hits with Silas, Justin says: "I can't play Silas a lot of my music yet because it is explicit. I had a parent come up to me a couple of years ago and say: 'My eight-year-old loves *SexyBack* and I was like: 'You're a terrible parent! *SexyBack* is not meant for your eight-year-old. You should feel bad about yourself!'"

BEING A GRUMP

The star isn't one to take life too seriously, though. He famously voiced over-cautious troll Branch in smash-hit film *Trolls*, and he jokes that he too can be a terrible grump.

He says: "I am grumpy every day for the first hour after waking up, especially if I don't have coffee in my system. Working on *Trolls* made me smile, it made me laugh. I think humour is something the world needs a lot more of right now."

Another thing making Justin happy is his wife of four years, actress Jessica Biel, 34. They met through friends in 2007 and, after a brief split in 2011, they reunited and married in Italy the following year.



He married Jessica in 2012



RELATIONSHIP RULES

Speaking about the secret to his happy marriage, Justin's previously said: "We have a couple of rules in our relationship. The first rule is I make her feel like she's getting everything. The second rule is I actually do let her have her way in everything. And, so far, it's working."

While he's not letting on if the couple are ready to try for a sibling for Silas, Justin already has clear views on how he would want to raise a daughter.

He says: "We owe it to ourselves to try to raise strong women and to raise strong, humble men as well. It's really important for girls to know they can like dresses and still play basketball, that they can be President and do whatever it is they set their hearts on. That's a world I want to live in."

By Rebecca Twomey

● *Trolls* is available on Blu-ray and DVD from 13 February courtesy of Twentieth Century Fox Home Entertainment

WHY DO MEN FALL FOR THEIR CHILDREN'S NANNIES?

When TV presenter Jeremy Kyle, 51, split from his second wife Carla Germaine, 41, in 2015, after 13 years of marriage and three children together, he stated that finding a new love was definitely not on his agenda.

Fast forward to last week and the revelation emerged that Jeremy is dating his children's ex-nanny, 35-year-old Vicky Burton. The pair met when

she worked as a nanny for the chat show host and looked after his and Carla's children for several years.

She enjoyed holidays with them and was even pictured alongside the star and his ex wife on a family trip to Barbados, four years ago.

Vicky quit her position nine months ago and has reportedly been in a relationship with Jeremy for two months.

Following the news, Carla recently said: "There are moral boundaries and integrity. Why would he let it go public? I've got our three children to protect and she was my nanny for nine years, she looked after my babies."

A source close to Jeremy recently revealed: "Vicky is much loved by all the family. Jeremy's children have been at the forefront of his mind."

Speaking about how the children were informed of the news, the source continued: "He has dealt with his new romance very sensitively. He's been single for a long time and deserves a bit of happiness."

We speak to a mum-of-four whose partner had an affair with the family au pair and ask why men often fall for the home help...



MUM-OF-FOUR JENNY*

'My man didn't have to go far for an affair – she was just there!'

Jenny*, 53, from London, was devastated to discover her partner Paul*, 56, had been sleeping with their teenage au pair.

She says: "I was stunned when Paul admitted he'd had an affair with our teenage au pair; it felt like the ultimate betrayal. He was 41 at the time and she was 19, which I found disgusting. I felt he'd taken advantage of her.

"We'd decided to get an au pair

because I was struggling. With four children, aged two to eight years, and Paul often working away as a builder, I needed help.

"When we interviewed Kristina*, she was friendly and good with the children. She was also slim and attractive and looked a bit like me. But I didn't feel threatened – I believed my relationship was secure. However, I noticed her gradually getting closer to Paul. She worked part-time in a pub and he'd often

pop in there for a drink. A friend mentioned they'd seen Paul in the pub when he'd told me he was somewhere else. I didn't think anything of it at the time, I was just glad they were getting along. I had a fairly good relationship with Kristina, although I found her quite immature.

"But, as time went on, Paul and I started arguing. Kristina worked for us for a year, then went back to her home town. We then employed a male au pair.

"Six months on, I had a blazing row with Paul about the fact we weren't getting on. I'd had a few suspicions about Kristina, and asked him outright if he'd had an affair with her. He admitted they'd slept together a few times. I was shocked and furious. I couldn't believe he'd done this to me. I knew we were having problems, but I never dreamed he'd cheat on me.

"We tried our best to patch things up and stay together for the kids, but a year later we separated as I couldn't trust him. Part of me wonders if Paul would have cheated if Kristina wasn't our au pair. There was obviously an attraction, but he didn't have to go far to have a fling – she was just there. I think he was flattered by the attention of a much younger woman too. I'm glad it ended as he was untrustworthy. I'm in a new relationship and focusing on being a mum and the future."

By Francine Anker



'Men can have a unique bond with nannies'

CLOSER PSYCHOLOGIST EMMA

KENNY SAYS: "A nanny is in a unique scenario; they often become a part of the family and this means they can develop a closeness with the father, who they spend a lot of time with at home. Men may feel they can confide in a nanny and this can lead to an emotional, as well as

physical, connection, too. They may also come to see a relationship with a nanny as a ready-made family – they're good with children, so they may view them as a mother figure as well as a partner. Often men are attracted to nannies because they are usually significantly younger, naturally caring and nurturing, and appear trustworthy."



VICKY

CARLA

JEREMY ON HOLIDAY WITH HIS THEN-WIFE, CARLA, AND THEIR NANNY VICKY - NOW HIS GIRLFRIEND

JEREMY KYLE FINDS LOVE WITH HIS KIDS' NANNY

...for torment of marriage split

CELEB MEN & THEIR NANNY SCANDALS

GAVIN ROSSDALE

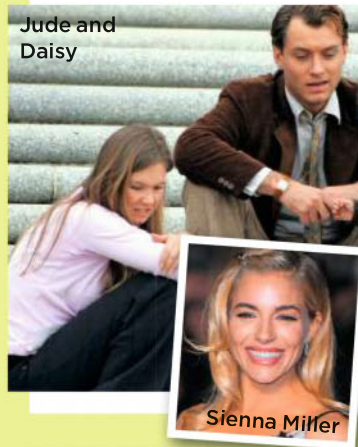


Gavin with Mindy Mann

Gwen Stefani

Nanny Mindy Mann allegedly had a three-year affair with Gavin Rossdale, 51, which was blamed for wrecking his 13-year marriage to *No Doubt* singer Gwen Stefani, 47, who she strongly resembled. The affair was said to have been discovered in 2015, however it was reported Gavin dismissed it as a "brief flirtation" at the time. Mindy later had a daughter with a new partner.

JUDE LAW



Jude and Daisy

Sienna Miller

The 44-year-old actor issued a public apology to his then-fiancé Sienna Miller, 35, in July 2005 after he had an affair with his children's then 26-year-old nanny Daisy Wright. The Hollywood star said: "I just want to say I am deeply ashamed and upset that I've hurt Sienna and the people most close to us. There is no defence for my actions, which I sincerely regret."

BEN AFFLECK



Ben and Christine

Jennifer Garner

After Jennifer Garner, 44, and Ben Affleck, also 44, split in June 2015, reports emerged he'd allegedly had an affair with their nanny, Christine Ouzounian, 29, something Ben denied. A-listner Jennifer later opened up about the painful split, saying: "We had been separated for months before I ever heard about the nanny. She had nothing to do with our decision to divorce."

ETHAN HAWKE



Ethan and Ryan

Uma Thurman

Actor Ethan Hawke, 46, married his children's former nanny Ryan Shawhughes three years after his divorce from Uma Thurman, 46, in 2005. At the time, he blamed Uma's more successful acting career for the breakdown. He later said: "My marriage disintegrated due to many pressures, none of which were remotely connected to Ryan."



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THE DONKEYS DYING IN THE NAME OF BEAUTY

As a shocking report reveals 10 million donkeys are in danger of being slaughtered for beauty products, Closer investigates

They are used to help communities and families flourish across the globe.

But every week, increasing numbers of donkeys are skinned alive to keep up with demand for the Chinese elixir “ejiao” – a supposedly youth-preserving gelatine from the animals’ hides – although there’s no proof that ejiao is the key to long-lasting beauty.

The skins are used to produce potions for Chinese medicines and high-end face creams sold worldwide. Shockingly, as a result, China’s donkey population has dropped a staggering 42 per cent in the past 25 years.

And poachers are now turning to other countries, particularly in Africa and South America, to source the animals.

BROKEN BONES

Dawn Vincent, head of communications at international charity The Donkey Sanctuary, says: “It’s heartbreaking and we must take action to stop this happening.

CHINESE MEDICINE
‘EJIAO’ USES
GELATINE FROM THE
ANIMALS’ HIDES

“Last year, 1.8 million donkeys from around the world were skinned for Chinese medicine and new demands mean that between four to 10 million of them are needed to keep up with trade – the donkey population is definitely under threat.

“Not only are the animals slaughtered, they also face mistreatment in the way they are sourced and transported. Some of the conditions are so bad they end up with broken bones – I can’t imagine the suffering they endure.

“The problem is that donkeys

DAWN WORKS AT A SANCTUARY
REHABILITATING MISTREATED ANIMALS



10m donkeys
facing death
in skin trade

BY ANDY LINES
Chief Reporter

are often seen
as commercial
entities

rather than animals – we’ve heard reports of super donkey farms being used in China to breed bigger donkeys to meet demands. But they deserve to be treated with respect.”

And it isn’t just the donkeys who are suffering as a result of the multibillion-pound industry, it also has a dramatic impact on the lives of their owners.

Dawn explains: “Donkeys are the backbone of many communities in Africa. They take kids to school, help carry shopping and water and even transport women to hospital when they’re in labour.

“They are well treated, but poachers steal or kill the donkeys at night, which can be devastating for a family.”

BANNING SLAUGHTER

In a bid to stamp out this cruel trade, The Donkey Sanctuary has launched the Under The Skin campaign, which will champion donkey welfare.

Dawn adds: “Our main aim is to halt the trade in donkey skins to produce ejiao until its impact can be assessed and shown to be humane for donkeys. Countries such as Burkina Faso and Niger in Africa have banned the slaughter and export of donkeys for their skin, and we urge other countries to follow their lead. Donkeys are sensitive animals – we need to speak out for them.”

Elisa Allen, Director of PETA UK, adds: “A beauty product is never worth bloodshed. Consumers should check items are certified cruelty-free and vegan.”

By Poppy Danby

JENNY: ‘THIS IS TOTALLY BARBARIC’



Animal lover Jenny Frost, 38, says: “I’m horrified to hear donkeys are being treated so cruelly for the sake of some beauty products. They’re such beautiful, gentle animals and an important part of communities; it’s devastating to think they’re being brutally killed for an unnecessary and barbaric trade. No animals should be treated like this – it’s important people get behind the Under The Skin campaign and show support by signing the petition.”

HOW YOU CAN HELP

You can show your support by visiting Thedonkeysanctuary.org.uk/under-the-skin/act-now and clicking “Count me in.” The petition will be used to lobby in governments across the globe. You can also donate at their website (see above) or by calling 01395 579128.

CBB GIR

JESSICA:

‘If I want to date three guys at once, I will!’

She caused shockwaves on *Celebrity Big Brother* after she revealed she was dating three guys at once, admitting: “Two of them know I’m seeing three of them, but the other one doesn’t.” But single mum-of-three Jessica Cunningham tells *Closer* that despite the backlash over her confession, she remains defiant about her unusual love life.

She says: “I’ve been single for two and a half years and I like to go out and date people! What’s wrong with that? I’m not just a mum, I’m a 29-year-old woman, too – I deserve to enjoy myself. I’m going to continue doing what I’m doing because it’s fun and I’m not harming anybody.

“I was open and honest about the situation with the guys. I’m not ready for any commitment, I haven’t got the energy to put into a relationship, so when they asked me if I was seeing other guys, I was honest and said yeah. Men do it all the time! It’s because I’m a woman that it seems unacceptable.”

FANCYING CALUM

The businesswoman found fame on *The Apprentice* last year, coming fourth, and delighted viewers when she and fellow contestant Courtney Wood seemed to find love too. But after entering

the *CBB* house, Jessica seemed drawn to Calum Best, and admits she fancied him. She says: “Courtney and I were never official. We’ll always stay in contact and I still adore him, but we’re two worlds apart right now.

“I didn’t think I’d fancy Calum, but he’s got this presence about him that’s really sexy. I don’t know if I’d date him if he asked me... Possibly!”

HAPPIER THAN EVER

The Derbyshire-born star is mum to Poppy, five, Olive, four, and Hattie, two. But Jessica admits she hit a low point two years ago when she split with her ex Alistair Eccles and says she’s worked hard to turn her life around.

She says: “When I split with my partner, I was in a bad place for a long time. I was 27, single and living back at my mum’s. But I learnt to love myself again and I’ve been raising three kids by myself.

“I’ve got the work-life-family balance spot on. I try to set an example of hard work and independence to my kids. My family are also great at helping out – my mum and my sister are a godsend. I know I don’t need a man to validate me and I’m happier than ever.”

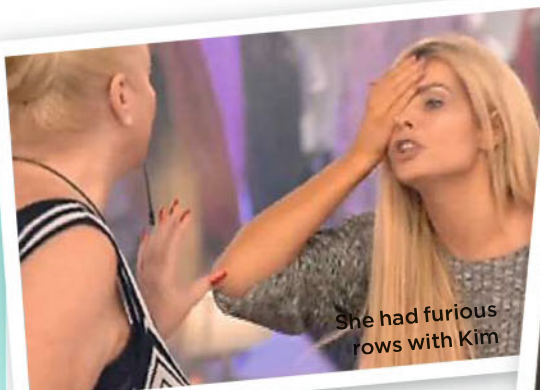
Jessica has gone from working as a stripper to running her own fashion company, Prodigal Fox – and she also manages to maintain a strict exercise routine in her busy life. The size 8 star says: “I always fit workouts into my day, even if it means getting up at 5am. TV has changed my life – the money, the business, the opportunities. I feel extremely lucky.”

Jessica found love with Courtney on *The Apprentice*





LS BARE ALL



NICOLA:

'I've got a lot of issues – but I'm not a bully'

The former glamour model didn't disappoint when she returned to *CBB* for a second stint, threatening to storm out on two occasions, and regularly sparring with Kim Woodburn and Jedward.

And Nicola McLean initially dominated headlines for her flirtatious behaviour with Jamie O'Hara – something that prompted her to question whether her footballer husband, Tom Williams, was going to "hate her." But it was her constant clashing with Kim and singing twins Jedward that overshadowed her stay in the house.

BRANDED A BULLY

Nicola, 35, who's battled eating disorders and anxiety in the past, was dubbed a "little b***h" by Kim and later branded a "bully" – something that had a marked impact on her.

Nicola said in the diary room: "Jedward just try to dig at you and try to provoke a reaction. And I always give it to them... I'm an emotional wreck who's always ready to blow.

I'm always made out to be the bad person, a bully, but I'm not – and I don't think it's OK to be called that."

Another person Nicola isn't ready to bury the hatchet with is Kim – when the reality cleaner tried to call a truce, Nicola refused and Kim called her a "very sad lady" – something Nicola was quick to deny. She said in the house: "I have a lot of issues but I'm not sad."

CHANGE OF HEART

It comes as no surprise that Nicola – who first appeared on *CBB* in 2012 – hated her first time in the house, after clashing with housemate Denise Welch. Nicola – who has two sons, Rocky, 10, and Striker, six – revealed afterwards that she wouldn't do the show again, saying: "It was probably the worst decision of my life. It was horrible in there. Everything was horrible. Go and eat bugs in the jungle. Do not go into the *Big Brother* house."

We're just pleased she had a change of heart!



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BIANCA:

'I feel content for the first time'

After a lifetime of body hang-ups, Bianca Gascoigne appeared to have put her demons behind her when she lost a stone before her stint on *Celebrity Big Brother*.

Speaking to *Closer* just before entering the house, the size 8 glamour model opened up about how she was feeling confident about being in the spotlight again, saying: "For the first time in ages I'm content. They say life begins at 30 and I finally feel I'm in a good place."

But despite getting back her body confidence, the star suffered an emotional knock in the house following her closeness with Jamie O'Hara.

Their cosy romance exploded when it emerged she was secretly dating cage fighter CJ Meeks. While she was still in the *CBB* house, CJ was snapped moving out of their home and told reporters he'd planned to propose, but added: "I have been humiliated in front of my friends and family because I've had my



Bianca and Jamie have become really close

heart ripped out... Bianca was always asking me: 'Where's my ring?' I said when she came home to me the diamond was waiting for her – that was the plan."

After Bianca admitted to Jamie, 30, that she had a boyfriend, she broke down in the diary room, saying: "I'm not that kind of person. I'm mortified [at myself]."

Bianca became emotional when she admitted her feelings for divorced dad-of-three Jamie. She said: "I've never felt like this in my life. I haven't been able to help how I feel... I feel like it's one big mess and I can't fix it right now."



JAMIE:

'Bianca is definitely wifey material'

Following his shock eviction from the house, footballer Jamie O'Hara wasted no time in living it up as a single man. Last week, he was seen partying at strip clubs two nights in a row – first with Calum Best, then with James and Ola Jordan plus Heidi Montag and Spencer Pratt.

Reports later claimed that 30-year-old Jamie "disappeared into his hotel" with a mystery woman. But in one of his first interviews on leaving *CBB* Jamie admitted he'd like to get serious with Bianca Gascoigne – who he grew close to in the house.

He said: "She's someone I definitely

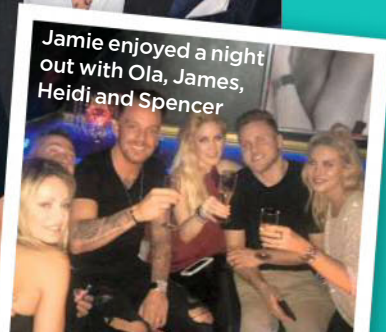
want to have in my life, she's an amazing person. She's definitely wifey material, for sure."

Even Jamie's former wife Danielle Lloyd appeared to give her blessing to his union, posting on Twitter: "I really like @BiancaGascoigne haven't got a bad word to say about her."

And it seems Jamie is dreaming up a future for him and Bianca, admitting: "This situation with Danielle is difficult, obviously, we have our past. But, for me, that was my past and I'm trying to move on from that. I want to build a future for me and my kids... I'd love to be with Bianca."



Jamie enjoyed a night out with Ola, James, Heidi and Spencer



WHAT'S BEHIND THE RISE OF 'DESIGNER VAGINA' SURGERY?

Statistics show a staggering 45% increase in surgery to achieve 'Barbie vaginas.' Closer investigates why so many more women are putting their intimate parts under the surgeon's knife...

After giving birth to three children, Sarah Burge was concerned she'd ruined her vagina.

So three years ago, she underwent an hour-long operation to have it tightened and her labia trimmed.

The procedure cost £5,000 but Sarah, 56, couldn't be happier with the results and thinks it's helped to keep her marriage of 13 years – to businessman, Tony Burge, 56 – alive.

She says: "I'd had three children and I felt everything had gone slack and loose, and my labia were sort of flapping around.

"I didn't feel attractive down below and it put me off having sex. I think you need to feel fully confident to really enjoy being intimate and I wasn't, so although we still had sex it wasn't very frequent.

"Tony never complained, but I would joke to him that I'd be traded in for a younger model – and although it was a joke, deep down I was feeling insecure. After all, I believe good sex is the glue that keeps a marriage going."

After researching "designer vaginas," Sarah decided to have both a vaginoplasty, where the vaginal muscles are

shortened and tightened, and labiaplasty surgery, which can be performed on both the inner and outer vaginal lips – in Sarah's case she had it on her outer.

CONCERNS OVER APPEARANCE

Labiaplasty was traditionally offered as a treatment for women who had concerns with hygiene, difficulties during sexual intercourse or discomfort when exercising due to having "stretched" or "oversized" labia. However, increasingly, women want

News
**Warning over fals
for 'designer vagi**
Secretary Theresa May
Martin Bentham



SARAH AND HUSBAND TONY ARE PLEASED WITH THE RESULTS OF THE OP

surgery to reshape the vaginal lips because of concerns about the way their genitalia look. Experts are now reporting a rise in women wanting "Barbie vaginas," and in 2015 nearly 100,000 labiaplasties were carried out across the world.

Consultant plastic surgeon Mo Akhavan, from the Royal Free Hospital in London, says that in the past 18 months alone the numbers of women he's seen for labiaplasty has doubled.

He explains: "The women tend to fall into one of two categories. The first is 18-25 year olds who are concerned that they are asymmetrical. Sometimes it's the tiniest imperfection and in those cases I won't operate as they often have unreasonable expectations. But at other times it can be quite a pronounced case and it will help improve

'My botched designer vagina was a huge mistake'



VICKY, 41, FROM OXFORDSHIRE

SAYS: "I wish I'd never had labiaplasty, it was a huge mistake. I had the operation after I split with my ex-boyfriend and my confidence was at rock bottom.

"I'd always felt self-conscious about how my vagina looked as one of my lips was about half an

inch longer than the other, although no boyfriend had ever commented on it. But when I parted with my ex in 2010, after a year together, I felt very conscious that I'd have to hit the dating scene again. And with the rise of social media and selfies, there is now more emphasis than

ever on your looks. Even men I met online asked for naked photos. It felt like there was a lot of pressure to look 'porn-star perfect' in every way.

"I decided to get my vagina 'fixed' and came across a doctor online who seemed to have all the right qualifications. I explained that I wanted both lips the same length, but he trimmed one off entirely and trimmed the long one, so I was still left lopsided – and, if anything, looked worse than ever. I'd gone through two weeks of pain after the operation and spent £2,000.

"Thankfully I've got a wonderful boyfriend now who can't believe what I put myself through. I realise now that women come in all shapes and sizes – and that's something we should embrace."

SARAH SAYS IT'S
NO DIFFERENT TO
HAVING A BOOB JOB

se claims
na' surgery

responded by
ure". Another clinic says: "Become
noble, down there and down



'It was like losing my
virginity all over again'

the quality of their sex life as it'll give them more confidence.

"The second category is the older woman, in her late 40s or early 50s. They often have quite slack labia with skin hanging down. The other day I saw a woman in this category; she was dating again after four years and felt very uncomfortable with her slacker labia – the skin was hanging down in quite a pronounced fashion. So she was a suitable candidate.

"It's definitely becoming more commonplace, partly because

and also because, these days, there's less embarrassment surrounding genitalia. But there can be post-surgical problems such as permanent scarring, which can also cause pain. You're not always going to get perfect results."

PAINFUL AFTERMATH

For Sarah it was an easy decision to make. She'd had cosmetic surgery previously, including bum implants and a boob uplift, so she wasn't worried about the principle of

going under the knife.

The mum-of-three, who lives in Stratford-upon-Avon, says: "My labia were trimmed, while internally I was cut and stitched up tighter. I was asleep while it was done, but the aftermath was the most painful I've ever had. It felt as though I'd been through childbirth again. And it hurt when I went to the loo – I was wincing for over a week."

But within three weeks, Sarah was able to resume having sex with Tony. She says: "It was like losing my virginity all over again – all my sensations were heightened and Tony has told me that it feels much better.

'There's too much pressure to be perfect'



CLOSER THERAPIST
EMMA KENNY SAYS:

"Recently I worked with a woman who was convinced the reason she wasn't happy was because her vagina was ugly. It's extraordinary the importance we're now placing on our vaginas and wanting 'Barbie vaginas' that are flat and neat. And let's face it, fashion changes – in the '70s, a full bush was encouraged, now it's a pre-pubescent look. We seem to be following the porn industry and I wish people would remember that it is an unrealistic view of how women *really* look.

"I wish there wasn't so much pressure for women to be perfect on the outside, let alone the hidden bits too. I for one am happy with my vagina and indeed I'm pleased that it's individual. Women need to embrace their looks and feel positive about their body, not go to ever more extreme lengths in the pursuit of 'perfection'."

What man wouldn't like you to have a vagina that is tighter and a wife who's feeling sexier than ever and up for action?"

LOOKING PERFECT

Sarah is so pleased with the results of her operation that if she felt anything was stretching again, she'd have it redone.

She says: "I don't see it as any different to having a boob job. It's possible to fix most parts of your appearance these days through cosmetic surgery. I like to look and feel 'perfect'."

"When I look my best, I feel my best, and I'm more confident. I realise not everyone will see what my vagina looks like, but I know it's the best it can be at the moment; I like it and so does my husband – that's all that matters."

By Mel Fallowfield

TURN FOR MORE →

GEMMA COLLINS:

‘I’m so confident – it looks like something from a movie’

Gemma Collins revealed that she had undergone surgery to get a “designer vagina” on *TOWIE* in March 2015.

The reality TV star, 36, proudly boasted that she’d paid £2k for the treatment to “neaten up” her private parts, which involved having her vagina tightened through lasering and getting her labia trimmed.

Speaking on the show while having a bikini wax, she told co-star and friend Bobby Norris: “I actually pride myself – I’m mega confident, because I know I’ve got a designer vagina. It looks like something you’d see in a movie.”

‘It’s part of my rebranding – I feel like a new woman’

Bobby, who’s gay, admired the results.

“I’ve never seen anything that looks so perfect,” he told her. “It’s like a new penny! That’s £2k well spent. I would rather have a la la like that than a cheeky trip to Marbs.”

Gemma agreed that she thought the procedure was worth it.

She also admitted that she intended to use her new “designer vagina” to

wow her dream man. She told *Closer*: “My vagina needs to be perfect for the next man I meet.

“Designer vaginas are all the rage in Essex and it’s an important part of my rebranding. I’ve become a virgin again.”

Explaining what inspired her to undergo the treatment, she said: “Sometimes the flaps on your vag drop and they can be 3cm long.

“My surgeon showed me some before and after pics and I was thinking, ‘Bloody hell, I’ll have one of those!’”

Gemma – who has her own clothes label Gemma Collins Collection – even has a vagina facial (a “vacial”) to keep it looking top notch.

Describing the treatment, she said: “Your vagina

gets steamed, scrubbed and exfoliated. It doesn’t really hurt, but it’s a weird sensation. You feel like a new woman!”

Surprisingly, Gemma insists she won’t have any other surgery.

She told *Closer*: “I tell all the *TOWIE* girls to stop having work done – they were so naturally beautiful before. I’d never become an Essex clone. I know I’ve got a beautiful face.”

CELEBS WHO'VE TAKEN THE PLUNGE!

DANNIELLA WESTBROOK:

'It doesn't hurt at all – I live streamed it!'

So commonplace has the "designer vagina" become that Danniella Westbrook even took to social media app Snapchat while having the process – joking that it was a "snatchchat."

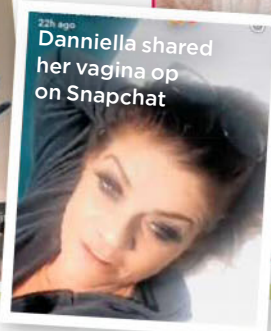
The ex-*EastEnders* actress, 43, and mum of two opted not to have surgery and instead had laser treatment, which involves inserting a laser 4-6cms into the vaginal wall, to tighten her vagina. The procedure, which she had in December,

took just 20 minutes.

