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### **OK!** CONTENTS

#### **ISSUE 1073 MARCH 7 2017**

his week, in our special pregnancy edition, we're celebrating some of our favourite expectant stars. On page 58, stunning Hollyoaks actress Jennifer Metcalfe exclusively reveals to OK! that she's expecting her first child this summer with boyfriend

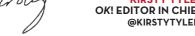
Greg Lake. The soap star tells us that she fell pregnant straight away - and 'couldn't be more excited'!

Meanwhile, Cheryl, who's expecting her first baby with boyfriend Liam Payne, has posed for a beautiful bump shot in a new photograph for the Prince's Trust and L'Oréal Paris, weeks before her bundle of joy's arrival. Looking glowing, the singer excitedly talks about her work with Prince Charles's charity, which she's teamed up with to create Cheryl's Trust. The organisation helps disadvantaged youngsters in the north east of England and is set to open a centre in her hometown of Newcastle - news Cheryl recently shared with fans, saying: 'I am so happy and excited... Part of me is still pinching myself!' There seems to be lot to celebrate in Cheryl's world, and we couldn't be happier for her. Turn to page 4 for the details.

We also report on some other OK! favourites who are due to hear the pitter patter of tiny feet in 2017. Among them is British human rights lawyer Amal Clooney, who's expecting twins with husband George this summer, Olympic champion Laura Kenny, who is set to welcome her first child with her husband. fellow Olympian Jason, and Billie Faiers, whose baby boy - her second child with fiancé Greg

Shepherd – is due any day now! Enjoy the issue.

> KIRSTY TYLER OK! EDITOR IN CHIEF @KIRSTYTYLER1







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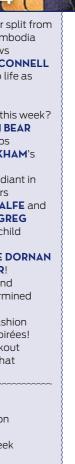
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PROUDLY SHOWING OFF HER BABY BUMP

### SHE'S PREGNANT AND SHE'S WORTH IT!



### ENDING MONTHS OF SPECULATION, A HEAVILY PREGNANT CHERYL APPEARS IN A NEW L'ORÉAL CAMPAIGN SHOOT

fter one of the most talkedabout pregnancies in showbiz history, Cheryl has unveiled the first official picture of her baby bump! Cradling her growing tum in a fitted black outfit, the 33-year-old left fans in little doubt that she is pregnant in a campaign shot from the new collaboration between the Prince's Trust and L'Oréal Paris. The star - who is expecting her first child with 23-year-old boyfriend Liam Payne and who are thought to have been dating since December 2015 - hasn't publicly commented on the pregnancy but these glowing images of the former Girls Aloud star finally verify the exciting news.

Cheryl – who is believed to be eight months pregnant in these images taken in January – has worked with the Prince's Trust and L'Oréal for many years. Back in 2015, she set up her own branch of the charity called Cheryl's Trust to help underprivileged youngsters in the North East and she recently shared with fans the exciting news that a charity centre was being opened in her hometown of Newcastle. 'I am so happy and excited to

tell you all that after a 5 year relationship with @PrincesTrust and a 2 year mission along with Cheryl's Trust we have finally found a centre in Newcastle that will be opened this summer!' she wrote. The singer added: 'Part of me is still pinching myself! I wanted to say a personal thank you to each and every one of you that got involved and donated money and items/ your time over the years to help me get this off the ground.'

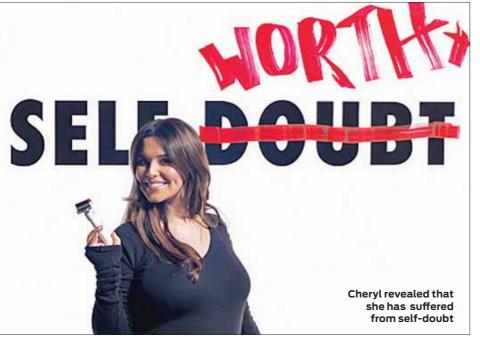
In the latest campaign, she is joined by 14 other ambassadors, including actress Dame Helen Mirren, TV presenter Katie Piper, singer Louisa Johnson and vlogger Marcus Butler.

As part of the charity campaign, Cheryl and the other stars recorded videos of inspirational messages. And pregnancy seems to suit Cheryl as she radiates health in the film. At one point, she places her hands on her hips and says: 'We're all worth it,' adding: 'What makes us different is what makes us beautiful.' Cheryl also revealed her maternal side in the campaign when she urged youngsters to: 'Realise your potential, build your confidence and change your life.'

















The videos were shown at a launch event for the partnership between the Prince's Trust and L'Oréal Paris on February 23, which OK! attended. While Dame Helen Mirren spoke at the event and many of the campaign's stars were at the launch at the charity's centre in Kennington, south London, Cheryl wasn't in attendance. And the singer's no show sparked rumours that she has already given birth, although as OK! went to press, there was no confirmation of this. On February 9, Kimberley Walsh posted a throwback picture tribute to Cheryl on Instagram and Sarah Harding followed it up with one on Valentine's Day. Eagle-eyed fans speculated they were covertly congratulating their former bandmate on her baby's arrival.

At the Prince's Trust event, activist Katie Piper, who released a book called *Confidence: The Secret* last year, told *OK*! of Cheryl's pregnancy: 'We shot on separate days so the first time I saw her was in that picture of us all but she looks really well. It's lovely.'

The new three-year collaboration, 'All

Worth It', between the Prince's Trust – founded by HRH the Prince of Wales in 1976 – and L'Oréal is aiming to help 10,000 young people across the UK turn their self-doubt into self-worth. Newly

released figures from the Prince's Trust reveal that

one in three young people do not believe in themselves. The campaign's slogan is a twist on L'Oréal's motto: 'Because I'm worth it', changing it to: 'Because we're all worth it.'

Offering her advice to young people in one of the campaign videos, which was also filmed during her pregnancy, Cheryl opens up about times where she has felt moments of self-doubt and how she has overcome them. She reveals: 'There was definitely a time when I struggled with self-doubt. I would say more so in my life when I was a teenager was when I first came about experiencing those feelings of doubting yourself, doubting your decisions. I wasn't doing

very well at school at all.' Adding: 'There's moments in life where you might feel things are failures but they're actually just learning curves so you can't be afraid to fail. But I think you've got to experience stuff to feel that way and I'm definitely at a place now where I don't feel like I fail at things. I feel like I learn.' She continues: 'There are absolutely options out there and steps you can take to better the way you're feeling. Don't ever just sit there feeling sad, feeling excluded. Don't ever feel alone because there are many of us out there that want to help. I think what initially inspired to me to get involved with the Prince's Trust is when I realised if I just went back a little bit to the way I was feeling before, I could help people to motivate themselves and to achieve better things.'

Former Girls Aloud star Cheryl, who was officially divorced from her second husband, restaurateur Jean-Bernard Fernandez Versini in October 2016, has been open about her desire to become a mum for some time. Back in 2012 – while she was still single – she revealed she was, 'obsessed with babies'. 'I love kids. I know that's what I was put on earth to do – to be a mother,'

she said.

Meanwhile, just before the first official pictures of Cheryl's bump were revealed, her boyfriend Liam was partying at the BRIT Awards. He took to the stage alongside his manager Simon Cowell and X Factor judge Nicole Scherzinger to accept One Direction's award for Best British Video for their single History. As

One Direction are currently on a hiatus, Liam accepted the award on behalf of his bandmates, saying: 'Thank you so much! We cannot believe we are still winning these. Thank you very much.' He also took the opportunity to reassure fans that One Direction were still together, despite their break. 'We have been taking some time out working on our solo music, but One Direction is who we are and who we will always be,' he said (see page 20 for more from the BRITs).

Meanwhile, it seems that Cheryl and Liam have been busy nesting, with reports revealing that Liam's Surrey mansion is undergoing transformations. However, while most parents-

'I KNOW WHAT

I WAS PUT ON







to-be think of adding a nursery or baby proofing their pad, Liam is said to be upgrading his six-bedroom Surrev home with a brand-new basement gym, swimming pool and super-sized snooker room!

Cheryl has also apparently asked both her and Liam's mums to move in following the baby's arrival. A source revealed: 'Joan [Cheryl's mum] and Karen [Liam's mum] are keen to lend a helping hand. Also, Karen

is a nursery nurse so she has a lot of hands-on experience with babies.' The source also said: 'Both mothers are excited but have put a time limit on their stay as they know it's important for Cheryl and Liam to have their space - and quality time as a new family.' Also, in January, Cheryl and Liam took delivery

of a £1,250 Silver Cross pram fit for a prince or princess as Silver Cross is the same brand used by the Duchess of Cambridge for Prince George and Princess Charlotte's prams.

During Cheryl's marriage to Jean-Bernard in 2015, she insisted that she wasn't in any rush to become a mother. She said that motherhood was 'something that happens naturally.' She added: 'I'm just going to go with the flow. Whatever Mother Nature gives us...' But, it seems her priorities changed once she and Liam were an item!



may lock horns with his girlfriend when it comes to naming their new arrival. While Cheryl has cited her favourite name for a boy as Alfie, Liam said in 2015: 'I like the name Taylor. Taylor's neutral for a boy or a girl. That's what I'm going to call my first child.'

And Cheryl's former X Factor boss Simon gave his blessing when news emerged that she and Liam were trying for a baby soon after getting together. In July 2016, he said: 'Cheryl would be an amazing mum. I have seen her with my son Eric and other kids and she is incredible. I think she is in a good place in her life right now.'

Fans have been speculating about the pregnancy for months and although there have been numerous





hints and bump sightings, neither Cheryl nor Liam have confirmed the news. However, last month, Liam's One Direction bandmate Niall Horan all but confirmed that his pal was set to become a dad when he said: 'Liam hasn't said he's nervous but I'm sure he is. I bet he can't wait as well. It is a very exciting thing in your life.' OK!

TURN THE PAGE FOR OUR CHERYL TIMELINE AND TO PAGE 12 FOR OUR CELEB PREGNANCY SPECIAL

FEATURE BY KIRSTY HATCHER AND CLARE FISHER PHOTOGRAPHS BY GETTY IMAGES, REX. FLAVIEN PRIOREAU FOR L'ORÉAL PARIS AND PRINCE'S TRUST'ALL WORTH IT' CAMPAIGN

#### FROM 'X FACTOR' MEETING TO 'SECRET' PREGNANCY

## WHAT A LOVE STORY!

#### WITH THEIR BABY DUE ANY DAY, OK! CHARTS CHERYL AND LIAM'S RELATIONSHIP

**2008** The couple meet during Liam's first *X Factor* audition when he is just 14 and Cheryl is 24. The young singer charms his future girlfriend by winking at her, while Cheryl says: 'I think you're really cute.'

**2010** After failing to reach the live shows in 2008, Liam (below right) returns to *The X Factor* two years later, aged 17. Heaping praise on him once again, Cheryl (below left) says: 'You've definitely got it.' One Direction is born.





OCT 15, 2015 Cheryl and her second husband, Jean-Bernard Fernandez-Versini – who she married in 2014 – are spotted together publicly for the last time at Ant and Dec's joint 40th birthday party.

**DEC 13** Cheryl and Liam reunite on *The X Factor* when One Direction perform at the

in al. Their chemistry is palpable after Liam is spotted sharing a kiss and a warm embrace with Cheryl (left).



#### JAN 9, 2016

Cheryl and JB's split is confirmed. The singer cites the restaurateur's 'unreasonable behaviour' in divorce papers.

#### **JAN 23**

Liam has three roses tattooed on the back

of his hand, thought to match the floral body art on Cheryl's back and bottom.

FEB 14 Liam posts a photo of a red rose with the comment: 'Happy Valentines Day, baby [sic]', thought to have been another reference to Cheryl's rose inking.

FEB 26 News of their relationship breaks. Within hours, Liam changes his Instagram profile picture to a snap of himself and Cheryl (right). He also changes his profile bio to: 'Happy.'



FEB 28 The first picture of the pair emerges showing them shopping at Tesco in Guildford, Surrey, near Liam's home. A few days later, they upload pictures of themselves in Liam's car. It emerges that the couple had enjoyed a luxury holiday to the Maldives over Valentine's Day.

MAR 2 Cheryl teases fans with a picture of herself with Liam and two men on Instagram (below), with the caption: 'My mystery man line up #whosthemystery man #whoisit #whosworthit.'



MAR 5 The pair are seen heading into the exclusive Crockfords casino in London's Mayfair on a date.

MAR 8 Liam posts a picture of Cheryl captioned: 'Happy #international womensday to my favourite woman in the world hope I make you as happy as you make me X [sic]'.

MAR 9 Liam and Cheryl head to dinner at London's Salmontini le Resto with Cheryl wearing a LOVE necklace (right).





MAY 9 The couple make their red carpet debut at the Global Gift Gala, held at the Four Seasons Hotel in Paris (above).

MAY 11 Cheryl and Liam are seen boarding a private jet to the French Riviera for the glamorous Cannes Film

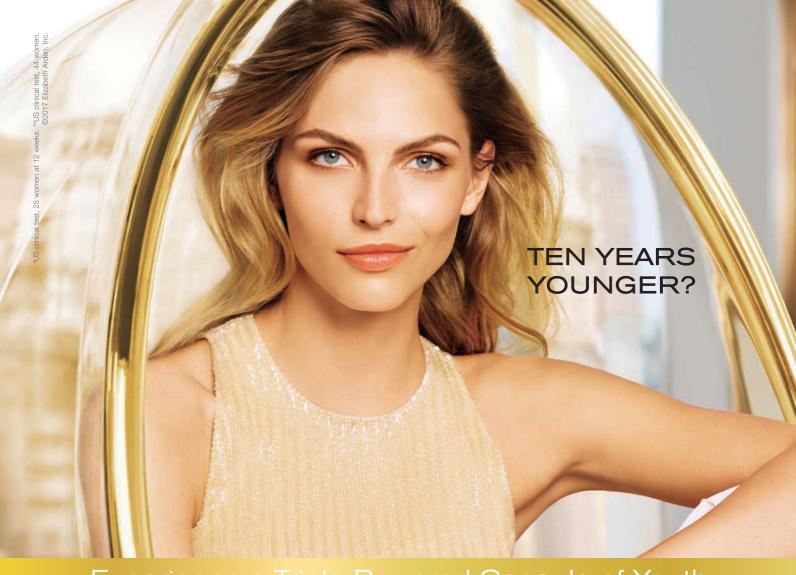
APR 12 The couple enjoy a date at London restaurant Sexy Fish, arriving hand in hand.

APR 17 Cheryl denies hurtful rumours she cheated on JB with Liam, tweeting: 'If anybody believes the s\*\*t they're reading today you really don't know me at all.'



JUN 11 Things look to be getting serious as Cheryl is invited to Liam's sister Ruth's wedding. Much is made of Cheryl's unflattering grey dress (see over the page), but sweet Ruth calls her 'one of the most beautiful women in the world' on Twitter.





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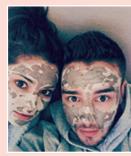


ElizabethArden



JUN 30 The pair celebrate Cheryl's birthday with a party at Coya restaurant in central London (far right).

JUL 10 Liam debuts his and Cheryl's cute Chihuahua on Instagram.



SEP 21 Clearly missing his other half, Liam uploads a selfie of himself and Cheryl wearing face masks (above right). The caption reads: 'I miss you!... the things you make me do. Home soon!'



SEP 22 Cheryl is pictured shooting a charity campaign with her stomach mysteriously cropped out of the shot, and fans are quick to speculate that the singer may be hiding a baby bump.

OCT 2 Glowing Cheryl arrives in Paris amid rumours

she's expecting. A noticeably curvier Cheryl attends the L'Oréal Paris party during Paris Fashion Week (above).

OCT 20 Cheryl and JB are granted a divorce.

OCT 27 Cheryl is spotted leaving her perfume launch with a sizeable bump under her comfortable black hoodie (right).

OCT 30 Cheryl's close pal Kimberley Walsh says in an interview that she doesn't 'want to go into too much detail' about the rumours Cheryl is expecting, but cryptically adds: 'I'm really happy that she's happy.'



NOV 2 Cheryl appears on The One Show but remains tightlipped on the rumours she's expecting (right).

NOV 20 Fans notice that Cheryl is, tellingly, the only guest without

a glass of wine in a photo from her former Girls Aloud bandmate Nicola Roberts' birthday party.

**NOV 29** Cheryl and Liam

attend the Fayre of St James Christmas Concert together, with her baby bump clear to see – even though she is wearing a long coat.

DEC 1 Liam's sister Ruth takes to Twitter to defend the couple once again, writing:



'Bump or no bump, announced or not, it's completely up to me brother and Cheryl what parts of there private lives they choose to share and when [sic]'.

DEC 14 Cheryl pays a visit to Kimberley, who has just given birth to son Cole.

**JAN 27, 2017** A luxury £1,250 Silver Cross Pram is seen being delivered to Liam's Surrey mansion.

FEB 8 Liam takes an early flight back from LA, where he is recording

his debut solo album, as rumours swirl that Cheryl is about to give birth.

FEB 23 Cheryl shows off a huge baby bump in the new L'Oréal Paris campaign with the Prince's Trust, photographed in January. OK!

COMPILED BY KIRSTY HATCHER ADDITIONAL RESEARCH BY ELIZABETH PLUMB PHOTOGRAPHS BY DAVE BENETT/ GETTY IMAGES FOR L'OREAL PARIS GOLD OBSESSION, GETTY IMAGES, INSTAGRAM, REX, SPLASH NEWS, WENN, WIRE IMAGE, XPOSURE





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#### THE STORK IS IN FOR A BUSY YEAR!

# THE MOTHER OF ALL BABY BOOMS!

OK! ROUNDS UP SOME EXCITED MUMS-TO-BE IN OUR CELEBRITY PREGNANCY SPECIAL

#### **AMY CHILDS**

The first-time mum-to-be exclusively revealed she's expecting a baby with boyfriend Bradley Wright in *OK*!. Due

in May, Amy's admitted she's 'really scared' of the birth but plans to have her hair and nails done beforehand, adding: 'My boobs have been so sore and I've got hairier — I've got a beard!' The 26-year-old salon owner told us: 'We wanted a baby before Bradley went to prison but I didn't think I could get pregnant.'

Bradley was released from prison last year following a 16-month sentence.



#### **ROCHELLE HUMES**

She might be a mum already, but that hasn't stopped pregnant Rochelle posing some interesting questions about her pregnancy.
Posting a picture of her huge bump on Instagram last week (right), she asked her followers to help

identify a dark line that's appeared on her tummy. The singer-turned-presenter was in fact referring to the linea nigra, a naturally occurring line on the skin that appears darker around week 23 of pregnancy. Rochelle, 27, has toddler daughter Alaia-Mai with husband Marvin (above), 31, and says the three year old is desperate for a sister. The little one has told her bemused parents that if the new baby, due in March, is a boy: 'We'll just send it back!'



#### **AMAL CLOONEY**

George Clooney famously never aspired to be a father, but that's all changed now the 55-year-old film star's wife Amal, 39, is pregnant with twins! The couple - who tied the knot in 2014 - will become parents in June. George's mum believes that the twins will be a boy and a girl, but according to George, it's not confirmed. 'I don't know where this rumour comes from. We ourselves don't know and don't want to know,' he said.

British human rights lawyer Amal showed off her bump for the first time last Friday at the César Awards Ceremony in Paris (left). Her doting husband has revealed that Amal is going to be cautious with her future work-related travels, explaining: 'Amal will no longer go to places like Iraq.'

George's friend Julie Chen originally revealed the news on her show The Talk, but close pal Matt Damon has said George told him about the pregnancy back when Amal was only eight weeks along. Revealing he 'almost started crying' at the news, the actor said the couple (below) will be 'awesome parents'.



#### **BILLIE FAIERS**

Former TOWIE star Billie is hoping for a natural labour when she has her second child with fiancé Greg Shepherd. Due on March 7, the star - who already has a daughter Nelly, two (below) – admits they were 'in complete shock' when they discovered she's expecting a boy, saying, 'I always thought we'd just have girls!'

Hinting that they'll probably opt for a traditional name when their son arrives, she confessed that she can't wait to dress him 'like

Prince George'. Greg treated the 27 year old to a fabulous babvmoon in Dubai last November, and Billie also enjoyed a glamorous baby shower recently, which was featured exclusively in OK! (far right).





co-star Josh 'JP' Patterson (above right) are expecting. The news not only came as a shock to their castmates, but to Binky herself. She admitted: 'My first reaction was: 'S\*\*t,' and I burst into tears.' But while the on/ off couple weren't together when they discovered the news, Binky is now happier than ever.

Calling her pregnancy a 'huge gift' she told OK!: 'We're getting on better than ever, so this news has actually been a real blessing.' Binky, 26, showed off her growing bump when she joined JP, 27, at London Fashion Week recently (top). Their new addition is due in the summer, and while it's been reported that Binky is having a girl, she told us we'll have to watch MIC to find out for sure!



#### LAURA KENNY

Team GB could be gaining a future Olympian later this year after cycling stars Laura, 24, and husband Jason, 28, announced that they're expecting their first child. Laura revealed the news in a series of social media posts, including one of a child's bike resting against two adult-sized bikes (below).

Opening up about their exciting news, the fourtime gold medal-winner tweeted: 'Thanku for all ur lovely messages. Myself and @JasonKenny107 are absolutely delighted n cannot wait for our new arrival later in the year [sic]'. Laura's mum Glenda said of the news: 'Laura is absolutely fine and everything is going

well. I have no idea if they are going to find out if it's a boy or a girl, that's up to them.'

The announcement came just months after the couple (top) tied the knot in September of last year.



#### **ALEX GERRARD**

The Gerrard family can't wait to welcome their sixth member, with former Liverpool captain Steven and wife Alex expecting their fourth child later on in the spring.

Alex, 34, announced the news back in October, tweeting a photo of their daughters Lilly-Ella, 13, Lexie, ten, and Lourdes, five, holding copies of the ultrasound (below). She captioned the picture: 'We are all very excited for our new baby to arrive next year!! [sic]'

Retired footballer Steven, 36, proudly posted a holiday snap of his wife's growing baby bump in Dubai back in January (right). He captioned it: '22 weeks boy or girl'.

Alex previously revealed that her husband is hoping for a son, saying: 'I know Steven has said before

he would like one, but the chances of us having one is slim with having three girls.' The couple will celebrate ten years of marriage in June.





British model Rosie took to Instagram in early February to announce that she's expecting her first child with fiancé Jason Statham. Posting a photo of herself on the beach showing off her sizeable baby bump in a bikini (left), she wrote: 'Very happy to share that Jason and I are expecting!! Lots of love Rosie x.'

Speaking about her seven-year relationship with action star Jason (below), 49, Rosie, 29, has said: 'We are best mates and it's a beautiful thing. I feel truly lucky. He's a warm spirit.'





#### STORM KEATING

The Australian TV producer and model is expecting her first child with singer husband Ronan, who turns 40 on Friday. But while Storm, 35, looked positively glowing at London Fashion Week recently (left), she's admitted to suffering severe morning sickness. Ronan who's already dad to Jack, 17, Missy, 16, and 11-year-old Ali with his ex-wife Yvonne Connolly – heaped praise on Storm, who's due around the end of May, saying: 'I love her bump - it's so petite and beautiful - and she looks incredible, very sexy.'

