

OK!

FIRST FOR CELEBRITY NEWS
ISSUE 1071 • FEBRUARY 21 2017 • £2 WEEK

'I'M PREGNANT!'

DANIELLE LLOYD



**ANNOUNCES
SHE'S EXPECTING
A BABY WITH HER
FIANCE MICHAEL**

**'MY THREE BOYS REALLY
WANT A BABY SISTER'**

**'MICHAEL WAS
SO WORRIED
ABOUT MY
STRESS LEVELS
WHILE JAMIE
WAS ON CBB'**

TARA PALMER-TOMKINSON 1971-2017



**KATE, PRINCE
WILLIAM AND
THE ROYAL
FAMILY MOURN
THE TRAGIC
DEATH OF THE
IT GIRL AT 45**



CORONATION STREET STAR MIKEY NORTH AND HIS WIFE RACHAEL INTRODUCE THEIR NEW SON ARCHIE



**'BEING A DAD
IS THE BEST
THING EVER'**

**EXCLUSIVE
INTERVIEW
AND PICTURES**

**EXCLUSIVE INTERVIEW
AND PICTURES
INSPIRED BY BEYONCE**



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ISSUE 1071 FEBRUARY 21 2017

It's been a bumper baby week here at OK! with the stork visiting lots of our favourite celebrity couples! First up, model Danielle Lloyd reveals that she's expecting a baby with her fiancé Michael O'Neill. Danielle looks incredible in our exclusive shoot as she recreates Beyoncé's arty maternity pictures. The former Miss Great Britain tells us that what she thought was a stomach bug over Christmas turned out to be morning sickness, and she's now three months along! Danielle – who has sons Archie, six, Harry, five, and George, three, with footballer Jamie O'Hara – gushes: 'I can't wait for our little family to be complete.'



Hollywood superstar George Clooney also confirmed last week that his barrister wife Amal is pregnant with twins. The actor is said to be 'totally excited' about the June arrivals, while his pal Matt Damon says he is 'thrilled' for them.

Rosie Huntington-Whiteley and Jason Statham are also looking forward to the pitter patter of tiny feet. Sharing a bump-bearing bikini photo last week, Rosie, 29, revealed: 'Very happy to share that Jason and I are expecting!'

Finally, *Coronation Street* favourite Mikey North and his wife Rachael introduce us to their new arrival, Archie. Despite Archie's dramatic delivery, Mikey tells us the four month old is his proudest achievement. Aww!

Meanwhile, we were shocked and saddened to learn of the death of It Girl Tara Palmer-Tomkinson last week. Her infectious, bubbly personality made her a firm favourite with everyone from royalty to reality TV stars. The world will be a duller place without the 45 year old, who revealed she had a benign brain tumour late last year. Our thoughts are with her family and friends.

Kirsty

KIRSTY TYLER
OK! EDITOR IN CHIEF
@KIRSTYTYLER1

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EXCLUSIVELY REVEALING SHE'S PREGNANT

'I CAN'T WAIT FOR OUR LITTLE FAMILY TO BE COMPLETE'

AFTER SOME TROUBLED TIMES, **DANIELLE LLOYD** TELLS **OK!'S CLARE FISHER** SHE'S THRILLED TO BE EXPECTING HER FIANCE **MICHAEL'S** BABY – AND CELEBRATES THEIR HAPPY NEWS BY PAYING HOMAGE TO **BEYONCÉ**!

Danielle Lloyd can't keep the grin off her face as she opens the door of her sprawling Sutton Coldfield home to welcome the *OK!* team. The former Miss Great Britain is positively glowing and we soon learn why. 'I'm pregnant!' she tells us, revealing that what she thought was a stomach bug over Christmas actually turned out to be morning sickness!

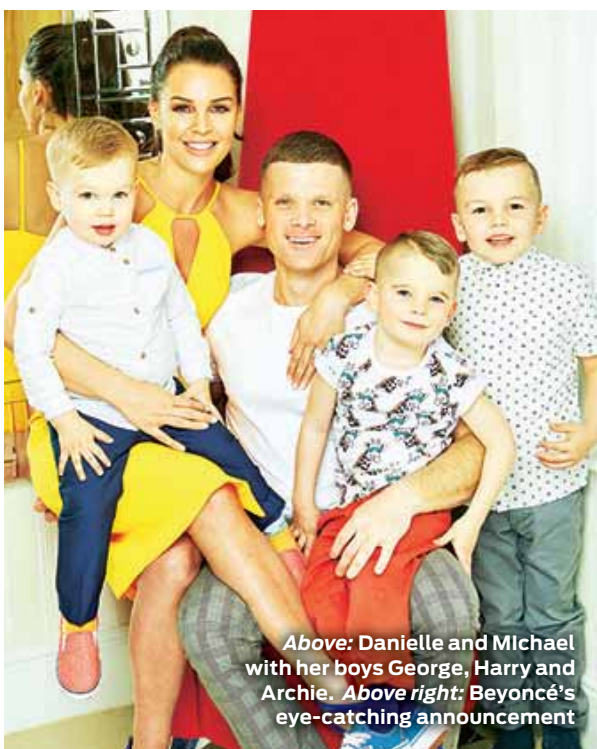
'We'd been trying for a few months and kept getting really discouraged when the tests were negative. So we decided to stop "trying" and just enjoy ourselves ahead of Christmas and bam, I'm pregnant,' she laughs.

Danielle's fiancé, Michael O'Neill, who owns a firm of electricians, couldn't be happier about his first child. 'He couldn't stop smiling, he's so excited,' Danielle, 33, tells us of the moment they found out she was pregnant. 'He's such an amazing stepdad to the boys and I can't wait for our little family to be complete,' she gushes.

Danielle has three sons from her marriage to former footballer Jamie O'Hara – Archie, six, Harry, five, and three-year-old George. With three boys already, would she like the new baby to be a little girl? 'Michael's convinced it's a girl, but I'm not sure,' she says. 'Initially I thought I'd love a little girl, but now I'm pregnant I know that whatever we have, because it's mine and Michael's first, it will be special.'

Despite her happiness, it's been a difficult few months for Danielle. She's had to watch her ex-husband Jamie, 30 – who she divorced three years ago after he was unfaithful – take part in the most recent series of *Celebrity Big Brother*.

Clearly glad the show is over and keen to move on and enjoy her pregnancy, Danielle is recreating Beyoncé's famous pregnancy announcement for today's *OK!* shoot. When the first image of the pregnant superstar hit the Internet (see over the page), it instantly became one of the most iconic celebrity pictures of all time. Sealing her status as one of the most influential female artists of the 21st century, the original photograph which



Above: Danielle and Michael with her boys George, Harry and Archie. Above right: Beyoncé's eye-catching announcement

Beyoncé posted – showing her wearing ruffled knickers, a bra and a green veil – received over ten million 'likes', making it the most liked picture on Instagram ever. The stunning imagery, created by photographer Awol Erizku, was quickly recreated by countless memes and is likely to go down as the most seminal pregnancy announcement of all time.

'I love channelling Sasha Fierce, although I obviously don't look as amazing as she did in those pictures!' Danielle giggles as her make-up is applied. And never one to miss an opportunity to pose for the cameras, her youngest son George is also taking part. 'Oh George just loves the spotlight as you can see, he's in his element,' Danielle laughs.

Over mugs of tea and chocolate digestives, Danielle, who is three months pregnant, opens up about being happier than ever, why she hasn't told Jamie she's pregnant and how baby number four will be her last...

Congratulations on your pregnancy! When did you find out you were expecting?

I'd been feeling ill over Christmas but didn't think much of it as the boys had had stomach bugs.



Then my period was late so I decided to take a test and it was positive. Me and Michael are over the moon; I'm due towards the end of the summer.

How did Michael react?

He couldn't stop smiling, he's so excited. Michael's not one for big gestures but he was so happy – he doesn't want

to get too excited until it's a bit further along in the pregnancy, but he can't wait. He's such an amazing stepdad to the boys that I can't wait for our little family to be complete.

How long had you been trying for?

We stopped using contraception in September last year. We'd been trying for a few months and kept getting really discouraged when the tests were negative. So we decided to stop 'trying' and just enjoy ourselves before Christmas, and bam, I'm pregnant. In January I realised my period was late which was unusual as I'm really regular. Michael told me not to get my hopes up, but when I did the test it was positive. I couldn't believe it at first and kept asking Michael to check the test. I still didn't believe it the next day so I took another one. I went through about five before I finally accepted it!

Were you very keen for another baby?

We both wanted a baby so much, but Michael probably would have had one sooner. Then after I filmed the *In Therapy* show on Channel 5, I realised what was important in life, so I decided to stop being selfish and go for it and I'm so happy I did.

How did you tell the boys?

We went to see the film *Storks* at the cinema recently and they kept asking when the stork was going to bring them a baby. We told them that they'd have to pray hard and ask the stork, and then this morning we told them ▶

'THE BOYS
ASKED FOR
A BABY FOR
CHRISTMAS'



'We both wanted a baby so much,
but Michael would probably have
had one sooner,' says Danielle



Above: George kisses his mum's bump, just as Blue Ivy did (below left)

that whatever we have, because it's mine and Michael's first, it will be special. My three boys really want a baby sister, though.

Why's that?

They love girls – they all have girlfriends already! Archie's been really upset recently as his girlfriend Freya's been a bit off with him. He told me he wants to take her away on holiday – it's hilarious! He's six!

Have you had any ideas about baby names yet?

As the boys' names are quite traditional, we'll probably go for something similar. George wants to call it Jesus and Archie wants a sister called Rose. They also suggested Cupcake, but I've said that could just be the baby's nickname!

Do you think you'll have any more children after this one?

This will definitely be my final baby, I'm getting too old for any more and I'd need a mini bus if I had any more!

Who else have you told about your pregnancy?

We kept it to ourselves until I was about eight weeks, then Michael told his mum. And I was on the phone to my mum while I was on the train the other day talking about a baby brand I'm thinking of working with, and she said: 'Why would you do that? You haven't got a baby!' Obviously because I was on a packed train I didn't want to blurt it out, but when she asked I told her. Everyone is thrilled. I didn't want to announce it too soon, though, because my brother – who got engaged just before Michael and I – is also expecting a baby with his fiancée, so I didn't want to steal their thunder.

How are you finding the pregnancy so far?

I tried to keep my gym routine up initially but I've been feeling so tired that I can't – it's hard enough looking after the boys. I don't remember being this tired during my previous pregnancies; I must be getting old! I do plan to do some personal training, but I'm just taking it easy for a few weeks. I eat healthily with meals from a company called Active Life Nutrition, so they make sure I'm getting all the vitamins I need.

Are you worried about putting on weight?

I put on a stone and a half towards the end of last year but I don't really care – it's happy weight because I'm the happiest I've ever been. Michael's put on weight, too; we're just really content. In the past and with my ex I was insecure about my body, but with Michael I can just be me. Plus, on *In Therapy*, the therapist made me realise I've got to be happy with myself and accept myself.

How about morning sickness?

I haven't been sick, touch wood, but I've been feeling terribly queasy. Michael's been amazing, though; he takes such good care of me. And Archie knows he has to help Mummy, too – if he sees me loading the dishwasher he takes over, as he knows I have to rest. It's very sweet! >

the stork visited last night and that they were having a little brother or sister. Their reactions were so sweet – we made a video of them running up and down and saying 'hello' to my stomach. We showed them the scan picture, too, and they were like: 'Is it in your belly?'



a dog called Rocky instead, but now they're getting a baby.

Are you planning to find out the baby's sex?

We can't find out until 16 weeks. Michael's convinced it's a girl, but I'm not sure. Initially I thought I'd love a little girl, but now I'm pregnant I know





Above: 'George wants to call it Jesus and Archie wants a sister called Rose,' Danielle tells us as she recreates another of Beyoncé's poses (facing page bottom)

'TWINS RUN IN
MICHAEL'S FAMILY, BUT
IT'S JUST ONE IN THERE,
THANK GOODNESS'



When was your first scan?

We booked in an extra one at around nine weeks as I wanted to see the baby and know for sure that everything was okay. Twins run in Michael's family, but it's just one in there, thank goodness! Michael was there at my side and was overwhelmed to hear the heartbeat. Everything was perfect.

Have you thought about what kind of delivery you want to have?

I had all the boys naturally, with just gas and air, so hopefully I can do that this time around, too. They were all early, though – Archie and George two weeks early and Harry ten weeks early, so this baby might be early, too. Harry had to be on a life support machine so I'm a bit nervous that might happen again, but so far so good.

Will Michael be there during the delivery?

Definitely, he said he's staying up by my head, though!

**Have you thought about a nursery?**

We'll do all that when we move house. Now the baby's on the way we definitely want to move out of this house and start afresh. Another sale has just fallen through, but we're moving anyway. I want to draw a final line under my marriage and this house. None of us like being here and we don't want to have any memories of our fresh start in a house that I shared with my ex.

Do you plan to breastfeed the new baby?

I'll definitely try to breastfeed and express milk, too, so that Michael can do some bottle feeds, as I did with the boys. I couldn't cope with just breastfeeding, the night feeds are too much.

Do you miss drinking while you're pregnant?

I know some people have the odd drink, but Michael wouldn't let me and I don't miss it. If I were to have a drink it would be a pint of Guinness because of all the iron!

Is Michael very protective?

Michael was so worried about my stress levels while Jamie was on *Celebrity Big Brother*. I had heart palpitations watching it and then had to deal with the stress of people trolling me. I was sitting there crying my eyes out when it should have been one of the happiest times of my life. I'm angry about things Jamie said about me – they caused me lots of stress during this happy time, although obviously ▶



While Beyoncé (top) is expecting twins, Danielle (left) is relieved to be expecting just the one!

Below: George was thrilled to take on the role of Blue Ivy (below right)! 'He loves the spotlight,' his mum tells us



he didn't know I was pregnant when he went on the show.

Do you plan to tell Jamie you're expecting?

No, I don't owe him anything. He can find out in the magazine with everybody else.

How do you think he'll react?

You never can tell with Jamie, his moods are so unpredictable. It's nothing to do with him, though; he has nothing to do with my life any more.

Have you heard from him since the end of *Celebrity Big Brother*?

He's been in touch via email about seeing the boys.

Were you surprised that Jamie and Bianca Gascoigne have split?

I really don't feel anything towards Jamie any more, so it honestly didn't bother me – all I care about is the children. I know Bianca a little bit, we've done a show together in the past, and she's a lovely girl. Who Jamie dates is of no interest to me now – all that matters to me is my children and that whoever he dates is good with our boys.

Were you able to watch any of the show when he was talking about you?



Above: Jamie got close to Bianca in *CBB* – they have since split up. **Right:** Danielle and Jamie on their wedding day

I don't want to dwell on it too much, but I will say that during his *Lorraine* interview, Jamie said he never wanted to do anything to disrespect the mother of his sons, but I feel like he did.

Is your relationship with Michael very different from the one you had with Jamie?

Worlds apart. Michael can't do enough for me and is a brilliant role model and father figure to the boys. I feel so supported and loved, and I know he'll be an amazing dad when he has his own biological child with me.

As you've been cheated on in the past, does the possibility that Michael could cheat ever enter your head?

It really doesn't. Michael is so different from anyone I've been with in the past and I know he'd never do anything to hurt me. He's not interested in the spotlight; he loves me and the boys for ourselves.

Does this mean your wedding plans are on hold now?

Yes, we'll wait a while, I wouldn't want to be a pregnant bride. Maybe in 2018, and we'll

definitely go abroad to get married, something small and intimate.

How are the boys?

They're doing brilliantly at school, even Harry has really settled down. He's



still sensitive and we're still waiting on his dyspraxia diagnosis, but he's doing much better than he was.

How do you feel dressing up as Beyoncé in today's shoot?

I love channelling Sasha Fierce, although I obviously don't look as amazing as she did in those pictures! She's an incredible artist, so it's an honour to pay homage to her.

And how does George feel about playing the Blue Ivy role?

Oh George just loves the spotlight as you can see, he's in his element. Honestly, I have such a family of posers – even the boys' new dog Rocky loves the camera! **OK!**

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'GEORGE AND AMAL WILL BE AWESOME PARENTS'

THE HAPPY COUPLE'S PAL **MATT DAMON** IS THRILLED AS IT'S CONFIRMED THEY'RE EXPECTING TWINS THIS JUNE

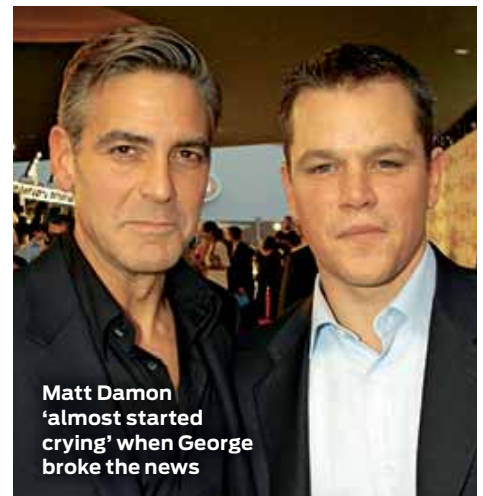


Above: Amal's appearance last month sparked pregnancy rumours. Right: A few weeks later, Amal was all smiles in Barcelona

He's always claimed he had no ambitions to be a father, but Hollywood star George Clooney is said to be 'totally excited' that his wife Amal is expecting twins in June. The 55-year-old actor's *Ocean's Eleven* co-star and close friend Matt Damon has said that he's 'thrilled' for the couple and said they were 'going to be awesome parents', adding: 'Those kids are lucky.' Referring to Amal as a 'remarkable woman', Matt said that George had 'hit the jackpot'.

Matt admitted that he 'almost started crying' when George broke the news to him last autumn when Amal, 39, was just eight weeks pregnant.

Recalling the moment, Matt said: 'I'm like: "Are you out of your mind? Don't tell anybody else, don't tell anybody else, I mean, don't you know the 12-week rule?" Of course he doesn't. Then four



Matt Damon 'almost started crying' when George broke the news

weeks later, I'm like: "We're good, right? We're good," so I'm thrilled for him.'

The pregnancy was announced by US chat show host Julie Chen, an acquaintance of George and Amal, who married in Italy in 2014. It's rumoured the famous pair turned to IVF after facing difficulties conceiving.

Meanwhile, an unconfirmed source has claimed that the parents-to-be are expecting a boy and a girl. They told a US magazine: 'Amal is pregnant with twins: a boy and a girl. When George and Amal found out it was twins they were surprised, but also a little scared because they both had said that one was enough. But the news that it was a boy and a girl made them both really happy.'

The source said of George: 'He's gone from never wanting to be a father to being totally excited about Amal's pregnancy and the thought of raising two children who will call him Dad.'

International lawyer Amal sparked rumours of her impending motherhood when she was spotted out with George at an event at the Bulgari Hotel in London last month sporting a small bump. It's thought the happy couple will raise their family at their £10 million home in the village of Sonning in Berkshire. **OK!**



Julie Chen, an acquaintance of the couple, announced the pregnancy



DECEMBER 23 1971 – FEBRUARY 8 2017

'A FUNNY, FEISTY WOMAN WHO BATTLED DEMONS'

OK! PAYS TRIBUTE TO LARGER-THAN-LIFE SOCIETY QUEEN **TARA PALMER-TOMKINSON**, WHO TRAGICALLY PASSED AWAY LAST WEEK



Above: At her own James Bond-themed birthday party in December 1998. Top right: Skiing with a young Prince Harry. Right: Sister Santa, Tara, Prince Charles and Harry

The royal family joined the celebrity world in mourning the death of close family friend Tara Palmer-Tomkinson last week. Tara, 45, was the goddaughter of Prince Charles, and the shock news has left the royal family 'deeply saddened'.

Charles and his wife, the Duchess of Cornwall, released a statement saying: 'We are deeply saddened and our thoughts are so much with the family.'

The original 'It Girl' was found in her £1.6 million London flat on February 8 by her cleaner, just months after revealing she had a brain tumour. Police were called to her home at 1.40pm and said they were treating her death as 'unexplained' but not suspicious. At the time of going to press, her cause of death was not known.

Tara's family placed a notice in *The Daily Telegraph* which read: 'Tara Clare died peacefully in her sleep.' Adding that a private funeral would be held.

Tara's association with the royal family goes back to her childhood. Her father Charles Palmer-Tomkinson, a former Olympic skier and Leicestershire landowner, was the Prince of Wales's ski instructor, while her mother Patricia is a friend of Camilla's.

She is said to have holidayed with the royal family three times a year throughout the 1990s and skied with them in Switzerland throughout her life. One memorable photograph shows Tara on a chairlift next to Charles and Prince Harry in 1997 with her older sister, well-known author Santa Montefiore (below), while another candid snap shows her on the slopes with a young Prince Harry (above right).

Paying tribute to her sister, Santa shared a black and white photo of Tara on social media, writing: 'My darling sister. I miss you.' with a broken heart emoji.



Tara consoled Kate during her brief split from Prince William in 2007

The star, who was raised on the 1,200-acre Dummer Grange estate near Basingstoke, also babysat for Prince William, and later provided emotional support to the princes when their mother Diana, Princess of Wales, was killed in a car crash in 1997. Speaking about their friendship, Tara once said: 'They are lovely, naughty boys. There is a complete code of trust there, a code that says: "Zip it and treasure it."'

In 1995, Tara hit the headlines for the first time after she was spotted kissing Prince Charles in the Swiss


ski resort of Klosters. However, she said the kiss was just to 'thank him for a day's skiing'. She later added, in 2009: 'I have kissed Prince Charles every single day since I was four years old.'

This close friendship with the royal family continued into her later years. She attended the Duke of Cambridge's 21st birthday party in 2003, was pictured with the now Duchess of Cambridge in 2007

(above) and with Kate's sister Pippa Middleton in 2009 at *Tatler* magazine's 300th anniversary party (see over the page). She then attended William and Kate's wedding in 2011 and revealed in 2012 that she had given Kate advice during her brief split from William years earlier.

She said of the duchess: 'She is beautiful and capable, sort of super-grounded, but really fun, too. I first met her ages ago at Klosters and I always thought she and William were so good together. We have had lots of fun nights in relaxed situations and when they briefly split up I said to her: "He'll be back, don't worry."'

She continued: 'She and her sister Pippa came to my brother-in-law's' >

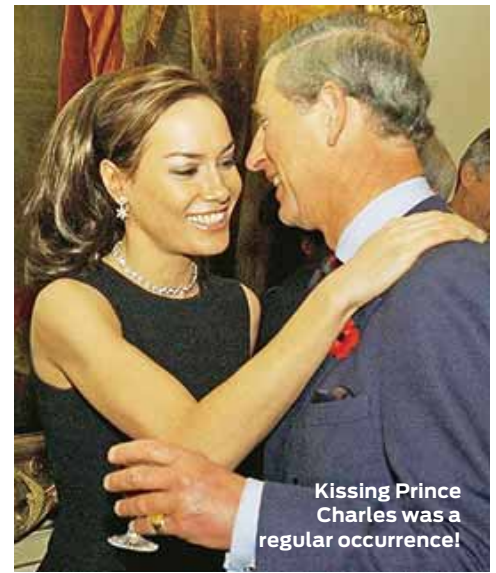


Friend-of-the-royals
Tara – seen here in
an *OK!* photoshoot in
2005 – once said: 'I have
kissed Prince Charles
every single day since
I was four years old'

'IT USED TO
REALLY MATTER
WHAT PEOPLE
THOUGHT AND
SAID ABOUT ME...'



Below: Tara said last year: 'I'm not the person I was, I'm much calmer. I'd love to lie and say I have no regrets, but I do.'
Bottom: With Pippa Middleton



Kissing Prince Charles was a regular occurrence!

Despite her friendship with the royals, Tara became best known for her years on the party scene and her long battle with drug addiction. It was claimed that at the height of her addiction she was spending £400 a day on cocaine. Reflecting on that time, Tara has said: 'I wish I had never touched half the stuff. But I'm not going to sit there and feel ashamed for what I did because I have had a life! I was at so many different parties in so many countries.'

Her addiction became public in 1999 when she appeared worse for wear on BBC's *The Frank Skinner Show*. That same year, she sought help at The Meadows rehabilitation clinic in Arizona. The rehab stay, which reportedly cost £35,000, worked, but Tara's wild lifestyle eventually caught up with her and in 2006 she had to undergo reconstructive surgery to fix her collapsed septum.

Talking to *OK!* the year after, she said: 'Cocaine had made a hole in my nose. When you get your nose done after cocaine has eroded it, they get cartilage from your head, ear and brain and put it in your nose. It's been in my nose for three months so if a nail of cocaine should go up my nose, within an hour it will come off.'

Tara also proudly told us how she had been clean for almost

eight years: 'I made a decision, either live or die, love your family or don't. People don't know how important my recovery was to my family and friends. They nearly lost me, they had to revive me.' She continued: 'I don't care if people think I'm on drugs. People who know me know I'm not. They should have seen me when I was, I couldn't get out of a cupboard. I was introverted – psychosis, paranoia, vomiting and the rest.'

Tara appeared in the pages of *OK!* numerous times, including when she invited us to her suite in the May Fair Hotel for a photoshoot. Back in March 2005, she told us of her recovery: 'I've never been happier... Cleaning up my act was the turning point in

book launch during the split and people were being kind of horrible to her, but I knew William would be back as soon as he realised what he was missing out on.'

Sarah Ferguson, the Duchess of York, has also spoken of her and her family's shock and sadness at Tara's death. The 57 year old – who was married to Prince Andrew, the Duke of York, until 1996 – said: 'The York family are so shocked by this tragic news of the magnificent, beautifully energetic soul of Tara.'

Revealing her humour, Tara once told of a mishap at a royal party, saying: 'One of my worst moments was when I drank my finger-dipping bowl. I thought it was soup. Not only did I drink it, but I asked for the recipe!' she said.

Tara began treatment for the brain tumour in January



2016 having been diagnosed after a ski trip, but didn't make details of her diagnosis public until last November.

She said the growth in her pituitary gland was non-malignant, but revealed it had left her fearing for her life. She said last year: 'It used to really matter what people thought and said about me. Now, it's all pretty trivial compared to...' pointing to her forehead and crying.

During diagnosis, blood tests also revealed that she was suffering with an autoimmune disease that causes tiredness, joint pain and acute anaemia. 'I got terribly frightened. I started thinking, I'm going to die. I actually feel very lucky. My growth was non-malignant but it affected the production of prolactin, a hormone,' she said.



At the Duke and Duchess of Cambridge's wedding



Ex-boyfriend
Duncan James
became a firm friend

my life and I worked my ass off as well. The first few years were really hard, but then suddenly everything comes good and the puzzle fits.'

It appeared her years of addiction had a long-lasting effect on the socialite who broke down in tears on *Jeremy Kyle: The Celebrity Specials* in 2014, as she relived the time she almost died of an overdose during her drugs battle.

The incident left her on the floor of her flat for three days straight, timing her heartbeats because she was convinced they would stop. That same year also saw her have a public meltdown at Heathrow after she was refused entry to a first class lounge. She was arrested and blamed the meltdown on a panic attack.

Opening up about changing her lifestyle, Tara – who was diagnosed with high-functioning autism and who became a patron of children's autism charity Speur-Ghlan – said last year: 'I'm not the person I was, I'm much calmer. I don't go to places like Ibiza because the party world scares me.' Recently adding: 'I'd love to lie

and say I have no regrets, but I do. I'd like to go back to that young girl and shake her. So much was handed to me on a plate.'

Following her tragic death, Tara's friend Ivan Massow appeared on *This Morning* revealing she was still 'facing a lot of problems'.

He said: 'The recurring issue was that it was very hard for her to stay off drinking and

things. There was lots of surgery, her nose was giving her problems – she was terribly conscious of it and she always knew her angles – and there was this tumour on top of everything. She was never comfortable to see herself as an older person – she never saw that as her role, and that was very hard for her. She was very frail. I hadn't seen her for over a month, it's been very hard to reach her.' Adding: 'When I didn't hear from her, that's when she was in a dark place.'

Tara, who was said to be dating an 'older man' recently, was last pictured just 15 days before her death outside her London home. It has been reported that she and the man in his 50s had been dating for five months.

Before rising to fame, Tara worked as a stylist's assistant at *Tatler* and in the City for Rothschild bank. But by the mid 1990s she was making headlines and she has since been on several TV shows.

In 2002, she appeared on the first series of *I'm A Celebrity – Get Me Out Of Here!*, finishing runner-up behind Tony Blackburn.



Arrested at
Heathrow
Airport in 2014



Holly Willoughby
received a surprise
gift from Tara

Speaking out after her death, the BBC Radio 2 DJ tweeted: 'Very sad news about Tara Palmer-Tomkinson. She was such a sweet person and taken too soon. RIP! I'm A Celebrity... presenters Ant and Dec also shared their sadness, writing:

'So very sad to hear of the passing of TP-T. She was a true one-off with a huge, generous heart. Our thoughts are with her family #RIPTPT'.

Among her list of career accomplishments, she also won 2007's *Comic Relief Does Fame Academy* and released a book called *Inheritance*, about a posh girl who falls into drug taking.