She live streamed it, showing herself entering the clinic, then filmed during the actual procedure, saying: "The thing is, when you're having this laser done, this designer vagina, you think it's going to really hurt. It doesn't. I'm currently having my treatment now, it don't hurt."

Danniella is no stranger to surgery, having had her septum rebuilt in 2000 after it was destroyed by her cocaine

addiction. She's also had a breast augmentation and dental implants, which lead to her developing septicaemia.



TANYA BARDSLEY:

'My minky wasn't baggy – I wanted the upkeep!'

Real Housewives Of Cheshire star Tanya Bardsley had her designer vagina done just three months after the birth of her youngest child Ralphie last August.

The model wife of Stoke City footballer Phil Bardsley – who also has sons Rocco, seven, and two-year-old Renz, as well as a 14-year-old daughter Gabriella from a previous relationship – had the tightening procedure

done at a clinic in Manchester in November last year.

Surprisingly, she even took her friend and fellow *Real Housewives* star Dawn Ward to witness the procedure, which Tanya, 35, dubbed a "minky tightening," adding: "I've not got a baggy minky, I just want the upkeep!"

She had it using a FemiWand machine – the procedure is non-surgical, but uses ultrasound to stimulate

collagen and thus tighten the vagina. An immediate improvement is felt straight after the treatment, which costs £495 a session, but it's recommended patients have two to three treatments spaced four to six weeks apart.

After the procedure, Tanya revealed she was going to keep it a secret from her husband, saying: "I'm not gonna tell Phil, I'm just gonna see if he can notice!"

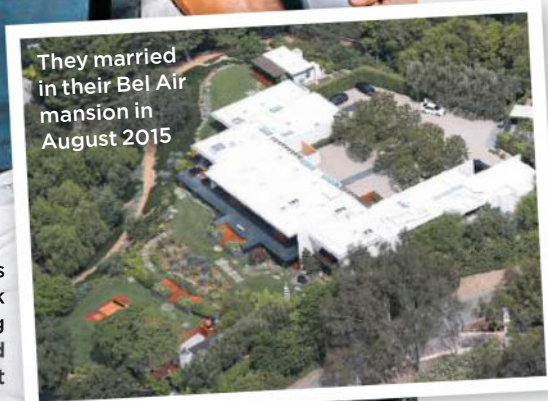


JEN'S UPSET OVER DIVORC



They married in their Bel Air mansion in August 2015

Friends say work is keeping Justin and Jen apart



They've been forced to deny yet more split reports, but insiders tell *Closer* how Jennifer Aniston is blaming her husband Justin Theroux for fuelling the most recent divorce rumours, which are placing pressure on their relationship.

Pals say the 47-year-old actress is upset over the increasing amount of time Justin, 45, has been spending in New

York – away from their LA home – which she fears is contributing to the rumour mill plaguing their 18-month marriage.

A source says: "Long distance has always been something Jen and Justin have contended with.

But despite Justin promising to permanently move to LA for Jen, he's always kept his New York apartment and has been spending more and more time there, in between filming *The Leftovers*, which makes it seem as if they lead separate lives, even though Jen spends as much time as possible with him."

The couple – who started dating in 2011 – splashed out on a £17 million Bel Air mansion in 2012, which is where they tied the knot in August 2015.

A source adds: "Jen's spent a lot of time and effort turning their mansion into their dream home and ensuring it's as homely and comfortable for Justin as it is for her. She's even shipped over pieces of furniture and artwork from his New York pad.

"She's told him he needs to make more of an effort to be in LA with her when he's not working so they can be like any

ENGAGED LISA:

'I want all my I'm A Celeb! pals at the wedding!'

She recently announced her engagement to her entrepreneur beau George Smart, and pals say Lisa Snowden won't be holding back on her wedding plans after waiting until the age of 45 to settle down.

The radio presenter and model – who famously had a five-year on/off relationship with Hollywood actor George Clooney before splitting from him for good in 2005 – has told pals how she wants a no-expenses-spared wedding, which she says will be "the party of the year."

A source says: "Lisa's been waiting a long time to find The One, so she wants to celebrate with a huge, all-out wedding, and has told all her *I'm A Celeb!* camp mates she wants them to be there to celebrate with her."

Lisa first met her fiancé 15 years ago while working at MTV, but the pair split after a brief fling due to their eight-year age gap.

Following a decade of rocky romances and a self-imposed "dating detox," they were re-introduced by a mutual pal – and George's romantic proposal came just five weeks after Lisa's stint in the Australian jungle in November.

Lisa also opened up about making peace with their decision not to have children.

A source adds: "Lisa and George want to travel the world and have drawn up a list of places they want to see – she can't wait to start her adventure as Mrs Smart."



Lisa's still close to her reality TV co-stars



CE RUMOURS

‘normal’ couple. She wants them to put on more of a united front to silence the constant divorce rumours, which are causing them both stress and upset.”

To make things worse, Jen has told pals she now feels even more in the spotlight since her ex-husband Brad Pitt split with his second wife Angelina Jolie in September. A source says: “People have always been obsessed with Jen and Brad, and now he’s single she feels that everyone is waiting to see if anything happens with her and Justin. Jen feels like they are always under so much pressure as a couple and she just wants to spend proper time with him and silence the rumours once and for all.

“Justin adores Jen and he’ll do anything to make her happy. He wants to book a holiday at her favourite retreat in Cabo San Lucas, Mexico, to show her how much he loves her.”



The pair first dated 15 years ago



Angelina shocked the world when she filed for divorce last September



Pals say Brad is worried the film could spark a backlash

BRAD PANICS ABOUT ‘TELL-ALL’ FILM

Their high-profile divorce has become one of the most bitter splits in Hollywood history, which took another twist last week when it was revealed an explosive tell-all documentary is threatening to reveal all the details about Angelina Jolie and Brad Pitt’s split.

And as the former couple prepare for the bombshells that may be aired, the film – by best-selling author Ian Halperin – will reportedly expose X-rated sex secrets and allegations they had been estranged a year before the split. Insiders tell *Closer* how a panicked Angelina, 41, and Brad, 53, are desperate to divert attention from the potential damage caused by the revelations.

A source says: “Both Brad and Ange are worried about what might come out, and both camps fear secrets may be exposed that could potentially damage their reputations and careers.

“Brad is concerned that after all the support he’s received from his Hollywood peers in the wake of his divorce, he could face a backlash depending on what comes out in the documentary.”

The *Maleficent* actress sent shockwaves around the world when she filed for divorce last September after 12 years together, including two years of marriage. The announcement was followed with a bombshell report that Brad was being investigated by the FBI over an alleged altercation with his son Maddox, 15, on a private jet – the actor was cleared weeks later when all charges were dropped.

Following the explosive allegations, the estranged couple agreed to settle their divorce privately amid a fierce custody battle

over their six children: Maddox, Pax, 13, and Zahara, 11, who they adopted; and Shiloh, 10, and eight-year-old twins Knox and Vivienne. Angelina filed for sole custody of the children in the wake of the split, but last week reports surfaced that Brad is increasingly confident he will be granted joint custody.

A source adds: “They both want this divorce to be finalised as privately as possible, while protecting their kids first and foremost. But with more revelations set to be revealed, this battle could turn nasty.”



The couple are reportedly fighting for custody of their children

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STEPHANIE:

'I wish I could accept my body'

Despite being a tiny size 8, *Hollyoaks* star Stephanie Waring remains defiant against the 'skinny shamers'

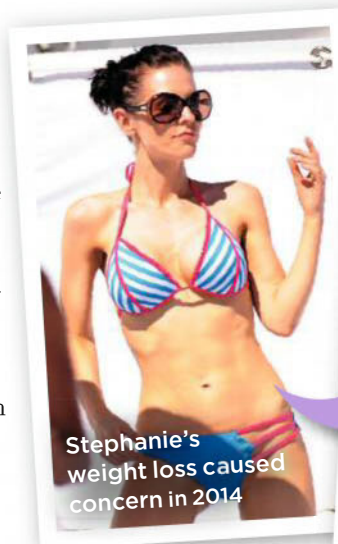
She's always been petite but, after sparking concern in 2014 when she was pictured looking worryingly thin, Stephanie Waring tells *Closer* she's now happier and healthier than ever.

The actress, 38, spiralled into an unhealthy lifestyle after learning in 2014 that her friend and fellow soap star Kym Marsh had started dating her ex, personal trainer Dan Hooper, just six weeks after their five-year relationship ended.

Stephanie – who has Mia, 11, from a previous relationship and Lexi-Grace, six, with Dan – saw her weight plummet. She shrunk to a size 6, prompting fans to express their concern, but she later admitted she'd had a wake-up call and taken charge of her health.

Although much happier now, she does still battle with her body image, revealing: "As I've got older I've wished I could accept my body, but I'm always trying to improve myself, especially as I work in TV. There's a lot of pressure because all of my co-stars on *Hollyoaks* are gorgeous."

But the 5ft 2 star – who is now a healthier size 8-10 – insists she won't give in to the skinny shamers, and won't deprive herself of any treats when it comes to her diet. She says: "People are like: 'She's too skinny,' but I feel comfortable being smaller. I try to keep my diet clean and lean [with no processed foods]. I got so obsessed with my diet about a year ago and it wasn't making me happy. I try to relax now, so if I want some chocolate, I'll have it."

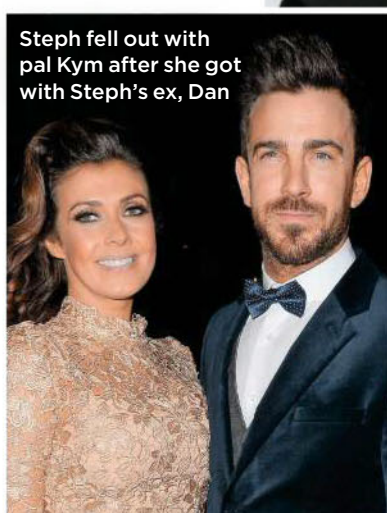
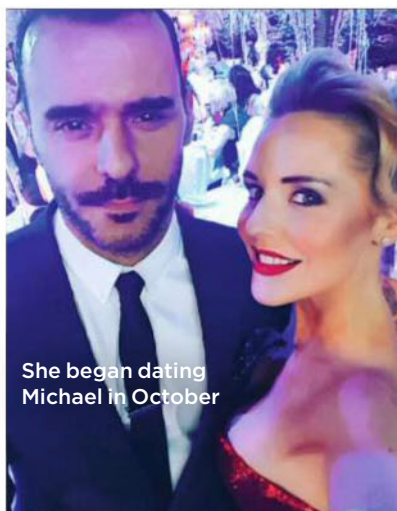


"I'm trying to get more toned, though, especially on my legs. When I lose weight, I lose it off my top half, so I have bony shoulders and bigger legs. When I'm sitting on my sofa for too long watching TV, I just hop on my exercise bike for 15 minutes and pedal in front of the TV."

Someone who thinks Stephanie looks as gorgeous as her fans do is her boyfriend, former *EastEnders* star Michael Greco, 46, who she began dating last October. But she remains coy about their romance, simply saying: "He's lovely. He's so sweet."

By Sarah Tetteh

● Stephanie is an ambassador for Villa Plus online holiday bookers; www.villaplus.com.



‘My difficult past has only made me stronger’

The former pin-up girl and mum-of-one opens up about her financial troubles after her bankruptcy and reveal how she's judged because of her mental health battles

She's endured a number of battles over the years, including anorexia, depression and alopecia – but TV presenter Gail Porter recently revealed she's fallen on hard times again after being made bankrupt two weeks ago. Opening up about her situation, Gail, 45, candidly tells *Closer*: “I’ve struggled in life and gone through just about everything – and now this. The truth is, I don’t have an income to support myself. I cried when my bankruptcy was made official but the worst bit about it is that I just feel really embarrassed.”

Gail, whose bankruptcy was confirmed two weeks ago at London's High Court, is estimated to owe a six-figure amount in tax arrears. But she's determined to get back on track. She says: “There was a part of me that worried this could knock me back emotionally and put me in a bad place, but it hasn't – it's actually made me stronger. In a way, it's a relief to get things out in the open.”

NERVOUS BREAKDOWN

The former *Big Breakfast* presenter has made no secret of her battle with mental health issues in the past. In 2011 she was sectioned under the Mental Health Act after suffering a nervous breakdown, and she reveals it triggered the start of her money troubles.

She says: “I wasn't one of those people who squandered loads of money. Unfortunately, I was sectioned; I wasn't working yet I still had to keep

up payments on my house and the bills just mounted. I ended up shoving them under my pillow because I couldn't keep up.”

SLEEPING ROUGH

And the former lads' mag pin-up – who found fame in the '90s – reveals things became so bad, she couldn't afford her rent in 2014 and was left homeless for a whole year.

She explains: “I told a few friends that I was homeless and I'd crash at their places, but I was so embarrassed I'd lie and tell them I had somewhere else to go the next day because I felt like a burden – so I'd sleep rough. The first night I slept on a park bench was scary, but I remember thinking, ‘S**t happens and I've got two black belts, so bring it on.’”

But Gail – who is mum to Honey, 14, from her three-year marriage to Toploader guitarist Dan Hipgrave – admits she constantly worried about how she was going to cope. She adds: “I always worried about where money

was going to come from. A few years back, over Christmas, my friends rallied round and helped me buy presents for Honey, which was amazing. Her dad didn't know how bad things were, but I didn't want to tell him because it was humiliating. Honey knows all about it now and she loves me no matter what.”

But not everyone was so understanding and Gail reveals the prejudice surrounding her depression was, at times, hard to deal with. She explains: “I was depressed and work wasn't exactly flooding in after I was sectioned because people were asking: ‘Is she crazy?’ No, I wasn't. You just need help sometimes.”

STAYING POSITIVE

And the presenter – who developed alopecia in 2005 – admits her condition left her struggling for work. “TV is a visual industry and they want you to look a certain way. The truth is, I'm not pretty and I don't have hair. I'd get work offers but then it'd go quiet. It was hard but

I had to remind myself that I'm a good person.”

Despite the negativity she's faced, though, Gail says she remains positive about her future. She adds: “I've covered the rent on my flat for the next three months and, after that, I'll take each day as it comes. People have been so kind and I've even been getting hugs from strangers in the street, which is more than I could ask for.”

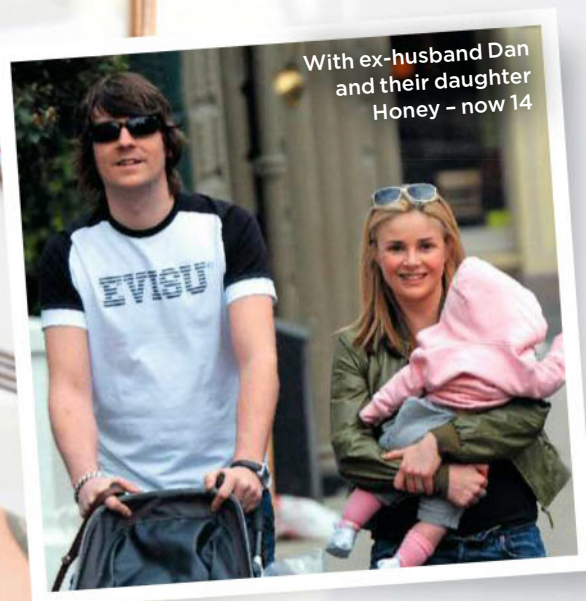
By Neeru Sharma



In her heyday, Gail was a regular feature in lads' magazines



Presenting hit '90s show *Big Breakfast* with Donna Air



GAIL'S TIPS FOR BEATING DEPRESSION

EAT WELL

"I stick to a healthy diet, but I don't cut out food groups. I eat plenty of fresh fish, fruit and vegetables. Eating the right things makes you feel better in general."

STAY FIT

"For me, working out is key. I love to go for a run and I go to a weekly Pilates class near my home with lots of other girls."

SEEK SUPPORT FROM FRIENDS

"In the past, if I felt depressed, I'd stay in bed, close the curtains and not answer the phone. Now if things are getting on top of me, I call a friend instead of pretending I'm fine."

GET OUTDOORS

"I have a great pal who lives nearby and has a beautiful dog called Yogi. We go out for a big old run sometimes and that helps lift my spirits."

● Gail supports mental health charity Mind. Visit Mind.org.uk for more info



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Style alert

THE OUTFITS THAT GOT EVERYBODY TALKING THIS WEEK

WHO WORE IT BEST?

Bella Hadid vs Gigi Hadid

On the wrong person, a silver Tommy Hilfiger puffer jacket could be an enormous fashion fail, but these stylish sisters look fab. Little sis Bella wore the coat first, teaming it with a black sports bra and leggings. Gigi, feeling the winter weather, styled hers with jeans and a toasty roll-neck jumper, plus grey Tony Bianco boots.

VERDICT

Both girls look great, but Bella makes us feel cold, giving Gigi this week's crown.



Bella Hadid, 20



Gigi Hadid, 21

STYLE CRUSH!

FANTASTIC IN FLORALS

Claire Foy, 32

She picked up a SAG gong for her performance as a young Queen Liz in TV drama *The Crown* - and Claire's winning in this Valentino sheer floral floor-sweeper with embroidered collar detail. Her messy, freshly ombred up-do gives the perfect finishing touch.



THE WHITE IDEA



Vanessa Hudgens, 28

Few of us could make an all-white outfit work, but the star looks fab in this chic white top and zipped pencil skirt. We love her lob (long bob), too.

RED SHOCKER



Elle Fanning, 18

Halloween is ages away, but Elle is ready, waiting and turning heads for all the wrong reasons in this lacy red frocky horror with puffed-sleeves.

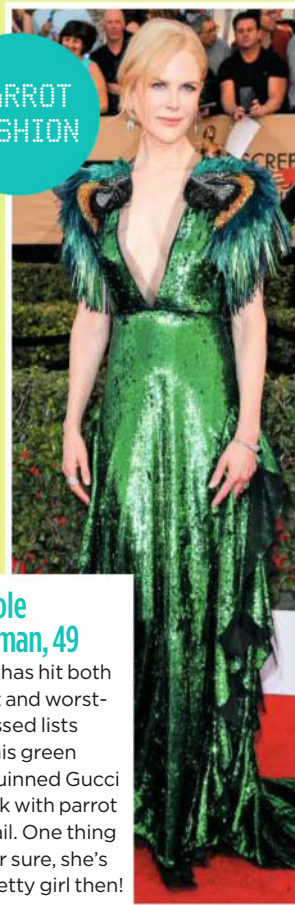
FLYING DISASTER



Paris Hilton, 35

We love a comfy outfit when we travel, but Paris looks to be channelling both a cat and a racing car driver at once in this ill-advised airport get-up. Oh dear!

PARROT FASHION



Nicole Kidman, 49

She has hit both best and worst-dressed lists in this green sequined Gucci frock with parrot detail. One thing is for sure, she's a pretty girl then!

'I've lost 40st – now I'm ready for love'

Catrina Raiford was bed-bound for years – but after losing almost half her weight, the 28st divorcee is losing more for Tinder

Tipping the scales at more than 68st, Catrina Raiford spent five years of her life bedbound.

The 40-year-old – who gorged on 3,000 calories a day – had to be bulldozed out of her home and rushed to hospital after suffering breathing difficulties. However, it was the dramatic wake-up call Catrina, who's been dubbed "the world's fattest woman" needed and she agreed to a gastric bypass.

It took the best part of a decade to drop the weight, but with her new-found body confidence, Catrina is looking for love on dating sites.

Catrina, who is 5ft 2, says: "I spent years feeling trapped in my body. But when I lost weight, my confidence soared and I started thinking about dating.

"I'm on dating apps Tinder and Plenty Of Fish and I have lots of men approaching me. They see pictures of me and love my body. The trouble is, most of them are only after sex – but I'm looking for love."

BECOMING BED-BOUND

Catrina, who is originally from Florida and now lives in Texas, first started putting on weight when she was eight years old.

She says: "I lived with my mum, brother and stepdad and I was the only one who had weight problems. I had a huge appetite and a weakness for cakes.

"By the time I was 10, I weighed 18st and Mum put me on a diet. She'd lock the pantry but I'd break in and eat sweets. I was too big for high-street clothes so Mum hand-made things for me. It was humiliating and I was teased."

After Catrina graduated from school aged 18, her first job was in customer services – and she continued to pile on the pounds. She says: "I'd constantly snack on cookies, fast food and crisps.

"I had a boyfriend but we broke up because of my weight. I was lonely, so I turned



to comfort eating."

Shockingly, by the time she was 21, Catrina weighed 35½st and could no longer walk. She became bedbound – sleeping on two mattresses on the floor to accommodate her weight.

FEELING MISERABLE

Forced to give up her job, Catrina moved back in with her mother, who became her full-time carer.

She recalls: "I felt like a prisoner. I'd spend all day in bed eating chocolate, fry-ups and chips. I lost all my independence and was miserable."

Four years later, aged 25, Catrina reached her heaviest weight of 68st, and binged on McDonald's takeaways for

breakfast, pizza for dinner and sweet treats in between meals.

She says: "To begin with, I used to ask my friends to secretly bring me junk food when they visited. They knew it was wrong, but felt sorry for me. As I got heavier, though, my mum was convinced I was going to die. She'd tried so hard to make me diet before, but didn't know what to do any more and would give me junk to keep me happy."

Unsurprisingly, Catrina's health was in grave danger and eventually, in December 2002, she was taken to hospital.

She says: "I couldn't breathe and thought I was having a heart attack. I needed to get to hospital but couldn't get through my front door. My stepdad had to arrange for the wall of the house to be





MEDICS HAD TO BULLDOZE THE WALL OF HER HOME TO GET HER TO HOSPITAL

as I hadn't walked on my own in eight years."

After regaining her health and independence, Catrina began internet dating in 2010. She says: "For the first time in my life I felt comfortable in my own skin and confident enough to find love. I met my now ex-husband a year after I started looking."

"I was nervous about getting intimate and showing him my excess skin at first. But he assured me that he loved me no matter what, and the more time I spent around him, the more comfortable I got."

Sadly, the couple drifted apart and divorced four years later. But Catrina has taken the plunge again and signed up to dating apps.

She says: "I'm nervous when I meet men and sometimes they make it clear they're only interested in one thing. But I'm looking for a gentleman. I've been on several dates and love getting dolled up to go out. I wear clingy outfits to show off my figure. My ideal man would be friendly, honest and tall."

"I'm not afraid to show off my saggy skin and have had sexual relationships with men since my divorce. But now I'm looking for a relationship with substance."

Catrina – who exercises for nearly two hours a day with water aerobics and long walks – is now aiming to hit her target weight of 12st within the next two years.

She adds: "I'd love to lose more weight and have my loose skin, which weighs 8st, removed."

"If the right man came along I'd like to get married again and possibly have children. But for now I'm enjoying the single life."

By Poppy Danby

'Now men see my Tinder pictures and love my body'

bulldozed down and I was taken to hospital on a tow truck. It was a horrific experience."

STARTING AFRESH

Doctors were so worried about Catrina's health, she was referred to a specialist and given a gastric bypass. She

explains: "I ate lots of healthy foods, like fruit and vegetables, and started doing gentle exercises like sit-ups in bed. It completely transformed my life. It was hard at first but I was determined not to give up."

"Gradually I started seeing results and, within the first year, I'd lost nearly 11st."

"And by the time I was 29, I was able to walk again with the aid of a Zimmer frame. It was the most amazing feeling,

BEAR:

‘My marriage is better than ever after 16 years!’

Thrill-seeking adventurer Bear Grylls reveals that despite his action-packed career, his beloved wife Shara and their three sons always come first

His action-man status and chiselled good looks have made him a sex symbol to millions of women – but Bear Grylls proudly reveals that even after many years of marriage, his wife Shara is still the love of his life.

“I’ve been married 16 years and it’s better than ever,” says the TV explorer. “I think that the key in any relationship is prioritising. We both have extremely busy lives but work always comes second.”

The 42-year-old thrill-seeker has presented his own TV shows, written bestselling books and regularly rubs shoulders – both professionally and socially – with A-list celebrities. Last year, for instance, he mentored the likes of Courteney Cox, Nick Jonas and Mel B on a wilderness expedition for his show *Running Wild With Bear Grylls* – and is friends with Prince William and *X Factor*’s Dermot O’Leary.

But Bear stresses that he isn’t interested in the fame his job brings, and prefers to live

a much quieter life, shunning lavish vacations for trips to his holiday home in Wales with Shara and their three boys – Jesse, 13, Marmaduke, 10, and Huckleberry, eight.

FAMILY HOLIDAYS

“I’ve learnt to say no and shy away from the glitz that comes with the job,” he says. “I’m just a normal guy with a slightly abnormal job.”

“So much of my work is around the world, so when we do go on holiday as a family, it’s usually in the UK – we have a place in North Wales. There’s no electricity or mains water so we all collect rainwater off the roof and work as a team, and it’s amazing. We do normal things like going on picnics, though!

“My friends all joke that I’m a nightmare to go on holiday with. I don’t really do the ‘sunbathing and relaxing on a beach’ type of thing. I prefer the adrenaline rush.”

Bear inherited his love for the outdoors from his father, politician Sir Michael

Grylls, who died suddenly from a heart attack at 66. When Bear himself became a father in 2003, he vowed to always put family first.

And while he has broken world records, climbed Everest and narrowly survived being swept away in a swollen river, he believes that fatherhood is his greatest achievement, revealing that he’d love to have more children.

He says: “I lost my dad at 25, the year I got married, so I know how important it is to be there – and I want to be there whenever my boys need me. We have so much fun together. Having three boys is awesome – they all have their own little personalities. I’d have an endless amount of kids if I could!”

“When I’m working and it’s difficult and I’m in horrendous conditions, the thought of my three boys is the shining light that gets me through. They make everything better.”

OBAMA’S DAY OUT

And as Donald Trump settles into his new presidential role, Bear says he will cherish

the memories of his expedition with his predecessor Barack Obama in 2015, during which they camped in the Alaskan mountains.

“We had a phone call from the White House and



The adventurer has three sons



Bear and his wife, Shara



President Obama loved appearing on Bear’s show

FAMOUS GUESTS

COURTENEY COX

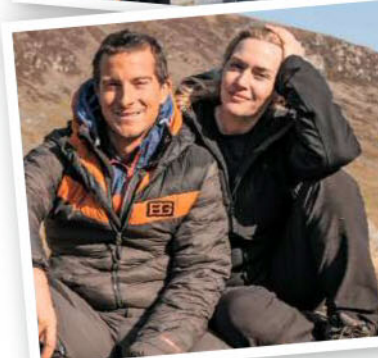
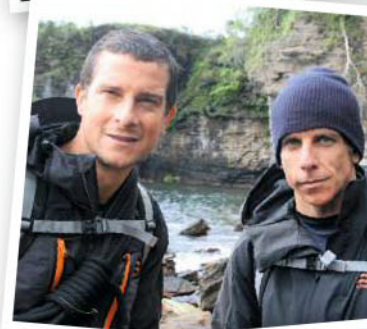
"She was absolutely terrified from start to finish. She had a particularly tricky time because she was subjected to a very bad menu – lunch was a stuffed sheep-testicle sack. She said she suffered post-traumatic stress disorder afterwards!"