Meanwhile, Storm's credited her man with being very hands-on, adding: 'He's too supportive sometimes – I have to tell him to stop! He does everything for everyone all the time.'

#### NATALIE PORTMAN

Hollywood star Natalie is due to give birth to her second child with husband Benjamin Millepied (below) any day now. The 35 year old joked with Oscars host Jimmy Kimmel about his willingness to deliver the baby should she go into labour during the ceremony. And despite her cravings for healthy pineapple and cucumbers, she also revealed that she's been getting 'a little panicky about food availability' when out and about, often filling up on 'a plate of pancakes or a veggie burger' before leaving her house. Natalie – who already has a five-year-old son, Aleph, with Benjamin, 39 – hasn't settled on a name for their new offspring. She says they've first 'gotta meet the baby and then figure it out'.





#### IRINA SHAYK

There's a big year ahead for Irina and her man Bradley Cooper, as the couple – who are rumoured to be engaged – look set to become parents for the first time. The pair were spotted having a romantic Valentine's Day picnic on LA's Venice Beach (above), with Irina's bump clearly visible under her tight black T-shirt and leggings. Perhaps checking out where she could take their new addition on its first holiday, the Russian model was also recently spotted on a trip to Disneyland with her sister.

Rumours of the pregnancy first started back in late November when Irina, 31 – who is reportedly due in May – was seen with a hint of a bump as she walked in the Victoria's Secret Fashion Show. She and 42-year-old Bradley, who have been dating since April 2015, are said to have already picked out baby names after finding out the sex in December – though the private pair haven't commented on the speculation.

#### **SOPHIE HUNTER**

Theatre director Sophie and her actor husband Benedict Cumberbatch are 'absolutely thrilled' to be expecting their second child. The couple – who already have 18-month-old son Christopher – revealed their news in November at the premiere of *Doctor Strange* (right). Sophie, 38, displayed her blossoming bump in a gorgeous silk dress by Valentino. *Sherlock* star Benedict, 40 – who celebrated his first wedding anniversary with Sophie on Valentine's Day – said he planned to 'be there all the way' for his wife.

The modest star has said of parenthood: 'I think it's Sophie's biggest achievement. I'm still trying to prove myself as a dad.' Describing fatherhood as 'massive', he added: 'Suddenly I understood my parents much more proudly than I ever had before.'

TURN OVER TO READ ABOUT BEYONCE, WHO'S EXPECTING TWINS, AND TO PAGE 58 AS JENNIFER METCALFE ANNOUNCES HER PREGNANCY!

FEATURE BY KIRSTY HATCHER AND MICHELLE GARNETT PHOTOGRAPHS BY GETTY IMAGES, INSTAGRAM, MARK MOODY, SPLASH, THE MEGA AGENCY, TONY WARD, TWITTER, XPOSURE



### **BEY'S HAVING A BALL!**



### BEYONCE AND JAY Z HIT NEW ORLEANS – AND DAUGHTER BLUE IVY IS FULL OF BOUNCE AT THE BASKETBALL!

regnant Beyoncé and her husband Jay Z have been lavishing attention on their daughter Blue Ivy ahead of the arrival of their twins.

During a trip to catch the NBA All-Star Game in New Orleans last week, the proud parents treated their five year old to some mouth-watering candy floss – much to her delight!

As the family sat courtside at the Smoothie King Center, little Blue munched on her appropriately coloured confectionery and waved excitedly at a team mascot.

Beyoncé, 35, who joins a host of other celebrity mums-to-be in this pregnancy special edition, is thought to be expecting a son and daughter in July. The *Hold Up* hitmaker looked sensational as always in ripped jeans, Gianvito Rossi heels and an opulent £12,150 Gucci embroidered kimono. And Blue looked equally as stylish in her frilly lime-green Gucci dress, which featured cute dog appliqués. The youngster



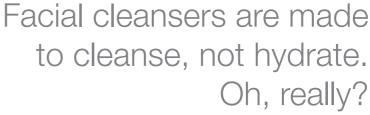


teamed it with a casual denim jacket and sneakers.

At one point, clearly happy to indulge her daughter, Beyoncé let Blue hold her Gucci fan and also allowed her to tuck into a big bag of Skittles. Meanwhile, dad Jay, 47, was all smiles as he watched his little girl enjoying her trip out. The family fun followed an earlier treat of lunch at Willa Jean bakery. Beyoncé announced her pregnancy on February 1 in an Instagram post. She wrote: 'We have been blessed two times over. We are incredibly grateful that our family will be growing by two.'

Despite her energetic performance at the recent Grammy Awards, Beyoncé has pulled out of performing at April's Coachella festival on doctor's orders. She was due to top the bill at the Californian event, but organisers have said she will headline in 2018 instead. A statement confirmed: 'Following advice of doctors to keep a less rigorous schedule, Beyoncé has made the decision to forgo performing at the festival.'







## 'LEWIS IS A LYING, CHEATING SCUMBAG'

AFTER HE'S CAUGHT WITH ANOTHER WOMAN ON CAMERA, MARNIE SIMPSON DUMPS LEWIS BLOOR AND BRANDS HIM A SERIAL CHEAT

evastated Geordie Shore star Marnie Simpson has been left heartbroken after her boyfriend Lewis Bloor's infidelities with two women.

Former TOWIE star Lewis said he was a 'fool' in a lengthy Instagram post, adding: 'I am utterly disappointed in myself for hurting such an amazing girl, she did not deserve any of the pain I have caused.' He continued: 'It was a drunken mistake, a terrible thing. I wish I'd had the courage to admit my wrongdoing so Marnie did not have to find out from these girls.'

Earlier in the week, Marnie had claimed via Twitter that Lewis cheated on her during a recent holiday to

Barcelona. An anonymous woman sent the 25 year old text messages revealing she'd had a tryst with Lewis, 27, on the beach before they returned to her hotel room – just down the hall

from Marnie. Marnie wrote: 'To think he was cheating in a different room as I slept.' She added: 'When I woke up in the middle of the night he wasn't there and when he returned he said he fell asleep at the beach... God only knows how many times he actually cheated on me.'

Just a day earlier, Marnie branded Lewis a 'f\*\*king scumbag' after footage emerged of him in bed with another woman on Valentine's Day. Describing her reaction, she said: 'I cried, I screamed, I have smashed my house up. Every emotion — I'm still in shock.' In the clip, Lewis, who met Marnie on *Celebrity Big Brother* last July, can be seen kissing brunette Amelia Guest, 24, as she straddles him.

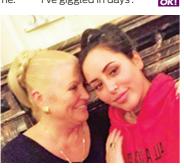
Amelia said she met Lewis at a cab rank in London after a concert. Claiming the 'pervy' Essex boy begged her to spit neat vodka into his mouth, she denied they had sex but revealed Lewis told her he and Marnie were together 'for the money'.

Marnie, however, insisted she was in love with him, saying: 'I've literally just spent seven months of my life with an absolute phoney, a lying, cheating scumbag.'

Meanwhile, Marnie's Geordie Shore co-star and former boyfriend Aaron

Chalmers hit out at Lewis, saying: 'Why don't you start by paying back some of the 20-25K you sponged off her?' However, Marnie denied Aaron's claim and insisted the

relationship 'wasn't all one way'. She also revealed Celebrity Big Brother contestant Kim Woodburn, 74, has been her shoulder to cry on. Alongside a selfie (below), Marnie wrote: 'Kim Woodburn can fix anything. God she's a howl. First time I've giggled in days'.

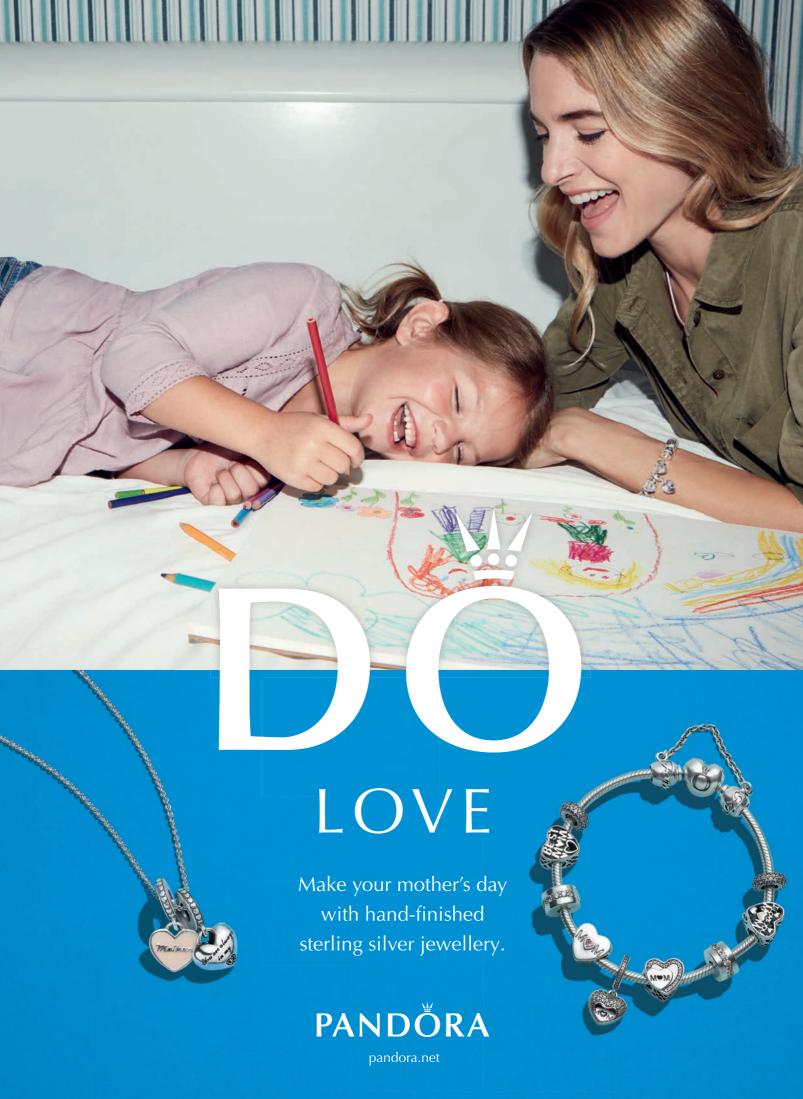








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ALL THE GLAMOUR AND GOSSIP FROM THE MUSICAL EXTRAVAGANZA

## OK! HITS THE BRITS!

OK! JOINS THE STARS AT THE BRIT AWARDS AS LITTLE MIX TAKE HOME THEIR FIRST-EVER GONG, BEFORE WE JOIN THE STARS AT THE AFTER-PARTIES

he biggest night on the British music calendar, last week's BRIT Awards saw Little Mix celebrate one of the most monumental moments of their career. OK! attended the annual awards bash and

watched the girls' striking entrance first-hand. They were carried into London's 02 Arena on thrones before wowing viewers with a show-stopping opening performance of their number one single Shout Out To My Ex. Perrie Edwards, Jesy Nelson, Jade Thirlwall and Leigh-Anne Pinnock picked up their first ever BRIT -British Single - for the track, and it was clear the win took them by surprise. After getting slightly lost as they made their way across the stage, a stunned Jade said: 'Honestly, we didn't know where to go because we didn't think we were going to get it! We were just sitting chin-wagging."

Jade dedicated the win to the girls' former boyfriends in her acceptance speech, quipping: 'Cheers to our exes

for helping us to do an amazing song. This one's for you, lads!'

Sweetening the victory, the girls beat Perrie's ex-fiancé Zayn Malik to scoop the accolade. Zayn's debut solo single *Pillowtalk* was also nominated for Best Video, but he failed to win and

Above: The Little Mix girls performed
Shout Out To My Ex before winning their
first BRIT (top) for the hit single

didn't attend the ceremony. However, when Jesy mentioned him during a backstage interview, an embarrassed Perrie reportedly told her to 'shut up'! Still, the South Shields-born singer proved that she has well and truly moved on with her new man, Arsenal and England winger Alex Oxlade-

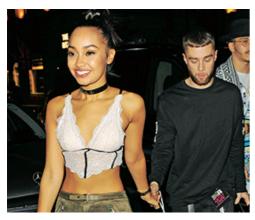
Chamberlain. The footballer joined her at the ceremony and the pair looked loved up as they celebrated the win with a kiss before the girls headed to the podium.

Alex boasted on the night: 'I'm giving her street cred,' but confessed to missing the girls' performance, revealing: 'I was in the toilet, then realised she was on stage. There was a lot of commotion!' While the pair are only thought to have been dating since November, an Instagram photo from the BRITs showing Perrie with her hands on her stomach (above right centre) set fans speculating that she could be pregnant!

Meanwhile, her bandmate Leigh-Anne was also feeling the







love, joined by her boyfriend Andre Gray. She reportedly met the Burnley striker in Marbella last summer and appeared to confirm their romance on Snapchat over Christmas.

Making a perfect pair on the red carpet was Our Girl actress Michelle Keegan, who wore a blue jumpsuit by Barrus Nisantasi, and her husband Mark Wright. Later on, former TOWIE star Mark admitted he was caught belting out Shout Out To My Ex backstage when he bumped straight into Perrie and Jesy! Jesy – who split from fiancé Jake Roche at the end of last year – was then spotted cosying up to TOWIE star Chris Clark. The pair sparked romance rumours earlier in the week when a Snapchat video posted by Jesy's pal Sam King showed them dancing together.

Chris, who split from his co-star girlfriend Amber Dowding last autumn, took to Instagram to post a snap of the pair getting cosy at the official BRITs after-party (top) at the nearby InterContinental







Hotel. With the band scheduled to jet to New York a few hours later to resume their tour with Ariana Grande, smitten Chris captioned the shot: 'I don't want this girl to go back America tomorrow!'

Yet their early flight didn't deter the girls from celebrating, with Perrie telling us on the red carpet: 'We're excited we're performing first, because we can get on the bevvies after!'

They certainly lived up to her word, with Jesy reportedly spotted licking their award as they emerged from the ceremony, before saying: 'I'm

really sorry, we're drunk, I don't give a s\*\*t!' Perhaps feeling the effects, the Essex girl kept a low profile as she hid behind her shades the following morning while heading to the airport.

Keeping up the girl power, Katy Perry showcased her new single Chained To The Rhythm in her first-ever BRITs performance. The star was joined by dancing houses and giant skeletons dressed as US President Donald Trump and Prime Minister Theresa May, as she belted out politically charged lyrics like: 'It is my desire/Break down the walls to connect, inspire/Up in your high place, liars/Time is ticking for the empire.'

However, that wasn't the biggest talking point of her set. There was an embarrassing moment when one of Katy's house dancers fell off the stage, sending Twitter into a frenzy. Katy herself suffered an awkward altercation on the night.





During a fraught red carpet interview, Capital FM's George Shelley and Lilah Parsons told the star: 'We won't keep you too long,' to which she replied, 'Oh alright, I'm leaving! Fine, I'll leave!' After a brief chat, Lilah attempted to wrap up the interview, telling the star: 'Katy Perry, thanks so much for chatting with us. We're going to let you go,' with the international pop star quipping: 'You're gonna let me go? I'm firing you!' before walking away. Even a request for a mic drop from George wasn't enough to lure Katy back.

Unable to join her fellow A-listers at the ceremony, Adele – who recently swept the board at the Grammys – scooped the Global Success Award. Accepting her gong via pre-recorded video link, the star gushed: 'You have all been amazing to me this past year. It's been amazing this year, the best one yet. Have a good time!' The mum of one added: 'Get a bit swervy like her!' as she gestured to her trophy, designed by the late Dame Zaha Hadid.

Meanwhile, speculation continues over whether the chart-topper has wed her long-time love Simon Konecki. The charity boss was in the BRITs audience wearing a gold ring on his wedding finger. When Adele waved during her acceptance video, eagle-eyed fans spotted her wearing a gold ring on her wedding finger, too.

Beyoncé, to whom Adele previously dedicated her Best Album Grammy, also received a nod. She was awarded International Female Solo Artist, but the star – who is currently pregnant with twins – was also unable to attend.

Following Adele's touching Grammy tribute to the late George Michael – who passed away at his home on Christmas Day last year at the age of 53 – the icon was honoured once again.



















Silence fell across the arena as George's former Wham! bandmate Andrew Ridgeley and backing singers Pepsi DeMacque and Shirlie Holliman reunited on stage to honour their friend in an emotional speech. Andrew said: 'On Christmas Day 2016, the greatest singer-songwriter of his generation, an icon of his era, and my beloved friend, George Michael, was lost,' adding: 'A supernova in a ferment of shining stars had been extinguished, and it felt like the sky had fallen in. George has left for us in his songs, in the transcendental beauty of his voice, and poetic expression of his soul, the very best of himself.' Emotionally, he

told the audience: 'I loved him and in return, we, you, have been loved.'

Struggling to hold back her tears, Shirlie added: 'George was like a brother to me and will always be. His wonderful way with words spoke to everyone and his beautiful voice will live on forever as a gift

to us all.'

Coldplay frontman Chris Martin then stepped up to give an emotional rendition of the pop legend's number one hit A Different Corner. During the performance, archive footage of George played behind him, saying: 'I never really wanted to be somebody else.'





Another beloved icon, David Bowie – who died of cancer in January 2016 at the age of 69 – was also honoured with his second and third posthumous BRIT Awards, for Best British Male and Best British Album, for Blackstar. His son, film director Duncan Jones, accepted one of the trophies and dedicated them to 'all the kooks and all the people who make kooks' - a

reference to David's 1971 track Kooks.

First-time BRITs hosts Emma Willis and Dermot O'Leary paid tribute to an absent Michael Bublé, who was forced to pull out of presenting the show after his three-year-old son Noah was diagnosed with cancer. Dermot admitted: 'We would rather be watching Bublé on stage,' with Emma adding: 'Everybody sends him their love. Fingers crossed we will see him again next year.' The pair's turn was met with praise from fans on social media, with some naming them 'the best BRITs presenters ever' and 'a precious pair for TV'.

Ahead of releasing his third album Divide this week, Ed Sheeran blasted through his hit Castle On The Hill before being joined by grime posterboy Stormzy for Ed's number one single Shape Of You. The rapper famously took aim at the BRITs in his track One Take Freestyle after no black or minority artists were nominated in the British categories last year. Stormzy then met with BRITs chairman Ged Doherty, and the judging panel and voting system were altered to increase diversity.











Freemasons' Hall in Covent Garden, sporting each other's official T-shirts. Later in the evening, a chivalrous Ed was spotted carrying his girlfriend Cherry Seaborn's broken Louboutin shoes, having given her his trainers.

Flying solo for the night was Liam Payne, who made a surprise appearance to accept the British Video award for One Direction's *History*. His girlfriend Cheryl confirmed their pregnancy news the morning after the show, showing an enormous baby bump in shots to launch the Prince's Trust's All Worth It campaign with L'Oréal Paris.

Liam's mentor Simon Cowell presented him with the award alongside fellow *X Factor* judge Nicole Scherzinger. With the music mogul playfully refusing to let his co-host speak, some fans suggested that Scherzy may have had a few drinks too many! Simon's congratulations speech was also awkwardly cut off, as he was plunged into darkness mid-sentence.

Robbie Williams was honoured with the BRITs Icon Award – his 18th BRIT – and took to the stage for an epic medley of *The Heavy Entertainment Show, Love My Life* and *Mixed Signals*, alongside a team of scantily clad dancers. Ever the professional, Robbie wasn't fazed when two of















them fell off stage. Watching Robbie from the crowd were Radio 1's Nick Grimshaw and singer Rita Ora, who looked stunning in a green floor-length gown and wet-look hair. Grimmy announced that Rita would join him for his breakfast show the next morning, and she stayed true to her word – only to be surprised by a delivery of Domino's pizza from fellow guest Stormzy.

Alesha Dixon, Mollie King, Myleene Klass, James Arthur, Stacey Solomon and Joe Swash, Pixie Lott, Louisa Johnson, Fearne Cotton and her husband Jesse Wood, and Holly Willoughby were also in the audience. Once the ITV cameras stopped rolling, Robbie launched into his classic *Feel* and despite his sound cutting out at the beginning, it was the perfect finale. Fresh from the show, celebrities hotfooted it to after-parties across the capital.

This Morning star Holly was one of many spotted looking bleary-eyed as she emerged from the Warner after-party, where she'd mingled with the likes of Frank and Christine Lampard. Brooklyn Beckham, who was just a week shy of his 18th birthday, was also on hand and was spotted flirting with former Pussycat Doll Ashley Roberts. The singer even attempted to get Brooklyn to have a dance as they chatted to each other for more than 30 minutes.

Fellow reveller Emma Bunton had shared a table with Brooklyn during the ceremony, and the former Spice Girl exclaimed: 'Of course Brooklyn is here! Brooklyn Beckham! I was like: "I held you as a baby!" And now he's like a big man. It's frightening.'

After taking in a DJ set from Dermot O'Leary, model Abbey Clancy was spotted looking a little worse for wear as she left in the early hours with husband Peter Crouch.

Hitting the decks at the Universal Music, Soho House and Bacardi after-party was Nick Grimshaw, with Katy Perry and Ellie Goulding joining him in the DJ booth at 180 The Strand. Ellie brought her little sister Jordan as her date despite reports that she and ex Dougie Poynter may have reignited their romance. However, Dougie later said: 'It was nice to see her... We're just friends.'

Across town at Aqua Shard, Simon Cowell and girlfriend Lauren Silverman appeared in good spirits as they joined the Sony Music after-party. The couple were sporting big grins as they caught their taxi home.

It certainly was a night to remember! OK!

FEATURE BY KATIE LANGFORD-FOSTER PHOTOGRAPHS BY DAVID M. BENETT, DAVE NELSON, GETTY IMAGES, INSTAGRAM, MAGICMOMENTSUK, PA, REX, WENN.COM, XPOSURE





















#### THE BIG WINNERS

British Male
Solo Artist
David Bowie
Mastercard British
Album
David Bowie,
Blackstar
British Female
Solo Artist
Emeli Sandé
British Group
The 1975
British Breakthrough
Act and Critics'
Choice Award

Rag'N'Bone Man

British Single Little Mix, Shout Out To My Ex British Video One Direction, History Global Success Adele International Male Solo Artist Drake International Female Solo Artist Beyoncé BRITs Icon Robbie Williams

DAVID M BENETT/GETTY IMAGES FOR UNIVERSAL, SOHO HOUSE & BACARDI RUM, DAVID M. BENETT/GETTY IMAGES FOR WARNER MUSIC







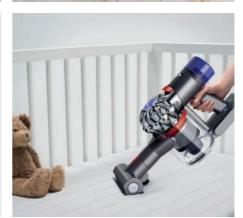












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# EMMA'S THE BELLE OF THE BALL

EMMA WATSON LOOKS THE PART AS SHE JOINS DAN STEVENS AND EMMA THOMPSON AT THE 'BEAUTY AND THE BEAST' LONDON PREMIERE

mma Watson looked every inch the Disney princess as she arrived at the launch of her new film Beauty And The Beast last week. Wearing a caped Emilia Wickstead gown, the 26 year old — who plays Belle — dazzled as she joined her co-stars to celebrate the long-awaited live action remake of the 1991 animation.