As news of her death circulated, her many celebrity friends paid tribute. Her ex and long-term friend Duncan James tweeted: 'Heartbroken and numb



Tara came second
to Tony Blackburn
on I'm A Celeb...

I have lost one of my oldest and dearest friends. I'm going to miss our laughter the most shmooey. Rip sweetheart [sic].'

Meanwhile, *This Morning* host Holly Willoughby told of Tara's generosity, saying: 'I was having dinner and she came over and said: "You know a very good friend of mine," and we started chatting. She was gesticulating with her hands. I noticed this diamond bling, gorgeous ring and I'm watching her hand like a magpie and I said: "Your ring is beautiful," and she said:

"Oh this, this is just a bit of toot from Chanel," and she dropped it in my champagne glass and went: "It's yours!"'

Good Morning Britain host Piers Morgan wrote on Twitter: 'RIP... A fun, feisty woman who battled many demons. Very sad news.'

OK!

TURN OVER AS WE LOOK ON TARA'S LIFE.

FEATURE BY KIRSTY HATCHER PHOTOGRAPHS BY ABI CHADWICK, GETTY IMAGES, LAURENTIU GAROFEANU/ BARCROFT MEDIA, JULIETTE NEEL/DAILY MAIL/ SOLO SYNDICATION, 'THE SUN'/ NEWS SYNDICATION, REX



Of her drug addiction, Tara has said: 'I wish I had never touched half the stuff. But I'm not going to sit there and feel ashamed for what I did because I have had a life!'

'SO MUCH
WAS HANDED
TO ME ON
A PLATE'

DECEMBER 23 1971 – FEBRUARY 8 2017

TARA'S LOVERS

A PRIVATE LIFE AS COLOURFUL AS HER PERSONALITY...

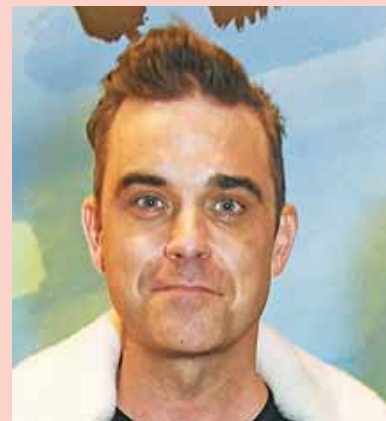
EDUARDO TEODORANI-FABBRI 2009

Tara was whisked off on a month-long holiday to Italy and the Bahamas by the Fiat boss, but they split after just a few months. Speaking of the break-up, Tara said: 'I'm delighted, although that's rather untactful!'



DUNCAN JAMES 2008-2009

The unlikely pairing remained firm friends following their split. Opening up about their time together, Duncan once said it was a 'fun time and filled with amazing stories'.



ROBBIE WILLIAMS 2006

Opening up about her brief fling with Robbie, Tara once told OK!: 'I have a soft spot for the working class.' But despite many thinking their relationship would be high drama and partying, she said it was just 'chicken and sweetcorn soup... watching a movie and going to bed pretty early'.

ANTON BILTON 2001-2002

The pair met while on holiday with mutual friends and became close instantly. Just days after returning to the UK, the millionaire property developer gave Tara a key to his house and she moved in. They split after Anton left her for her friend Lisa Barbuscia.



JAMIE HARGREAVES 2003-2005

The relationship ended in 2005 after Matalan heir Jamie failed to turn up for a holiday. When Jamie – believed to be the love of her life – stood her up, Tara said: 'I loved Jamie so much. He broke my heart. We were going on holiday together, I thought he was going to propose.'



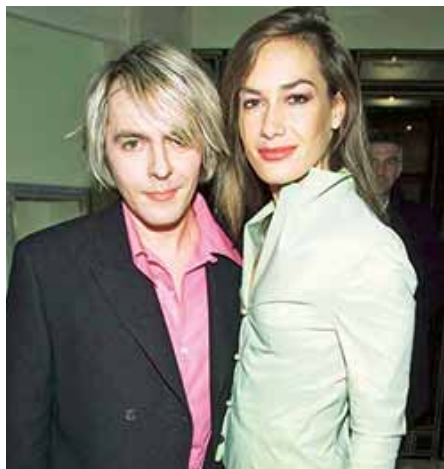
KRIS THYKIER 1997

Claudia Winkleman's now husband, film producer Kris, had a brief relationship with Tara in the '90s. It was rumoured he wanted to propose, but was reportedly scared off because of her presence in the gossip pages.



NICK RHODES 1999-2000

Tara enjoyed a year-long relationship with the Duran Duran keyboard player. He stood by her side while she entered rehab for cocaine addiction. However, they split shortly after her release.



GREG MARTIN 1999

Tara fell for the son of Beatles producer Sir George Martin after the pair met at Mick Jagger's 56th birthday party in St Tropez. Despite a tempestuous relationship, the couple became engaged. However, Tara called off the wedding after revelations about his sexual past were revealed in a Sunday newspaper.



SID OWEN 1998

The *EastEnders* star hit the headlines when he dated Tara. Taking to Twitter after her death, he wrote: 'Very sad and in shock to hear about the passing of Tara PT. A beautiful woman inside and out. Great fun and never a dull moment.'

LORD ROBERT HANSON 1996

Tara and Lord Robert dated for a year, but the socialite was left devastated when he ended their relationship and quickly moved on with model Sophie Anderton. **OK!**



DECEMBER 23 1971 – FEBRUARY 8 2017

TARA'S LIFE STORY

OK! LOOKS BACK AT HER ROYAL CONNECTIONS, TV HIGHS AND CRASHING DRUG LOWS



1971 Tara is born on December 23 in Hampshire to model Patricia Dawson and former Olympic skier Charles Palmer-Tomkinson (above).



1981 Her mother Patricia (left) is almost killed in a skiing accident, which also injures Prince Charles and claims the life of a close family friend.

1995 As she enjoys a skiing holiday with members of the royal family, Tara hits the headlines for the first time as she is pictured greeting Prince Charles with a kiss (right).



1996 After making a name for herself in high society circles (left), Tara is featured on the cover of *Tatler's* It Girls issue.

1999 Checks into rehab for drug addiction after appearing to slur her words and grind her teeth during an appearance on Frank Skinner's chat show (below).



2002 After impressing viewers with her daring *Bushtucker Trials*, she finishes second on the first ever series of *I'm A Celebrity – Get Me Out Of Here!* (right).



2003 Proving a hit with TV audiences, Tara lands a job presenting ITV2's *I'm A Celebrity – Get Me Out of Here!* alongside Mark Durden-Smith (left).



2006 Undergoes a £6,000 septum reconstruction (right) to repair damage done to her nose caused by her addiction to cocaine.



2007 Tells *OK!* she has been clean for eight years and appears on *Comic Relief Does Fame Academy* (above).

2011 Has fillers to straighten out her nose ahead of the wedding of the Duke and Duchess of Cambridge (right).



2012 Releases her debut album, *Flawed*. She performs one of her tracks on ITV's *Loose Women* (above).

2014 Signs up to appear on Channel 4's *The Jump* (right), but quits just before the show is due to start, saying: 'I feel like I'm under a lot of pressure.'



2016 Unveiling a new look (left), Tara reveals she's been undergoing treatment for a benign brain tumour. The growth in her pituitary gland was discovered following blood tests after she felt run down the previous summer.



2017 Is seen for the last time 15 days before her death outside her London home. **OK!**

AS THE AUDITIONS REACH MANCHESTER

BRITAIN'S GOT TRANSPORT!

THE 'BGT' GANG ARRIVE IN STYLE – AND DAVID WALLIAMS GETS ROMANTIC



Above: Alesha Dixon and Amanda Holden dazzled on the red carpet after arriving in a classic car (below). Below right: Ant and Dec drew the short straw as they came by rickshaw!



Above: David Walliams presents Simon Cowell with a Valentine's bouquet after the pair arrived in a horse-drawn carriage (below)

With the latest round of *Britain's Got Talent* auditions hitting Manchester, the competition wasn't just between the contestants, but also between Alesha Dixon and Amanda Holden as they had a fashion face-off!

Amanda, 45, wowed in a fitted pink lace dress, though evidently feeling the cold, she later pulled on a silk coat in the same delicate hue. Alesha, meanwhile, caught everyone's attention in a £1,010 multicoloured striped minidress by Balmain. The former *Mis-Teeq* star, 38, also drew attention to her endless legs in some towering strappy black stilettos.

Arriving in style, Alesha and Amanda pulled up to the red carpet in a red vintage car, with Amanda taking control of the wheel.

Fellow judges Simon Cowell, 57,

and David Walliams, 45, opted for a more old fashioned mode of transport, waving to the assembled crowds from a white horse-drawn carriage. Simon sported dark glasses despite the gloomy day, while David presented him with a large bouquet of pink roses – an early Valentine's Day gift, perhaps?!

Last came hosts Ant and Dec who, despite their recent brush with

royalty when they were presented with OBEs at Buckingham Palace, were stuck with the least glamorous entrance as they turned up in a rickshaw! Though they had to arrive under their own steam, the comedy duo were in high spirits as they cycled towards the Lowry Theatre in front of the cheering crowd.

We can only imagine what antics they'll get up to as we approach the live shows later this year! **OK!**



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Above: Rita Ora in navy Miu Miu. **Above right:** Jamie and Dakota in the film

WHIPPING CROWDS INTO A FRENZY!

'IT WAS WAY MORE COMFORTABLE THAN THE FIRST'

DAKOTA JOHNSON AND JAMIE DORNAN HIT THE RED CARPET FOR THE LONDON PREMIERE OF 'FIFTY SHADES DARKER'

While it might have been the premiere of *Fifty Shades Darker*, there were no whips or chains present as the stars of the film took to the red carpet last week.

All eyes were on the film's stars – Jamie Dornan and Dakota Johnson – as they arrived in London's Leicester Square to hordes of screaming fans. Dakota, 27, admitted she was struggling to cope with the 'freezing' British weather, but that didn't stop her stealing the show in a printed black and nude Alexander McQueen gown.

Looking worlds away from his character Christian Grey, Jamie, 34, sported a thick beard and a shaved head in a fitted grey suit. He was joined by the other leading lady in his life, wife Amelia Warner. Taking a night off from looking after their children –

Dulcie, three, and Phoebe, who turns one this month – the couple looked loved up as they held hands and exchanged smiles.

Last year, Jamie confessed that his wife – who looked gorgeous in a Rosetta Getty off-the-shoulder top – has never seen the first *Fifty Shades Of Grey* film. And, with *Fifty Shades Darker* being even raunchier, we're wondering if she stuck around to watch her husband of nearly four years share those steamy scenes with his co-star.

Back with a bigger role in the second film is *America's Next Top Model* presenter Rita Ora, who turned heads

in a navy Miu Miu dress. The 26-year-old singer, who plays Christian's sister Mia, looked to be getting on famously with Dakota as they hugged and chatted at the premiere.

Dakota said of slipping into Anastasia Steele's shoes again: 'It was so much easier, especially knowing Jamie and having a great relationship with him and knowing the crew. It was way more comfortable than the first one.'

But Jamie has admitted he struggled with one of the sex toy props while filming the sequel. *The Fall* actor confessed of the spreader bar, a length of metal with cuffs at either end that are placed around Dakota ankles in the film: 'It didn't work a couple of times and held us back a bit!'

Other stars at the UK premiere included *Made In Chelsea* stars Stephanie Pratt and Louise Thompson, who was joined by her boyfriend



and co-star Ryan Libbey, and former *TOWIE* star Lucy Mecklenburgh. The fitness entrepreneur dressed for the occasion in a daring see-through Berta dress.

Luckily *Fifty Shades* fans won't be left waiting an eternity for the third instalment in the franchise – based on EL James' book trilogy – as *Fifty Shades Freed* is set to hit cinema screens on Valentine's Day 2018. **OK!**

TURN THE PAGE TO SEE KATIE PRICE AT THE PREMIERE; SEE PAGE 72 FOR OUR HOLLYWOOD INTERVIEW WITH JAMIE DORNAN; AND PAGE 97 FOR OUR REVIEW OF 'FIFTY SHADES DARKER'.

REPORT BY KIRSTY HATCHER
PHOTOGRAPHS BY TOBY HANCOCK



Above: Dakota Johnson and Jamie Dornan on the red carpet. Right: Louise Thompson



Above: Jamie with his wife Amelia Warner. Below left: Stephanie Pratt. Below right: Lucy Mecklenburgh



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RED CARPET ROMANCE

KATIE AND KIERAN PUCKER UP!

THE PAIR GET PASSIONATE AT THE 'FIFTY SHADES' PREMIERE

Frisky couple Katie Price and Kieran Hayler were certainly getting into the spirit of the occasion as they puckered up on the red carpet at the *Fifty Shades Darker* premiere last week.

Sharing a smooch for the cameras, the passionate pair got very amorous as a loved up Kieran, 29, wrapped his arms around his wife's tiny waist.

Katie, 38, turned heads in a metallic figure-hugging top, which she teamed with a shimmering pair of gold pleated trousers and glittery peep-toe heels. Kieran, meanwhile, opted for a pair of black skinny jeans and a rather snug looking leopard-print jacket. Commentators were also quick to point out his bare ankles on the chilly February evening.

Katie later joked that the film's X-rated scenes left her hankering for her bed – and her cosy pyjamas! Sharing a short video via Instagram later in



the evening (below left), Katie said: 'So here I am in the car on the way home after watching *Fifty Shades Darker*. I must say it was a very sexual film – watch out tonight, Kieran, I'm putting my pyjamas on!'

It rounded off a week of shock revelations for the mum of five, who claimed that she

had once spent the night with *X Factor* boss Simon Cowell.

Following allegations made by her former fiancé Leandro Penna that she slept with Simon whilst they were together – which Katie denied – she did say that many years before meeting Leandro she went back to Simon's house after an awards show. Insisting that she didn't have sex with Simon, 57, who she described as 'a proper man', she said they 'undressed, got into bed and had fun'.

Meanwhile, Katie also told her fellow *Loose Women* panellists how a sexual assault at the age of seven influenced her choice of career. 'Being a victim led to me dressing provocatively,' said former glamour model Katie, who has also previously claimed she was raped by a 'famous celebrity'. **OK!**



Above and left: Katie and Kieran get flirty at the *Fifty Shades Darker* premiere, with the film leaving the mum of five longing for her bed (bottom left)!



Below: Katie claimed she had spent a night with Simon Cowell. Below left: Katie on *Loose Women*



GETTY IMAGES, INSTAGRAM, REX, WIREIMAGE

AS HE TAKES A DNA TEST ON LIVE TV

STEPHANIE 'HUMILIATED' BY JEREMY

STEPHANIE DAVIS HITS BACK AFTER
JEREMY McCONNELL REVEALS THAT HE
HOPES HE IS CABEN-ALBI'S FATHER



Above and below right: Jeremy has angered Stephanie (above right) by taking DNA test on TV (below left)

Stephanie Davis has been left feeling 'humiliated' after Jeremy McConnell appeared on TV to beg her for a paternity test.

The new mum was left rocked by former boyfriend Jeremy's appearance on *This Morning*, which saw him taking a swab test and pleading with Stephanie to give him a paternity test to determine if he is the father of her one-month-old son Caben-Albi.

Speaking in a statement, Stephanie's representatives said: 'Stephanie has felt humiliated by Jeremy denying his own son and foolishly announcing publicly his request for a DNA test.'

During his appearance on the ITV show, Jeremy revealed that Stephanie, 23, had issued him with a legal document that stopped him from discussing the outcome of any DNA test. He insisted that he wouldn't be allowed a paternity test unless he signed it.

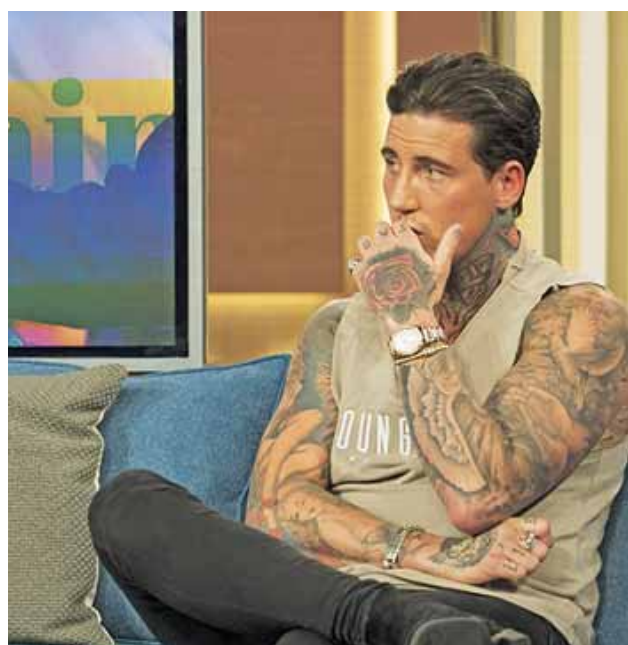
He also denied saying that Caben wasn't his son – despite tweeting last year: 'She's not pregnant with my child come on.' He also claimed Stephanie had banned him from being present at the birth.

Stephanie's statement hit back, saying: 'Jeremy has at no point throughout the pregnancy or after the birth been in contact directly with Stephanie. Jeremy was categorically not banned from the birth, nor did he ever ask to attend.'



Opening up to hosts Holly Willoughby and Phillip Schofield, 26-year-old Jeremy said: 'I hope I am that dad. It's upsetting. Of course you step up to the plate, but I'm not being given that opportunity.'

He also admitted to cheating on Stephanie several times during their



JEREMY McCONNELL: "I'M TAKING A DNA TEST"

#ThisMorning



Above: Stephanie with her adorable newborn son Caben-Albi (below right)

four-month relationship and revealed they were forced to split after a holiday in Cape Verde when their relationship became 'toxic'.

'We came back from Cape Verde, that was the final straw, I think. Steph knows as well. We tried to fix it so many times,' he said.

Speaking about cheating on his former girlfriend, who he met on *Celebrity Big Brother* last year, Jeremy admitted: 'There was that. I know before I said I didn't. I apologise for that.'

The pair have been locked in a war of words since splitting last April. Talking exclusively to *OK!* last month, Stephanie revealed that she hadn't spoken to Jeremy in 'nine months' and told us that a paternity test would be carried out in private.

Addressing Jeremy's claims in her statement, Stephanie said: 'It is upsetting to think that Jeremy would stoop so low to challenge the

mother of his child to a DNA test live on TV when it is already in hand.'

Stephanie gave birth to Caben on January 13, days after Jeremy headed off on holiday to Thailand with friends. While there, his friends appeared to take digs at Stephanie, with one writing on social media after the birth: 'Get the kid a psychologist.'

Days after appearing on the show, Jeremy deleted the interview clips from his social media after facing a backlash from people blasting him for talking about the matter so publicly.

'God he will do anything for a bit of publicity!' one wrote. Another added: 'Said he would have been at the birth... was in Thailand getting smashed! Dad of the year.' **OK!**

REPORT BY LAURA HILLS PHOTOGRAPHS BY
INSTAGRAM, ITV, REX, TONY WARD





AN OCEAN APART

'HE HAS GIVEN SO MUCH TO HIS COUNTRY'

VICTORIA BECKHAM PUTS ON A BRAVE FACE AS THE FALLOUT FROM **DAVID BECKHAM'S** EMAIL SCANDAL CONTINUES

Victoria Beckham threw herself into work last week after her husband David was accused of using his charity work with UNICEF to campaign for a knighthood. The fashion designer jetted to New York ahead of the catwalk show for her autumn/winter 2017 collection on Sunday, and proved that it's business as usual for the hard-working star.

She showed her dedication to her husband as she stepped out wearing trousers and trainers from Adidas, for whom David is a brand ambassador. Earlier in the week, Victoria was pictured looking stern as she walked through the streets in a bold red knitted outfit from her forthcoming range. She was later snapped attending a business meeting in an eye-catching orange ensemble,



Above: David hit the gym in London last week, while his wife was in New York (left). Right: The star has worked with UNICEF



Above: Victoria cuts a striking figure in red in New York. **Right:** Brooklyn shared a photo of his dad kissing Harper, and also a picture (far right) of himself and his dad at his parents' wedding



Above: Victoria gets caught in a blizzard! **Left:** Wearing Adidas, for whom David is a brand ambassador. **Below:** Sharon Osbourne suggested David was 'shallow'

also from her brand. Wearing large sunglasses on both occasions, her visit to New York came after documents were leaked revealing David's bid to become a 'sir', but that didn't stop photographers capturing her getting caught in a blizzard and almost losing her footing (above)!

Meanwhile, Sharon Osbourne hit out at David during her US chat show *The Talk*, saying: 'The thing that gets me is who does want to be a stupid knight anyway. Who does? Only people who are shallow. I am sorry you are still the same person. I just think, is that what you were working towards really? It's like shame on you – get a life.'

As the fallout from the scandal continued, David

was back in the UK, spending time with the couple's children. Their 17-year-old son Brooklyn posted a picture of his dad hugging five-year-old Harper on Instagram (below left). He also shared a sweet snap of himself posing with his dad on David and Victoria's wedding day, which was exclusively covered by *OK!* in 1999, when Brooklyn was just a baby (below). David was also pictured walking through the streets of London after hitting the gym (facing page).

According to reports, David refused to pay nearly £1 million to blackmailers who went on to leak private emails and online correspondence. Hackers accessed





David's team are said to have suggested Jonathan Ross ask him about receiving a knighthood on his chat show

18.6 million documents from the computer system of David's PR Simon Oliveira, in a move that has been branded 'Beckileaks'. In one email exchange, the former England footballer branded the honours committee 'unappreciative c**ts' after he was overlooked for a knighthood in 2014. He also went on to blast: 'It's a disgrace

to be honest and if I was American I would have got something like this ten years ago.' His team have now drafted in detectives to track down those who stole the emails, while police have launched an investigation in Portugal, where servers for Doyen Global – a firm run by David's PR chief – are held.

David, 41, was said have received guidance on what to do in order to be honoured with a knighthood, but the plans fell apart when a 'red flag' was issued by HM Revenues & Customs over his involvement in an alleged tax avoidance scheme.

Last week it was also claimed that

Victoria had used the same scheme but was still awarded an OBE earlier this year. It has also come to light that David's team contacted *The Jonathan Ross Show* ahead of an appearance in 2013 to suggest that the host should ask him about receiving a knighthood and be enthusiastic about him being made a sir. Jonathan has since denied the claims,

tweeting: 'I wasn't asked to ask him any questions. There were no restrictions or requests. Absolute nonsense.'

David has also been accused of delaying a charity-related visit to Downing Street while he was living in Los Angeles. The star is said to have

put off the commitments as returning to the UK could have meant he would need to pay extra tax contributions.

Since the revelations came to light, it has been highlighted that David has previously lavished praise on the Queen through his social media channels. Last year he uploaded a photo of the 90 year old on her birthday, writing:

'HE IS JUST SADDENED THAT PEOPLE WOULD QUESTION HIS HARD WORK'



'DAVID IS A BRILLIANT AMBASSADOR FOR MANY CHARITIES'

BRAND AND CHARITY EXPERT NICK EDE TELLS OK! HOW HE THINKS THE SCANDAL WILL AFFECT BRAND BECKHAM

'In the long term, I don't think this will damage Brand Beckham as much as people think (or want it to). David is a brilliant ambassador for many charities and brands, and he has used his star power to highlight many issues that would not have been in the spotlight unless it was for his influence. When



things are taken out of context they can always be misconstrued, but with such a brilliant team behind both David and Victoria, the best thing they can do is go about their business as normal and wait for another scandal to supersede this one. As they say, today's news is tomorrow's chip paper!'



Victoria was in New York last week ahead of her fashion show on Sunday

Below: David on a charity visit to Cambodia. Below right: Meeting Her Majesty the Queen



'So proud to have a queen that does everything for the love of our country.' Meanwhile, in another leaked document, the dad of four appears angry at suggestions he should donate some of his own money to a UN dinner, saying: 'I don't want to put my personal money into this cause... If there was no fund, the money would be for me. This f***ing money is mine.'

However, representatives for the star – who received an OBE in 2003 – claim some of the exchanges have been 'hacked and doctored'. 'He is very calm at the moment because he knows the great work that he has done for UNICEF,' said one pal. 'But he is just saddened that people would question all of that work. Genuinely, he wasn't as vitriolic as that, but you do say some things in private and in the heat of the moment. To be honest, he does feel that he has given so much to his country. And sometimes you say things in private that anyone would say and you don't really mean it.'

In more leaked conversations between David and his PR team, he hit out at singer Katherine Jenkins receiving an OBE. 'Katherine Jenkins OBE for what? Singing at the rugby and going to see the troops plus taking coke. F***ing joke,' he wrote.

Her team were quick to fire back at the claims, with her manager Professor Jonathan Shalit saying: 'Katherine was awarded an OBE for her services to music and charity. With regards to the taking of coke which Katherine has courageously



'Katherine was awarded an OBE for her services to music and charity,' said her manager, after David's emails suggested he questioned her honour

publicly admitted with great honesty – this was when she was in her early twenties still studying, over a decade before she was awarded her OBE and started her recording career.'

It has been reported that David and his team are worried more private emails between him and his best friend Dave Gardner could also be made public. **OK!**

REPORT BY LAURA HILLS PHOTOGRAPHS BY GETTY IMAGES, INSTAGRAM, MEGAAGENCY.COM, PA, REX, SPLASH NEWS, WENN, XPOSURE





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A TENDER KISS FROM DAD

BABY SPICE MAKES HIS DEBUT!

GERI HORNER SHARES
THE FIRST FULL SNAP OF
MONTY – AND **ALEX JONES**
GETS IN ON THE ACT TOO!

She's already spoken of how lucky she feels about her 'miracle' baby. Now, proud mum Geri Horner has posted the first picture of her son Montague online.

In the black and white Instagram shot (right), the singer can be seen holding the-then two week old, who looks cosy in his snugly babygro. As her husband Christian plants a tender kiss on Monty's head, their son's personalised blanket can be seen in the background draped over his cot. 'Monty is two weeks old today,' Geri wrote in the caption.

Montague George Hector Horner, whose middle name was chosen in tribute to Geri's late friend George Michael, is the couple's first child together. Geri already has a daughter Bluebell, ten, from a previous relationship. Formula 1 team boss Christian, 43, is dad to three-year-old daughter Olivia, who he shares with ex-wife Beverly Allen.

Monty was born on January 21 – sharing a birthday with Geri's Spice Girl pal Emma Bunton. In an interview ahead of the birth, she admitted: 'I feel incredibly lucky to have conceived naturally at my

age, 44. I see it as a miracle.' Geri added: 'Trust me, I can still moan like the rest of them but, equally, I remind myself every day that this is an absolute gift.'

Geri, a faithful yoga devotee who practised the discipline throughout the pregnancy, also discussed her weight gain, saying: 'This time I gained more weight physically, but this time the baby was bigger. During pregnancy, you never know if it's cake or baby!' However, she explained that she wasn't intending to be 'fanatic' about losing weight after the birth.

Meanwhile, another celebrity mum, TV presenter Alex Jones, has given her Instagram followers a first peek of her own son, who arrived the same day as Monty. 'My new obsession. #soinlovewithhim,' she wrote next to a photo, which showed her son's tiny hand grasping her finger (below).

The little one is Alex's first child with husband Charlie Thomson (below right), and Alex, 39, announced the birth live on *The One Show* in a phone conversation with her co-host Matt Baker.

During the segment, she also asked viewers to help her choose a name for the tot. **OK!**



Above: Alex Jones (right, with husband Charlie Thomson) has posted the first snap of her son



Geri shared the first photo of her newborn son's face, which shows his dad Christian kissing little Monty's head



Above: Geri and Christian were delighted to have conceived naturally. Top left: The couple with Geri's daughter Bluebell

LOVE MATTERS

WHO'S FLIRTING
WITH NEW LOVE
AND WHO'S
CALLING IT QUILTS?

CHARLOTTE CROSBY AND STEPHEN BEAR

REALITY ROMANCE

Since meeting on the set of her new MTV show *Just The Tattoo Of Us*, Charlotte Crosby has been inseparable from former *Ex On The Beach* star Stephen Bear (above right). And

despite protesting that they're just good friends, the pair were last week spotted passionately kissing during a night out.

Stephen, 27, and 26-year-old Charlotte locked lips at Camden's Electric Ballroom (right), before leaving together.

Previously Bear, who won *Celebrity Big Brother* at the end of last year, told *OK!* that Charlotte 'ticks a lot of my boxes' and described her as 'funny, witty and clever' but denied they're in a relationship because of timing. 'It's a case of right girl wrong time,' he said. However, it seems he's changed his mind!



