

# 99<sup>p</sup>

MICHELLE & MARK  
**OCEANS APART**

*On their anniversary*

**FRAGILE CHERYL**  
shows the strain

# Reveal



# HITCHED!

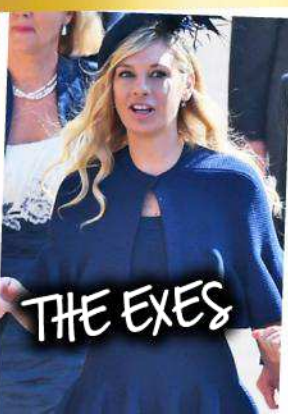
*How Harry & Meghan's wedding tore up the royal rules*

**KATIE**  
**PLANNING BABY**  
**No.6 WITH HER**  
**NEW MAN**

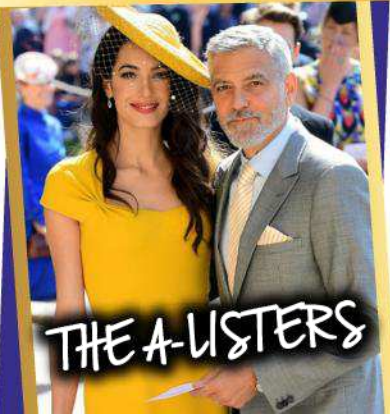


**KYLIE AT 50**  
Her anti-ageing secrets

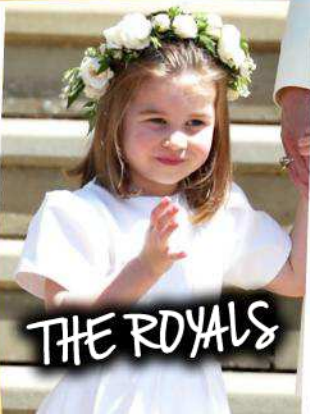
**PLUS ALL THE GOSSIP FROM THE BIG DAY**



**THE EXES**



**THE A-LISTERS**



**THE ROYALS**

26 MAY-  
1 JUNE 2018  
ISSUE 21



WHITE  
EMBROIDERED  
BLOUSE

£20

WE ARE  
CONFIDENT

Blouse £20, Denim shorts £14, Sandals £12.50, Earrings\* £5.  
Shop in-store and online at [George.com](https://www.George.com)

WE ARE  
**George.**  
Exclusively at **ASDA**

Selected stores. Subject to availability. Online delivery charges may apply. \*Earrings available in-store only.



Instagram/@laurenrosegoodger

Is Joey the man of Lauren's dreams?



# LAUREN'S ROCKY ROMANCE

WORDS: PAULA JONES PICTURES: FLYNET/SPASH, GETTY, INSTAGRAM, MIRRORPIX

**I**f anyone needs a loving, caring and nurturing boyfriend, it's Lauren Goodger.

Her neediness is palpable, from her continuous 'look at me' selfies to the fact that she always seems to choose men who don't treat her well (yes, we can recall Mark Wright's appalling treatment of her in *TOWIE*).

Now she's in love with bad boy Joey Morrisson and planning a future with him as he languishes in jail seeing out the last months of his 16-year sentence.

But there have been a few hiccups along the way.

Last week, as his end-of-the-year release approaches, an online profile emerged on dating site Bumble, seeming to be Joey, which would appear to blow Lauren's dreams of being his one and final love into the water. (It had him down as a business development manager, which, let's be honest, couldn't be further from the truth!)

Lauren has claimed it was a fake profile and is standing by her man, declaring that their love wasn't 'perfect' and that couples who 'fight are stronger than lovers who don't'.

We've met and interviewed Lauren many times and hope her fairy-tale romance works out. But how can she and Joey make big commitments to each other when they really haven't spent much time together?

Is she in love with the drama of the situation – or the man?



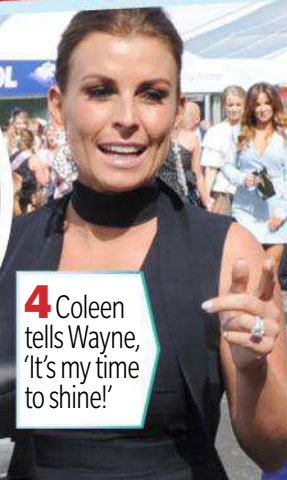
## INSIDE YOUR REVEAL THIS WEEK...



**46** 'My eyepatch empowered me'



**9** Scarlett heads to bikini bootcamp



**4** Coleen tells Wayne, 'It's my time to shine!'



**45** 'TOWIE' has toxic men and women'



**20** Are Ant and Lisa giving their marriage another go?

# Coleen tells Wayne: **'IT'S MY TIME TO SHINE!'**

**She's spent more than a decade putting Wayne's footballing career before herself and their family, but now Coleen Rooney may have the final say in their potential move to Washington**

**T**he downside of being a footballer's wife is that, despite the wealth and privileges, your own needs and those of your family come secondary to their career.

This has been Coleen Rooney's reality ever since she and husband Wayne Rooney both shot to fame at the tender age of 16, when Wayne became England's new footballing whizz-kid.

He officially retired from international football duties last August. Then, just a fortnight ago, he said his goodbyes to his Everton teammates, with a move to Washington's DC United on his radar.

As we went to press, the £12.5 million deal – which was 'agreed in principle' – took an unexpected twist when Everton's boss, Sam Allardyce, was sacked.

Bad blood between the pair is believed to be the reason Wayne, 32, was leaving his childhood club – so now he could stick around for another 12 months (the length left on his contract), with his wife the driving force behind him staying.

'Despite the money and the chance of a fresh start, Col isn't happy about the potential move to the States,' says a source. 'She would have been much happier if it was somewhere like LA, where she could have set up a business of her own and had a glam lifestyle.'

'But in Washington, she feels like she'll be surrounded by politicians and bores.'

In an interview with us earlier this month, Coleen, 32, said she coped with their four children by having a 'real support network' of family and friends around them, but she would lose all of that

if they moved to Washington.

Plus, we're told the 'dynamic in their marriage has shifted' since Wayne was caught drink-driving in the company of party girl Laura Simpson last September, when Coleen was four months pregnant with their fourth son, Cass.

Coleen admitted she considered ending their nine-year marriage, and it's been reported that Wayne pulled out all the stops to win her over.

'Coleen has more control since Wayne's embarrassing scandal, which nearly cost him his family and career. She no longer feels the need to put his needs before her own,' adds our source.

'When she decided to give their marriage another go, she told Wayne, in no uncertain terms, that it was her turn to have a chance of career happiness.'

'She wants to establish herself before the kids [Kai, eight, Klay, four, Kit, two, and three-month-old Cass] grow up and fly the nest. They're also building their dream home, and Col wants to enjoy that.'

Before starting a family, she presented



Wayne has said goodbye to his days at Everton

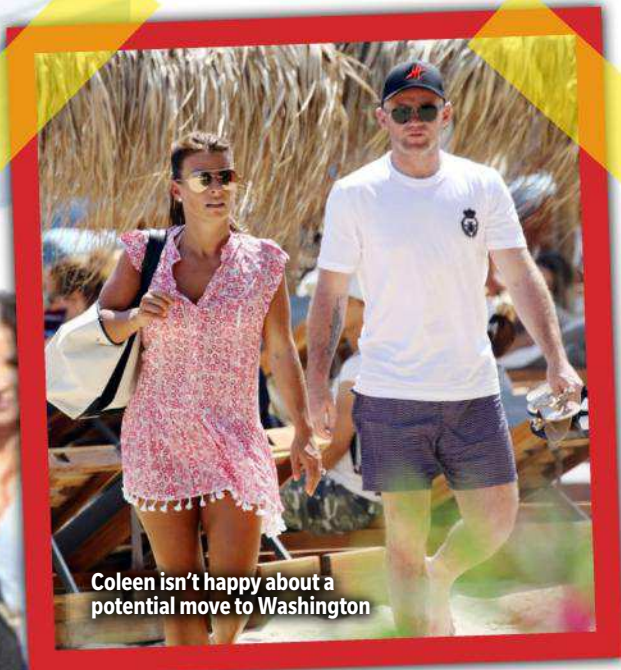


Coleen and her four boys

Instagram/@coleen\_rooney



***'She wants to be put first in the relationship for once'***



**Coleen isn't happy about a potential move to Washington**

her own TV show *Coleen's Real Women*, and had a Littlewoods fashion range.

Col was rumoured to be taking part in the new series of *Strictly Come Dancing* but, earlier this month, she denied this.

Our source continues, 'She may not be doing *Strictly*, but Col has been eyeing up other TV opportunities and projects.

'She admires Louise Redknapp and saw how she took back control of her life and moved on from Jamie. She relates to her and thinks they're similar. They both gave up a part of themselves for their man.

'She's not saying she's going to move on from Wayne, but she wants her chance to be put first in the relationship for once.'

#### **'NOT EVERYTHING IS FINE'**

Coleen is also said to be annoyed their 10th wedding anniversary celebrations on June 12 may be scuppered, as Wayne is wanted as a TV pundit for the World Cup in Russia, which starts on June 14.

'Col is a smart girl – she knows she could have a great career,' says our source. 'She's sacrificed a lot for Wayne and bringing up their family. Now she feels her needs should come first, but Wayne has just defaulted to type. She feels like he's forgetting all the promises he made to her when he agreed to work on their marriage.

'All this Washington talk may come to nothing, but she has already laid down the law and told Wayne that if he wants this, then until they go, her needs come first.'

Wayne's scandal last year seemed to be the final straw for Col, since she'd already put up with his past infidelities.

Yet, while she has confirmed she 'wants their marriage to work', she also admitted 'not everything is fine and forgotten about'.

Coleen credits Wayne with being a wonderful father to their boys, and they've been trying to keep things as normal as possible for the sake of their children.

'She's OK at the moment, as nothing is confirmed on the Washington front, so she's putting on a united front with him,' says the source. 'But she's still stinging from the drink-driving debacle and – now she's had the baby and is getting back into shape, she feels it's HER time to shine.'

*Rebecca Greenow*

# THIRD TIME UNLUCKY

Mark Wright and Michelle Keegan have been married for three years this week... but they won't be celebrating their anniversary together

**T**hursday, May 24, marks three years since Mark Wright and Michelle Keegan became man and wife at a lavish £1 million wedding ceremony in Suffolk.

But, instead of spending romantic quality time together to celebrate their anniversary, the couple will be on different continents – as Mark attends his brother's stag do in the States.

Josh Wright, 28, will be tying the knot with his fiancé, Hollie Kane, in Majorca in early June. Josh, his best man, Mark, and a gang of their mates are jetting out to America for a week of celebrations until May 29, meaning Mark won't be with Michelle on their anniversary.

'Mark actually helped choose those dates and plan the stag do,' a source spills to us. 'He knows it's not ideal for him and Michelle, but he wants the best send-off for his brother, and these were the only dates they could agree on.'

'Josh is a semi-pro footballer [he's just left Southend United FC], so they had to work it around his commitments.'