London's Spencer House was given a fairytale makeover for the event, and not even Storm Doris could put a dampener on the magical setting! Emma's co-star and leading man Dan Stevens – who plays the Beast – was anything but terrifying as he posed alongside the Harry Potter actress. Dan, 34 – who is best known for playing Matthew Crawley in Downton Abbey – looked dapper in a navy Emporio Armani suit.

Opening up about stepping into Belle's shoes, Emma revealed it was a daunting process 'living up to my childhood expectations of the film'. She added: 'It's such a sacred story.'

Also taking to the blue carpet was Emma's other leading man Luke Evans, 37, who has taken on the role of the arrogant Gaston. He was joined by Love Actually actress Emma Thompson, who spoke for the first time about why she isn't taking part in the upcoming sequel of the 2003 hit for Comic Relief.

Looking gorgeous in a cream outfit, the 57 year old revealed: 'Richard [Curtis, the writer]







me and said: "Darling, we can't write anything for you because of Alan [Rickman]," and I said: "No of course, it would be sad, too sad". It's too soon. It's absolutely right because it's supposed to be for Comic Relief, but there isn't much comic relief in the loss of our dear friend really, only just over a year ago.'

Emma plays Mrs Potts in the Disney film — which is released on March 17 — and revealed: 'I was only in it for a short time because I'm a teapot for most of the time.' She added of her co-stars: 'I think Emma Watson representing Belle in her feisty feminist way is just superb and deeply loveable. And Dan Stevens is really fantastic as the Beast.' The Oscar-winning actress also shared her thoughts on how she feels about posing on the red carpet, telling OK!: 'I never know how to stand. People seem to stand as though they're models and I'm not! I feel ridiculous! I'm in a nice frock, what more

do you want? I've got make-up and I've done my hair!' she laughed.

Emma Watson arrives at London's Spencer House for the Beauty And The Beast premiere

#### GIVING A MOVING INSIGHT INTO LIFE AFTER BRAD

# 'IT'S BEEN A DIFFICULT FEW MONTHS'

AS SHE AND HER CHILDREN VISIT CAMBODIA, ANGELINA JOLIE OPENS UP ABOUT HER SPLIT FROM BRAD PITT - INCLUDING THE RATHER CRAMPED NEW SLEEPING ARRANGEMENTS AND EATING TARANTULAS!

fter initially maintaining a dignified silence, Angelina Jolie has opened up about her 'difficult' marriage break-up last year. During an interview in Siem Reap, Cambodia, ahead of the premiere for her latest film, First They Killed My Father, she appeared to well up with tears as she spoke about her split from husband Brad Pitt.

The actress-turned-director, who shares six children with her estranged spouse, took a deep breath and looked visibly emotional as she said: 'I don't want to say very much about that, except to say it was a very difficult time.' She added: 'We will always be a family and we will get through this time and hopefully be a stronger family for it.'

Angelina, 41, filed for divorce from Brad, 53, requesting full custody of their children last September following an incident on board a private jet. During the interview with BBC World News, she told presenter Yalda Hakim: 'My focus is my children, our children.'

Insisting that she was 'coping', Angelina gave a fascinating glimpse of her family life in recent months, describing how two of her children have been sharing her bed. She also admitted that her first aim on waking up has been to 'get through the day'.

The Hollywood star had brought her children – Maddox, 15, Pax, 13, Zahara, 12, and Shiloh, ten, and eight-year-old twins Vivienne and Knox – along with her on the trip to southeast Asia.

They joined her for the film's world premiere at the Terrace of the Elephant in the ancient Angkor Wat temple complex, where Angelina looked lovely in a black dress with lace detailing on the shoulders. It was a case of Hollywood meets royalty as His Majesty King Norodom Sihamoni and Her Majesty Queen Mother Norodom Monineath Sihanouk posed for photos with Angelina and her brood.

When asked if she still believed Brad was a wonderful father, as the actress has often described her ex in the past, Angelina told ABC's Good Morning America in a later interview: 'Of course, of course, we will always be a family, always.' When asked by journalist George Stephanopoulos from the US Network if her family is 'healthier' now having filed for divorce from Brad last September, she added:





'We will always be a family,' the star said of her estranged husband Brad Pitt

'We are focusing on the health of our family and so we will be stronger when we come out of this, because that's what we're determined to do as a family.' The Netflix movie, which is Angelina's fifth as a director, relates the true story of the Cambodian

'We will always be a family,' the star said of her estranged husband Brad Pitt

autobiography of Angelina's friend, human rights activist Loung Ung. Angelina adopted Maddox from Cambodia in 2002 and shared her

genocide. It took place in the 1970s

regime. The film is told through the

eves of a child and is based on the

under Pol Pot's Khmer Rouge

gratitude to the nation during a press conference, saying: 'This film is my way of saying thank you to Cambodia. Without Cambodia I may never have become a mother. Part of my heart is and will always be in this country. And part of this country is always with me: Maddox.'

Her eldest son — who worked with her on the film, reading scripts and attending production meetings along with his brother Pax — also addressed the audience. Maddox said: 'It's a great honour to present this film to all of you, and to stand by







my mother and my family. And now I'd like to introduce my little sister Shiloh, as she has something to say.'

He then handed over to his younger sibling, who was smartly dressed in a three-piece suit. The youngster then walked up to the microphone and announced: 'My name is Shiloh and I love Cambodia.'

During the trip, Angelina gave a glimpse of three new tattoos adorning her back. They were clearly visible when the A-lister accepted a bouquet of flowers from the King, graciously bowing before him in a show of respect. Wearing a hot pink chiffon gown by Schiaparelli, which featured a low back, she flashed the elaborate inkings covering her spine and right shoulder blade.

The latest additions, which bring her tattoo total to 20, match the existing Cambodian body art on her left shoulder blade, which she got when she adopted Maddox. A source claimed they are 'Buddhist blessings for peace, love and a prosperous life'.

Angelina also encouraged her children to experience some traditional Cambodian cuisine, as she instructed them on how to prepare a meal of fried tarantulas and scorpions. 'See the hard part, where you have the teeth? Take the fangs out,' she told them, expertly handling one of the dead arachnids.

As little Vivienne held up a prepped tarantula to show her mum, Angelina exclaimed: 'Good!' Shiloh was also filmed chomping on one of the sizzling hot spiders as actress and activist Angelina said: 'It's actually really good, the flavour.' However, her son Knox was less impressed by the native snacks. 'They're like flavourless chips,' he remarked. Asked by BBC correspondent Yalda how she acquired a taste for the critters, Angelina replied: 'Crickets – you start with crickets. Crickets and a beer, and then you kind of move up to tarantulas.'

Later, Angelina told *Good Morning America* that her children are used to eating unusual delicacies. 'They're used to eating scorpions, especially Shiloh,' she revealed. 'Shiloh loves a tarantula, loves a bug. They can eat a bag of crickets like a bag of chips, so they're used to it. But I'm learning to cook for them better — a little more flair, a little more seasoning.'

Here, in an excerpt from Angelina's interview with Yalda, she tells why she hopes her new film will educate the world on the brutality of the war, how she's coping with her divorce, and what she foresees for herself in five years' time...

Can you tell us why Cambodia is so important to you?



I'm not here because I'm a director who wanted to make a movie. I'm here because 17 years ago, I came to this country and I fell in love with its people and learned about its history - and in doing so, realised how little I actually knew in my early twenties about the world. And so this country, for me, was my awakening. And my son changed my life. Becoming a Cambodian family changed my life. So there was never a plan to: 'We should make this movie.' It's just, I became a filmmaker and one day I thought, what story

do I feel is really important to tell? And I felt that this war that happened 40 years ago, and what happened to these people, was not properly understood. I felt that I wanted [the Cambodian people] to be able to reflect on it in a way that they could absorb, so it's through the eyes of the child and it's a lot about love.

#### Do you think this nation is ready for that?

I hope so [laughs]! Yes I do. Since it happened there are many people denying the history or saying it wasn't as bad. Of course, many people want to forget; it's the horrors of war.

You say this is a country that is very much part of your own personal journey. Do you think that in many ways you've come full circle? Your humanitarian work started here, you became a mother here...

Yeah, yeah. I'll always be very grateful to this country. I don't think I could ever give back as much as this country has given me.

You wrote a New York Times opinion piece a few weeks ago and you spoke about having a truly international family. You said the United States refugee policy should be about fact, not fear. You also said we shouldn't be departing from 'our values'. What did you mean by that?

It's funny, isn't it? Some questions seem so obvious, don't they? It's these



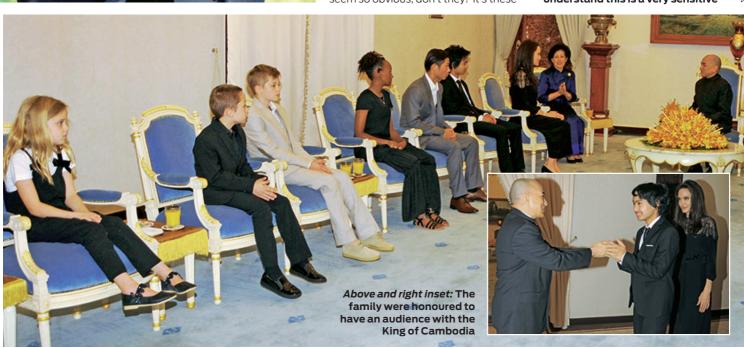


things we all talk about and we hear them spoken about often. What are our values? I value life, equally. Every single individual human life. I don't separate people by race, colour or religion. And if I do, it's because I celebrate the diversity in the world.

#### But we're seeing this rise of populist leaders right around the world. Do you think it's creating a more intolerant society?

This is an old trick and we should know better than to fall for it. I see it rising and the only thing I can do is to use my voice and encourage others, and raise my children to know right and wrong and to have a broad view of the world, and to embrace their diversity and respect others. We all just have to be the best of ourselves. Now more than ever, we really have to rise up and find our rational centre, our 'Who are we, and what do we stand for?' We know what's right and wrong.

Your film is about family and loss. We understand this is a very sensitive









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# issue – we know that an incident occurred which led to your separation [from Brad]. We also know you haven't said anything about this. But would you like to say something?

I don't want to say very much about that, except to say it was a very difficult time and we are a family and we will always be a family, and we will get through this time and hopefully be a stronger family for it.

### Can we ask how you're coping?

I am... Many, many people find themselves in this situation. My family, we've all been through a difficult time. My focus is my children, our children, and my focus is finding this way through; and as I said, we are and forever will be a family and so that is how I'm coping. I am coping with finding a way through to make sure that this somehow makes us stronger and closer.



This film is a combination of passions; filmmaking as an art, your humanitarian work. In, say, five years' time, where would you like to see yourself? Where will you be? Five years' time. Do I have all teenagers?

### You have all teenagers at that stage...

At that stage, I hope just standing! In five years' time, I would like to be travelling around the world, visiting my children, hoping that they're just happy and doing really interesting things – I imagine in many different parts of the world – and I'll be supporting them. And everything I do, I hope I represent something and I represent the right things to my children, and give them the right sense of what they're capable of and the world as it should be seen. Not through the prism of Hollywood or through a certain kind of life, but really take them into the world, where they have really good sense and become rounded people.

### What do you really want to do when you wake up in the morning?

Hmmm... Get through the day [laughs]! It's been a difficult few months. Right now I'm going through a moment when just everybody's in my room [laughs]! Two dogs, two hamsters and two children at the moment. It's wonderful... But usually I just wake up trying to figure out who's going to get the dog out, who's going to start the pancakes and did anybody brush their teeth?

'FIRST THEY KILLED MY FATHER' WILL BE AVAILABLE ON NETFLIX THIS YEAR.

INTERVIEW BY YALDA HAKIM/BBC WORLD NEWS EDITED BY MICHELLE GARNETT PHOTOGRAPHS BY BBC, COLEMAN RAYNER, GETTY IMAGES, PA, REX, VINCENT CAPMAN/PARIS MATCH/CONTOUR BY GETTY IMAGES



# **THE BRITCHOWD** ALL THE GOSSIP FROM OUR SHOWBIZ SHORES



# TROUBLED DANNY FLIES SOLO AS MORE ALLEGATIONS SURFACE

Actor DANNY DYER was pictured posing at London's Heathrow Airport last week (below) before flying out to South Africa after being given a break from filming by his EastEnders bosses.

The 39-year-old actor, who plays landlord Mick Carter in the soap, had faced a difficult fortnight which was topped off by allegations that he'd sent intimate pictures to a fan just weeks before marrying his childhood sweetheart JOANNE MAS (left, with daughter DANI) last year.

Danny is facing speculation that his EastEnders career is over for good after

reports of erratic behaviour at the recent National Television Awards. However, a BBC spokesperson insisted: 'Danny is on a short break from EastEnders. This was not enforced by bosses nor has he quit the show.'

An alleged 'bitter feud' with co-star STEVE MCFADDEN (right), 57, was also dismissed, along with hearsay that the actor who plays Phil Mitchell wanted to 'punch' Danny. Danny has also been branded 'a nightmare to work with'.

However, an EastEnders spokesperson again defended the star. 'Danny is always a consummate professional. Danny has never walked off set, nor has he ever lost his temper or been rude to anyone at work. Danny is an extremely popular member of the cast,' they said.

Meanwhile, Danny's daughter Dani, 20, took to Twitter last week to support her famous dad. She wrote: 'I swere to god if I see one more bulls\*\*t lie about my dad on stupid papers stupid stupid stupid people [sic].'

Also, it's been reported that Danny's mum Christina warned chat show host ALAN CARR about her son's boozing just weeks before the start of his hiatus from

EastEnders.
Christina
was worried
about Danny's
appearance
on Alan's New
Year's Eve
Chatty Man
show, telling
Alan: 'Do not,
I repeat, do
not get my son
p\*\*\*ed tonight.
You have been
warned.'



# KYLIE ON JOSHUA SPLIT: 'IT WASN'T MEANT TO BE'

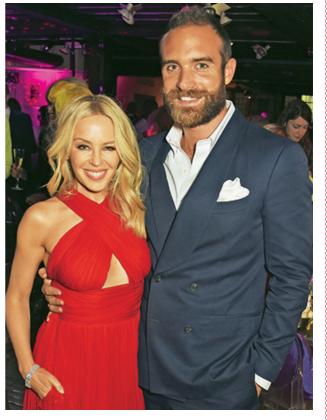
Newly single KYLIE MINOGUE has broken her silence about her shock split from fiancé JOSHUA SASSE (right) – claiming it 'wasn't meant to be.' The 48-year-old star put a brave face on her break-up from the British actor, 29, saying: 'I look forward to moving on,



richer for the experience.' Speaking to Australia's *Herald Sun*, she played down her 'unlucky in love' status, saying: 'I try to see the glass as half full... If the glass is half full, then yes, I haven't had the white picket fence and happy ever after in my life, so far, but perhaps that's just

not my destiny. I know love and I love to be in love.'

Sending out a further message that she is at ease with the split, Kylie also posted a new shot on Instagram, showing herself smiling and looking ultrarelaxed on a golden beach with the sun setting behind her (left). Kylie confirmed the couple's engagement was off three weeks ago, writing on Instagram: 'Thank you now for your love and understanding with the news that Josh and I have decided to go our separate ways. We only wish the best for each other as we venture toward new horizons.





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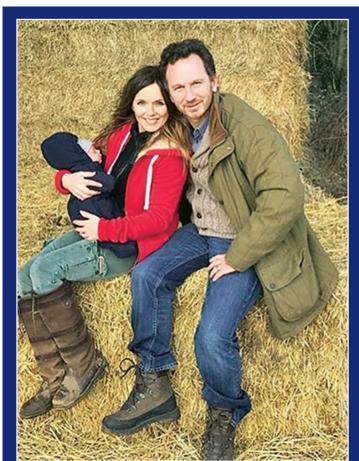
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### GERI NOT TOO POSH TO PUSH

ormer Spice Girl GERI
HORNER is certainly making
sure she keeps herself busy, just
one month after giving birth to
her new son, MONTY.

The singer, 44, was last week spotted pushing the tot in his Silver Cross Surf Aston Martin pram (below right). Geri previously shared a lovely picture of herself and her Spanish mother Ana taking little Monty for a walk in the park (below). She wrote alongside the image: 'it's Nana time... it's quite wonderful, ten years later my mother and I, still taking a



stroll in the park together, with my new baby.'

Geri, who has an eight-yearold daughter called BLUEBELL from a previous relationship, also showed fans a delightful image of herself holding a sleeping Monty while cuddling up to her husband CHRISTIAN, 43, on a stack of hay bales (left). Geri and Christian, who married in May 2015, became parents to Montague George Hector on January 17.



## MICHELLE 'CRINGED' AT MARK'S FORMER ROMANCE

They are one of showbusiness's most loved-up couples, but relations between MARK WRIGHT and MICHELLE KEEGAN (right) haven't always been so friendly.

It's come to light that writing in a magazine column in 2011, Michelle laughed at Mark's 'cringe' romance with LAUREN GOODGER – just four years before she walked down the aisle with him herself!

Michelle wrote: 'I love TOWIE! I don't know how Lauren can take Mark back so easily, though – it's so cringe!' She also said: 'I wouldn't be able to get back with someone who'd slept with lots of girls I knew, but that's just me.'

Lauren and Mark's turbulent on/off relationship was a prominent storyline in *TOWIE* at the time – the pair (right) got engaged in 2011 before breaking

engaged in 2011 before breaking things off five months later. Mark met former *Corrie* star Michelle more than a year later, before they got engaged in Dubai in 2013 and married in May 2015.

Mark and Michelle have refuted claims of issues in their marriage and have appeared happier than ever at recent events, including the National TV Awards (above right) and last week's BRIT Awards (see page 20 for more).





### SIMON REVEALS HIS PANIC FOR ERIC DURING BURGLARY

usic mogul SIMON COWELL has revealed the panic he felt while being burgled, with his son ERIC at home in December 2015. As the case reached court, jurors heard that Simon, 57, and his partner LAUREN SILVERMAN, 39, (below right) were confined to their bedroom by security guards after the burglary.

Darren February (right), 34, was accused in court of fleeing Simon's Holland Park home with a case full of jewellery. The jewels were kept in a

safe which had been left unlocked as Lauren was due to catch a flight the next day.

In a statement to the court, Simon revealed that he and Lauren had gone to bed at 12.30am while Eric (below) was asleep downstairs. Simon said: 'The next thing I remember is being awoken by Simon [security guard Simon Williams]. He said we should stay in the bedroom. We were very concerned about making sure [our son] was all right.'

The court was told that the security guard Williams missed the £950,000 heist because he was 'probably on the toilet'.







PICTURES WE NEVER THOUGHT WE'D SEE

# TOGETHER AGAIN



# AFTER MONTHS OF WARRING AND PATERNITY QUESTIONS, STEPHANIE DAVIS AND JEREMY MCCONNELL STEP OUT WITH THEIR BABY

arlier this year, former couple Stephanie
Davis and Jeremy McConnell were locked
in a bitter war of words. But, following
the birth of their son Caben-Albi five
weeks ago, they now appear to have put their
differences behind them. Stephanie and Jeremy
could easily have been mistaken for a happy
couple as they took cute Caben on a very
amiable stroll around a park in Liverpool, not far
from Stephanie's home.

During the trio's day out, the former *Celebrity Big Brother* stars gazed adoringly at their little boy as they took turns pushing him in his pram. At one point, Jeremy scooped Caben into his arms for a quick cuddle.

The tiny tot, who was born on January 13 weighing 6lb 10oz, looked adorable in his snug white babygro and cute hat, which was topped with a bobble the size of his head!

It's the first time that Stephanie and Jeremy have been pictured together in ten months since their short-lived romance imploded last April,

shortly before Stephanie, 23, announced her pregnancy. The end of their bitter feud occurred only recently when a paternity test revealed that Jeremy is indeed Caben's father, despite his previous denials. Although Stephanie and Jeremy's relationship had seemed irretrievable, the pair – who have now refollowed each other on social media – chatted animatedly with one another during their walk.

The following day, Stephanie and Jeremy were spotted for a second time, beaming with happiness as they headed out and about again. Jeremy's huge smile may have had something to do with the fact he'd turned 27 that very day, and earlier that morning he tweeted that he'd 'woken up to the best birthday I've ever had'. It was also reported that he's seriously thinking about moving to Liverpool from Dublin to be closer to his son — and Stephanie.

A source said of the pair: 'They're using this time to get to know each other again away from the cameras and things are going well. It's been







an emotional couple of days for them both, but they're beginning to see light at the end of the tunnel.'

Their reconciliation has evidently done Stephanie the world of good and after their park stroll she tweeted: 'A Sunday well spent brings a week of content.' The self-proclaimed 'proud momma' also posted a new photo of Caben, showing him lying on a snuggly elephant mat featuring his name (facing page). She later showed off her new hairstyle on Instagram (below). The long bob received a thumbs up from her followers – unlike



her rekindled friendship with Jeremy, which has had some fans pleading with Stephanie not to get back with the 'scumbag'. Meanwhile, Jeremy took to Twitter to share his feelings

about meeting Caben, writing: 'Had an amazing few days, feeling blessed.'

The current harmonious state of their relationship could prove profitable for the duo, who are now rumoured to be in line for their own reality show, documenting their life with Caben.

REPORT BY MICHELLE GARNETT PHOTOGRAPHS BY INSTAGRAM, WENN, XPOSURE

# FILM MAGIC, GETTY IMAGES, INSTAGRAM, DALE ROBINETTE/LIONSGATE PUBLICITY

# HOLLY WOOD CONFIDENTIA

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



### MADGE'S MATERIAL GIRLS

proud mum MADONNA just can't stop sharing photos of her gorgeous adopted daughters ESTHER and STELLA (right). In one of the latest shots posted to Instagram, the beaming four-yearold twins, who she adopted from Malawi, are pictured with two of her other children, MERCY and DAVID, both aged 11 (below). Dressed in matching butterfly pyjamas, the girls appeared to have settled well in their new home since arriving in America in February.

The 58-year-old star, who also has two older children, ROCCO, 16, and

LOURDES, 20, treated her social media followers to another cute snap, this time showing the sisters posing in black and gold Adidas tracksuits, with huge gold bows tied around their heads (left). The proud mum captioned the picture: 'Today's

brought to you by Adidas!'

However. the adoption has not been without controversy. Adam Mwale, the twin girls' birth father, has claimed he didn't know the





going to a rich woman's home abroad, that she would give them a good education, then return them to me,' he said. He went on: 'Now you are telling me the adoption is permanent. That cannot be true -I don't want it to be true. I am their father and will always be their father.'

# JOHN AND LUNA PITCH PERFECT FOR THE OSCARS



head of Sunday night's Oscars ceremony, JOHN LEGEND - who stars and sings in the hit musical romance La La Land (below right with RYAN GOSLING) - shared an image of himself practising for his performance at the awards show.

John was joined for the piano session by his daughter Luna (above right), and the tot appears to be showing an early aptitude for music as she was already placing her hands on the keys!