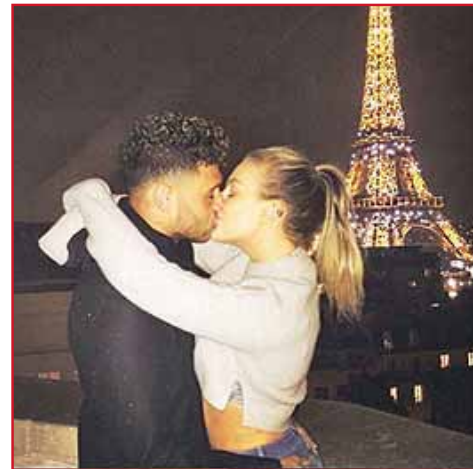
PERRIE EDWARDS AND ALEX OXLADE-CHAMBERLAIN

VERY MUCH ON

Quashing rumours that they have split, Perrie Edwards last week posted a throwback snap of herself and Alex Oxlade-Chamberlain kissing in Paris (right). And if anyone still had any doubts that the pair were blissfully happy, her besotted caption which simply read 'him' should put their minds at rest. The Little Mix singer, 23, and her Arsenal winger beau, also 23, were rumoured to have called time on their brief romance last month after she deleted the only picture she'd uploaded of Alex from her Instagram account.

Currently on tour with Little Mix in Las Vegas supporting Ariana Grande, Perrie shared the romantic image, thought to have been taken in December, with her 5.5m Instagram followers.

Perrie (far right) and Alex (right) began dating last November.



JAMIE O'HARA AND BIANCA GASCOIGNE

OVER ALREADY

Footballer Jamie O'Hara recently declared in the *Celebrity Big Brother* house that Bianca Gascoigne had the 'potential to be The One'. But just days after finishing *CBB*, he's called time on their brief romance.

After the pair grew close on the Channel 5 show (right), Jamie, 30, suddenly brought things to an end last Tuesday. 'They are going to

remain friends, but Jamie needs to spend time with his family [right, Jamie with his sons from his marriage to Danielle Lloyd, Archie, six, Harry, five, and three-year-old George],' said an insider. 'They had a great time on *CBB*, but unfortunately it has come to an end.'

The footballer faced a backlash when Bianca (top right) revealed she found out about his plans to end their time together in the press. Bianca, also 30, said: 'I respect his decision; obviously children should always come first. But it would have been more respectful to hear it from him rather than reading about it in the newspapers.' Ouch!



TOM JONES AND PRISCILLA PRESLEY

'COURTING'

Crooner Sir Tom Jones is thought to be dating Elvis's ex-wife Priscilla Presley (right and far right). According to reports, the 76-year-old singer is 'courting Priscilla' just a year after the death of his beloved wife Linda but it is still very 'early days'. It is thought the pair became close when she supported Sir Tom following the death of his wife of 59 years. The newly reinstated coach of *The Voice UK* said of Priscilla: 'We have been friends for a long time, she's a lovely lady. We do enjoy our nights out together.'

During Tom and Linda's lengthy marriage, they had one son, Mark

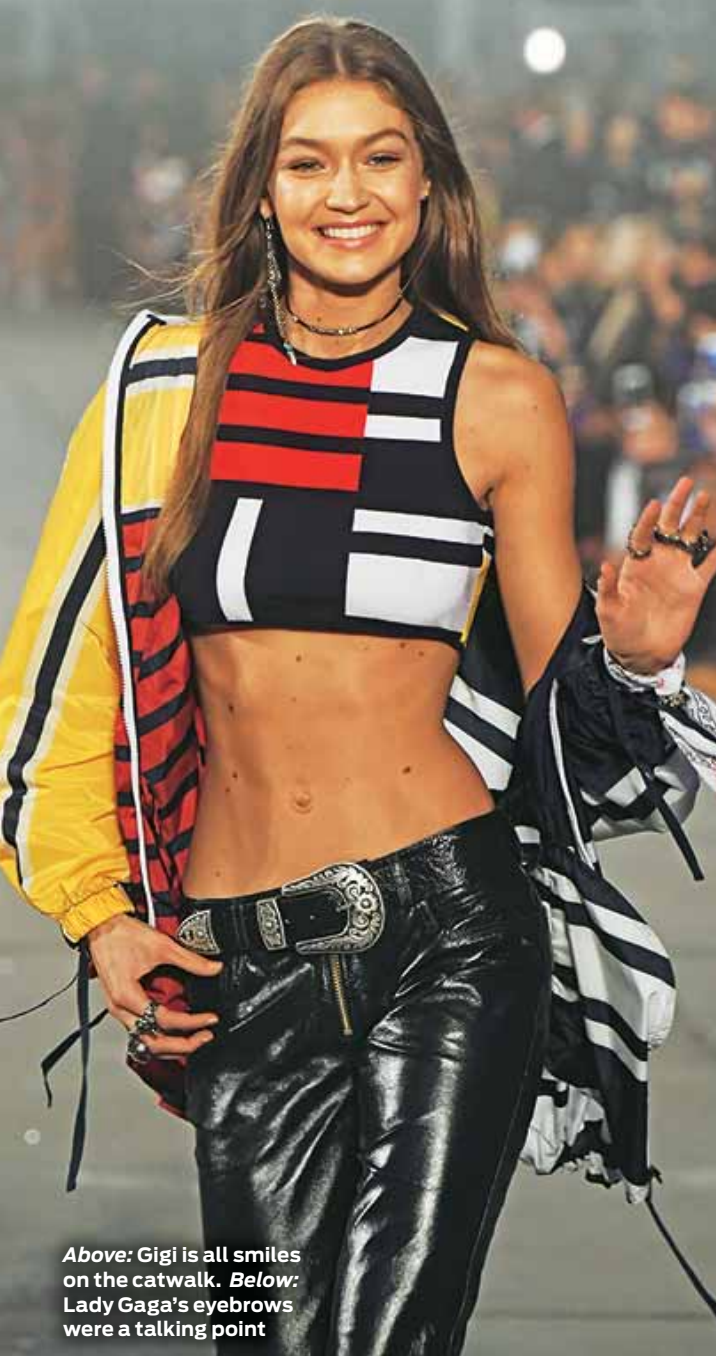


Woodward, who is now 60. Despite his well-publicised infidelities, Tom was devoted to his wife and once said: 'It was solid. We had a solid marriage that nothing could shake and we both felt that.' Meanwhile, Priscilla and Elvis divorced in 1973, four years before the iconic singer's death, aged 42.

AFTER CRITICISM OF HER BODY

GIGI IS TOP OF THE CROPS!

GIGI HADID IS THE STAR OF TOMMY HILFINGER'S LOS ANGELES SHOW



Above: Gigi is all smiles on the catwalk. Below: Lady Gaga's eyebrows were a talking point

Catwalk queen Gigi Hadid was the shining star of Tommy Hilfinger's Tommyland show in LA last week. The 21-year-old model strutted along the outdoor runway by the Venice Beach shore wearing a tiny crop top, bomber jacket and low-slung leather trousers from the American designer's new collection. She was recently compelled to defend criticism of her increasingly slender frame by explaining that she suffers from a thyroid disorder. Gigi's boyfriend Zayn Malik, 24, wasn't there to enjoy her big moment but he had travelled to the West Coast to be with her.

One star who was lending her support to a loved one on the night was *Twilight* actress Kristen Stewart, who cheered on her Belgium-born girlfriend, Victoria's Secret Angel Stella Maxwell. The actress, 26 – who a week earlier exclaimed during her monologue on *Saturday Night Live*: 'I'm so gay' – dressed down in a grey jeans and hoodie combo with a beanie hat.

Lady Gaga was also in the front row, fresh from her successful Super Bowl performance. Rarely one to disappoint with her eclectic style, the singer sported unusual eyebrow adornments and a sparkly outfit.

Gigi's sister Bella, 20, was another big name star of the show and the pair's younger brother Anwar Hadid, 17, an aspiring model himself, made sure he had a prime seat at the event alongside his actress girlfriend Nicola Peltz.

At the close of the show, Gigi – who has been immortalised in Barbie doll form thanks to a collaboration between Mattel and Tommy Hilfinger – led the models back down the runway to a standing ovation. **OK!**



Zayn was in LA to support his girlfriend but he didn't make the fashion show



Above: Stella Maxwell's turn on the catwalk was watched by her girlfriend Kristen Stewart (right)



Above: Bella Hadid hits the catwalk. Left: Anwar Hadid and his girlfriend Nicola Peltz

PETE SHARES HIS 'JUST PERFECT' PICTURE OF EMILY



Proud dad **PETER ANDRE** has shared a precious photo of his wife **EMILY** breastfeeding their 11-week-old son Theodore (left). Posting the candid snap on Instagram last week, Pete (right), 42,

wrote: 'I walked in and saw this. Just perfect #hungrylad.'

Junior doctor Emily, 27, gave birth to Theodore, the couple's second child together, on November 22, almost two years since welcoming their daughter Amelia.

Telling *OK!* in December how breastfeeding had helped her lose weight, Emily said: 'When you breastfeed you burn an extra 600 calories a day so I can eat and eat.'

Pete's decision to go public with the tender moment seemed to be a show of support for socialite **TAMARA ECCLESTONE**. Just a day earlier, the mum of one shared photos online showing her nursing her daughter Sophia (right), who turns three next month. Slamming 'bitter' people who've criticised her parenting choices, she declared her intention to breastfeed Sofia, her daughter with husband **JAY RUTLAND**, until she's four.



Tamara, 32, said she found it very sad that 'the act of breastfeeding your child evokes such hatred in so many bitter people'. Describing 'those that have made comments trying to sexualise breastfeeding'

as 'unwell', she added: 'I personally believe hatred is so heavy and bad for the soul.'



FEARNE'S BATTLE WITH DEPRESSION



She might appear to lead a charmed life, but **FEARNE COTTON** has revealed her secret battle with depression. Opening up about her illness, which first struck when she was presenting a Radio 1 show a few years ago, she said last week: 'I had a real lack of energy. I felt so drained and my lust for everything that I love wasn't there any more.'

Fearne (left), 35, who said she usually feels 'pumped' and 'optimistic', recalled on *Lorraine* how low she became during the 'tough time'. She said: 'Everything was a drag and felt heavy. I felt anti-social, cut off, alienated and they were massive warning signs.'

Despite taking anti-depressants for a short period to help 'get my head above the clouds', she admitted: 'I haven't completely got it sussed.' However, she credited her husband **JESSE WOOD** (right), who is the father of her two children – Rex, three, and Honey, one – for supporting her.

As a newly appointed ambassador for mental health charity Mind, Fearne said she hopes to 'help others going through similar experiences'.





ROSIE SHARES HER 'VERY HAPPY' BABY NEWS!

Model and actress **ROSIE HUNTINGTON-WHITELEY** is expecting her first child with her fiancé **JASON STATHAM**.

The 29 year old announced the happy news on Instagram (left), posting an image of

herself on a tropical beach, proudly showing off her growing bump. Next to the photo, which was taken by Jason (right), 49, she wrote: 'Very happy to share that Jason and I are expecting!! Lots of love Rosie x.'

Rumours of her pregnancy have been circulating for a few weeks after the *Mad Max: Fury Road* beauty

was seen on several occasions covering up her stomach.

She's been dating Jason since 2010 and the couple got engaged in January last year. Speaking in 2015 about her hopes to have children with the actor, she said:

'Having a family is something I think about, for sure. But it's not always as simple as that. I have no idea what will happen, but it'll be interesting to find out, right?'

She also previously said: 'I always see myself working, but definitely being a mum will be a big part of me.'



JOOLS OLIVER OPENS UP ABOUT MISCARRIAGE



Mother-of-five **JOOLS OLIVER** has opened up for the first time about suffering a miscarriage. The former model didn't reveal when her tragic loss occurred, but said: 'I had a miscarriage at three months, which makes you so worried once you're pregnant again – it makes it impossible to enjoy the early stages of pregnancy.'

Married to chef **JAMIE OLIVER** since 2000, the couple are parents to Poppy Honey, 14, Daisy Boo, 13, Petal Blossom, seven, Buddy Bear, six, and six-month-old River Rocket (above).

A diagnosis of polycystic ovarian syndrome at the age of 17 meant she had to have hormone treatment ahead of each pregnancy. But despite her difficulties, Jools, 42, hasn't ruled out baby number six and refused to let Jamie, 41, have a vasectomy.

'I'll never really draw the line,' she said. 'I'm getting older, but I'd definitely do it again if I could. I think Jamie's finished, but you just never know!'

Meanwhile, Jamie has his sights set on a role in *EastEnders*. 'Do they need a kebab shop?' he asked journalists last week. 'I'd go heavy on the chilli.' Nobody has asked me, but can you get me the job?'

RACY KATE GETS LEATHERED!

She's famous for her love of partying and last week was no exception as **KATE MOSS** flashed her racy underwear on a night out. The 43-year-old mum of one was enjoying dinner at London hotspot La Bodega Negra when she unbuttoned her leopard-print shirt to reveal a black leather bra underneath. It was while she was having a sneaky cigarette break outside that the headline-grabbing model put on the saucy display (below).

Kate clearly had a great time, as she was pictured leaving the restaurant at 12.30am looking slightly bleary eyed

and worse for wear. Once she covered up, the rest of her outfit consisted of a feather trimmed black coat, black flared trousers and patent black boots (below right).

And though Kate always seems to be the epitome of confidence, she recently revealed, in a rare interview, that hasn't always been the case. Speaking about her early modelling career, she said: 'From the beginning, photographers always got me to take my clothes off, even though I don't like my body at all. I just had to get comfortable with being naked.'





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'WE'RE LIKE SISTERS'

KERRY KATONA, NATASHA HAMILTON AND MICHELLE HEATON ENJOY SOME DOWNTIME DOWN UNDER - AND RUBBISH RUMOURS OF A FEUD



Above: Michelle, Natasha and Kerry relax between gigs. Below left: Kerry was devastated to pull out of a gig due to illness

The Atomic Kitten ladies certainly looked like they were enjoying themselves during their tour of New Zealand and Australia! Natasha Hamilton, Kerry Katona and Michelle Heaton have been performing along with other acts from the '90s, including Michelle's Liberty X bandmates Jessica Taylor and Kelli Young, treating fans to a slew of sunny snaps on social media.

The tour got off to a rocky start with speculation of an alleged spat between Natasha, 34, and Kerry, 36. Rumours of tensions between the pair began after an earlier gig in Auckland in New Zealand when Kerry remarked that their chart-topper *Whole Again* was her number one single, too, even though she quit



the band before it reached the top spot. But the mother of five later took to Twitter to rubbish the claims: 'Where the hell this spat between Tash and me has come from god knows @Natasha Official we're like b****y sisters!! Xxx.' Michelle, 37, is joining the Kittens

on all future international dates in the absence of Liz McClarnon, who has a severe fear of flying. She said of the feisty pair: 'Kerry and Natasha are a bit more wild than I'm used to in Liberty X, but I'm crazy, too, so it's perfect. We're all mums so when we're away we let our hair down.' Despite their trip looking like a lot of fun, Kerry was forced to pull out of a gig in Perth, Australia, citing a mysterious illness. Sharing her misery on Twitter, Kerry said: 'I'm

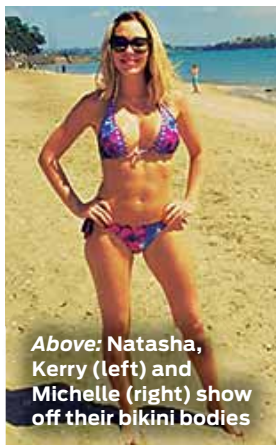


Above: The girls on the night of their first gig in New Zealand. Below right: Michelle is missing Faith and AJ

so upset with myself as I've never missed a gig before! #sick.' Posting a sad selfie (above left) she added: 'I am on the mend!! But my god... really wasn't a pretty site last night [sic]!' Luckily the mum of five made a full recovery and was back on stage in Adelaide two days later. It seems the time away from her family also left Kerry feeling a little homesick. Appearing on Australian TV show *Sunrise*, she said: 'I'm actually

counting the days down until I can see my children again, I know it's crazy - I don't even like kids!'

Earlier in the trip, Michelle was spotted vomiting out of a taxi door in New Zealand. It occurred following a boozy session on Auckland's Waiheke Island, but Kerry and Natasha were on hand to offer her their support. Michelle later posted some more wholesome pictures online, and shared a video of her children Faith and AJ dancing at home in the UK (below right), commenting: 'I miss these so much, they bring so much joy to my life.' **OK!**



Above: Natasha, Kerry (left) and Michelle (right) show off their bikini bodies

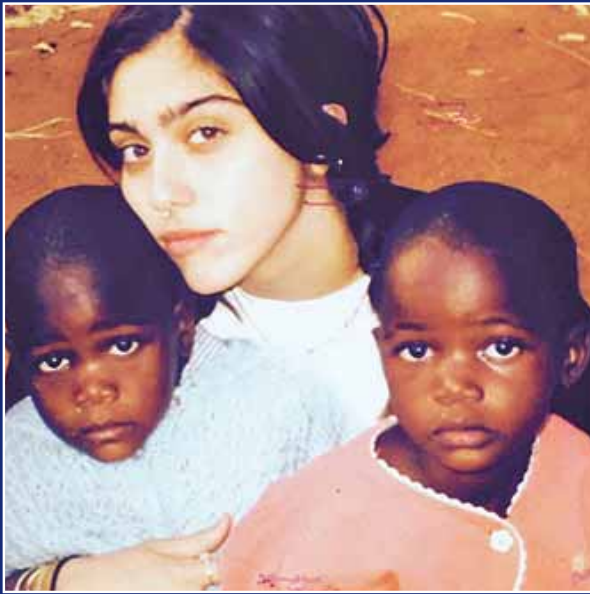


Michelle with her Liberty X bandmate Jessica Taylor



INSTAGRAM, TWITTER

ALL YOU NEED TO KNOW ABOUT THE LATEST TINSELTOWN GOINGS-ON...



MADONNA'S TWIN JOY

Superstar **MADONNA** has declared that she is 'overjoyed' after adopting four-year-old twin girls Stella and Esther.

As she returned to New York on a private jet with her newly adopted daughters, Madonna posted an adorable photo on social media of the pair receiving a cuddle from their soon-to-be sister Lourdes (left). Taken last July in Malawi, presumably at the beginning of the adoption process, she captioned the snap: '3 Beauties. Lola

spends time with twins, Stella and Esther at Home of Hope Orphanage.' Despite previously denying the adoption rumours, the 58 year old's application was approved last week and she announced the good news in an earlier Instagram post which shows her walking hand in hand with the girls (right). 'I am overjoyed that they are now part of our family,' she wrote.

Describing the moment when the decision was reached in court,

the girls' government guardian said: 'Madonna was showing all her motherly instincts. She let one of the girls take off her glasses and put them on. They are very happy together. The children had lots of toys on the floor while the judge spoke and she let them play and not hush them up.'

Madonna already has two adopted children from the African country – David and Mercy, both aged 11. She also has two older children Lourdes, 20, and Rocco, 16, from previous relationships (below left).



MARIAH WORKS IT OUT!

Lyra leggings and a T-shirt may be the go-to gym ensemble for us mere mortals, but if there's one woman who knows how to bring the glamour to everyday life it's **MARIAH CAREY**! The 46-year-old singer uploaded a series of Instagram posts of herself wearing black fishnets, towering stilettos and a busty leotard while working out (left and far right) last week. She captioned one shot of her seductively climbing a Stairmaster: 'Climb every mountain.'

Away from the gym, Mariah has been keeping herself busy this year. Her E! reality show *Mariah's World* started airing last month. She's also just debuted the music video for her new

song *I Don't*. Following the end of her engagement to **JAMES PACKER**, Mariah is currently dating 33-year-old backing dancer **BRYAN TANAKA** [below], who appears regularly on her reality show.



TOM LIFTS THE LID ON HIS TIME WITH TAYLOR

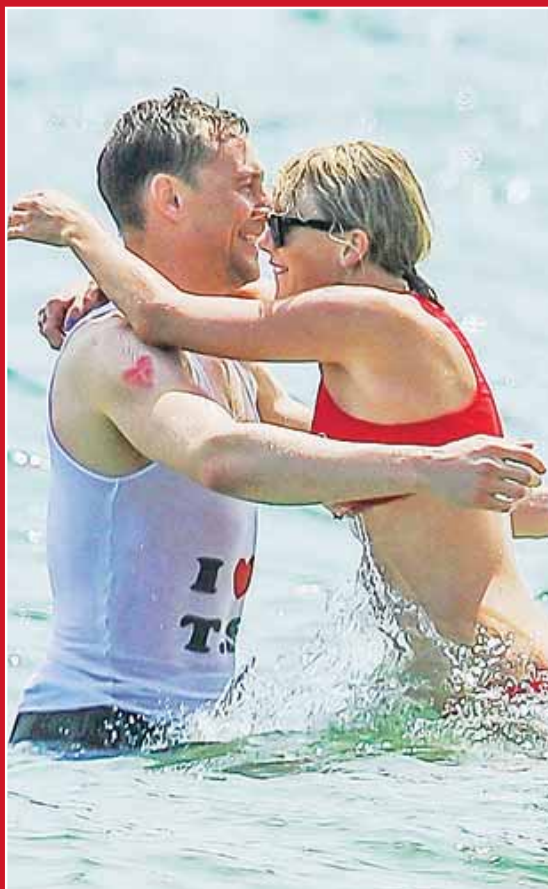
Their whirlwind romance last summer had the world talking, but now **TOM HIDDLESTON** has finally set the record straight on his relationship with **TAYLOR SWIFT** (below).

Speculation was rife at the time that their union was a publicity stunt because of their very public displays of affection, such as Tom frolicking in the sea wearing an 'I ♥ T.S.' T-shirt (left) and cuddling up next to **RYAN REYNOLDS** and **BLAKE LIVELY** (below right). Some even questioned whether their tryst had been organised for an extravagant music video. An indignant Tom insisted, however: 'Of course it

was real. Taylor is an amazing woman. She's generous and kind and lovely, and we had the best time.'

He also addressed the vest that he wore in honour of his 27 year-old girlfriend. 'We all laughed about it. It was a joke,' 36-year-old Tom said.

He went on to share his hopes for a more low-profile relationship in the future, but insisted both he and Taylor had been in a 'normal' relationship. 'So we decided to go out for dinner, we decided to travel [but] a relationship takes work. And it's not just the limelight. It's everything else,' he added.



BRITNEY'S NIECE ON THE ROAD TO RECOVERY

Pop star **BRITNEY SPEARS**'s niece was airlifted to hospital when her off-road vehicle flipped into a pond last week. After initial reports suggested the accident may be fatal, Maddie, the eight-year-old daughter of Britney's sister **JAMIE LYNN SPEARS**, 25, and her ex Casey Aldridge, 27, is now thought to be on the road to recovery.

Britney (right), 35, took to Twitter to share the positive news about her niece's recovery, saying: 'We are so grateful to share that Maddie is making progress. Thank you all for sending thoughts and prayers our way. Let's all keep praying.'

The vehicle in question was reportedly a gift for Maddie's seventh birthday, and while Jamie has remained silent on social platforms since the accident, her husband Jamie Watson (right with Maddie and Jamie Lynn) urged everyone to: 'Believe in miracles.'



KIMYE FEEL THE LOVE

They've had a hard time recently, with the trauma of **KIM KARDASHIAN**'s Paris robbery and **KANYE WEST**'s hospitalisation following a nervous breakdown. But now the *Keeping Up With The Kardashians* star and her rapper husband seem to be putting their stresses behind them as they enjoyed a pre-Valentine's date night last week.

The 36-year-old reality star and her hubby went for food at an Italian eatery, before stopping off at celeb hotspot Epione and finally indulging in some sweet treats at Baskin Robbins.

Kim looked her usual stylish self in an all-black ensemble, lace-up boots (from Kanye's label Yeezy), and a grey oversized coat. Kanye, 39, went for a laid-back look with a white jumper and black jeans (above).

Later in the week, Kim shared an adorable snap of herself swimming with her son Saint during their recent holiday to Costa Rica. Despite only being 14 months old, Saint looked to be loving the water in the intimate picture (right).





Above: Meghan with her flowers. She's thought to be staying with Prince Harry in his cottage, where she's said to be getting to know the Duchess of Cambridge (above right).
Right: The couple on a night out in London

PREPARING TO BE A PRINCESS?

MEGHAN SPARKLES

AS **PRINCE HARRY'S** GIRLFRIEND **MEGHAN MARKLE** STEPS OUT SHOPPING IN LONDON, THE TRUTH ABOUT HER 'H' RING IS REVEALED

We've already seen the results of 'the Kate effect', with fashion brands experiencing a huge surge in sales whenever the Duchess of Cambridge ventures out sporting something new. Well now it seems 'the Meg effect' is gaining ground after the latest pictures of Prince Harry's girlfriend Meghan Markle sparked huge interest in the jewellery she was wearing. The *Suits* actress was spotted shopping in London's Kensington, buying two bunches of flowers – presumably to spruce up Harry's Kensington Palace love nest, Nottingham Cottage, where it's thought she's currently staying with her royal beau.

It was initially reported that one of the gold rings she was wearing bore the letter 'H' in a subtle nod to Harry. However, it has since been confirmed that she was in fact debuting a set of Nexus stacking rings from Missoma London. The 18ct gold band – which the company pointed out is 'NOT the "H" ring that everyone thinks it is' but 'actually our double arrow Nexus ring' – is priced at just £59 – a snip compared to the expensive Asprey pieces that the duchess often favours. The other four rings, which are designed to be worn randomly together, include the affordable



Meghan is a fan of Missoma London, including these stacking rings



£49 Pyramid Ring and a £45 Interstellar Ring. A spokesperson for the jewellery company confirmed: 'Meghan has been wearing Missoma for a few years now and has long been a fan of the brand.'

Within hours of the photographs being published online, the British jewellery brand saw a surge of 5,000 visitors to its website.

Interestingly, the 35-year-old American beauty who has been dating Harry for over six months now – was almost head to toe in British brands – sporting Hunter wellies and a Barbour jacket. She has previously been spotted in Mulberry, too, prompting some to suggest she's prepping for her future role as a princess.

During her current stay it's thought that Meghan has been taking the opportunity to get to know Prince William and Kate, who have both been staying in London for a string of official engagements. **OK!**





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GIVING THEIR HOME THE ROYAL TREATMENT

PIPPA POPS TO THE SHOPS

Below: James and Pippa pick up some home furnishings in London. Right inset: James's brother Spencer has been starring in *The Jump*



BRIDE-TO-BE **PIPPA MIDDLETON** AND HER FIANCE **JAMES MATTHEWS** FEATHER THE NEST AHEAD OF THEIR SPRING WEDDING

With their nuptials just months away, Pippa Middleton and her fiancé James Matthews appear to be making some final additions to their Chelsea home to ensure it's perfect for married life.

The couple, who will tie the knot on May 20, were seen smiling as they left luxury London flooring store Siberian Floors together last week. Hedge fund manager James, 41, looked every inch the gentleman as he pushed Pippa's vintage bicycle out of the shop while she walked ahead with her handbag. The 33-year-old sister of the Duchess of Cambridge was wrapped up against the cold in a maroon French Connection coat with a fur collar and a black bobble hat.

The pair will marry at St Mark's Church in Englefield, which is near the Middleton family's £4.7 million home in Berkshire. It is believed that Pippa's nephew and niece, Prince George and Princess Charlotte,

will be page boy and flower girl. It's also widely assumed that Prince Harry and his girlfriend Meghan Markle might make their first official public outing at the ceremony.

While Pippa and James have no doubt been busy planning their wedding, James's younger brother



Spencer, 27, is in Austria competing in the latest series of *The Jump*. The former *Made In Chelsea* star has denied that royal restrictions have

prohibited him from appearing in certain reality TV shows. He said during training in Kühtai: 'I can't be [under restrictions] because I'm here, aren't I? No, it's a reality show, so obviously it's not true. It can't be. That was a strange rumour and I find it odd.' **OK!**

TURN THE PAGE FOR MORE ON KATE AND WILLIAM.



Above: Pippa and her brother James with the Cambridges last Christmas. Above right: Pippa with sister Kate

GETTY IMAGES, INSTAGRAM, XPOSURE

PROVING THE PERFECT MATCH WITH HER HUSBAND

PURPLE REIGN

THE DUCHESS OF CAMBRIDGE ADDS SOME COLOUR TO HER DAY OF DUTIES, WEARING TWO STRIKING OUTFITS AS SHE SHARES HER 'K FACTOR' PARENTING SECRETS



Above and right: Prince William spoke at the Guild Of Health Writers conference, where he was supported by Kate (right)



The Duchess of Cambridge made a fashion first as she stepped out in an eye-catching outfit by Oscar de la Renta last week. The vivid purple peplum jacket and flared skirt marked the first time she has worn one of the American designer's ensembles, although she has worn earrings from the chic label.

Kate was at the Guild of Health Writers Conference at Chandos House in London to support her husband the Duke of Cambridge, who was there to speak about their work with mental health charities.

Earlier in the day, she had given an insight into how she and William parent their two young children, explaining how she values kindness as much as academic success. Kate revealed that she is working hard to teach Prince George and Princess Charlotte the importance of being kind, respectful and honest, while speaking to pupils at the Mitchell Brook Primary School in Neasden, London. 'I realise how central values like these have been to me throughout my life. That is why William and I want to teach our little children, George and Charlotte, just how important these things are as they grow up,' Kate said. 'In my view it is just as important as excelling at maths or sport.'