BEN STILLER

"Ben was most surprising. All the characters he plays are loud and hilarious people, but he was really shy! We had terrible weather – horizontal wind and rain – and he was really nervous, but he did a great job."

KATE WINSLET

"Kate was absolutely amazing – I expected her to be different, but she was really feisty and up for it. All the girls tend to outshine the boys, really! But Kate was especially fun, with a great attitude."



"I'm just a normal guy with a slightly abnormal job"

they said that Barack would love to take part in the show – and that was it!" reveals Bear. "He was a very humble, family-focused and down-to-earth guy. When one of his Secret Service team said we couldn't go down a steep glacier, he said: 'Come on, let's do it anyway.' And we did."

"He told me that that day was one of the best days of his presidency, which was amazing. He said it was good to get out of the office!"

Bear adds: "Of course, if the White House approached again, I'd work with Trump, but we'd have to go steady as he's a little bit older! I'd love to have Ivanka Trump on the show though. She seems interesting – I think she's a good moderator for her father and is more level-headed."

By Lily Smith

● Bear Grylls Survival School is on Saturdays at 8.30am on CITV

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Life & style

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Lingerie to fall
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YOUR
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LA JESSICA

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THE A-LIST DIET
FOLLOW
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RECIPE FOR A
BETTER YOU -
INSIDE & OUT

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CHIC KEBAB!
DAVINA'S
EASY AND
HEALTHY
VERSION IS
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TESCO



WHO, WHAT, WEAR

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

IN THE NEWS

YOU'LL LOVE ZARA'S SECRET LABEL!

If you're as big a fan of Zara as we are, then let us introduce you to its slightly cooler little sister, Stradivarius. The really great news is that the brand promises all the on-trend offerings of the Spanish high-street store, but with even more affordable prices. And its latest drop of stylish, everyday pieces won't disappoint. Low-key ladies will be spoilt for choice with Stradivarius' anything-but-basic basics, while glam girls can get their lace and leather fix with the smarter buys too. And the collection ticks off so many trends, you might just be fooled into thinking it's designer – thankfully without the high-end price tag.

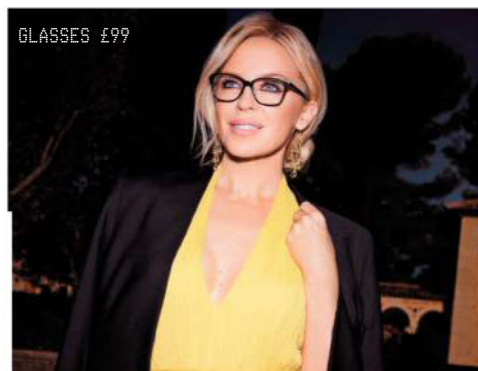
We couldn't possibly pick just one favourite piece from the range, but look out for the flattering trapeze-shaped dresses, and catwalk-approved floral is covering this range in a big way.



SPECS APPEAL: ALL EYES ON KYLIE MINOGUE



Proving she has a real eye for fashion, everyone's favourite pop princess, Kylie Minogue, has turned her attention to glasses – with her first ever eyewear collection launching in Specsavers this Valentine's Day! The 30-frame collection features a range of single vision glasses and prescription sunglasses inspired by different eras – we're loving the Gucci-esque clear frames. Plus, you can get two single-vision glasses for £99!



JUST LANDED

SPRING SCENT-SATION!

Following on from the success of her previous two fragrances, Rihanna is back with another gorgeous scent. With notes of plum, freesia and peony, this light and lovely perfume is out just in time for the most romantic day of the year – hurrah!



Stockists Kiss by Rihanna available at Boots, Specsavers
www.specsavers.co.uk, Stradivarius www.stradivarius.com/gb

Breathe new life into your underwear drawer this Valentine's with the prettiest of lingerie pieces – think pastel hues, lace details and cheeky cut-outs

PHOTOGRAPHER: RITCHIE BRAINS
STYLING: KAT BYRNE

A woman with long, wavy brown hair is posing in a black and white polka-dot and lace lingerie set. She is wearing a strapless bra with lace detailing and matching high-waisted briefs. Her right arm is raised, and she is looking directly at the camera.

UNDRESS
TO IMPRESS

BRA
(42B-50G) EVANS £26
KNICKERS
(SIZES 14/16-30/32)
EVANS £12



FAR LEFT
BRA (32A-36DD)
NEW LOOK £12.99
KNICKERS (SIZES 6-18)
NEW LOOK £6.99

LEFT
BODY (XS-XL)
HUNKEMOLLER £37.50

**‘Flirty florals
add a girlie touch’**



LEFT
BRA (SIZES 32A-36DD)
NEXT £20
KNICKERS (SIZES 6-22)
NEXT £12



LEFT
BRA (34B-40E)
M&CO £6, WAS £14
KNICKERS
(SIZES 10-20)
M&CO £2, WAS £7





RIGHT

ROBE

(SIZES 8-16)

BOOHOO £12

BRA (32B-34E)

BOUX AVENUE

£12, WAS £30

KNICKERS

(SIZES 6-16)

BOUX AVENUE

£4, WAS £14

FAR RIGHT

BRA

(28A-36D)

ASOS £20

KNICKERS

(XS-L)

ASOS £12



LIN

MIX AND MATCH SIZES

Forget about the numbers. You may wear a size 14, but if you're bottom-heavy, a size 16 pant may sit better on your bum. If you're size 16 and top-heavy, a 12 or 14 may be more flattering.



BRA (42B-48F)

£20; KNICKERS

(SIZES 14-32)

£10 EVANS



BRA

(32B-38DD) £12;

KNICKERS (SIZES

8-18) £5 MATALAN

'A lacy black set is both sexy and sophisticated'



RIGHT

BRA

(SIZES 8-22)

LOVEHONEY £12.99

KNICKERS

(SIZES 8-22)

LOVEHONEY £7.99

FAR RIGHT

ROBE

(SIZES 10-20)

M&CO £10,

WAS £30

BODY

(SIZES 6-18)

RIVER ISLAND £28



- 1 Smooth on a CC cream to give you a light layer of coverage.
- 2 Use a fluffy brush to swirl a hint of peachy blush on to cheek apples and up to your temples. Pat a dab of cream highlighter on top.
- 3 Give eyes definition with a light dusting of a copper-brown eye shadow. Apply just one coat of lengthening mascara to your lashes.
- 4 Fill in gaps in brows with a soft pencil, one-to-two shades darker than your natural hair.
- 5 Finish with a warm, nude lipstick.

GERIE LOW-DOWN

Don't despair - every body type can be flattered by the right cut. Here are our tips on how to feel sexy and confident in lingerie

DECIDE WHAT YOU WANT TO SHOW OFF

Focus on the parts of you that you love and shop for lingerie that highlights them. It doesn't have to be ultra-skimpy: high-waisted pants can look super sexy, especially in a silk or satin fabric. So go bold and go big!



COVER UP CORRECTLY

Lace and sheer styles are hot right now, so avoid slips with a good nipple cover. We love Perfection's reusable silicone nipple covers: perfect for a smoothed-down look and, unlike fabric stick-ons, won't budge even after a day's wear!



TRY ON TONNES OF OPTIONS

Ordering online means you can opt for a big selection, then just keep your favourites. If you're shopping in a store, wear a nude G-string so you can still try on, and don't be put off by the harsh dressing-room lighting.



MEASURE UP

More than half of us are wearing the wrong cup size, which isn't doing our silhouettes any favours. Department stores offer free bra fittings, so go every six months to ensure you're wearing the right size and cut.



THE NEARLY NUDE

For a softer take on sexy, forget the smoky eye and scarlet lip this Valentine's and opt for warm neutrals and a natural-looking palette



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PERFECTIL.COM



Nicole
Scherzinger

"My go-to vitamin is Perfectil. I really feel my skin and hair are radiant and shining."



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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.



VITABIOTICS

THE BEAUTY EDIT



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

TRICKS OF THE TRADE

Make-up artists are always creating exciting new looks, so get ready for the latest beauty trick: "draping." It's contouring with natural-looking blusher rather than heavy bronzer. Sweep a powder blush in a "C" shape from your temple to your cheek apples. Follow by dusting a lighter shade of blush just below the eyes to create a gentle highlight. You'll be left with more definition and a pared-back flush.



KIKO BLUSH COCOA SHOCK £10



JESSICA BIEL

HOW TO GET JESSICA'S SIDE-SWEPT FRINGE

VO5 SUBLIME SLEEK CREATION HAIRSPRAY £3



L'ORÉAL INVISI'HOLD NATURAL CLEAR GEL £3.69



BOOTS HAIR GRIPS IN BROWN £1 FOR 30

Whether it's soft and feathery or a heavy blunt cut, a fringe can limit your hairstyle options – but actress Jessica Biel shows us how to disguise those pesky shorter strands with a clever side-sweep. Blow-dry your locks to one side, so they naturally sit where you'd like them to be. Brush through a hint of sheer gel to give extra hold, then take a section of longer hair from the opposite side of your parting and layer it over the top. Tuck the ends behind the ear and fix with a couple of hair grips before spritzing with hairspray. Tie the rest of your hair in a low ponytail or bun and you have a new style without waiting for your fringe to grow out.

ON TRIAL

QUICK QUENCH

We were amazed at how quickly this lotion was absorbed, giving our body a hydration hit without greasiness. The paraben-free formula meant it was even gentle on sensitive skin.



SOAPER DUPE ZESTY LEMON BODY LOTION £8.50



THE BODY SHOP SPA OF THE WORLD HAWAIIAN KUKUI CREAM £25

LUXURIOUS HYDRATION

The calming fragrance of this rich, oil-infused luxury cream was a treat at the end of a hard day – and our skin looked and felt noticeably smoother after just one use. A little goes a long way, so this jumbo pot will see you through until summer.

WAKE-UP BOOST

Infused with firming coffee, this gel-like lotion had a refreshing feel that perked up tired skin to leave it looking bright and healthy. It dried in a couple of minutes and left a dewy sheen.



FRANK BODY BODY BALM £19.99

BEST ACTRESS
WHO WOULD YOU NOMINATE?



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GET LIPPY!

Pucker up, ladies – beauty counters are filling up with a new wave of lip products guaranteed to make you smile...



RETRO REWORK

Lip crayons have been massive over the past few years and this limited-edition collaboration with Crayola has given them a fun new spin. Hydrating and punchy, this statement pink has us all wanting to play.

CLINIQUE CRAYOLA CHUBBY STICK £17.50



SILK SMOOTHIE

YSL have added four new shades to this classic oil-infused lipstick range, and this berry-pink hue has a soft, glossy finish with the silkiest of textures. It's so smooth you'll forget you're wearing it!

YSL ROUGE VOLUPTÉ SHINE IN FUCHSIA JUMPSUIT £24



DYNAMIC DUO

This two-tone bullet is designed to subtly line the edge of your lip with a darker shade, filling in the rest with a brighter pop of colour to create an amazing but subtle ombre effect. No fiddly pencil, no time wasted!

BENEFIT THEY'RE REAL DOUBLE THE LIP £16.50



PARTY POUT

After Maybelline's huge success with their hydrating balm range, these rainbow bright, oil-based crayons have arrived. The colour on the tube is the colour you get on your lips, and it stays put for hours.

MAYBELLINE BABY LIPS COLOR BALM CRAYON IN PLAYFUL PURPLE £5.99



FOREVER RED

The latest shade to join this hero liquid lip range is the ultimate pillar-box red. The mini wand paints on a fine layer of colour without any stickiness and it hydrates skin. You'll be wearing this for years to come.

BOURJOIS ROUGE EDITION VELVET IN POPPY DAYS £8.99



NEW NUDE

There are six shades in this new range of nudes, meaning there's something to suit every skin tone. One swipe of the moisturising formula gives a semi-sheer finish, but it can also be layered up for a stronger, look-at-me mouth.

TOPSHOP BEAUTY NUDE LIP IN CROWD £8

EAT LIKE A CEL

These recipes from the stars' fave retreat will leave you feeling healthy and energised

We've uncovered the go-to health and fitness retreat adored by celebs including Mel C, Caroline Flack and Lisa Snowdon: Body Camp Ibiza. And now the team behind this retreat have poured their holistic philosophy into a cookbook so you can make their delicious, healthy meals at home. The recipes are free from refined sugar, wheat and additives and

pack a nutritional punch. Plus, all the meals contain easy-to-find ingredients and, with plenty of ideas for breakfast, lunch and dinner, they'll help you feel rebooted and recharged. Head chef Ben Whale says: "All the ingredients are fresh and nutritious – they'll leave you feeling brighter and more energised than ever before." Here are four of our favourites...

● Order *The Body Camp Ibiza's* cookbook at Thebodycamp.com.

SERVES 2



ROASTED SQUASH & FETA SALAD

Squash contain nutrients like alpha and beta carotene, vitamin C, manganese and magnesium which help protect against strokes and regulate blood pressure.

INGREDIENTS

- Medium-sized squash
- Olive oil
- Salt
- Pepper
- 4 tomatoes
- 200g rocket
- Handful pumpkin seeds
- Juice of 1 lemon
- 200g feta

METHOD

1. Top and tail the squash, then peel, deseed and chop it, before sprinkling with olive oil, salt and pepper.
2. Place in the oven at 200°/gas mark 6 for 20 minutes, then take out and put to one side to cool.
3. Roughly chop the tomatoes, and add to the rocket, pumpkin seeds and lemon juice.
4. Crumble the feta into the salad, season with salt and pepper, then add the roasted squash. Serve.

SERVES 4



TURKISH EGGS

Eggs are high in protein and will keep you feeling fuller for longer, while spinach is a good source of magnesium, calcium and zinc, all of which help to repair and rejuvenate cells.

INGREDIENTS

- Glug of white wine vinegar
- 2 cloves of garlic, chopped
- 1tsp dried chilli, chopped
- 1/4 cup of olive oil
- Small bunch of parsley, chopped
- Small bunch of dill
- 150g natural yoghurt
- Bag of spinach
- 4 eggs

METHOD

1. Place a pan of water on a medium heat with a generous

dash of white wine vinegar.

2. Add the chopped garlic and chilli to the olive oil and infuse over a low heat.

3. Mix the parsley and dill into the yoghurt, along with a pinch of salt and pepper.

4. Cook the spinach until it has wilted. Remove any excess water and divide into portions, ready for your eggs.

5. By now the water should be simmering. Crack an egg into a small bowl, then gently stir the water with a slotted spoon. Add your egg and cook for 2-3 minutes. Poke it to see if it's cooked enough.

6. Place the egg on top of the spinach and spoon over the yoghurt mix with a drizzle of your infused oil, then serve.

ROASTED SALMON WITH SWEET POTATO GARLIC HASH & POACHED EGG

Salmon is uniquely high in omega-3 fatty acids and rich in selenium, which both help lower unhealthy cholesterol levels in the blood.

INGREDIENTS

- 1 large sweet potato
- Olive oil

- 2 garlic cloves
- Rosemary
- Salt and pepper
- 2 salmon fillets
- 1 handful of baby spinach
- 2 large eggs

METHOD

1. Peel the sweet potato, chop

EBRITY

Caroline Flack is conscious of maintaining a nutritious diet

SERVES 2



SWEET POTATO CURRY

Sweet potatoes have high levels of Vitamin A, in the form of beta carotene, which helps keep the immune system strong. They also contain slow-release carbs to keep blood sugar stable between meals.

INGREDIENTS

- 1 white onion
- 1tbsp coconut oil
- 1tsp onion seeds
- 1tsp fennel seeds
- Salt and pepper
- 3 garlic cloves
- Thumb-sized slice of ginger
- 1tbsp madras curry powder
- Medium sweet potato diced
- Tin of full-fat coconut milk

- 1 cup water

METHOD

1. Slice the onion into half-moons and sweat off in the coconut oil with the onion and fennel seeds and a pinch of salt in a large pan.
2. Cook until the mix starts to caramelise. Blend the garlic and ginger to make a paste, then add to the onions. Cook for 2 minutes, then add the madras powder and fry for 30 seconds.
3. Add the sweet potato, coconut milk and water. Reduce the heat and give it a good stir.
4. Simmer for 15-20 minutes, until the potato is tender. Season to taste, then serve.

SERVES 2



into same-size chunks and drizzle with olive oil. Add the garlic, rosemary, salt and pepper and roast at 180°/gas mark 4 for 20 minutes.

2. Place the salmon fillets on a roasting tray with salt and pepper and bake for 15 minutes.

3. Use a fork to mash the baked sweet potato slightly, then place on top of the torn-up spinach along with your baked salmon and a poached egg (follow the poached egg instructions from the Turkish Eggs recipe, left).



BOOST YOUR MOOD WITH FOOD

Don't let the winter weather get you down – fill up on foods full of the feel-good factor

It's cold and dark outside, so it's little wonder many of us feel a bit sluggish.

But while it's tempting to reach for junk food as a pick-me-up, it can make you feel more tired.

"Food really does affect your mood," says nutritionist Dr Marilyn Glenville (Marilyn glenville.com). "Refined foods, such as biscuits, bread and ice cream, give you a short-term energy hit but the sugar crash after will make you feel worse. Instead, choose nutritious food to promote a stable release of feel-good chemicals, such as

endorphins, serotonin and dopamine, in the brain."

Research suggests that if you're low in "happy hormone" dopamine, you can become stressed, anxious and depressed.

"It also increases cravings and this can make it harder to lose weight," says Chef Tom Kerridge, author of *The Dopamine Diet* (£20, Absolute Press), who lost 11st in three years with a dopamine-rich diet. "Foods including eggs, fish, fruit, meat, nuts, seeds, veggies and spices help you produce dopamine." Here, we look at some mood-boosting foods...



FIGHT FATIGUE WITH FRUITS



Grapes, oranges, papaya, strawberries, prunes and watermelon are all high in tyrosine, an amino acid needed for energy and brain function. Spoon natural yoghurt over a fruit salad for breakfast to get your day off to a good start.

GET A NATURAL HIGH WITH CHILLI



Spicy food causes a tingling taste sensation, prompting your brain to release endorphins (the body's own painkillers) to block the heat. This induces a natural high and stimulates the release of that bliss hormone dopamine. Add chilli, curry powder and cayenne to your meals.

DE-STRESS WITH NUTS AND SEEDS



Brazil nuts are super-rich in selenium, which enhances the body's resistance against stress. Seeds also contain stress-busting magnesium, B6, folate and zinc. Sprinkle toasted seeds and roasted nuts seasoned with spices over salads for an extra bite.

LIFT MOOD WITH MEAT & TOFU



There's less sunlight in winter, which leads to a dip in feel-good chemical serotonin. Tofu, turkey, chicken and nuts are rich in tryptophan, which supports serotonin production, boosting your mood. Wrap paprika-seasoned chicken in lettuce with some guacamole for a speedy lunch.

REVITALISE WITH VEGGIES



Eating veggies can lead to increased life satisfaction, says an Australian study. Artichokes, avocados, cabbage, broccoli and leafy greens like spinach and kale are full of B vitamins, which help boost serotonin levels and keep you alert. Jazz up salads with grated garlic, salted anchovies and lemon juice.

GUILT-FREE TREAT

RASPBERRY & COCONUT LOLLIES

STEP 1 Blitz 60g low-fat cream cheese, 50g Quark, 25g agave syrup, 40ml reduced-fat coconut milk and ½tsp xanthan gum.

STEP 2 Lay a 40cm square of cling film on a tray. Pour over the cheese mix and spread into a 15cm square. Sprinkle over 50g crushed raspberries and 2 crumbled ginger biscuits. Cover with another square of cling film then pop into the freezer for 20 mins.

STEP 3 Remove from the freezer and discard the top piece of cling film. Roll the mix into a sausage shape, then wrap in cling film and tie at both ends. Return to the freezer until frozen through.

STEP 4 Remove and slice into 8 pinwheels. Push a skewer into each one.

● *Fitness Food by Christian Coates (Jacqui Small, £16.99)*

MAKES 8



37 CALS
1G FAT
4.1G SUGAR
0.1G SALT
PER LOLLIPOP



● TV presenter Davina says: "There's bags of flavour here for very little work – just the thing when you're in a hurry."



490 CALS
35.1G FAT
13.9G SUGAR
1.9G SALT
PER SERVING

SERVES 4

FOR THE KEBAB:

- 500g lamb neck fillet, cut into cubes
- 1 red onion, cut into bite-size pieces
- 1 red, 1 yellow and 1 orange pepper, deseeded and cut into bite-size pieces
- 1 courgette, sliced
- 1tsp ground cumin
- 2tsp ras el hanout
- 2 garlic cloves, finely chopped
- 2tbsp chopped fresh oregano
- Zest of 1 lemon and a squeeze of juice

GREEK SALAD:

- 200g vine tomatoes, quartered
- 100g cherry tomatoes, halved
- 1 cucumber, cubed
- 100g feta cheese, cut into cubes
- ½ red onion, sliced
- 100g pitted Kalamata olives
- 1tbsp red wine vinegar
- 3tbsp extra virgin olive oil
- 2tbsp chopped fresh oregano

DAVINA MCCALL'S LAMB KEBABS WITH GREEK SALAD

STEP 1 Put the lamb, onion, peppers, courgette and all the other kebab ingredients into a bowl and season, then cover and leave to marinate for 30 mins in the fridge, or overnight if time allows.

STEP 2 Thread pieces of meat and veg alternately on to 4 large or 8 small metal skewers. Preheat the grill to high. Place the skewers on a large roasting tray and grill them for 15-20 mins or until lightly charred and the meat is cooked. Turn the skewers frequently.

STEP 3 While the skewers are cooking, put all the salad ingredients into a large bowl, season and toss together. Then serve!

● *Davina's Sugar-Free In a Hurry by Davina McCall (Orion, available in paperback £16.99 and eBook £8.99)*



HOW TO MAKE IT DIFFERENT

Replace the lamb with cubes of skinless chicken breast, lean pork or beef – or tofu for a vegetarian option. You can also change the flavour of the meat: simply marinate the lamb in tzatziki or 1-2tsp of mint sauce. For an alternative salad, replace the feta with mozzarella, the cucumber with avocado, and the oregano with basil.

NEW & DELICIOUS FOR VALENTINE'S!

DINE-IN DEAL

(£20 Marks & Spencer)
It's back! Between 9-14 February, choose from a selection of starters, mains, sides, desserts, bubbly or wine, plus a box of chocolates to share with a loved one.



HOT LIPS PROFITEROLES

(£3 Co-op)
These cute Belgian profiteroles are adorned with red-coloured chocolate lips and heart shapes – the perfect Valentine's treat.



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Fridge raider

Ex-TOWIE star Lauren Pope, 34, on what's in her fridge

How much do you spend per week?

About £45. I shop around to find the best prices – Waitrose is on the way home from my office [Lauren runs Hair Rehab London], but if I'm buying meat, I tend to go elsewhere to get it cheaper.

Describe your daily diet...

For breakfast I'll have porridge with almond milk, or eggs with avocado and smoked salmon. At the weekend I'll make pancakes. For lunch I'll have a chicken curry dish with vegetables and brown rice. Dinner's usually fish or chicken with broccoli. I snack on dark chocolate, or make a shake with cocoa powder, nuts, porridge and yoghurt.

Is there anything you refuse to eat?

Foie gras. It's not very nice. I don't like fry-ups, either, as they're so greasy.

What's the strangest thing you've ever eaten?

My friends think everything I eat is weird. Every morning I have two scoops of green powder – it's alkaline grass stuff – as it helps with bloating. My sister asks me: "Have you had your glass of grass?"

What would you cook to impress?

A nice fillet steak, with homemade sweet potato fries and either some vegetables or a side salad.

● *Lauren's range of hair extensions is available from Hairrehablondon.com*



"I've got such a sweet tooth. Dark chocolate doesn't stop my cravings, but it helps."



"I don't eat much bread because it tends to bloat me, but wheat-free rye is a good alternative."



"I have a lot of veg and cook from fresh. I don't buy ready meals – you don't know what goes in them."

INSIDE LAUREN'S FRIDGE

- Blueberries
- Dark chilli chocolate
- Greek yoghurt
- Almond butter
- Eggs
- Cod loin
- Rye bread
- Prawns
- Smoked salmon
- Salmon fillets
- Coconut oil
- Spinach
- Cucumber
- Broccoli
- Salad leaves
- Bananas
- Sweetcorn
- Mangetout
- Courgette
- Almond milk
- Dairy-free milk
- Vita Coco water
- White wine

"This wine is purely for when I invite friends over, as I don't really drink at home."

VERDICT

NUTRITIONIST SALLY WISEBY

SAYS: "Porridge oats are rich in beta-glucans, a fibre that encourages a strong immune system. Green powders boost energy levels and contain antioxidants. Lauren's shake is high in protein and good fats, but she should swap the cocoa for raw cacao: it's unrefined and richer in antioxidants and magnesium, which helps regulate blood sugar levels."

FRIDGE HEALTH RATING 9/10

WWW.SALLYWISEBYNUTRITION.CO.UK, @WIZZNUTRITION

GET RECIPES, DIET AND FITNESS ADVICE AT CLOSERONLINE.CO.UK/BODY-AND-WELLBEING

CLOSER
ONLINE



Guiltiest food pleasure?

A warm chocolate brownie with vanilla ice cream. It's making my mouth water just thinking about it!

Hangover cure?

Margherita pizza and oven chips. If I'm going out and it's a big night, I'll get food in so I don't even have to leave the house. I'm prepared!

Usual takeaway order?

Probably Nando's.



TOP TWEET



Do food allergy tests work? My son has irritable bowel syndrome and we don't know what causes it.

DR CHRISTIAN: IBS isn't due to food allergies, but certain foods can make it worse – see your GP for help.

IN THE NEWS...

CERVICAL CANCER SCREENING ATTENDANCE HITS A 19-YEAR LOW

Around 1.12 million women missed their smear test appointments in the past year and uptake was lowest among women aged 25 to 29.

IN MY OPINION...

This is hugely worrying. The worst uptake is among young women, but it's the most common cancer in women under 35. The reasons women gave for not going

included 27 per cent who thought it would be embarrassing, and 25 per cent who worried it will be painful. If you tell your GP you feel nervous, they'll listen, explain and do it slowly. I've never had a smear test, but I've given hundreds – and it should be comfortable and quick. The test can save your life and it's only every few years, so please go.

CLOSER ONLINE

FOR MORE HEALTH NEWS, VISIT WWW.CLOSERONLINE.CO.UK/HEALTH-AND-FITNESS

HOW MUCH SUGAR IS HIDING IN YOUR FOOD?