John, 38, captioned the sweet snap: 'Practising for La La with Luna.' Luna, John's daughter with his model wife CHRISSY TEIGEN (above), 31, will turn one on April 14.

At the time of writing, John was preparing to take to the stage



at the 89th annual Academy Awards to sing both City Of Stars and Audition, which were sung in the film by leads Ryan and EMMA STONE. Prior to the Oscars, La La Land was already breaking records with an incredible 14 nominations, tying the record set by *Titanic* in 1997. It also scooped seven Golden Globes and five BAFTAs.



# RITA THANKS TOM FOR HELPING BEAT CANCER

ouble Oscarwinning actor **TOM HANKS** and his wife **RITA WILSON** (right) have opened up about her breast cancer battle.

Rita, 60, who underwent a double mastectomy two years ago and is now '100 per cent free' from the disease, credited Tom with helping her through her ordeal.

'One thing that I really wanted to communicate to people now that we're through it is that there are still times when you have love and you smile and you laugh,' she said, adding: 'We watched movies, we watched great documentaries, we ate good food and we did our best to maintain our spirit and be thankful.'

Tom, also 60, added: 'You hunker down. It's not that hard to do. It's like when there's a big rainstorm outside, you bust out the hot cocoa and make sure



everyone is comfortable.'

The couple, who have been married for 29 years, were speaking on the red carpet at a charity benefit for the Women's Cancer Research Fund in Hollywood.

The fund-raising event, which they co-chaired, was attended by a host of stars including **ELIZABETH HURLEY, SACHA BARON COHEN** with wife **ISLA** FISHER, and singers JASON **DERULO** and **CHRIS** MARTIN, who performed.

### GIGI PUTS HER FOOT IN IT!

proving that wardrobe malfunctions can happen to the best of us, GIGI HADID very nearly took a tumble on the catwalk when her heel got caught in the hem of her dress last week!

The model was heading down the runway at the Moschino AW17 show

during Milan Fashion
Week when the fashion
fail occurred (left). But
unfazed by the mishap,
she styled out her stumble
with a swift yank on her
fabulous gown before
continuing on her way.

Earlier in the week, the 21-year-old beauty stepped out with her younger sister BELLA in a very low-cut black dress which she wore under a striking cow-print jacket (right). Bella, 20, was equally arresting in her lace slip which she teamed with a checked navy and red shirt and fluffy jacket. Both girls teamed their unusual outfits with heavy black heeled boots for their night out in the Italian city.

Fellow catwalk queen KENDALL JENNER also turned heads in Milan (below right) as she channelled the grunge trend in a baggy pair of excessively ripped jeans,

Cypress Hill tee, plaid shirt and a black cap. Her fishnet tights and shiny pointed boots added a touch of sexy glamour, too.

It was a very different look to the crochet cream cape with pom-poms the 21-year-old wore when celebrating the end of London Fashion Week (see page 68).





### KIM'S ALL WHITE

ooking back to her best, KIM
KARDASHIAN last week dressed to
the nines for a Californian lunch date.
The star stood out in a plunging white
corset top with a white puffa jacket and
jogging bottoms (far right). Kim, 36,
also carried a tiny Hermès bag.

Earlier in the week, a far more casual Kim had enjoyed a day out with her children NORTH and SAINT and her husband KANYE WEST (right and below). The reality star arrived at the family lunch in jogging bottoms, a puffer jacket and trainers and the rest of the family followed suit in loungewear. While baby Saint, one, looked content in his mother's arms, his three-year-old sister North appeared to be on the verge of tears!

The family were joined on their sushi outing by Kim's sister KOURTNEY, 37, and her daughter PENELOPE, four (right centre). Cousins North and Penelope looked adorable while holding hands.

Kim spent some time out of the spotlight after being robbed at gunpoint in Paris in October, but is now starting to be seen out in public more frequently.









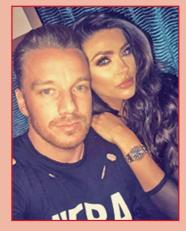
WHO'S SPARKED ROMANCE AND WHO'S REKINDLED AN OLD FLAME...

### JAMIE O'HARA AND ELIZABETH-JAYNE TIERNEY

### **BACK ON!**

Just weeks after splitting from his Celebrity Big Brother love interest Bianca Gascoigne, Jamie O'Hara appears to have confirmed he's back together with his ex, model Elizabeth-Jayne Tierney.

The couple shared a cosy photo on Snapchat (right) during a romantic break to Dubai. Jamie, 30, had ended things with Elizabeth before entering the *CBB* house, where he enjoyed a brief romance with co-star Bianca, before dumping her just days after the final.



Explaining his decision to win back Elizabeth, 25, Jamie said: 'Having time apart made me realise I was lucky to have her in my life.' Meanwhile, Jamie has lashed out at his ex-wife Danielle Lloyd,



claiming he hasn't been given access to their sons, Archie, Harry and George (left) on several occasions since he left the CBB house, and that he had been banned from watching his sons play football after he turned up late to take them to a match. Danielle's representative denied this, saying that Jamie had been 'unable to keep to the arrangements that had been made of his own accord'.

### LOUIS TOMLINSON AND ELEANOR CALDER

### REUNITED

Two years after breaking up, One Direction star Louis Tomlinson and his former girlfriend Eleanor Calder have reignited their romance.

The couple dated for three years before going their separate ways in March 2015. Louis then had a brief fling with Briana Jungwirth, mother of his 13-month-old son Freddie, before starting a relationship with *The Originals* star Danielle Campbell.

However, rumours that he'd split from the US actress surfaced in January after Louis, 25, turned to his ex, Eleanor, 24, following the tragic death of his mother Johannah Deakin.

Eleanor (right), a fashion blogger, was very close to Johannah and was even maid of honour at her 2014 wedding. It's rumoured Eleanor has spent the past

month with her ex in LA and even ditched a New York Fashion event to be by his side. Louis didn't attend last week's BRIT Awards, leaving



Liam Payne to pick up One Direction's trophy for Best Video, but he thanked fans in a video message posted from his home in Doncaster.

### MILLIE MACKINTOSH AND HUGO TAYLOR

### **MOVED IN TOGETHER**

mormer Made In Chelsea stars Millie Mackintosh and Hugo Taylor have set up home together. Millie, 27, shared her happy news on Instagram, with a photo of herself and Hugo, 30, taken at a London Fashion Week event at the Serpentine Galleries (right). She captioned it: 'My new roomie,' followed by three hearts.

Her announcement came just days after her ex-husband Professor Green, 33, hinted that he'd popped the question to his new girlfriend, model Fae Williams. The rapper later claimed that his cheeky post was a joke.

Millie and Hugo first dated briefly back in 2011 when they made their names on the E4 show. Her subsequent marriage to rapper Professor Green ended in divorce last February and Millie rekindled her romance with Hugo in May last year.

Also, the couple were reportedly left red-faced when they were refused entry to a star-studded London Fashion Week party last week. The glum-looking pair were forced to leave the glamorous bash at Annabel's nightclub as supermodels Kendall Jenner and Bella Hadid partied inside (see page 68 for more from London Fashion Week).



### RYAN GIGGS AND GEMMA ATKINSON

### **DATE NIGHT**

She has a penchant for footballers, having dated Cristiano Ronaldo and Marcus Bent in the past. Now it seems that Emmerdale star and Key 103 radio host Gemma Atkinson (right) has scored with Manchester United star Ryan Giggs.

They were spotted enjoying a flirty dinner at George's Dining Room & Bar in Manchester last week. According to one onlooker: 'They gave each other their undivided attention and kept leaning across the table to get closer.'

It's not the first time Gemma, 32 and Ryan, 43, have been linked. They were

seen getting cosy at the BBC Sports Personality Of The Year party last December.

But perhaps their latest meetup helped take Ryan's mind off his ongoing court battle with ex-wife Stacey Cooke (right), who he split from a year ago.





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### AFTER RUMOURS OF A SPLIT

# **CHARLOTTE** AND BEAR'S **HOLIDAY** RIDDLE

**CHARLOTTE CROSBY AND STEPHEN BEAR APPEAR TO BE BACK TOGETHER** 



espite rumours that they'd called time on their relationship, Charlotte Crosby and Stephen Bear appeared to be very much together last week. Former Geordie Shore star Charlotte seemed to confirm that she and Stephen – who is known simply as Bear - are an item with a cosy snap (above left). She captioned the image, in which the former Ex On The Beach star has his arms wrapped around her: 'Having fun filming with this one today @stevie bear.'

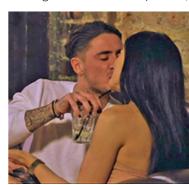
Earlier in the week, their similar social media posts suggested that they were holidaying together. Bear, 27, posted an image of himself in swimming shorts drinking champagne on an idyllic looking balcony (left). And just minutes later, Charlotte followed suit with an Instagram

post of herself sitting crosslegged on a remarkably similar balcony (bottom centre). Bear also uploaded Snapchat clips of himself strolling naked at the same hotel (bottom left). It didn't take fans long to twig and question whether Bear's 'solo' holiday in fact included Charlotte, with some even saying that they recognised her voice in the background of his Snapchat clips!

The holiday comes hot on the heels of reports that Charlotte had finished with Bear after being unimpressed by his behaviour on Celebs Go Dating. Charlotte was said to be 'furious' about Bear's antics on the E4 show, which saw him kissing three girls and asking another for a 'shag' while in a relationship with Charlotte.

Apparently addressing the speculation about her relationship status, Charlotte







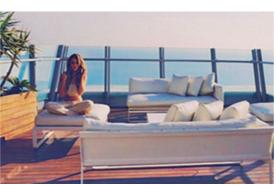


Above: 'Having fun filming with this one,'

rumours the pair (above right) had broken up following Bear's behaviour on

said Charlotte on Instagram, despite

Celebs Go Dating (bottom right)



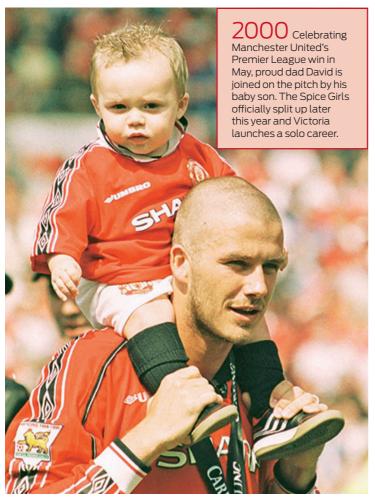
about my life

Different

story every day. Cray Cray.' OK!

tweeted: 'I find it funny how many people are assuming /guessing /MAKING **UP** things





### COMING OF AGE

# HAPPY BIRTHDAY BROOKLYN!

AS **DAVID** AND **VICTORIA BECKHAM**'S ELDEST CELEBRATES HIS 18TH BIRTHDAY, WE LOOK BACK AT HIS LIFE SO FAR...

renzied attention was on Brooklyn Beckham from the moment he was born on March 4, 1999. Yet despite being the first child of the then-England captain and a Spice Girl, he insists that to him, Victoria and David are just Mum and Dad. 'I didn't actually know that my parents were

big until I was about 13,' he recently said. 'I went to a football game and people were shouting my dad's name and I was like: "What?! Oh my God."

During the last few years, Brooklyn – who has younger siblings Romeo, 14, Cruz, 12, and Harper, five – has stepped out of his parents' shadow and discovered his individual identity. He's had his first public relationship with actress Chloë



Grace Moretz, passed his driving test and forged a photography career, with a Burberry campaign under his belt.

His first book of images, What I See, is set to be published on May 4. Brooklyn (left) says of the tome: 'It's pretty exciting to put my work out there and show people I'm not just doing it because of

who my parents are.'

And despite counting the likes of Rocco Ritchie and Anaïs Gallagher among his friends, the low-key teen has shunned a lavish 18th birthday party, preferring to celebrate in the pub with his father. His parents couldn't be happier with how their firstborn has turned out, with David saying: 'He makes us proud every time he walks through the door.'









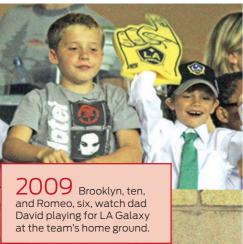
2006 Patriotic Brooklyn, then seven, intently watches Dad as England take on Paraguay in the World Cup in Frankfurt.

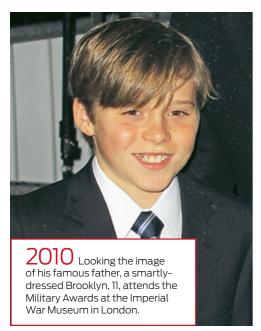


to Real Madrid.

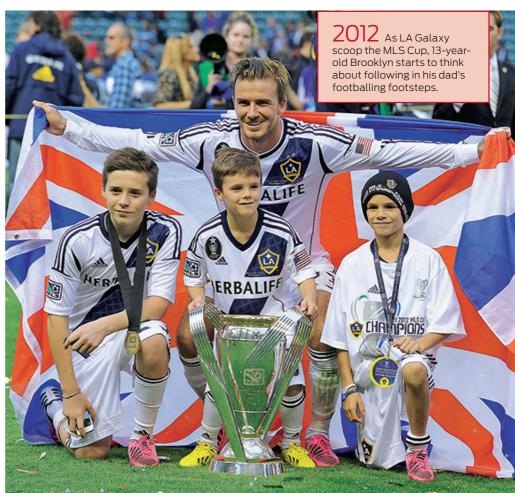




















2017 After breaking his collarbone while snowboarding, Brooklyn attends the BRIT Awards. He celebrates his 18th birthday three days later. In May, he'll publish his first book, What I See.



COMPILED BY CLARE FISHER PHOTOGRAPHS BY ALPHA PRESS, GETTY IMAGES, MIRRORPIX, PA, REX



### AS SHE RECYCLES AGAIN...

# KATE'S A RED HOT ROYAL!

THE DUCHESS OF CAMBRIDGE IS ALL SMILES IN HER NEW SIGNATURE COLOUR AS SHE VISITS YOUNG PEOPLE IN SOUTH WALES

he might be a member of the royal family, but the Duchess of Cambridge isn't afraid to dig an old favourite out of her wardrobe. During an official visit to South Wales last week, Kate recycled an old outfit by French label Paule Ka, which she first debuted in London in October 2012. Back then she chose to wear a lace top underneath the doublebreasted jacket and a pair of black heeled pumps.

On this occasion the mother of two – who was positively beaming with happiness – stepped away from her trusty court shoes and opted for a more sensible top given the chilly weather. Teaming her burgundy-coloured skater skirt and matching jacket with some Stuart Weitzman HalfNHalf Stretch Rider boots from Russell & Bromley, she completed the look with a black polo neck jumper and black opaque tights.



The striking red and black colour combination was reminiscent of the outfit she donned the previous week on her Valentine's Day visit to the RAF Air Cadets in Cambridgeshire, when she wore a red Philosophy di Lorenzo Serafini blazer and black

















Zara jeggings, with the black polo neck, gloves and boots.

Also of note as she greeted the waiting crowds was her pared-back make-up. Following her 35th birthday in January, Kate has done away with the heavy eyeliner, matte foundation and pink blusher of old. Critics have observed that her new toned-down look of dewy foundation, cream blusher, softer brows and subtle eye shadow has taken years off her!

Kate kicked off her trip by visiting Multi-Disciplinary Intervention Support Team (MIST), a child and adolescent mental health project in Pontypool, Torfaen.

It was her first engagement with Action For Children, who head up the project, since becoming the charity's royal patron in December, a role which until then was carried out by the Queen. The organisation cares for disadvantaged children from across the UK.

While there, she enjoyed a game of pool, although after the duchess missed a shot, her 15-year-old teammate Craig Davies remarked that 'she was dreadful'! So it seems there might be something the perfect princess doesn't excel at! Despite his crushing verdict, Craig had a good chat with Kate about her children, threeyear-old Prince George and one-yearold Princess Charlotte, who didn't join her on the visit, and about their pets, family dog Lupo and hamster Marvin. 'She was really interested in talking to us,' said Craig. 'She was saying the dog was fine and that they also had a really small hamster.'









The beaming duchess was treated to a cuddle from young fan Ypapanti Galimatakis-Rees, who handed her a bouquet of yellow daffodils. She told the youngster: 'Both George and Charlotte would have loved to have met you.'

Speaking about her interest in the project, the duchess told Chris Simmonds, whose son uses the service: 'It's an area that I am so passionate about, particularly the development and early intervention of children and supporting the family structures.'

Kate's next stop was a visit to the Caerphilly Family Intervention Team (FIT) to learn about their work with children coping with emotional and behavioural difficulties, including those who are likely to self-harm. A spokesperson for Kensington Palace said that Kate was 'incredibly proud to follow the Queen as Patron of Action for Children'. They added: 'The duchess firmly believes that every child who needs it should be given the best support at the earliest opportunity.'

It was reported that security was stepped up for Kate's Welsh engagement and police were spotted with tasers and drones to keep tabs on the proceedings.

Meanwhile, a body language expert has given opinion on why Kate and her husband Prince William are never seen holding hands in public. Robin Kermode claims that the couple have taken cues from the Queen. 'The Queen rarely holds hands with her husband in public and this seems to have set an unwritten precedent for the other royals,' he said. 'They come across as a strong, independent couple and while they are always on show, they do not feel the need to "show" their love for each other to the world.'

REPORT BY MICHELLE GARNETT PHOTOGRAPHS BY GETTY IMAGES, REUTERS, REX

# 'THE TIMING COULDN'T HAVE BEEN MORE PERFECT'

JENNIFER METCALFE AND HER BOYFRIEND GREG LAKE TELL OK!'S KIRSTY HATCHER HOW IT DIDN'T TAKE LONG TO CONCEIVE THANKS TO GREG'S 'SUPER-SWIMMERS' – HE'S JUST GOT TO GET OVER HIS FEAR OF BABIES NOW!

ennifer Metcalfe and Greg Lake have always wanted to become parents, so when they discovered the exciting news that they were expecting their first child together, it was a dream come true. 'It's just amazing. We couldn't be more excited,' the *Hollyoaks* actress, who is nearly six months pregnant, tells *OK*!.

When we arrive at our exclusive shoot the couple are giddy with excitement, and Jennifer – who's played Mercedes McQueen on the Channel 4 soap for almost 11 years – is absolutely glowing, despite suffering from constant nausea during her pregnancy.

Unlike a soap storyline, Jennifer and Greg's four-year relationship has been free of drama since they started dating in 2013. They first laid eyes on each other back in 2011 when they both attended the MTV Europe Music Awards. But it wasn't until two years later that they met again when Jennifer, 33, was starring in *Cinderella* in former *Geordie Shore* star Greg's hometown of Whitley Bay, and it was after panto that their relationship progressed to more than just friends.

Of discovering she was pregnant back in October, Jennifer reveals: 'We weren't trying but we weren't actively not trying. We just got to the stage where we were like: "If this happens, it would be amazing." Greg, 32 – who owns a heat engineering company – adds: 'Then we realised I have superswimmers, so it was easy!'

Here, Jennifer and Greg, whose baby is due in June, exclusively reveal their pregnancy news to OK! and tell us about their excitement and nerves ahead of becoming first-time parents, and how Jen's late father Colin has been a part of the pregnancy...

### Congratulations, both! How are you feeling, Jennifer?

I'm very excited, but it's mixed with feeling nauseous and a bit sleepy! I've not actually been sick, but I've been feeling a bit nauseous. I've been off my food and not quite myself.

**Greg:** I've been eating enough for the three of us! I'm having all the leftover food.

**Jennifer:** I don't know what his excuse has been for the past four years! Eating and sleeping is all we do. I think we've been preparing for this and we've really settled down. It really does feel like the natural time for us to have a baby. I'm nearly six months in now, just another third to go which is music to my ears!

How did you both react when you found out? Greg: We were very, very excited. The timing couldn't have been more perfect, really.



Jennifer: When we first found out, we were like: 'Oh my God!' We didn't think it would happen so quickly and we found out so early on. It's such a miracle to even be able to conceive and you don't know if you can until you try, so to actually get one in there and see it growing, we couldn't believe it!

### So were you trying to conceive?

Jennifer: We weren't trying but we weren't actively not trying. We got to the stage where we were like: 'If this happens, it would be amazing.' We took it in our stride and didn't put any pressure on ourselves.

**Greg:** Then we realised I have super-swimmers, so it was easy!

Did you have an inkling that you were pregnant, Jennifer?



I did. We'd gone to Ibiza a few weeks before we found out and my boobs were really sore to the point I'd never experienced before! I've got quite little boobs and they just blew up. I was like: 'What the hell are these?!'

### Did you take a test straight away?

Jennifer: Once we got back from Ibiza I went for a meal with my girlfriends. They ordered wine and I wasn't going to have one, but I was like, do you know what, I have a feeling this could be the last one I have for a while, so I had a nice glass of Rioja and enjoyed it. Then the next day I went to the shop and bought a test, and what a surprise!

### Did you do the test together?

**Jennifer:** No. Greg was in Newcastle working and I was in Liverpool so I just had to FaceTime him. He didn't know I was doing the pregnancy test. No one knew I was pregnant!

### What a surprise for you, Greg!

B\*\*\*dy hell, I know, wasn't it just!

Jennifer: I was trying to get in touch with
him but I couldn't and eventually he phoned

me and I said: 'You need to FaceTime me.' Then I FaceTimed him from the kitchen with the test! It was really weird because in my kitchen I've got a picture of my dad on the windowsill and on FaceTime the picture was behind me. In the picture, my dad is holding his hands out and putting a little bowl on my head when we were in the bath. Greg was like: 'Oh my God, Jen, your dad is holding your belly!' He's not into spirits, so I was like: 'What are you talking about?' I looked and in the corner of the screen on my FaceTime, my dad's hands were holding out to my belly! It was so bizarre but really nice at the same time because my dad passed away [to cancer] when I was 15, so it was like he was a part of it.

Is a part of you sad that your dad won't get to meet his grandchild?



It is sad he won't meet them, but I try and see the positives in everything. I like to think he's up there looking down on us and I know he'd be very proud of me and excited about this news. I have my mum here and she's made up about the news and Greg's mum and dad are, too.

### Were they the first people you told?

**Greg:** Yes. Jen's mum lives in Leeds but we wanted her to come to Newcastle to tell her, so I rang her and I said: 'Mary, you need to come up because I need to ask you a question!' She thought I was going to ask her another question! We got her to my house in Newcastle and I was showing her around because I've just done it up, so I was saying: 'This is our bedroom, this is your bedroom and this is the baby's room!' She was like: 'What?!' And then she just burst out crying. **Jennifer:** Greg always winds everybody up so she thought he was joking.

**Greg**: I've never seen her cry. Then we went round to my parents and we told them and they started crying! Everyone was crying.

Jennifer: And I just felt sick! We were the only ones who didn't cry. We've just been happy. Greg: And I've been really nervous. I'm a bit scared of babies. Wherever we go and see our families there are loads of toddlers around, so I'm good with kids but I'm anxious with babies because they're so small. But it'll be a joint effort. Jennifer: He'll have no choice when I'm having a 12-hour nap!

### How was your 20-week scan, Jennifer?

It was fascinating. You could see its little tongue sticking out and it was swallowing and crossing its legs. It was magical. We could see everything

really well and apparently that's because I've not got a lot of fat on my tummy.