'The footballing season only finished in mid-May, and then the wedding is at the beginning of June, so the weeks in between were the best time to do it. They're going to have three days in LA, then three wild nights in Vegas.'

'Obviously, Michelle is a bit upset, but Mark has promised to spoil her when he returns to the UK for a week after the stag – plus, her birthday is on June 3, so that has softened the blow.'

Mark, 31, now based in LA, was back in the UK last week as he geared up to report on the royal wedding on behalf of his US TV show, *Extra*. He was pictured enjoying a night out for Josh's home stag do in Essex at the beginning of the week.

But, oddly, he accepted

a gig as a DJ on the same night that Michelle, 30, attended the Bafta TV Awards last Sunday, meaning she took her close friend, Katie Fearnough, to the ceremony as her plus one instead.

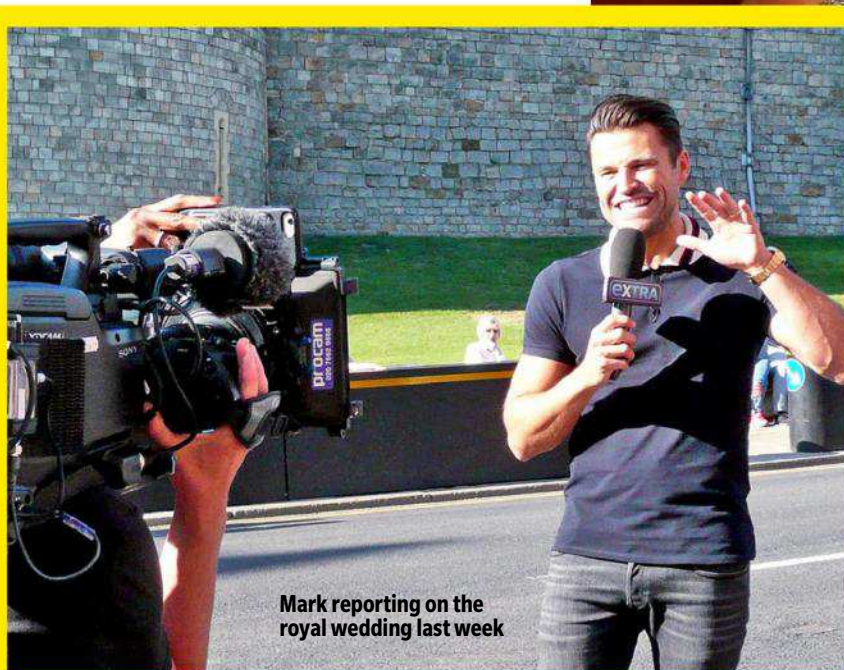
## MARK EXTENDS HIS TIME IN LA

On top of that, our source confirms to us that Mark has '100 per cent' signed another 12-month deal to work on *Extra*, after months of speculation.

'Mark signed last week,' the source tells us. 'He's really loving it in LA – he's in the sun, mixing with A-listers and making a name for himself globally. It's a long way from where he started on *TOWIE*.'

'When he first got the role as *Extra* host last September, it was for 12 months, but it's been going so well that he couldn't turn down the opportunity to extend it.'

'Even though it's putting distance between him and Michelle, who wants to stay in the UK for yet another year, they



Mark reporting on the royal wedding last week



Michelle went to the Baftas without Mark



The couple on a date night in LA earlier this month

## LONG-DISTANCE LOVE

know they have to make the most of it now, before they start a family.'

Last week, during an interview on ITV chat show *Lorraine*, the hostess urged Mark to 'use [your connections] and get it sorted' for actress Michelle to land a Hollywood role, to which he replied, 'I'm trying!'

Yet, while Michelle is open to a US acting role, she has ruled out a permanent move, confessing she's a 'homebird' who would miss her tight-knit friends and family in Manchester and Essex.

Our source explains, 'Although Michelle has been looking for short-term acting roles out there, she doesn't have any intention of living there full-time.'

During the same interview with *Lorraine Kelly*, Mark said that he and Michelle – who spent eight months of 2017 apart, due to her filming commitments with BBC drama *Our Girl* – made their marriage work by 'using the plane like a bus'.

'We are back and forward [between UK and Los Angeles] all the time,' he said. 'I come back for the weekend to see her. We make sure it's three weeks maximum that we don't see each other for.'

'[The distance] actually keeps it fresh, and, while we're young and both conquering our dreams, I am out there, trying to make something happen, she's around the world acting and we are still so in love and so happy, so it's perfect.'

However, Michelle has been pictured looking super-slimmer recently, and last week we told you how the pressure of Mark's increased workload had apparently led her to losing weight.

'In the past three weeks, she's the slimmest she's ever been,' a source told us. 'It looks as if she's lost another 3lb.'

'While she's absolutely thrilled that Mark has landed even more work in the States and is doing so well, the pressure of her trying to work out how that all fits in to their marriage is definitely affecting her.'

Rebecca Greenow



**Finding allergy relief  
shouldn't be irritating**  
**We're open evenings,  
weekends and bank holidays.**

Asda Pharmacies not in Northern Ireland

Asda Pharmacy in selected stores. For opening times visit [storelocator.asda.com](https://storelocator.asda.com).

**ASDA**   
**Pharmacy**



# Scarlett heads to bikini bootcamp

After cruel jibes and relationship troubles left her feeling insecure, Scarlett Moffatt is vowing not to let her 'Gogglebox body' return

**W**hen Scarlett Moffatt was sent to a Swiss bootcamp and forced to exercise for six hours a day on a 700-calorie diet two years ago, she was left in tears and traumatised by the experience.

Yet she's been so unhappy by recent pictures of herself that she's vowed to go back on a strict diet and exercise mission, as she's 'sick of looking like a couch potato'.

'Scarlett is adamant she won't let her *Gogglebox* body return and is set for a bikini bootcamp,' a source tells us. 'She feels she needs to do this for both her mental and physical health. She hates the way she looks and feels at the moment.'

'She's going abroad for the two-week bootcamp. She just needs to clear her head and have a body that's fit and fighting.'

The *I'm A Celeb...* winner-turned-TV presenter was criticised for her choice of outfit for the Baftas earlier this month, which was mocked for 'resembling a tent'.

She has also been accused of photoshopping her Instagram snaps to make herself look slimmer, with one fan telling her, 'You could have chosen something more flattering rather than this shapeless tunic, no matter what [your] size. You should embrace your shape and not blatantly lie on Instagram.'

Scarlett, 27, publicly

laughed off the hurtful comments, telling her 662,000 Twitter followers, 'My style is either pure street or mam picking her kids up straight after a business meeting.'

But we're told that the negative feedback stung Scarlett deep – especially as it follows a difficult few months for her.

She's back with Lee Wilkinson, who she accused of being a 'cheating psychopath' after he admitted to texting his ex.

She was wrongly accused of being involved with her good friend and colleague, Ant McPartlin, during his split from his wife Lisa Armstrong. And her 2016 fitness DVD was then exposed as a 'scam', forcing Scarlett to admit her 3st weight-loss had largely been due to the gruelling Swiss bootcamp, rather than the exercises she portrayed in the best-selling *SuperSlim Me*.

On the plus side, her TV career is at an all-time high – she even reported on Prince Harry and Meghan Markle's royal wedding for the BBC over the weekend.

'Scarlett has confided in friends that things have been so up and down that she's stuck in a food and booze rut,' explains the source.

'The whole thing with Lee has also made her feel insecure, so she believes if she shapes up, she will feel more confident within the relationship.'

While Scarlett says the bootcamp made her miserable, her new diet and exercise bootcamp will be more realistic.

In 2016, Scarlett told us she had cried when, at 11st 4lb, her GP informed her she was 'obese' – although she has since admitted she found maintaining her size-8 figure a struggle.

Rebecca Greenow

Scarlett looked a bit fuller-figured at last week's NHS Heroes Awards



Lee and Scarlett are back together

Rewind two years...

# KATIE'S BABY PLANS WITH NEW MAN SHANE

As Katie Price tells fans she's broody, we reveal she's planning baby number six with her new footballer toy boy

**I**t's been less than two weeks since it emerged Katie Price's marriage to her third husband, Kieran Hayler, is over, with the former glamour model already growing close to Premier League footballer Shane Duffy.

Now, we can reveal that mum-of-five Katie is ready to have another baby – and she's eyeing up Brighton & Hove Albion player Shane, 26, to be the father.

'While Kieran and Katie are stuck in a real rut, Shane has given Katie a new lease of life,' a source tells us.

'Just like Katie, Shane really wants to have a baby – and soon.'

Katie, who turns 40 this week, has made no secret of the fact that she'd love to become a mum again.

Last year, she vowed, 'I'm going to keep going until the doctor says I can't have any more.'

Just last week, she posted a series of cute pictures to Instagram, gazing adoringly at her newborn goddaughter, Darcy.

'I love babies, can't wait for my next one,' she captioned one of the snaps.

The star is already mum to Harvey,

15, with her footballer ex, Dwight Yorke, plus Junior, 12, and Princess, 10, from her marriage to singer Peter Andre, plus Jett, four, and Bunny, three, with Kieran.

Shane has two children from previous relationships. He was caught cheating on his long-term partner,

Catherine Carlin, last May, when pictures emerged of him in bed with another woman.

Our source reveals that Katie and Shane have been talking openly about adding to their respective broods.

'For Katie, the fact Shane wants a baby too is perfect timing,' reveals our insider. 'She is worried time is running out for her to get pregnant.'

'She and Shane have even had romantic conversations about how many kids they want to have together, and what they would call them.'

Last week, we reported Katie had been spending time with Shane and talking to him on the phone. Days later, her famous pink Range Rover was pictured in the drive of Shane's Brighton pad.

And, while Katie is keen on fast-tracking her romance with Shane – who has, allegedly, convinced her that he's not just a 'typical footballer', despite his cheating past – estranged hubby Kieran, 31, is not best pleased.

'Katie is using every opportunity to get over to Shane's house and spend time with him, while Kieran is often at home with the kids. She then has to go home and try to live a relatively "normal" life with Kieran for the kids' sake,' our source says.

'The atmosphere is turning toxic, and Shane is offering Katie solace for all the tension at home.'

Last August, it emerged that Kieran had cheated with Nikki Brown, their children's nanny. It wasn't the first time he'd strayed – in 2014, it was discovered that he'd had affairs with Katie's friends, Jane Pountney and Chrissy Thomas.

In September, Katie announced she was going to divorce Kieran. But, soon after, her mum was diagnosed with terminal lung disease – idiopathic pulmonary fibrosis.

Katie decided to put her divorce plans on the back-burner but, it seems, she

couldn't get over Kieran's betrayal.

'Katie says she feels that she has to be like a mum to Kieran and constantly look after him, whereas Shane looks after *her* and is a strong, protective man. That's exactly what she wants,' says our source.

'Shane is very sensitive to her position with the kids and Kieran. He's told Katie he is desperate to start spending time with her children as soon as possible. Katie feels she's met someone who understands her and has the same life goals as her.'