We're still eating too much of the sweet stuff. Dr Christian explains how to cut back

New stats reveal children are eating half their recommended sugar intake by 9am. We adults aren't much better, and the dangers are staggering. Too much sugar leads to weight gain, which increases your chance of heart disease, Type-2 diabetes, cancer and strokes. The guidelines say we should only get 5 per cent of our total calories from sugar, but that's meaningless to most of us. If you're trying to cut your sugar intake, be aware it's lurking in places you might not expect...

WATCH 'HEALTHY' CEREALS

Children aged four to six should have 19g (5tsp) a day, seven to 11 year olds 24g (6tsp) and anyone 11 or older 30g (7tsp). Just one big bowl of breakfast cereal with an orange juice can get you most of the way there. Officially, 22.5g of sugar per 100g is "high sugar." Coco Pops are 35g per 100g, but even healthy-seeming Alpen Original contains 22g, and Cheerios 21g, per 100g. Weetabix is better at 4.4g (5g per 100g is considered low sugar) and porridge oats contain just 1.1g. Reduce kids' breakfast sugar intake by swapping for dippy eggs.

DITCH BREAKFAST BISCUITS

Recent research found that 46 per cent of breakfast biscuits contain the same amount of sugar as a bowl of

Coco Pops – 38 per cent would have a red traffic light for sugar. The marketing is all about slow-release carbohydrates, but they're full of sugar. Look at the traffic lights on the box – if it's red, it's a no. Check portion sizes, too – there's every chance you'd eat twice as much as the portion they suggest.

DILUTE JUICES

The advice recently changed, so rather than having 200ml of juice, we should only have 150ml due to the high sugar content. That's not very much, so dilute it to fill the glass. In Switzerland, you can't buy fruit juice, you can only buy 50 per cent apple juice, 50 per cent fizzy water, which is much better – and cheaper. Sugar-free squash contains just 0.5g of sugar compared to 15g for non-sugar free. A Danish study gave overweight adolescents water or milk to drink and didn't limit their food intake, but the children consumed fewer calories and drank fewer sugary drinks. That works for adults, too; drink a pint of water before doing your supermarket shop and you're less likely to attack the sweet aisle!

DOWNSIZE FROTHY COFFEES

Even the ones that sound healthy – Pret's Organic Chai Latte contains 29.8g of sugar; more than your recommended intake for a day. People pick non-dairy



'Pneumonia left me struggling to breathe'

TV star Ben Fogle, 43, on pneumonia



"I thought I had a cold, but soon realised it was much more. I had a raspy, watery sound to my breath and was struggling to breathe – it was scary. I was shocked to find it was pneumonia. It wiped me out and took time to recover. I now know a healthy lifestyle and good hygiene can prevent it." ● Ben's supporting the Expect The Unexpected health campaign, funded by Pfizer.

MY HEALTH



milks like soya, almond or coconut, but the high-street chains often use the sweetened versions, so a wholesome-sounding chai tea latte with soya milk can provide 36.4g sugar. A filter coffee or a cup of tea is either zero or very little sugar, and much cheaper! If you love your frothy coffees, downsize your cup.

FIX THE FIZZY PROBLEM

A study examined the sugar content of 169 fizzy drinks and, on average, they contained more sugar than the 30g a day recommended limit. It's a big problem for kids – boys aged 11-18 get 42 per cent of their sugar from soft drinks. And beware of the word “natural”; a study compared drinks with sugar, stevia, monk fruit or aspartame, and the levels of glucose and insulin in the blood were the same. Plus there was no difference in daily calorie intake – people who had the natural sweeteners overcompensated in the rest of

the day. I'm pro-sweeteners but if you drink them without food they trigger the sweet receptors in your brain and make you crave food, so have them with a meal.

BALANCE LUNCHBOXES

A recent report found that typical lunchboxes contain up to five times the recommended daily amount of sugar. It's easy to see how; a Capri-Sun is 20g, a Penguin 10g, a Mr Kipling lemon slice 14.9g and a Petits Filous Frube 19.8g. Think about the balance – kids are running about so a salad won't do, but just give them one treat. A sandwich, a piece of fruit, a yoghurt, a healthy snack like carrot sticks and something sugary at the end is fine. Adults, meanwhile, are sold “natural” bars made with mashed-up fruit – aka concentrated sugar. You'd be better off with a banana and nuts. And watch out for high-sugar content in ready-made meals.

COUNT BOOZE AS A SWEET TREAT

Alcohol provides 10 per cent of an adult's daily sugar intake. Wine isn't so bad, and a glass of prosecco is just 2 per cent of your intake, but as soon as you add mixers, you introduce sugar. A vodka and cranberry is 7½tsp (36 per cent of your recommended daily intake) and a G&T 4tsp (or 36 per cent). Going for drinks is your sweet treat of the day.

KEEP TRACK

For parents, list the sugar content in your children's five favourite sweet treats, then stick it inside a cupboard to keep track. You could do it for yourself, too! And don't be caught out by packets – look at portion sizes. Cereals count a portion as 30g, most of us eat 60g. And remember – tastebuds change, so when you go on a low-sugar diet, it's hard at first, but your tastes adapt very quickly.

CLOSER'S KIT FOR CUTTING DOWN ON SUGAR

DITCH IT:

GO CHOC-FREE

Raise funds for the British Heart Foundation by signing up to the DECHOX challenge and give up choccie for March. WWW.DECHOX.BHF.ORG.UK



SPREAD IT:

MERIDIAN RASPBERRY FRUIT SPREAD

Jam is usually more than 50 per cent sugar, but this is only sweetened with natural apple juice and the berries, so sugar content is halved. £2.65, HOLLAND & BARRETT



SPOT IT:

SUGAR SMART

Scan barcodes in the supermarket with the Sugar Smart app to instantly single out sugary foods without having to decipher labels. FREE, ITUNES





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



'How can I boost my business and save for a deposit?'

Sophie Whiffen, 35, is a complementary therapist who rents in Cambridge with her husband and seven-year-old son



"I've been a self-employed complementary therapist for 14 years but, after having my son Oscar, seven, I developed stiffness in my hands and can't do hands-on physical therapy.

"I now blog about health and run therapy workshops online – but I'm unsure if I should do them in person instead. I'd prefer to do that in London than Cambridge to drum up more business, but it's hard working this option around a child. Also, it costs hundreds to hire a premises.

"My husband Shaun, 41, has a steady job on £26k; we rent but want to save for a deposit. I need to put money into my business, but I'm torn between that and getting on the property ladder. How can I monetise my business while also saving for a home?"

SARAH'S 3-POINT PLAN

1) TRY VIRTUAL WORKSHOPS

Sophie should continue to do workshops online; webinar software providers charge a monthly fee of £25 to £50, but that's less than a room hire fee and travel costs. She should promote on Facebook, Twitter and LinkedIn, and consider approaching businesses about workshops.

2) BOOST THE BLOG Sophie should ensure that any products or services she offers from third parties have an affiliate deal attached to them. If someone clicks from her blog to an acupuncturist, for example, she should earn commission. Look for online tutorials on how to do it, and join bloggers' forums for more tips.

3) SAVE FOR A HOME Being self-employed can make getting a mortgage tricky, so speak to an independent broker like London & Country. You usually need

Y INCOME: £80	
s:	£
tax:	
one:	
...penses:	£200
ing:	£
's activities:	£
y	£
TOTAL:	£1,620

more than 10 per cent of the property's value as a deposit. If Sophie can save 25 per cent, she'll stand a better chance of getting a mortgage and the rates will be far cheaper. Many banks and building societies offer Help to Buy ISAs, where the government boosts your savings by 25 per cent. Or try shared ownership, where you buy part of a home (say, 40 per cent) and pay affordable rent on the rest. You only need a deposit and mortgage for the part you're buying.

Visit Sarah's consumer website:

www.letsavemoney.com

And follow her on Twitter at:

@sarahwillers

MONEY SAVING TIPS

GET FIT FREEBIES!

British Military Fitness is offering seven-day free passes, while Pure Gym, Fitness First and Anytime Gym have free three-day passes and Nuffield, Total Fitness and Easygym offer a one-day pass. Try them all for almost a month's worth of free gym membership!

GET HELP WITH CHILDCARE COSTS

Don't miss out on the government's new Tax-Free Childcare vouchers. Open an online account, pay in the cost of childcare with a registered provider (including extra-curricular activities) and for every 80p you pay in, they will top up an extra 20p!

MY LIFE IN CASH

TV presenter Cherry Healey, 36, talks us through her money history



MY POCKET MONEY WAS...

Around £3 a week when I was seven – I'd spend it on sweets.

MY FIRST JOB WAS... Stacking shelves in Sainsbury's and I was always so cold!

I SPENT MY FIRST PAY CHEQUE ON...

I remember sitting in a pub near the old BBC headquarters and I got a notification that my first ever TV cheque had cleared, which meant I officially worked in TV. I bought everyone a round!

MY BIGGEST IMPULSE PURCHASE

WAS... I recently bought an electric car. I live in London so I don't need it, but with two kids it's a beautiful luxury.

EVER MADE A FINANCIAL MISTAKE?

I had a credit card at uni and racked up a £3,000 debt on nothing. I spent a year paying it off.

SPENDER OR A SAVER?

Both with equal enthusiasm!

● Cherry uses TePe EasyPicks, available at Boots

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

HAVE A HAPPY ONE-NIGHT STAND

Despite our more liberal attitudes towards sex, the one-night stand debate rages on. New research shows 35 per cent of women and 20 per cent of men have regretted casual sex, but that means plenty have also had fantastic nights of passion. It comes down to choice. Two consenting adults having no-strings sex can make both parties feel fantastic, as long as one-night stand etiquette is employed. Here are the dos and don'ts of a brief encounter...



'ME MYSELF AND I'



FORMER PUSSYCAT DOLL ASHLEY ROBERTS, 35, TAKES OUR QUIZ

What's your biggest fear?
I'm scared of staying stagnant. To me, life is about experiences, adventure and having fun.

What's your worst habit?
I have a tendency to overanalyse everything.

What animal would you be and why?
A cheetah because they're feisty and fabulous.

Ever had a near-death experience?
I was driving with my mum when a bolt of lightning nearly hit our car.

Who was your first kiss?
When I was in high school, I kissed a boy called Darren Headley. It was beyond awkward.

Describe yourself in three words...
Goofy, creative, passionate.
● Buy Ashley's footwear range ALLYN at Larizia.com

CASUAL SEX: THE GROUND RULES

● **BE SURE** Consider if you truly want what's on offer. It's far healthier to walk away from a one-night stand than to wake up feeling regretful.

● **GOOD JUDGEMENT** Alcohol can lower your inhibitions and give you confidence, but it can also skew your judgement. Only have casual sex if you are both fully able to consent and enjoy the experience. If you are intoxicated, take a rain check.

● **BENEFIT FROM IT** A great benefit of no-strings sex is improving sexual confidence. Whether it's talking dirty or telling him your fantasies, let it help you figure out what really turns you on.

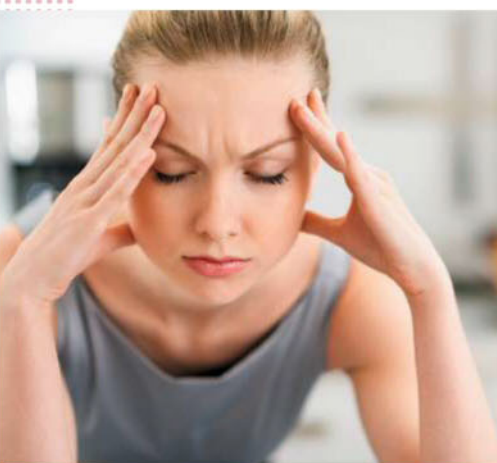
● **BE HONEST** If you're willing to share your body with this guy, have the confidence to confirm that you both want the same outcome. Agree on what the night means before the fun begins.

● **HAVE RESPECT** Don't sneak off as soon as he falls asleep, it's hugely disrespectful. Thank him for the fun and for his hospitality.

● **STAY SAFE** It goes without saying that you should always be careful if having a one-night stand. Make sure you trust the other person and inform a friend where you are. And use contraception – condoms protect against unwanted pregnancy and STIs.

COPE IN A CRISIS

How is it that some people seem cool, calm and collected during a crisis, while others run around like headless chickens? The survivor complex is a well-documented phenomenon that explains how some people thrive – it has very little to do with genetics and everything to do with attitude. If you struggle when a crisis occurs, you can change the way you cope by following these three steps: take a few deep breaths to physically relax you, then take a moment to assess what is going on around you and absorb the information you need to understand; acknowledge the steps you can take to influence whatever is occurring. Being in control of the crisis means you're willing to consider taking whatever action is required.



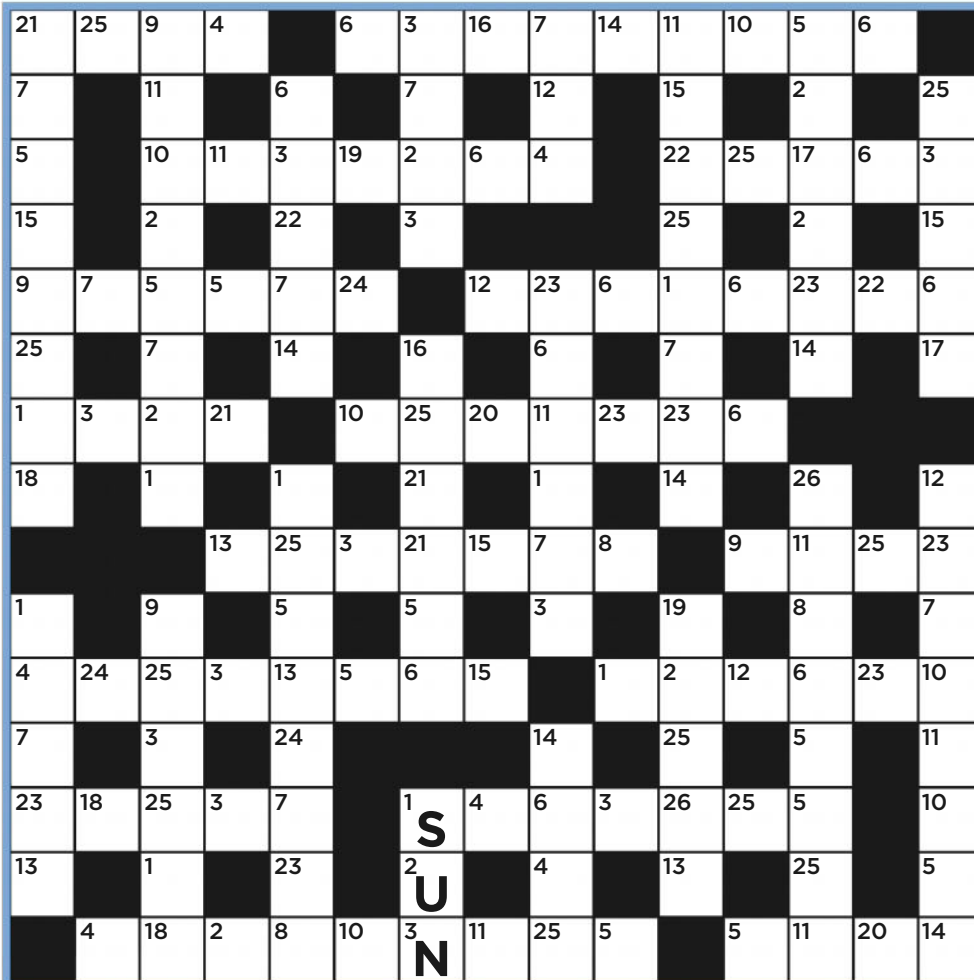
**CLOSER
ONLINE**

GET MORE SEX AND EMOTIONAL ADVICE AT
WWW.CLOSERONLINE.CO.UK/SEX-AND-RELATIONSHIPS

Puzzles

CODE CRACK

Every number in the grid stands for a different letter. We've given you the word SUN 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	S	14
B	O	2	U	15
C	P	3	N	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



Oscar-winning true-life drama starring Leonardo DiCaprio and Kate Winslet.



A stranded astronaut sparks a desperate rescue mission in this sci-fi drama.

NAME THE STARS

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

- 1 Model and actress who starred in *Mirror, Mirror* and *Mortal Instruments*.

ICY NIL LOLLS

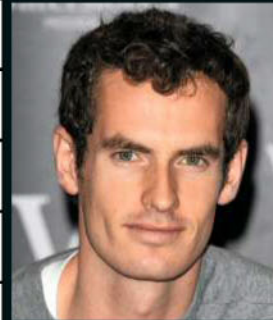
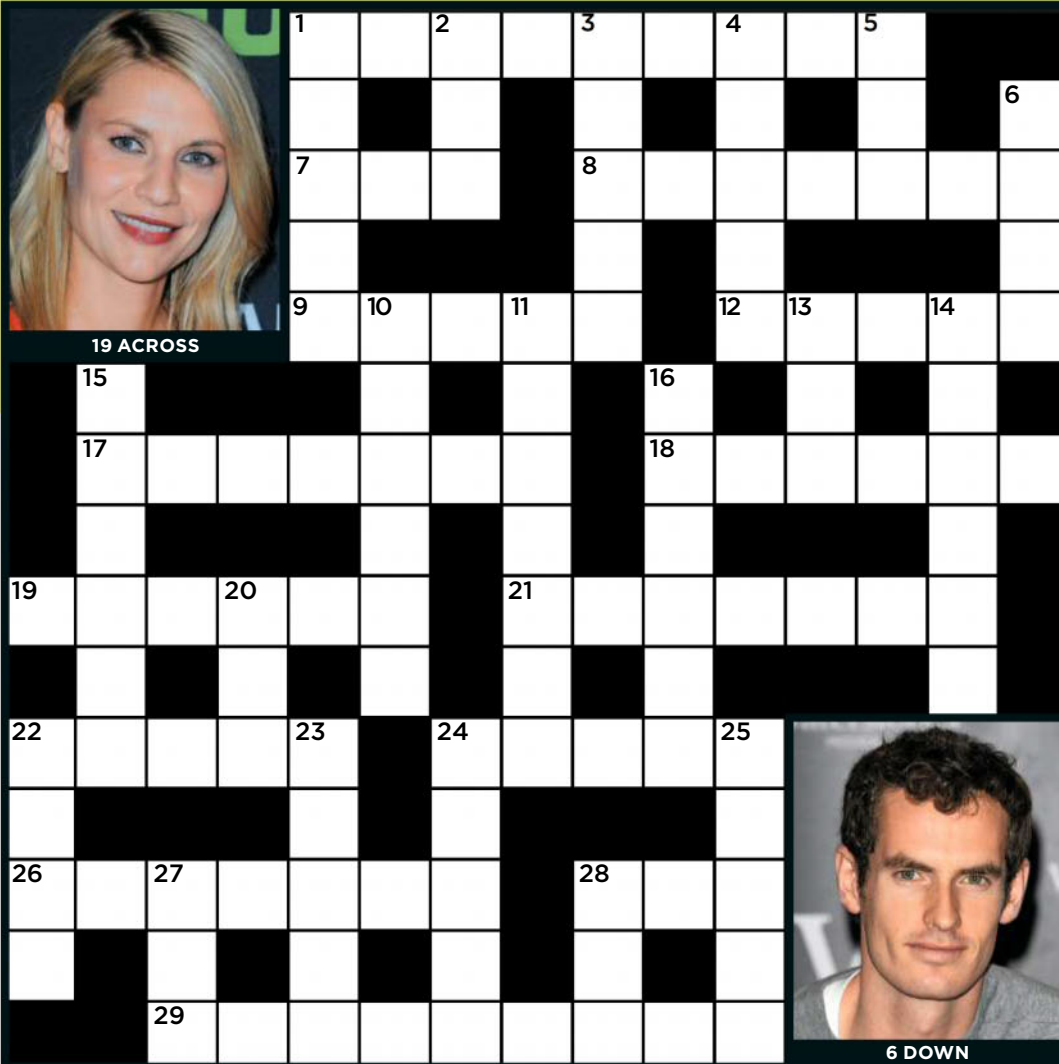
- 2 Model and TV presenter currently hosting a Radio 2 show alongside Alan Carr.

LEAKY NEMESIS

THE BIG CROSSWORD



19 ACROSS



6 DOWN

ACROSS

- 1 Dedicated and unwavering 9
 7 Bullring shout 3
 8 Article given in part payment 5 2
 9 Shabby 5
 12 Striped domestic cat 5
 17 Refrain from 7
 18 Black card suit 6
 19 *Homeland* actress, - - - - - Danes **See pic 6**
 21 Chipolata, eg 7
 22 David - - - - -, *The Office* boss 5
 24 Writing surface 5
 26 Rectify 7
 28 Like father, like - - -, saying 3
 29 Procession of vehicles 9

DOWN

- 1 Solidly built 5
 2 Needle hole 3
 3 Light-hearted song 5
 4 Be ready for 5
 5 Fasten with string 3
 6 Tennis champ, - - - - Murray **See pic 4**
 10 Flowering shrub 6
 11 African republic 7
 13 Turkish leader 3
 14 Beer producer 6
 15 Mariner 6
 16 Guarantee 6
 20 Knighted cricketer, - - - Botham 3
 22 Rear 4
 23 Handle 5
 24 Father 5
 25 Actress, - - - - - Zellweger 5
 27 Force into place 3
 28 Expanse of salt water 3

Forensics TV series (1,1,1)	Burn without flames	▼	Celine ----, Canadian singer	▼	Actress, --- Mendes	▼	Throng	▼	Garden entrance	Catherine ---, comedian	Cutting ----, innovative	▼
▶	▼		Greek goddess of retribution		Cooked in the oven	▶				▼		
Monte-Carlo's country	▶		▼				Matures		Monopoly property		Final	
▶				Separately	Hulk Hogan, eg	▶	▼		▼		▼	
Ice-cream cornet		Festival, ---- Gras	▶	▼				Iced ---, cooling beverage	▶		Rock Of ----, hit musical	▶
▶					Zodiac lion	For every	▶			Golfer's peg	Typist's injury (1,1,1)	
Bedrest		Healing ointment	▶		▼			Entices	▶	▼		▼
▶						Cardinal number	▶				Crumbly rock	▶
Go to bed		Ends	▶					Hollywood star, ---- Moore	▶		Domestic animal	▶



Fill in the grid using the clues provided

Puzzles

SAY WHAT?!



Feeling so empowered that I started slayin trolls

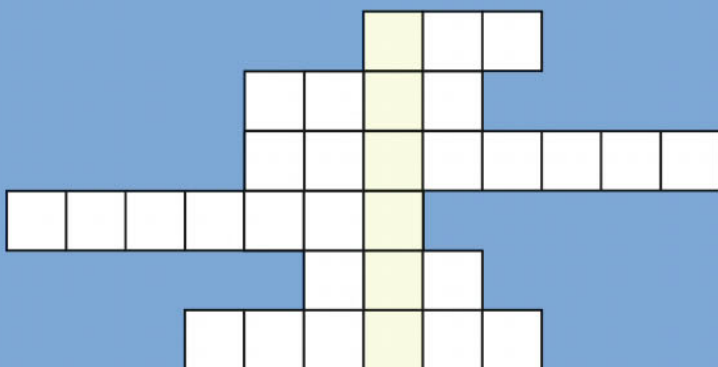
- A) JORDAN
- B) LENA DUNHAM
- C) DAVINA MCCALL

WORD PLAY



Fit the *Green Wing* cast members in their places to reveal another name in the green strip.

JOANNE
CAROLINE
HARRIET
MAC
KIM
ALAN



*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

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

LEVEL 1: MEDIUM

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

Win!

A PAIR OF TICKETS
TO VEGGIEWORLD
LONDON!

VeggieWorld is an exhibition packed full of vegan food, fashion, cosmetics, caterers, cookery demos and talks – and we have eight pairs of tickets up for grabs! For your chance to win entry to the event, which takes place 8-9 April at Kensington Town Hall, London, visit www.closeronline.co.uk/win by 13 February.*



FIND YOUR HAPPY
EVER AFTER AT
FLIRTIFY.CO.UK

It's mobile friendly so
you can sort your love
life on the go!



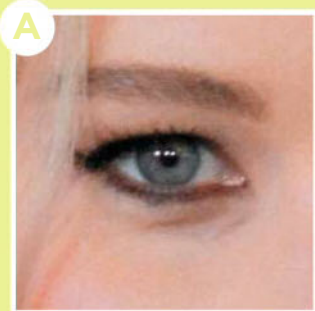
SPOT THE DIFFERENCE

Can you spot the six differences between these two pictures of Little Mix?



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 CHERRY ----- SOUP | D GUARDIAN ----- CAKE |
| B SMALL ----- TEST | E NORTH ---- ANISE |
| C GRAND ----- RECALL | F COLD --- CRY |

See p96 for all puzzle solutions

WORD SEARCH

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



BIRDSONG
BORN IN
LONDON
BURBERRY
ADS
CAMBRIDGE
COLOURBLIND
DAUGHTER

ETON
HANNAH
BAGSHAW
HAS AN OBE
LES MISERABLES
NEWT SCAMANDER
OSCAR

SAVAGE GRACE
STAGE PLAYS
STEPHEN HAWKING
THE DANISH GIRL
THE GOOD
SHEPHERD
TONY AWARD



Eddie Redmayne

Miss Peregrine's Home For Peculiar Children

Director Tim Burton delivers with his eccentric adaptation of Ransom Riggs' young-adult book – about an orphanage for society's rejects, run by a gothic Mary Poppins-type (a brilliant Eva Green.) Think *X-Men* meets *Harry Potter* – only spookier.



ALSO OUT: ● **We're Going On A Bear Hunt** This endearing animation about a family heading off on a bear hunt, based on Michael Rosen's 1989 story, proved to be a big hit when it was aired on Christmas Eve. And if you're a parent, chances are you'll know the refrain: "We're going on a bear hunt/We're going to catch a big one" off by heart. It's the perfect story for little ones.



Fifty Shades Darker

The second instalment of E.L. James' kinky franchise kicks off with Anastasia Steele (still biting her lip) being enticed back into Christian Grey's S&M world. But Anastasia (Dakota Johnson) has changed. Long gone are the days of sexual innocence and submission: now she is her own woman. And her newfound almost-dominance seems to work with Christian (Jamie Dornan): cue a very raunchy lift scene. But just as they get their romance back on track, a mysterious woman from Christian's past shows up. Uh-oh. *Fifty* fans will love it.

ALSO OUT: ● **The LEGO Batman Movie** One of the breakout characters from *The LEGO Movie* ensemble – LEGO Batman (voiced by Will Arnett) – stars in his own big-screen adventure. With Gotham under threat from The Joker, Batman may have to shed the lone vigilante tag and try to work with others. With its colourful animation and adult-friendly gags, this is one for all the family.

Out this week!