Kate, 35, was accompanied by William, 34, as the pair visited the school to celebrate pupils who have proved they have the 'K factor', or kindness factor, during an assembly to mark Children's Mental Health Week. The visit was part of the duchess's continued role as patron of children's charity Place2Be, which provides in-school support to monitor the emotional wellbeing of pupils, teachers and families. The charity is one of the partners of Kate, William and Prince Harry's mental health campaign, Heads Together.

On this occasion, Kate brightened up proceedings in a red Luisa Spagnoli skirt suit. It wasn't the first time she has worn the two-piece – she previously wore the suit in 2011 when she travelled with William to the University of St Andrews, where they



Below: The couple have revealed how keen they are to instil the importance of kindness in Prince George and Princess Charlotte (below right)





Prince William's tie
matched his wife's
Oscar de la Renta outfit
WWW.OK.CO.UK 51



The royal couple are all smiles as they arrive at Mitchell Brook Primary School



Above: William and Kate listened to pupils, and the duchess (left) spoke about kindness, honesty and respect



Nadia Dichis receives the school's Kindness Cup



Above and above left: Kate and William spent time chatting to pupils outside

first met. She also wore it on their 2014 royal tour of New Zealand.

As Kate and William arrived at the school gates, they were greeted by a steel band orchestra, as well as a group of excited children who had gathered to say hello to the royal couple, with some of them bringing posies of flowers for the duchess.

Once inside, they were treated to performances by pupils on the subject of kindness, including a rendition by the whole school

of the Bruno Mars single *Count On Me*. William and Kate also took time to present ten-year-old Nadia Dichis with the school's first Kindness cup. They also heard from a group of children about the help they receive from Place2Be counsellors. Speaking about why the mental health of young people is so important to her, Kate revealed: 'People often ask me why I am so interested in the mental health of children and young people. The answer is quite simple – it is because I think every child should have the best possible start in life.'

She continued: 'When I was growing up, I was very lucky. My family was the most important thing to me. They provided me with somewhere safe to grow and learn and I know I was fortunate not to have been confronted by serious adversity at a young age. For some children, maybe there are some here today, I know that life can sometimes feel difficult and full of challenges.'

Meanwhile, at the Guild of Health Writers event, William spoke about his work with the air ambulance, saying: 'My employer, I'm proud to say, knows about the value of normalising mental health and treating it with the same respect that we confer on physical health. This should be the norm.'

The pair were joined at the Anxiety Epidemic conference by a number of guest speakers,

including Paul Farmer, the chief executive of Mind, which is one of Heads Together's charity partners. During the evening, William announced their plans to launch a campaign urging people from 'all walks of life' to record a video of themselves talking about how it feels to open up to someone else about their struggles. He revealed that they hoped it would 'inspire people across this country, whatever their background, to talk up and to tell another person if they feel like they can't cope'. **OK!**

TURN THE PAGE TO SEE THE ROYAL COUPLE IN ACTION ON THE RACE TRACK WITH PRINCE HARRY.

FEATURE BY LAURA HILLS
PHOTOGRAPHS BY GETTY IMAGES, REX, TWITTER



Above: The red suit was worn in New Zealand in 2014 and the University of St Andrews in 2011 (left)

'I think every child
should have the best
possible start in life,'
said Kate



AS THEIR MENTAL HEALTH CAMPAIGN PICKS UP PACE

HARRY IS SPRINTS CHARMING!

PRINCE HARRY LEADS THE CHARGE AS HE JOINS **THE DUKE AND DUCHESS OF CAMBRIDGE** IN A RACE TO SUPPORT THE HEADS TOGETHER MARATHON RUNNERS

The Duke and Duchess of Cambridge proved a bit of healthy competition is good for a relationship when they went head to head during a training day for the Virgin Money London Marathon last week.

The royal couple were joined by

Prince Harry as they showed off their competitive sides during a 100m sprint at the Queen Elizabeth Olympic Park in London.

While the trio aren't actually taking part in April's 26.2-mile challenge, they were there to

support runners who are undertaking the race to raise funds and awareness for their mental health campaign, Heads Together. Eight of the initiative's charity partners will be represented by runners in this year's marathon.

Despite their best efforts, both Kate, 35, and William, 34, were beaten to the finish line by 32-year-old Harry, although Kate's attire could have had something to do

with her third place position. The duchess wore a £280 ski jacket from Perfect Moment and a pair of skinny black jeans as she took to the track, while William and Harry wore looser trousers.

Kate, William and Harry were also joined by current world record marathon

holder Paula Radcliffe and former Welsh sprinter Iwan Thomas.

Addressing the sporty crowd during a cool-down session inside the Copper Box Arena, William said: 'We want to normalise mental health, we want to get people talking

about it, to make it more normal and to reduce the stigma.'

He added: 'What you are doing and having so many of you here today, you've already seen the benefit of joining in, by being part of this marathon. We want to make it a mental health marathon.'

OK!

REPORT BY LAURA HILLS
PHOTOGRAPHS BY GETTY IMAGES



Iwan Thomas and Paula Radcliffe join the fun



The royal trio thank marathon runners representing their mental health initiative, Heads Together



The cheeky royal couple show off their competitive streak



Kate is cheered on as she dashes to the finish line

Kate, William and Harry give it their all at the Queen Elizabeth Olympic Park



Prince Harry narrowly defeats his royal rivals



The sprint appears to have taken its toll on Prince William!



SHOWCASING HER MOST FAMOUS OUTFITS

THE PRINCESS OF STYLE

KENSINGTON PALACE OPENS ITS DOORS FOR AN EXHIBITION CELEBRATING THE LIFE OF FASHION ICON **DIANA, PRINCESS OF WALES**

Kensington Palace has given a sneak preview of the hotly anticipated fashion exhibition that's being staged in tribute to the late Diana, Princess Of Wales.

Coinciding with the 20th anniversary of her death, *Diana: Her Fashion Story*, which opens on February 24, looks at the evolution of her style and reveals for the first time the original fashion sketches created especially for her.

The dazzling array of garments on display include her chic Catherine Walker suits and the iconic Victor Edelstein velvet gown, worn

when she danced with John Travolta at the White House.

The gardens at Kensington Palace – Diana's London home for 15 years – have also been transformed, with a temporary White Garden, featuring 'flowers and foliage inspired by memories of the princess's life, image and style'.

Prince William recently opened up about his mother's death on August 31 1997, talking about 'never being able to say the word mummy again', adding: 'Not a day goes past without you thinking about the one you have lost.'



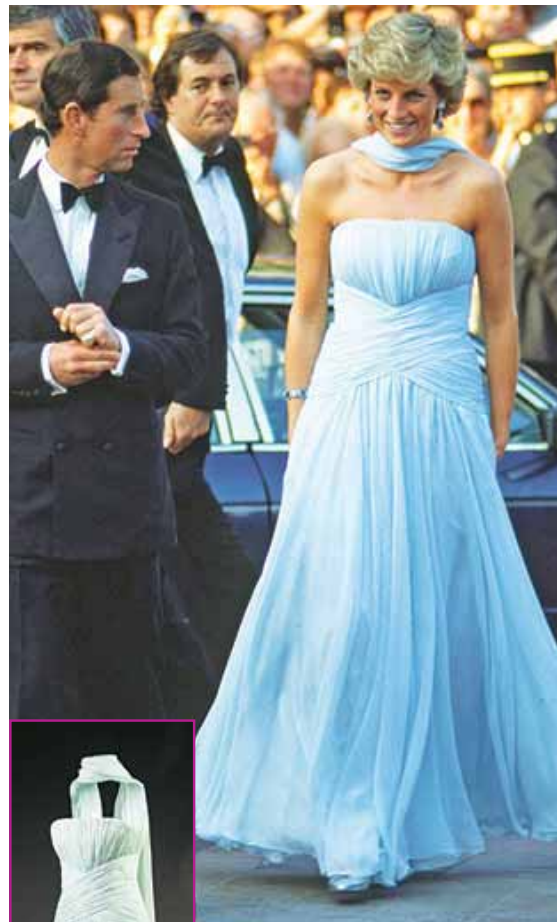
HONEYMOON TWEED

Dressmaker Bill Pashley made two versions of this tweed suit for Diana, which she wore during her honeymoon with Prince Charles at Balmoral in 1981. The pair wed at St Paul's Cathedral in July of that year.



SUITS YOU

Much like the Queen, Diana wasn't afraid of bold colour choices. She wore this blue tartan Emanuel suit for a visit to Venice in 1985. It was only rediscovered late last year and was acquired by Historic Royal Palaces at auction.



FULL OF GRACE

Catherine Walker was another of Diana's favourite designers, and she wore this beautiful blue chiffon Grace Kelly-esque gown to the 40th Cannes Film Festival in 1987. The princess was joined at the event by her then-husband Prince Charles. In 2011, the gown was bought by a museum at auction for £81,000.



BLUE BELLE

Luxury British fashion brand Bellville Sassoon designed this intricate silk and satin cocktail dress. The number was worn by Diana on various occasions, including the London Symphony Orchestra's 85th Anniversary Concert in 1989 (left) and during a gala performance at the London Coliseum in 1991.



DANCING QUEEN

The princess wore this Victor Edelstein gown while dancing with John Travolta (below) during a party at the White House in 1985, hosted by former President Ronald Reagan. The gown was also worn by Diana at a function in Germany in 1987 (above) and for her last official portrait. Two months before her death, she sold it at a charity auction. It was bought for £100,000 by an American businesswoman and later fetched £240,000 at auction in 2013.



LADY IN RED

This red Catherine Walker suit was worn by the princess at the launch of the London Lighthouse's HIV and AIDS appeal in 1996. Diana visited the hospice several times, both officially, and would spend time with patients affected by HIV and AIDS during her time there.



CROP STAR

In March 1997, Diana attended the Gold Awards at the Savoy Hotel in London wearing this cropped sleeve pale pink suit by Catherine Walker.



LET IT SHINE

This Catherine Walker gown was worn for a state visit to Austria in 1986, as well as to the London premiere of *Shirley Valentine* in 1989 (above). Diana accessorised with a diamond necklace given to her by the Queen Mother. **OK!**

FOR MORE, SEE WWW.HRP.ORG.UK/ KENSINGTON-PALACE.

FEATURE BY MICHELLE GARNETT AND KIRSTY HATCHER PHOTOGRAPHS BY GETTY IMAGES, HISTORIC ROYAL PALACES/RICHARD LEA HAIR, REX, SOUTH WEST NEWS SERVICE

INTRODUCING THEIR BABY BOY AFTER A DRAMATIC DELIVERY

'BEING A DAD IS THE BEST THING EVER'

OK!'S PHIL GOULD MEETS 'CORONATION STREET' STAR MIKEY NORTH AND HIS WIFE RACHAEL AND HEARS ALL ABOUT THEIR SON ARCHIE'S SHOCKING ARRIVAL AND HOW HE'S CHANGED THEIR LIVES FOREVER

Sometimes things in life don't go according to plan. And that was exactly what happened when *Coronation Street* actor Mikey North and his wife Rachael's first son decided to make his debut into the world.

Up until young Archie's arrival on November 10 2016 at 4.40pm, his mum had enjoyed a perfect pregnancy. She only had morning sickness once and the couple planned to have a water birth at St Mary's Birth Centre at Salford Royal

Hospital. But, like something straight out of a soap opera, things started going wrong and fitness instructor Rachael, 31, went from being seen as low risk to high risk within a matter of minutes. Mikey, 30, who is better known to millions of *Coronation Street* fans as gym manager Gary Windass, tells *OK!*: 'The labour lasted around 20 hours. But it was just constant. There was no respite. I thought there would be some chance to rest. It was just full on for nearly a day. But I just felt so proud of Rachael.' He adds that the scene in the delivery room resembled a 'chainsaw massacre' because his wife lost so much blood during the delivery.

The couple's romance has been a whirlwind. They got engaged in January 2015 and last January 29 they tied the knot in a country wedding, covered exclusively by *OK!*. To top all that, the pair think Archie was conceived on their wedding night, although Mikey admits his memory is a little hazy!

When we meet up with Mikey and Rachael at our exclusive shoot to introduce Archie, born weighing a healthy 8lb 5oz, both Mum and son appear to be calm and relaxed, although Dad still seems to be a little traumatised by the ordeal. After getting their close-ups for the camera, the proud new parents talk about how their plans for a straightforward birth went AWOL and the trauma as the drama unfolded...

Congratulations! How are things going with Archie?

Rachael: He's great, luckily he's laid back like me as opposed to having Mikey's stress. He's grand.

Mikey: We've been really lucky. We've taken him out and he hasn't played up badly in public once yet. He always has his game face on. He always waits until bedtime to come alive! But he's got a good temperament. ▶



Above: 'He always has his game face on. He waits until bedtime to come alive!' says Mikey. Right: Mikey on screen with Tina O'Brien



'It's just amazing seeing a human coming out of another human, if that makes sense!' Mikey tells us of the moment Rachael gave birth to their son Archie



THIS PAGE: MIKEY WEARS JUMPER BY NEXT; AND TROUSERS BY BURTON. ARCHIE WEARS TOP AND TROUSERS BY THE LITTLE TAILOR AT PIXIE. RACHAEL WEARS DRESS BY FOREVER UNIQUE. AND RING BY CARAT LONDON. FACING PAGE: ARCHIE WEARS ROMPER SUIT BY NAME IT AT HOUSE OF FRASER; BABYGRO BY DORIS LITTLE BOOTS; BLANKET BY THE LITTLE TAILOR AT PIXIE; AND TEDDY BY PIXIE

How does it feel to be parents?

Rachael: Initially it was quite overwhelming, but I think we have settled into it now.

Mikey: I'm loving it, it's the best thing ever. I'm really enjoying it. It was the next step for us.

It was a bit of a quick step as you are celebrating your first wedding anniversary at the end of the month...

Mikey: We're very lucky that it happened so soon.

Rachael, when did you get the first signs that Archie might be on his way?

It was 6pm on November 9. I had a bath and started feeling things I hadn't felt before. I thought, maybe this could be it. Then I started to feel what I thought were contractions.

Mikey: Rachael got out of bed and was doubled over. I asked her what the pain felt like on a scale of one to ten. She said six. Knowing what we know now and how bad things got 16 hours later, I would say the pain was about a one at that stage.

Rachael: I would say it was minus one! I did say to Mikey: 'I don't think we'll be going to bed tonight,' because I got the feeling that Archie was going to be coming soon.

How did things progress from there?

Mikey: I started timing the contractions using my phone. Then I called the St Mary's Birth Centre at Salford Royal Hospital where we were supposed to be going. They told us they didn't think Rachael was in full labour, but we were welcome to come in. They're great there.

Did you decide to go in?

Mikey: We went in around 10pm, but we weren't as far along as we thought we were.

Rachael: We had a big discussion on how we would get there. Mikey's friend drove us there as Mikey can't drive.

Mikey: Thanks for mentioning that again in an interview [laughs]!

What happened then?

Mikey: Things were looking fine and about four hours passed by and the contractions were getting stronger.

Rachael: My waters broke while we were there.

Mikey: Archie had to have his heart rate monitored every two hours and they moved Rachael onto the bed. Then his heart rate started to drop slightly. At the Birth Centre there are only midwives and there is no medical intervention, so they told us we would have to go to St Mary's Hospital in Manchester. We got transferred by ambulance. Everything was fine and there were no problems at that point, but they just couldn't take any risk. Because we had been transferred, it was now treated as high risk.

In what way did that affect everything?

Mikey: They had to speed things up and Rachael was put on a hormone drip. That sends the contractions from nought to 60mph in the time it took to give her an injection.

Rachael: It was horrendous. I have never felt pain like it. I was expecting period pain but I can't even begin to describe the pain.

Mikey: She was throwing up with the pain. I know it's easy for me to say, but it was awful to watch. I had tears in my eyes just watching.

Did you get any sort of relief?

Rachael: They gave me gas and air but that did nothing.

Mikey: It was because they had speeded things up so quickly. Everything just went through the roof.

Were you offered anything else?

Rachael: I was given the option of more pain relief so I went straight for an epidural rather than messing about.

Mikey: That was around 10am. Rachael had spent all night going through that pain. The epidural was the best thing that happened!

Would you agree, Rachael?

Yes, you can't really feel the contractions. You can see them on a monitor. I had a little nap and I was chatting away.

Did everything become easier after that?

Mikey: We got to 4pm and they thought it was time for Rachael to start pushing. They weren't quite happy with how things were going and they told us we had to get him out now, so they cut Rachael and got the forceps.

Rachael: I had to have an episiotomy, but unfortunately they cut through a vein and I lost one and a half litres of blood.

Mikey: She was so close to having to have a transfusion but somehow she got through it.

Were you worried as Rachael was losing so much blood, Mikey?

When you see your wife going through all of that, I just felt so proud. It's the most proud I have been of anything. She was in pieces. When you see what a woman has to go through... I even texted my mum because I realised what she had been through to give birth to me.

Could you not feel anything because of the epidural, Rachael?

I had a sensation when I was pushing and they told me when Archie's head appeared. You are numb but you still have feeling.

Mikey: I was at the side of the bed and there was a screen across Rachael. When he was born they took him out and passed him to Rachael, so there was bliss at one end. Rachael was just happy that he was here and healthy. At the other end it was just carnage, it was like a chainsaw massacre was going on in the room!

How did the medical staff cope?

Mikey: They were great. A consultant came into the room and said: 'Can someone turn that tap off?' They looked and it was the sound of Rachael bleeding.

What did you feel like when you first set eyes on Archie?





'IT WAS
HORRENDOUS.
I HAVE NEVER
FELT PAIN
LIKE IT'

Above: The couple believe
their beautiful boy was
conceived on the night of their
wedding (facing page top)

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MIKEY WEARS SHIRT BY NOAK, AND TROUSERS BY HEART AND DAGGER, BOTH AT ASOS. ARCHIE WEARS TOP AND LEGGINGS BY BOB AND BLOSSOM AT MILKSHAKE BOUTIQUE. RACHAEL WEARS DRESS BY SELF PORTRAIT AT SELFPRIDGES, AND EARRINGS AND BRACELETS BY CHARLOTTE BIRD JEWELLERY

Above and facing page: 'He will play for England at some sport, I just don't know which one yet!' Archie's proud dad tells us

Rachael: It felt crazy. It seemed really surreal. I just couldn't believe that he had grown inside me. Even now it seems mind boggling. I did shed a tear.

Mikey: It's just amazing seeing a human coming out of another human, if that makes sense! I cried, obviously. But it was overwhelming. Once I could see Archie was fine I was more worried about Rach. The amount of blood was unbelievable.

Did you take any photos once Archie was born?

Rachael: Mikey did when Archie was lying on my chest covered in blood.

Mikey: So I'm not sure how many people will see that picture!

After he arrived, did the three of you get any time on your own?

Mikey: We didn't, because Rach needed quite a lot of attention. I can't really remember. The first time we probably got him on our own was the second night in hospital. We transferred wards and that was nice just being by ourselves for the first time. It started to sink in as we were left to our own devices.

Did you think to yourselves, what do we do now?

Mikey: I think your paternal instincts just kick in. You just have to learn what to do. I think it's just important to throw yourselves in at the deep end and get your hands dirty.

You had to spend the first two nights in hospital, Rachael, was it a slow recovery?

'I WORRIED ABOUT CHANGING NAPPIES - BUT IT'S BECOME SECOND NATURE'

On the first night I wasn't really with it at all. I had a catheter in. I think Archie just slept beside me the whole time because he had some drugs inside him, so it affected him too. I think I had about an hour's sleep as I was so in shock. It was like, what on earth happened to me?

Mikey: We worked out Rach had one hour's sleep in the first four days.

Rachael: And I've not caught up on it since [laughs]!

Did you have any visitors while you were still in hospital?

Rachael: Mikey's mum called in. On the second night I started to feel a bit more human. I managed to eat food and change Archie's nappy.

Were you changing nappies from the outset then, Mikey?

I just wanted to get stuck in there. Strangely it was the one thing I was worried about doing. I have dreaded changing nappies since the pregnancy started. Even before I thought of having kids, I thought, how am I going to do that? I can't think of anything worse. But it just becomes second nature.

What happened when you got home?

Mikey: We had all the family round. I think that was a mistake. It was really overwhelming as Rachael had only had one hour's sleep.

Rachael: It was a bad idea, unfortunately! We had both sets of parents, brothers and sisters.

How was it when it was just the three of you at home together?

Mikey: It was nice. We just had to settle into a routine. For the first few days it is all brand new and then it dawns on you that this is going to be forever. Now I can't imagine what life was like before he was here.



MIKEY WEARS SHIRT BY LABELLAB AT HOUSE OF FRASER. ARCHIE WEARS ROMPER SUIT BY NEXT

Was it still uncomfortable for you when you got home, Rachael?

Trying to sit down wasn't fun. Your insides can drop down so you have to try and sit.

Have you got Archie into a routine?

Rachael: A loose routine! He seems to feed every couple of hours. He's growing out of his clothes pretty quickly.

Mikey: He is so big, he must be 12lb or above now.

How is he through the night?

Rachael: Not too bad. Sometimes it's every couple of hours or three hours. It varies. You just hear a little rustle and you wake up.

Where does he sleep?

Rachael: He's in a little bed attached to our bed.
Mikey: He's in a little pod called the Sleepyhead. It makes him think he's still in the womb.

How do you divide up the parental duties?

Mikey: If I'm at home, I'll do things during the day and Rachael will get up at night. If Rachael has expressed milk, I can feed him, too.

Did you always want to breastfeed, Rachael?

It was a bit tricky to start off, sometimes it was painful and uncomfortable, but I stuck with it as it was best for Archie. Now it's all working okay, so I'm glad I got through the difficult part. I know it's difficult and might not work for everyone, but for me and Archie, it was worth persevering.

Tell us about his name...

Mikey: It's just Archie. He has no middle name. We had massive arguments and just couldn't agree at all. From when I was a child I've always said I wanted my first son to have my dad's name, Martin, as their middle name. But Rachael wasn't having it!



Rachael: We just thought it wasn't worth it and we should keep it simple. I just thought Martin didn't sound right.

Mikey: I said: 'He's having that or nothing!' So he's got nothing [laughs]!

Were you able to spend much time at home with Archie after he was born, Mikey?

Luckily I timed my paternity quite well. We get two weeks and I managed to get a week and a half with him. So I timed it nicely when I booked it off. Work was fairly quiet up until Christmas, so I got to spend a lot of time with him.

Rachael: It was great – if Mikey had gone back to work straight away, it would have been a lot of pressure on me. My normal, calm self might have disappeared!

Did you have a relaxing Christmas?

Rachael: It was lovely. We went down to my parents' house. Archie has got a cousin who is two days older than him. He's my brother's child. We dressed them up as elves!

Mikey: And Rachael's dad joined in!

Rachael: It was great being cooked for. I don't think we left the house for three days.

Mikey: I did go to the pub for a couple of hours with Rach's dad.

Did you manage to see in the New Year?

Rachael: Yes, we did. We went to Mikey's sister's. Archie managed to stay awake until after midnight.

Mikey: It is great to see our parents with Archie. I think it's nicer for them being grandparents than being parents as they can give them back when they start kicking off.

Can you see changes in Archie?

Rachael: It's amazing to see how he develops every single day.

Mikey: I can see why everybody loves being parents so much. I can see things that have changed if I've been at work for the day.

Is there any recognition when you come in from work, Mikey?

Not really. He pretends to be asleep [laughs]! You can see him trying to follow things.

He can roll over. He's not speaking just yet but I'm working on it. I've got him his first set of foam sports balls – he will play for England at some sport, I just don't know which one yet!

He's got a full head of hair...

Mikey: I was convinced he would have red hair.

Rachael: And I thought he would be bald.

Mikey: When his head first started to appear, the midwife told me he had black hair. So we joke about what was Ian Puleston-Davies [Mikey's best mate, who used to play Owen Armstrong in *Coronation Street*] doing on the night of the wedding. His hair is going lighter now.

ARCHIE WEARS TRACKSUIT BY MONCLER AT MILKSHAKE BOUTIQUE. RACHAEL WEARS TOP BY DARK PINK; AND TROUSERS BY TEMPERLEY AT SELFRIDGES. MIKEY WEARS JUMPER BY ASOS; AND TROUSERS BY BURTON

'IT'S THE MOST PROUD I'VE EVER BEEN OF ANYTHING'

Do you think having Archie has altered your relationship?

Mikey: You're so used to it just being the two of you that all the attention you gave to each other now goes on to your child.

Rachael: So Mikey snuggles on the sofa with Archie and I'm left out. Or vice versa [laughs]! We're just tired and I think that makes you bicker.

Mikey: That's my excuse anyway!

Are you conscious that you have to make time for each other?

Mikey: I think it's difficult having such a newborn baby. But we went to the Lake District, back to where we got engaged, one weekend. Archie came and he was great. We managed to eat out with him, so that was nice.

Rachael: And Mikey still sees his mates.

Mikey: I just try and get home at 4pm rather than four the following morning. That's on the same day by the way!



Above and facing page: 'He seems to feed every couple of hours,' Rachael says of Archie. 'He's growing out of his clothes pretty quickly'

Didn't you have an unusual way of wetting the baby's head, Mikey?

Yes, we got the train from Manchester to Scarborough [Mikey's home town]. We got off at every stop and had a drink, then stayed over in Scarborough. It was messy but fun. Bruno Langley [who plays Todd Grimshaw] and Dean Fagan [Luke Britton] came along. Ian Puleston-Davies came, too. He was in tears after he saw Archie.

How did you feel about all of this, Rachael?

Mikey: It's tradition, isn't it?

Rachael: Normally people just go down the pub.

Mikey: But we did. We just got on a train and went to six pubs! Rachael was happy – she only had one child to look after instead of two that day!

Have you taken Archie into work, Mikey?

Not really, as I haven't been in that much. Rach used to give me a lift in but now I get a taxi, because I can't drive. All the lads have met him.

Rachael: I've taken him to see my work colleagues. He was passed around by all of them.

Will you get Archie christened?

Mikey: No, because we aren't religious. Our wedding wasn't religious so we would feel a bit hypocritical. We might throw him a party at some point and have a naming ceremony.

Is there anything you weren't prepared for being a parent?

Mikey: I think it was more the birth. I think women don't tell other women how bad it is, so as to not put them off.

Rachael: I really wish somebody had told me, because I'll tell everyone how horrendous it is! If I had been more mentally prepared it wouldn't have been such a shock.

Would you have done anything differently if you had known what was going to happen?

Rachael: We probably wouldn't have even attempted to go to the Birthing Centre, to be honest.

Do you think you'll have any more children?

Mikey: Absolutely! I would do it straight away.

Rachael: Definitely, [whispers] but just not yet.

Mikey: Six months.

Rachael: No chance! **OK!**

STOCKISTS: ALEX AND ALEXA WWW.ALEXANDALEXA.COM; ASOS WWW.ASOS.COM; BURTON WWW.BURTON.CO.UK; CARAT LONDON CARATLONDON.COM; CHARLOTTE BIRD JEWELLERY CHARLOTTEBIRDJEWELLERY.COM; DARK PINK DARKPINK.CO.UK; DIESEL STORE DIESEL.CO.UK; DORIS LITTLE BOOTS WWW.DORISLITTLEBOOTS.ETSY.COM; FARAH VINTAGE WWW.FARAH.CO.UK; FOREVER UNIQUE WWW.FOREVERUNIQUE.CO.UK; HALLHUBER WWW.HALLHUBER.COM; HOUSE OF FRASER WWW.HOUSEOFFRASER.CO.UK; MIKSHAKE BOUTIQUE WWW.MILKSHAKEBOUTIQUE.COM; NEXT WWW.NEXT.CO.UK; PIXIE WWW.PIXIECHILDRENSWEAR.CO.UK; SELFRIDGES WWW.SELFRIDGES.COM.

'CORONATION STREET' IS ON ITV ON MONDAY, WEDNESDAY AND FRIDAY.

PRODUCED BY LINA DARTON PHOTOGRAPHS BY LORNA ROACH ADDITIONAL PHOTOS BY ITV, PAUL WILLETT'S PHOTOGRAPHY STYLING BY MARTINE ALEXANDER HAIR AND MAKE-UP BY LOU ROTHWELL



THE OSCARS CLASS OF 2017

AND THE BEST PICTURE GOES TO...

NATALIE PORTMAN, EMMA STONE AND RYAN GOSLING JOIN THEIR FELLOW OSCAR HOPEFULS AT THE ACADEMY AWARD NOMINEES LUNCHEON

You couldn't move for A-listers when this year's Oscar nominees gathered for the ceremony's annual luncheon last week. Among the actors who got together for a group picture were *La La Land* stars Emma Stone and Ryan Gosling, as well as a whole host of well-known faces including Natalie Portman, Michelle Williams, Nicole Kidman and Casey Affleck.

The impressive shot (above) shows all of this year's hopefuls as they gathered at the Beverly Hilton Hotel in Los Angeles, surrounding a life-sized version of the famous golden Oscar statue.