'Turning 40 has made her take stock of what she wants from her life. She feels Shane gives her the excitement, attention and life opportunities that Kieran doesn't.'

*Lisa Blake, Sophie Cockerham*



Katie is already talking babies with Shane





Katie goes in for some Argy-bargy

"You Ok There"  
@real\_arg

#RocWednesdays

Instagram/@sheeshchigwell

## KATIE'S STILL A PARTY ANIMAL!



sheeshchigwell 14h

"There's Only One"  
@officialkatieprice

Instagram/@sheeshchigwell

She may have a new man in her life, but that hasn't stopped Katie indulging in wild nights out. Last week, the glamour girl enjoyed an evening at Essex hotspot Sheesh with *TOWIE*'s James 'Arg' Argent. In videos, captured on Sheesh's Instagram story, Katie, who wore a thong under a see-through white mini-dress, pouted next to a nervous-looking Arg, 30. Seven days earlier, Katie was spotted partying with former *Love Island* star Rykard Jenkins, 27, at the same venue. He filmed her seductively eating a prawn out of his hand. Fishy!

PICTURES: FLYNET, GETTY, INSTAGRAM, NEWS UK



Putting the sex in Essex... not! The GC yells at Arg

## Gemma and Arg's big bust-up

While Katie's love life seems to be on the up, it looks like there's trouble in paradise for her party pal, Arg, and his girlfriend, Gemma Collins, 37. Hours before Katie and Arg were spotted partying, footage emerged of Arg arguing with Gem. They were filmed two days earlier rowing outside a London airport, back from a holiday in Tenerife with Gemma's family. 'Whatever had been said on that

plane, it seems that Arg wanted to put as much distance between himself and Gemma as possible,' revealed an eyewitness. 'She kept shouting at him to try to make him stop and talk to her. Everyone was staring - it was pretty awkward.' To make matters worse, the pair were due to film *TOWIE* scenes together the next day, but arrived on set separately. However, pals insisted that the couple are 'still very much in love'.

# NINE YEARS CLEAN

**S**wit-swoo! Kerry Katona seems to be living the best life right now. Dressed in a black lace playsuit, the 37-year-old showed off her newly trimmed figure at the ITV studios last week.

The mum-of-five, who last month admitted she first took drugs at age 14 when she was in the pub with her mum, announced on *Loose Women* that she is now nine years drugs-free.

'I'm not going to sit here and say everything's amazing,' she said. 'But at this moment, I feel amazing and my mindset is on top form.'

Kerry, who is mum to Molly, 16, Lilly, 15, Heidi, 11, Maxwell, 10, and Dylan-Jorge, four, admitted she still has bad days, which are caused by her bipolar disorder – but credits fitness in helping her feel better.



Kerry looking fabulous with her youngest daughter, Dylan-Jorge

## BEACH BUMS

**G**eordie Shore stars Charlotte Crosby and Holly Hagan recently swapped the chilly Newcastle weather for a beach break in St Lucia.

The girls, who have never shied away from their love of plastic surgery, showed off their impressive curves in skimpy swimwear. While Holly, 25, opted for a neon bikini top and black thong to show off her bum, Charlotte went for a maroon lace-up swimsuit.

Former *Celebrity Big Brother* winner Charlotte, 28, went under the knife in November to correct her 'uniboob', but insists she hasn't had implants.

But looking at this picture (right), we're not sure we believe you, Char...

The girls were joined on their getaway by Charlotte's boyfriend, Josh Ritchie, 23, and Holly's beau, Jacob Blyth, 25.



Looking peachy, Holly!



## BABY NEWS!

**W**e couldn't be happier for Christine and Frank Lampard, who announced last week they're expecting their first baby together.

Sharing the happy news on their Instagram accounts, TV presenter Christine, 39, revealed, 'I feel SO excited, nervous and grateful! The list of emotions is endless.'

Former Chelsea footballer Frank, also 39, added, 'My gorgeous wife is pregnant and we all couldn't be happier!'

The baby's big sisters Luna, 12, and Isla, 10, who Frank shares with his ex-fiancée, Elen Rivas, 43, are already excited for the new arrival.

'Frank told the girls on May 14,' revealed a source. 'Although they don't know the sex of the baby, they're working on names.'



The Lampards are excited for the new arrival

Instagram/@franklampard

# 'I'm in love with Noel Fielding!'



'It's a real love fest'

**W**ith the ninth series of *The Great British Bake Off* just around the corner, Sandi Toksvig has revealed just how close she's become to her co-host, Noel Fielding.

'I am in love with Noel!' the 60-year-old gushed at the Bafta TV Awards last week.

'There's a lot of chemistry, but my wife, Debbie, doesn't mind. It's a real love fest. We both sob with laughter.'

QI host Sandi added she'd also bonded with judges Prue Leith and Paul Hollywood since the show moved to Channel 4 in 2017.

'I'm completely devoted to them,' she said. 'The four of us are like a dysfunctional family. It couldn't be better.'

## 'I CONCEIVED STRAIGHT AWAY!'

**B**looming Vogue Williams has revealed it only took one week to fall pregnant with fiancé Spencer Matthews.

Talking to Lorraine Kelly, Irish model Vogue, 32, explained, 'We got pregnant after about a week of trying so we were super lucky. I said [Spencer] was on the timeline that I always wanted. I always said by 30 I would have a baby – but he got it [because he wanted a baby before 30].'

She added, 'I don't feel any different now, apart from the fact I go to bed at eight every night.'

The couple confirmed they were expecting their first baby, a boy, in March, two months after *Made In Chelsea* star Spencer, 28, got down on one knee.

Vogue, who is due to give birth in August, also spoke about maintaining a healthy lifestyle while pregnant.

'I feel fit and healthy, and I want to stay fit and healthy,' she said.

Sophie Cockerham, Emily Whitwam



Vogue and Spencer are expecting a baby boy in August

Instagram/@spencer Matthews

The showbiz world waited with bated breath as Cheryl made her first public appearance in 10 weeks at the Cannes Film Festival last week. She had skipped last year's event, held eight weeks after the birth of her first child, Bear, on March 22.

But, while the 34-year-old has previously wowed onlookers with her daring red carpet gowns, this year's talking point was Cheryl's shrinking figure, showcased in her sheer Zuhair Murad dress (far right).

Cheryl, who was in Cannes as an ambassador for L'Oréal, was later spotted looking petite in jeans, a white T-shirt and baggy yellow cardigan.

On the same day, she had a near run-in with her ex-hubby, French businessman Jean-Bernard Fernandez-Versini, who was at the same bar. Cheryl was pictured heading up some stairs while JB was in the background. He was later spotted chatting at the bar with singer Tallia Storm.

During the trip, a tired Cheryl admitted she was exhausted. 'I've already had one nap... trust us, I am planning on squeezing in another,' she wrote on her Instagram story.

Cheryl's slight frame is a far cry from her return to the spotlight last year, when she flaunted her healthy post-baby body at Simon Cowell's Judges' Houses on *The X Factor* last summer.

Could Cheryl's latest drastic weight loss be down to the stress of her relationships – past and present – taking their toll?

**'SHE'S LOST 7LB IN FIVE MONTHS'**

In March, Cheryl's world was rocked when her boyfriend, Liam Payne, admitted their relationship wasn't plain sailing, and



OMG! Cheryl's ex, Jean-Bernard, was yards away at Cannes



# SHRINKING CHERYL

Cheryl had a noticeably slimmer frame as she stepped out at the Cannes Film Festival last week. Have pressures from boyfriend (and baby daddy) Liam Payne and ex-husband Jean-Bernard Fernandez-Versini taken their toll?





Poor love! Liam's had a tough time being famous

# 'FAME NEARLY KILLED ME'

He became a household name as one-fifth of chart-topping boyband One Direction. But last week, Liam Payne opened up about the nerves he suffered from before he embarked on his solo career.

The *Bedroom Floor* singer explained, 'When the band broke up, I struggled with the idea of becoming famous again. The last time it nearly killed me, frankly.'

Starring on *The X Factor* in 2010, Liam was 14 when he first auditioned in front of Cheryl. Now, he says he has learned to deal with the pressures of being in the public eye.

'I laugh it off and remember it will become a story one day,' he said.

said the pair had 'struggled'. His frank admission came just weeks after Cheryl denied rumours that there was trouble in paradise for the couple.

And it seems their rocky patch may have taken its toll on Cheryl's physique.

'Cheryl feels she's lost too much weight recently, and it stems back to when her and Liam's relationship was under pressure,' a source explains.

'She's about 7lb lighter than she was at the start of the year - a weight loss Cheryl did not want.

'She's always found herself losing weight if she's anxious or worried about something. There's no doubt that trying to make her relationship work, coupled with the pressures of being a mum and also trying to relaunch her career, have taken their toll.'

Instead of being by his girlfriend's side at Cannes, 24-year-old Liam was in America. He's spent a large chunk of the past year touring to promote his solo album, due out in September, plus his steamy *Fifty Shades* duet, *For You*, with Rita Ora, 27.

Last week, in another damning comment, Liam admitted on a US radio show that he was in 'no rush' to marry Cheryl.

'We might do it in the long term, but it's not a big deal,' he shrugged.

## AN EMOTIONAL RETURN

Cannes may have brought back difficult memories of Cheryl's ex, second husband Jean-Bernard. The pair first made their relationship public at the film festival in May 2014 and married two months later, before their 14-second divorce in October 2016.

And Cheryl, who came within arm's reach of JB last week as she returned to his home patch, has been left 'feeling emotional'.

Our insider adds, 'Cannes brought back memories of her and JB when they were at the start of their relationship and had a really close bond. She feels vulnerable when she revisits those memories - so that reflects on her figure and her overall look.'

Cheryl has previously admitted to slimming down when anxious. Bravely describing some difficult years when she was growing up, she explained, 'I'd been clinically depressed and dangerously underweight. I was having terrible panic attacks and suffered from anxiety. As a result, my appetite went.'

The pain of her divorce from JB also saw Cheryl shed the pounds. Citing his 'unreasonable behaviour', lawyers acting on behalf of the ex-Girls Aloud singer claimed JB's actions caused 'stress and weight loss' to the former *X Factor* judge.



## CHERYL'S COMEBACK

However, with Cheryl relaunching her TV career next year on Simon Cowell's new BBC show, *The Greatest Dancer*, our source says the singer is determined look her best.

'Cheryl wants to look amazing for when her new TV job kicks off next year,' our source says.

'She's scrapped any food types which, she feels, leave her looking aged. She's banned sugars, even in savoury foods like pasta sauces, breads and pre-cooked meats.

'She's got a strict eating regime that consists mainly of white fish, wholegrain rice and shredded wheat or porridge oats with berries. She's not even allowing herself a cheat day - she's that focused.

'She's got a glowing complexion. The downside is, the weight is just falling off her.

'Cheryl likes having a curvier bum and a little more up top. She feels she looks healthier

Cheryl looked exquisite but tiny in her red carpet gown

when she's a few pounds heavier than she is now.'