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



GREAT DAY OUT

Directing Dobby At Warner Bros. Studio Tour London

For the first time ever, visitors will be able to take part in an interactive motion capture experience. From start to finish, you'll learn how the CGI artists cleverly brought our favourite house elf Dobby, from the brilliant *Harry Potter* series, to life. This event starts 4 February and runs until 31 March. Visit Wbstudiotour.co.uk for more information.

Magic

MAGIC RADIO IS NOW
AVAILABLE ACROSS THE UK
ON YOUR DAB DIGITAL RADIO

FOR MORE INFO VISIT: WWW.MAGIC.CO.UK

BEST MUSIC



Now That's What I Call Love

Whether you're planning a cosy night in or a romantic meal out, *Now That's What I Call Love* is the perfect soundtrack to your Valentine's Day. This mega three-CD compilation features songs from Ellie Goulding, George Michael and Whitney Houston. Out 6 February.

MUST READ

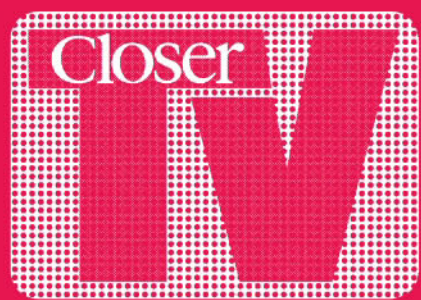
Graeme Simson

The Best Of Adam Sharp

Adam Sharp is nearly 50 and his life is trundling along quite happily. He's cohabiting with his partner Clare, he earns a decent living as an IT consultant, and he enjoys being the master of the music questions in his local pub quiz. But when he gets an email from his first love, Angelina, can he resist the allure of that first, heady romance? This book isn't quite as outstanding as his best-selling novel *The Rosie Project* – but it's still a very enjoyable read. Highly recommended.



WORDS: ALYS WEBB, GEORGINA FINEGAN, CAROLINE KNELL
PHOTOS: REX/SHUTTERSTOCK



What to watch,

TV WEEK:
11-17 FEB

THE SHOWS EVERYONE WILL BE TALKING ABOUT

GIRLS

MON, 10PM, SKY ATLANTIC

Hannah and co return for more love dramas



GIRL POWER



CELEBS GO DATING

New series where famous folk look for love. *MON-FRI, 10PM, E4*



THE JUMP

Anyone been injured yet? Watch Spenny on the slopes. *SUN, 7.30PM, C4*



THE MOORSIDE

Sheridan Smith stars in the gripping conclusion. *TUE, 9PM, BBC1*

7-DAY PRIMETIME TV LISTINGS PAGE 89

PLUS CELEB CHATS, FILMS & SOAPS





Behind the

WITH CLOSER'S TV EDITOR
HANNAH WRIGHT

CHARLOTTE RITCHIE:

'I feel like I'm living somebody else's life'

Call The Midwife's Charlotte Ritchie, 27, on having a whale of a time playing Barbara – and her eyes being opened to the perils of childbirth



The soon-to-be-married couple, Barbara and Tom

It's hard to believe *Call The Midwife* is in its sixth year. You joined in series four – how do you feel about it today?

I'm incredibly spoilt, it's such an adventure. I did my first shoot abroad for the Christmas special in Cape Town and it's an insanely happy cast – we're all good friends. We have amazing stories to tell and I feel lucky to be part of such a strong and successful female-led drama. The amount of men who say to me: "You're in *Call The Midwife*, aren't you?", before adding: "My wife watches it..."

Barbara has just got engaged to Tom on the show. Do you think they make a good couple?

Yes, I do. It's exciting to see what's going to happen to them. They seem quite well-suited and he still loves her – even after she's been sick on his trousers!

Barbara is quite serious and earnest.

Would you like to see her loosen up a little?

She is so earnest. She needs to chill out sometimes! Barbara has seen so many awful things in her life and dealt with many

seriously poor people. All the characters in this era [the '60s] have a seriousness to them that we just don't have, because we haven't had to live through two World Wars and grow up on rationing. But our writer Heidi [Thomas] is starting to introduce some comedy, which will be fun to play.

You've had an amazing few years, starring in shows such as *Fresh Meat* and *Siblings*.

Do you ever pinch yourself?

Honestly, I don't know how it happened! I sometimes think I have accidentally landed in someone else's life. My mum and dad have just about stopped telling me to get a proper job. My dad is always reminding me to train as a hairdresser or a masseuse so I can work between acting jobs. They still say: "Just enjoy it while you can!" But I've had a good run for the past two years, working on shows I'm really proud of.

Were you sad about the final episode of *Fresh Meat* when it ended last March?

Yes, we all watched the last episode together and everyone was crying – but they graduated, so it's done. We needed to let our characters go. My character, Oregon, was starting to look like a mad prince and was becoming such an awful person – I was quite relieved to say goodbye!

Who do you look up to in the business?

My favourite actress is Julie Walters; she makes every character her own. And I've learned so much from my co-stars Jenny Agutter, Linda Bassett, Judy Parfitt and Pam Ferris. I don't have much experience or training, so it's been a privilege to

be surrounded by actresses this good.

When I found out that Linda was joining *Call The Midwife* at the same time as me [as nurse Phyllis Crane], it gave it the stamp of approval. I knew it was a seriously big deal.

Are you an expert on childbirth now?

It's really opened my eyes to it. Playing a midwife immerses you in what it's like to give birth, as well as the problems you might have in not immediately bonding with your baby, or not being able to breastfeed. It makes me think women are awesome. I look at my mum, my sister and my sister-in-law and think, "Wow, you are incredible." But it's not something I have to think about right now.

Can you ever see yourself heading off to work in Hollywood?

I don't have a burning desire to go there. It sounds like an odd experience – people are really encouraging and then you never hear from them again!

By Karen Hockney

● *Call The Midwife*, Sundays, 8pm, BBC1

Charlotte as Oregon in Channel 4's *Fresh Meat*



e scenes



AMY WALSH:



Best known as Emmerdale's Tracy Metcalfe, actress Amy Walsh, 29, tells us about her saucy new storyline...

W

e hear Tracy is writing a raunchy novel...?

She wants to prove that she's not a dumb blonde,

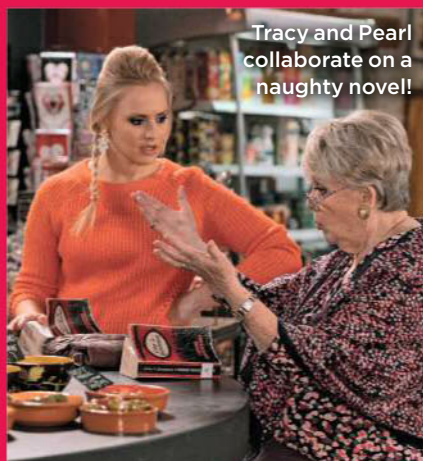
so she has started a book club. But she struggles reading other people's books and decides to write her own. The subject she probably knows most about is sex, so she writes a racy novel. But there's not enough story, so Pearl (age 80) steps in to help with the plot!

How rude is it?

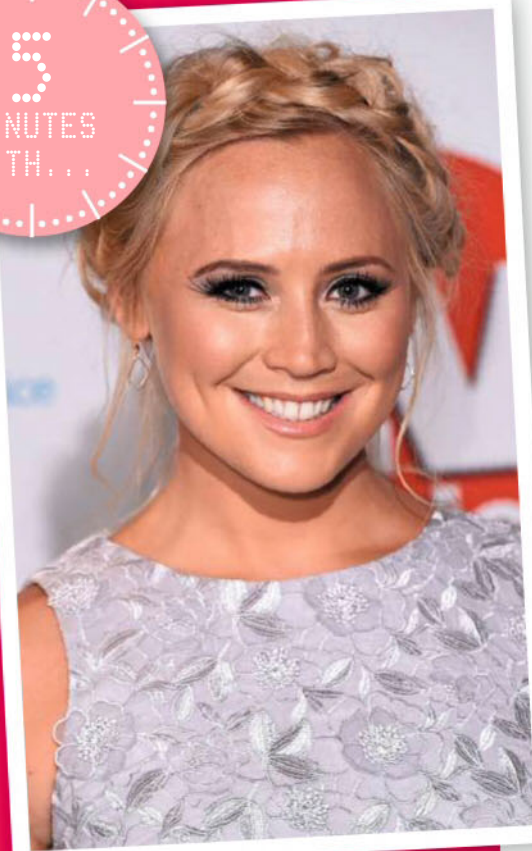
We hear Tracy speaking into a dictaphone as the female character talking to a man. She's saying: "I know what you're thinking - you're imagining unlacing this strapless basque..." That was enough for me!

Valentine's Day is coming up - how will you be celebrating?

Probably on my own! My other half, Bradley [Jaden], will be in the Philippines. He's an actor and he's on an 18-month world tour of *Wicked*, so it might be a microwave meal for one! But we've got a joint 30th birthday party in March. We're used to having a big distance between us, but it's usually in the same country, so this is tough. It's not just hard emotionally, but the logistics of trying to meet up are tricky.



Tracy and Pearl collaborate on a naughty novel!



How does your sister [Girls Aloud singer Kimberley] feel about your success?

She's really proud. She watches *Emmerdale* every night and texts me when she's put the kids to bed. She wishes I didn't have this job so I could help her out with them!

Do you love being Auntie Amy?

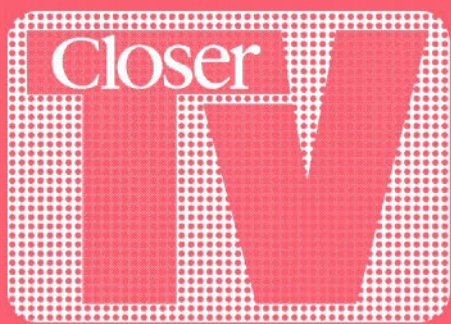
It's the best thing in the world and I try to help both my sisters. As soon as I'm back in London I'm open for them to use and abuse my auntie skills. I've got five nephews and Bradley has a nephew, too.

How do you stay in shape?

I always struggled with my weight as a kid. I got into fitness when I was about 22 and lost about 2½st. The first TV job I got was *Hollyoaks* and I had to wear a bikini. I wouldn't have got that job if I'd been heavier. Now I try to do some exercise five or six times a week - usually running, netball, walking or yoga - although I'm toning it down this year because I worked myself too hard at the end of last year and was ill at Christmas!

By Sue Crawford

● *Emmerdale* is on ITV, Mon, Tues, Wed and Fri, 7pm, and Thurs 7pm and 8pm



THIS WEEK'S TOP STORIES

Soap Spotlight!

HOLLYOAKS



MYRA HAS THE BABY!

Following a (humorous) false alarm on Monday, Myra ends up in hospital on Wednesday (narrowly missing the babe forever getting Valentine's cards for their birthday), with Sally by her side... who also has an astonishing revelation for her. Elsewhere, Diane's secret phone calls are explained: Finn is back! He's banged out and pleased to see his step-ma in prison...

Nasty Finn is reunited with his mum, Diane

DID YOU KNOW?

Finn O'Connor (more recently played by Keith Rice) was jailed in 2014 when he was found guilty of raping John Paul and the attempted rape of Nancy Osborne. OMG!



CORONATION STREET

BETHANY IN DANGER

If you're like us, you'll be wanting to yell: "Bethany, step away!" at the screen - but she can't hear us, so the poor eager-to-please girl is delighted at creepy Nathan's endless praise and talk of online hair videos. The day after they kiss, the cops swoop and arrest Nathan (for abducting a young girl!). Fast-forward to Friday's ep when Bethany gets drunk, ends up at Nathan's flat and... No! Don't do it! Elsewhere, drug mules Sophie and Rosie stupidly tell Adam where their stash is.



Nathan has a run-in with the coppers

EMMERDALE

The Dales' answer to George Clooney (Paddy the vet) enjoys a busy week. First he has a heart-to-heart with Rhona on the anniversary of Tess' death (it's been a whole year!), then Rhona is unable to resist her ex when the pair share a moment and a kiss... Chas is jealous when she finds out, and on Valentine's Day Pierce proposes to Rhona again - and Rhona says yes! Oh, what a tangled web. Elsewhere, an obsessed Finn breaks into Kasim's house and trashes his ex's bedroom. O.M.G.



Finn is up to no good at Kasim's place

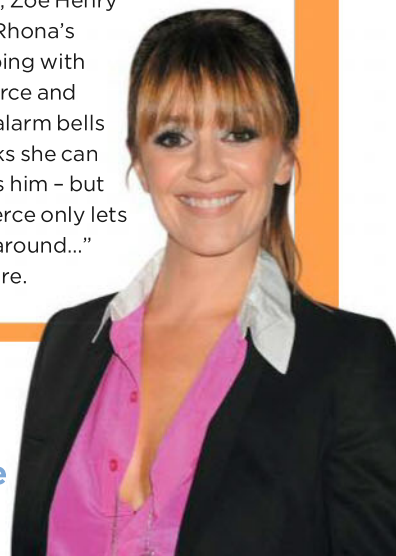


PADDY'S STILL GOT IT

ZOE HENRY:

'Rhona needs to fix Pierce'

In a week in which current squeeze Pierce has to deal with thinking about the demise of Tess, Zoe Henry (Rhona) tells us: "Because it was Rhona's husband - Paddy - who was sleeping with Tess, she feels she needs to fix Pierce and make him better. There might be alarm bells going off in her head but she thinks she can deal with this. She genuinely loves him - but she only sees the half of it, and Pierce only lets his façade slip when Rhona's not around..." Plenty of drama to come, we're sure.



FOLLOW OUR LIVE TWEETS OVER AT @CloserOnline



EASTENDERS

JACK'S REAL-LIFE LADY

In Soapland, Jack (Scott Maslen) misses friends Ronnie (Sam Womack) and Roxy (Rita Simons), who sadly departed Walford after meeting a watery end in an explosive New Year's Day episode. In real life, Scott – who says he “loved” working with them – is a devoted husband to Estelle, a musician and mum to his 16-year-old son, Zak. The pair have been together for 17 years and in the past, Estelle has revealed just what an old romantic he is, saying: “He calls up my favourite clothes shop, sneakily finds out what I like and has it delivered to my door all nicely wrapped up.” Er, this man is amazing!

JACK CONTINUES TO UNRAVEL

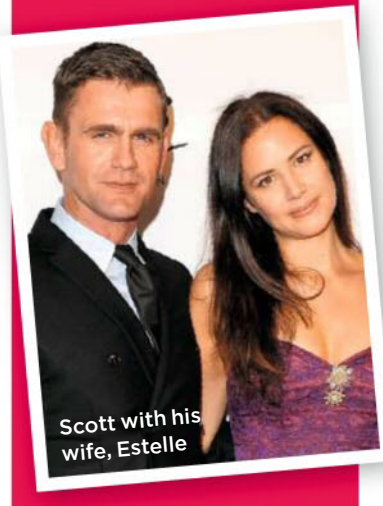
You can't blame poor, bereaved Jack for completely losing the plot, and this week it's Billy on the receiving end of his wrath when Jack makes another unusual decision (all will be revealed in Tuesday's episode – though his train of thought probably has a lot to do with the results of Roxy's medical report being revealed the day before...). Elsewhere, it's Valentine's Day, of course, but is love in the air in Albert Square? Well, Ian gets Jane an extremely romantic (or not) gift, and something is going on with Michelle – who we're told gets a “shock” (but high security surrounds what this might be, exactly). Whitney and Lee struggle on; they're at breaking point on Monday. Will Cupid's bow be fired at this woeful pair, or is it all going to end in disaster? One happy couple at least are Ben and Jay, who go to have a nose around No 18 (Pat and Frank Butcher's old place, incidentally) and are ecstatic when Kathy offers to help out with the deposit. Cosy pad, here they come! The week is rounded off by – you guessed it – another themed night at The Vic! Polish Night, no less, but it all ends in tears when someone from Environmental Health shows up after reports of food poisoning. The drama!



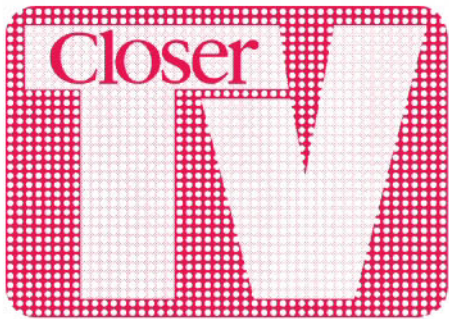
Will Valentine's Day be a hit or miss for Whitney and Lee?



Ben and Jay mooch around a new pad



Scott with his wife, Estelle



TOP 20 tv picks

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



LET IT SHINE / RESULTS

LIVE SHOW TIME SAT 11 FEB, 6.55/8.45PM, BBC1

On twice tonight, first is the exciting moment when the five newly-created bands take to the stage for the first time. In the results show (with special guest judge Ricki Lake; go Ricki!), Mel and Graham dramatically announce who's through to next week's semi-final.

1



THE JUMP

ANY INJURIES YET?

SUN 12 FEB, 7.30PM, C4

Almost exactly a year ago, just before episode two aired, Rebecca Adlington had dislocated her shoulder, Tina Hobley had damaged her elbow - and Beth Tweddle broke her neck (!). Let's hope this year's celebs (the likes of Spencer Matthews, Lydia Bright and Josie Gibson) are still in one piece ahead of the snowcross (followed by the "eliminator," gulp...)

2



NEW
SERIES

THE REAL MARIGOLD HOTEL

HIT TRAVELOGUE RETURNS

WED 15 FEB, 9PM, BBC1

A brand new cast of famous senior citizens head off to India in this entertaining TV series inspired by the film. Enter ex-*Corrie* star Amanda Barrie (81 and looking amazing), Lionel Blair (88), Bill Oddie (75), Miriam Stoppard (79), Rustie Lee (63) and others. Luvvy greetings over, off they trot to tropical Kerala for much adventure and amusement.

3

JUNE BROWN AT 90: A WALFORD LEGEND

DOT COTTON'S BIRTHDAY

THU 16 FEB, 8.30PM, BBC1

June Brown looks fab for 90, God love her. This docu takes a look at the life of a BBC legend, whose first words in *Albert Square* were: "Give us a tea, Lofty. And a glass of water so I can take a Paracetamol." June talks about her life and career - with fellow cast members chipping in - and she reveals how, in the early days, she was seen as a rival by a fellow Walford resident (we're agog!).

4



MAFIA WITH TREVOR MCDONALD



BRAVELY GOING... THU 16 FEB, 9PM, ITV

Sir Trevor McDonald meets Mafia wives and girlfriends (Mafia WAGs?), in this two-parter - many speaking out for the first time. He's in America, uncovering tales of how it is to live among the money, violence, glamour and treachery of the Mob. A tad jittery, we imagine...

GIRLS

NEW
SERIES

EVEN MORE COMPLICATED

MON 13 FEB, 10PM, SKY ATLANTIC

Hurrah, we're back with the four feisty New York twenty-somethings in what is going to be the last series (sob!). What's occurring? Marnie wants to spend more time with on/off bf Ray, but also needs some space, so she kicks him out. Unfortunately, his place is occupied by intense Jessa and Adam, who have "cleared a space for sex reasons," ew. Elsewhere, Hannah (feeling "like a dumpling") takes a writing job at a female surf camp, where everyone "talks in a slow, unintelligible way bordering on Matthew McConaughey hell." Still brill – welcome back, ladies!

6



DID YOU KNOW?

During filming, creator and star Lena Dunham (Hannah) was spotted wearing a fake baby bump. The Internet is going wild with possible explanations – a new bloke? A dream sequence? All will be revealed...



PIERS MORGAN'S LIFE STORIES

BOY GEORGE OPENS UP

FRI 17 FEB, 9PM, ITV

Slap on, silly hat in place, Boy George joins Piers for a spot of celeb therapy. A violent (but loving) father, helping his mum survive a suicide attempt when he was just eight... It's fair to say there may be some breaking down on this one. (Piers – job done.)

7

CALL THE MIDWIFE

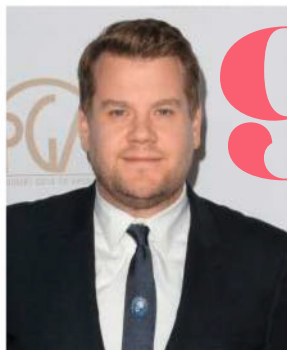
ANOTHER GREAT EPISODE SUN 12 FEB, 8PM, BBC1

Every episode equals greatness, and this one is the perfect mix of amusing moments and heart-wrenching tragedy. Trixie is back doing her keep-fit classes (LOL moment #1 – Trixie moaning about having lost her fitness, then lighting up a fag). The sadness comes from Shelagh, still in hospital facing miscarriage trauma.



8

LIVE FROM THE RED CARPET: 2017 GRAMMY AWARDS



9

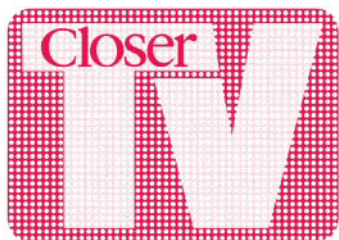
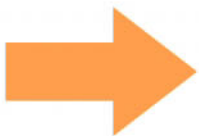
JAMES CORDEN HOSTS SUN 12 FEB, 11PM, E!

Who knew *Gavin & Stacey* joker James Corden would become such a big US mega-star? Here he is getting up close and personal to the Hollywood elite – taking charge for the first time (nervous?) at this humungous annual bash. Glitz here we come!

ALSO WATCH: FASHION POLICE: GRAMMY AWARDS, WED 15 FEB, 9pm, E! Melissa Rivers and co dissect the fashion delights and disasters of the stars swanning down the red carpet.



FOLLOW OUR LIVE
TWEETS OVER AT
@closeronline



TOP 20 tv picks



10

I'M 21 BUT LOOK 61

REAL LIFE CATCH-UP

WED 15 FEB, 10PM, CHANNEL 5

Catching up with teenager Zara, who suffers from a rare genetic condition which makes her look four decades older than she actually is. Did a facelift – at the tender age of 16 – help improve her looks?

CELEBRITY CARRY ON BARGING

STARS ON HOL

FRI 17 FEB, 8PM, CHANNEL 5

This series where Nigel Havers, Debbie McGee, Simon Callow and Lorraine Chase go on a barging holiday is strangely addictive. This week, Lorraine falls in the canal!



12



SUPER SLIMMERS

DIETING STORIES

TUE 14 FEB, 8PM, C4

Do the folk who make the headlines for shedding the pounds manage to keep it off? In this docu, we meet six people who shifted 80st (!) between them.

13



CELEBS GO DATING

**NEW
SERIES**

11

SERIES TWO IS HERE!

MON-FRI 13-17 FEB, 10PM, E4

Famous folk hoping for a stab at romance are Stephen Bear, Ferne McCann, Jonathan Cheban (Kim K's BFF), (Diversity's) Perri Kiely, Pussycat Doll Melody Thornton, and Jorgie Porter. Oh, and Joey Essex – back for round two after finding lurrve with Stephanie Pratt last time around. What happens? Matchmakers Nadia and Eden send them on dates with non-famous folk...



14

**IT'S
BACK**

THE WALKING DEAD

SERIES 7 BACK MON 13 FEB, 9PM, FOX

Part B of this season sees Rick and co preparing to take bad-ass Negan down once and for all. Trouble is, their new buddies don't want bloodshed – which is awkward when there's a zombie apocalypse on...

FIRST DATES: VALENTINE'S SPECIAL

OH, THE ROMANCE

MON 13 FEB, 9PM, C4

Lurrve is in the air as comedian Vince eats out with Brigitte Bardot lookalike Anna. Elsewhere, Peter reckons he was an "asexual Asian nerd" at school; is he going to find The One tonight?

16

THE GREAT BRITISH SKINNY DIP



GET YER KIT OFF

TUE 14 FEB, 10PM, C4

Andrew Welch (from British Naturism) drums up support for "Septembare" (see what he did there?) in this docu, where he encourages people to throw aside their clothes and take part in several skinny dips planned across the UK.

15

17

THE MOORSIDE

GRIPPING CONCLUSION

TUE 14 FEB, 9PM, BBC1

The concluding part is even more gripping than last week, with high-fives to the fantastic cast. Shannon has been found, but mum Karen isn't exactly jumping for joy – why not? Best pal Julie (the fab Sheridan Smith) smells a rat, as does Natalie (Sian Brooke). The estate is rife with rumours of Shannon being found hidden under her uncle's bed, and then Karen's boyfriend Craig is jailed for having child porn on his computer. It's all very murky indeed – made all the more horrifying because, of course, this did all actually happen in real life...



DID YOU KNOW?

Shannon's disappearance in February 2008, aged nine, sparked a £3.2m police hunt and her mother appeared before the media pretending to be distraught as hundreds of locals helped in the search.

THE GRAHAM NORTON SHOW

18



ACE GUESTS FRI 17 FEB, 10.35PM, BBC1

Spoiling us yet again, Graham's got some fabbo guests this week. Sharing sofa space are Tom Hiddleston (woof!) and Ruth Wilson, along with Ricky Gervais and Daniel Radcliffe – plus Tinie Tempah on the tunes. Great line-up.

PHOTOS: REX/SHUTTERSTOCK



BAFTAS 2017

GONGS HANDED OUT

SUN 12 FEB, 9PM, BBC1

This is the 70th British Academy Film Awards, held at London's Royal Albert Hall, with host Stephen Fry rubbing shoulders with some of Hollywood's finest. This year's biggie is *La La Land*, which gets a nod in no fewer than 11 categories, including Best Film – and the *Harry Potter* spin-off *Fantastic Beasts And Where To Find Them* is in the running, too.



DID YOU KNOW?

The ceremony returns to the Royal Albert Hall for the first time since 1997, as The Royal Opera House – home to the awards since 2008 – is being refurbished.

19

THE GREAT BRITISH BENEFITS HANDOUT



NEW SERIES

GETTING OFF BENEFITS

THU 16 FEB, 9PM, CHANNEL 5
Families on benefits are given £26k (!) if they can step away from the handouts and use it to do something useful. Lorraine, 53, a "benefits lifer," has a go at selling kids' clothes down the market.

Must see movies!



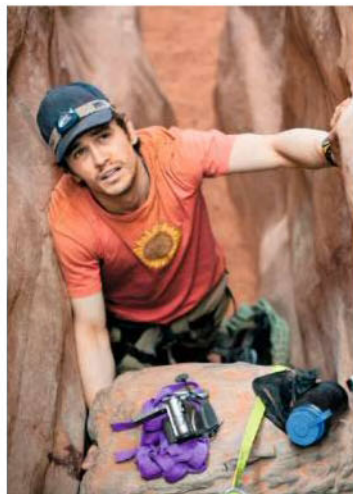
THIS WEEK'S FILMS
ON THE SMALL SCREEN

127 HOURS

MAN CUTS ARM OFF

SUN 12 FEB, 11PM, C4

After exploring a remote canyon in Utah by himself (accident waiting to happen and all that), Aron Ralston (James Franco) becomes trapped when a boulder falls on his arm. Over the next five days (five!) he stands there, wondering what to do. To amputate or not to amputate... And it's based on a true story!