### So you've not found out the sex?

**Greg:** No, we're not going to, we're having a surprise. I did initially want to, but Jen has always wanted a surprise.

Jennifer: I feel like I'm the one who's got to go through labour, so if I've got a little surprise at the end, it might be get me through however many hours it's going to be! We can't wait to meet the little man or lady. We have a few names but we're going to keep them to ourselves.

Greg: I'm convinced it's a girl, though.

### Why's that, Greg?

I dreamt it. A little girl ran to me. I don't know how because she was a baby, but she did.

Jennifer: He had a dream the other night that he was holding a baby and it turned into a chocolate milkshake, so who knows! We keep saying: 'Aww, the little lady.' We're convinced that much, but really we don't have a clue. I say: 'Can we call it a little boy today? And when I do Greg is like: 'No, it doesn't sound right!' But all we want is a happy, healthy baby.

Last time we spoke you were planning on buying a house in Leeds that would be halfway between your homes in Liverpool and Newcastle. Has that happened?

Jennifer: No. We toyed with the idea, but then Greg bought a house last summer in Newcastle. So when I go on maternity leave I'm going to move into his place and I'll have the baby in Newcastle.

Greg: Then the baby can support Newcastle Untied! I'm very happy about that.









Jennifer: We're really looking forward to it. We're so used to travelling to each other's places, so it will be nice to be in the same place. I'm not sure when I go on maternity leave yet, I still need to discuss it with the producer Bryan [Kirkwood], but he was over the moon when I told him. I haven't got a clue what I'm doing so I'm just going to trust their guidance and whenever they want me to go, I'll go. But I'm willing to work until the end. Hollyoaks are really supportive, so it's lovely.

### Do you have a birthing plan in place, Jennifer?

I don't have one and I don't want one! I'm relying on Mother Nature. Cats and dogs do it behind couches on their own and women do it in the middle of nowhere. I'm actually quite excited about the birth. I thought I would panic about getting it out, but I'm up for the challenge and I'm looking forward to the experience in a sick way [laughs]!

**Greg:** I'm not great with blood so I don't know how I'll be. I'll just have to hold Jen's hand. I'll definitely be staying at her head!

### Are you going to breastfeed, Jennifer?

I'm up for giving it a go and I like the idea of it, but I'm not going to put any pressure on myself.

### $\label{thm:constraints} \textbf{Has the pregnancy changed your relationship?}$

Jennifer: We have a very good relationship and I don't think we could be any closer, but I do feel like more of a family. We feel more united. It's nice to have a stable relationship to bring a little one into. Greg: It is a life-changing experience. I'm scared, but excited!

### Have there been any more discussions about you getting engaged?

**Greg:** You always ask this at the worst time when I'm sitting next to Jen! You'll have to ring me on the sly and I'll tell you the plans. I've got some great plans, though, don't worry about that!

**Jennifer:** A baby is really important to us and we've always wanted children, so getting engaged isn't as important to us as other steps

we've made together.

### You're very into your health and fitness, Jennifer. Have you been exercising during your pregnancy?

Yes. I've been doing yoga and I've been walking to and from work now and again. I also do body balance, which is a combination of yoga, tai chi and Pilates. I'm determined to keep it up but I think pregnancy is just about listening to your body and not pushing it.

### How are you feeling about the changes to your body?

Jennifer: I've been really excited about it. Because I haven't been able to eat a huge amount and I've been so nauseous, I haven't put on very much weight at all. Instead of cravings I have food aversions! I've been trying to maintain a healthy diet where I can, and eat a lot of fruit, veg and protein, but it's been difficult at times. I've been eating LighterLife Light Bites a lot as they

keep my energy up and are good on set if I need something quick. Dr Kelly from LighterLife has also been fantastic at advising me on essentials I need to have for my body. I work with the brand as an ambassador of LighterLife Fast, and the team there have been fantastic at supporting and advising me.

**Greg:** She's still eating a lot of chocolate, though! That hasn't changed.

Jennifer: Yes, that was there before! I probably need to put on a little bit more weight and I am actively trying now I'm feeling a bit better. But I love my big mummy boobs and my bum's gone a bit wobbly and my arms aren't as toned. I've just been thinking, it's not my body it's my baby's for nine months. Whatever it does with it, I can take it and I can always go to the gym after. I might want to slob about for a year after or I might want to get straight back into the gym. I don't think there's a right or wrong.

### Is the baby at a good weight even though you've been struggling to eat?

**Jennifer:** Yes, it's doing great. At the 20-week scan they couldn't have been more positive. They were like: 'Wow, this is perfect.'

**Greg:** They said it was a textbook baby. They said everything is at it should be.

### Do you like the changes to Jennifer's body, Greg?

Yes, I love her bigger bum and her bump! It was weird because her boobs got massive straight away. Because I don't see Jen through the week, every time I see at the weekend her bump has grown and looks massive! It's a nice surprise. Jennifer: I've found sleeping difficult, so when I see him at the weekend I end up waking him up at 3am for a chat and to eat biscuits! He's been fab and has really looked after me.

### Do all your *Hollyoaks* co-stars know you're pregnant, Jennifer?

A couple of my close friends do. I told a few people because I'm on my own in Liverpool each week Monday to Thursday.

### You must be excited that Kieron Richardson and his husband Carl Hyland are expecting twins via a surrogate...

**Jennifer:** Yes, he's expecting a little bit before me! Him and Carl are a fantastic couple and they will make brilliant parents. It couldn't be more perfect. They're getting it all out of the way in one go!

### Have you spoken to former co-star Stephanie Davis since she gave birth to Caben-Albi?

**Jennifer:** I haven't, but I saw her shoot in *OK*! and she looks absolutely fantastic and her little boy is dead cute. I'm glad she's happy.

# What do you think your former *Geordie Shore* co-stars will think of the news, Greg?

I'm not sure, I don't speak to any of them any more, but I'm sure they'd all be happy.

STOCKISTS: WWW.ASOS.COM; WWW.LAVISHALICE.COM; WWW. MISSGUIDED.CO.UK; WWW. PUBLICDESIRE.COM; WWW.REISS.COM; WWW.ZARA.COM/UK.

JENNIFER IS A BRAND AMBASSADOR FOR LIGHTERLIFE FAST AND WILL BE CONTINUING TO ENJOY THE LIGHTERLIFE LIGHT BITES SNACKS DURING HER PREGNANCY.



Stephanie

Davis and

DURING HER PREGNANCY.

TWITTER.COM/KIRSTY\_HATCHER
PHOTOGRAPHS BY ALAN STRUTT
ADDITIONAL PHOTOGRAPHS BY LIME
PICTURES, REX, TONY WARD STYLING
BY KELLY HIDGE HAIR AND MAKE-UP
BY MEG LOUGH



# 'THE SEX IS DEFINITELY BETTER IN THIS ONE'

ACTRESS DAKOTA JOHNSON ON WHAT SHE'LL MISS MOST ABOUT WORKING WITH HER 'FIFTY SHADES' CO-STAR JAMIE DORNAN AND MAKING HER FAMOUS PARENTS PROMISE NOT TO WATCH HER STEAMY SCENES

eprising her role as Anastasia Steele in Fifty Shades Darker, Dakota Johnson seems thrilled to be back for the second instalment of the much-hyped film trilogy. As the daughter of Melanie Griffith and Don Johnson, and the granddaughter of Golden Globe-winning star Tippi Hedren, acting has

With parents

Griffith and

**Don Johnson** 

With grandmother Tippi Hedren and

mother Melanie

Melanie

always been in Dakota's blood.

Warm and friendly, Dakota seems to be finally getting to grips with her superstardom, yet she still finds the concept of having fans 'strange'.

The 27-year-old star also admits that the third and final instalment of the movie franchise, Fifty Shades Freed, out next year, will be the last time that she works with co-star Jamie Dornan. 'If we did [any more], it would be all about Christian and Ana back together, and why do that to ourselves?' she says.

Jamie, 34, recently rubbished claims that his marriage to

wife Amelia Warner, also 34, had suffered after filming steamy sex scenes with Dakota, calling the rumours 'disgusting'. And it seems that Dakota, too, is rising above the gossip, saying that fellow actress Amelia is 'the coolest'.

Here, Dakota opens up about her chemistry with Jamie, why she's made her parents promise not to watch her raunchy scenes and what she'll miss most about the *Fifty Shades* films...

### How do you feel about coming back and doing it all over again?

The pressure is gone – well, almost gone! We're comfortable, confident in ourselves. People

liked what we did in the first movie when everything felt like a risk, everything felt nerve-wracking. How is this going to be received? How will fans take this? So knowing that was covered and ticked off is a big relief.

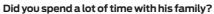
### You and Jamie seem to be really close...

It's genuinely one of the fastest, closest friendships I've ever made in my life, just based on the amount of time we've actually known each other. I love Jamie, I trust him and I really couldn't tell you if I could have done this without him.

### What's been the best thing about working with Jamie?

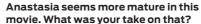
He's my dream partner and supported me, I've supported him. It's a lot to ask of two people,

of two actors, to take on these highly emotional, sexual situations, but I think we've done us proud. He'll be my friend for the rest of my life. I adore him, I adore his wife and his gorgeous babies. They're the most perfect little family unit.



That was probably the best part of the shoot, getting to hang out and play with them [Jamie and Amelia have three-year-old daughter Dulce and one-year-old daughter Elva]. So cute.

Was it weird filming love scenes with Jamie, then hanging out with his wife? No, she's the coolest.



I loved her arc from very innocent, very inexperienced, a lack of life experience and you see this emotional, spiritual, intellectual and sexual journey from the beginning to an empowered, strong bad ass with integrity and grace. There's not a moment where I think she compromises herself. That journey was fascinating.

### Jamie says the sex is better in this one – do you agree?

The sex is definitely better in this one. She knows more what she wants. She's more confident now and has an understanding of what's making him tick. Their connection is stronger, their emotions are deeper. That makes sex better, doesn't it?!

### Have you lost more of your inhibitions this time around?

I don't really know if I had very strong inhibitions. I have no problem with nudity, never have, never will. I think the

human body is







beautiful. I grew up being told to love your body and be comfortable with yourself.

### Have you always wanted to follow in your parents' footsteps?

It was what I always dreamed of, it's what makes me happiest.

### What advice did they give you, or indeed your grandmother, about the industry?

My grandmother is an idol to me, she gives me so much inspiration and strength from her words and how she navigated this industry. She tells me to trust my instincts, trust myself and be myself.

### Have your parents seen the films?

No, that is not happening, nor will it ever happen! That's hard for them, just this huge movement around these movies that I'm a part of, but not being able to watch them. I know it's tough. But I made them promise and they respect that.

### You have an amazing scene with Kim Basinger where you throw a drink in her face. What was that like to shoot?

I hated it! It felt awful, it's Kim Basinger, for God's sake. I kept apologising but she was like: 'Let's go again, go nuts!' I wanted to practise on Jamie, but it would have messed him up for the scene [laughs]! It's definitely one of the strangest moments in my career and probably my life.

### How has your life changed since the first movie came out?

It's weird that people seem to know so much about me. That's very confronting and I don't think I'll ever get used to that. This feeling that I don't fully belong to myself any more is very strange and accosting. And I'll never find that normal. I'll never think, that's just part of my life.

### You're done filming the *Fifty Shades* movies now. What will you miss most?

Jamie. I'll miss his jokes. Most of them are funny – some, not so much!

'FIFTY SHADES DARKER' IS IN CINEMAS NOW.

INTERVIEW BY LILY LAWSON EDITED BY JOEL COOPER PHOTOGRAPHS BY GETTY IMAGES



### AS SHE TRIES TO CRACK THE STATES FOR A SECOND TIME

# 'I THINK I'M A BIT TOO MUCH FOR PEOPLE'

KELLY BROOK TELLS OK! ABOUT THE SPECIAL MOMENTS SHE SHARES WITH HER HUNKY BEAU JEREMY, WHY SHE WON'T BE GOING BACK TO 'LORRAINE' BUT WOULD GIVE SIMON COWELL A SECOND CHANCE IF HE ASKED!

hen we chat to Kelly Brook, she's sunning herself in Los Angeles ahead of a busy day of meetings with some top telly executives. The star is having another crack at stardom in the States after her 2015 sitcom *One Big Happy* was cancelled after one season.

But while Kelly, 37, admits that she wasn't keen to give Hollywood another go last year, choosing instead to spend time at her idyllic Kent home, she's now ready to take another stab at making it big across the pond.

Kelly's judo champ boyfriend Jeremy Parisi, 31, has joined her for the trip, and the pair have been busy training together in the sunshine. The twosome have travelled the world together since coupling up in April 2015, and their romance seems to be going from strength to strength.

We caught up with the star – who last week posted a naked photo of herself in the bath (below) – to hear about life with Jeremy, what's next for her on TV and how she's been raising money for Red Nose Day with the help of Fitbit...

### How are you enjoying being back in LA?

It's crazy out here. It's pilot season, which is when all the TV shows get made and we have castings and meetings every day. Sometimes you book stuff and it's like, throw everything against the wall and hopefully something will stick! It's a bit of a holiday, but also work as well.

### Have your meetings been going well so far?

They're making loads of new shows at Warner Bros, so I'm meeting them. I'm always having meetings and reading scripts, but I don't always want to be here working. Last year I didn't want



to come to
LA and work. I
just wanted to
stay home and
take pictures of
flowers! And then
sometimes, I'm
like: 'Oh, I'll go
over there and try
again.' It depends
what mood I'm in.



### Have you been exercising much?

Yes, Jeremy's already been for a swim this morning and we love hiking. We go up to Runyon Canyon and we run on the beach and ride our bikes. It's very outdoorsy in LA, so we're always out and about.

### Who motivates who when it comes to working out?

Well, Jeremy's a professional athlete so he trains three times a day without fail, whereas I need more encouragement! In January, he was definitely motivating me, but we were running three or four times a week. I've felt so much better for it.

### You've been on so many beautiful trips with Jeremy. What's the best thing about travelling with him?

The best thing about my life is that I get to travel. I get to go all over the world, so I guess having someone to share all those experiences with makes it better. To share all those amazing moments is special.

### You post a lot of snaps of Kent on your Instagram page. How does it differ from LA?

It's Kent through my eyes, I do live in a really pretty part of the world. There's not much else to do there other than take pictures and cook — it's quite remote. When I'm at home on the farm I get inspired to take pictures because everything is so beautiful. When I'm at work I got bored of taking pictures of myself!

### You were Lorraine Kelly's guest fashion editor recently. Would you like to do that again?

I don't know. I think I'm a bit too much for people. I was criticised for being too energetic and loud! I was like: 'Maybe I shouldn't come back?!' They wanted me to, but I told them I thought they should get someone else. I don't think I'm cut out for morning TV. Lorraine introduced me as 'the most enthusiastic woman in the world', and I thought, well I'm not really — I'm just trying to make the best of the clothes you've given me!

### So you wouldn't go back?

I'm not trying to be a TV presenter or work on telly in the UK every day. If it's something that's a bit challenging or fun, then I'll do it. But it was





a three-minute segment on a morning show. I just didn't like all the attention that came with it. It was a bit pointless. I don't mind the attention

if I'm doing something that's a big deal, but I didn't think it was – talking about a few dresses on a morning show. I left and said: 'I don't really



want to do this, it's a bit silly.'

### You recently said that you should've kept your 2009 role on *Britain's Got Talent*. Would you go back if Simon Cowell invited you now?

I like Simon and everyone at *Britain's Got Talent*. I'm open to anything. It's a business and I don't really feel personal about things like that. It didn't work and I left. But if they wanted me to go back and things had changed, of course I'd go back. I don't really think about it, though.

### Tell us about working with Fitbit to raise money for Comic Relief...

We've done a spoof of a pop video dance-off. Freddie Flintoff and I each have a crew of dancers and we try and outdo each other, but Louie Spence is the secret up my sleeve. Louie's good value — he's always dropping down into the splits! But I was being a bit ambitious and I ended up doing my back in and spraining my ankle trying to keep up with the young dancers. I ended up thinking, I'm getting a bit old for this now!

KELLY HAS TEAMED UP WITH FITBIT TO GET THE NATION DANCING FOR RED NOSE DAY. WITH A MISSION TO RAISE £150,000 FOR COMIC RELIEF, FITBIT WILL DONATE £15 FOR EVERY DANCE VIDEO UPLOADED USING #STEPUPGETDOWN. VISIT WWW.FITBIT.COM/REDNOSEDAY.

INTERVIEW BY JOEL COOPER
PHOTOGRAPHS BY GETTY IMAGES, INSTAGRAM, XPOSURE





# LONDON CALLING!

# OK! BRINGS YOU ALL HOTTEST LOOKS AND GOSSIP FROM A STAR-STUDDED LONDON FASHION WEEK

lways London Fashion Week's hottest ticket, this year's Burberry show certainly didn't disappoint with a seriously starry front row. Penélope Cruz, Suki Waterhouse and Naomi Campbell – all in moody monochrome - took the prestigious seats at Makers House to witness the stunning spectacle from one of fashion's heaviest hitters.

Following the show, the glitterati let their hair down at the Burberry after-party, which was held at London

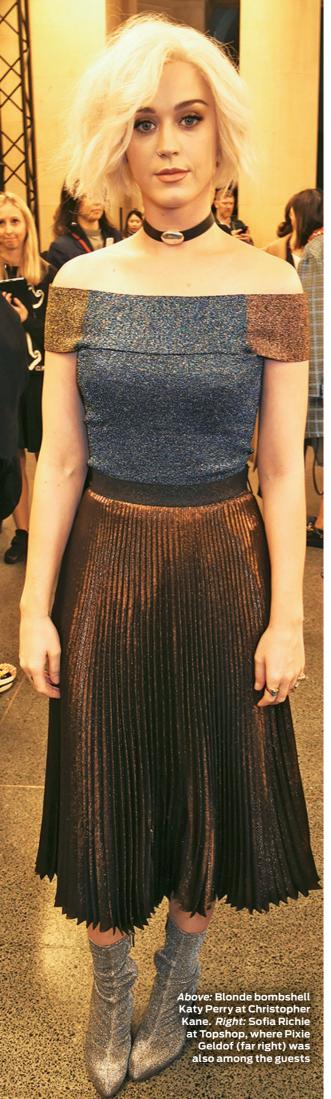
hotspot Annabel's. Kendall Jenner ensured all eyes were on her at the bash in a hooded Burberry crochet cape, which she'd grabbed straight off the runway, teaming it with a beige minidress.

When she smiled, the 21 year old offered the waiting photographers a flash of her latest accessory, a gold grill, which is a big departure from her usual look and something we're more used to seeing on her brother-in-law Kanye West. Kendall was joined by her













supermodel pal Bella Hadid – who wowed in a black leather minidress – and DJ Nick Grimshaw. Nick looked to be having the time of his life at the exclusive event.

Over at the Vivienne Westwood bash hosted at Fabric nightclub, singer Ellie Goulding set tongues wagging when she was snapped leaving with her former flame Dougie Poynter. Ellie, 30, looked sensational on the evening in a grey velvet midi dress while Dougie, 29, typically kept things casual in jeans and a patterned shirt. Ellie was also seen leaving the Burberry after-party in a blue dress with Dougie.

Christopher Kane was another big draw of LFW, and Katy Perry used the show to debut her new 'do — a platinum blonde bob. Singer Katy, 32, posed for the camera in a glittering Bardot-style top with matching midi skirt and boots — she also

experimented with this season's musthave accessory, the choker.

High Street favourite Topshop proved one of the biggest celebrity draws, with everybody from Poldark actress Eleanor Tomlinson, model Pixie Geldof and chart-topper Ella Eyre jostling for space on the front row at Tate Britain. Pixie, 26, dressed down in cropped blue jeans and a khaki jacket. Sofia Richie was also at Topshop amid rumours things are hotting up between her and Formula 1 ace Lewis Hamilton, And 18-year-old Sofia daughter of legendary singer Lionel – certainly looked racy in a sheer blue top which she teamed with silver

Topshop trousers.

Kate Bosworth,
star of new BBC war
drama SS-GB, was ▷











spotted at Henry Holland's fun-filled show. The blonde actress, 34, looked effortlessly cool in a striped minidress from the designer as she chatted to supermodel Agyness Deyn on the front row.

Fearne Cotton took a break from her day job to model in her fashion designer pal Pam Hogg's London Fashion Week show. The mum of two looked sensational in a white PVC dress on the catwalk at London's Freemasons' Hall. Fearne, 32, later took to social media to reveal her nerves ahead of her runway debut: 'Just got to walk in my mate @pamhoggfashion show. What a terrifying/thrilling 10 minutes that was! Pam you are brilliant!'

On the Sunday of London Fashion Week, the biggest draw was Versus Versace, where fashion fan Ellie Goulding took her seat in the front row alongside *The* Voice UK judge Will.i.am. The pair looked to be getting on famously as they chatted ahead of the show, which saw supermodel sisters Bella and Gigi Hadid strut their stuff. Other

models at the show included Kate Moss's younger halfsister Lottie and British beauty Jourdan Dunn.

Gigi, 21, maximised her time in the capital by taking time out from the runway to promote her collaboration with Tommy Hilfiger. A smiling Gigi looked incredible in an oversized silver puffer jacket from the collection, which she teamed with white Dr Martens. Rafferty Law, the 20-year-old son of Jude Law and Sadie Frost, kept the crowd- which also included Madonna's son Rocco Ritchie on a date with model Kim Turnbull – entertained by taking to the DJ booth.

Over at the Aspinal of London presentation,









WWW.OK.CO.UK 71











parents-to-be Binky Felstead and Josh 'JP' Patterson posed happily together, making it clear that their on/off relationship is now very much on – 26-year-old Binky's blossoming bump was visible underneath her loose-fitting striped top, while she didn't forgo comfort for style in a pair of peep-toe heels. The pair were also seen together at the Joshua Kane show. *The X Factor* judge Nicole Scherzinger also looked on trend at the presentation in cropped jeans and a ripped black sweater.

As the daughter of Meg Mathews and Noel Gallagher, Anaïs Gallagher is used to mixing in starry circles, so she felt right at home on the Mulberry front row. The 17-year-old blonde beauty wore a shimmering blue dress hot off the runway as she watched the show.

Fresh from finishing the Strictly Come Dancing tour, Louise Redknapp, 42, looked effortlessly pretty at the Preen presentation in a floral dress by the designer, which she toughened up with a leather biker jacket.





The Roland Mouret show drew numerous fashion heavyweights with Yasmin Le Bon and her daughter Amber adding some glamour to proceedings. Yasmin, 52, and Amber, 27, looked more like sisters than mother and daughter as they posed for the photographers at the National Theatre venue. Strictly Come Dancing star Daisy Lowe took a seat on the front row at the show,

alongside Poldark's Eleanor Tomlinson.

Celebrity favourite Julien Macdonald welcomed Lady Kitty Spencer to the front row of his show. Kitty, 26 – who is the niece of the late Diana, Princess of Wales – looked incredible in a lowcut tropical-print emerald dress, which she teamed with black accessories.