Kimberley Bond

PICTURES: XXXXXXXX

PICTURES: BACKGRID, GETTY, SPLASH



The pair avoided each other last week at a charity event

# 'DON'T KILL MY VIBES'

The feud between former *TOWIE* co-stars Sam Faiers and Ferne McCann rattled on last week when they both attended the same charity event.

They managed to avoid each other at the NHS Heroes Awards, held at London's Hilton hotel, with Ferne, 27, partying the night away with Binky Felstead, 27, and Vicky Pattison, 30, instead. But it's believed Sam, 27, may have taken a swipe at Ferne when she posted a selfie, captioned, 'Don't kill my vibes.'

They're believed to have fallen out after Ferne secured her own TV show about motherhood, *First Time Mum* – a rival to Sam's show *The Mummy Diaries*.

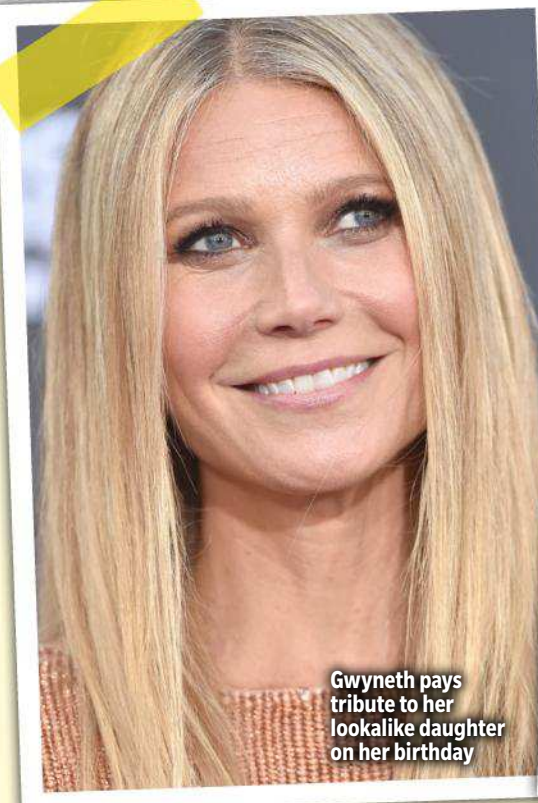
## SEEING DOUBLE

It seems the Apple really doesn't fall far from the tree, after Gwyneth Paltrow shared a rare snap of her lookalike daughter. *Iron Man* actress Gwyneth, 45, who also shares 12-year-old son Moses with Coldplay frontman Chris Martin, 41, posted a touching tribute to Apple for her 14th birthday on Instagram.

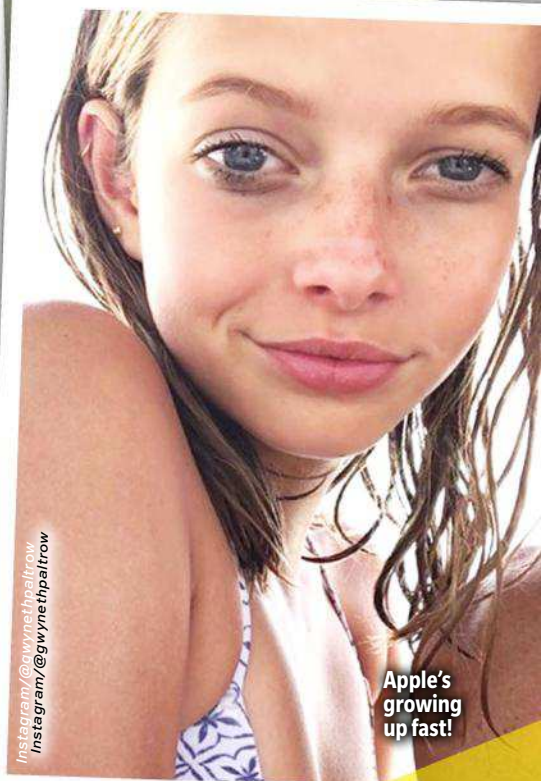
She captioned the photo, 'You are the most vibrant, hilarious, twirling all over the place, beautiful (inside and out) young woman.'

The post comes in the run-up to Gwyn's wedding with beau of three years, producer Brad Falchuk, 47 – with Apple and Moses looking forward to their mum's big day.

'They are so excited,' Gwyneth revealed.



Gwyneth pays tribute to her lookalike daughter on her birthday



Apple's growing up fast!



## HEIDI'S BREASTFEEDING HELL

**S**ugababes singer Heidi Range was delighted when she welcomed her first child, Aurelia, with husband Alex Partakis back in January.

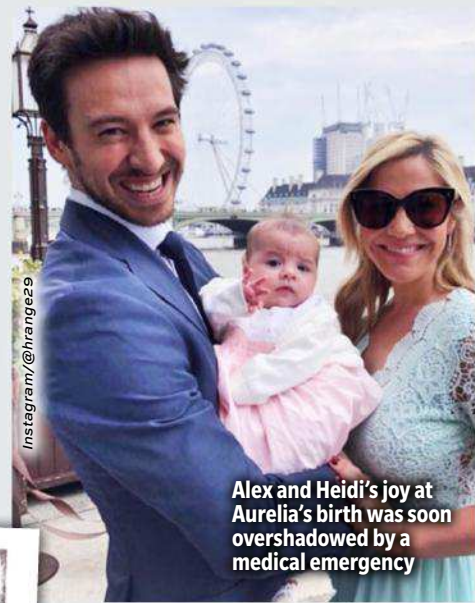
But becoming a mother was bittersweet for the 34-year-old, who contracted blood poisoning when breastfeeding.

'My milk never really got going. I was so upset,' Heidi explained.

While the midwife initially diagnosed the singer with mastitis – inflamed breast tissue – a rash confirmed Heidi had sepsis.

But, while she was put on a drip for four days, Heidi's main concern was her four-month-old daughter.

'I remember saying to Alex while I was in hospital, "I'm so glad this is happening to me, and not Aurelia,"' Heidi added.



Alex and Heidi's joy at Aurelia's birth was soon overshadowed by a medical emergency



Helen relaxes ahead of her due date

Instagram: @hiflanagan

## Helen's spa break

**C**oronation Street actress Helen Flanagan is due to give birth in four weeks, so she headed off for a spa break last week.

Flanners, 27, who is expecting another girl with her partner, Scott Sinclair, recently revealed her feet were so swollen due to pre-eclampsia that she's gone up a shoe size.

A day before her pampering session, Scott lifted the Scottish Premiership trophy with his team, Celtic, and Helen and their two-year-old daughter, Matilda, were there to celebrate with him.

Now that he has a break from football, he'll be able to wait on Helen and their new baby's every need.

## RITA: 'I'M BISEXUAL'

**R**ita Ora has opened up about her sexuality after her new song, *Girls*, was criticised for being exploitative.

The 27-year-old wrote on Twitter, '*Girls* was written to represent my truth, and is an accurate account of a real and honest experience in my life. I have had romantic relationships with women and men throughout my life.'

Rita has dated several male A-listers, including Calvin Harris, 34, and Rob Kardashian, 31.

But sources have teased former 'wifey' Cara Delevingne, 25, who Rita was inseparable from in 2013, inspired the controversial song.

'Rita has been honest with pals about what went on with Cara,' said the insider. 'She was happy to discuss the model being the main influence behind the track.'



Rita discusses her personal life following her controversial song

Kimberley Bond, Rebecca Greenow

# Kylie's new dating rules

**On the eve of her 50th birthday, Kylie Minogue seems to have taken a new direction in her love life, setting herself some strict new rules as she hits the dating scene again...**

**W**hen never before married Kylie Minogue announced her engagement to actor Joshua Sasse in 2016, it seemed as though the hopeless romantic had finally found herself her dream man.

Unfortunately, it wasn't quite the fairytale love story we had all hoped for. In February 2017, news of their shock split emerged, with Kylie reportedly throwing 30-year-old Josh out of their west London home amid rumours he'd cheated on her, although this is something he has denied.

During a recent interview to promote her upcoming *Golden* tour, the usually private Kylie has spoken out about being 'broken' by the end of her romance.

'I don't want to overdramatise it, but it was actually nervous breakdown time,' she explained. 'It was a great beginning. And it just went too fast, too soon. Eventually, we realised that we were cut from different cloths.'

She hinted that she no longer believed she's destined for wedded bliss, adding, 'I never thought I would get married. Just going through "being engaged" seems like an experiment, because I'd never, as a girl or in all my life, had a vision of getting married.'

'I don't think marriage is for me.'

But, after a rumoured brief dalliance with ex Olivier Martinez last July, Kylie is on the singles market again – and she's armed with a set of criteria to help her find her perfect man.

An insider spilled, 'Kylie was devastated when her engagement to Josh ended, and now she's just beginning to dip her toes back into dating.'

'She's set some hard new ground rules, saying she won't date a man younger than 30, and he must be a self-made, wealthy businessman type.'

The source added, 'Kylie is a romantic and won't give up on men altogether, so she is just being way more careful and

is having her friends introduce her to millionaires only.'

Kylie was most recently linked to Paul Solomons, creative director of men's magazine *GQ*. An insider said, 'She is certainly enjoying the attention. Kylie and Paul were introduced by mutual friends in February. Both are keen to keep their close friendship under wraps. It is no secret she was left very bruised and vulnerable after her comeback.'

Her split from *Galavant* actor Josh was made all the more painful after a series of very public interviews where she professed her love.

Previously calling him 'the love of her life' in a 2014 interview, she said, 'I can't actually put into words how happy I am... we just completely fit together. He gets me, I get him.'

However, pals of the singer claimed that Joshua was only using Kylie for her high-profile persona, despite him claiming he had 'never heard of her' before.

Sources close to Kylie claimed friends, including younger sister Dannii, 46, had repeatedly warned Kylie away from Josh.

A friend revealed, 'Since they met, we've all been concerned about what Joshua's intentions were. We believe it all came down to a desperate attempt at stardom. None of Kylie's previous partners have ever shown such a keen interest in sharing her spotlight, and people saw through it.'

And entertainment reporter Peter Ford confirmed that the Minogue family were 'celebrating' when the *Can't Get You Out Of My Head* singer gave Joshua the boot.

'Relief is the word,' he said. 'They always had concerns. Dannii is like a sniffer dog. She can suss out a bulls\*\*t artist anywhere, and she did not like him.'

'[The family] were thrilled [over the break-up]! He was bad news.'

Will Kylie be so lucky in love this time round? We hope so...

*Kimberley Bond*





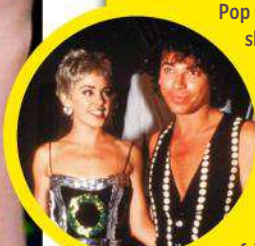
# WE TAKE A LOOK BACK AT KYLIE'S EX-FILES...