CATCH ME IF YOU CAN

CON ARTIST TRUE STORY SUN 12 FEB, 5.45PM, BBC2
Leonardo DiCaprio is fab in this as Frank Abagnale Jr. who, just before his 19th birthday, successfully manages to pass himself off as a Pan Am pilot, doctor and legal prosecutor (as you do), conning millions of dollars out of people in the process. Of course being super-suave helps, and having a way with the ladies. Tom Hanks is the FBI agent hot on his heels, recognising him for what he is; a schoolboy forging cheques. Based on a true story, the real Frank Abagnale Jr. had a hand in making sure the film was totally authentic...

DID YOU KNOW?

For the scene where Frank sloppily kisses Brenda Strong (Amy Adams), Leo asked her to pretend she was starving to death and eating a cheeseburger. Whatever floats your boat!



PRETTY WOMAN

ALL-TIME CLASSIC TUE 14 FEB, 10.45PM, BBC1

Yes, so we know this romantic tale like the back of our hands but it's still oozing awesomeness after all these years (26 to be precise!). And it's Valentine's Day, so why not? Dashing Edward (Richard Gere) needs an escort for some work-related social events, and happens upon Vivian (Julia Roberts) - a beautiful, and not-scurry-in-any-way prostitute who he ends up falling for. You could always just fast-forward to the brill posh shop moment.



SUPER 8

ALIEN MONSTER MOVIE!

SAT 11 FEB, 9PM, FILM4

A group of kids like to shoot films on their Super 8 camera in this sci-fi from JJ Abrams (*Star Wars*), but when a train they're filming hurtles out of control, strange things of an alien variety begin to happen in their town - and it's down to the nippers to save the day.

PRIMETIME TV LISTINGS

SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BBC1

6am Breakfast. **10.0** Saturday Kitchen Live. **11.30** The Best Dishes Ever. **12.0** Football Focus. **1.0** BBC News. **1.15** Nitro Athletics: Usain Bolt Takes On The World. **2.0** Bargain Hunt. **2.30** FILM: Shrek 2 (2004) ★★★★★ **3.55** BBC News. **4.05** BBC Regional News; Weather. **4.15** Live Six Nations Rugby Union.

6pm

7pm * **6.55 Let It Shine** The nationwide talent search goes live. (S)

8pm **7.55 Casualty** Elle must prove her worth on the day of her hearing. (S)

* **8.45 Let It Shine - The Results** The results of the viewer vote are revealed. (S)

9pm **9.15 Taboo** A shocking revelation has a huge impact on James, his family and his erstwhile allies. (S)

10pm

10.15 BBC News (S)

10.30 Match Of The Day Gary Lineker presents highlights of the latest Premier League matches. (S)
11.55 This Country. **12.20** FILM: Passion (2012) ★★ **2.05** BBC News.



9pm Bridesmaids, E4

BBC2

6.30am FILM: Magic Town (1947) ★★ ★ **8.10** FILM: The Lavender Hill Mob (1951) ★★★★★ **9.30** Coast. **10.0** Britain's Secret Seas. **11.0** Homes Under The Hammer. **12.0** A Cook Abroad: Tony Singh's India. **1.0** FILM: Quo Vadis (1951) ★★ ★ **3.45** Flog It! **4.30** Final Score. **5.30** Mastermind.

6.0 University Challenge Student quiz. (S) (R)

6.30 Only Connect Victoria Coren Mitchell presents the quiz show. (S) (R)
7.0 Welcome To Hull: City Of Culture 2017 A preview of the cultural highlights on offer in Hull throughout 2017. (S)
7.30 George III - The Genius Of The Mad King (S) (R)

8.30 Dad's Army (b/w) The platoon competes for the honour of guarding Winston Churchill. (S) (R) (b/w)
9.0 Terry Pratchett: Back In Black Dramatised documentary, telling the life story of the fantasy author. (S)
9.50 Qi XL (S)

10.35 FILM: Behind The Candelabra (2013) ★★★★★ Biopic of pianist Liberace, following his secret five-year relationship with a younger man. Directed by Steven Soderbergh and starring Michael Douglas and Matt Damon. (S)
12.30 FILM: A Royal Affair (2012) ★★★★★ **2.40** This Is BBC Two.



6.55pm Let It Shine, BBC1

ITV

6am CITV. **7.30** Scrambled! **9.25** Alphabetical. **10.25** Guess This House. **11.25** River Monsters. **11.55** ITV News; Weather. **12.0** Dance Dance Dance. **1.30** Live Six Nations Rugby Union. **4.30** Tipping Point. **5.30** ITV News London. **5.45** ITV News; Weather.

6.0 You've Been Framed! To The Max! High-octane comical mishaps captured on video by viewers. (S)

7.0 Ninja Warrior UK The penultimate edition of the obstacle-course contest. (S)

8.0 The Voice UK The sixth stage of the contest's Blind Auditions phase. (S)

9.20 Through The Keyhole With star panellists Fay Ripley, Steve Jones and Rochelle Humes. (S)

10.20 ITV News; Weather. (S)
10.35 FILM: The Bourne Ultimatum (2007) ★★★★★ The amnesiac assassin regains his memory, just as a CIA director sets in motion a plan to kill him. Spy thriller sequel, starring Matt Damon, Julia Stiles and David Strathairn. (S)
12.40 Jackpot247. **3.0** Who's Doing The Dishes? **3.50** ITV Nightscreen.



9.15pm Taboo, BBC1

C4

6.20am The King Of Queens. **7.10** Everybody Loves Raymond. **7.35** Everybody Loves Raymond. **8.0** Everybody Loves Raymond. **8.25** Frasier. **9.25** The Big Bang Theory. **9.55** The Big Bang Theory. **10.20** The Big Bang Theory. **10.50** The Simpsons. **11.20** The Simpsons. **11.55** Jamie And Jimmy's Friday Night Feast. **12.55** Come Dine With Me. **1.25** Come Dine With Me. **1.55** 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.

6.30 News (S)

7.0 Penelope Keith's Hidden Villages Penelope explores Welsh villages in Pembrokeshire. Last in the series. (S) (R)

8.0 Great Canal Journeys Timothy West and Prunella Scales visit Bristol. (S) (R)

9.0 FILM: 2 Guns (2013) ★★ ★ Two undercover agents become fugitives after a disastrous sting, but each thinks the other is a real criminal. Action adventure, starring Denzel Washington and Mark Wahlberg. (S)

11.10 FILM: Riddick (2013) ★★ ★ **1.15** The Last Leg. **2.10** Hollyoaks. **4.15** Building The Dream. **5.05** Jamie's Comfort Food. **5.20** Phil: Secret Agent Down Under.



9.20pm Through The Keyhole, ITV

CHANNEL 5

6am Milkshake! **9.55** Teenage Mutant Ninja Turtles. **10.25** Access. **10.30** Police Interceptors Unleashed. **11.0** Police Interceptors. **12.0** Police Interceptors. **1.0** Benefits: Can't Work, Won't Work. **2.0** Benefits: 19 Kids And Counting The Cost. **3.0** The Nightmare Neighbour Next Door. **4.0** The Nightmare Neighbour Next Door. **5.0** Nightmare Tenants, Slum Landlords.

6.0 Can't Pay? We'll Take It Away A couple with young children are evicted a few days before Christmas. (S) (R)

7.0 NCIS: Los Angeles Deeks shoots and kills an unarmed man. (S)

8.0 NCIS A petty officer appears to have become the latest victim of a serial killer. (S)

8.55 5 News Weekend (S)
9.0 Football On 5: The Championship Highlights from the weekend's games in the Championship. (S)

10.0 Football On 5: Goal Rush Goals from the weekend's games in Leagues One and Two. (S)
10.30 World's Biggest Diamond Heist (S)
11.30 Police Interceptors Unleashed. **12.0** SuperCasino. **3.10** FILM: Against All Flags (1952) ★★ ★ **4.40** Access. **4.50** House Doctor. **5.15** Nick's Quest. **5.40** Angels Of Jarm. **5.50** Roary The Racing Car.



8pm The Voice UK, ITV

SATELLITE | DIGITAL | CABLE LISTINGS

W

6pm My Family. **6.40** My Family. **7.20** My Family. **8.0** Inside The Ambulance. **9.0** FILM: Indecent Proposal (1993) ★★ ★ Drama, with Robert Redford and Demi Moore. **11.30** Motorway Cops. **12.50am** The Strain. **1.40** Katherine Mills: Mind Games. **2.30** Betty White's Off Their Rockers. **3.0** Home Shopping.

MTV

6pm 16 & Pregnant. A teenage mother-to-be begins to doubt her boyfriend's commitment. **7.0** 16 & Pregnant. **8.0** 16 & Pregnant. **9.0** 16 & Pregnant. **10.0** Spring Break With Grandad. **11.0** Ex On The Beach. **12midnight** Ex On The Beach. **1.0** Ex On The Beach. **2.0** Ex On The Beach. **3.0** Teleshopping.

ITV2

5.05pm FILM: Snow Dogs (2002) ★★ ★ **6.05** FILM: Evan Almighty (2007) ★★ ★ **8.0** Scorpion. **9.0** FILM: Shaun Of The Dead (2004) ★★ ★ **11.05** Family Guy. **12.05am** Family Guy. **12.35** American Dad! **1.30** Release The Hounds: Famous & Freaked. **2.25** Totally Bonkers Guinness World Records. **2.50** Teleshopping.

TLC

6pm Say Yes To The Dress: UK. **7.0** Say Yes To The Dress. **8.0** Gypsy Brides US. **9.0** My Giant Arm: Body Bizarre. **10.0** My 600lb Life. **11.0** My 150lbs Tumour: Body Bizarre. **12midnight** Gypsy Brides US. **1.0** My Giant Arm: Body Bizarre. **2.0** My 600lb Life. **3.0** Say Yes To The Dress. **4.0** Randy's Wedding Rescue. **5.0** Randy's Wedding Rescue.

E4

6pm The Big Bang Theory. **7.0** The Big Bang Theory. **8.0** The Big Bang Theory. **9.0** FILM: Bridesmaids (2011) ★★ ★ **11.30** Gogglebox. **12.35am** Gogglebox. **1.40** Marvel's Agents Of SHIELD. **2.35** The Inbetweeners. **3.30** Virtually Famous - Tattoo Fixers Vs Virtually Famous. **4.10** Rude(ish) Tube. **4.35** Rude(ish) Tube. **4.55** Revenge.

SKY1

6pm The Flash. **7.0** MacGyver. **8.0** NCIS: Los Angeles. **9.0** FILM: Beverly Hills Cop II (1987) ★★ **11.0** DC's Legends Of Tomorrow. **12midnight** Arrow. **1.0** Duck Quacks Don't Echo. **2.0** Police Force: Australia. **2.30** Police Force: Australia. **3.0** Police Force: Australia. **3.30** Police Force: Australia. **4.0** Stop, Search, Seize.

ITVBe

6pm Dinner Date. **7.0** Dinner Date. **8.0** Dinner Date. **9.0** Celebrity Dinner Date. Actor Rhea Bailey is given five menus put together by potential blind dates. **10.0** The Real Housewives Of Atlanta. Cynthia and Porsha's argument heats up while on the booze cruise. **11.0** Southern Charm. **11.55** Bridezillas. **12.55am** Teleshopping.

SKY ATLANTIC





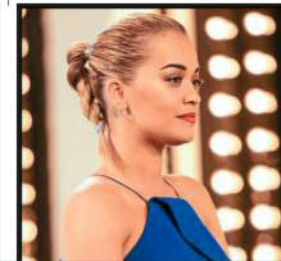
6pm Without A Trace. **7.0** Without A Trace. **8.0** Blue Bloods. **9.0** Game Of Thrones. Ned struggles to deal with the politics of the king's court. **10.10** Game Of Thrones. **11.20** Real Time With Bill Maher. **12.30am** Bright Lights : Starring Carrie Fisher And Debbie Reynolds. **2.20** The Wire. **3.40** The Brink. **4.15** The Petrol Age.

E!

6pm Hollywood & Football. **7.0** E! News. **8.0** Rob & Chyna. **10.0** The Tonight Show Starring Jimmy Fallon. **11.0** E! News. **12midnight** Hollywood Medium With Tyler Henry. **1.0** Rich Kids Of Beverly Hills. **1.30** Teleshopping. **2.30** The Tonight Show Starring Jimmy Fallon. **3.30** E! News. **4.30** Rich Kids Of Beverly Hills.

SKY LIVING

6pm CSI: Crime Scene Investigation. **7.0** Forever. **8.0** Bones. **9.0** Scandal. **10.0** Criminal Minds. **11.0** Criminal Minds. **12midnight** Criminal Minds. **1.0** Criminal Minds. **2.0** Criminal Minds. **3.0** Grey's Anatomy. **4.0** Grey's Anatomy. **5.0** The Best of Nothing to Declare. **5.30** The Best of Nothing to Declare.

	BBC1	BBC2	ITV	C4	CHANNEL 5
6am	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 Spy In The Wild. 2.15 Live Six Nations Rugby Union. 5.0 Songs Of Praise. 5.35 BBC News. 5.50 BBC Regional News; Weather.	6am A To Z Of TV Gardening. 6.45 Big Dreams Small Spaces. 7.45 An Island Parish: Anguilla. 8.15 The Edible Garden. 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 Nitro Athletics: Usain Bolt Takes On The World. 2.0 FILM: The Winslow Boy (1999) ★★★★★ 3.40 Money For Nothing. 4.10 Flog It! 5.0 Ski Sunday. * 5.45 FILM: <i>Catch Me If You Can</i> (2002) ★★★★★ Fact-based drama, starring Leonardo DiCaprio.	6am CITV. 9.25 ITV News. 9.30 Countrywise: Guide To Britain. 10.0 Peston On Sunday. 11.0 Gino's Italian Escape: Hidden Italy. 11.30 Chopping Block. 12.30 ITV News; Weather. 12.40 FILM: Murder On The Orient Express (1974) ★★★★★ 3.05 All Star Family Fortunes. 3.50 Ninja Warrior UK. 4.50 The Voice UK.	6.15am The King Of Queens. 6.40 The King Of Queens. 7.05 Everybody Loves Raymond. 7.35 Everybody Loves Raymond. 8.0 Everybody Loves Raymond. 8.30 Frasier. 9.0 Frasier. 9.30 Sunday Brunch. 12.30 The Simpsons. 1.0 The Simpsons. 1.30 George Clarke's Amazing Spaces. 2.35 A Place In The Sun: Summer Sun. 3.40 Location, Location, Location. 4.45 News. 5.15 FILM: Mrs Doubtfire (1993) ★★★★★	6am Milkshake! 9.55 Teenage Mutant Ninja Turtles. 10.30 Football On 5: The Championship. 11.20 Football On 5: Goal Rush. 11.50 Police Interceptors: Unleashed. 12.15 Police Interceptors. 1.15 Police Interceptors. 2.15 Police Interceptors: Smash & Grab. 3.10 FILM: Jackie Chan's The Medallion (2003) ★★ 5.0 FILM: The Last Airbender (2010) ★
6pm	6.0 The Big Painting Challenge New series. The contestants put their still life talents to the test. (S)		6.0 ITV News London (S) 6.10 ITV News ; Weather (S)		
7pm	7.0 Countryfile Rural developments. (S)		6.30 Dance Dance Dance Final of the celebrity dance contest. Last in the series. (S)		7.0 Magic Makes You Laugh Out Loud Internet videos of magic tricks going horribly wrong. (S)
8pm	* 8.0 Call The Midwife Trixie despairs at her fitness class. (S)	8.0 Dragons' Den The panel considers a male grooming enterprises. (S)	8.0 Lion Country: Night And Day The two prides find their territories are overlapping. (S)	* 7.30 The Jump The contestants compete in snowcross, an event that requires them to race downhill on snow skates, avoiding turns, jumps and obstacles. Presented by Davina McCall. (S)	7.55 5 News Weekend (S) 8.0 On Benefits: To Heat or to Eat? That's the Question New series. People struggling to live on state welfare. (S)
9pm	* 9.0 British Academy Film Awards 2017 Stephen Fry hosts the event live from the Royal Albert Hall. (S)	9.0 Special Forces - Ultimate Hell Week The remaining contestants undergo US Army training. (S)	9.0 The Good Karma Hospital A mysterious man is found washed up on the beach. (S)	9.0 Homeland While Carrie handles her client, Saul's trip takes a dramatic turn. (S)	9.0 Amy Winehouse: The Last Hours Of Dr Jason Payne-James investigates the circumstances surrounding the singer's death. (S) (R)
10pm		10.0 Match Of The Day 2 Jason Mohammad reviews the day's Premier League action. (S)	10.0 ITV News ; Weather (S) 10.20 Six Nations Highlights Including action from Wales v England. (S)	10.05 8 Out Of 10 Cats Does Countdown Jon Richardson and David Mitchell take on guest captain Joe Wilkinson and Roisin Conaty. (S) (R)	10.0 Most Shocking Moments In Pop 2 Celebrating outrageous events from the world of pop music. (S) (R)
11pm	11.0 BBC News. 11.20 BBC Regional News; Weather. 11.30 American High School. 12.10 The Celebrity Apprentice USA. 12.55 The Celebrity Apprentice USA. 1.40 BBC News.	11.0 Live At The Apollo. 11.45 Women's Six Nations Rugby Union. 12.15 FILM: All Good Things (2010) ★★ 1.50 Sign Zone: Question Time. 2.50 Sign Zone: Holby City. 3.50 This Is BBC Two.	11.15 Premiership Rugby Union. 12.15 Jackpot247. 3.0 Chopping Block. 3.50 ITV Nightscreen. 5.05 The Jeremy Kyle Show.	* 11.0 FILM: <i>127 Hours</i> (2010) ★★★★★ 12.50 How To Get Fit Fast. 1.40 I Do At 92. 2.35 Hoarder SOS. 3.25 Building The Dream. 4.15 Phil: Secret Agent Down Under. 5.05 Phil: Secret Agent Down Under.	1.0 SuperCasino. 3.10 Secrets Of The National Trust With Alan Titchmarsh. 4.0 World's Most Pampered Pets. 4.50 House Doctor. 5.15 Nick's Quest. 5.40 Angels Of Jarm. 5.50 Roary The Racing Car.
					
	8pm <i>Call The Midwife</i> , BBC1	5.45pm <i>Catch Me If You Can</i> , BBC2	6.30pm <i>Dance Dance Dance</i> , ITV	7.30pm <i>The Jump</i> , C4	7pm <i>Top Model</i> , Sky Living

SATELLITE | DIGITAL | CABLE LISTINGS

W	ITV2	E4	ITVBE	E!
6pm Outnumbered. 6.40 Outnumbered. 7.20 Outnumbered. 8.0 Honey I Bought The House. 9.0 Celebrity Advice Bureau. 10.0 Sherlock. Holmes and Watson investigate a suicide. 12midnight Code Black. 1.0 Inside The Ambulance. 1.50 The Strain. 2.40 Betty White's Off Their Rockers. 3.0 Home Shopping.	5.10pm FILM: The Haunted Mansion (2003) ★★ 7.0 FILM: Coyote Ugly (2000) ★★ 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. 1.0 The Cleveland Show. 1.30 Ibiza Weekender. 2.20 Teleshopping. 5.50 ITV2 Nightscreen.	6pm The Big Bang Theory: Bromance. 6.30 The Big Bang Theory: Bromance. 7.0 FILM: Men In Black (1997) ★★★★★ 9.0 Marvel's Agents Of SHIELD. 10.0 FILM: Your Highness (2011) ★★ 12midnight Tattoo Fixers. 1.05 The Inbetweeners. 1.40 The Inbetweeners. 2.15 Gogglebox. 3.10 Marvel's Agents Of SHIELD. 3.55 Hollyoaks.	6pm Celebrity Dinner Date. 7.0 Bachelor In Paradise. Two new bachelors arrive on the island. 9.0 The Real Housewives Of Atlanta. Kenya and Porsha join forces to plan a girls' trip to Miami. 10.0 Selling It In The ATL. US realty show. 11.0 Botched. 11.55 Southern Charm. 12.55am Teleshopping.	6pm Revenge Body With Khloe Kardashian. 7.0 E! News. 8.0 Mariah's World. 9.0 Revenge Body With Khloe Kardashian. * 11.0 <i>Live From The Red Carpet: The 2017 Grammy Awards</i> . 1am Rich Kids Of Beverly Hills. 1.30 Teleshopping. 2.30 Hollywood Medium With Tyler Henry. 3.30 E! News. 4.30 Rich Kids Of Beverly Hills.
MTV	TLC	SKY1	SKY ATLANTIC	SKY LIVING
6pm Teen Mom 2. 7.0 Teen Mom 2. 8.0 Teen Mom 2. 9.0 Georgie Shore: Big Birthday Battle. 10.0 Georgie Shore: Big Birthday Battle. 11.0 Georgie Shore: Big Birthday Battle. 12midnight Georgie Shore: Big Birthday Battle. 1.0 Georgie Shore: Big Birthday Battle. 2.0 Georgie Shore: Big Birthday Battle. 3.0 Teleshopping.	6pm Counting On. 7.0 My Four Wives. Madison's bridal shower is ruined. 8.0 Gypsy Brides US. 9.0 Idris Elba: Fighter. 10.0 Idris Elba: Fighter. 11.0 Idris Elba: Fighter. 12midnight Gypsy Brides US. 1.0 Idris Elba: Fighter. 2.0 Idris Elba: Fighter. 3.0 Idris Elba: Fighter. 4.0 Cake Boss. 4.30 Cake Boss. 5.0 Cake Boss: Family Feast.	5.30pm The Big Spell. 6.30 The Simpsons. 7.0 The Simpsons. 7.30 The Simpsons. 8.0 Freddie Down Under. 9.0 Hawaii Five-0. 10.0 NCIS: Los Angeles. 11.0 MacGyver. 12midnight The Force: Essex. 1.0 Air Ambulance ER. 2.0 Police Force: Australia. 3.0 Police Force: Australia. 4.0 Stop, Search, Seize. 5.0 Road Wars.	6pm Blue Bloods. 7.0 Blue Bloods. 8.0 Blue Bloods. One of Erin's informants is murdered. 9.0 Fortitude. Natalie and Vincent head out into the wilderness. 10.0 FILM: Going Clear: Scientology And The Prison Of Belief (2015) ★★ 12.15am True Detective. 1.30 The Wire. 2.50 The Brink. 3.25 The Brink. 4.0 The Petrol Age. 5.0 The Petrol Age.	6pm The Biggest Loser USA. 7.0 America's Next Top Model. The hopefuls receive catwalk training. 8.0 Criminal Minds. 9.0 Elementary. 10.0 Bones. 11.0 Criminal Minds. 12midnight Criminal Minds. 1.0 Criminal Minds. 1.50 Scandal. 2.40 Scandal. 3.30 Madam Secretary. 4.20 The Best of Nothing to Declare.

BBC1	BBC2	ITV	C4	CHANNEL 5
6am Breakfast. 9.15 Countryfile Winter Diaries. 10.0 Homes Under The Hammer. 11.0 Wanted Down Under Revisited. 11.45 Oxford Street Revealed. 12.15 Bargain Hunt. 1.0 BBC News At One; Weather. 1.30 BBC Regional News; Weather. 1.45 Doctors. 2.15 Father Brown. 3.0 Escape To The Country. 3.45 The Farmers' Country Showdown. 4.30 Antiques Road Trip. 5.15 Pointless.	6am My Life In Books. 6.30 Wanted Down Under Revisited. 7.15 Royal Recipes. 8.0 Sign Zone: The Great Interior Design Challenge. 9.0 Victoria Derbyshire. 11.0 BBC Newsroom Live. 1.0 Women's Six Nations Rugby Union. 1.30 Beat The Brain. 2.0 Landward. 2.30 Italy Unpacked. 3.30 The Blue Planet. 4.20 A Place To Call Home. 5.15 Flog It!	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 James Martin's French Adventure. 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 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. 3.15 FILM: False Pretences (2004) ★★ 5.0 5 News At 5. 5.30 Neighbours.
6pm 6.0 BBC News At Six; Weather (S)	6.0 Eggheads Quiz show, hosted by Jeremy Vine. (S) (R)	6.0 ITV News London (S)	6.0 The Simpsons Homer moves into a camper van. (S) (R)	6.0 Home And Away Brody breaks up with Jeannie. (S) (R)
6.30 BBC Regional News; Weather (S)	6.30 Great American Railroad Journeys Michael Portillo visits Chicago. (S)	6.30 ITV Evening News (S)	6.30 Hollyoaks Nana and Bart McQueen return to the village. (S)	6.30 5 News Tonight (S)
7pm 7.0 The One Show Hosted by Matt Baker. (S)	7.0 Put Your Money Where Your Mouth Is David Harper and Philip Serrell compete to buy valuable items during a visit to a market in the Dutch city of Maastricht. (S)	7.0 Emmerdale Rhona and Paddy's divorce comes through. (S)	7.0 News (S)	7.0 FIA World Rally Championship Highlights The Rally Sweden. (S)
7.30 Inside Out Regional documentary. (S)	8.0 University Challenge (S)	8.0 The Martin Lewis Money Show Advice on mobile phone deals. (S)	8.0 Undercover - Britain's Homeless Scandal: Channel 4 Dispatches The crisis in emergency housing. (S)	8.0 Winter Road Rescue New series. Return of the documentary about workers ensuring the UK does not grind to a halt. (S)
8pm 8.0 EastEnders Whitney and Lee's relationship reaches breaking point. (S)	8.30 An Island Parish: Anguilla The island hosts its annual carnival. (S)	8.30 Coronation Street Adam quizzes Rosie. (S)	* 9.0 First Dates: Valentine's Special Singletons hope to find love at the most romantic time of the year. (S)	9.0 The Railways That Built Britain With Chris Tarrant New series. The story of how trains transformed the nation. (S)
8.30 Behind Bars: Prison Undercover - Panorama (S)	9.0 SAS: Rogue Warriors The story of two SAS members who outran their German pursuers. (S)	9.0 The Halcyon MI5 officers arrive with a warrant to enter and search the premises. (S)	10.0 The Wedding Day Examining British attitudes to marriage through two very different families. (S)	10.0 FILM: The Legend Of Hercules (2014) ★★ Mythological adventure, with Kellan Lutz and Gaia Weiss. Includes 5 News at 11pm. (S)
9pm 9.0 New Tricks The detectives investigate the murder of an East German immigrant. (S) (R)	10.0 Cradle To Grave Comedy based on the early life of Danny Baker, starring Peter Kay and Lucy Speed. (S) (R)	10.0 ITV News (S)	10.0 The Wedding Day Examining British attitudes to marriage through two very different families. (S)	10.0 FILM: The Legend Of Hercules (2014) ★★ Mythological adventure, with Kellan Lutz and Gaia Weiss. Includes 5 News at 11pm. (S)
10pm 10.0 BBC News At Ten (S)	10.30 Newsnight (S)	10.30 ITV News London (S)	11.05 My Millionaire Dads And Me.	11.55 Grand Theft Auto: UK.
10.30 BBC Regional News; Weather (S)	11.15 Hospital.	10.40 Peston On Sunday Political magazine. (S) (R)	12.10 Parenting For Idiots.	12.50 Police Interceptors: Unleashed.
10.45 Have I Got A Bit More Old News For You Jo Brand hosts an extended edition, with Josh Widdicombe and Tim Farron. (S) (R)	12.15 Sicily: Wonder Of The Mediterranean.	11.45 Through The Keyhole.	1.05 60 Days In Jail.	1.15 SuperCasino.
11.30 The Graham Norton Show.	1.15 Sign Zone: Countryfile.	12.35 Jackpot247.	1.55 There's Something About Romcoms.	3.10 The Yorkshire Vet: Home Visits.
1.20 BBC News.	2.10 Sign Zone: Who Do You Think You Are?	3.0 The Jeremy Kyle Show.	3.20 Building The Dream.	4.0 Criminals: Caught On Camera.
	3.10 This Is BBC Two.	5.05 The Jeremy Kyle Show.	4.10 Phil: Secret Agent Down Under.	4.45 House Doctor.
			5.05 Phil: Secret Agent Down Under.	5.10 Great Artists.
				5.35 Wildlife SOS.