The lunch was held ahead of the 89th Academy Awards on February 26, which will

take place at the Dolby Theatre in Hollywood. Arriving at the event, Best Actress nominee Emma showed off her figure in a silk one-shouldered jumpsuit by Stella McCartney, and was later spotted laughing and joking with Matt Damon, who co-produced Best Picture nominee *Manchester By The Sea*.

Emma's outing came as she revealed that she 'burst into tears' after having her handprint and shoe print enshrined in front of the Grauman's Chinese Theatre in LA in December. The 28 year old confessed that she hadn't realised her prints would be a permanent feature outside the iconic theatre and had assumed they would be kept inside. 'I burst into tears and really

humiliated myself. Everyone was like: "I don't understand how you didn't know that's what this is," she recalled.

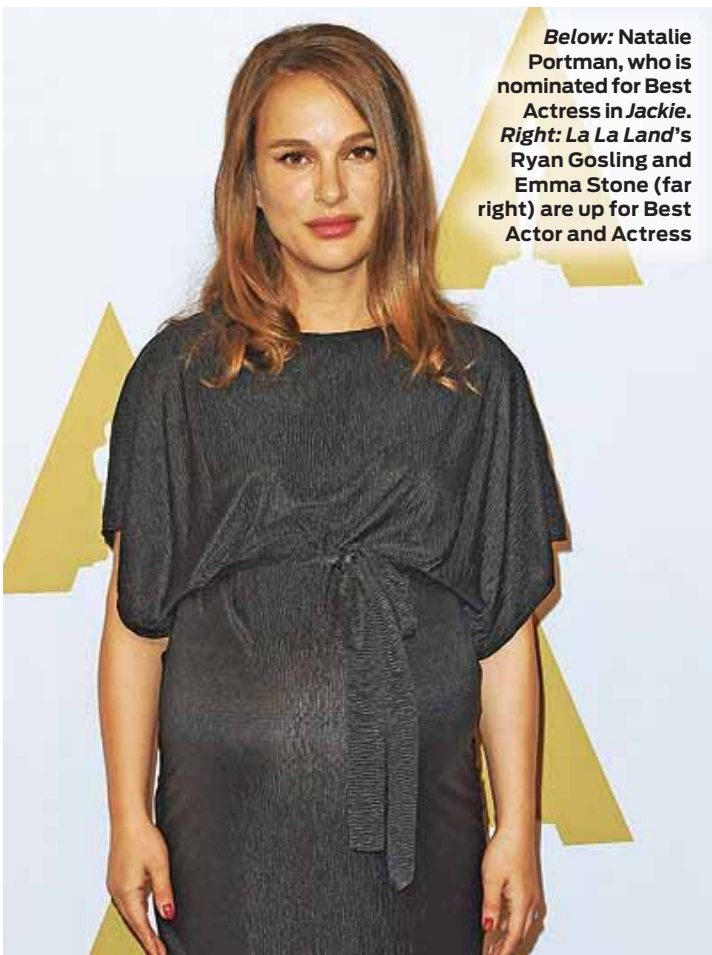
Jackie star Natalie – who is also competing for Best Actress – didn't miss out on the opportunity to rub shoulders with her fellow nominees, despite being heavily pregnant. Showing off her blossoming bump in a belted black dress from Topshop, the 35 year old mingled with the stars ahead of the arrival of her second child with husband Benjamin Millepied.

Like Emma, *Manchester By The Sea* actress Michelle Williams opted for the one-shoulder trend in a structured Louis Vuitton minidress. This year's ceremony marks the fourth time



This year's Academy Award nominees gather for their official portrait at the Beverly Hilton Hotel

Below: Natalie Portman, who is nominated for Best Actress in *Jackie*. *Right:* *La La Land*'s Ryan Gosling and Emma Stone (far right) are up for Best Actor and Actress





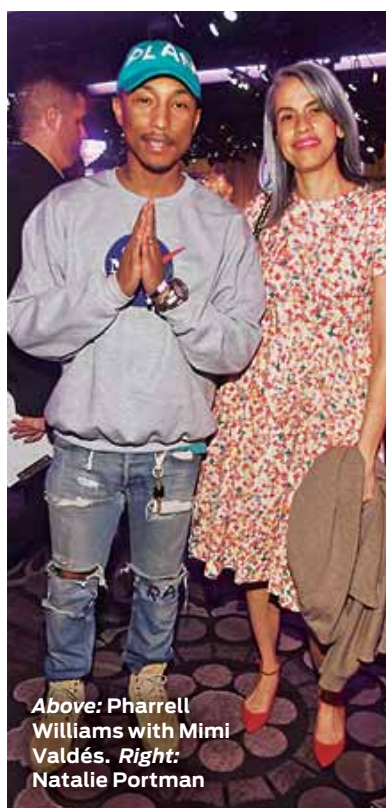
Laura Dern with *Lion* Best Supporting Actress nominee Nicole Kidman



Emma Stone with Matt Damon – who co-produced Best Picture nominee *Manchester By The Sea* – and Natalie Portman



Above: Naomie Harris with her *Moonlight* co-star and fellow nominee Mahershala Ali. Right: *Manchester By The Sea*'s Casey Affleck is up for Best Actor



Above: Pharrell Williams with Mimi Valdés. Right: Natalie Portman



The ballroom of the Beverly Hilton Hotel was a fittingly elegant setting for the event



Above: Best Original Song nominee Justin Timberlake with Matt Damon.
Below: Denzel Washington may take home two Oscars – Best Picture and Best Actor for *Fences*

the 36 year old has been nominated for an Academy Award, and on this occasion she'll be hoping to go home with the accolade for Best Supporting Actress.

Meanwhile, *Lion* star Nicole Kidman – who is also in contention for the same award – celebrated her nomination in a chic Chanel tweed dress.

Among the sea of glamorous gowns and smart suits, Pharrell Williams turned heads as he arrived in more dressed-down attire. Wearing a baseball hat,



NASA jumper and ripped jeans, he was accompanied by Mimi Valdés, who is the creative director of his company I Am OTHER. The *Happy* singer co-produced *Hidden Figures*, which is nominated for Best Picture.

Leading the host of British talent at the American occasion was actress Naomie Harris, best known for playing Moneypenny in the James Bond films. The star has been recognised in the Best Supporting Actress category for her portrayal of a drug-addicted mother in *Moonlight*. She looked customarily elegant in a camel-coloured day dress by Bottega Veneta, complete with black detailing. Fellow Londoner Dev Patel – who's considered a strong contender to win Best Supporting Actor for *Lion* – was also on hand.

Other attendees on the day included fellow nominees Justin Timberlake, Mel Gibson, Jeff Bridges, and Denzel Washington. **OK!**

REPORT BY LAURA HILLS
PHOTOGRAPHS BY AMPAS,
GETTY IMAGES



British actor Dev Patel with his *Lion* co-star Nicole Kidman and Best Director nominee Mel Gibson



Michelle Williams has been nominated for Best Supporting Actress in *Manchester By The Sea*

AS THEY LAUNCH THEIR NEW BEAUTY RANGE

'GREG USES MY EYE CREAM AND FACE CREAM ALL THE TIME!'

SAM AND BILLIE FAIERS TELL OK!'S MICHELLE GARNETT ABOUT PAMPERING THEIR MEN, FEELING 'REALLY OLD' AND WHY THEY'RE EXCITED TO BE PLASTERED ON THE SIDE OF A BUS!

The Faiers sisters used to be self-confessed party girls who loved nothing better than a glam night out at the Sugar Hut in Brentwood. But since becoming mums, life for Billie and Sam has changed dramatically. 'These days we have better nights in than we do going out,' says Sam, who has a 13-month-old son, Paul, with boyfriend Paul Knightley.

It's no wonder that the girls are so excited by their latest venture – a new fragrance and beauty range for their flourishing business Minnies, featuring everything from body scrubs to lip balm. Their passion for pampering has rubbed off on their partners, too.

'Me and Paul did a face mask the other night,' confesses Sam, while Billie – who's eight months pregnant and has a two-year-old daughter, Nelly, with her fiancé Greg Shepherd – confides that Greg often pinches her face cream!

Despite the girls' glam appearance, Paul and Greg prefer them both make-up free, and Sam has admitted that style-savvy Paul even sends her pictures of outfits he thinks she'd look good in. 'He really likes me in casual clothes, like a tracksuit,' she says.

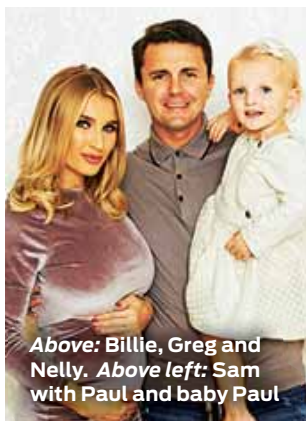
Dismissing rumours of a move to LA, Sam also admits she'd love to launch the Minnies brand overseas, saying: 'It would be amazing to see it in America and Australia.'

Here Sam, 26, and Billie, 27, who are touring their new collection aboard their Minnies beauty bus, tell *OK!* about beauty tips, Botox and bust-ups...

How often do you get the chance to pamper yourselves at home?

Billie: Once Nelly's in bed, I like to have a bubble bath. Nelly asks me to get in the bath with her, which is still lovely, but it's nice to have some me-time.

Sam: Me and Paul both did a face mask the other night. It was Paul's suggestion. He loves doing the Aztec Clay one, which gets all the toxins out of your skin. We looked scary because as the mask tightens, it cracks. Then we put some castor oil in our hair. It helps your hair grow.



Above: Billie, Greg and Nelly. Above left: Sam with Paul and baby Paul

Billie: Greg uses my eye cream and face cream all the time! He's like: 'What moisturiser can I use? I don't want anything with shimmer in it!'

Do Greg and Paul prefer you with or without make-up?

Sam: Make-up free, definitely!

Billie: Yep, but that's men in general. When I buy make-up, Greg's like: 'Surely not more?!'

Sam: Paul's like that, too. He'll say: 'Really? You don't use all the stuff you've already got!'

What are your top tips for fitting in a quick beauty routine?

Billie: Sometimes I don't like leaving the house with no make-up on, so if I've only got 15 minutes I'll use some concealer under my eyes, a bit of blusher and some lip balm. But I think my skin looks better without too much make-up.

How old were you when you started experimenting with make-up?

Sam: About 12 or 13. We never used to shape our brows back then – they looked so bad. I was quite a tomboy, though.

Billie: My look was very Barbie, with long blonde clip-in hair extensions.

Does Nelly play with your make-up, Billie?

I've given her a little bag filled with old make-up of mine. Once when our mum was babysitting, Nelly and her cousin Teddy crept upstairs and covered Nelly head to toe in lipstick!

How do you feel about kids wearing make-up?

Billie: Nelly asks me to paint her nails, so I use really pale pink colours. But I wouldn't let her wear make-up on her face.

What did you think of Katie Price posting pictures online of her daughter Princess wearing lots of make-up?

Billie: Princess is a bit older than Nelly and she was probably just experimenting, so I think that was okay.

Have either of you used Botox yet?

Sam: No, I'm not up for that. We're too young and we don't need it. I'll leave that until much later.

Billie: I'm 27, which feels really old, so I do have to start thinking about anti-wrinkle cream.

Sam, you've spoken about suffering from trichotillomania and pulling your eyelashes out. Is it still an issue?



Above: Sam and Billie with their mum Suzanne and their aunt Libby Low. Below: Sam says appearing on the Minnies bus is 'the ultimate dream'

I still pick my eyelashes, yeah. It's a bad habit, a compulsive disorder, but it doesn't really bother me. If I put my heart into it I probably could stop, but you have to be in the right frame of mind.

You've been going back to the gym, Sam...

I've been going three days a week and it's going well. I'm not pushing myself too hard, but I haven't got that much weight to lose. I just want to tone up my bum and legs.



How does it feel to have your faces plastered on the side of the Minnies beauty bus?

Sam: It's the ultimate dream.

Billie: We feel like the Spice Girls!

Do you have any favourite Minnies products?

Sam: I'm obsessed with hand creams so that's one of my favourites, and also the body mist and lashes.

Billie: Mine's the lip balm.

Have you two ever had any bust-ups while working together?

Billie: We've had loads along the way with Minnies, just little bits of bickering, but we always make up five minutes later. We don't even say sorry, we just get on with it! **OK!**

THE BRAND NEW MINNIE'S BEAUTY RANGE BY SAMANTHA AND BILLIE FAIERS IS AVAILABLE TO BUY NOW, EXCLUSIVE TO THE PERFUME SHOP.



INTERVIEW BY MICHELLE GARNETT PHOTOGRAPHS BY INSTAGRAM, RAY BURMISTON, WENN



'WE'VE HAD
LOADS OF
BUST-UPS... WE
DON'T EVEN
SAY SORRY'

Sam and Billie are thrilled with the new Minnie's collection – Sam loves the hand cream, body mist and lashes, while Billie's must-have is the lip balm

WWW.OK.CO.UK 71

'WILL MY KIDS SEE ANY OF MY WORK? NO!'

AS CHRISTIAN GREY RETURNS TO OUR SCREENS IN 'FIFTY SHADES DARKER', **JAMIE DORNAN** REVEALS HOW THE SEXY FILMS HAVE CHANGED HIS LIFE, AND WHY HE COULDN'T BE MORE DIFFERENT FROM HIS CHARACTER...

Life has completely changed for Jamie Dornan since the release of the first film in the *Fifty Shades* trilogy. From the moment the actor stepped into the bespoke shoes of Christian Grey, the 34 year old has had to become accustomed to talking about his sex life and being at the centre of millions of women's fantasies. And now, with the second film hitting the big screen, the star is braced for the mania to reach fever pitch once again.

Opening up about how the film franchise has changed his life, Jamie says: 'A lot more people know who I am,' adding: 'What I think is crazy is when they don't differentiate me from the character. They ask me for an autograph and I sign it with my own name, and they say: "Thank you, Mr Grey."'

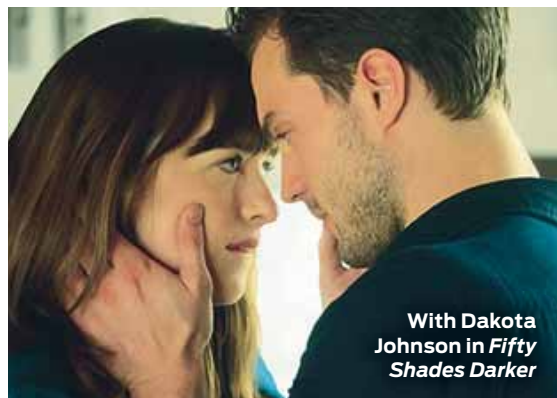
Born in Belfast, Jamie was best known for playing serial killer Paul Spector in BBC drama *The Fall* before *Fifty Shades* came calling. He married actress and musician Amelia Warner, also 34, in Somerset in 2013 and the couple now live in the Cotswolds with their two daughters – Dulcie, three, and Phoebe, who turns one this month.

Jamie has admitted that his wife has never seen *Fifty Shades Of Grey*, which shows him in several steamy scenes with co-star Dakota Johnson, 27. 'She hasn't watched it. Why would she watch it? She wouldn't put herself through that,' he said last year.

Fifty Shades Darker sees some even steamier scenes than the first, and this time a wounded Christian trying to win back the trust of his love Anastasia, all while fearful figures from his past start to return. Here, Jamie opens up about life at home, dealing with being in the spotlight and playing Mr Grey...

Has your life changed since the first film?

Absolutely. Although, it wasn't just the movie; my life really changed in that period. My eldest daughter was born three days before we started shooting the first film and my youngest daughter, two weeks before filming the second one. In all ways, it has already



With Dakota Johnson in *Fifty Shades Darker*

had an impact on my life, and then I get in sync with all the craziness around the movie. A lot more people know who I am.

Has *Fifty Shades* had an impact on your sex life?

My wife and I aren't into that so it hasn't had any influence on our sex life! Obviously, there's a huge market for it. It doesn't interest me at all. So I don't think it has had any influence on our sex life. I can't believe I'm talking about our sex life!

How do fans react to you and Dakota?

Dakota lives in LA, where people don't react so much when they see a celebrity. In Ireland, I can tell when they recognise me. What I think is crazy is when they don't differentiate me from the character. They ask me for an autograph and I sign it with my own name, and they say: 'Thank you, Mr Grey.'

Tell us about the sex scenes...

Fortunately, they try to group as many scenes as possible. So you have a bizarre week where you try to shoot as much as you can. The weeks of the Red Room, as I like to call it, with more

explicit parts, only people who are really needed are on set. So that makes it easier!

What was it like filming in France?

We don't focus on Paris massively – we also go to the South of France. We were in Nice when the attacks happened. It was really horrific. But it was strange, because I stayed in the same hotel room that I was in when I did *Marie Antoinette*, which was my first ever job some 12 years ago.

They brought me to my room, and I was like, same room! It was freaky.

Is there anything that still shocks you?

I don't care about the whole nudist aspect. I wasn't brought up a prude! I'm not saying my parents were walking around naked in the house, but I come from that liberal background.

How do you shake off your role as a serial killer in *The Fall* to play Christian Grey?

As weird as that is to say, I have loved every second of inhabiting such a horrible person. I've been lucky with *The Fall*, because we shot it in Belfast, where I'm from, but I don't live there anymore. It was good that I was able to come home, be in my own head space and manage to get myself geared up for whatever horrific things I had to do the following day. It was genuinely an uncomfortable place to

put myself in, something that is so far from who I am. But it was enjoyable. I feel bereft that it's over because, as my wife said the other day, complex roles like that sometimes happen only once in a career.

What sort of responses do you get from the parents of your children's friends?

Will my kids see any of my work? No! To be honest, we live in the countryside so I haven't

had too many of those scenarios yet. Our eldest, I bring her to and pick her up from school, and I've had a couple of funny looks – but you never know what it is that they recognise you for. In London, that experience would be more heightened. But we choose to live a quiet life. We open our doors, and there's just sheep and lambs.

What's the attention been like?

Post-*Fifty Shades*, the fundamentals of my life didn't change. But again, we live in the middle of nowhere. I panic at 9.30pm if I'm not asleep, because I'll be up with the kids at 5.30am. However, if I'm in LA, I have to go out to dinner where there are so many paparazzi, and they're so b***dy rabid. Those nights where I'm exposed to it, I feel like a different person. But that's probably just ten nights of my life in a year. The rest of the time, it's sheep!

You're sporting a big beard at the moment...

I've started a movie, and they want the beard, so that's why it's heavy. When I first got the script for *Fifty Shades Darker*, which follows four or five days after *Fifty Shades Of Grey* ends, my character had stubble. I was like, great! Because I hate shaving more than anything in the world! **OK!**

'FIFTY SHADES DARKER' IS IN CINEMAS NOW.



Above: Jamie and wife Amelia, with whom he has daughters Phoebe and Dulcie (left)



INTERVIEW BY JESSICA YOUNG/FAMOUS
EDITED BY KIRSTY HATCHER PHOTOGRAPHS BY BBC,
EXPRESSPICTURES.COM, GETTY IMAGES, DOANE GREGORY/
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'I SIGN AN
AUTOGRAPH WITH
MY OWN NAME,
AND THEY SAY:
"THANK YOU,
MR GREY"'

'We live in the middle of nowhere,'
reveals Jamie, pictured at the
London premiere, adding: 'I panic at
9.30pm if I'm not asleep, because I'll
be up with the kids at 5.30am'



WITH JUST WEEKS TO GO...

'BABIES ARE TESTING – YOU'VE GOT TO BE A STRONG COUPLE'

DJ AND PRESENTER **MARVIN HUMES** CHATS TO OK!'S CHRISSIE REEVES ABOUT HIS WIFE **ROCHELLE**'S PREGNANCY CRAVINGS, THEIR ROMANTIC HOLIDAYS TOGETHER, AND WHY ALAIA-MAI IS 'DESPERATE' FOR A SISTER

Marvin Humes is even more chipper than usual when OK! catches up with him, just a few weeks before he's set to become a father for the second time. The former JLS star-turned-TV presenter and DJ tells us that he can't wait to 'complete his family' with wife Rochelle, 27. The couple, who tied the knot in July 2012 at Blenheim Palace, are expecting a little brother or sister for their three-year-old daughter, Alaia-Mai. Here, as the new face of Cadbury, Marvin, 31, chats to us about preparing for the newborn and keeping the romance alive...

You must be looking forward to becoming a dad for the second time...

We're so excited, but maybe a bit too relaxed with baby number two! With Alaia, we read every book, watched every TV show about newborns and bought every gadget, but we only have three weeks to go this time and there are still things we need to get. Last time, Rochelle packed her hospital bag three months before, but we haven't done that. I don't think it will hit me until the baby is in my arms.

Are you nervous about the birth?

Yes, but you just have to hope for the best. We had quite a good experience with Alaia, so fingers crossed we'll have the same with number two.



Is Rochelle going for a natural birth or a Caesarean section?
Natural is the plan.

Has she been having any cravings?
Last time, Rochelle really missed sushi and champagne, so as soon as that baby was out, I had some ready for her. As I will this time, although she'll probably only be



Above: Marvin and Rochelle at the NTAs. Below right: With his 'brothers' from JLS

able to handle one glass after the birth! Rochelle posted a picture of some churros on Instagram recently, saying: 'Marvin, do not come home until you have got me these #pregnancycravings'. It was 7pm on a Sunday night, but after lots of searching online, I found a Christmas market near the Tate Modern with an amazing churro stand. I bought loads and I had one happy wife!

Is Rochelle finding it hard not drinking?

The NTAs [National Television Awards] was different this year because usually we'd be at that party until late, but we were in bed by midnight. We'll make up for it next year! It was funny because we got ready at the same hotel as Holly Willoughby, but she forgot her heels so Rochelle had to lend her a pair!



How was your babymoon to the Maldives?

The Maldives is so special to us; it's where I proposed and where we honeymooned. Every year we go back and this time was extra special because Alaia is older and understands the beauty of the place. She loves it.

Is Alaia excited about having a sibling?

So excited. We haven't found out the sex – she's desperate for a sister, she's in a girl power phase. I said to her: 'What are you going to do if it's a brother?' And she was like: 'Send it back!' I'm telling her that if it's a boy, she'll always be

Daddy's little girl and she'll have a brother to look after her when she's older.

Are you tempted to have a third baby?

Never say never, but I think we'll be happy with two. Our family will be complete.

What makes your relationship work?

We're far from the perfect couple, but we're lucky that we're best friends and that we have similar careers. I DJ in Ibiza once a week and Rochelle is used to me being away, but some girls might not deal with that. We also always take the mickey out of each other and have an immense love for each other. We're lucky to have each other. I married Rochelle because I knew she was The One for me, for life.

Does a newborn put pressure on a relationship?

Having a baby is testing. You've got to be a strong couple to survive because it's a massive change. You have to work together and remember that they're not a newborn forever and that those few months will be tiring. We were lucky that Alaia settled into a routine quickly, but this next one could be a whole different story!

Do you still have date nights?

Yes, and once a year we'll go to Miami for three nights. Last year we went to Ibiza for our anniversary. It's important to do that, to remember why you fell in love and keep that part of your relationship alive.

Are you missing presenting *The Voice UK*?

Of course. I'm still a fan. It's looking great; Jennifer Hudson has brought in a whole new vibe, she's fantastic and Sir Tom Jones is back. Emma Willis

is flying solo now and doing an amazing job. I'm going to pop down to the live shows. There are no hard feelings.

Did you watch JB Gill on *Dance Dance Dance*?

I've never seen him dance as well! He held back in JLS, but he smashed it in that show. I see the JLS boys all the time, we're brothers. We always do a yearly holiday together.

Tell us about your involvement with Cadbury...

It's amazing. Cadbury realised that there is a link between the music you listen to and the chocolate you're in the mood for. It's all about my two favourite things – music and chocolate! **OK!**

CADBURY DAIRY MILK AND MARVIN HUMES HAVE TEAMED UP TO PORTRAY CLASSIC AND MODERN MUSIC TO MARK THE LAUNCH OF CADBURY STUDIOS.

TWITTER.COM/CHRISSIE_REEVES
PHOTOGRAPHS BY CADBURY, GETTY IMAGES, INSTAGRAM,
BRAD WAKEFIELD/NGN/NEWS SYNDICATION

Marvin tells OK! he'll have Rochelle's favourite 'sushi and champagne' on hand after she delivers their second child



'I'M VERY FUSSY – I HAVE VERY HIGH STANDARDS'

MEDIA PERSONALITY AND KIM KARDASHIAN'S BFF JONATHAN CHEBAN ON HIS QUEST FOR LOVE

Jonathan Cheban is pretty picky when it comes to finding love. The US-based reality TV star and entrepreneur is used to hanging out with best friend Kim Kardashian and her family, so he says any girl he dates has a lot to live up to.

As Jonathan turns to E4 show *Celebs Go Dating* to help him find love, he tells OK!: 'I'm very fussy and have very high standards.'

The star is single after splitting from his long-term girlfriend Anat Popovsky six months ago.

Since arriving in the UK last month, Jonathan has reportedly spent £45,000 in London's finest restaurants – a figure he says isn't far off!

Here, Jonathan – who often appears on *Keeping Up With The Kardashians* – reveals how he finds dating British women and why he barely keeps in touch with his former *Celebrity Big Brother* housemates...

What has it been like dating on TV?

I've pretty much lived my whole life on TV over the past nine years so I don't know the

difference any more. I've been going on a lot of dates since getting to the UK because I need to work out what my style is over here, there are so many different girls. No two British girls are the same.



With Gemma Collins and Megan McKenna



Above: On CBB last year. Left: Famous best friend Kim

How would you describe your type?

I'm very fussy and I have very high standards. All the girls in my life are very pretty, cool and stylish, so I have to find someone who can fit in.

Do you find that a lot of girls just want to find out gossip about the Kardashians?

Some girls start Snapchatting when they're with me or want to take a picture because they've seen me on *KUWTK*. That turns me off immediately.

You're known for eating in the world's best restaurants – can a girl you're dating expect the VIP treatment, too?

I eat out 365 days a year! Some of the girls I date haven't been to these types of restaurants before and they're like: 'I don't want to try this,' and I'm like: 'Honey, you're at Nobu, just try it!' The places I eat aren't like your local restaurants. I can tell if a girl is wrong for me by how she reacts when I take her out.

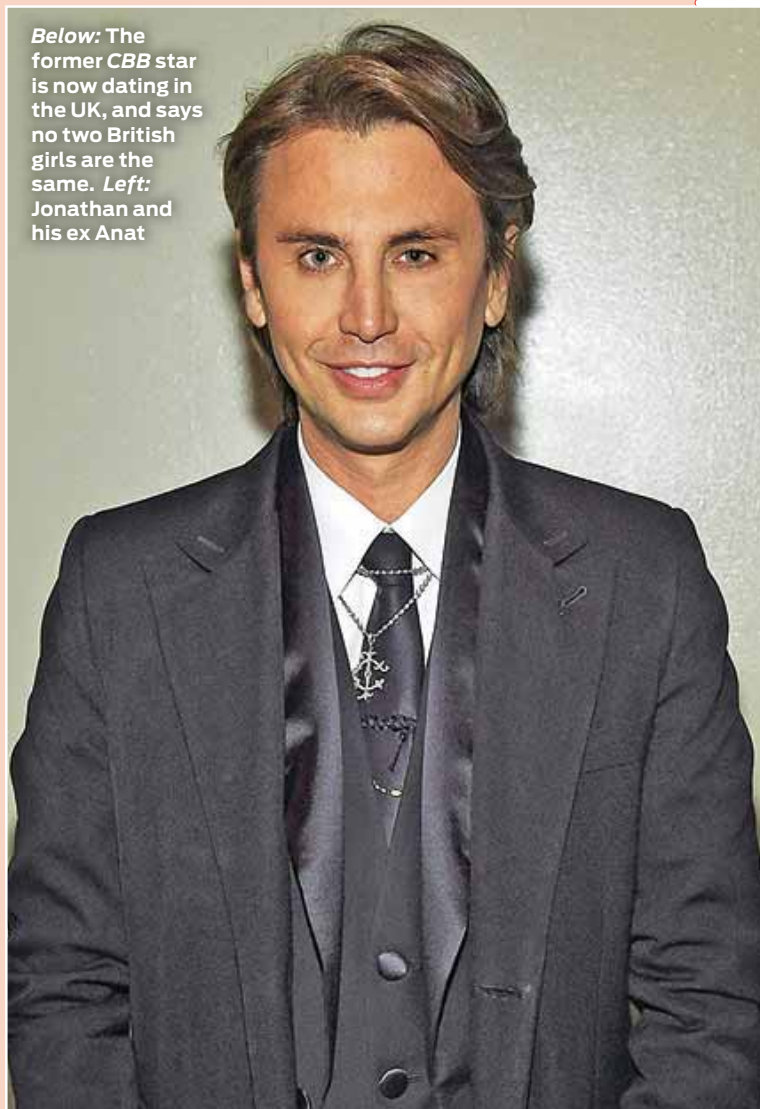
It was recently reported that you've spent £45,000 eating out in London since you got here, is that true?