Meanwhile, Erdem – a firm favourite with the Duchess of Cambridge – also attracted the A-list. Westworld actress Thandie Newton looked effortlessly chic at the show in a low-cut suit by the British designer. OK!

REPORT BY CLARE FISHER PHOTOGRAPHS BY GETTY IMAGES, REX, TEH MEGA AGENCY, WENN, XPOSURE







LIVING UP TO HER MEMORABLE NAME!

## 'I'M NOT READY TO LEAVE'

TRULY FORD ON WHY SHE WENT FOR GAVIN AS HER COACH AND MAKING HER LONG-DISTANCE RELATIONSHIP WORK

he coaches were blown away by Truly Ford's stripped-back version of the Stereophonics song *Dakota*, but that wasn't the only thing that made her so memorable. Named Truly Scrumptious by her parents, the aspiring star tells *OK*! that she's only just getting used to her unique name at the age of 23. 'It's always got me a lot of attention, which I guess is nice,' she laughs.

Truly, who lives in London, has been attempting to break into the music industry since the age of 16, and now she's turning to the ITV talent show – and her coach Gavin Rossdale – to help her get a foot in the door

Among those supporting her

are her mum and dad, who separated before she was born, and her boyfriend Tom Gill, who she has been with for three years.

Here, Truly talks about getting to know Gavin and why she's determined to be this year's winner...

#### How have you found The Voice so far?

I've had so many lovely comments from people, and even a few who said my blind audition made them cry. The only negative comments I've had are from people saying my name is stupid!

#### Are you proud of your unique name?

I'm just about getting used to it! It's always got me a lot of attention, which I guess is nice. When I was a baby I was in *The Sun* with my mum, who revealed that she was inspired by the *Chitty Chitty Bang Bang* character Truly Scrumptious.



#### What were you doing before appearing on *The Voice*?

I've been writing, recording and performing since I was 16. When I was 18, I released an EP and had a bit of momentum behind me, but it's not really ever worked out. I've been over to Los Angeles a few times to write with people who have written for the likes of Sia and Britney Spears. It's never led to huge success but it's been a good experience for me.

#### How did you feel when both Gavin Rossdale and Sir Tom Jones turned their chairs for you in the blind auditions?

I went in there knowing that I wanted Gavin to be my coach. Tom

is amazing, but I grew up listening to Bush. I want to record indie/rock songs. I'd never want to release something I haven't written myself.



#### What sort of coach is Gavin?

When I performed my battle song to him, he took it upon himself to explain the meaning behind the song so I could have a better understanding. Then he stripped everything right back – he knows exactly what he's doing.

#### A lot of people have said you look like his daughter, Daisy Lowe...

It's very flattering because Daisy is beautiful. I don't think we look that alike, but we dress in a similar way.

#### Are you nervous about the knockout rounds?

I've chosen a really good song so I feel quite confident. I'll be gutted if I go home at this point, I'm not ready to leave. I want a record deal.

#### Tell us about your boyfriend...

We met on Tinder three years ago. He works as an audio engineer in the music industry, but he moved to Germany a year ago so we have a long-distance relationship. We try and see each other as much as we can – it can be hard but we make it work.







## 'I LOOK UP TO WILL SO MUCH'

CLARA HURTADO TELLS US WHY SHE'LL NEVER SING A BLACK EYED PEAS TUNE AND REVEALS HER SISTER'S PLANS FOR FAME!

erenading them in her native Spanish, Clara Hurtado won over all four coaches at her blind audition, before opting for a spot on Team Will.i.am. The singer spent her childhood in Madrid and Malaga before her family relocated to the UK back in July 2011.

Currently a second year music student at the British And Irish Modern Music Institute in Brighton, Clara lives

with her parents and 17-year-old sister Ines in nearby Haywards Heath. The 20 year old also auditioned for *The X Factor* last year, but didn't make it through the first audition with producers.

Here, after a victorious battle round – despite being ill with a sore throat on the day – Clara tells *OK*! how boyfriend of five months Ben Killick, 19, has been her rock and why she'll never sing a Black Eyed Peas song in front of her mentor...

#### Why did you audition for *The Voice*?

Actually, I got a call from someone – I basically got scouted for it. She sent a recording of me to *The Voice* and they got back to her and they said did I want to audition. So I said, why not?

#### You're a huge Black Eyed Peas fan. Were you tempted to sing one of their songs for Will?

No! I will never have the courage to sing a Black Eyed Peas song, especially in front of Will! I look up to him so much.

## All the coaches turned for you at the last minute in your blind audition. Were you surprised?

I had Will in mind beforehand and I only wanted one turn. Just before the song ended, I didn't think that I was going to get through at all. I had started really pitchy because I was super-scared!

#### What's Will like as a mentor?

Every rehearsal and any bit of filming, he's always there with the team. I haven't had a one-on-one with him but he likes to get down to work. I said to him that I was taking it a step at a time and he said that's the best way to be in this situation. He's

such a relaxed guy, so any advice is always so chilled.

#### What do your family and friends think of you doing the show?

They're really proud. My dad can't watch it without crying and he never normally cries. My sister is so excited. She really wants fame so she's happy [laughs]! She wants to be a make-up artist, so maybe we can work together

one day.



He is super-proud. He's been my rock, however cringey that sounds. He's studying English at the moment but he loves music, too.



Clara with

Ben Killick

her boyfriend

#### How did you guys meet?

We were in the same tutor group in school and then at college we had the same friendship group, but I didn't get to know him as we were both in relationships then. There was no

interest there until years after!

## Are you worried about how much you'll get to see of him as the show progresses?

It will probably be a bit difficult if I get through the live shows because it's one after the other and it'll be a really busy month. But he's going to do his best to see me as much as he can

#### Have you been recognised much since the show?

I went to an Into The Ark [also contestants on *The Voice*] gig and I think there was a girl looking at me weirdly and smiling at me. Sometimes people look at me in a funny way on the train, but no one actually comes and says hello [laughs]! I'm very humbled by everything. It hasn't all just slapped me in the face all at once. It's gradual.

#### What's the show's host, Emma Willis, like?

She is so lovely and such a delight to have around. She came up to our hair and make-up studio just to say hi. She was there without make-up and just super-casual.





#### AFTER AUDITIONING WITH HER FATHER

## 'MY DAD HAD A FEW TEARS'

## HAYLEY ECCLES ON LEAVING HER TOILET CLEANING JOB BEHIND AND HER SUPPORTIVE BEAU



oth Hayley Eccles and her father Geno took to the stage at the blind auditions. While her dad, 54, failed to win over the coaches, Hayley landed a spot on Team Will.i.am before sailing through the battle stages.

The fourth of Geno's five daughters, Hayley, 22, shares her family home in Lancashire with her parents and youngest sister. Also among her supporters is boyfriend of eight months, Daryl Smith, 26.

The singer also auditioned for The X Factor when she was 16, but only made it as far as the first producers stage. She admits: 'I was too young and I still had a lot of things to learn about my voice.'

Here, the hopeful talks to *OK*! about her supportive boyfriend and Will's words of wisdom...

#### Why did you audition for *The Voice*?

It was actually my dad — I didn't even know applications were open. He had filled out his form and then gave me mine. I thought it would be a nice dad and daughter day out!

#### Was it tough when he didn't get through?

It was the hardest thing to watch. He was note perfect. As soon as I got a turn I thought he was going to be heartbroken, knowing how long he's done it for and how passionate he is.

#### How did he react?

My dad doesn't ever cry, but he had a few tears rolling down! He was over the moon. He keeps





saying: 'Come on, you're doing it for the both of us.' I'm like: 'No pressure, Dad!'

#### What does your boyfriend Daryl think of you appearing on the show?

We met at the start of *The Voice* and he didn't know at first. We were out on our first date and I said I'm a singer on *The Voice* and he was like: 'What?!' He's been with me on this whole journey and he's so supportive. He's so proud of me.

#### What were you doing before the show?

I was gigging in pubs and local restaurants every weekend, sometimes with my dad, and doing cleaning jobs all week. From cleaning toilets to this is a bit of a difference, so I'm appreciating every single second!

#### How does it feel to be on Team Will?

I've always wanted him. I used to be obsessed with the Black Eyed Peas and I've always loved him. It was him or Jennifer Hudson for me. When we got given our battle song, he would stop me and make me speak out the

would stop me and make me speak out the words. He said: 'An actor is an actor because they act and a singer is a singer because they sing. But if you can get people to believe in what you're singing then you have now become both.' I was like, wow! How have I never thought of it like that?

#### Are you worried about the fact past winners haven't made it big in the music industry?

It makes me more motivated. I'm going to work my a\*\*e off for it. You're not going to get this opportunity every time, so you have to work for it.

Perfectil



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





VITABIOTICS



From Boots, Superdrug, supermarkets, Holland & Barrett, health stores, pharmacies With biotin which contributes to the maintenance of normal skin, plus selenium and zinc which contribute to the maintenance of normal hair and nails.

\*UK's No1 beauty supplement brand for skin, hair and nails. Nielsen GB ScanTrack Total Coverage Unit Sales 52 w/e 3 December 2016.

VITABIOTICS





#### SHE WANTS ROMANCE... AND A CHEQUE FOR THE RENT

## 'I WANT EVERYONE TO LOVE ME'

#### **DANNII BARNES IS DREAMING OF A RECORD CONTRACT**

er blind audition may have been met with mixed reactions, but Dannii Barnes has one person on her side — Sir Tom Jones. The star saw potential in the 20 year old from Guildford, despite criticism from Gavin Rossdale and Jennifer Hudson after her performance of *Tears* by Clean Bandit and Louisa Johnson. Luckily she managed to impress everyone during the battle round and is gearing up to take part in this weekend's live knockouts.

Before auditioning for the show, Dannii was juggling two jobs and is determined not to go back to her old life. Here she chats about being recognised on the train and her quest to find love...

#### During your blind audition, Gavin Rossdale and Jennifer Hudson said you changed your style too often – was that hard to hear?

I think they were right. Looking back now the song choice was probably a mistake and my nerves got the better of me. I have no idea how I got through — when Tom turned around I thought it was a fix!



## What were you doing before you auditioned?

I was working as a food runner for a catering company and selling jewellery in H Samuel. I did musical theatre as a kid – although I

was pretty s\*\*t – and I tried being in choirs but that didn't work out. I enrolled at the Academy of Contemporary Music in Guildford in August and I've just come back from two weeks singing at a ski resort.

#### How have you found *The Voice UK* so far?

Before my blind audition I was so nervous that I wanted to drop out, but I'm so glad I didn't. I come across as very confident, but I'm quite needy. I want everyone to love me.

#### Has anyone recognised you in the street yet?

It happened today for the first time! I was on a train and a woman came up to me and said she thought I was really good on the show. Everyone started looking at me!

#### What would you like to happen after the show is over?

I'd love a record contract because I can't pay my rent right now!

#### Are you dating anyone?

I'm seeing someone, but I'm not sure what's going to happen. I enjoy being in a relationship, it's the nicest feeling so I'm definitely looking for love.

'THE VOICE UK' LIVE KNOCKOUTS ARE ON ITV ON SATURDAY AT 8.30 PM AND SUNDAY AT 7.45 PM.

STOCKISTS: ANTHROPOLOGIE WWW.
ANTHROPOLOGIE.COM/EN-GB; ASHLEY
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WWW.DEBENHAMS.COM; FASHION UNION
FASHIONUNION.COM; H&M WWW.HM.COM/
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NEW LOOK WWW.NEWLOOK.COM; OFFICE:
WWW.OFFICE.CO.UK; PANDORA WWW.
PANDORA.NET/EN-GB; SCHUH WWW.SCHUH.
CO.UK; SIMPLY BE WWW.SIMPLYBE.CO.UK;
TOPSHOP WWW.TOPSHOP.COM; VERY VERY.
CO.UK; ZARA WWW.ZARA.COM/UK.

INTERVIEWS BY LAURA HILLS AND KATIE LANGFORD-FOSTER PHOTOGRAPHS BY DAD TIONAL PHOTOGRAPHS BY FACEBOOK, GETTY IMAGES, INSTAGRAM STYLING BY GAYLE RINKOFF @ CAROL HAYES MANAGEMENT HAIR AND MAKE-UP BY JULIE WEST USING LOREAL PROFESSIONAL TECH NI ART AND MAC, AND CAROLINE PIASECKI USING PAUL MITCHELL AND BOBBI BROWN



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## GOOD AS GOULD!



WITH OK! FASHION & BEAUTY DIRECTOR ROSIE UNDERWOOD

@ROSIEJUNDERWOOD

ith her eclectic style teamed with her vibrant stage antics, Ellie Goulding has only gone and launched her own shoe collection. From stilettos and flats to trainers and pumps, the energetic singer-songwriter [right] has got all shoe bases covered. 'For me, shoes are an indication of what mood you are in,' says Ellie. 'My collection includes shoes for any occasion. I'm constantly changing it up.' Looks like we'll be very quick to follow suit. SEE WWW.DEICHMANN.COM.





#### **KOBOXING CLEVER**



Seeking a runway-worthy physique post-fashion week? It turns out supermodels including Karlie Kloss, Gigi Hadid, Gisele Bündchen and Jourdan Dunn [left] have been throwing punches to achieve theirs. Wanting in on the action, I joined Jourdan and her personal trainer brother Antoine [below] for a session at KOBOX, for



the launch of the brand spanking new City studio. Think functional strength training combined with heavy bag boxing routines, all in a nightclub set-up — so any fatigue is nicely concealed!

SEE WWW. KOBOXLONDON.COM.

## HOTFIVE

#### SHEARLING STAPLES



#### JUST WHAT THE DR ORDERED!

Michelle Keegan's having a few hair issues of late. 'It's really dry at the moment,' the actress [far right] reveals. 'I think it's a combination of the weather and recovering from bleaching it last year.' But help has been at hand in the form of Dr Organic Moroccan Argan Oil. 'I didn't notice it so much the first time I used it,' she says. 'But after the second time my hair felt considerably more moisturised and silky.'



no Dr Organic Moroccan Argan Oil Hair Treatment Serum, £14.99

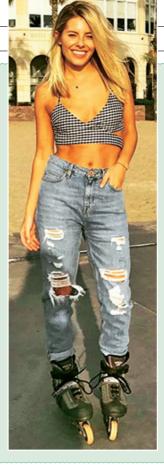


#### OK!STARSTYLE

#### MOLLIE IS TOP OF THE CROPS

She's busy working in the studio in Los Angeles, but Mollie King made sure to enjoy the sunshine by skating along Venice Beach. Gingham prints are big news this season, so this Asos crop top is the perfect way to tap into this trend. The singer teamed hers with distressed jeans and a delicate Alexi necklace – what's not to love?





## CELEBRITY MUST-HAVES

GET INSPIRATION FOR YOUR WARDROBE WITH THESE STYLISH BUYS FROM THE STARS

## KARLIE'S A JEWEL CITIZEN

Supermodel Karlie Kloss proved why she's a leader of the fashion pack while out and about in Sydney. The model showed off her phenomenal figure in a strapless dress paired perfectly with a Swarovski layered necklace.



Necklace, £85, Swarovski







Does Kendall Jenner ever get it wrong? The model stepped out in New York looking oh-so stylish in a long navy coat over pinstripe trousers styled with white Kurt Geiger boots. She completed her look with a messy top knot and sunglasses.





THE FRAGRANCE FOUNDATION

## National Fragrance Day

Tuesday 21st March 2017
A week long celebration of fragrance



## **#ScentMemories**

Your stories through scent...

WWW.FRAGRANCEFOUNDATION.ORG.UK

#### **URBAN DECAY SELF-ADJUSTING**

This lightweight primer contains pigments that adjust to your skin tone when applied. Its high-tech formula fills in fine lines, minimises pores, controls shine and makes your make-up last longer. Use before applying foundation, or just wear it on its own for a matte finish.

## TIME TO PRIME

BLUR AWAY YOUR IMPERFECTIONS FOR A FLAWLESS MAKE-UP APPLICATION

PAULA'S CHOICE SKINCARE

6253/4

RESIST

PAULA'S CHOICE SKINCARE RESIST ANTI-AGEING SMOOTHING PRIMER SERUM SPF3O, £31

Not only is this a primer, it also has serum-like benefits and shields the skin from the effects of pollution and UV rays. Its silky texture blurs fine lines and creates a perfect canvas for make-up, while the anti-ageing formula restores radiance. Multi-tasking at its finest!



SMASHBOX PHOTO FINISH

FOUNDATION PRIMER RADIANCE, £30 Formulated with hyaluronic acid and shea butter for instant hydration, this primer also contains high-definition spheres to blur any flaws. But what really sets it apart are the fine amber and bronze pearls, which create that selfie-ready warm glow.



If you have oily or combination skin, then this primer is for you. Enriched with natural minerals to combat excess oil throughout the day, the silky texture glides on effortlessly and instantly blurs away fine lines and pores.

bareMinerals

PRIME TIME

ORIGINAL NOATION PR ORIGINALE

NARS PORE & SHINE CONTROL PRIMER, £27 Long-wearing and shine-proof, this is the answer to all make-up concerns. With soft focus powders and plant extracts, it helps control sebum and mattify skin during the day.

#### STRETCH MARKS

Speedy weight gain or pregnancy can cause these unwelcome guests to make an appearance. It's important we support our skin with foods rich in zinc and vitamin C, like lentils, which help boost collagen and elasticity, while working these magic formulas into our skin. Victoria Beckham [below] relied heavily on the Elemis body oil throughout all her pregnancies, while I'm hailing the organic and natural ingredients found in the likes of the Antipodes skin balm and the treatment oil by Liz Earle.



Liz Earle Superskin Treatment Oil For Body, £35



Antipodes Saviour Skin Balm, £14.99









OK! FASHION AND BEAUTY DIRECTOR ROSIE UNDERWOOD REMEDIES THESE COMMON ISSUES

ur skin is a clear expression of what's going on inside, so just slapping on a product like it's going out of fashion isn't enough when it comes to certain problems. By combining some of my hero formulas with the correct diet, you'll swiftly see these three common concerns given their marching orders.

#### ACNE

Hormonal imbalances and genetics can cause bad skin, but add in too much dairy, bad fats, salt and fried foods and you're giving pimples a fighting chance of making a very unwelcome appearance on your complexion. Incorporate antioxidant and iron-packed foods into your diet such as beetroot, rocket, turmeric and ginger to support the gut and clear the skin, as well as working these acne-busting formulas into your regime.

REN Evercalm Anti-Redness Serum, £28

#### DANDRUFF

A lack of healthy fats in the diet can cause a dry scalp, so pump your meals with foods such as walnuts, which support the structure and function of hair cells, spinach for its second-to-none nourishing properties and oily fish and flax seeds for an omega 3 hit, essential for supporting a healthy scalp. Wash your hair with these dandruff-control beauties and you're onto a winner.

Green People

Irritated Scalp

Shampoo, £13

Kerastase Specifique Bain Anti-Pellicure Anti-Dandruff Solution Shampoo, £18.60







Palmarosa
PURIFYING FACIAL MASK

Dopy classes OILY OR COMEDIATION MAT

WHEN AND OUT OF COMEDIATION

BareMinerals Blemish Remedy

Anti-Imperfection

Serum, £36

Neal's Yard Remedies Palmarosa Purifying Facial Mask, £26.50



Charlotte
Tilbury
Goddess Skin

Clay Mask, £38

Kiehl's Breakout Control Targeted Blemish Spot Treatment.

£24.50







## DISCOVER A WORLD OF HAIRCARE RITUALS







#### OK!DIET&FITNESSWITH...

## **HELEN SKELTON**

THE PREGNANT PRESENTER ON HER CRAVINGS FOR CHIPS AND GRAVY AND GETTING A BIT TOO COMPETITIVE WITH HER RUGBY PLAYER HUSBAND!

AGE: 33 HEIGHT: 5ft 3in WEIGHT: 'I have no idea because I never weigh myself!' DRESS SIZE: '8-10'

**BREAKFAST:** 'We generally have eggs for breakfast, maybe scrambled with a little bit of salmon.'

LUNCH: 'It's never the same. I might have toast with ham on it or a jacket potato, or I love carrot and coriander soup.'



**DINNER:** 'Something quite big, hearty

and easy, like a chicken stew or enchiladas. My husband [Richie Myler] is the cook – he can't stand me cooking,



because I

always offer him an omelette!' **SNACKS:** 'In the day I'll have a croissant – they're so good!'

#### How do you stay fit?

I walk a lot. Whenever my son Ernie [20 months] has his naps, I take him out in his pushchair and I walk the dog. I used to be a real gym bunny, but we don't have any childcare so I can't really go to the gym as much. I'm all about the online exercise videos. I always do five minutes in the morning and Ernie will join in. All my family laugh because he'll say: 'Do your squats!' If me and my husband do push-ups, he always wants to lie on our backs.

#### So you work out with Richie...

We used to go to the gym and play a lot of sport together, but we get pretty competitive. I've broken a squash racket before! If we go somewhere and there's a pool table or table tennis table now, we'll both try to get Ernie to be on our own side. [Jokingly] We're terrible parents!

#### How have you adapted your exercise routine during your current pregnancy?

I swim a couple of times a week. When I was pregnant with Ernie, I got asked to leave a class because I was too pregnant and they said: 'Go swimming,' so I really got into it.





#### Have you changed your diet at all?

If anything, I think I can have what I want because I'm pregnant, so I probably eat more chocolate! That's how I knew I was pregnant – I really craved chips and gravy in the early days. But I can't eat beef burgers – I'm not into red meat when I'm pregnant!

#### Who is your celebrity body idol?

I always used to think out of the Spice Girls, Baby Spice [Emma Bunton] had the best body and was the most attractive and she was probably the most relaxed about it. I think that is quite a good lesson in life.

#### What's your favourite body part?

I've got good boobs [laughs]!

#### What do you work hardest on?

I've got terrible legs! Rich plays rugby, but I've got bigger legs than him! It's constantly been a joke as the first thing my husband ever said to me when he saw me naked was: 'Wow, strong legs!' But to him, that's a compliment!

#### You've undertaken some incredible physical challenges. What's been the hardest?

Probably the Ultra Marathon in Namibia – I had to do three marathons in a day.

#### Has your attitude towards your body changed since becoming a mum?

Yes. Now I know I need my body to be in good working order so I can deliver a child, as opposed to looking good in a bikini.
Of course I'm human and everybody's conscious of what they look like, but I'm so much more relaxed about it because it isn't really about me any more.

#### You're ambassador for British Lion Eggs. Why are eggs so important in your diet?

They're quick, they're easy and they're cheap. When I get home from work, I don't want to spend an hour in the kitchen, I want something that's hearty and warm. My son loves a dippy egg!

#### What's your best egg dish?

I like it classic. I just like poached egg, avocado and salmon. The whole reason I love eggs is because it's one

pan, one ingredient, done! OK!

HELEN SKELTON IS A BRITISH LION EGGS AMBASSADOR, CHECK OUT HER FAVOURITE RECIPES AT WWW.EGGRECIPES.CO.UK.