10pm Celebs Go Dating, E4



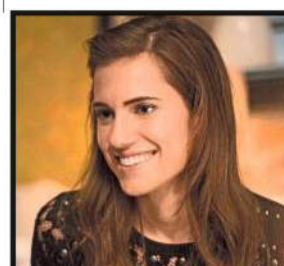
9pm The Walking Dead, Fox



9pm First Dates, C4



10pm The Wedding Day, C4



10pm Girls, Sky Atlantic

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W	ITV2	E4	ITVBe	E!
6pm Tipping Point: Lucky Stars. 7.0 Supernanny. 8.0 Honey I Bought The House. 9.0 Cocaine Capital Of The World: Stacey Dooley Investigates. 10.0 EastEnders. 10.40 Absolutely Fabulous. 11.20 Russell Howard's Good News. 12midnight WIA. 12.40 EastEnders. 1.20 The Strain. 2.10 Crisis. 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 The Cleveland Show. 12.55am Two And A Half Men. 1.25 The Great Indoors. 1.50 Totally Bonkers Guinness World Records. 2.15 Teleshopping.	6pm The Big Bang Theory. 7.0 Hollyoaks. 7.30 Coach Trip: Road To Marbs. 8.0 FILM: Knight And Day (2010) ★★ ★★ * 10.0 Celebs Go Dating. 11.05 First Dates Abroad. 12.10am The Big Bang Theory. 1.15 Celebs Go Dating. 2.20 Tattoo Fixers. 3.10 Hollyoaks. 3.35 First Dates Abroad. 4.25 Rules Of Engagement.	6pm Dinner Date. 7.0 Buying And Selling. 8.0 The Real Housewives Of Orange County. 9.0 The Real Housewives Of Orange County. 10.0 Kendra On Top. 10.30 Kendra On Top. 11.0 Selling It In The ATL. 11.55 The Jeremy Kyle Show USA. 12.50am Teleshopping. 5.50 ITVBe Nightscreen.	6pm Keeping Up With The Kardashians. 7.0 Celebrity Style Story. 8.0 Live From The Red Carpet: The 2017 Grammy Awards. 10.0 So Cosmo Preview Special. 10.30 Botched: Most Outrageous Rejects Special. 11.0 Celebrity Style Story. 12midnight Hollywood Medium With Tyler Henry. 1.0 Rich Kids Of Beverly Hills.
MTV	TLC	SKY1	SKY ATLANTIC	SKY LIVING
6pm 16 & Pregnant. 7.0 16 & Pregnant. 8.0 Teen Mom 2. 9.0 Are You The One? Gianna is torn between her feelings for the nice guy and the bad boy. 10.0 Spring Break With Grandad. 11.0 Are You The One? The Aftermatch. 11.30 Ex On The Beach. 12.30am Geordie Shore. 1.30 Geordie Shore. 2.30 Ridiculousness. 3.0 Teleshopping.	6pm Say Yes To The Dress. 7.0 Say Yes To The Dress. 8.0 Counting On. 9.0 Outdaughters: Busby Quints. 10.0 Say Yes To The Dress. 11.0 Hoarding: Buried Alive. 12midnight Counting On. 1.0 Outdaughters: Busby Quints. 2.0 Say Yes To The Dress. 3.30 Say Yes To The Dress. 4.0 Say Yes To The Dress: Bridesmaids.	6pm Futurama. 6.30 The Simpsons. 7.0 The Simpsons. 7.30 The Simpsons. 8.0 Duck Quacks Don't Echo. 9.0 FILM: Star Trek: Generations (1994) ★★ ★★ 11.15 The Blacklist. 12.15am A League Of Their Own. 1.15 The Force: Essex. 2.15 Most Daring. 3.15 Hawaii Five-0. 4.05 RSPCA Animal Rescue. 5.05 RSPCA Animal Rescue.	6pm Without A Trace. 7.0 Without A Trace. 8.0 Blue Bloods. 9.0 Alan Partridge's Mid Morning Matters. 9.30 Alan Partridge's Mid Morning Matters. * 10.0 Girls. 10.45 Last Week Tonight With John Oliver. 11.20 Army Schumer: Live At The Apollo. 12.40am Wishful Drinking. 2.15 Girls. 3.0 The Brink. 3.30 The Brink. 4.0 Fish Town.	6pm Elementary. 7.0 CSI: Crime Scene Investigation. 8.0 Criminal Minds. 9.0 Criminal Minds. 10.0 Criminal Minds. 11.0 Criminal Minds. 12midnight Cold Case. 1.0 Criminal Minds. 2.0 Road Wars. 3.0 Elementary. 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 Countryfile Winter Diaries. 10.0 Homes Under The Hammer. 11.0 Wanted Down Under Revisited. 11.45 Oxford Street Revealed. 12.15 Bargain Hunt. 1.0 BBC News At One; Weather. 1.30 BBC Regional News; Weather. 1.45 Doctors. 2.15 Father Brown. 3.0 Escape To The Country. 3.45 The Farmers' Country Showdown. 4.30 Antiques Road Trip. 5.15 Pointless.	6am My Life In Books. 6.30 Wanted Down Under Revisited. 7.15 The Farmers' Country Showdown. 8.0 Sign Zone: Great British Menu. 9.0 Victoria Derbyshire. 11.0 BBC Newsroom Live. 1.0 Coast. 1.15 The Super League Show. 2.0 Landward. 2.30 Italy Unpacked. 3.30 The Blue Planet. 4.20 A Place To Call Home. 5.15 Flog It!	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 James Martin's French Adventure. 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 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: Los Angeles. 3.15 FILM: Family Secrets (2016) ★★ ★★ 5.0 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)(R) 6.30 Great American Railroad Journeys Michael Portillo discovers the origins of the Sanitary and Ship Canal. (S) 7.0 Put Your Money Where Your Mouth Is David Harper and Philip Serrell compete at a car boot sale in Chesterfield. (S)	6.0 ITV News London (S) 6.30 ITV Evening News (S)	6.0 The Simpsons Homer goes to prison. (S)(R) 6.30 Hollyoaks Myra is stunned by Sally's revelation. (S)	6.0 Home And Away Billie and VJ's plan to elope hits a problem. (S)(R) 6.30 5 News Tonight (S)
7pm	7.0 The One Show Live chat and topical reports. (S) 7.30 EastEnders Whitney and Lee try to put aside their differences. (S)	8.0 Further Back In Time For Dinner The family journey through the 1930s. (S) 9.0 Andrew Marr: My Brain And Me The broadcaster reveals his story of recovery from a stroke in 2013. (S)	7.0 Emmerdale Pierce and Rhona announce their engagement. (S) 7.30 Save Money: Good Health How to get better sleep. Last in the series. (S)	7.0 News (S) * 8.0 Super Slimmers: Did They Really Keep The Weight Off? Documentary featuring six extraordinary weight-loss champions. (S)	7.0 Winter Road Rescue Return of the documentary about workers ensuring the UK does not grind to a halt. (S)(R)
8pm	8.0 Holby City Jac may finally acknowledge her feelings for Matteo and Kim reaches out to Raf for help. (S)		8.0 Tales From The Coast With Robson Green The actor travels to the wild and remote coastline of the Outer Hebrides. (S)	* 8.0 Super Slimmers: Did They Really Keep The Weight Off? Documentary featuring six extraordinary weight-loss champions. (S)	8.0 Inside Windsor Castle New series. The recent history of the royal residence. (S)
9pm	* 9.0 The Moorside Part two of two. The community attempts to discover the truth. Sheridan Smith stars. (S)	9.0 Andrew Marr: My Brain And Me The broadcaster reveals his story of recovery from a stroke in 2013. (S)	9.0 Secret Life Of Dogs The relationship between working dogs and humans. (S)	9.0 24 Hours In A&E Valerie is rushed to St George's after falling from a horse. (S)	9.0 Secrets Of The National Trust With Alan Titchmarsh The host reveals some surprising facts about Beatrix Potter. (S)
10pm	10.0 BBC News At Ten (S) 10.30 BBC Regional News; Weather (S) * 10.45 FILM: Pretty Woman (1990) ★★★★★ A millionaire businessman hires a prostitute for a week, and falls in love with her despite their many differences. Romantic comedy, starring Julia Roberts and Richard Gere. (S) 12.45 BBC News.	10.0 Mock The Week With Rob Beckett, Gary Delaney, Ed Gamble, Rhys James and Zoe Lyons. (S)(R) 10.30 Newsnight (S) 11.15 Special Forces - Ultimate Hell Week. 12.15 SAS: Rogue Warriors. 1.15 Sign Zone: Our Dancing Town. 2.15 Sign Zone: Francis Bacon: A Brush With Violence. 3.35 This Is BBC Two.	10.0 ITV News (S) 10.30 ITV News London (S) 10.40 The Chase Quiz show, hosted by Bradley Walsh. (S)(R) 11.40 The Investigator: A British Crime Story. 12.30 Jackpot247. 3.0 Loose Women. 3.45 ITV Nightscreen. 5.05 The Jeremy Kyle Show.	* 10.0 The Great British Skinny Dip Cameras follow attempts to attract support for a UK-wide series of nude swims. (S) 11.05 This Is Us. 12.0 My Granny The Escort. 12.55 KOTV Boxing Weekly. 1.25 Gillette World Sport. 1.50 Ramsay's Hotel Hell. 2.40 Heston's Recipe For Romance. 3.35 Four In A Bed. 4.05 Kirstie's Handmade Treasures. 4.10 Phil: Secret Agent Down Under.	10.0 Celebrity Carry On Barging Four well-known faces travel by narrow boat along two British canals. (S)(R) 11.05 The Boy Who Grew A New Brain - Extraordinary People. 12.05 The Great British Benefits Handout Changed My Life. 1.0 SuperCasino. 3.10 GPs: Behind Closed Doors. 4.0 Tattoo Disasters UK. 4.25 Tattoo Disasters UK. 4.45 House Doctor. 5.10 Great Artists. 5.35 Wildlife SOS.
11pm	 9pm The Moorside, BBC1	 10.45pm Pretty Woman, BBC1	 10pm Skinny Dip, C4	 8pm Super Slimmers, C4	 8pm Tales From The Coast, ITV

SATELLITE | DIGITAL | CABLE LISTINGS

W	ITV2	E4	ITVBe	E!
6pm Tipping Point: Lucky Stars. 7.0 Supernanny. 8.0 MasterChef USA. 9.0 Grimm. New series. The fantasy crime drama returns. 10.0 EastEnders. 10.40 Absolutely Fabulous. Patsy and Edina experience rebirth. 11.20 Russell Howard's Good News. 12midnight WIA. 12.40 EastEnders. 1.20 The Strain. 2.10 Crisis. 3.0 Home Shopping.	6pm You've Been Framed! Gold. 7.0 You've Been Framed! Gold Top 100 Weddings. 8.0 Two And A Half Men. 9.0 Hell's Kitchen USA. 10.0 Celebrity Juice: Couples Special. 10.50 Family Guy. 11.50 American Dad! 12.50am Two And A Half Men. 1.20 Totally Bonkers Guinness World Records. 2.10 Teleshopping. 5.40 ITV2 Nightscreen.	6pm The Big Bang Theory. 7.0 Hollyoaks. 7.30 Coach Trip: Road To Marbs. 8.0 The Goldbergs. 9.0 Tattoo Fixers Valentine's Special. * 10.0 Celebs Go Dating. 11.05 The Big Bang Theory. 12.05am Gogglebox. 1.10 Celebs Go Dating. 2.10 Tattoo Fixers Valentine's Special. 3.05 Hollyoaks. 3.30 The Goldbergs.	6pm Dinner Date. 7.0 Buying And Selling. 8.0 Celebrity Dinner Date. 9.0 The Real Housewives Of Atlanta. Kenya and Porsha join forces to plan a girls' trip to Miami. 10.0 The Real Housewives Of Orange County. 11.0 CELEBrations. 12midnight The Jeremy Kyle Show USA. 12.55 Teleshopping.	6pm Mariah's World. 7.0 E! News. 8.0 Keeping Up With The Kardashians. 9.0 Revenge Body With Khloe Kardashian. 10.0 The Tonight Show Starring Jimmy Fallon. 11.0 E! News. 12midnight Hollywood Medium With Tyler Henry. 1.0 Rich Kids Of Beverly Hills. 1.30 Teleshopping. 2.30 The Tonight Show Starring Jimmy Fallon.
MTV	TLC	SKY1	SKY ATLANTIC	SKY LIVING
6pm Catfish: The TV Show. A man is sure his online lover is a perfect match. 7.0 Catfish: The TV Show. 8.0 Teen Mom UK. 9.0 Finding Carter. 10.0 Ex On The Beach. 11.0 Spring Break With Grandad. 12midnight Geordie Shore. 1.0 Geordie Shore. 2.0 Ridiculousness. 2.30 Ridiculousness. 3.0 Teleshopping.	6pm Say Yes To The Dress. 7.0 Say Yes To The Dress. 8.0 Love At First Kiss. 9.0 Brother Husbands. 10.0 Jodie Marsh On The Game. 11.0 Hoarding: Buried Alive. 12midnight Love At First Kiss. 1.0 Brother Husbands. 2.0 Jodie Marsh On The Game. 3.0 Say Yes To The Dress. 4.0 Say Yes To The Dress: Bridesmaids. 5.0 I Found The Gown.	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: Essex. 1.0 Most Daring. 2.0 Brit Cops: War On Crime. 3.0 Stop, Search, Seize. 4.0 RSPCA Animal Rescue. 5.0 RSPCA Animal Rescue. 5.30 Futurama.	6pm Without A Trace. 7.0 Without A Trace. 8.0 Blue Bloods. Danny puts his family in danger. 9.0 Westworld. Maeve makes a proposition to the outlaw Hector. 10.10 Westworld. The contemplative sci-fi drama concludes. 11.50 Blue Bloods. 12.50am Quarry. 2.25 The Wire. 3.35 The Brink. 4.10 Fish Town. 5.05 Urban Secrets.	6pm Elementary. 7.0 CSI: Crime Scene Investigation. A former chief of detectives is murdered. 8.0 Criminal Minds. 9.0 Elementary. 10.0 Criminal Minds. 11.0 Criminal Minds. 12midnight Cold Case. 1.0 Forever. 2.0 Criminal Minds. 3.0 Elementary. 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** Countryfile Winter Diaries. **10.0** Homes Under The Hammer. **11.0** Wanted Down Under Revisited. **11.45** Oxford Street Revealed. **12.15** Bargain Hunt. **1.0** BBC News At One; Weather. **1.30** BBC Regional News; Weather. **1.45** Doctors. **2.15** Father Brown. **3.0** Escape To The Country. **3.45** The Farmers' Country Showdown. **4.30** Antiques Road Trip. **5.15** Pointless.

6am My Life In Books. **6.30** Wanted Down Under Revisited. **7.15** The Farmers' Country Showdown. **8.0** Sign Zone: The World's Most Extraordinary Homes. **9.0** Victoria Derbyshire. **11.0** BBC Newsroom Live. **1.0** Countryfile. **1.25** Beat The Brain. **1.55** Landward. **2.25** Wild Shepherdess With Kate Humble. **3.25** The Blue Planet. **4.25** A Place To Call Home. **5.15** Flog It!

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** James Martin's French Adventure. **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** 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 Changed My Life. **1.15** Home And Away. **1.45** Neighbours. **2.15** NCIS. **3.15** FILM: Killer Collector (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) (R)

6.0 ITV News London (S)

6.0 The Simpsons Bart and Lisa look into the future. (S) (R). **6.30** Hollyoaks Myra is at the hospital. (S)

6.0 Home And Away Billie thinks she has gone into early labour and is rushed to hospital. (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 The Hairy Bikers' Chicken And Egg The duo set out to find the most delicious chicken and egg recipes in the world. (S) (R)

7.0 Emmerdale Someone sets fire to one of the Bartons' taxis. (S). **7.30** Coronation Street Bethany and Nathan have a passionate encounter. (S)

7.0 News (S)

7.0 A New Life In Oz A bodybuilder plans to open a gym in Perth. (S)

8pm

8.0 Who Do You Think You Are? Warwick Davis starts his research with his paternal grandmother Edith. (S)

8.0 Trust Me, I'm A Doctor Health advice. (S)

8.0 Midsomer Murders When the owner of an equestrian centre is trampled by his horse, DCI Barnaby and DS Nelson must unravel a feud from the past, where nothing is as it seems. (S) (R)

8.0 Location, Location, Location Kirstie Allsopp and Phil Spencer go house-hunting in Hertfordshire. (S)

8.0 GPs: Behind Closed Doors A young boy visits the doctors after being bitten by a monkey on holiday. (S)

9pm

* **9.0** The Real Marigold Hotel New series. Eight celebrities embark on an experimental adventure to India. (S)

9.0 Hospital Surgeons are forced to use unconventional methods to complete operations. Last in the series. (S)

10.0 ITV News (S)

9.0 No Offence Deering, Dinah and Joy's friendship is in jeopardy. Last in the series. (S)

9.0 Climbing The Property Ladder Two pensioners renovate a house in Preston. (S)

10pm

10.0 BBC News At Ten (S)

10.0 Common Sense Topical comedy news series featuring a cast of real British people. Last in the series. (S). **10.30** Newsnight (S)

10.0 ITV News (S). **10.30** ITV News London (S). **10.40** UEFA Champions League Highlights Action from the opening last-16 first-leg ties. (S). **11.40** It's Not Rocket Science. **12.30** Jackpot247. **3.0** 1000 Heartbeats. **3.50** ITV Nightscreen. **5.05** The Jeremy Kyle Show.

10.0 Four Rooms With Sarah Beeny Four high-profile dealers compete to purchase the public's prized possessions. (S)

* **10.0** I'm 21 But Look 61: Extraordinary People Catching up with a teenager with a rare genetic condition. (S)

11pm

10.30 BBC Regional News; Weather (S). **10.45** A Question Of Sport With Bryony Page, Keri-Anne Payne, James Horwill and Anthony Ogogo. (S) (R). **11.15** Film 2017. **11.45** The Big Painting Challenge. **12.50** BBC News.

11.15 Dragons' Den. **12.15** Sign Zone: George III - The Genius Of The Mad King. **1.15** Sign Zone: Royal Recipes. **2.05** This Is BBC Two.



9pm Real Marigold Hotel, BBC1



10pm Four Rooms, C4



7pm A New Life In Oz, C5



8pm WDTYA?, BBC1



9pm Grey's Anatomy, Sky Living

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W

6pm Tipping Point: Lucky Stars. **7.0** Supernanny. **8.0** MasterChef USA. **9.0** Code Black. **10.0** Louis Theroux's LA Stories. Different aspects of Los Angeles, beginning with the city's neglected and feral dogs. **11.20** Absolutely Fabulous. **12midnight** WIA. **12.40** Bondi Rescue. **1.10** Crisis. **2.0** Crisis. **3.0** Home Shopping.

ITV2

6pm You've Been Framed! Gold. **7.0** You've Been Framed! Gold. **8.0** Two And A Half Men. **9.0** Through The Keyhole. **10.0** Plebs. **10.30** Family Guy. **11.30** American Dad! **12.25am** Two And A Half Men. **1.20** Bordertown. **1.50** Totally Bonkers Guinness World Records. **2.15** Teleshopping. **5.45** ITV2 Nightscreen.

E4

6pm The Big Bang Theory. **7.0** Hollyoaks. **7.30** Coach Trip: Road To Marbs. **8.0** The Big Bang Theory. **9.0** Timeless. * **10.0** Celebs Go Dating. **11.0** Supernatural. **12midnight** The Big Bang Theory. **1.0** Celebs Go Dating. **2.0** Timeless. **2.45** Hollyoaks. **3.15** Supernatural. **4.0** Rules Of Engagement. **4.20** Charmed.

ITVBe

6pm Dinner Date. **7.0** Buying And Selling. **8.0** Celebrity Dinner Date. Dating show, featuring Hollyoaks actor Andrew Hayden-Smith. **9.0** Ladies Of London. An argument erupts at Julie's first dinner party. **10.0** Botched. **11.0** Kendra On Top. **11.30** Kendra On Top. **12midnight** The Jeremy Kyle Show USA. **12.55** Teleshopping.

E!

6pm Keeping Up With The Kardashians. **7.0** E! News. **8.0** Keeping Up With The Kardashians. **9.0** Fashion Police: The 2017 Grammy Awards. **10.0** The Tonight Show Starring Jimmy Fallon. **11.0** E! News. **12midnight** Hollywood Medium With Tyler Henry. **1.0** Rich Kids Of Beverly Hills. **1.30** Teleshopping.

MTV

6pm Teen Mom 2. **7.0** Teen Mom 2. **8.0** Teen Mom 2. Four teenage mothers negotiate the challenges of parenthood. **9.0** Catfish: The TV Show. **10.0** Ex On The Beach. **11.0** Are You The One? **12midnight** Georgie Shore. **1.0** Georgie Shore. **2.0** Ridiculousness. **2.30** Ridiculousness. **3.0** Teleshopping.

TLC

6pm Say Yes To The Dress: Atlanta. **7.0** Say Yes To The Dress. **8.0** 90 Day Fiance: Happily Ever After? **9.0** Love At First Kiss. **10.0** Gypsy Sisters. **11.0** Hoarding: Buried Alive. **12midnight** 90 Day Fiance: Happily Ever After? **1.0** Love At First Kiss. **2.0** Gypsy Sisters. **3.0** Say Yes To The Dress: Atlanta. **4.0** Say Yes To The Dress: Bridesmaids.

SKY1

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** Ross Kemp's Britain. **12midnight** The Force: Essex. **1.0** Most Daring. **2.0** Brit Cops: War On Crime. **3.0** Hawaii Five-0. **4.0** RSPCA Animal Rescue. **5.0** RSPCA Animal Rescue. **5.30** Futurama.

SKY ATLANTIC

6pm Without A Trace. **7.0** Without A Trace. **8.0** Blue Bloods. **9.0** Blue Bloods. **10.0** The Kettering Incident. New series. Australian mystery drama, starring Elizabeth Debicki. **11.10** The Kettering Incident. **12.20am** Southern Rites. **2.05** Fortitude. **3.05** The Brink. **3.35** The Brink. **4.05** Richard E Grant's Hotel Secrets. **5.0** Urban Secrets.