I don't know if that's the exact figure, but it's on the right track!

How important is it to get Kim Kardashian's approval of a girl?

It's not about approval, but it is important that I feel comfortable bringing a girl around Kim and her family. It's months before anyone I date meets them. It has to feel right otherwise it's never going to happen.

Below: The former CBB star is now dating in the UK, and says no two British girls are the same. Left: Jonathan and his ex Anat



Have you become close to any of the other *Celebs Go Dating* contestants?

I've known Joey [Essex] for a while and we get on really well – we have the same humour.

Is it true you're considering buying a house close to Harrods?

I've been looking for an apartment in London, but the problem is I like expensive properties like One Hyde Park. If I did buy anywhere, it would have to be close to Harrods – I spend so much time in there, it's actually getting embarrassing now.

Are you still in touch with anyone from *Celebrity Big Brother*?

I had dinner with Gemma Collins and Megan McKenna last month, but I don't talk to any of them much. I just don't have the time. **OK!**

AS SHE PREPARES TO GO DATING...

'I WANT A REAL MAN!'

FORMER 'HOLLYOAKS' STAR **JORGIE PORTER** ON DATING DISASTERS, MAKING IT IN HOLLYWOOD AND HER RULES FOR ROMANCE

Former *Hollyoaks* actress Jorgie Porter is the first to admit she's been unlucky in love. 'I'm nearly 30 and no one has ever proposed to me, so I guess I must be unlucky!' the 29-year-old star tells *OK!*.

After failed romances with England rugby star Luther Burrell and her *Hollyoaks* co-star James Atherton, she's now turned to E4 reality show *Celebs Go Dating* in the hope of finding The One.

Here, the former *I'm A Celebrity...* star – who splits her time between LA and Manchester – tells *OK!* about her hopes of settling down and why she's so 'cringe' on dates...

What are you looking for from the show?

I'm single still, so I feel like I must be doing something wrong! I'm not married and I haven't got any kids. I'm nearly 30 and no one has ever proposed to me, so I guess I must be unlucky! If I was lucky in love I think I'd be in love now. So I was really excited to join the dating agency and get told what to do and how to date. It's been pretty epic. How amazing is it to date men?!

Were you going on many dates before the show?

I've dated a few men in LA. They're so forward and if they think you're pretty, they just say: 'You're gorgeous!'



Jorgie with Stephanie Davis on *Hollyoaks*



Then they take you on dates and say: 'Okay, I need to go see my other girlfriend!' and you're like, what?! They're so fit but because they're so forward, you're thinking, what's your agenda?

You've said you want to find a 'hairy' man...

I'm going to elaborate on this. What I'm not into is guys waxing and shaving stuff. I feel like

that's a really girlie thing to do. If a guy is waxing his eyebrows and I don't even wax mine, then there's something wrong! I want a real man who can build stuff and who could chop down a tree!

You were pictured on a date with a sales executive called James Mitchell last week [left]. Is there anything serious between you?

You'll have to watch and see! But we went to a fashion show and I think it's a big deal to bring someone to a fashion show.

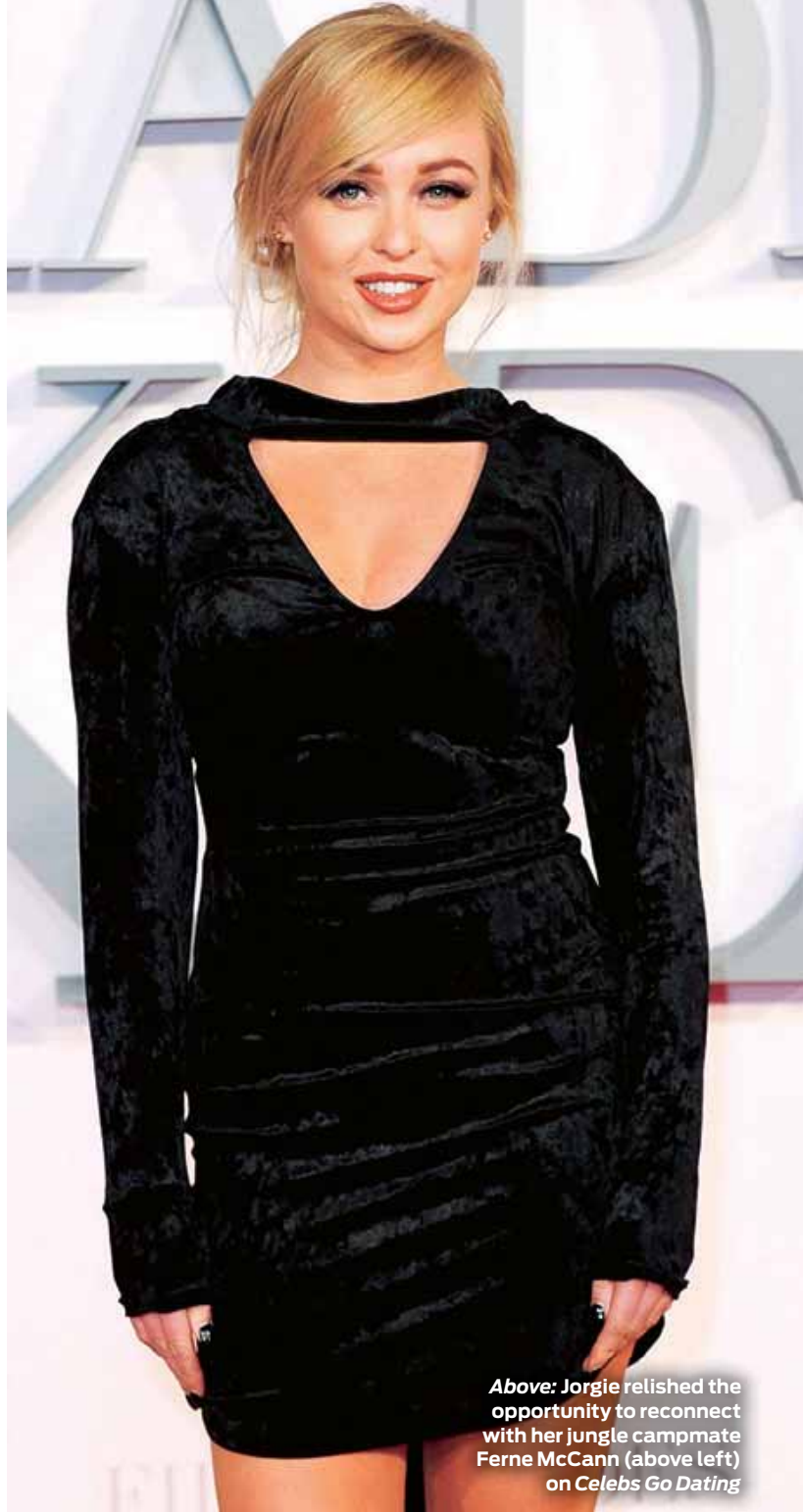
You've said you like to wait seven dates before sleeping with someone. Has that always been your rule?

Yeah, and I think that's why I'm probably friends with my exes. Also, I don't think my mum would be too pleased if I said otherwise! I think men appreciate a lady who's classy. If you get with someone straight away, how do you know you can trust them? Anyone who gets too excited about sleeping with a celebrity can be risky. That's why it was easy for me to go to LA where nobody knew me, because I could think, they fancy me for me, rather than because they've seen one of my *FHM* shoots.

How have you found being filmed?



Jorgie with sales executive James Mitchell



Above: Jorgie relished the opportunity to reconnect with her jungle campmate Ferne McCann (above left) on *Celebs Go Dating*

I'm a cringe human being! I'll probably fast-forward through my bits because I don't think I can bring myself to watch. If my friends tell me it's bad, I'll just pretend it never happened. There are constantly embarrassing moments because I'm a nightmare! I'm clumsy, I say silly things and I don't think before speaking.

Who have you bonded with out of the other celebrities?

Well obviously I know Ferne [McCann] from the jungle. I feel like I know what she's thinking. I also love Perri [Kiely].

What have you been doing out in LA?

I've been doing acting classes and chilling out. There's no pressure there. Back here everyone's like: 'Oh, you're going to crack Hollywood, are you?' I'm not pressuring myself into getting a job and no one likes a desperado. I'd like to work back in England because I love it here. **OK!**

'CELEBS GO DATING' IS ON E4 EVERY NIGHT AT 10PM.

INTERVIEW BY KIRSTY HATCHER; PHOTOGRAPHS BY GETTY IMAGES, REX, SILVERHUB, YOUTUBE

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Kym

HER EXCLUSIVE OK! COLUMN

THE 'CORONATION STREET' STAR IS HAVING THE HOLIDAY OF A LIFETIME – AND DENIES BEING A BIT OF A DIVA!

MY AFRICAN ADVENTURE!



I'm writing this column as the sun goes down across the vineyards of South Africa. I'm on safari with David [left]. It's a belated 21st birthday treat for him and we're having an amazing time! I've seen some of the most incredible scenery of my life, plus it's 30°C!

We've been on the first of three game tours, with an amazing ranger called Memory, where I saw elephants and zebras [below] just a few feet away from me! It was just unbelievable. We also have a lovely driver, Joe, who's been driving us around South Africa. We've been wine tasting and we went on a tour of Robben Island, where Nelson Mandela was incarcerated, which was really interesting and incredibly moving. Although the boat journey on the way home was questionable as it got really choppy!

I'm missing Polly, Emilie and Matt but we're only away for a week and I've FaceTimed. It really is the trip of a lifetime, so we're enjoying every moment.



Before we left, Simon Gregson and I helped out with the auction at the ESCAPE Break the Silence charity ball at Old Trafford. I took David and Emilie [below], and I wore my trusty black Forever Unique dress, which I wore for my 40th birthday party.

The night was very emotional as it was raising funds to educate children and break the silence surrounding child abuse. There were many survivors telling their stories, and I found them all so brave; opening up about such painful memories and wanting to help others, too. It was nice to be there to show my support, and I was the winner of an auction prize! It was a signed Manchester United football. I gave it to David. He was so happy – he wouldn't let it out of his sight all night!



BYE BYE, TPT

The news that Tara Palmer-Tomkinson passed away really upset me. I met her a few times when I was married to Jack Ryder, as we lived next door to Duncan James [right, with Tara] in London, who used to be really good friends with her. And Tara was always so lovely and friendly. I really liked her and found her very warm.

It's such a tragedy when people die young and it's so sad how she battled with her demons over the years. My heart goes out to all her family and friends.



I DON'T DO DIVA DEMANDS

Reading that I was a diva after being locked out of my hotel after the National TV Awards [right] was news to me! It's true that I got locked out of my room, but I certainly didn't say: 'Do you know who I am?' like it was reported. Anyone who knows me, knows I wouldn't say anything like that!

When it came to going to bed after drinks in the hotel bar with the *Corrie* lot, I realised my room key card wasn't working, so I went down to reception with Jack P Shepherd to get it sorted. The guy there told me that I'd have to show ID in order to get in, which was obviously in my room! I said I was with *Coronation Street*, but he wasn't having any of it and he told me he wouldn't let me in. In the end, we made a compromise; someone came upstairs with me, checked my ID and then allowed me into my room. It is great that they take security so seriously – the last thing anyone wants is some stranger trying to get into their room.



KEEP YOUR HEAD UP, HELEN!

Helen Flanagan took to Instagram to defend herself after negative comments stating she was overacting when she made her comeback on *Corrie* [right]. Her character, Rosie Webster, is meant to be larger than life, which I think Helen plays brilliantly. Helen's back on *Coronation Street* for a reason and there are loads of fans who love her character and are happy to see her return. I think she should keep her head held high and carry on as she is!



WEDDING BELLE

Tina O'Brien looked very happy in the pictures of her dress shopping [left] with her fiancé Adam Crofts at a wedding fair at Tatton Park, Cheshire. Tina's kept very hush-hush about her wedding plans at work, although she's very happy! They've been engaged for a while, so it's no wonder they're at that exciting part of wedding planning. Whichever style dress she chooses, I've no doubt Tina will look gorgeous on her big day. **OK!**



AS THE HIT SERIES RETURNS TO OUR SCREENS...

'CARRIE FISHER WAS PART OF THE GANG'

'CATASTROPHE' CREATORS **SHARON HORGAN** AND **ROB DELANEY** TALK ABOUT THE HIT SHOW AND THEIR LATE STAR TURN

Fans of *Catastrophe* will be delighted to hear that the award-winning Channel 4 comedy will be returning to our screens later this month. *OK!* attended a special screening of the first two episodes alongside the show's stars and creators Sharon Horgan and Rob Delaney, and we can report that the third series is worth the wait!

The show picks up where the second series left off and follows dysfunctional couple Sharon Morris and Rob Norris as they navigate their way through married life and parenthood.

The third series also stars the late Carrie Fisher, who filmed her final scenes as Rob's mum Mia just months before her death in December. Opening up about working alongside the Hollywood legend, Sharon, 46, revealed: 'Carrie was part of the gang and we feel very privileged to have worked with her. She was funny all the time and incredibly witty company.'

In real life, US-born Rob, 40, has been married to his wife Leah for over ten years and has three young sons, while Sharon is mum to two daughters Sadhbh, 13, and Amer, eight, with her husband Jeremy Rainbird.

Here, Sharon and Rob open up about their on-screen chemistry and why they think so many people have fallen in love with the show...

Why do you think *Catastrophe* has been so popular?

Rob: If I had to guess, I'd say it's because every episode is written by the same two people and one is a man and one is a woman.

Sharon: I think people like to see terrible things happening to people who don't necessarily work it out, but they're still okay afterwards.

Sharon and Rob don't fit with the stereotypical husband and wife roles we usually see in sitcoms. Was that always your intention?

*Below: 'I think people like to see terrible things happening to people who don't necessarily work it out, but they're still okay afterwards,' says Sharon of the success of *Catastrophe* (bottom left)*



Rob: We didn't feel like we had seen a marriage represented in a sitcom in a way that we found satisfactory. People are way more dynamic than the couples you usually see on TV. In real life those sorts of people would end up in a murder/suicide.

Do you think being a male/female writing team helps with that?

Sharon: It does, but it also helps that we're both performers. There's nothing interesting in playing a stereotype, like an eye-rolling wife.

Where do you work on the scripts?

Sharon: We sit side by side in a dark office in London. We work from ten until four each day and eat lunch at our desks because we like to make the most of our time together. We're both parents who need to get home.

Rob: We usually finish a script and think, that's brilliant, then we realise it isn't brilliant at all and we have to rewrite it.

Your characters laugh at each other's jokes – is that natural or scripted?

Rob: When you watch *Friends* – which I love – someone says something funny and the other person just stands there. In

real life, you'd be doubled over in laughter. If Sharon makes a joke, I laugh at it because I'm not an asshole.

What was it like working with the late Carrie Fisher on the show?

'WE WORK FROM TEN UNTIL FOUR EACH DAY AND EAT LUNCH AT OUR DESKS'

part for her, so we got to spend some quality time with her. Carrie was part of the gang and we feel very privileged to have worked with her. She was funny all the time and incredibly witty company and loved saying asshole-y things

to everyone, but also was just a kind, lovely, supportive woman.

How did Carrie come to play Rob's mum?

Rob: We were at the *Attitude* Awards and Carrie was there to present Graham Norton with a Lifetime Achievement Award and her speech was amazing. Sharon turned to me and said: 'What if she played your mum?' I was like: 'Sharon, you're crazy!' We decided to get in touch, though, just

in case. I tried to tweet her but she didn't respond, so I looked up who her agent was and sent the script for series one and it went from there.

The show is very candid – do you ever have ideas that take things too far and don't make it into the final script?

Sharon: The only time we keep an eye on it is for nerdy writer reasons. We have to ask ourselves, have we done two filthy jokes in this episode and should we save one for the next episode?

What's it like working with your on-screen children?

Rob: Our son Frankie is played by twins because of the laws surrounding children working. I used to be bigoted against stage parents, I thought it was wrong, but I've learned that when twins enter your life, your life ends. As a parent it's a wonderful thing for them to bring their kids to work and get a bit of a break. **OK!**

'CATASTROPHE' RETURNS TO CHANNEL 4 ON TUESDAY FEBRUARY 28 AT 10PM.

INTERVIEW BY LAURA HILLS
PHOTOGRAPHS BY CHANNEL 4, GETTY IMAGES



Sharon with her husband Jeremy Rainbird



'Carrie was funny all the time and incredibly witty company,' says Sharon



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Below: Dress, £110, by Matthew Williamson at Debenhams; and shoes, £195, by LK Bennett at Very Exclusive. Facing page: Dress, £168, by Halston Heritage at The Outnet



LEADING LIGHT

STEAL SOME
'LA LA LAND' STYLE
WITHOUT HAVING
TO PAY TOP DOLLAR

BY ROSIE UNDERWOOD





**Above: Dress, £52, by Oasis;
shoes, £55.99, by Zara; and
necklace, £225, by Alex Monroe.
Facing page: Dress, £55, by Asos;
and shoes, £85, by Dune**

STYLING BY ROSIE UNDERWOOD
ASSISTED BY JODIE DUNWORTH
PHOTOGRAPHS BY LORNA ROACH
ASSISTED BY DAN LANDSBURGH
HAIR AND MAKE-UP BY CARLOS PALMA
USING ARMANI COSMETICS AND AVEDA
MODEL: CECILE AT PREMIER

STOCKISTS: ALEX MONROE WWW.ALEXMONROE.COM; ASOS WWW.ASOS.COM; DEBENHAMS WWW.DEBENHAMS.COM; DUNE WWW.DUNELONDON.COM; GEORGE AT ASDA WWW.GEORGE.COM; OASIS WWW.OASIS-STORES.COM/GB; THE OUTNET WWW.THEOUTNET.COM; VERY WWW.VERY.CO.UK; VERY EXCLUSIVE WWW.VERYEXCLUSIVE.CO.UK; ZARA WWW.ZARA.COM/UK.

A LOT OF STYLE!

She might be the little sister of supermodel Kate Moss, but Lottie Moss is quickly establishing herself as the queen of street style. The model nailed this tailored all-black ensemble by adding a pop of colour with her pink Public Desire Perspex heels.



Heels, £29.99, Public Desire



GIGI IS SHEAR CLASS

Gigi Hadid doesn't let the New York chill detract from her effortless style. The model kept warm in this black shearling All Saints jacket over a monochrome printed shirt. She showed off her long legs in skinny leather trousers, while completing her look with sunglasses and a low ponytail.



Jacket, £750, All Saints



CELEBRITY MUST-HAVES

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JOURDAN AT THE GYM

Jourdan Dunn rarely gets it wrong when it comes to fashion, so it wasn't a surprise to see that a visit to the gym is no exception! The supermodel looked chic in a burgundy Varley sports bra, grey printed leggings and a cool baseball cap. She's Dunn it again!



Sports bra, £50, Varley



HEIDI'S AIRPORT CHIC

After years in the industry, it's safe to say that Heidi Klum knows a thing or two about off-duty style. The model looked effortlessly cool as she arrived at LAX in a Yves Salomon leopard-print coat over a Sundry slogan jumper styled with Mother jeans, sunglasses and a Louis Vuitton bag. Airport chic at it's finest!



Jeans, £218, Mother at Mytheresa.com



ANGELA'S THE ONE!



WITH OK! FASHION
& BEAUTY DIRECTOR
ROSIE UNDERWOOD

@ROSIEJUNDERWOOD

With enviable flame-haired locks and some serious Irish charm, *The One Show*'s new co-host Angela Scanlon (above right and far right) has earned herself some serious beauty credentials. She's following the likes of Davina McCall, Fearne Cotton and Holly Willoughby as the new ambassador for Garnier Nutrisse and Ultimate Blends. The latest Maple Healer range features colour-reviving ingredients with a 'no nasties' policy, throwing maple sap into the mix for glossy results like Angela's. See www.garnier.co.uk.



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VERY STYLISH

Feeling a bit confused about the whole transeasonal dressing situation? I've got ahead of the game and had all my styling woes answered by the new drops from V By Very. No catwalk trend has been overlooked, including ruffles, chiffon and draping. Shop the range at www.very.co.uk.



Dress, £55,
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Dress, £48



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PETAL POWER

When it comes to translating beautiful blooms into wearable prints, Oasis has it covered. When I found out their design team had been inspired by the creations of renowned florist Nikki Tibbles from Wild At Heart, I wasn't surprised to see the results – feminine yet bold and with a unique twist. Talk about flower power! See www.oasis-stores.com.



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George

'I'M CONTENT AND HAPPY WITH MY BODY'

OK!'S ROSIE UNDERWOOD TALKS TO **LUCY MECKLENBURGH** ABOUT STRIPPING OFF IN A ROOM FULL OF PEOPLE AND GOING BACK TO END 'TOWIE' ON A HIGH

Since leaving *TOWIE*, Lucy Mecklenburgh has centred her life and career around fitness, so it's no surprise that she looks sizzling in her smalls!

Despite that, when we catch up with the Essex-born beauty, she still blushes at the thought of posing in Boux Avenue's latest creations. 'You never feel completely confident stripping off,' she says, 'not when you're in a room full of people!'

Lucy has recently been linked to Nathan Sharpe, but she's reluctant to talk about their rumoured romance during our chat.

Here the TV star, 25, talks falling off the wellness wagon, how lingerie makes her feel good and her plans for a *TOWIE* reunion...

Tell us about your involvement with Boux Avenue...

I modelled for Boux last summer and we worked well together. I've been buying the brand for five years since it launched in my local shopping centre. I love the products, I think they look expensive but they're really reasonable. This collection is really flattering and it's lovely to work with a brand you love. I adore their lingerie.

Do you ever get nervous doing shoots in your underwear?

Yes. I work really hard on my body and eat healthily – in myself and in my body I'm quite content and happy, I just think you never feel completely comfortable stripping off. I really loved what I was wearing, so that helped.

Do you prefer girlie designs over risqué ones?

I think it's nice to have a mix in the underwear drawer. With Valentine's Day, it's a nice reason to get yourself or your partner some nice underwear. It's nice to treat yourself to lingerie. We all wear the same pants over and over again and when Valentine's comes around you make the effort and buy one of the matching sets.

Are there designs that make you feel more confident than others?

I definitely prefer a little more of a boob, so I like some padding! I haven't got the biggest bust, so that helps. It's nice that bralets are in fashion now – I think they're super-sexy.

You've just got back from Dubai with your friends – was that fun?

It was so much fun! My friend lives in Dubai and it was her birthday. It was a really nice little getaway.

Did you relax your health regime when you were away?

I let it go. I was a bit conscious when I went away because I had a really naughty Christmas. I'll only have one cocktail and then I'll have a gin and tonic. Or for lunch I'd be having sushi, but then in the evening I was eating what I wanted and if there were chips I'd have them. I think

Lucy wears Cilla chiffon body, £35



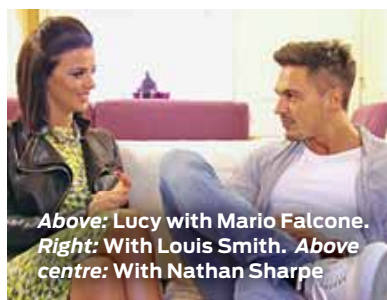
it's all about finding that balance, I didn't want to come back feeling like I did over Christmas because I felt disgusting. I like eating healthy food – it's amazing, it's not a chore.

What have you cut out of your diet?

I think I'm dairy intolerant so I try and stay clear of it, but I do love cheese, so occasionally I'll have it, but I don't have milk. I don't have frozen food or a microwave meal, I'd never touch it – I don't even enjoy it. In my house I've never ever bought a packet of biscuits because if they're there I'll have them.

How is it maintaining all the training you've been doing over the years?

I still do body training three to four times a week. I love it. Because I did the Tour De France cycle I've added a bit of spinning as well.



Above: Lucy with Mario Falcone. Right: With Louis Smith. Above centre: With Nathan Sharpe

What advice would you give to those falling off the wagon of their fitness resolutions?

Do it in baby steps. In January, everyone says they're going to change up what they eat, what they drink, how they exercise, their daily routine. Change one thing at a time and don't overwhelm yourself. We all get to that stage where we go: 'I can't be bothered with this!'

How can busy working women find the time to stay fit?

A lot of the women who do my plan have full-time jobs or they're mums. They get up and do a 15-minute HIIT session. Everyone can fit in 15 minutes, I think it's rubbish to say you can't. That way you can do it from home. You do a quick session, 15 seconds rest in between, sit-ups, squat jumps, that'll make you ache the next day.

Your friend Lydia Bright and former boyfriend Louis Smith have been on *The Jump* – have you been watching?

Yes, I love *The Jump* – although I'm terrified someone's going to hurt themselves. Lydia's absolutely loving it. She's coming back for a few days next week so I'm meeting up with her and I can't wait to hear all the stories.

Would you ever go on the show?

Never say never. I love skiing but I can't afford to break a leg with my line of work – it's quite a risk for me. I've cycled part of the Tour De France, I climbed Kilimanjaro, which is -20°C at the top. Sleeping in that cold was horrendous! I do like a challenge, but I don't know if that's the right one.

What goals do you have for 2017?

I want to see a little more of the world this year. I can't give away too much but I've got quite a bit of work on this year – I've got a new project coming up which I can't wait for. I love my life and everything's going well. I bought a new house in the summer and moved in.

Your old flame Mario Falcone is apparently going back to *TOWIE* – would you ever do it?

That part of my life is done. It takes over your life for so long. I don't know how I fitted in seven weeks of being on call seven days a week. I feel like I've been there, done that and I've changed so much that it would feel weird. I've always said I think they should do one last blowout of the old cast. We've all got a lot to thank for the show, so it'd be nice to end it on a high. **OK!**

LUCY MODELS BOUX AVENUE'S SS17 AND VALENTINE'S COLLECTION, AVAILABLE TO BUY IN STORES NATIONWIDE OR ONLINE AT WWW.BOUXAVENUE.COM.

TWITTER.COM/OKSTYLIST. ROSIE PHOTOGRAPHS BY PETER PEDONOMOOU. ADDITIONAL PHOTOGRAPHS BY FLYNET, PLANET PHOTOS, REX. STYLING BY HOLLY COOPEY. HAIR BY CLAIRE HEALEY. MAKE-UP BY LAN NGUYEN.

Lucy wears Izadora
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LUCY LOVES...

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body, £35



Gaby bra,
£30, and
briefs, £18



Rhiannon
bra, £30,
and thong,
£14



Mariette
bra, £32,
and briefs,
£17





BODYISM CLEAN & LEAN BERRY BURN, £50 The Bodyism team know a healthy mind is as important as a healthy body. As of January 1, I've not gone a day without a hit of this good stuff, which is packed with antioxidants to keep me focused and energised.



GILLETTE VENUS SNAP COSMO, £9.99 A gym bag staple that earned itself a firm place in my kit since its launch.

BKR TEENY WATER BOTTLE IN SKYE, £20 Plastic releases chemicals into water, so switching to glass is a no-brainer. The silicone slip on Bkr's bottles mean you can carry it around without worrying about it smashing. I'm going mad for the new handbag-friendly sizes!



GYM CLASS HEROES

COWSHED COW PIT ANTIPERSPIRANT DEODORANT SPRAY, £12

Many of us are now looking for organic alternatives to commercial deodorants. I road-tested this aloe vera-infused concoction after hot yoga, just to be on the safe side, and it left my skin nourished and odourless. Result!



OK! FASHION AND BEAUTY DIRECTOR ROSIE UNDERWOOD WORKS UP A SWEAT - STYLISHLY!

Falling off the fitness wagon at the first sign of February is all too common. So I've sorted the good stuff from the fluff to make sure sticking to a healthy regime, in and out of the gym, is as fuss-free as possible. Let's keep it up - whilst looking good in the process....



SUNDAY RILEY MARTIAN MATTIFYING MELTING WATER-GEL TONER, £48 It's on the pricey side, but after a workout, the cooling and mattifying powers of this potion's naturally derived ingredients make for some show-stopping results.



BURT'S BEES LIPSTICK IN SUNSET CRUISE, £9.99 Cute gym instructors left, right and centre? I hear you! This very natural take on lipstick has workout-worthy staying power, hydrates intensely, and counts the likes of Holly Willoughby and Naomie Harris [right] among its fans.



NAOMIE HARRIS



THIS WORKS IN TRANSIT SPRAY-ON MOISTURE, £18 Carrying body creams to the gym can be a nightmare, seeing as they're almost always sold in industrial sizes! This pint-sized, plant oil-based beauty makes my thirsty skin happy.



NEAL'S YARD REMEDIES ORGANIC DEFENCE HAND SPRAY, £6.50 Gym equipment is a breeding ground for bad bacteria, so hand sanitisers play a crucial role. Top of my list is this herbal hero.

AVEDA SHAMPURE THERMAL DRY CONDITIONER, £25 Smoothing my post-workout hair can be like taming a wild beast. In steps this formula, and my barnet woes are sorted.