#### HER EXCLUSIVE OK! COLUMN

THE 'CORRIE' STAR ON BEING PIERS MORGAN'S PIN-UP. SPOILING HER LITTLE PRINCESS AND STANDING UP FOR DANNY DYER

## Y NEW LEADING MAN!

Eye, then to Polly's

favourite attraction,

Shrek's Adventure!

where she had her

photo with Shrek. It was such a brilliant

family day out. Afterwards I took

Pol to the Bibbidi

makeover [right]. I would have loved to

Bobbidi Boutique at

Harrods for a princess

have done something

like that when I was a little girl. She walked

out of there looking

iers Morgan's revelation that I'm his 'number one soap pin-up' came as news to me when I was on Good Morning Britain last week [right]. Susanna Reid had to rein him in – she always does! Piers was joking that he'd like to be my love interest on Corrie -I can see that happening as a laugh for something

like Comic Relief, but I can't see him as a permanent member of the show – he's far too posh. Although you never know, Nigel Havers was in the show! I thought the whole episode was funny and a bit of banter – Piers is a big pussycat really. I first met him when I was on Piers Morgan's Life Stories in 2010 and we've got on ever since.

After filming, my mum, dad, Polly and my friend Les had a day out in London. We went on the London



like a princess with a tiara, a gown and her face painted. When we got home later that evening, she wouldn't wash her face as she wanted to sleep with the face paint on!

Last week, Matt whisked me away for a night at the Stanley House Hotel & Spa in Lancashire, too. It was one of the first places he took me to when we got back together in 2015. We had a lovely meal and a few spa treatments – it's great to get away, even if it's just for a night!!



#### WEARING IT WELL

he pictures of Helen Flanagan dressed as Rosie Webster in a white furry jacket and pom-pom shoes [right] made me smile. I think it's great we have those characters, like Rosie or Sinead Tinker [Katie McGlynn], who's a bit of a hippie. It's good when you get to wear things that are far removed from your usual look, but if there's something you really hate or if you don't think it's something your character would wear, then they do listen. I'm quite happy with my character Michelle's clothes - they're very normal and from High Street shops I'd go to. Although, sadly, you're never allowed to take anything home!



#### I ENJOYED FIGHT PUB!

/e saw Michelle in full feisty mode on screen this week after she found out about Steve [played by Simon Gregson] being the father of Leanne's baby! It was the moment everyone has been waiting for and I got to do not one fight scene but two when Michelle punched Leanne [below right] and then dragged Eva [Price, played by Catherine Tyldesley] out of the Rovers by her hair [right].

Corrie has a long tradition of great catfights, such as Elsie Tanner and Ena Sharples, and I was chuffed to be able to show that Michelle won't be pushed around. I really enjoyed doing the fight scenes – we have a great fight arranger called Kate Waters. Jane and I really went for it and got the punch in one take. I'm hoping the public are #teamMichelle after everything she's been through!





#### BIRTH DRAMA

here were a few reports that Leanne Battersby's hirth scenes were unrealistic because the labour was quick and mess-free, and the baby's head looked too big. I'm told the baby we used did only weigh 9lb

so was actually newborn baby size! When we film scenes a lot can get lost in the editing process, as each episode is only 25 minutes. I really enjoyed watching it and I think Jane Danson [who plays Leanne, left]

> and Georgia Taylor [who plays Toyah Battersby] were just wonderful. It was a difficult scene to shoot in a very small space -I think people need to give them a break!

#### I FEEL FOR DANNY

anny Dyer [right] is said to have taken a break from EastEnders because of work pressure. There can be a lot of stress working on a soap, so I understand. It vexes me when the odd troll has said I haven't got a 'real job'. Some people think we come into work, have our make-up done and muck around, but it's not like that – we all work really hard. Filming the number of episodes we make a week is tough. I've been on Corrie for 11 years and I manage the pressure well. I know Danny's hugely popular, so I hope he gets back to work soon - 'Enders fans will really miss him. OK!



#### ICONS OF **OK!**

## JK ROWLING



## THE 'HARRY POTTER' AUTHOR WHO'S CAST A SPELL OVER THE WORLD

scar nominated for the film adaptation of her book, Fantastic Beasts And Where To Find Them, novelist JK Rowling has led a fairytale climb to fame and fortune. Through her fantasy children's franchise, Harry Potter, she rose from a life on benefits to become the celebrated author, playwright and icon that she is today. Her success and drive provided universal inspiration, and she once confessed: 'Rock bottom became the solid foundation on which I rebuilt my life.'

This year, the 51 year old celebrates the 20th anniversary of the book that ignited a legend. Harry Potter And The Philosopher's Stone was published by Bloomsbury after no less than 12 other publishers had rejected the manuscript. Now, with eight Harry Potter films, over 450 million book sales, a stage play and a theme park under her belt, the Twitter activist and troll slayer can turn her voice to politics.

A staunch Labour supporter, the anti-Trump tweeter has racked



up headlines for her fierce retorts and witticisms. After an article was written about a *Harry Potter* fan being so upset by JK's liberal views and Trump put-downs that she burned her *Potter* collection, a fellow critic tweeted: 'Glad I caught this article on Yahoo. I will now burn your books and movies too.' To which JK swiftly quipped: 'Well, the fumes from the DVDs might be toxic and I've still got your money, so by all means borrow my lighter.'

Born in Gloucestershire in 1965, Joanne Rowling's parents moved several times throughout her childhood. She describes herself as the kind of child that attracted bullies. 'I was the epitome of a bookish child, short and squat, thick National Health glasses, living in a world of complete daydreams,' she says. But by the time she was 18, the young Jo was heavily influenced by Siouxsie Sioux and The Smiths, and arrived at university to read Classics and French sporting jet black hair and heavy eyeliner.

Sadly, tragedy had struck three years earlier when her mother Anne was diagnosed with MS. Ten years after the diagnosis, Jo's mum passed away following her battle with the illness. Jo — whose relationship with her father, Peter, was and continues to be strained — moved to Portugal to teach English and within three years she'd married, given birth to her daughter Jessica, divorced, returned home and begun writing Harry Potter And The Philosopher's Stone.

What followed was a gruelling few years for the single mother, who was relying on benefits to scrape

2010 The Wizarding World Of





#### Rupert Grint, Daniel What fol Radcliffe and Emma Watson few years fo was relying

Potter series. Is awarded an OBE.

#### THE 'RAGS TO RICHES' STORY OF THE SINGLE MUM ON BENEFITS

1965 On July 31, Joanne Rowling is born in Yate, Gloucestershire. 1976 Attends the Wyedean School and Sixth Form Centre, becoming Head Girl. 1980 Her mother is diagnosed with multiple sclerosis. 1983 Studies Classics and French at the University of Exeter. 1990 Her mother dies. 1991 Moves to Porto, Portugal to teach English, where she writes the first draft of Harry Potter And The Philosopher's Stone. 1992 Marries Portuguese TV journalist Jorge Arantes. 1993 Daughter Jessica is born. Separates from Jorge in November and divorces the following year.

1994 Moves to Edinburgh with Jessica and finishes Harry Potter And The Philosopher's Stone.
1995 Gets a literary agent, but the manuscript is rejected 12 times.

12 times.
1997 1,000 copies of the book are published by Bloomsbury.
1998 Harry Potter And The Chamber Of Secrets is published.
1999 Harry Potter And The Prisoner Of Azkaban is published.
Warner Bros buys the rights to turn the books into films.
2000 Harry Potter And The Goblet Of Fire is published.
2001 Publishes two books for charity, Fantastic Beasts And Where to Find Them and Quidditch Through The Ages,

which are textbooks in the Harry

Marries Dr Neil Murray in secret. 2003 Harry Potter And The Order Of The Phoenix is published. Son David is born. 2004 Forbes names her as the first person to become a US billionaire by writing books. 2005 Daughter Mackenzie is born. Harry Potter And The Half Blood Prince is published. 2007 The final Harry Potter novel. Harry Potter And The Deathly Hallows, is published and becomes the fastest-selling book of all time. Publishes The Tales Of Beedle The Bard – nursery stories for young witches and wizards, as featured in the final Harry Potter book. All proceeds go to her children's charity, Lumos.

Harry Potter opens in Florida. 2011 Donates an estimated 16 per cent of her wealth to charity, which in turn bumps her from the Forbes billionaire list. 2012 Publishes dramatic novel The Casual Vacancy. **2013** The Cuckoo's Calling is published under pseudonym, Robert Galbraith. 2014 The Silkworm is published. 2016 Co-writes the play, Harry Potter And The Cursed Child. which opens in the West End. The film of Fantastic Beasts And Where To Find Them, starring Eddie Redmayne is released. 2017 Fantastic Beasts is awarded a BAFTA for Best Production Design.



through each day. She sent her manuscript to agents, and remembers: 'The first agent sent back a slip, saying: "My list is full. The folder you sent wouldn't fit in the [return] envelope." I really minded about the folder, because I had almost no money and had to buy another one.'

After getting an agent, she had 12 publishing companies reject the book before Bloomsbury agreed to print it, seven years after she started her first draft. But the writer has never seemed fazed, saying: 'It is impossible to live without failing at something, unless you've lived so cautiously that you might as well not have lived at all. In which case, you have failed by default.'

After taking her grandmother's name, Kathleen, for her middle



initial, the androgynous moniker JK Rowling – designed not to put off young male readers – was born. The first meagre print run flew off the shelves and in the same amount of time it had taken to see the first book in print, she had written a further five books, received numerous awards, an OBE, signed a film deal with Warner Bros, got remarried to Dr Neil Murray and had a son, David.

The following year, Forbes named her the first person to become a US billionaire from writing books, and her daughter Mackenzie was born the year after that in 2005.

It was a long way from Benefits Street, although the author will often joke about how her rags to riches story has sometimes been blown out of proportion, recalling: 'I had an American journalist say to me: 'Is it true you wrote the whole of the first novel on napkins?'' I was tempted to say: "On teabags, I used to save them."'

Famously selfless, the author has donated millions to charity. In fact, the reason she was bumped from the *Forbes* billionaires list was because she gave away 16 per cent of her net worth to good causes.

On the subject of charitable giving, she reasons: 'I think you



have a moral responsibility when you've been given far more than you need, to do wise things with it and give intelligently.'

The Harry Potter creator confesses her books are intentionally laced with socialist morals, advocating inclusivity and equality. Harry himself is an orphan, and Hermione from dual heritage, while Ron comes from a family teetering on the breadline.

#### 'IT'S IMPOSSIBLE TO LIVE WITHOUT FAILING'

Anthony Gierzynski, author of Harry Potter And The Millennials, has carried out extensive research on the subject, writing: 'The evidence indicates that Harry Potter fans are more open to diversity and are more politically tolerant than non-fans; fans are also less authoritarian, less likely to support the use of deadly force or torture, more politically active, and more likely to have had a negative view of the Bush administration.'

Whispers that the Harry Potter series may be resurrected have been kiboshed by the writer herself. 'A rumour has made its way to the press that Harry Potter And The Cursed Child will be made into a film - and not just one film! A trilogy, with Dan, Emma and Rupert returning to their original roles, to be released in 2026,' she said, adding: 'I have no idea how these stories emerge, but to set the record straight: Harry Potter And The Cursed Child is a stage play, it was conceived and written as a stage play, it was always intended to be a stage play and nothing else, and there are absolutely no plans for it to become a movie, a novel, a puppet show, a cartoon, a comic book series or Cursed Child On Ice.

We can always live in hope...

OK!



## **ALICE LIVEING**

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# SWEET POTATO BURGERS WITH SMASHED AVOCADO, ROCKET AND PARMESAN

**SERVES TWO** 



#### WORKS

There's nothing more satisfying than some serious soul food on a Sunday evening. This usually involves some ice cream for me... But for starters, these sweet potato burgers are a pretty perfect end to the weekend. They're also great to cook once and eat twice, so making double of the recipe will ensure you've got a few lunches prepped for the week ahead. Protein: There is

of protein within this dish, but there are some contributory sources - for example, the

no main source

Parmesan cheese. Avocados also have a higher protein content than many other fruits.

Fats: The avocado in this dish provides an excellent source of healthy fats.

Micronutrients:

Avocados are also a source of vitamin E. which helps protect our bodies against damage.

#### **INGREDIENTS**

- 1 large sweet potato, peeled (around 350g to 400g)
- 1/4 lemon, juiced • 1 tsp tahini
- ¼ tsp chilli flakes,
- plus extra to serve ■ ¼ tsp smoked paprika
- 1/2 tsp garlic powder • 1/4 bunch of fresh
- coriander, leaves finely chopped
- 1 tbsp spelt flour ½ avocado, peeled, halved and stoned
- ¼ lime, juiced Large handfuls
- of rocket 2 tbsp
- pomegranate seeds 25g Parmesan cheese
- kay, we all love burgers, but this veggie twist on the meaty classic is an absolute winner for both meat eaters and veggies alike.
- 1. Preheat the oven to 180 °C/350 °F/Gas Mark 4. Line a baking tray with greaseproof paper. 2. Chop the potato into small chunks. Put into a medium saucepan, cover with cold water, bring to the boil, then reduce the heat to low and simmer for 20 minutes, until cooked through. Drain and leave to steam dry. 3. In a large bowl, mix together the lemon juice, tahini, chilli flakes, smoked paprika,

garlic powder, chopped coriander and spelt

flour with a pinch of salt and pepper. Add the

- potato and mash with a potato masher until fully combined.
- 4. Once the mixture is cool enough to handle, use your hands to create two burgers. Place on the lined tray and cook in the hot oven for 20 minutes.
- 5. Meanwhile, put the avocado flesh into a bowl. Add the lime juice, a little salt and pepper and a pinch of chilli flakes, and mash until fully combined.
- 6. Serve the burgers with a large handful of rocket. Top with the smashed avocado, sprinkle over the pomegranate seeds and use a vegetable peeler to shave over the Parmesan.

## **MUSHROOM AND** MOZZARELLA SHAKSHUKA

#### **SERVES TWO**



#### **INGREDIENTS**

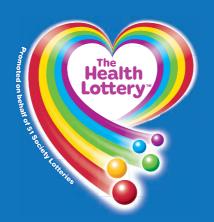
- 2 tbsp coconut oil
- 1 large red onion, peeled, halved and diced
- 1 garlic clove, peeled and minced
- 15 button mushrooms, halved
- 1 tsp smoked paprika
- ½ tsp ground cumin
- 1/2 aubergine, chopped 400g tinned chopped tomatoes
  - 4 free range eggs
- 100g mozzarella, cut
  - into chunks ¼ bunch of fresh
- coriander, leaves chopped
  - Sea salt and freshly ground black pepper

his is a delicious alternative to the classic shakshuka. Featuring the alwaysdelicious gooey mozzarella, it's an absolute winner of a dish!

- 1. Begin by heating the coconut oil in a large non-stick frying pan over a medium-low heat until melted.
- 2. Add the onion, garlic, mushrooms, spices, aubergine and a pinch of salt and pepper and cook for 15 minutes, stirring occasionally.
- 3. Add the chopped tomatoes and cook for a further 15 minutes, stirring occasionally.
- 4. Using a spoon, make four shallow wells in the tomato sauce, then crack an egg into each well.
- 5. Evenly scatter over the mozzarella, cover with a lid and continue to cook until the egg whites have set and the egg yolks are cooked to your liking.
- 6 Serve scattered with the chopped coriander. OK!

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## DISH THE DIET!

FORGET PERSONAL CHEFS – THE A-LISTERS ARE OPTING FOR FOOD DELIVERIES TO SHAPE UP, AND OK! HAS REVIEWED THE STARS' FAVOURITES...

#### THE DETOX KITCHEN 9/10

TESTER: Kirsty Tyler, editor in chief. **PRICE:** From

£34 per day for the 1,500 calorie Protein Package. **CELEBRITY** FANS: Gwyneth Paltrow, Suki Waterhouse, Elle Macpherson, Princess Eugenie and Jo Wood.



THE LOWDOWN: Founded by former caterer Lily Simpson and loved by celebrities, The Detox Kitchen's meal delivery menu cuts out all wheat. dairy and sugar. There are daily deliveries and each day you get three delicious, healthy meals as well as a snack, some nuts and a fresh juice.

THE GOOD: The food is delicious and often inspired by the cuisine of Sri Lanka, Thailand and Morocco. Two of my favourites were king prawn Thai green curry and roasted salmon with butternut squash, butter bean and rosemary stew. Dinner always came with a tasty pudding such as cacao cake, apple crumble or a pineapple pot. I didn't feel hungry at all on the five-day plan.

THE BAD: This is one of the more pricey meal delivery plans, but the quality of the food justifies the price.

WEIGHT LOSS: 3lb in five days. FOR MORE INFORMATION: Go to www.detoxkitchen.co.uk.

#### **BALANCE BOX**

TESTER: Arabella Roden, sub editor. PRICE: From £19.99 per day. **CELEBRITY FANS: Millie Mackintosh** [below] has called it 'amazing' and especially loved the fruity snacks.

> THE LOWDOWN: Each Balance Box includes three meals and two snacks per day, with an emphasis on fresh, unprocessed ingredients. I opted for the vegetarian three-day plan

to kick-start weight loss and healthy habits.

THE GOOD: Ethical eaters will love Balance Box, which is all about free-range, seasonal ingredients. My favourite meal was the tandoori halloumi with Bombay cauliflower. I've kept the pots, too, which will help me to control my portions. THE BAD: The first day was tough, as I have a big appetite! Thankfully, the snacks ensured I never went more than two hours without eating. WEIGHT LOSS: 2lb in just

FOR MORE INFORMATION: See www.balancebox.com.

three days.





TESTER: Emma Bowden, art editor. PRICE: The five-day trial

menu is £120. **CELEBRITY FANS:** Made In

Chelsea's Rosie Fortescue and Jamie Laing, Olympian Louis Smith and Kimberley Walsh, who used it to shape up after her first baby.

THE LOWDOWN: The Paleo diet, often known as the 'caveman' or 'Stone Age' diet, is based on eating protein, vegetables, nuts and seeds, while avoiding grains and dairy. Simple carbohydrates and refined sugars are definitely off the menu. Three different programmes are



THE GOOD: The food was restaurant quality and I never went hungry, so it didn't feel like a hardship at all. There was no cooking involved – just easy-to-heat food pouches for dinner, Lunches consisted

of pre-prepared salads and soups, which were easy to transport and eat at work. THE BAD: Because of the high protein content of the food, I was left quite thirsty. WEIGHT LOSS: 3lb over five days. FOR MORE INFORMATION: See

www.paleo-chef.co.uk.

#### TESTER: Yasmine Griffiths, health editor. PRICE: From £29.95 per day. **CELEBRITY FANS:** Adele [above] and Florence Welch, who says: 'I loved the Pure Package – it tasted great and was a pleasure to eat

THE LOWDOWN: Loften feel stumped when I try and plan weekly meals for my family. Having your food delivered fresh

every morning means all the shopping, prep and cooking is taken out of

your hands. There's also a detailed personal consultation and you can call for advice.

THE GOOD: Founder Jennifer Irvine has just launched the three-day Nourishing Cleanse, which includes a green smoothie for breakfast, tofu miso soup for lunch and sea bream Thai curry for dinner. However, my heart belongs to the traditional Weight Loss menu, which feels less like a diet and more like being catered to by Angelina Jolie's cook! Think spiced kingfish with black bean salsa. THE BAD: Nothing!

WEIGHT LOSS: 4lb in three days. FOR MORE INFORMATION: Go to www.purepackage.com. >









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#### FRESH FITNESS FOOD

TESTER: Lina Darton, acting deputy picture editor.

PRICE: From £20 per day.

**CELEBRITY FANS:** Union J heartthrob Josh Cuthbert and Made In Chelsea's Oliver Proudlock.

THE LOWDOWN: Fresh Fitness Food offers eight different packages including Lean Gains, Fat Loss and Muscle Gain. I chose Wellness, which aims to nourish your body

from the inside out. THE GOOD: It took all the stress out of making dinner after a long day at work. Expert nutritionists created

a tailor-made plan for me according to my exercise patterns,

body type and lifestyle. This provided me with three meals a day, alongside a sweet or savoury snack and either a health shot or broth. Each container was helpfully labelled with the exact number of calories and macronutrients. As someone with a large appetite, I was surprised at how filling and nutritious the meals were, while also being light on calories! I really enjoyed the tasty snacks, such as the peanut protein pot. Crucially, I didn't feel the need to reach for sugary treats come 4pm.

THE BAD: There wasn't really a downside, although I did give myself a little break from broccoli for a few days afterwards! WEIGHT LOSS: I didn't choose the plan for weight loss, but for a kick-start in healthy eating to increase my energy levels – which I definitely noticed. I was surprised to see that I'd also lost a few pounds by the end of the week. FOR MORE INFORMATION: Visit

#### SOULMATEFOOD

TESTER: Lorna Roach, photographer. **PRICE:** The Five Day Full Weight Loss package is £147.

**CELEBRITY FANS:** Followers include Michelle Keegan [above], Jamie O'Hara, the Little Mix girls and OK! columnist Becky Vardy.

THE LOWDOWN: My five-day order came in two separate deliveries to ensure freshness. A chef prepares your meals based on your dietary requirements and the ultimate goals you hope to achieve. The diet is based on your weight, height and level of daily activity. Think Indian spiced chicken thighs with roasted root veg, sweetcorn waffles and chocolate and avocado fudge.

THE GOOD: Portions are generous and there are two small snacks a day to keep you energised. It's also a great way to cut down on sugar. The plan has set me in good stead to make healthier choices from this point forward.

www.freshfitnessfood.com.

THE BAD: The meals contained no salt, so some dishes tasted a bit bland for me. Lalso think my calorie

intake was on the high side, so I didn't lose much weight.

WEIGHT LOSS: 2lb 8oz in five days. FOR MORE INFORMATION: Go to www.soulmatefood.com. OK!

COMPILED BY OK! HEALTH EDITOR YASMINE GRIFFITHS PHOTOGRAPHS BY GETTY IMAGES, PAUL WINCH-FURNESS

#### WIN A £200 TILE VOUCHER! PLUS OK! READER OFFER!

Walls And Floors, who have just relaunched their website, are offering a £200 tile voucher to spend online at www.wallsandfloors.co.uk for one UK mainland OK! reader. Choose from 6,000 tile designs and transform your bathroom, kitchen, living room, hallway or garden!

Plus, OK! readers get an extra 15 per cent off orders with the code OKMAG15 (expires March 31 2017). **To be** 







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inley turned six weeks old last week and I don't know where the time's gone. He's looking more like Jamie every day and his eyes have turned really blue. He hasn't been sleeping recently and it's killing me. I've only been getting about two hours a night, so I've decided I need a bit of help. I've been in touch with Lisa Clegg,



who's written a book called The Blissful Baby Expert [left], and she's helping me get him into a routine. The other night he was cranky and puked over me three times, and then peed all over me in the morning, so I'm praying her tips work! Sometimes you struggle and I'm not ashamed to admit that and ask for help.

#### MY HELPFUL GIRL

Megs has been brilliant at helping me with Finley. I recently bought her a goHenry debit card for kids (www.gohenry.co.uk). It's a great way of teaching her to be responsible with money and that things don't just get given to you on a plate. There's an app where I can set her a list of chores and then transfer

> her pocket money once she's completed them.