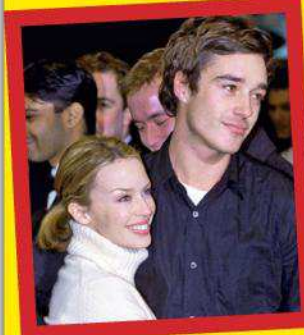
## Jason Donovan – 1986-89

Kylie's first love was Aussie soap stud Jason, with the pair falling in love on and off screen when they starred in *Neighbours*. Jason, now 49, revealed the pair had a night of passion in a Travelodge before splitting for good. He said about the break-up, 'It was an extremely painful parting of the ways... I took a long time to recover from it.'

## Michael Hutchence – 1989-91



Pop princess Kylie shackled up with rock royalty and INXS frontman Michael Hutchence, with the pair remaining friends until the gorgeous singer's untimely death, aged just 37, in 1997. 'He was this wild guy,' Kylie said. 'He was the rocker. It was a glorious time. I loved it.'



## James Gooding – 1999-2002

Kylie's romance with model James came to a bitter end when he was accused of cheating on her, before giving an explosive tell-all interview, saying she had 'wrecked his life'.

## Olivier Martinez – 2002-07

French actor Olivier was with Kylie for five years, staying strong during her breast cancer battle in 2005. The couple, who released a statement about their 'amicable' split, were thought to have rekindled their romance briefly last year, after an onlooker saw them being 'very touchy-feely and very much a couple' in an LA restaurant.



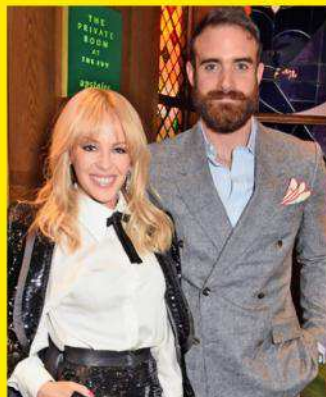
## Andrés Velencoso – 2008-13



Despite describing model Andrés to friends as The One, they split due to conflicting work patterns. A source said, 'When Kylie signed up for *The Voice*, they knew they couldn't cope with the pressures the job would put on them.'

## Joshua Sasse – 2013-17

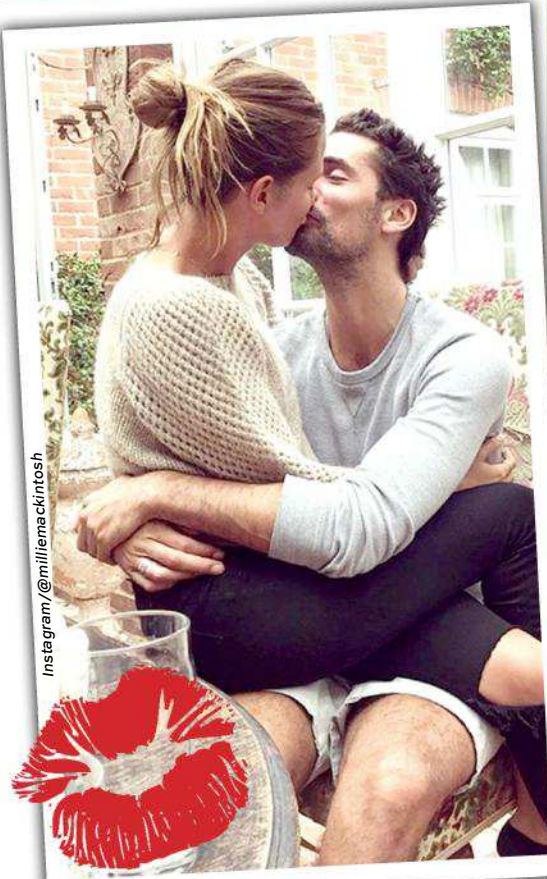
After meeting on the set of *Galavant*, the pair were initially inseparable, with Kylie and Joshua campaigning on stage together to promote same-sex marriage equality in Australia. Things came to a sudden end when he was accused of cheating on her with Spanish actress Marta Milans – which he has since denied.



SEE KYLIE'S ANTI-AGEING SECRETS ON PAGE 52

# COUPLES CONFIDENTIAL

Your weekly temperature check on celeb romances



Instagram: @milliemackintosh

## MILLIE & HUGO 'MY HAPPY PLACE'

They reunited in March 2016, just a month after she broke things off with hubby-at-the-time Professor Green. And former *Made In Chelsea* favourites **Millie Mackintosh** and **Hugo Taylor** have proved to be more loved-up than ever before, as they shared a smoochy snap on Instagram.

Fitness guru Millie, 28, perched on her fiancé Hugo's knee as they locked lips. She sweetly captioned the shot, 'My happy place.'

Millie had dated Hugo, 31, in 2010, before splitting in 2011 when she heard he had kissed co-star Rosie Fortescue.

The pair reunited in 2016, and have mostly kept their relationship out of the public eye.

Speaking about her love life, Millie explained, 'I think I protect my privacy a bit more. I wouldn't want to put my relationship on a reality TV show again.'



## ANT & LISA GIVING THINGS ANOTHER GO?

With the *Britain's Got Talent* finals just round the corner, judge Amanda Holden has admitted that host **Ant McPartlin** will be 'missed' from the show as he takes a break from his TV commitments. And she's not the only one missing Ant, as estranged wife **Lisa Armstrong** is now rumoured to be 'fighting for their marriage'.

The 41-year-old make-up artist reportedly wants to give things another go with her husband of 11 years, following Ant's drink-driving charge. The 42-year-old is said to be on the mend after attending rehab. A source revealed, 'Lisa's gone through all the emotions you face when you have a difficult break-up - heartache, anger and disappointment. 'She's had time apart from Ant, and it's given her a chance to reflect and think about the future. She thinks getting a divorce any time soon could be a mistake.'



Instagram/@jesynelson



### JESY & HARRY 'YACHT LIFE'

Jesy Nelson has swapped touring with the Little Mix girls for soaking up the sun with boyfriend **Harry James**. The 26-year-old cuddled up to the musician-turned-producer, also 26, as the pair holidayed on a yacht in Dubai – with Jesy flaunting her incredible figure in a skimpy black bikini. The *Touch* singer started dating Harry in 2017, after her ill-fated romance to *TOWIE*'s Chris Clark ended when he dumped her for Amber Dowding. Calling him 'her one', Jesy's blossoming relationship with Harry has gone from strength to strength – with the pair spotted on a romantic dinner date in Covent Garden earlier this month.



### IAIN & LAURA FAMILY PLANNING?

While most couples from the last series of the Bafta-winning reality TV series have split, *Love Island* host **Iain Stirling** has fared luckier in love, as he's still going strong with girlfriend of just over a year **Laura Whitmore**.

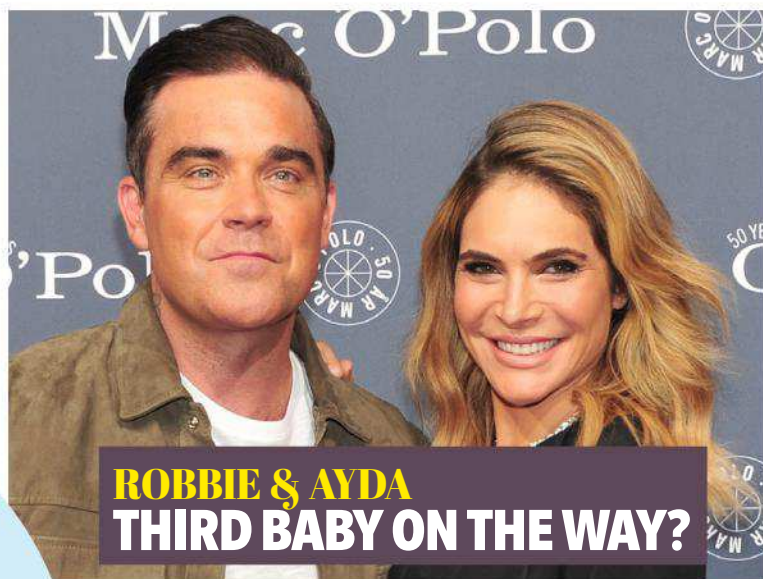
The 30-year-old Scottish comedian – who met Irish presenter Laura at the Children's Baftas party last February – has even teased starting a family with the 33-year-old.

Speaking at the Baftas red carpet, he gushed, 'We're going to have the most Celtic babies. Laura's lovely. She's cool and I really like her. What makes any relationship good is just having fun.'



### RIO & KATE MOVING TRIBUTE

Former footballer **Rio Ferdinand** has revealed his girlfriend of a year, **Kate Wright**, has been a key figure in raising his three children. Rio, 39, started dating the ex-*TOWIE* star, 26, in January 2017 after he lost his wife, Rebecca Ellison, to breast cancer in 2015. And Rio claims Kate's presence has been 'vitaly important' for Lorenz, 11, Tate, nine, and seven-year-old Tia. 'My relationship with Kate has helped the kids, as there's a female in the house now,' he said. 'Having an extra person who has that softer touch is important.' Rio also paid tribute to Kate after he scooped a Bafta for his emotional documentary, *Being Mum And Dad*.



### ROBBIE & AYDA THIRD BABY ON THE WAY?

**Robbie Williams** better brush up on his nappy-changing skills, as his wife of eight years **Ayda Field** reportedly wants a third child.

The 39-year-old actress is hoping to expand her brood with *Angels* singer Robbie, 44, by next year – with the pair trying to fit baby-making into their hectic schedules.

An insider revealed, 'Ayda and Robbie couldn't be happier with their private life, but feel one more baby would complete their family. If Ayda got pregnant now, it would be the icing on the cake, so they're trying their best to make it happen and praying it happens soon.'

The twosome are already parents to Theodora, five, and three-year-old Charlton.

*Kimberley Bond*



Instagram/@francescabridge

## Frankie Bridge

Make a statement in a lemon blazer dress à la singer Frankie. Teaming masculine tailored cuts with fun, bright colours is a winning combo. The sunshine shade is an instant yes for brunettes – the hue will contrast nicely against your tresses! For your girls' night, wear with killer heels, and you'll be sure to catch someone's eyes on the dance floor.



£60  
RIVER ISLAND



Instagram/@lucywatson

# I want W SHE'S



Instagram/@hollywilloughby

## Holly Willoughby

TV's Holly wows the nation (yet again) in this caramel polka-dot frock. The asymmetric ruffle dress has a side-tying waist sash that will accentuate your figure. Make sure you pack this dress for your summer holidays, and style with lace-up espadrilles for a glam evening outfit. Let the frock do the talking, and keep accessories to a minimum.



£69.99  
FOREVER UNIQUE.  
CO.UK



£32  
TOPSHOP

## Ashley James

We have serious holiday envy over Ashley's Instagram snap. The CBB blonde babe flaunts her bod in a peach and yellow two-piece. The bikini top features a wrap-around detail that draws the eye up and creates curves. Finish your poolside glam with rose-tinted shades and delicate gold jewellery.