SKY LIVING

6pm Elementary. **7.0** CSI: Crime Scene Investigation. **8.0** Criminal Minds. **9.0** Grey's Anatomy. **10.0** Madam Secretary. **11.0** Criminal Minds. **12midnight** Cold Case. **1.0** Criminal Minds. **2.0** Road Wars. **3.0** Elementary. **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 Countryfile Winter Diaries. 10.0 Homes Under The Hammer. 11.0 Wanted Down Under Revisited. 11.45 Oxford Street Revealed. 12.15 Bargain Hunt. 1.0 BBC News At One; Weather. 1.30 BBC Regional News; Weather. 1.45 Doctors. 2.15 Father Brown. 3.0 Escape To The Country. 3.45 The Farmers' Country Showdown. 4.30 Antiques Road Trip. 5.15 Pointless.	6am My Life In Books. 6.30 Wanted Down Under Revisited. 7.15 The Farmers' Country Showdown. 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. 1.0 Cash In The Attic. 1.30 Beat The Brain. 2.0 Landward. 2.30 Wild Shepherdess With Kate Humble. 3.30 The Blue Planet. 4.25 A Place To Call Home. 5.15 Flog It!	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 James Martin's French Adventure. 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 Come Dine With Me.	6am Milkshake! 9.15 The Wright Stuff. 11.15 GPs: Behind Closed Doors. 12.10 5 News Lunchtime. 12.15 Benefits: Can't Work, Won't Work. 1.15 Home And Away. 1.45 Neighbours. 2.20 NCIS. 3.20 FILM: Dangerous Company (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)(R) 6.30 Great American Railroad Journeys Michael Portillo travels from Illinois to Kentucky. (S) 7.0 The Hairy Bikers' Chicken And Egg Si King and Dave Myers sample chicken the French way. (S)(R)	6.0 ITV News London (S) 6.30 ITV Evening News (S)	6.0 The Simpsons (S)(R) 6.30 Hollyoaks Tony asks Diane why there's no money in their current account. (S)	6.0 Home And Away Raffy is shellshocked when Decker arrives back in town. (S)(R) 6.30 5 News Tonight (S)
7pm	7.0 The One Show Topical stories from around the UK. (S) 7.30 EastEnders Jack snaps when Billy confronts him about his request. (S)	7.0 The Great Pottery Throw Down The potters master the art of Japanese-style ceramics. (S)	7.0 Emmerdale Kasim pleads his innocence to Finn. (S) 7.30 Bank Of Mum & Dad - Tonight The cash crisis facing many young adults. (S)	7.0 News (S) 8.0 The Supernet New series. A West Highland puppy is fitted with bionic feet. (S)	7.0 Nightmare Tenants, Slum Landlords Property developer Alex calls in an eviction specialist. (S)(R)
8pm	* 8.30 June Brown At 90: A Walford Legend The EastEnders actress looks back on her life and career. (S)	9.0 This World: Russia's Football Factory An investigation into the violent football firms in Russia, host of the 2018 World Cup. (S)	8.0 Emmerdale (S) 8.30 Coronation Street Bethany is stunned when the police arrest Nathan. (S)	9.0 Escape To The Wild A couple living on the banks of the River Nile. Last in the series. (S)	* 9.0 The Great British Benefits Handout New series. Unemployed people are paid a cash lump sum in return for signing off. (S)
9pm	9.0 Death In Paradise The team reopens a seven-year-old murder case. (S)	10.0 Live At The Apollo With Joe Lycett, Ivo Graham and Phil Wang. (S)(R) 10.30 Newsnight (S)	10.0 ITV News (S) 10.30 ITV News London (S) 10.40 UEFA Europa League Highlights Action from the last-32 first-leg ties. (S) 11.40 Tipping Point. 12.35 Jackpot247. 3.0 Bank Of Mum & Dad - Tonight. 3.25 ITV Nightscreen. 5.05 The Jeremy Kyle Show.	10.0 Parenting For Idiots The importance of rules when raising children. Last in the series. (S)	10.0 When Kids Kill: The Schoolboy Slayer The case of William Cornick, who stabbed his teacher. (S)
10pm	10.0 BBC News At Ten (S) 10.30 BBC Regional News; Weather (S) 10.45 Question Time Topical debate from Glasgow. (S) 11.45 FILM: Up In The Air (2009) ★★★★★ 1.35 BBC News.	11.15 Andrew Marr: My Brain And Me. 12.15 Sign Zone: Behind Bars: Prison Undercover - Panorama. 12.45 Sign Zone: Spy In The Wild. 1.45 Sign Zone: Operation People Power With Dave Myers. 2.30 This Is BBC Two.	11.0 24 Hours In A&E. 12.0 The Great British Skinny Dip. 1.0 Ramsay's Hotel Hell. 1.50 Super Slimmers: Did They Really Keep The Weight Off? 2.50 The Changing Room. 3.45 Four In A Bed. 4.15 Phil: Secret Agent Down Under. 5.10 Fifteen To One.	11.05 The Nightmare Neighbour Next Door. 12.0 SuperCasino. 3.10 Cruising With Jane McDonald. 4.0 Tattoo Disasters UK. 4.25 Tattoo Disasters UK. 4.45 House Doctor. 5.10 Great Artists. 5.35 Wildlife SOS.	
11pm					
					
	11.45pm Up In The Air, BBC1	9pm Escape To The Wild, C4	9pm Benefits Handout, C5	8pm Pottery Throw Down, BBC2	9pm Release The Hounds, ITV2



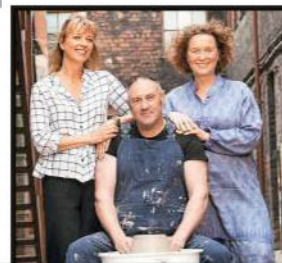
11.45pm Up In The Air, BBC1



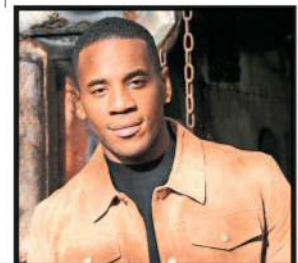
9pm Escape To The Wild, C4



9pm Benefits Handout, C5



8pm Pottery Throw Down, BBC2



9pm Release The Hounds, ITV2

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W	ITV2	E4	ITVBe	E!
6pm Tipping Point: Lucky Stars. 7.0 Supernanny. A mother with a clingy three-year-old son. 8.0 MasterChef USA. 9.0 Celebrity Advice Bureau. 10.0 EastEnders. 10.40 EastEnders. 11.20 Absolutely Fabulous. 12midnight WIA. 12.40 Russell Howard's Good News. 1.10 Crisis. 2.0 Crisis. 3.0 Home Shopping.	6pm You've Been Framed! Gold. 7.0 Funniest Ever You've Been Framed! Gold. 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 Coach Trip: Road To Marbs. 8.0 The Big Bang Theory. 9.0 Brooklyn Nine-Nine. * 10.0 Celebs Go Dating. 11.0 The Big Bang Theory. 12midnight Tattoo Fixers. 1.0 Celebs Go Dating. 2.05 Gogglebox. 3.0 Hollyoaks. 3.25 Brooklyn Nine-Nine. 4.10 Rules Of Engagement.	6pm Dinner Date. 7.0 Buying And Selling. 8.0 Dinner Date. Alex from Edinburgh looks for love. 9.0 Newlyweds: The First Year. 10.0 Ladies Of London. An argument erupts at Julie's first dinner party. 11.0 The Millionaire Matchmaker. 12midnight The Jeremy Kyle Show USA. 12.55 Teleshopping.	6pm Revenge Body With Khloe Kardashian. 7.0 E! News. 8.0 Keeping Up With The Kardashians. 9.0 Botched. 10.0 The Tonight Show Starring Jimmy Fallon. 11.0 E! News. 12midnight Hollywood Medium With Tyler Henry. 1.0 Rich Kids Of Beverly Hills. 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. Antwane prepares to meet his online match. 8.0 Teen Mom UK. 9.0 Gypsy Kids: Our Secret World. 10.0 Are You The One? 11.0 Teen Mom 2. 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 Say Yes To The Dress: UK. 9.0 My 600lb Life. 10.0 Living Without Arms: Body Bizarre. 11.0 Hoarding: Buried Alive. 12midnight Say Yes To The Dress: UK. 1.0 My 600lb Life. 2.0 Living Without Arms: Body Bizarre. 3.0 Say Yes To The Dress: Atlanta.	6pm Futurama. 6.30 The Simpsons. 7.0 The Simpsons. 7.30 The Simpsons. 8.0 DC's Legends Of Tomorrow. 9.0 Arrow. 10.0 A League Of Their Own. 11.0 Freddie Down Under. 12midnight The Force: Manchester. 1.0 Most Daring. 2.0 Brit Cops: War On Crime. 3.0 Stop, Search, Seize. 4.0 RSPCA Animal Rescue.	6pm Without A Trace. 7.0 Without A Trace. 8.0 Blue Bloods. 9.0 Fortitude. 10.0 FILM: A History Of Violence (2005) ★★★★★ 11.55 Last Week Tonight With John Oliver. 12.30am Girls. 1.15 Fortitude. 2.15 The Wire. 3.25 Without A Trace. 4.15 Richard E Grant's Hotel Secrets. 5.05 Urban Secrets.	6pm Elementary. 7.0 CSI: Crime Scene Investigation. 8.0 America's Next Top Model. 9.0 Blindspot. 10.0 Scandal. 11.0 Criminal Minds. 12midnight Cold Case. 1.0 Criminal Minds. 2.0 Road Wars. 3.0 Criminal Minds. 4.0 Nothing To Declare. 4.30 Nothing To Declare. 5.0 Monkey Life. 5.30 Monkey Life.

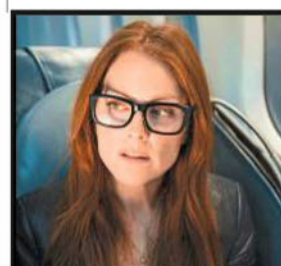
BBC1	BBC2	ITV	C4	CHANNEL 5
6am Breakfast. 9.15 Countryfile Winter Diaries. 10.0 Homes Under The Hammer. 11.0 Wanted Down Under Revisited. 11.45 Oxford Street Revealed. 12.15 Bargain Hunt. 1.0 BBC News At One; Weather. 1.30 BBC Regional News; Weather. 1.45 Doctors. 2.15 Father Brown. 3.0 Escape To The Country. 3.45 The Farmers' Country Showdown. 4.30 Antiques Road Trip. 5.15 Pointless.	6am My Life In Books. 6.30 Wanted Down Under Revisited. 7.15 The Farmers' Country Showdown. 8.0 Sign Zone: DIY SOS: The Big Build. 9.0 Victoria Derbyshire. 11.0 BBC Newsroom Live. 1.0 Cash In The Attic. 1.30 Beat The Brain. 2.0 Landward. 2.30 Wild Shepherdess With Kate Humble. 3.30 The Blue Planet. 4.25 A Place To Call Home. 5.15 Flog It!	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 James Martin's French Adventure. 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 A Place In The Sun: Winter Sun. 5.0 Come Dine With Me.	6am Milkshake! 9.15 The Wright Stuff. 11.15 GPs: Behind Closed Doors. 12.10 5 News Lunchtime. 12.15 Winter Road Rescue. 1.15 Home And Away. 1.45 Neighbours. 2.20 NCIS. 3.20 FILM: Forbidden Secrets (2005) ★★ 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) (R)	6.0 ITV News London (S)	6.0 The Simpsons (S) (R)	6.0 Home And Away Kat closes in on the Morgans' secret. (S) (R) 6.30 5 News Tonight (S)
7pm 7.0 The One Show The final edition of the week. (S)	6.30 Great American Railroad Journeys Michael Portillo travels the lower Mississippi. Last in the series. (S)	6.30 ITV Evening News (S)	6.30 Hollyoaks Harry becomes jealous when he thinks Ste and John Paul are getting closer. (S)	7.0 Happy Campers: Caravanning Two women take four youngsters on a family break to the Lake District. (S) (R)
7.30 A Question Of Sport With Bryony Page, Keri-Anne Payne, James Horwill and Anthony Ogogo. (S) (R)	7.0 Big Dreams Small Spaces Monty Don visits two sets of ambitious gardeners, each facing challenges on a very different scale. (S)	7.0 Emmerdale The strain of waiting for the sentencing takes its toll on Aaron. (S)	7.0 News (S)	* 8.0 Celebrity Carry On Barging The quartet negotiate the 29 locks of the Cain Hill Flight. (S)
8pm 8.0 EastEnders (S)	8.0 Mastermind Five more semi-finalists compete for a place in the final. (S)	8.0 Britain's Best Walks With Julia Bradbury (S)	8.0 Jamie And Jimmy's Friday Night Feast Tom Daley assists Jamie Oliver in cooking sweet-and-sour chicken. Last in the series. (S)	9.0 Cruising With Jane McDonald A Lilliputian lope round the Inner Hebrides puts Jane in touch with her Scottish roots. (S)
8.30 Room 101 Lucy Porter, Romesh Ranganathan and Robert Rinder discuss their pet hates. (S)	8.30 Only Connect (S)	8.30 Coronation Street Steve does his best to comfort a grieving Michelle. (S)	9.0 8 Out Of 10 Cats Does Countdown Jon Richardson and Michelle Wolf take on Jonathan Ross with Johnny Vegas. (S)	10.0 Celebs Go Bust: Bankrupt & Broke Exploring how a celebrity lifestyle led to bankruptcy for some. (S) (R)
9pm 9.0 Not Going Out (S)	9.0 The Lake District: A Wild Year A year in the life of England's largest national park. Narrated by Bernard Cribbins. (S)	* 9.0 Piers Morgan's Life Stories Musician Boy George reflects on his life. (S)	10.0 The Last Leg Adam Hills, Josh Widdicombe and Alex Brooker are joined by celebrity guests for a comic review of the past seven days. (S)	11.30 Lip Sync Battle UK: Peter Andre Vs Gino D'Acampo. 12.0 Super Casino. 3.10 The Nightmare Neighbour Next Door. 4.0 The Railways That Built Britain With Chris Tarrant. 4.45 House Doctor. 5.10 Great Artists. 5.35 Wildlife SOS.
9.30 Tracey Ullman's Show Nicola Sturgeon sets out to get Angela Merkel's look. (S)	10.0 QI Part one of two. Highlights of the "N" series of the comedy panel game. (S)	10.0 ITV News (S)	11.05 First Dates: Valentine's Special. 12.10 Alan Carr Live: Spexy Beast. 1.05 FILM: Skyline (2010) ★★ 2.40 No Offence. 3.35 The Fake News Show. 4.05 Phil: Secret Agent Down Under. 5.0 Kirstie's Vintage Gems. 5.15 Jamie's Comfort Food. 5.25 Fifteen To One.	
10pm 10.0 BBC News At Ten (S)	10.30 Newsnight (S)	10.30 ITV News London (S)		
10.25 BBC Regional News; Weather (S)	11.05 Further Back In Time For Dinner. 12.05 Sign Zone: Spy In The Wild. 1.05 Sign Zone: Imagine: Listen To Me Marlon. 2.45 This Is BBC Two.	10.40 Fishing Impossible The team searches for giant moray eels in Thailand. (S) (R)		
* 10.35 The Graham Norton Show Guests include Tom Hiddleston, Ruth Wilson and Ricky Gervais. (S)		11.10 The Wine Show. 12.10 Jackpot247. 3.0 Freeze Out. 3.50 ITV Nightscreen.		
11pm 11.25 Uncle. 11.55 The Real Marigold Hotel. 1.0 BBC News.				



10.35pm Graham Norton, BBC1



9pm Life Stories, ITV



9pm Non-Stop, Film4



8pm Friday Night Feast, C4



9pm Bones, Sky Living

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W	ITV2	E4	ITVBe	E!
6pm Tipping Point: Lucky Stars. 7.0 Honey I Bought The House. 8.0 MasterChef USA. 9.0 Criminal Minds: Beyond Borders. An American college student is killed in Johannesburg. 10.0 EastEnders. 10.40 FILM: Indecent Proposal (1993) ★★ ★ Drama, with Robert Redford. 1.10am EastEnders. 1.50 Crisis. 3.0 Home Shopping.	6pm You've Been Framed! Gold. 7.0 Funniest Ever You've Been Framed! Gold. 8.0 Two And A Half Men. 9.0 FILM: Shaun Of The Dead (2004) ★★ ★★ 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. 2.15 Teleshopping. 5.45 ITV2 Nightscreen.	6pm The Big Bang Theory. 7.0 Hollyoaks. 7.30 Coach Trip: Road To Marbs. 8.0 FILM: Men In Black (1997) ★★ ★★ * 10.0 Celebs Go Dating. 11.0 Tattoo Fixers Valentine's Special. 12.05am The Big Bang Theory. 1.0 Celebs Go Dating. 2.05 Gogglebox. 3.0 Hollyoaks. 3.25 The Inbetweeners. 4.20 Rules Of Engagement.	6pm Dinner Date. 7.0 Buying And Selling. 8.0 Dinner Date. Lydia from London looks for love. 9.0 The Millionaire Matchmaker. Patti Stanger tries to find a date for an illusionist from Las Vegas. 10.0 CELEBRATIONS. 11.0 Mob Wives Chicago. 12midnight The Jeremy Kyle Show USA. 12.55 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 The Tonight Show Starring Jimmy Fallon. 11.0 E! News. 12midnight Hollywood Medium With Tyler Henry. 1.0 Rich Kids Of Beverly Hills. 1.30 Teleshopping.
MTV	TLC	SKY1	SKY ATLANTIC	SKY LIVING
6pm Catfish: The TV Show. 7.0 Catfish: The TV Show. 8.0 Snog Marry Avoid US. 8.30 Snog Marry Avoid US. 9.0 Spring Break With Grandad. The party is already over for one keen Spring Breaker. 10.0 Ridiculousness. 11.0 Ridiculousness. 12midnight Ridiculousness. 1.0 Ridiculousness. 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. 9.0 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 Say Yes To The Dress: Atlanta. 4.0 Say Yes To The Dress: Bridesmaids.	6pm Futurama. 6.30 The Simpsons. 7.30 The Simpsons. 8.0 The Simpsons. 8.30 Modern Family. 9.0 A League Of Their Own. 10.0 The Blacklist. 11.0 Ross Kemp: A Kenya Special. 12midnight The Force: Manchester. 1.0 Most Daring. 2.0 Brit Cops: War On Crime. 3.0 Police Force: Australia. 3.30 RSPCA Animal Rescue.	6pm Without A Trace. 7.0 Without A Trace. 8.0 Blue Bloods. 9.0 Game Of Thrones. A suspicious death threatens to overshadow the tournament. 10.10 Game Of Thrones. 11.15 Oz. 12.25am Oz. 1.35 Without A Trace. 2.35 Without A Trace. 3.35 The Brink. 4.10 Richard E Grant's Hotel Secrets. 5.05 Urban Secrets.	6pm Elementary. 7.0 CSI: Crime Scene Investigation. 8.0 The Biggest Loser USA. 9.0 Bones. 10.0 Criminal Minds. 11.0 Blindspot. 12midnight Cold Case. 1.0 Criminal Minds. 2.0 Criminal Minds. 3.0 Stop, Search, Seize. 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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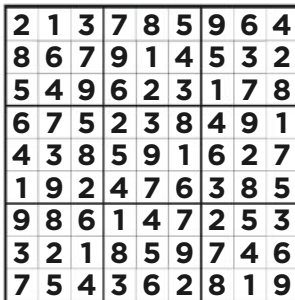
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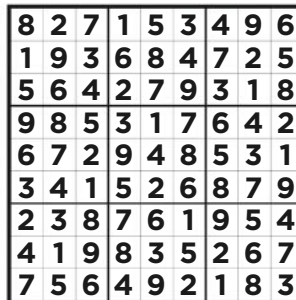
THE BIG CROSSWORD



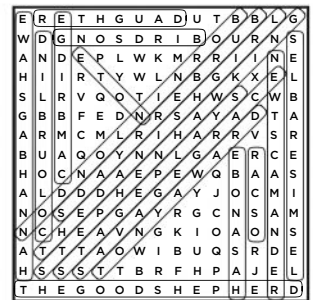
SUDOKU - EASY



SUDOKU - MEDIUM



WORD SEARCH



CLUES & ARROWS



GUESS THE FILM STILL

- TITANIC
- THE MARTIAN

NAMETHE STARS

- LILY COLLINS
- MELANIE SYKES

GUESS THE CELEB

- JENNIFER LAWRENCE
- RYAN GOSLING

SAY WHAT?!

- LENA DUNHAM

WORD PLAY

- MAC
ALAN
CAROLINE
HARRIET
KIM
JOANNE

WORD LINK

- TOMATO
- SCREEN
- TOTAL
- ANGEL
- STAR
- WAR

SPOT THE DIFFERENCE



CLOSER MAGAZINE TERMS & CONDITIONS

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 time 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 in at 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 correspondence or discussion shall be entered into.

8. Prize-winners will be notified in writing within 6 weeks of the Closing Date.

9. If a prize-winner fails to respond to correspondence from Bauer and/or fails (for whatever reason) to claim his/her prize within 14 days of receipt of Bauer's notification, Bauer shall be entitled to select an alternative prize-winner. In such circumstances Bauer shall use reasonable endeavours to notify the alternative prize-winner within nine weeks of the Closing Date.

10. Prize-winners will receive their prize within 6 weeks of notification unless otherwise specified in the Prize Draw Rules.

11. Details of the names of prize-winners can be requested by writing to Closer at Endeavour House, 189 Shaftesbury Avenue, London WC2H 8JG, specifying the relevant Prize Draw, provided that such request is received by Bauer within ten weeks of the Closing Date.

12. Every prize is subject to availability and Bauer may substitute any prize for a prize of a similar nature and/or comparable value. There is no cash alternative to any prize and no prize is refundable and/or transferable.

13. Bauer accepts no responsibility or liability for any lost, damaged or incomplete entries and all such entries will be deemed invalid. Proof of despatch shall not be proof of entry. Only entries received in accordance with the Rules will be acceptable.

14. Bauer will not be liable if a prize does not reach a prize-winner for any reason outside the control of Bauer or if a prize is damaged during delivery.

15. Entries shall not be returned to entrants.

16. Prize-winners agree to take part in any promotional activity requested by Bauer and consent to his/her name, county and photograph being published for the purposes of the Prize Draw and promoting Closer and/or Bauer and its business.

19. Where relevant, all taxes, insurances, transfers, spending money and other expenses (including meals or personal expenses upgrades etc.) are, unless otherwise specifically stated, the sole responsibility of each prize-winner.

20. The terms and conditions of any third party supplier may apply and must be accepted and complied with by a prize-winner to accept the prize.

21. Bauer may vary the terms of, or vary the Prize Draw at any time at its absolute discretion without liability to any entrant or other person.

22. Other than for death or personal injury arising from negligence of Bauer, Bauer hereby excludes (so far as is permitted by law) all liability for any loss, damage, cost and expense, whether direct or indirect, however caused in connection with the Prize Draw or any aspect of the prize.

23. These terms and conditions shall be governed by and construed and performed in accordance with the laws of England and Wales, whose courts shall have exclusive jurisdiction to decide any dispute arising under them.

Your stars

WITH YASMIN BOLAND

7 - 13 FEBRUARY



HOLLY WILLOUGHBY
10 FEBRUARY 1981

JENNIFER ANISTON
11 FEBRUARY 1969

IF IT'S YOUR BIRTHDAY THIS WEEK

The Full Moon eclipse in your chart means this will be a year to remember – hopefully for all the right reasons. If you're stuck in the past, the coming 12 months could see you shunted on to a new life path with the chance to make some massive life changes.

THIS WEEK'S CELEB STAR SIGN

AQUARIUS

21 JAN-19 FEB

If you're single, it's time to move on from the past. If you're meant to be with an ex, it might happen at a later date. If you're happily attached, move on from any past upsets. Unhappily attached? The eclipse will help you decide your next move. Find out where the Full Moon is affecting you – call 0906 7511 677*

VIRGO 24 AUG-23 SEP

Use this eclipse week to think about how much you're doing for other people (Virgos love to help!). Is it too much? The thing is, you also need time for yourself if you're going to have a shot at finding inner peace. Work on this balance and things could quickly improve. Find out where the Full Moon is affecting you – call 0906 7511 677*

LIBRA 24 SEP-23 OCT

It could be that a friendship is ending or perhaps someone you love is moving away. Or maybe you have plans to make tracks? Whatever the case, it looks like there will be a few people to say goodbye to, if not now then in the next six months. Find out where the Full Moon is affecting you – call 0906 7511 677*

PISCES 20 FEB-20 MAR

At this time of year, you often feel like retreating a little bit, thinking and generally contemplating both the year that was, and the new year unfolding. And that is the ideal thing to do, as the Sun moves through your 12th House. Take time out if you need it. Find out where the Full Moon is affecting you – call 0906 7511 677*

GEMINI 22 MAY-22 JUN

If you've been fretting too much over the finer details of life, change that. It's easy for you to feel tired by life and all its demands right now, but expect around 11 more months of hard work. After that, it will all be way less pressurised – and success awaits. Find out where the Full Moon is affecting you – call 0906 7511 677*

SCORPIO 24 OCT-22 NOV

Right now, focusing on your private life is highly recommended for you – up to a point, that is. If you have been working too hard, try to slow down if you can. However, if you need to kick-start your working life, then this is a very good time to do that. Find out where the Full Moon is affecting you – call 0906 7511 677*

ARIES 21 MAR-20 APR

The challenge for you now is to find a balance between giving other people – especially your friends – your attention, versus thinking about your own need for happiness and fun. If you're having issues related to a romance, a creative project or a child, things could come to a head this week. Find out where the Full Moon is affecting you – call 0906 7511 677*

CANCER 23 JUN-23 JUL

You need to have a plan. What are your financial objectives for the year ahead? How much do you need for living and how much do you need for "essential luxuries?" Figure out a number then work out how to make it happen. You might as well aim high! Find out where the Full Moon is affecting you – call 0906 7511 677*

SAGITTARIUS 23 NOV-21 DEC

With all the pressure on you now, no one could blame you if you're harbouring a secret desire to run away. However, remember that you're in a hard-work cycle that will last all of 2017 and then be over for another 30 years. So do what you need to do. Find out where the Full Moon is affecting you – call 0906 7511 677*

TAURUS 21 APR-21 MAY

There is some tension between your job and your home life. Remember that no one ever looks back at their life and wishes they had spent more time at the office! If you want to move house or even country, the eclipse suggests it's very possible for you in the coming six months. Find out where the Full Moon is affecting you – call 0906 7511 677*

LEO 24 JUL-23 AUG

If the past year was tough, bless the lessons it taught you and use this week as a chance to draw a line under it as you move on and put the hard times behind you. If all is well, use the eclipse to give yourself a sort of annual confidence boost, for example via a makeover. Find out where the Full Moon is affecting you – call 0906 7511 677*

CAPRICORN 22 DEC-20 JAN

A change is due for you when it comes to your finances. Even better news, because of a harmonious Mercury/Venus connection, any changes that occur now should be very much in your favour. The trick is to expect the best and override your fears. Opportunities should open up for you. Find out where the Full Moon is affecting you – call 0906 7511 677*

CALL CLOSER'S DESTINY LINE TO HEAR YASMIN'S WEEKLY FORECAST AND ADVICE



0906 7511 677

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CELEBS ARE JUST LIKE US...

A FINAL FIX OF THIS WEEK'S PICS



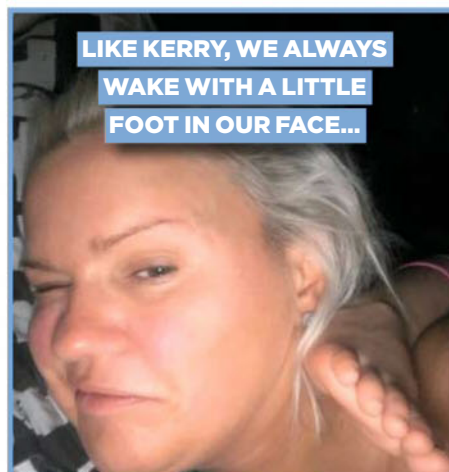
THIS IS HOW OUR
MOGGY LOOKS, TOO,
GEORGIA - UNTIL
WE CRACK OPEN
THE DREAMIES!



CATHERINE, WE ALWAYS
PULL THE "DAMSEL IN
DISTRESS" LOOK WHEN
WE BREAK DOWN.



BLESS SHARON - WE LOVE
WATCHING THE OLD
DEERS IN THE PARK....



LIKE KERRY, WE ALWAYS
WAKE WITH A LITTLE
FOOT IN OUR FACE...

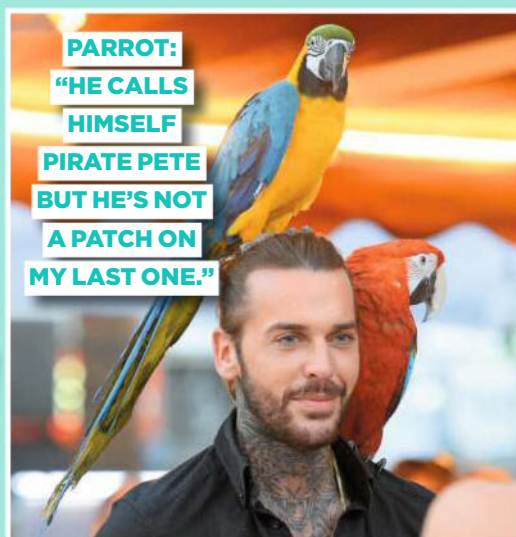


PAINFUL BUNIONS?
THIS, PIERS, IS WHY WE
WEAR TRAINERS
TO WORK.

...EXCEPT WHEN THEY'RE WORLDS APART



KIM'S A SLAVE
TO HER
FINGERNAILS.



PARROT:
"HE CALLS
HIMSELF
PIRATE PETE
BUT HE'S NOT
A PATCH ON
MY LAST ONE."



NIGEL EASES
TENSION AT EU
TOWERS WITH
HIS VERSION
OF YMCA.

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*Air pollutants such as dust **In shampoo