THE ORGANIC PHARMACY ARNICA SORE MUSCLE OIL, £34.95 Maintaining healthy joints is crucial when it comes to keeping fit. This'll help reduce inflammation, with soothing benefits thrown in for good measure.



LIZ EARLE ESSENTIALS TRY-ME KIT, £24.75 Miniature heroes really serve me well when I'm carrying my whole bathroom cabinet to the gym. Try this set from Liz Earle before you invest in their full-size cult favourite conditioning range.





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SAY IT WITH FLOWERS

FABULOUS FLORAL SCENTS
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MARC JACOBS DAISY EAU SO FRESH

KISS EDT 75ML, £65 This digs deep into the floral notes of peony, cherry blossom and rose. With a drydown of white wood and sandalwood, the scent is soft and sophisticated.



MIU MIU L'EAU BLEUE EDP 50ML, £68

The latest in the line of Miu Miu fragrances is just as good as the last, with a mixture of floral and earthy scents such as lily of the valley, honeysuckle and akigalawood – a derivative of patchouli. It creates a crisp and fresh aroma that is the epitome of spring.



NINA RICCI L'AIR DU TEMPS EAU FLORALE EDT 50ML, £40

This blend of peony, honeysuckle and musk creates a refreshing, soft and timeless fragrance. Plus the ultra-feminine bottle will look great on any dressing table!



**SISLEY IZIA EDP
50ML, £95** A new, rich floral scent that's as pretty as the rose-tinted bottle. Its notes of bergamot, jasmine and lily of the valley are blended with d'Ornano rose accord and cedarwood to give a sophisticated yet contemporary scent. Available in March.



**JIMMY CHOO L'EAU
EDT 90ML, £63** Just like its packaging, this perfume is elegant and timeless. Ideal for a signature scent, the heart notes of peony and nectarine and musky base notes combine to form a rich, crisp floral fragrance with a fruity twist.

NOMINATED FOR A BRIT AWARD...

'YOU CAN FIND ME ON TINDER!'

'DANCING ON MY OWN' SINGER **CALUM SCOTT** TALKS TO OK! ABOUT COMING OUT, LOOKING FOR LOVE AND SAM SMITH'S WISE ADVICE

When Simon Cowell pressed his Golden Buzzer for a singer from Hull during the ninth series of *Britain's Got Talent*, he turned Calum Scott's world upside down. The passing years have seen the 28-year-old star leave his days in an office job far behind. He signed a record deal with Capitol Records, has seen his cover of Robyn's *Dancing On My Own* reach number two in the UK charts and gained a nomination for British Single at next week's BRIT Awards.

'It's very surreal. I don't think I'm going to win, but just to be mentioned alongside other names is enough for me,' he says.

Here, Calum – who is currently single – tells OK! about his nomination, dating and writing a song about coming out to his dad...



How does it feel to be nominated for a BRIT Award?

I spent eight years in an office job working for Hull City Council, so to go from that to where I'm at now is a complete dream come true!

You recently had to cancel a performance in Dubai. What happened?

There was a really bad sandstorm and we ended up playing the next day instead. I took my mum and forced her to come out on the stage. She was furious!

Is it important that you spend as much time as you can with your family?

Definitely. I met up with Sam Smith recently



Above: Calum with his mum. Right: Larking about with Sam Smith

and he said I should try and invite my friends and family to as many as gigs as possible because it'll keep you grounded. He said he regrets not bringing his out more. But, if they said do you want to go back to an office job and see your family every day, as much as I love my family, I just couldn't do that!

You've written a song about coming out to your dad. What was that like?

I lived with my mum all my life so when I discovered who I was, I took confidence in telling my mum. With dads it's always a bit more difficult, and with him living in Canada I built up all this worry and anxiety. I finally told him and it took a lot. I was terrified of losing my parent and that he wouldn't understand, but he was really good about it. It gave me some inspiration.

Are you dating anyone?

I'm single but I am looking for love. If there's anybody out there, you can find me on Tinder! My mates were saying people aren't going to believe it's you. I was wondering why I'm not getting any messages...

Do you think Simon Cowell regrets not signing you?

I don't know. The timing was difficult after the show because his mum had just passed away. I didn't really want to speak to him after that because it wasn't appropriate to pester him. I believe things happen for a reason. There's no

Above: Calum has gone from *Britain's Got Talent* (left) to a BRIT nomination



bad blood and I still want to shake his hand and thank him for everything.

Your sister Jade auditioned for *Britain's Got Talent* at the same time as you, but she didn't get through. What's she up to now?

That was a little bit tough for her and I did feel a bit guilty. She did say: 'You know what, I am jealous.' She's supporting me on my homecoming show in March and she's going to do some songwriting with me. We're very close. She made me a proud uncle five months ago and named him Oliver Calum.

Tell us about your new single, *Rhythm Inside*...

It's the polar opposite of *Dancing On My Own*. It's designed to be a lot more hopeful. It's my first original release, so it's exciting having my own lyrics sung back to me. Hopefully my album will be out spring/summer. **OK!**

CALUM'S NEW SINGLE 'RHYTHM INSIDE' IS OUT NOW.



'We're very close,' says Calum of his sister Jade

MUSIC 'BRIT AWARDS 2017' VARIOUS ARTISTS

The *BRIT Awards 2017* three-disc compilation album is packed with more number ones than you can shake a stick at. Featuring songs from all of this year's nominees, including the triple-nominated Little Mix, David Bowie, Craig David, Zara Larsson and Critics' Choice Award winner Rag'n'Bone Man, there's no better album to get you in the mood for the star-studded ceremony on February 22. **KH**

★★★★★ OUT THIS FRIDAY



HOT TICKET!

STING '57TH AND 9TH' TOUR VARIOUS VENUES

Following the release of his 12th studio album, *57th & 9th*, Sting (below) takes to UK stages in the spring to showcase his new tracks. Special guests include the star's singer/songwriter son Joe Sumner and, with just three dates on his home turf, fans will need to get in there fast. With ten Grammys, two BRITs, a Golden Globe and an Emmy under his belt, it's no wonder he's sold close to 100 million albums throughout his career. He's sure to put on a mind-blowing show – after all, every little thing he does is magic! **RW**

STING PLAYS ONE NIGHT IN MANCHESTER AND TWO IN LONDON THIS APRIL. FOR TICKETS AND MORE DETAILS, SEE WWW.STING.COM/TOUR.



TOP TELLY PICK

'THE BRIT AWARDS' ITV, WEDNESDAY FEBRUARY 22, 7.30PM

Dermot O'Leary and Emma Willis (right) host this year's musical spectacular, live from London's O2 Arena. With performances from Robbie Williams, Ed Sheeran, Bruno Mars and Little Mix, it looks set to be a night of a thousand stars, with the likes of Beyoncé, Calvin Harris, Rihanna and Coldplay all up for awards. **NB**



FILM 'MOONLIGHT' (15)

Taking home the Golden Globe for Best Picture and nominated for the top prize at this year's Oscars, it's easy to see why critics and audiences alike have fallen under the spell of *Moonlight*. As softly spoken as its central character, the film chronicles the coming of age of Chiron (Ashton Sanders, right), a young boy in Miami. As he grows up, he's forced to confront the complexities of the people around him – his drug-addicted mother Paula (Naomie Harris, above), his mentor's criminal activities and his flirtatious best friend. And, parallel to it all is his burgeoning sexuality and the vicious bullying that follows. It would be easy to succumb to cliché when telling a story about drugs, poverty and homophobia in black America. Instead, *Moonlight* is sensitive, intimate and moving, studded with revelatory performances from Naomie Harris, Mahershala Ali and Ashton Sanders. Writer-director Barry Jenkins has created a quiet masterpiece. **AR** ★★★★★ OUT THIS FRIDAY



'FIFTY SHADES DARKER' (18)



The *Fifty Shades* tale takes a more sinister turn in the second movie of the racy film franchise. This time Christian Grey (Jamie Dornan) is trying to win back the trust of Anastasia Steele (Dakota Johnson, both left), all while we delve deeper into his dark and troubled history as figures from the past and present try to tear the couple apart. Based on EL James's book trilogy, there are a few jump-out-of-your-seat moments and it's a fun and enjoyable watch. It's nice to see a more vulnerable side to Christian, but it feels like Ana is weak and gives into him too easily. We're no prudes but we found ourselves cringing and laughing at the more graphic sex scenes. However, Jamie is still a treat for the eyes and his nude and gym scenes will delight all! **KH** ★★★★★ OUT NOW

HOT TICKET!

'SYMFUNNY NO 2' THE ROYAL ALBERT HALL, LONDON

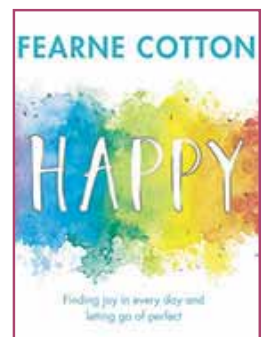
Fancy an evening of music and comedy while also supporting a great cause? Then *Symfunny No 2* is the event for you! Back for a second year and raising funds for Parkinson's UK, the show boasts a host of stars, from singer Katie Melua to comedian Josh Widdicombe (right) and musical theatre group Collabro. With more acts to be announced, it promises to be a fantastic night for a worthy cause. **RM**

'SYMFUNNY NO 2' TAKES PLACE ON APRIL 19. FOR TICKETS, VISIT WWW.PARKINSONS.ORG.UK/SYMFUNNY.



BOOK 'HAPPY' FEARNE COTTON

She's known for her fun and upbeat presenting style, but Fearne Cotton has also been bravely open about her struggle with depression during some darker points in her life. Already the successful author of recipe book *Cook Happy, Cook Healthy*, Fearne and her team of experts explain why perfect doesn't exist and teach us tools that can help us find the joy in every day. In our busy 2017 lives that are constantly fuelled by Instagram envy, bad Tinder dates and increasingly outrageous politicians, it's nice to go over the basics of simply being happy. **JC** OUT NOW





ZANNA VAN DIJK

GIVE YOUR BRUNCH A HEALTHY MAKEOVER WITH RECIPES FROM THE FITNESS BLOGGER AND INSTAGRAM STAR

SPINACH AND GOAT CHEESE FRITTATA

SERVES THREE



INGREDIENTS

- 8 large free-range eggs
- 50ml (2fl oz) milk
- 2 tsp coconut oil
- 2 large red onions, finely sliced
- 4 tsp honey
- 2 large handfuls of spinach leaves
- 150g (5oz) goat cheese

1. Preheat the grill to high.
2. Crack the eggs into a bowl, add the milk and beat with a fork.
3. Heat the oil in a non-stick frying pan over a medium heat, then add the onions and fry for eight to ten minutes, covered, stirring occasionally, until they soften and brown. Reduce the heat, add the honey and stir well.
4. Fry for a further one to two minutes,

- then add the spinach and stir for two minutes, until it's just starting to wilt.
5. Pour the eggs into the pan and cook for five to six minutes until almost set, then break the goat cheese into chunks and sprinkle over the top.
 6. Place the pan under the hot grill for three to four minutes, until the egg is set and the cheese is bubbling. Serve with a side salad.

SWEET POTATO PANCAKES

SERVES ONE

INGREDIENTS

- 1 small sweet potato
- 2 medium eggs
- 1 tsp coconut oil
- Toppings of your choice, such as feta, poached eggs, or yoghurt and fruit

1. Pierce the sweet potato and place it in the microwave, then cook on high for five to seven minutes, until cooked through. Alternatively, pierce and bake in the oven until tender. Leave for a few minutes until cool enough to handle, then remove the flesh.

2. Add 150g (5oz) of the sweet potato flesh to a blender with the eggs and blitz to form a smooth batter.

3. Heat the coconut oil in a non-stick frying pan over a low-medium heat, and pop a 5cm-wide dollop of batter in the centre. Fry gently for 30 to 60 seconds until the base is firm, then flip with a spatula and continue frying for a further 30-60 seconds until cooked through and golden brown. Remove from the heat, then repeat with the remaining batter to produce five to six pancakes.

Serve with toppings of your choice. **OK!**

'STRONG' BY ZANNA VAN DIJK (HEADLINE, £16.99) WITH PHOTOGRAPHS BY LAURIE FLETCHER, IS OUT NOW.



SHAPE UP LIKE KATE!

OK! TALKS TO A-LIST BODY TRANSFORMATION EXPERT **LOUISE PARKER**, WHO'S THOUGHT TO BE RESPONSIBLE FOR THE DUCHESS OF CAMBRIDGE'S SLIM PHYSIQUE

She counts rock stars and royalty among her famous clients and is known as Hollywood's secret weapon, called on by the stars wanting to be red carpet-ready for awards season.

Personal trainer and nutritionist Louise Parker, known as the 'figure magician', is the go-to guru for healthy weight loss and body transformations. A reformed 'desperate' yo-yo dieter herself, she has honed her famous 'Method' over the past 20 years and has become so successful, she flies across the world to meet clients and has also published two bestselling books, *Lean For Life* and new *Lean For Life: The Cookbook*.

The Duchess of Cambridge is rumoured to have sought her advice post-pregnancy, while actress Emma Thompson has raved about Louise after she helped her drop from a dress size 14 to a 10 in just six weeks. The *Beauty And The Beast* star says of Louise: 'She's not holier than thou, yet somehow miraculously gets my reluctant a**e into gear and sometimes even keeps it there. I love that her method is not a diet – and is genuinely sustainable – so I can have my glass of wine and manage to avoid spending the rest of the week eating cheesy Wotsits.'

Q! presenter Sandi Toksvig also enlisted Louise's help to drop from a size 22 to a petite 10. 'I liked what she had to say – she didn't make ridiculous promises,' explains comedian Sandi. 'Everything she said sounded like good sense.'

THE SECRET OF HER SUCCESS

So how does Louise help people achieve such amazing results? The expert, who's reluctant to name-drop her famous clients, tells OK! that she's simply passionate about good, healthy produce. She says: 'I loathe the term "cheat meal". Eating cake isn't cheating, it's just part of the joy of life. When you let go of the mentality of "on a diet" and negative language of: "I've ruined the whole thing, I might as well scoff until Monday and start again,"



'You can radically transform your lifestyle and body whatever age you are,' says Louise

then you let go of the diet mentality.'

Explaining the ethos behind her booming Chelsea-based business, she adds: 'We like to think we're the method in the madness of dieting – our mission is really to get more balance in the everyday. Life's too short to worry about your body and the last meal you ate – but you do need to learn how to get off the dieting treadmill. It's a little effort upfront, but you get freedom forever from dieting.'

Louise prides herself on putting together a realistic healthy eating and exercise plan for her clients. She tells

OK!: 'Our method coaches people in a really do-able way to turnaround their lifestyle habits, so that they achieve so much more than a body transformation.'

She adds: 'The first key is to adopt a positive mindset and think big in terms of results. You can radically transform your lifestyle and body whatever age you are, whatever shape you're in and whatever challenges you have on your plate.'

HOW IT WORKS

There are two phases to what she calls the Louise Parker Method. The first, Transform, is all about taking the direct route to your best body. This is followed by the Lifestyle phase, which helps you maintain your

ideal weight. Louise explains: 'My focus is on balance. We pay very close attention to portion sizes.' She adds: 'A Paleo fan with a daily CrossFit habit may be able to get away with snacking on raw cocoa and nut balls between meals, but if you're in a sedentary job and an occasional light exerciser, you can't burn off the energy, no matter how pure the ingredients are. While eating a raw



Above: Emma Thompson was a size 14 and is now a 10 (right)



The Duchess of Cambridge is said to have enlisted Louise's help after giving birth

food bar of cashew nuts, cocoa and honey may be nutritious, if you don't have the energy requirements of an athlete, your body will assimilate the sugars and fats and, as they hit your bloodstream, you'll lay down fat – just as you would have done if you'd eaten a KitKat Chunky.'

STAYING ACTIVE

Louise wants her clients to be the best version of themselves. She tells *OK!*: 'Our method is about creating a beautifully toned body, that moves well. We're not into a bulky look. And we're smart on time – I've no desire to spend any more time working out than you do. And the beauty is you really don't have to spend hours training.'



Louise says doing 10,000 steps a day is 'half the job done'

By weaving activity into your daily life – we advocate 10,000 steps – that's half the job done, without it being "a thing".

She continues: 'We coach a method of training that's cardio conditioning – the focus being on toning your whole body with many repetitions of light weight or bodyweight exercises. It's both fat-burning and conditioning your muscles to increase, so that we boost your metabolism. Try to "pay your daily rent" to your body and do at least 15 minutes a day. Anyone can find that amount of time.'

VISIT WWW.LOUISEPARKER.UK FOR MORE INFORMATION. LOUISE'S LATEST BOOK, 'LEAN FOR LIFE: THE COOKBOOK', (£20, MITCHELL BEAZLEY) IS OUT NOW.

LOUISE'S DAILY DIET

What does Louise recommend eating to stay in such amazing shape? She tells *OK!*: 'This is all about a fad-free approach. You eat well – five times a day – a little low-GI carbohydrate at each meal, a healthy dose of protein and a little good fat. It's balanced and varied and my recipes are full of flavour. It's a method you can do on the go. It has to work at airports, while eating out and living real life, because if it doesn't, it just fails to last and becomes a lifestyle change.'

BREAKFAST:

Bircher muesli, or oatbran porridge with a cappuccino.



LUNCH: A soup and simple chicken salad, or a piece of salmon and roasted vegetables.



DINNER:

Grilled fish, steak or roast chicken with stir-fried or roasted veggies, plus a green salad on the side. **OK!**



FEATURE BY *OK!* HEALTH EDITOR YASMINE GRIFFITHS
PHOTOGRAPHS BY ALAMY, GETTY IMAGES, RODELRIQ

LOUISE'S TOP THREE FITNESS TIPS

- 1 For great results, you need to get your heart rate up for a minimum of 15 minutes every single day. By exerting some extra effort like this, you'll really challenge your body.
- 2 Get the job done faster with circuit workouts (performing a series of timed exercises with short rests in between). They'll keep your heart rate up and your fat-burning tap dripping like crazy!
- 3 Take things up a notch with HIIT (High-Intensity Interval Training). For beginners I'd recommend a 20 minute HIIT run – jog for two minutes, run for one, sprint for one and then walk for one, and repeat.

Rebekah's DIARY

JAMIE VARDY'S WIFE ON POORLY FINLEY AND HANDLING SOME UNWANTED ABUSE



Finley has been poorly with a horrible cold and not sleeping, so I've bought him a Babocush newborn comfort cushion. It helps babies who won't settle unless they're lying on you – it gives the illusion of them



hugging their mother's chest and makes them feel secure [left].

Hopefully, he'll be better soon because we're going away for half term with the kids and my dad. It's my birthday week and also Valentine's Day. I've got Jamie a card and some nice Killian aftershave!

I'M GETTING ABUSED

I don't really want to leave the house at the moment because of all the abuse I've been getting. It doesn't seem to matter if Leicester City's results are good or not, I've been getting targeted by some of the fans. When I was leaving the stadium last Sunday, someone shouted loads of abuse at me. People's perceptions of me are completely distorted and they don't know me, it's frustrating.

BEAT THE BLUES

It was Children's Mental Health Week last week, and Fearne Cotton [right] released her new book, *Happy*, in which she talks about her depression and how she managed to get through it. It's great because the more role models talk about it, the more children will feel they can talk about it, too. I had really bad postnatal depression after Taylor was born and I've had bouts of depression on and off since because of the abuse I suffered as a child. Luckily, I didn't suffer from PND after Sofia and I've had none with Finley so far. I swear that's down to being in a good relationship with Jamie and having such a good support network.



SHAMEFUL BODY SHAMERS

The pictures of Beyoncé pregnant with twins are amazing. She's a person who can do whatever she wants – however wild and wacky – and why not? It reminds me of something Lady Gaga would do. Talking of Lady Gaga, she performed at the Super Bowl and was targeted by body shamers for having a muffin top [below], but there was nothing there! It reminds me of when I left hospital three days after giving birth. I got so much stick for wearing skinny jeans. I got a tweet, saying: 'Your thighs are disgusting, you're so fat, I can't believe Jamie still wants to be with you!'

Body shamers will say that if you're thin you've got an eating disorder, if you're heavier you're disgusting. People shouldn't listen to them as it just creates body image issues.



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Cooking up a romantic dinner but not sure which wine to serve? Five lucky *OK!* readers can win a box of wine worth over £50. The prize includes six carefully selected wines from SPAR's award-winning range, including Rosa Roja Gran Reserva Valdepenas – a succulent deep red; a zesty Cava Rosado, and Prosecco Speciale to add some fizz and sparkle to your meal! **To enter the competition, see the instructions below.**



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AS HE PREPARES FOR HIS TOUR

'FANS KEEP GIVING ME CHOCOLATE!'

DANCER **PASHA KOVALEV** ON THE NEW 'STRICTLY' HEAD JUDGE AND KEEPING IN TOUCH WITH NEARLY ALL OF HIS PREVIOUS PARTNERS

There may be a Glitterball-shaped void in the lives of *Strictly Come Dancing* fans at the moment, but fear not – Pasha Kovalev is here to fill it. The Russian dancer is set to star in his sixth tour since he joined the show back in 2011.

As well as his successful stage shows, the 37 year old has made the *Strictly* final three times, winning it alongside his series 12 partner Caroline Flack in 2014. He was also lucky enough find love through the show and has been dating *Countdown* presenter Rachel Riley for three years, after they met when they were partnered on the show.

As he heads out on the road for his *Let's Dance The Night Away* tour, Pasha tells us how Rachel, 31, won't be making a cameo and why there is such a thing as too much chocolate...

Tell us about the tour, Pasha...

It's a brand new production – I don't like repeating myself! This time there's a story which follows my career and where it took me over the years, and we're going to have kids from local dance studios joining us in every place we perform.

How is it being reunited with your professional partner Anya Garnis again?

Anya and I been dancing together for almost 17 years! Being able to carry on that professional relationship and for it to still be so fruitful and enjoyable is a great thing.

Will Rachel be coming along to any of the shows?



Yes, of course. She tries to come as much as she can but sometimes it's difficult because she has a busy schedule and my show is all over the country.

Do you think she would ever fancy joining in?

[Laughs] No, I don't think so! She loves to dance and when we get the chance we go to a salsa club for a dance. But on stage, I don't think she would enjoy that.

Do fans ever give you weird gifts and fan mail?

Yes, lots of fan mail and a lot of chocolate. Recently I've been trying to stay away from chocolate so I sent a message out, saying: 'No more chocolate,' but they don't listen and they still bring it! I have a few very dedicated fans and some of them come and see the show ten times each time.

What did you think of Ore Oduba

and Joanne Clifton's win on last year's *Strictly*?

Every year, my agent asks me who I think will win. I give the name and usually it's right and, last series, even seeing how good other people were, I still had my eye on Ore.



Above: Anya Garnis.
Left: Caroline Flack. Right: Kimberley Walsh



Above: Dashing Pasha is about to take to the stage, but girlfriend Rachel Riley won't be joining him (above left)

Who do you keep in touch with from your previous dance partners?

My first dance partner, Chelsea Healey, we don't really communicate. She's busy, I'm busy, and at some point we went our separate directions. But with everybody else we keep in touch.

Do you have a favourite?

They're all so different, I can't pick one over another! Every time we start *Strictly*, you start from the blank page and develop something, become good friends, create a bond and try to do your best dancing. Each story is different.

Have you had a chance to congratulate your former partner Kimberley Walsh on the arrival of her new son, Cole?

Yes, she's a happy mummy! I spoke to her recently and it's amazing news. When I danced with her there were no plans for baby number one and now she has two! It's incredible – life is going so fast.

Who do you think should replace Len Goodman as head judge on the panel?

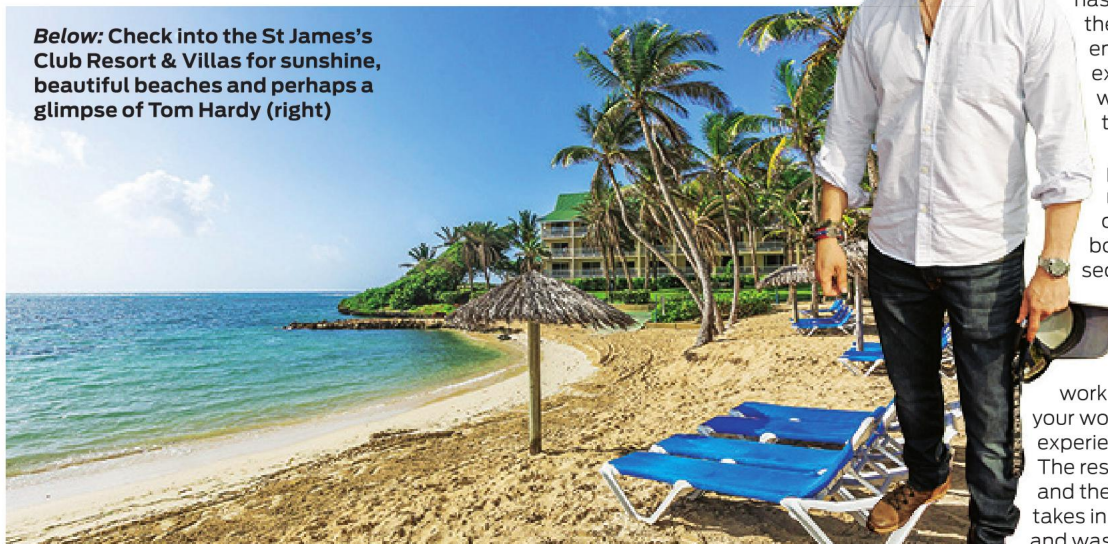
It's almost impossible to replace Len. I would love to see someone like Anton Du Beke taking Len's place because he's experienced and he knows his craft. He's a ballroom and Latin dancer just like Len, and Anton is also absolutely hilarious! **OK!**

PASHA'S 'LET'S DANCE THE NIGHT AWAY' TOUR STARTS ON MARCH 17. VISIT WWW.PASHAKOVALEV.CO.UK/TOUR-DATES.

CARIBBEAN DREAMING

OK! FOLLOWS IN SOME FAMOUS FOOTSTEPS ON A RELAXING BREAK IN ANTIGUA

Below: Check into the St James's Club Resort & Villas for sunshine, beautiful beaches and perhaps a glimpse of Tom Hardy (right)



Antigua is one of the most popular islands in the Caribbean, and OK! quickly discovered why when we travelled to this jewel in the West Indies. The island is visually breathtaking, with colourful villages and hundreds of bays with sun-drenched, palm tree-lined, fine white sandy beaches. But with more than 350 beaches and countless resorts to choose from, where do you spend your holiday?

OK!'s Annabel Zammit decided on the island's southeastern coast, home to the luxurious St James's Club Resort & Villas – and it didn't disappoint. It's also the resort Tom Hardy chose to holiday at last summer. Sun, sea, sand and spa, plus the prospect of seeing Hollywood hunk Tom in his trunks – what are you waiting for?!

WHERE SHOULD I STAY?

OK! headed to the St James's Club Resort & Villas for a week-long all-inclusive break. The location of the sprawling resort is stunning, with powder-white beaches surrounding the 100-acre peninsula. Mamora Bay, with the tranquil waters of the Caribbean Sea, is on one side of the resort, while Coco Beach, with the cool breeze and choppy waters of the Atlantic, is on the other.

OK! stayed in a royal suite, which had a king-sized bed, marble floors and a sunken lounge with floor-to-ceiling windows, leading onto a balcony with views of azure sea beyond.

Being all-inclusive, we did wonder if there would be enough to keep us occupied, but we needn't have worried as St James's Club is big on activities. There are four pools, including an adults'-only pool and one at the kids' club. We'd often start the day with an aqua aerobics class, meaning we felt less guilty about the delicious mudslide cocktail we'd inevitably drink come mid-afternoon! There are plenty of watersports to try out, too, including windsurfing, kayaking and sailing – all of which guests can do at no extra charge.

We also took a sunset catamaran cruise, where we were served dinner and rum cocktails while sailing around the island's peaceful bays (£50 per adult). Unsurprisingly, we spent a lot of time topping up our tan. Lying on one of the pristine beaches while drinking a cool beer or coconut water straight from the fruit was probably our favourite pastime!

WHERE CAN I RELAX?

On the rare afternoon that the heavens opened, we booked in for a pampering session at St James's Tranquillity Spa. The spa has seven Tahitian-inspired treatment rooms all set around a beautiful deck with views over Mamora Bay. There's a couple's massage area on the deck, which is a must for a romantic break. OK! opted for the delightful 60-minute Spa Tranquillity Wellbeing Massage. The spa uses Pevonia

Botanica products, a natural skin care range made with organic plant extracts and no nasties. The products, combined with our therapist's faultless massage technique, ensured we had a truly relaxing experience. And, with the sound of the waves as our soundtrack, it made for the most relaxing spa experience.

Wellness is high on the list of priorities at St James's Club, and the resort recently introduced FloatFit classes on Caribbean AquaBase boards. The thick floating mats are secured in the shallow water of Mamora Bay with wire, and guests balance on the boards in the ocean for a HIIT class. Exercises such as burpees, the plank, plus stretching and core work are all done on the board. Doing your workout while out at sea is a unique experience and beats the gym hands down. The resort also offers yoga or Pilates classes and there's also a daily morning hike. The walk takes in some of magnificent views of Antigua and was a fantastic way to start the day.