£145  
RAY-BAN AT  
SUNGLASS  
HUT.COM



£22.50  
BAHIMI.  
COM



£19.50  
BAHIMI.  
COM

WORDS: MAISIE PENN PICTURES: IDS, INSTAGRAM

## Lucy Watson

MIC's Lucy is giving us some serious Parisian vibes in this très chic ensemble, and her pastel blue bike is pretty cute, too! Classic linen pieces are taking centre stage this season, and are ideal for staying cool on those warmer days. Wear your striped jumpsuit with a pair of woven sandals and your favourite sunglasses for a look that will see you through the summer.



£29.99  
STRADIVARIUS



# HAT GOT

We show you where the celebs have been shopping this week

## Michelle Keegan

Michelle looks effortlessly stylish in LA. The actress shows off her tanned bod in a crochet crop top and frayed jeans. She finishes off her look with a cute basket bag and studded sandals. Wicker bags add a beachy flair to your outfit. Wear with cutesy dresses for a bohemian vibe.



Instagram: @ashleylouisejames



£20  
TOPSHOP



£25  
VERY.CO.UK



£65  
DUNE



Joe helped to heal Taylor's feud with Katy Perry

Dec took wife Ali to the Baftas



## THE REASON BEHIND THEIR TRUCE

Last week, we reported that Katy Perry and Taylor Swift had put their four-year spat to bed – and now we can reveal it's all down to their men stepping in.

Katy's actor boyfriend, Orlando Bloom, 41, and Taylor's British beau, Joe Alwyn, 27, have struck up a friendship, as they share the same acting management, and they wanted their ladies to be at peace, too.

'The boys made it their mission to get the girls to make up – and it worked,' confirms a US source.

A fortnight ago, Taylor, 28, showed off a hand-written note sent by Katy, 33 – who once likened Taylor to *Mean Girls'* Regina George, after a fall-out over sharing backing dancers. Katy's letter read, 'I've been doing some reflection on past miscommunications and hurt feelings between us... I'm deeply sorry.'



## DEC'S NEW SIDEKICK

For the first time in his career, Declan Donnelly took to the stage to pick up an award minus his usual sidekick, Ant McPartlin, at the Bafta TV Awards.

Instead, Dec's pregnant wife, Ali Astall, 40, was on his arm to support him at London's Festival Hall, while Ant continues his treatment for alcohol and prescription drug addiction.

Dec, 42, joined *Britain's Got Talent* judges Amanda Holden and Alesha Dixon onstage as *BGT* – which he presents with Ant – scooped a Bafta award for Best Entertainment Programme, but he kept a low profile behind his co-stars.

A day later, a photo emerged on Twitter of Ant and Dec reunited. Fan Davina Darr spotted the pair catching up in a restaurant. It's good to see the duo back together!



Dec hung out with Ant a day after the awards

Twitter/@DavinaDarr





Helen had a surprise hit at Cannes

# Ouch!

**B**ystanders were concerned when 72-year-old Helen Mirren took a nasty tumble during Cannes Film Festival last week.

The Hollywood star fell after tripping up on her way to an event, but was quickly lifted back to her feet by those around her.

Meanwhile at the festival, she joined other women who work in film, including Cate Blanchett, Kristen Stewart and Salma Hayek, in a red-carpet demonstration against the lack of female representation in the industry.



Louis has still got the wow factor

## NO AXE FACTOR FOR LOUIS

**S**imon Cowell is giving *The X Factor* judging panel another shake-up – yet he remains as loyal as ever to longstanding judge Louis Walsh, 65.

Despite rumours he was being axed, Westlife's Shane Filan has denied this is the case for his band's former manager.

'Louis is definitely doing [the show]. And he's really excited to go back,' Shane insisted last week.

Louis has been on the panel, alongside Simon, since the show began in 2004, with the exception of 2015, when he made way for Cheryl, Nick Grimshaw and Rita Ora.

Nicole Scherzinger won't be returning to the panel this series.

## Daddy's girl

**D**avid Beckham was giving us major dad goals as he took daughter Harper for a family day out in the Cotswolds.

The former England midfielder, 43, was snapped hanging out with the six-year-old as they went shopping at swanky Daylesford Farm – with Harper playing dress-up in a penguin onesie.

David has admitted being softer on his youngest, whereas sons Brooklyn, 19, Romeo, 15, and 13-year-old Cruz bear the brunt of his discipline.

'I have no power with Harper,' he said. 'I'm definitely stricter with the boys.'

Harper melted hearts again last week when mum Victoria, 44, posted a video of her daughter singing as she made her way to school.



She's the boss: Becks and Harper

Sophie Cockerham

# 'I feel like the luckiest



A year after the attack, Lucy refuses to live her life in fear

This week marks the first anniversary of the Manchester Arena bombing on May 22, 2017. We speak to Lucy Jarvis, 18, who almost lost her life in Britain's deadliest terrorist incident since 7/7...

**T**his time last year, Lucy Jarvis was like any other teenager – studying for her A-levels and thinking of taking a gap year before going to university.

But, on May 22, she went to an Ariana Grande concert at the Manchester Arena with her friend, Amelia, and was caught up in a petrifying terrorist attack – an experience she is still recovering from.

'We'd had a great night together watching Ariana,' says Lucy, from Wigan. 'She's an amazing live performer. We were sat on the end of the row, so we left before most people.'

While Amelia was on the phone to her mum, who was waiting to pick the girls up outside, Lucy guided them out of the venue.

But, as they walked into the foyer, they were just yards away from suicide bomber Salman Abedi, 22, as he detonated his device. As the bomb exploded, they were blown backwards.

'It's blurry, but I remember little things like being on the floor and feeling really hot,' explains Lucy. 'When I looked down, I saw there were holes and rips in my jeans and my



Police and scared concert-goers outside the Arena

# est unlucky person'



Happy selfie: Lucy and pal Amelia before the blast



Aftermath: it was touch-and-go for wounded Lucy



John and Paul, the heroes who helped her in the Arena

Ariana T-shirt.

'Then I heard Amelia shouting my name,' Lucy continues. 'I turned and saw her running back into the Arena, so I got up and tried to follow. But I couldn't see much, as my vision was flashing in and out and my ears were ringing from the adrenaline.'

Despite suffering injuries that, doctors later said, should have meant she wasn't able to stand, let alone walk, Lucy managed to climb 15 steps to a platform.

'That's when I realised I was hurt,' she says. 'I looked down and touched my legs, and my hands came away red. I kept asking Amelia if I was going to die.'

As the bomb had gone off, 30 pieces of shrapnel had torn through her body and she'd suffered serious injuries to her legs and internal organs. One piece of shrapnel ripped through her abdomen and damaged a kidney, her bladder and bowel, while another severed the main artery of her right leg.

'Two guys, John [Clarkson] and Paul [Worsley], stayed with me for two hours before an ambulance arrived,' says Lucy. 'They worked at the Arena and were trying to bandage up my injuries. I asked them to take my trainers off, as my feet were really swollen but, if they'd done that, I would have bled to death. They saved my life.'

As Lucy struggled to stay

conscious, a stranger took her phone and called her parents, Dave and Kath.

'It was every parent's worst nightmare,' says Dave, 54. 'Someone said, "Your daughter, Lucy, has been really badly hurt. Something has happened, we think it's a bomb." Then the phone went dead.'

It took three hours for them to track Lucy down to Salford Royal Hospital, where medics then spent the next 14 hours

## 'I saw holes and rips in my jeans and my Ariana T-shirt'

battling to save her.

'She wasn't expected to survive the night,' says her dad. 'It was very touch-and-go. Lucy was unconscious for 10 days, and she spent three-and-a-half weeks in intensive care.'

'At first, they didn't know if they would have to amputate my leg,' adds Lucy. 'A few pieces of shrapnel penetrated through my bladder and kidneys. I also have wounds on my arms and a lot of nerve damage in my legs.'

In the days that followed, it was revealed that the suicide bomber had, horrifyingly, killed 22 people in the attack.

'I kept hearing stuff on the news, but Mum and Dad would turn the TV off,' says Lucy. 'I knew deep down that it was a terrorist attack.'

Not only did Lucy experience

life-changing physical injuries, but she also started suffering from night terrors while in hospital. 'I'd wake up nearly every night at the same time in this hot sweat,' she recalls.

Her physical recovery has been long and hard. Since her first surgeries, she's had a further eight operations, lasting 50 hours in total.

Two months after the attack, Lucy was allowed home, but

she still receives daily physio.

'I'm walking a little bit, but I'm on crutches still,' she says. 'And there's a lot of swelling and pain.'

From darkness, a little light has come. Lucy struck up a friendship with John and Paul, who helped her in the Arena, and with two hospital nurses, Becky and Charlotte.

'We've built up a special friendship,' says Lucy. 'I see them every time I go to the hospital and we go out for lunch. They're coming to Manchester

with us to mark the anniversary.'

Dave adds, 'John and Paul were absolute heroes to go into an active terrorist attack to save lives. We're firm friends and have even been invited to one of their weddings.'

The family will spend May 22 together in Manchester.

'We're invited to the cathedral service in the afternoon,' explains Lucy. 'There will be a choir and a two-minute silence.'

A year on, she is undaunted.

'I feel like I'm the luckiest unlucky person. Although it was awful, I'm still alive,' she says. 'I'm not going to let this experience change the way I live.'

Laura Hinton



Lucy and her parents will be honouring the victims

PICTURES: REX

# ‘My son helps me film emotional scenes’

**Emmerdale’s Emma Atkins, 43, who plays Charity Dingle, talks about her darkest storyline yet, and how her son makes her smile outside of work**

**S**ince crashing into the Dales 18 years ago as Charity Dingle, actress Emma Atkins’ troubled character has endured everything from a prison sentence for insurance fraud to being framed for the murder of her first husband, Chris Tate.

More recently, fans have watched Charity admit she fell pregnant after being raped and held prisoner by bent policeman, DI Mark Bails (played by Rocky Marshall), when she was 14. She then revealed her baby had, tragically, died.

In an upcoming flashback episode, to be aired on May 29, viewers will be able to see what really happened to Charity and her son.

Here, Emma, 43, who welcomed her own son, Albert, in 2015 with her long-term partner, Tom, tells us that she used her experiences as a mum in the harrowing scenes...

**HOW DID YOU FEEL ABOUT FILMING THE FLASHBACK EPISODE?**

It was incredibly challenging and the hardest thing I’ve ever done on the show, but I loved every second of it. You have to go to difficult places and draw upon your personal experiences of loss, which isn’t particularly pleasant, but it’s part of the journey. Charity’s history really helped. She’s made a right mess of bringing up most of her children, and I’ve used those memories to remind her what a rubbish mum she is at times. I get a lot of inspiration from music, which sounds naff, but it’s very evocative and emotive.

**WHAT WAS IT LIKE FILMING THE SCENES, THEN GOING HOME TO YOUR OWN SON?**

Harrowing! At home, you have to switch off because your responsibilities come railroading in. My house is very hectic. When I think about Albert during a scene, it immediately brings emotion. I can’t even bear to think



Emma digs deep to film Charity’s tough past

about him passing away, like Charity’s son. It’s also weird to trick your body into crying all day. It starts thinking, ‘We’re having a nervous breakdown,’ and you make yourself ill!