#### TINY DANCER

I've been taking Sofia to Baby Ballet [left]. She loves it but she's started sliding on her knees and pretending she's scored a goal! Taylor does it at home so she's been copying him. I thought it was hilarious, but I don't think her ballet teacher is too impressed! Jamie was away in Spain for a Champions League

game last week and I was so proud of him when he scored against Seville. I

loved Jamie dedicating his goal to Finley by sucking his thumb [right], but his comment that Finley was probably asleep was hilarious, as he was up all night! I've taken Finley to get his passport pictures done so hopefully we can go to a few games abroad in the future.



#### GOOD LUCK, CHERYL!

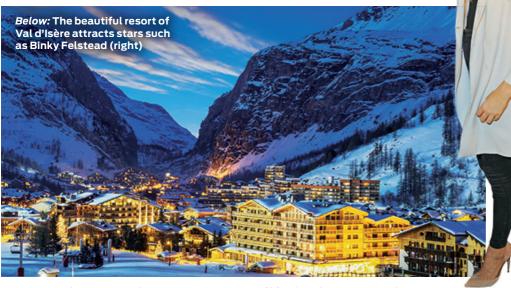
Cheryl looks absolutely amazing in the pictures for the Prince's Trust and L'Oréal campaign, and Katie Piper does, too [see page 4]. Cheryl stole the BRIT Awards' thunder because the pictures were released the following day! I wish her and Liam Payne all the best – their baby will be gorgeous.

#### GO. TAMARA!

I'm obsessed with Tamara Ecclestone's SHOW hair care products. They smell amazing and look gorgeous, so they're perfect for when I have to wash the baby sick out of my hair!

LOVE IS IN D'ISERE!

OK! SLOPES OFF TO THE FRENCH ALPS FOR A SPOT OF SKIING AND HEAPS OF STAR SPOTTING



ith its spectacular mountain setting high up in the French Alps, British skiers have been flocking to Val d'Isère for years. The resort not only offers some of the world's most challenging ski terrain but also one of the longest ski seasons, stretching from November to May. However, it's not all about skiing in Val, as it's affectionately known, as the resort also boasts some legendary après-ski spots as well as gourmet dining, highend boutiques and wintery pursuits such as ice driving, snow shoeing, snowmobiling and ice skating, as OK!'s Lauren Ozzati discovered...

#### WHICH STARS MIGHT I SEE?

Val d'Isère attracts everyone from reality stars to British royals. Jamie Oliver learned to ski at the resort and takes his family back there, while *Made In Chelsea* stars Binky Felstead and Francesca Newman-Young were on the slopes in Val last year and were seen partying at La Folie Douce with former rugby star Thom Evans. One Direction's Louis Tomlinson was also spotted getting cosy with his former girlfriend Danielle Campbell in the resort last year.

#### WHERE CAN I SKI?

The Espace Killy mountain area features more than 300km of marked pistes – with a network

Below: Chalet Calistoga sleeps ten and has its own pool (above right)

of lifts that also connect to the neighbouring resort of Tignes – which are perfectly suited to intermediate or advanced skiers. There are plenty of off-piste guides to take powder-hounds in search of fresh snow and there's a snowpark for boarders to show off their tricks. There are several new magic-

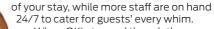
carpet lifts servicing Ski Tranquil areas at the top of the Solaise mountain which are ideal for beginners. Looking forward to getting on to the slopes, OK! quickly discovered that mountain weather is never predictable. As 44cm of fresh snow fell in a 12hour white-out forcing the ski lifts

to close, we found ourselves holed up at our chalet. But with its indoor pool, cinema and spa there was plenty to keep us entertained!

#### WHERE CAN I STAY?

The VIP treatment started the moment OK! touched down in Geneva, where our private

chauffeur, employed by Brit-owned luxury chalet company Consensio, picked us up for the scenic three-hour journey to the resort, passing pristine winter scenes of shimmering lakes and snow-dusted villages on the way. For Consensio guests – including British skier Chemmy Alcott, who stayed at the plush Marco Polo chalet – a chauffeur is at your disposal for the duration



When OK! stepped though the snowy porch and into the warmth of Chalet Calistoga, where we were led through to the dramatic double-height lounge to find afternoon tea laid out in front of the crackling fire, we knew we were somewhere special. Floor-to-ceiling windows teased us with pictureperfect views of the Alps blanketed in snow as we nibbled on dainty warm mushroom and truffle tarts and chocolate muffins and sipped champagne. Chalet Calistoga sleeps ten people over five bedrooms, with a lavish open-plan lounge and dining room, cosy snug and a spa area complete with sauna, massage room and a pool that opens out onto a patio. With an abundance of wood, a scattering of plush cushions, knitted throws and flickering candles, Calistoga perfectly captures that feeling of luxury hygge.

#### WHERE CAN I EAT?

Before you arrive at the resort,
Consenio's staff contact guests to
find out their food likes, dislikes
and allergies, so the chef can
devise suitable menus. New for
this season is the breakfast
menu that's been created by
Tom Cenci, executive chef of
London's Duck And Waffle. As well
as the standard breakfast fare, the
menu offers bespoke dishes such as

the delicious duck egg en cocotte with melted Gruyère cheese, wild mushrooms and aromatic shaved truffles. Evenings at Calistoga start off with fireside canapés before sitting down to a five-course dinner cooked by the chalet's private

chef, Jamie Tully. Menu highlights included pan-fried scallops, tender lamb loin with pea purée, tornados of beef with sauce Bordelaise and the dark and white chocolate fondant with peanut brittle and cardamom ice cream.

While out on the slopes, OK! stopped off for lunch at La Tête de Solaise, which serves hearty French and

Savoyarde dishes such as the creamy tartiflette made with local cheeses, steak frites and French onion soup. If you can't make up your mind on dessert, order the chef's selection of mini desserts. For lunch in the resort, *OK*! shared a fondue at the buzzy La Baraque, and admired the restaurant's funky décor of heavy steel mirrors, stag heads wearing ski goggles and industrial

copper lighting.



La Folie Douce

#### WHERE SHOULD I GO FOR APRES-SKI?

For party animals, there is only one place to head for aprèsski – La Folie Douce, famous for its wild parties on the outdoor



terrace and dancing on the tables in ski boots. You can hear the music long before your reach this mountain-side party hotspot, which shares a space with La Fruitiere, a restaurant housed in an old dairy. OK! sipped our drink as we watched saxophonists play alongside the resident DJ, while dancers dressed in leggings and faux fur strutted their stuff on the roof! Luckily, for those who have overindulged and don't fancy skiing home, the La Daille gondola is just next door.

Down in the resort, the iconic Dick's Tea Bar, with its VIP area and



VIP area and pumping DJ, is always heaving. Girls Aloud singer Sarah Harding was recently spotted letting her hair down on the dancefloor. Not

for the faint-hearted, the revelry doesn't really kick off until after midnight and the club doesn't close until 4am. So prepare yourself for a sore head on the slopes the following day!

#### **HOW DO I GET THERE?**

Consensio Chalets (www. consensiochalets.co.uk) offers 13 chalets and two new self-catered apartments in the French Alps. Chalet Calistoga in Val d'Isère costs from £17,500 for a week, based on ten guests sharing five rooms on a fully inclusive basis.

EasyJet (www.easyjet.com) flies from 14 UK airports to Geneva, up to seven days per week, with prices starting from £18.49 per person one way, including tax.

REPORT BY LAUREN OZZATI EDITED BY ANNABEL MACKIE, OK! TRAVEL EDITOR TRAVELLER'S TALES AND FIVE OF THE BEST BY NANCY BROWN PHOTOGRAPHS BY ALAMY, GETTY IMAGES, VAL D'ISERE TOURISME

#### TRAVELLER'S TALES

#### STACY FRANCIS

THE 'CBB' STAR ON LOVING LONDON AND TIPS FOR VISITING NYC

## Which three people would you most like to be trapped on a desert island with?

Oprah Winfrey – I love her so much. She's super-smart and I could learn so much about life, spirituality and finances from her. And I think she's a great cook so we definitely won't starve. Simon Cowell – he needs to hear me sing again! And Jude Law, because he's so hot and perhaps he'd get desperate enough after a few weeks to give me a kiss!

#### Have you ever had a travel disaster?

I used to travel to Austria every Christmas to perform and a producer really liked me. One year he tried to convince me to stay and I said no. So he took my airline ticket and passport and I was stuck there for Christmas until the American Embassy opened to allow me back into my own country!

#### Where's the best place you've been for work?

London. I love it so much. The first time I came I was 24 years old and a star in the West End [appearing alongside Chaka Khan in Mama I Want To Sing] — not bad for a Brooklyn girl. Now I'm blessed to be back.

## What must a first-time visitor to your hometown of New York see and do?

They have to see a Broadway show and Times Square, because people have seen it in the movies and it's so cool to see it in real life. Take a horse carriage ride around Central Park and take a ferry to the Statue Of Liberty, too. As you ride across to her you can also see the beautiful

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Manhattan

breathtaking.

skyline – it's truly

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**2 PIA JEWELLERY WOOLLY HAT, £70,** www. piajewellery.com. Stay warm and stand out from the crowd in this plum bobble hat – we love the stylish netting.

3 MAISON LABICHE JUMPER, £90, www. veryexclusive.co.uk. Hit the bar for some stylish après-ski in this slogan sweatshirt.
4 BKR TUTU WATER BOTTLE, £30, www. veryexclusive.co.uk. Stay hydrated as you ski

with this spiky 500ml water bottle.

**5 NIKE POWER EPIC LUX RUNNING TIGHTS, £75,** www.veryexclusive.co.uk. With mesh panels to enhance breathability, these offer warmth and support, drawing sweat away from the body – a must for active snow bunnies.

## For Red Nose Day I hosted a Dress to Kill themed party.

# It was murder on the dance floor.



#### **MUSIC**

#### 'DIVIDE' ED SHEERAN

After a year away from the spotlight, Ed Sheeran is back with Divide, his first album in three years. **Expect much of what** we already know and love from the star, with ballads, heart-felt lyrics and his usual upbeat spin on the



catchiest of tracks. He's already scored a number one and two in the UK charts with Shape Of You and Castle On The Hill and, at the time of going to press, he was poised to topple Shape Of You off the top spot with his new single How Would You Feel (Paean)?. We can't help but predict Divide is going straight to the top of the charts. KH ★★★★★ OUT THIS FRIDAY

#### HOT TICKET! 'FOODFLIX' BLUEBIRD, CHELSEA

hose eagerly awaiting the return of Made In Chelsea can get their fix at cast favourite Bluebird. The Chelsea hotspot has teamed up with Bulleit Bourbon to create a cinematic evening like no other. Enjoy classic rom-coms such as Bridget Jones's Diary and Pretty Woman at a series of screenings in March, while tucking into two tantalising courses accompanied by a welcome cocktail. What better way to spend date night! EP

TICKETS COST £35PP AND INCLUDE A WELCOME DRINK, TWO-COURSE DINNER AND SCREENING. TICKETS MUST BE BOOKED IN ADVANCE. TO BOOK, CALL 020 7559 1000.



#### TOP TELLY PICK

'THE ONLY WAY IS ESSEX' ITVBE, SUNDAY, 10pm

Bikinis Bat the ready, the TOWIE gang are back and, this time, they've swapped Marbella for Tenerife. Join Peter Wicks. Megan McKenna, Chloe Sims and the gang as they



up sticks to the sunshine to kick off the start of the show's totally reem 20th season! NB

#### FILM

#### **'LOGAN'** (12A)

ugh Jackman gets his claws out for a final outing as Wolverine, and it certainly looks like he saved the best until last. Based on the Wolverine: Old Man Logan graphic novel series, the film is set around 30 years after the events in X-Men: Days Of Future Past where nearly all mutants have been wiped out. Logan is an alcoholic limousine driver who's finally succumbing to the symptoms of old age. His hopes of living out the rest of his life in isolation are ruined when he's



tasked with protecting a mysterious young girl called Laura, who's wanted by some seriously bad folk. It's up to Logan and Professor Xavier (Patrick Stewart, above) to deliver Laura to safety as the fate of the mutants rests on his shoulders once more. Killer fight scenes, plenty of laugh-out-loud moments and a lot of heart make Logan the perfect farewell to Jackman's Wolverine. HF \*\*\*\* OUT THIS THURSDAY

#### HOT TICKET! FOREST LIVE VARIOUS VENUES

estled deep in the heart of the forest, a truly magical evening awaits those that go down to the woods this summer for the Forestry Commission's annual live music series. With headliners including Craig David, Sir Tom Jones, Olly Murs and

Clean Bandit, the familyfriendly festival really does have something for everyone, and the unique woodland venues make for a truly enchanting experience. Be sure to pack your picnic blanket. and settle down under the stars for some of the UK's hottest talent, KLF

FOR TICKETS, CALL 03000 680400 OR VISIT WWW.FORESTRY.GOV. UK/MUSIC. IT RUNS OVER VARIOUS DATES IN JUNE AND JULY.



#### **'THE GIRLS' PHOENIX THEATRE**

It's already been a hit film and a theatre production, but now Calendar Girls' inspiring story has been transformed into a musical, thanks to Take That and Let It Shine star Gary Barlow and his childhood friend Tim Firth. Based on the well-known story, we see a group of Women's Institute friends raise money for a memorial sofa for Annie's (played by Joanna Riding) late husband John (James Gaddas) by stripping off for a Pirelli-style calendar. The Girls provides a heartwarming reminder of how we can turn tragedy into triumph if we pull together. The score, written by Barlow, is full of catchy and emotive numbers, while the script provides a rollercoaster of tears and laughter.  $RE \star \star \star \star \star \star$ 

#### BOOK 'HAPPY MUM HAPPY BABY' BY GIOVANNA FLETCHER

n her seventh book, mother of two, vlogger and bestselling novelist Giovanna Fletcher shares her personal experiences of motherhood and how, sometimes, it just isn't easy. Far from being an advice manual, she opens up about some tough times, but her trademark humour and honesty remind us that positivity is key to making it as a mum. Admitting that some days she and her McFly frontman husband Tom are winging it just like the rest of us, Giovanna knows there's no perfect way to parent – and that's why we will always love her! NO OUT NOW



REVIEWS BY ELIZABETH PLUMB, KATIE LANGFORD-FOSTER, KIRSTY HATCHER, HANNA FLINT, NANC) BROWN, NIKKI ONAFUYE, ROWAN ERLAM, PHOTOGRAPH BY ITVBE, MATT CROCKETT/DEWYNTERS



Below right: Ashley Roberts

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#### **DEFINITELY MAYBELLINE**

WHAT: Maybelline's Bring On The Night party. WHERE: The Scotch Of St James, London. WHEN: Saturday February 18.

WHO: Jourdan Dunn and Adriana Lima hosted the London Fashion Week party, which Daisy Lowe,

Vogue Williams, Lucy Mecklenburgh and Vanessa White attended.

LOWDOWN: As the official make-up sponsor of LFW, Maybelline hosted the hottest party in town, with VIP guests leaving the party with a piercing as a memento of the night!









Dougie Poynter. Below: Jourdan **Dunn and Adriana Lima** 





Above: Millie Mackintosh. Above right: Doutzen Kroes, Natalia Vodianova and Karlie Kloss. *Below:* Liv Tyler



#### ALL THE FUN OF THE FAIR

WHAT: London's Fabulous Fund Fair in aid of the Naked Heart Foundation. WHERE: Roundhouse in

**WHERE:** Roundhouse ir London's Camden.

**WHEN:** Tuesday February 21. **WHO:** Models Natalia Vodianova and Karlie Kloss hosted the evening, which

raised more than £470,000 for Natalia's charity. **LOWDOWN:** The venue was transformed into a funfair, complete with carousel, Dom

Pérignon's spin the bottle, Kristin Scott Thomas's tarot readings and Stella McCartney's arcade games.



Above: Abbey Clancy. Below left: Yasmin and Amber Le Bon. Below right: Lara Stone













### CENTRE

WHAT: The 17th annual WhatsOnStage Awards.
WHERE: Prince Of Wales Theatre, London.
WHEN: Sunday February 19.
WHO: Caroline Flack and Helen George hit the red carpet at the awards, voted for by members of the theatre-going public.
LOWDOWN: The big winner was Harry Potter And The Cursed Child, which took home eight awards, including Best New Play and Best Supporting Actor and Actress In A Play.



Above: Caroline Flack. Above left: Helen George. Below right: Equity Award For Lifetime Achievement (So Far) winner Sir Cameron Mackintosh



Above: Louisa Lytton dazzles on the red carpet. *Right*: Ali Bastian







Above: Laura Whitmore. Left: Best Supporting Actor In A Play nominee Freddie Fox



Below: Best Supporting Actor and Actress In A Play, Anthony Boyle and Noma Dumezweni











#### **DREAM TICKET!**

WHAT: Future Dreams fundraiser. WHERE: The Roundhouse, Camden, north London.

WHEN: Thursday, February 23. WHO: Future Dreams ambassador Gaby Roslin hosted star guests including Mark Foster and Melanie C, who performed. **LOWDOWN:** The evening – sponsored by Lancôme and supported by OK!, Sky Media and STK - raised £600,000 for Future Dreams House, a breast cancer support facility in London.





Above: Melanie

Sykes, Jacquie

Beltrao, Melissa

Odabash, Mark

Foster and

**Gaby Roslin** 



Ballet Theatre perform for guests

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Above left: Mel Giedroyc and Graham Norton. Above right: Gary Barlow. Below: Lulu with Dannii Minogue and Elaine Paige



Above: Sophie, Countess of Wessex, with original Calendar Girls Angela Knowles, Ros Fawcett,

**Christine Clancy and Tricia Stewart** 

#### HERE COME THE GIRLS!

WHAT: Royal gala performance and press night of The Girls. WHERE: The Phoenix Theatre, West End, London. WHEN: Monday February 20 and Tuesday February 21.

WHO: Sophie, Countess of Wessex, joined Gary Barlow for a special performance of his West End show, based on the true story of the WI Calendar Girls, ahead of the following evening's press night. LOWDOWN: The musical is raising money for Bloodwise, the UK's specialist blood cancer charity.



Above: Phillip Schofield and his wife Stephanie. Top: Pixie Lott. Below: Mark Owen



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#### ARIES

Act on your inkling where work is concerned. A situation reaches a turning point and it's time to head in a new direction. Firm up arrangements now before plans are thrown into disarray. Call to hear when a home matter picks up steam. STARLINE: 0905 789 4001\*

#### M TAURUS

A rethink regarding your goals and ambitions could send you in an exciting direction. One aspect of your life reaches a major turning point. Although your social scene is bright, what you really seek now is peace and quiet Call for more. STARLINE: 0905 789 4002\*

#### **GEMINI**

Think your life could do with a shake-up? Grab this chance to introduce some changes Where your ambitions are concerned, one door must close before another opens. Call to hear why you're rethinking your finances STARLINE: 0905 789 4003\*

#### CANCER

Don't let last-minute pressures destroy your sparkle – by late spring you'll be back on form. Besides, taking a step back gives you a more objective view of what's going on. Call to hear why you must take a fresh perspective. STARLINE: 0905 789 4004\*

#### ILEO D

As delays hamper your plans, it's communications that are of paramount importance. Even if you have to repeat matters again, make sure you get your message across. Call to hear when you can take a step back. **STARLINE: 0905 789 4005\*** 

#### **M**VIRGO

A money issue resurfaces, but whatever happens gives you a chance to see matters in a different light. The stars, now focusing on romance, help you express feelings of love. Call to hear when your social networking expands. STARLINE: 0905 789 4006

#### LIBRA

Home, work, relationships – be ready for whatever fate has in store for you in this busy week ahead. An honest chat with your partner reveals you have much in common and finances are under discussion in a big way Call for more. STARLINE: 0905 789 4007\*

#### SCORPIO

Whether it's taking a fresh look at your career progress or re-evaluating a relationship, going backwards gives you the insight to move on. Romance? Mars is quickening your pulse! Call to hear when you can broaden vour horizons, STARLINE: 0905 789 4008\*

#### SAGITTARIUS NOVEMBER 23 -

Forward-looking centaurs never enjoy backtracking, but that's what events require of you now. This week, turn your attention to your home. The more time you spend with friends and family, the happier you'll be. Call for more, STARLINE: 0905 789 4009

#### CAPRICORN DECEMBER 22 JANUARY 20

You have all manner of changes in mind. It may mean having to put a hold on a domestic project, but with your imagination in full flight, a creative project comes first. Call to hear why you're relighting that flame STARLINE: 0905 789 4010\*

#### **AQUARIUS**

Things around you are changing and you need to give yourself some breathing space. Why not turn your attention to your home? De-cluttering or redecorating will lift your spirits. Call to hear why you can work with fewer restrictions. STARLINE: 0905 789 4011\*

OUR ASTROLOGER TELLS YOU ALL YOU NEED TO KNOW ABOUT YOUR WEEK AHEAD!



**EMELI SANDE - MARCH 10 1987** 

Pisces is an extraordinary sign. Its members, like soul singer Emeli Sandé, are emotional, tender and have a heightened sensitivity. Many Pisceans are found in the medical and caring fields, but because of their ability to pick up responses and vibes, people born under this sign are also drawn to song, dance, drama and art. With Neptune, the planet of showbiz, heading for her sun, and lucky Jupiter making a beeline for gamechanger Pluto, expect to hear more from Emeli soon.

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## TAKE A TRIP DOWN CELEBRITY MEMORY LANE



#### **ISSUE 995 AUGUST 25 2015**

#### 'CORONATION STREET' STAR HELEN FLANAGAN AND FOOTBALLER SCOTT SINCLAIR INTRODUCE THEIR ADORABLE DAUGHTER MATILDA

t's hard to believe it's been 18 months since we sat down with Helen Flanagan and her footballer boyfriend Scott Sinclair to celebrate the arrival of their daughter Matilda.

And with actress Helen recently reprising her role as Rosie Webster on Coronation Street, we decided to take a look back at one of the happiest moments of the star's life.

When we met on the day of the shoot, Helen, then 25, beamed at her baby girl, and it was clear she was overjoyed at becoming a mother.

'I'm not the kind of girl who dreams about her wedding day,' she told us. 'I was always more preoccupied with wanting to be a mum.

'Every day we wake up and feel so lucky to have her in our lives,' Helen gushed about new arrival Matilda. adding: 'She's a dream come true.'

Arriving on June 29 at 8.04am. Matilda weighed a healthy 7lb 6oz. But it wasn't all plain sailing for Helen during the birth, after her precious daughter



arrived 11 days late in a flurry of drama.

'I was pushing for an hour and 40 minutes, but Matilda kept turning so she wasn't coming out as quickly as she should have,' Helen explained, 'It was then that they decided to take me into theatre so they could use forceps as they had to act quickly.'

Thankfully the birth went well thereafter, and Scott, then 26, told us that the miracle of childbirth had changed their lives forever.

'I love that we're a proper family now,' he explained. 'To see Helen bringing our daughter into the world and going through all that pain was incredible. I'm so proud of her.'

So what about the couple's wedding plans? 'We'll definitely get married eventually,' Helen has since revealed. 'But we're just getting settled. It's just a guestion of when. But I'm so happy with Matilda.' OK!

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In the second, there's a fantastically fun toy for them to enjoy.