WHERE CAN I EAT?

The resort is home to four restaurants. With views of the Atlantic, Coco Beach serves up

tasty bites such as salads, sandwiches and pizzas. On the other side of the resort, overlooking Mamora Bay, was the Docksider Grill. This buffet restaurant serves traditional Caribbean food and freshly caught fish. The eatery had live music every time OK! visited and themed cuisine nights – we especially loved the Indian-inspired one.

Our favourite place for breakfast was the Rainbow Garden. Also, serving lunch and dinner, this restaurant

with garden views served up every breakfast option imaginable! For a fine-dining experience, head to Piccolo Mondo. There's an additional cost to eating here but it's worth doing once during your stay. We enjoyed a perfectly cooked steak at this intimate hillside restaurant and, afterwards, hopped in one of the buggies which shuttle guests around the resort and went for drinks at the Jacaranda Lounge, one of the resort's four bars.



One of the beautifully spacious royal suites

WHICH STARS MIGHT I SEE?

Last summer, Tom Hardy, who's currently starring in BBC drama *Taboo*, enjoyed a restful break at St James's Club – regrettably we weren't staying at the same time! The resort was also the location for Nicole Scherzinger's *X Factor* Judges' Houses in 2013, where she whittled down the girls category to her final four contestants with the help of Mary J Blige. Former Olympic swimmer Rebecca Adlington and singer Sophie Ellis-Bextor and her family have also holidayed at St James's Club. While Prince Harry visited the island during his royal tour last November.



Explore Antigua's underwater world on a scuba trip



Top up your tan and relax on the white sandy Coco Beach, where you can take a dip in the Atlantic

WHAT ELSE CAN I DO?

On site at St James's Club is the Mamora Dive Centre. This PADI-certified dive school takes guests out in small groups twice a day, and we spent three mornings diving with our brilliant instructor Tian. We swam with Caribbean reef sharks and visited a red reef wall at Nanton Point, which was the backdrop to hundreds of brightly coloured tropical fish. We also went diving around the



wreck of the *Andes*, a ship which sunk in 1905. Having not scuba-dived for a while we did a refresher course in the pool (£63) and

this built up our confidence to take the plunge again. We'd get up early, go for a morning dive and be back in time for a cocktail around the pool by midday!

HOW DO I GET THERE?

Virgin Holidays (www.virginholidays.co.uk; 0344 557 4321) offers a seven-night all-inclusive stay at St James's Club in Antigua from £1,349pp. Price includes return economy flights on Virgin Atlantic and transfers and is based on May 2017 departures. Virgin Atlantic (www.virginatlantic.com; 0844 2092 770) offers return economy flights from Gatwick to Antigua from £479pp, including tax. **OK!**

REPORT BY ANNABEL ZAMMIT TREAT OF THE WEEK, 5 OF THE BEST AND REPORT EDITED BY NANCY BROWN, OK! SPA EDITOR PHOTOGRAPHS BY ALAMY, GETTY IMAGES

TREAT OF THE WEEK

AQUA SANA, WOBURN FOREST



Think of Center Parcs and a chilled weekend away is most probably the last thing that comes to mind. However, nestled right in the heart of the beautiful forest-covered resort in Bedfordshire, you'll find an idyllic, peaceful spot dedicated to relaxation and wellness – the Aqua Sana spa.

OK! stayed in one of the huge, luxurious spa suites. With a walk-in bathroom, spacious lounge and a bedroom with a balcony that featured a day bed and a hot tub bath, we were in heaven – and that was before we even ventured down to the spa, which has six experience centres spread over two floors, all designed to bring you peace and tranquillity.

Ahead of our treatment, we dipped in and out of the lava volcano sauna in the Fire & Ice Spa, inhaled the flower essences in the Blossom Spa's heat room and enjoyed the detoxifying properties of the Salt Spa. When it came to picking a treatment, we opted for the Elemis Thousand Flower Detox Wrap, which saw us slathered in green tea seed oil before being enveloped in the vitamin-packed wrap. Afterwards our skin felt soft and our mind was clear.

Away from the spa, which has an outdoor pool with massage jets, there's a great café with a balcony – should the sun shine! Or head into the main Center Parcs resort for more dining options and lots of outdoors activities.

BOOK A SPA DAY AT ONE OF AQUA SANA'S FIVE FOREST LOCATIONS, PRICES START AT £75 PER PERSON. VISIT WWW.AQUASANA.CO.UK.

5 OF THE BEST SPA TREATS



1 NEOM ORGANICS ENERGY BURST EAU DE PARFUM, £49, www.neomorganics.com. The complex essential oils in this natural citrusy fragrance offer a wellbeing boost to power your day.

2 SKINCHEMISTS ADVANCED CAVIAR NIGHT MOISTURISER, £109, www.skinchemists.com. This works through the night, nourishing as you sleep.

3 NEWA BEAUTY TOOL, £350, www.newabeauty.com. If you want to keep wrinkles at bay and banish crow's feet, this is the device for you. It tightens skin in a matter of weeks!

4 TEOXANE RHA HYDROGEL MASK, £42 FOR TWO, www.teoxane.co.uk. Wrinkles and fine lines are visibly reduced after just one use of this mask.

5 AROMATHERAPY ASSOCIATES INNER STRENGTH SKIN RECOVERY MOISTURISER, £57, www.aromatherapyassociates.com. This calms, soothes and strengthens the skin's natural protective barrier.

OLIVIA COLMAN

THE ACCLAIMED ACTRESS WHO'S BECOME A NATIONAL TREASURE



Three-time BAFTA winner, and now proud Golden Globe recipient, Olivia Colman has well and truly become a household name. From kooky beginnings alongside university chums Robert Webb and David Mitchell. To plain-clothed detective in *Broadchurch*, with the third and final series due to begin this month. To pregnant badass in international hit *The Night Manager*.

The idea that her character in the BBC One hit drama *The Night Manager*, Angela Burr – who was initially a male character in the John Le Carré novel – could be pregnant, was all down to Olivia's honesty. In the early stages of pregnancy with her third child, and desperate to play the part, she toyed with the idea of withholding her news. She said: 'I went to see Susanne Bier, *The Night Manager* director, thinking, oh God, should I mention it in the first meeting? And I thought, I can't lie. Which is why I'd be a rubbish spy!' Luckily, inspired by Frances McDormand's iconic character in *Fargo*, Susanne didn't have a problem with the *Peep*

Show actress's growing bump, something that, in the end, added to the matriarchal steeliness of intelligence operative Burr.

Born in 1974, Sarah 'Olivia' Colman enjoyed a 'boring happy' childhood in Norfolk, raised by her chartered surveyor father and nurse mother. Of her parents, she says: 'They both had a good work ethic. I was really proud of my mum, dedicating her life to making people better.' The acting bug first took hold in her school production of *The Prime Of Miss Jean Brodie*, where she was cast in the lead. Although she kept her new fantasy under her hat. 'I was on stage, and I suddenly felt really at ease, and at home. Of course, at that age you keep it to yourself. You say: "I want to be a nurse or a teacher." I remember doing one of those computer careers tests. It told me I'd make an ideal HGV lorry driver, because I've got 100 per cent spatial awareness. I'd be able to back them into tight parking spots.'

Choosing, instead, to focus on primary teaching as a career, she took a place at Cambridge. And following in the footsteps of a vast comedy alumni, auditioned for the university's Footlights company – where she not only met future co-stars David Mitchell and Robert Webb, but also her future husband, Ed Sinclair. Walking into the rehearsal room for a production of Alan Ayckbourn's *Table Manners*, she was hit by thunderbolts on glancing at fellow student Ed's profile, and said to herself: 'There's the bloke I'm going to marry.' Although, by all accounts, he took a bit more persuading. 'I stuck with him and made him realise he could only be happy with me!' she has



Above: Promoting *The Night Manager*. Top: Winning a BAFTA with *Broadchurch* in 2014



In Hyde Park On Hudson with Bill Murray



With husband Ed Sinclair – 'the bloke I'm going to marry,' she once predicted!

FROM COMEDY TV TURNS TO AWARD-WINNING A-LISTER

1974 Sarah Caroline Olivia Colman is born on January 30 in Norfolk.

2000 Stars in comedy sketch show *Bruiser*.

2001 Marries fellow actor Ed Sinclair.

2003 Is cast alongside David Mitchell and Robert Webb as Sophie Chapman in the hugely successful and long-running TV comedy *Peep Show*.

2004 Takes another comedy role in *Green Wing*.

2006 Plays a naturist alongside Robert Webb in the film *Confetti*.

2007 Stars in the Simon Pegg

film *Hot Fuzz*. Son Finn is born.

2008 Appears in the BBC sitcom *Beautiful People*.

2009 Son Hal is born.

2011 Plays Carol Thatcher to Meryl Steep's Margaret Thatcher in *The Iron Lady*. Wins critical acclaim for her heart-breaking turn as Hannah in Paddy

Considine's *Tyrannosaur*.

2013 Wins the BAFTA for Actress In A Supporting Role for *Accused* and Female Performance In A Comedy Programme for *Twenty Twelve*. Appears opposite Tom Hardy in the film *Locke* and with Rose Byrne in *I Give It A Year*.

2014 Becomes patron for domestic abuse prevention charity Tender. Wins the BAFTA for Leading Actress and is nominated for an International



With her *The Iron Lady* co-star Meryl Streep

Emmy award for her role as DS Ellie Miller in ITV's *Broadchurch*.

2015 Olivia's third child, a daughter, is born. Appears in the film *The Lobster*.

2016 Stars in black comedy *Flowers*, saucy sitcom *Fleabag* and hit crime drama *The Night Manager*.

2017 Begins filming opposite Dame Judi Dench, Johnny Depp in *Murder On The Orient Express*. Wins the Golden Globe for Actress In A Supporting Role for her stint in *The Night Manager*. Rumoured to be the first female Doctor Who.



Above: 'I wasn't terribly committed, and I would have been a terrible teacher. I liked having a lark more,' Olivia said of her decision to switch to acting. Below right: With David Mitchell in *Peep Show*

said. The couple went on to marry in 2001 and have three children together, Finn, nine, Hal, seven, and an 18-month-old daughter.

After ditching her teaching aspirations, she went on to study drama at Bristol Old Vic Theatre School. 'I wasn't terribly committed, and I would have been a terrible teacher. I liked having a lark more,' Olivia has since said of her change in direction. A slew of comic support roles followed, including playing Sophie Chapman in the massively successful *Peep Show*. She recalls of the early days: 'It was a lovely way to spend your time, mucking about with all these funny people. And we all got on terribly well. I owe Rob and David so much – they gave me my first



job. I might not be doing this at all if it wasn't for them. And they're lovely friends.'

Already a recognised comic actress, with her infectious, toothy grin and affable air, critics really began to sit up and take note as she took on a spate of 'serious' roles. Firstly, the part of Hannah, a viciously beaten and abused charity shop worker in Paddy Considine's

Tyrannosaur, and then Carol Thatcher to Meryl Streep's Maggie in *The Iron Lady*. Meryl even referenced Olivia in her 2012 BAFTA acceptance speech, calling her 'divinely gifted'. But as the humble actress saw it, she was simply going for varied roles in her beloved craft. She says: 'I've always done drama. But I suppose *Tyrannosaur* was a bit of a watershed moment for me. It was like when Kathy Burke did *Nil By Mouth* – suddenly, people were saying: "Oh, she can do that, too."' From there she went on

to star in *Accused*, an equally gritty courtroom drama set in Manchester, for which she took home another BAFTA and developed a 'girl crush' on co-star Ann-Marie Duff, saying: 'She's a very bad influence, and a naughty giggler. We had a great



time.' Then came *Broadchurch*, with David Tennant. Another iconic, award-winning role in a returning police series, and something that, once again, showed the actress's technical range.

Alongside the TV parts have been the dalliances with Hollywood and the silver screen. Most notably, perhaps, after her turn as Carol Thatcher, she played the Queen Mother opposite Bill Murray's Roosevelt in *Hyde Park On Hudson*. But did she find it difficult to portray a real person? 'I think I got away with it because nobody remembers what she sounded like, and anyway, everybody was watching Bill Murray.'

'IT WAS LOVELY TO MUCK ABOUT WITH FUNNY PEOPLE'

Olivia said, adding of Bill: 'He was absolutely lovely, a force of nature. He left me a voice message and I've still got it. I'll never erase it. He's saying: "Hey Olivia, we're coming over to the Groucho tonight, don't know if you're around." I wasn't, more's the pity. I could have got p***ed with Bill Murray!'

Olivia missed last month's Golden Globes due to it being her first week on new job. She said that she doubted she would actually win and chose an early night instead, ready to start fresh on the new star-studded film *Murder On The Orient Express*. 'I'm playing Judi Dench's maid and I want her to be so impressed because she is my hero,' said Olivia. 'I have to be good and I don't want to be that person who turns up jet-lagged, but now I sort of think they would have forgiven me!'

There have been rumours that she could be the next Doctor Who, or that she could revise her steely side to portray our first female Bond even. Perhaps the public can see it, but the *Green Wing* actress doesn't fancy herself as 007, saying: 'I like M. I'd love to be M one day. Maybe when Ralph Fiennes doesn't want to do it any more, maybe he can give me a ring.' **OK!**



Below: Ellie Goulding performed a set of four songs. **Below:** Alessandra Ambrosio and Heidi Klum



Above: Scarlett Johansson. **Above left:** Naomi Campbell, Donatella Versace and Iman

FASHION'S FINEST

WHAT: The 19th Annual amfAR New York Gala.

WHERE: Cipriani Wall Street, New York City.

WHEN: Wednesday February 8.

WHO: Naomi Campbell, Paris Hilton and Heidi Klum were among the VIPs at

the gala, which this year honoured Scarlett Johansson and Donatella Versace.

LOWDOWN: Guests had the chance to bid on some incredible auction lots including a vending machine filled with 363 bottles of Moët & Chandon champagne!



Above: Diane Kruger and Alan Cumming. **Left:** Paris Hilton



Above left: Nicole Kidman. **Above right:** Kerry Washington



GOOD AS GUILD

WHAT: The 69th Annual Directors Guild Of America Awards.

WHERE: Beverly Hilton Hotel, Beverly Hills, California.

WHEN: Saturday February 4.

WHO: Nicole Kidman, Dame Helen Mirren and Kerry Washington handed out awards in front of more than 1,200 guests.

LOWDOWN: *La La Land* was among the films recognised for its directorial achievement.



Above: Michael Fassbender, Orlando Bloom and Josh Hartnett. **Right:** Dame Helen Mirren and Taylor Hackford



Above: Amy Adams. **Above left:** Laverne Cox

GETTY IMAGES FOR DGA



Above: Emma Stone and Ryan Gosling. **Above right:** Casey Affleck and Michelle Williams



GIRLS ON FILM

WHAT: The 32nd Santa Barbara International Film Festival.

WHERE: Santa Barbara, California.

WHEN: Wednesday February 1 until Saturday February 11.

WHO: Emma Stone was among the VIPs.

LOWDOWN: Guests enjoyed screenings, Q&As and a host of awards.



Above: Cara Santana and Jesse Metcalfe. **Left:** Naomie Harris

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Above: Richard Buckley, Livia Firth, Tom Ford and Colin Firth



Above: Jack Fox and Samantha Barks. **Left:** Maxine Peake is a lady in red



Above: Helen George. **Left:** Donna Air

DINNER TIME

WHAT: The 2017 BAFTA Film Gala Dinner.

WHERE: BAFTA Piccadilly.

WHEN: Thursday February 9.

WHO: Colin Firth, Tom Ford, Maxine Peake, Samantha Barks, Donna Air and *Call The Midwife*'s Helen George were among the star guests raising funds for a deserving cause.

LOWDOWN: The evening raised money for Give Something Back, which helps young people from all backgrounds enter the film and television industry.



Above: Eamonn Holmes enjoys a drink with Vickie White



Above: Clare Nasir, *OK!* editor in chief Kirsty Tyler and Kate Garraway. **Left:** Lizzie Cundy and Anthea Turner



Above: Francine Lewis and Bobby Davro. **Below right:** Jessica Cunningham



ALL WHITE!

WHAT: White Management's birthday.

WHERE: Tramp, London.

WHEN: Thursday February 9.

WHO: *OK!* partied with Vickie White and her clients, including Eamonn Holmes, Anthea Turner and Ola and James Jordan.

LOWDOWN: Guests raised a glass to many more years of success.

Above: Ola Jordan. **Above right:** Eamonn Holmes and James Jordan **Right:** Zara Holland and Jess Impiazzi





Above: Robbie Williams poses with his wife, actress Ayda Field



Above: Dustin Lance Black with fiancé Tom Daley. Below: David Hockney



HOCKNEY ENTERTAINS YOU

WHAT: David Hockney retrospective exhibition.
WHERE: Tate Britain, London.
WHEN: Tuesday February 7.
WHO: Robbie Williams and Tom Daley joined the artist himself for the private viewing.
LOWDOWN: One of the nation's best-loved artists has a comprehensive exhibition of his life's work at the Tate Britain gallery until May 29, 2017.

GETTY IMAGES, REX



Above: Reese Witherspoon with daughter Ava. Left: Nicole Kidman

WHAT LIES BENEATH

WHAT: The premiere Of HBO's *Big Little Lies*.
WHERE: TCL Chinese Theatre, Hollywood.
WHEN: Tuesday February 7.
WHO: The miniseries' stars, Nicole Kidman and Reese Witherspoon.
LOWDOWN: The comedy-drama tells the story of three women whose lives become entangled after they meet at the school gates. Sex, secrets and scandals ensue...

GETTY IMAGES, WIRE IMAGE



Above: Jonathan Ross. Above right: Lisa Maxwell and Denise Welch



LET'S GET QUIZZICAL!

WHAT: Centrepunt's Ultimate Pub Quiz.
WHERE: Village Underground, Shoreditch.
WHEN: Tuesday February 7.
WHO: Hosted by Jonathan Ross, Vanessa Feltz, Denise Welch and Tallia Storm competed.
LOWDOWN: The night raised much-needed funds to help homeless youth.



Above: Vanessa Feltz. Right: Singer Tallia Storm



GETTY IMAGES, SILVERHUB, WIRE IMAGE

PISCES FEBRUARY 20 - MARCH 20

Feeling washed out is your signal to take some time off. Light dawns and, by midweek, you'll be full of new plans and ready to extend your repertoire. By the end of the week a new chapter begins - start making your plans now. **STARLINE: 0905 789 4012***

ARIES MARCH 21 - APRIL 20

Friendships and group activities keep you on the go. You're on fine form, oozing charisma from every pore. Privileged information? Act quickly - it could bring financial benefits your way. Being diplomatic on Tuesday gets most things sewn up. **STARLINE: 0905 789 4001***

TAURUS APRIL 21 - MAY 21

Keep your eye on the ultimate goal and network for success. Surprising developments at work will make this week one of the highlights of the year. It's the new faces gravitating into your orbit that add interest to your weekend. **STARLINE: 0905 789 4002***

GEMINI MAY 22 - JUNE 21

It's good to escape from time to time and this week provides the ideal opportunity. Whether you're single or attached, it's social get-togethers that create romantic opportunities. If you want results, get out and about this week. **STARLINE: 0905 789 4003***

CANCER JUNE 22 - JULY 23

Mars travelling through your career skies empowers you with a new dynamism and drive. At the same time, matters concerning family and property take a turn for the better. Altogether, the signs are that your future is opening up. **STARLINE: 0905 789 4004***

LEO JULY 24 - AUGUST 23

Your powers of self-expression are impressive and, as a result, meetings and all dealings with others are bound to go your way with little effort on your part. Romantically, financially and geographically, it's an exciting new world. **STARLINE: 0905 789 4005***

VIRGO AUGUST 24 - SEPTEMBER 23

Double check your facts, study the body language and read the small print. Asking those searching questions will now bring you the answers you've been seeking. Love? The stars are lining up some romantic magic just for you! **STARLINE: 0905 789 4006***

LIBRA SEPTEMBER 24 - OCTOBER 23

Perhaps it's that new insights lead to a breakthrough at work, or that you are at last recognising the potential of your talents and abilities. Whichever, a new optimism sweeps you up and brings you increased confidence this week. **STARLINE: 0905 789 4007***

SCORPIO OCTOBER 24 - NOVEMBER 23

Normally you're the one who likes to influence others. But this week someone could use subtle manipulation on you. Will you fall for it? Not if you keep your eyes wide open. At work, this is your chance to give your imagination free rein. **STARLINE: 0905 789 4008***

SAGITTARIUS NOVEMBER 23 - DECEMBER 21

With your *jolie de vivre* returning, there's a definite upbeat feel to your week that brings fresh hope. Financially, you may temporarily have to batten down. Romantically, however, you're at your most potent and stirring intense amour! **STARLINE: 0905 789 4009***

CAPRICORN DECEMBER 22 - JANUARY 20

Despite the changes you have in mind that might create upheavals at home, you can rely on Venus to bring happiness in her train. Imaginative schemes and dreams? That's the key to your future prosperity and wellbeing. **STARLINE: 0905 789 4010***

AQUARIUS JANUARY 21 - FEBRUARY 19

Give yourself a chance to re-energise. By Tuesday you're starting to think ahead and make plans. Thursday sees you embarking on a period of extraordinary progress with the future opening out. In many ways it's a new beginning. **STARLINE: 0905 789 4011***

LORI REID

OUR ASTROLOGER TELLS YOU ALL YOU NEED TO KNOW ABOUT YOUR WEEK AHEAD!



MICHAEL MCINTYRE FEBRUARY 21 1976

Being a sensitive Piscean means that Michael McIntyre has an acute ability to pick up the subtlest of vibes from his audiences. But it's the solar link to electric Uranus that gives him a lightning-fast switch to work those reactions to his advantage. His cheeky, lovable manner comes courtesy of a conjunction between witty Mercury and charming Venus, while his snappy, giggly delivery is down to razor-sharp Mars that fires rapid messages to funny-bones Jupiter.

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*Calls to Starlines cost 80p per minute plus your telephone company's network access charge. Maximum eight minutes duration. Entertainment only. SP: Spoke, 0333 202 3390.

OK! COMPETITION

WIN A HOLIDAY TO TENERIFE

Fancy a refreshing sun-drenched holiday? Thanks to Neutradol, you could win a week in Tenerife. You and your partner will stay at La Quinta Park Spa. With panoramic views, swimming pools, heavenly spa and mini golf, you are sure to return home feeling refreshed. To get clean fresh air in your home you need to destroy bad smells and not just cover them up with a synthetic perfume, which is why you need Neutradol.

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CELEBRITY HOTSPOT

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ANDAZ HOTEL, LIVERPOOL STREET, LONDON

Below: Relax in one of the 267 sumptuous rooms and suites like Beyoncé did (right) during her *Formation* tour

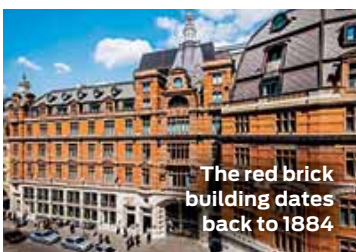


WHAT IS IT?

This five-star boutique hotel is on the border of London's Square Mile and trendy Shoreditch. The classic Victorian building dates back to 1884 and was designed by the same architects as the Houses Of Parliament. Within its historic exterior are 267 luxurious rooms and suites, seven bars and restaurants, a health club, and 14 private spaces for weddings, meetings and events.

WHO GOES?

Beyoncé stayed here while on the London leg of her *Formation* world tour, while Lady Gaga chose one of its secret rooms – a former Masonic Temple – for a film project.



The red brick building dates back to 1884

WHY DO WE LOVE IT?

The Andaz combines luxury with an avant-garde feel. The post-modern, six-storey atrium is a sight to behold, as are the quirky murals on the walls of the rooms, which have all been painted by local East London artists.

OK! enjoyed a delicious dinner in the Eastway Brasserie. The menu by chef Sam Dunleavy is local and sustainable, so we opted for British seafood to start. Our octopus salad came with shaved fennel, pickled peppers and olives (£9), while our companion loved the Cornish crab and smoked salmon salad with brown crab mayo and pickled apple (£12). For mains, our waiter recommended the signature slow-braised beef blade (£19), which was drizzled with a rich beetroot jus and rested on parsley pomme purée. Our guest chose from the grill section – a smoky surf-and-turf of rare sirloin steak with king prawns (£32) and a side of sautéed spinach with shallot butter (£4.50). We just about fitted in a dessert of rich and creamy tiramisu with dark chocolate couverture (£6)!

Enjoy local and sustainable produce in the Eastway Brasserie



WHAT ELSE?

The hotel offers an unbeatable location to experience the true character of East London. It's just a stone's throw from hip Shoreditch, famous for its vibrant night life, cool cafés, art galleries and rich history. A visit to the area wouldn't be complete without stopping by the iconic Columbia Road Flower Market and the shopping district of Spitalfields, as well as the curry houses of Brick Lane. The adjoining Liverpool Street Station means you're less than 15 minutes on the Tube from the West End. **OK!**

TO FIND OUT MORE, VISIT LONDON.LIVERPOOLSTREET.ANDAZ.HYATT.COM.

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ISSUE 824 APRIL 24 2012

AS HE MAKES HIS MARK ON 'THE JUMP', WE LOOK BACK ON A FLIRTY DAY WITH 'MADE IN CHELSEA' **LOTHARIO SPENCER MATTHEWS**

He's already alleged to have had two girls on the go while training for Channel 4's upcoming show *The Jump*, flirting up a (snow) storm with Vogue Williams and Great Britain Olympic tae kwondo gold medallist Jade Jones. And it was no different back in 2012, when OK! visited *Made In Chelsea*'s Spencer Matthews at his bachelor pad in west London.

Having just split from his co-star Caggie Dunlop, the Eton-educated star talked openly about his womanising ways, recalling the shock that greeted him after one particular drunken night out: 'I've woken up thinking I'm alone in bed, been texting, then rolled over and seen someone there – I was freaked out!' The confident bachelor also admitted to putting dates before mates. 'I'm pretty good with my friends, but I do blow off the occasional friend for a date,' he said.

Meanwhile, revealing his acting ambitions, Spencer said: 'Hollywood would be the dream... I can act and if someone sees that, then great.' He added: 'Touch wood it happens one day.'



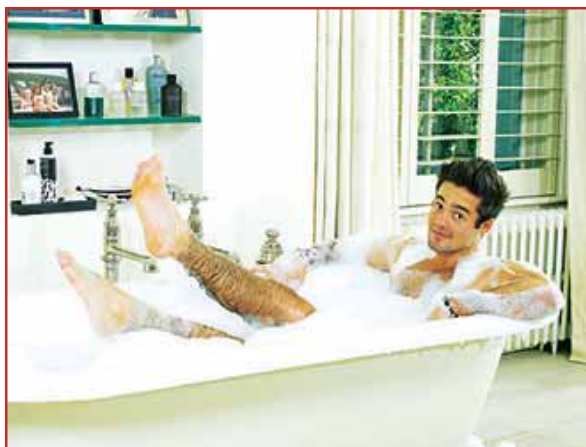
To date, the movie roles have evaded Spencer, now 27. In 2015, he headed to the jungle to appear on *I'm A Celebrity – Get Me Out Of Here!*, but was forced to quit after just three days when producers discovered he was secretly taking steroids. 'I just wanted to look great in the shower,' he later admitted. 'I screwed up.'

During his chat with OK!, Spencer also revealed that he moved in royal circles. 'I used to be pretty close with Prince Beatrice,' he said, adding: 'Name dropping is a bit poncey, but my brother knows Pippa Middleton.'

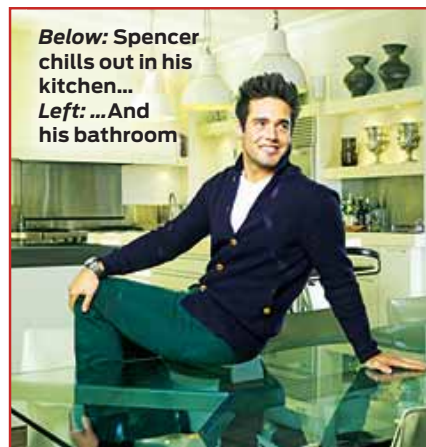
Nearly five years later, his banking tycoon sibling James is gearing up to marry Pippa, which means Spencer, who recently split from French model Morgane Robart, will be rubbing shoulders with royalty once more. Let's hope the self-confessed ladies' man behaves himself at the wedding reception! **OK!**

FOR BACK ISSUES OF OK!, EMAIL SUBSCRIPTIONS @OKSUBS.CO.UK OR CALL 0330 333 9429.

Above: Ladies' man Spencer shows off his juggling skills! Below: 'Hollywood would be the dream,' Spencer told us



Below: Spencer chills out in his kitchen... Left: ...And his bathroom



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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.

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*always eats
its greens.*
So I don't have to.
Cake, please.

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There's more to life than hair but it's a good place to start