**WHAT’S ALBERT LIKE NOW?**

He’s funny, lovely and very caring. He says, ‘Have you had a good day, Mummy?’ I explain that I’ve been crying at work, and he’s like, ‘You have to cry on your job?’ It confuses him, but he’s brilliant. In the newsagent, we saw a magazine showing me and Charley [Webb, 30, who plays her on-screen daughter, Debbie] on the cover. He knows her really well, and said, ‘Mummy, that’s you and Charley on the paper.’ How do you explain that to a three-year-old? I just bought him a lollipop and we walked out – end of!

and that she’d been thrown out by her family and was on the streets for some time. I was given little nuggets of information. It was only when DI Bails came into the village a few years ago that I was told there was a dark past between them.

**DID YOU HAVE ANY ADVICE FOR MICA PROCTOR, WHO PLAYS YOUNG CHARITY IN THE FLASHBACK EPISODE?**

She didn’t need it! I was blown away by her. She’s a very talented, clever actress. She doesn’t have to speak – her eyes say it all. She’s such a gorgeous human as well, part of the team and very gracious. She’s a grafter and really did her homework – she’d watched clips of me to mimic my mannerisms.

*Sophie Cockerham*

**DID YOU KNOW CHARITY’S PAST WAS THIS DARK?**

I knew she’d been a prostitute,

*Emmerdale* airs weeknights, ITV, 7pm, with an extra episode, Thursdays, 8pm



Charity with her girlfriend, Vanessa



Emma with her partner, Tom

# 'I love Gabby and I miss her'

In his first red-carpet appearance since cheating on Gabby Allen, Marcel Somerville reveals he regrets his actions, and that he still has feelings for her...

**H**e was the resident 'love doctor' on last year's *Love Island*, but Marcel Somerville's seemingly solid relationship came crashing down earlier this month, after he was revealed to have cheated on his girlfriend of 10 months, Gabby Allen.

Personal trainer Gabby, 26, dumped the Blazin' Squad MC, 32, after he slept with another woman while on a romantic holiday in Mexico with her.

'Marcel and the girl slept together in her room,' revealed a source. 'He left and went back to Gabby's room, but promised to see her the following day when Gabby was at the gym.'

Text messages of their fling also surfaced. 'Tomorrow I'll be available. We can have some day sex,' Marcel wrote.

'I'm going to the gym, but I'll try and catch you on the way. Actually, the plan has been ruined. [Gabby's] back.'

Last week, we bumped into Marcel on the red carpet at the Bafta TV Awards,

and he glumly told us he's finding the break up 'really tough'.

'This is the first time I've been out,' he said. 'I'm here on my own. It's a strange scenario.'

#### HOW ARE YOU FEELING AFTER YOUR BREAK-UP?

I'm upset. I made a mistake. I regret [cheating], and I wish I could take it back, but I can't. My fans are like, 'I can't believe you've done that!' Well, I can't either, I really wish I hadn't. In relationships, there are periods where things aren't working, and it's not all smooth sailing. People only see what you put on social media. But I do love Gabby, and I do miss her.

#### HAVE YOU SPOKEN TO GABBY?

I've tried to. But she's just like, 'What the hell?'



The former couple in a Reveal photo shoot last year

#### WHAT HAS YOUR MUM SAID ABOUT THE SPLIT?

She was disappointed in me, and said, 'This isn't you. You don't do that.' But she just wants me to be OK, and not make me feel worse.

#### ARE YOU DATING ANYONE?

I'm so off dating right now, I just want to focus on my music.

#### HAS THE BREAK-UP PUT YOU OFF HAVING ANOTHER RELATIONSHIP IN THE PUBLIC EYE?

A little bit. There's a lot of pressure. If you do the slightest thing wrong, it messes everything up.

#### HAVE YOUR CO-STARS SPOKEN TO YOU ABOUT YOUR SPLIT?

Jonny [Mitchell] and Rykard [Jenkins, from the second series] have. The boys have been supportive. I saw that Olivia [Attwood] called me a s\*\*\*, though.

#### WILL YOU BE WATCHING LOVE ISLAND THIS YEAR?

I can't wait to watch. I haven't watched my year back yet, because it's a bit stressful. Our year was iconic, so I'm not sure if this year's contestants can top it.

#### WHAT DO YOU THINK ABOUT PEOPLE HAVING SEX ON TV?

I didn't have sex in the villa. It just comes down to what you want to do. If you want to have sex with someone, you're going to have sex with someone. Just don't go crazy and start s\*\*\*\*ing everyone.

#### DO YOU HAVE ANY ADVICE FOR THE CONTESTANTS?

Be yourself, don't put all your eggs in one basket, and come up with a catchphrase, because everyone will love you.

#### WHAT DO YOU THINK OF CAROLINE FLACK'S QUICK ENGAGEMENT TO ANDREW BRADY?

I think it's a good thing. They're in love. I probably wouldn't get engaged after three months, but everyone lives their life at different paces.

*Sophie Cockerham, Kimberley Bond*



Vacay romance went sour



Marcel posed with Chris Hughes and Caroline Flack at the TV Baftas

# BE A FUTURE MAKER.

# NO DEGREE REQUIRED.

We're looking for new talent to join our apprenticeship scheme, The Splash.

If you've got passion and potential,  
we want to hear from you.



**WAVEMAKER**  
MEDIA. CONTENT. TECHNOLOGY.

Search **WM The Splash**

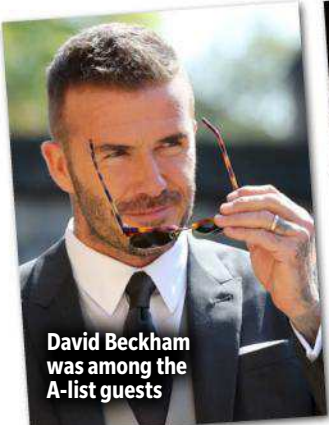
# JUST WED!



9-PAGE SPECIAL STARTS HERE



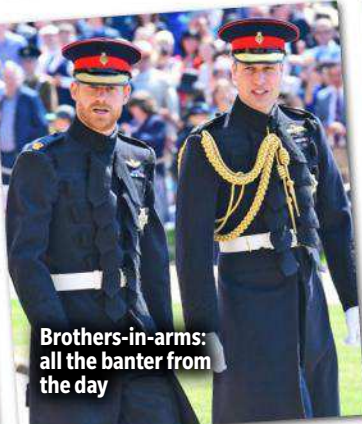
## The wedding of Prince Harry & Meghan Markle May 19, 2018



David Beckham was among the A-list guests



Meghan's mum Doria gets emotional during the service



Brothers-in-arms: all the banter from the day



All about the beautiful bride's dress and make-up secrets



We did it! The happy couple in a private moment

**Royal GOSS**  
 Harry was keen to get to the bar! 'I'm ready for a drink now,' he said to Meghan. 'A huge one.'

# Meghan rips up the royal rule



Band of brothers: Harry and William rolling up together

**Meghan Markle was a thoroughly modern royal bride, taking her place among the Windsors as the new Duchess of Sussex**

**A**t midday on a sunny Saturday afternoon, American actress Meghan Markle married Prince Harry in St. George's Chapel, at Windsor Castle. But their big day was far from your usual royal wedding, with 36-year-old Meghan shaking up tradition as she joined the royal establishment.

Starkly different to Prince William and Kate Middleton's grand state affair in 2011, with 1,900 people invited, Meghan's marriage to 33-year-old Harry was more humble, with only 600 guests in the chapel. But, unlike Kate and Wills, Meghan and Harry had only close friends and family at the event, with state leaders left off the guest list.

Instead, 1,200 'inspirational members of the public', who have demonstrated strong leadership

in the community, were invited to join the couple on the big day.

Harry ditched the traditional royal formality of not having a best man, choosing brother William to stand by his side for his wedding.

**AN ALL-AMERICAN GIRL**

Suits actress Meghan was determined not to ignore her American roots.

A gospel choir belted out the Ben E King classic *Stand By Me* during the service. While the song is a popular wedding tune, it first gained popularity during the civil rights movement – used for solidarity among people of colour in America.

Harry and Meghan walked out to another gospel track – Etta James's *Amen/This Little Light of Mine*. The non-traditional song choice undercut the usual pomp and ceremony and signalled that

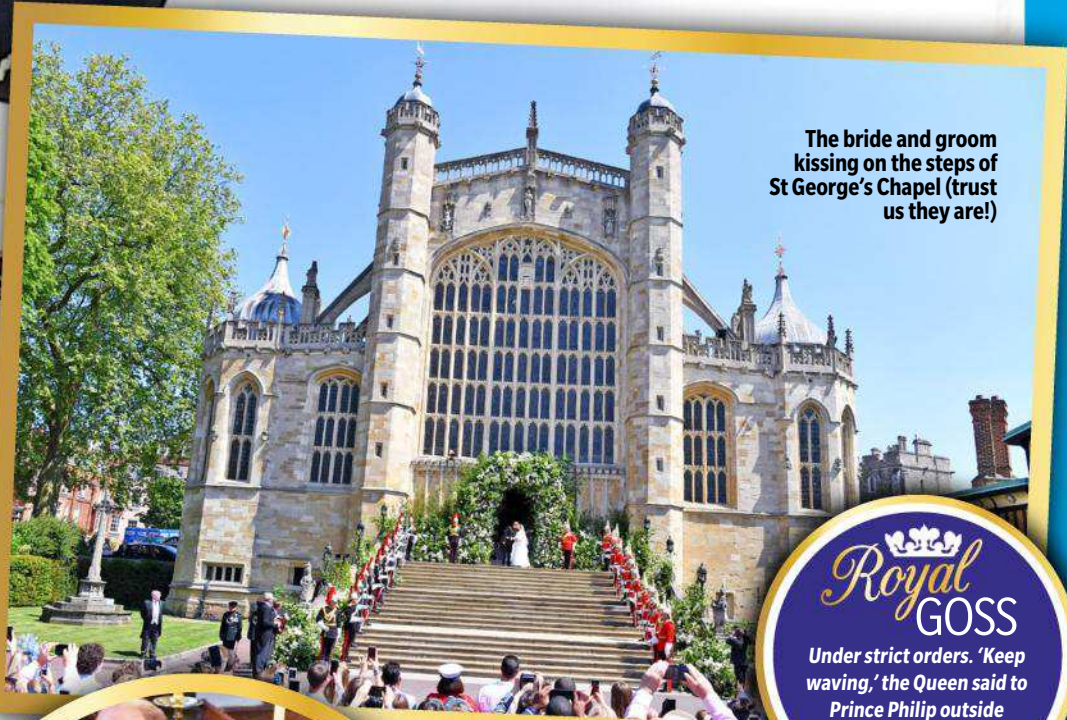




# The book



The radiant new royal bride meeting her public after the wedding ceremony



The bride and groom kissing on the steps of St George's Chapel (trust us they are!)

Meghan and Harry are ushering in a more inclusive royal family.

The speeches also raised eyebrows amongst traditionalists. Princess Diana's sister, Lady Jane Fellowes, read a heart-warming speech about a mother's love, made all the more poignant as Harry was undoubtedly missing his mother on this crucial day.

Self-professed feminist Meghan changed her vows for the special day, omitting the traditional 'to honour and obey' line as she wedded Harry - with the outspoken star also thought to be the first royal bride to be making a speech at her reception.

And a besotted Harry, who emotionally told his bride he'd 'missed her' as she walked up the aisle, will differ from both William and Prince Charles by wearing a wedding ring on his ring finger.

As Meghan is welcomed into The Firm as Duchess of Sussex, it seems this all-American girl is well suited to the role of a very modern member of one of the world's oldest families.

*Kimberley Bond*



The royal family looked on as Meghan joined their ranks

**Royal GOSS**  
*Under strict orders. 'Keep waving,' the Queen said to Prince Philip outside St George's Chapel after the ceremony.*



Granny and Grandpa watching the nuptials



### SOMETHING BORROWED

Royal brides are traditionally loaned an heirloom to wear on the day, and Meghan's glittering diamond tiara was originally made for the Queen's grandmother, Queen Mary. And sparkle it did, from the minute she got into the car!

### THE SYMBOLISM

The exquisite veil was created specially for the occasion and has symbolic meaning behind it, representing the 53 countries of the Commonwealth, which Harry and Meghan will serve as a large part of their duties. Intricate embroidered flowers from each of the countries are worked into the lace, which was created by the Royal School Of Needlework.

**Royal GOSS**

'Are you OK? You look amazing,' awestruck Prince Harry told Meghan as she arrived by his side.

**Royal GOSS**

Meghan emulated American selfie queen Kim Kardashian, whose 2014 couture Givenchy wedding gown reportedly cost \$500,000. Meghan's came in cheaper at a mere 250k.

# The drama of the dress!

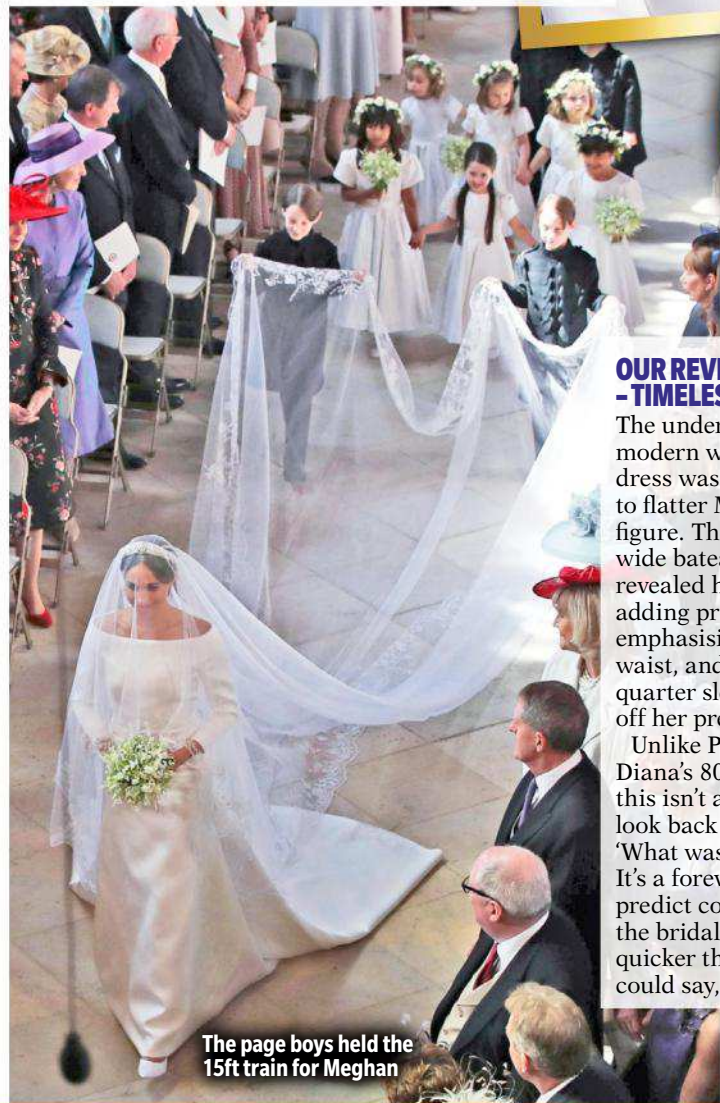
**I**t was the moment we'd all been waiting for! As Meghan Markle exited the Queen's Rolls-Royce in THE dress, we gasped, oohed and aahed while the adorable bridesmaids and pageboys took their places to follow her up the aisle, and felt her nerves as she entered St George's Chapel.

The dress did not disappoint, and the beautiful 15ft-long, embroidered veil certainly added that wow factor. Meghan is very considered in her fashion choices, and for this occasion she picked British designer Clare Waight Keller, 47 – the first-ever female artistic director to head up legendary French fashion house Givenchy.

The choice surprised everyone, with bets being on British-based Ralph & Russo, or Stella McCartney, to design the dress.

### THE HAIR

Hairdresser to the A-list, Richard Ward, who counts Kate Middleton as one of his clients, says, 'Meghan's completely symmetrical chignon was low to the nape of the neck, and had a bit of structure to it. To create it, make two or three pony tails going down the centre of the head.. one below the crown, another at the nape of the neck. Tong or curl the strands of hair in the pony tails. Individually pin them, spreading them round the nape to create the bulk of the chignon, then bring in side-pieces of hair to blend in with it.'



The page boys held the 15ft train for Meghan

Simply magnificent: less is more for Meghan



### THE MAKE-UP

Meghan's rumoured to have done her own make-up for her wedding day, with the help of Dior ambassador, Daniel Martin. Her former make-up artist, Lydia F. Sellers, told *Harper's Bazaar* magazine, 'Meghan doesn't like lots of foundation, preferring a natural, dewy finish. For her wedding look, she has debuted even less make-up than usual. She loves to have her freckles showing through.'

'Her eyes were defined with smoky brown shades and, more than likely, she used her favourite eyeliner, MAC's Eye Kohl in Teddy, an intense bronze,' Sellers said. 'In addition, she may have used individual lashes on the outer corners to open up the eyes, and she loves to layer on her mascara for volume.'



### OUR REVEAL VERDICT - TIMELESS ELEGANCE

The understated modern wedding dress was designed to flatter Meghan's figure. The elegant wide bateau neckline revealed her shoulders, adding proportion and emphasising her slim waist, and the three-quarter sleeves showed off her pretty arms.

Unlike Princess Diana's 80s meringue, this isn't a dress she'll look back on and say, 'What was I thinking?' It's a forever classic. We predict copies flooding the bridal market quicker than Meghan could say, 'I will'.



Kate looked elegant in Alexander McQueen



Proud mum Doria with her 'flower'

**Royal GOSS**  
Prince William was spotted complaining to Prince Harry that his shoes and trousers were 'a bit tight,' as they walked to St George's Chapel. You looked great to us, Wills!

Emotional Harry watching his bride approach the altar

# 'Thank you'

PICTURES: BIGSTOCK GETTY, PA IMAGES



Vision in green: Doria looked lovely in Oscar de la Renta



A moment of laughter during the solemn ceremony



Harry unveils his stunning bride-to-be

Meghan with her new father-in-law

**Royal GOSS**

Harry was getting impatient, waiting for Meghan to arrive. Wills said, 'Do we stand up?' to which Harry replied, 'Before my hair goes grey.' Right royal cheek!

# u, Papa'

Prince Harry thanked his father, Prince Charles, for giving bride Meghan Markle away, after a series of controversies rocked her family and threatened her happiness on the big day

**M**eghan Markle was every inch the royal-to-be as she walked down the aisle, resplendent in her gorgeous white gown, alongside her soon-to-be father-in-law, Prince Charles.

'You look amazing,' breathed Harry as he saw his bride in her finery, before whispering, 'Thank you, Papa.'

Kensington Palace revealed last Friday that Harry's dad would be giving Meghan away, after a week of speculation about whether her own father would be able to attend.

'The Prince of Wales is pleased to be able to welcome Ms Markle to the royal family in this way,' the statement read.

Many people assumed that Meghan's mum, Doria Ragland, would do the honours. Instead, a clearly emotional Doria, 61, watched from a prime position as Charles gave Meghan away.

Doria flew into Heathrow

Airport last Wednesday, sharing tea with Charles and wife Camilla, 70, in the days preceding the wedding.

Doria, who has reportedly quit her job as a social worker in Los Angeles amid rumours she is to move to London, shares a close relationship with her daughter – whom she affectionately calls 'flower'.

Speaking about her mother in 2017, Meghan said, 'We have so much fun together, and yet I'll still find so much solace in her support. That duality co-exists the same way it would in a best friend.'

**FAMILY COMPLICATIONS**

In the run-up to the big day, the excitement was somewhat clouded by a series of controversies surrounding the Markle family.

Meghan's father, Thomas Markle, 73, was initially set to walk the *Suits* actress down the aisle in St George's

Chapel, Windsor, last Saturday.

Thomas, a former Hollywood lighting director, was then photographed in his town of Rosarito, Mexico – swotting up on British culture, being measured for a suit and staring at online stories of Meghan and Harry's relationship in an internet café.

Days later, it emerged that the photos had been 'set up' after he was pictured meeting with a renowned US showbiz photographer. Thomas was rumoured to have accepted a fee payment for the staged photos – which he agreed to do after he was unhappy with previous pap shots of him buying beer.

Thomas later said that he thought the pictures were 'stupid and hammy', and that he

had decided not to attend the wedding, so as not to embarrass Meghan or the royal family.

But, in another twist, it was then reported that Thomas had suffered a heart attack, and was having three stents fitted – tubing inserted to keep the arteries open. This would mean that he couldn't be in the UK for the wedding.

Thomas then pulled out of attending the wedding. His U-turn was so last-minute that his name was still listed on the official Order Of Service for the big day.

Watching the ceremony, he told celebrity news website TMZ, 'My baby looks

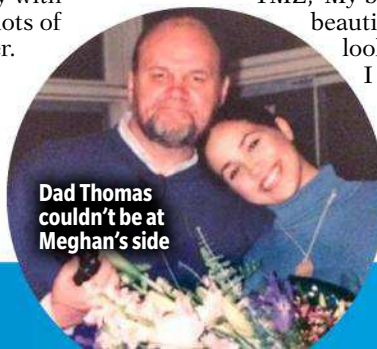
beautiful and she looks very happy.

I wish I was there, and I wish them all my love and happiness.'

**Kimberly Bond**



Stand by me: blissful Harry and Meghan



Dad Thomas couldn't be at Meghan's side

HTTPS://WWW.123CAPTIONS.COM/CAPTIONS-SERVICES-WHAT-WE-DO/PROFESSIONAL-LIP-READING-SERVICES/TINA LANNIN IS THE DIRECTOR HEADING UP THE LIPREADING TEAM.

## HARRY'S GUESTS



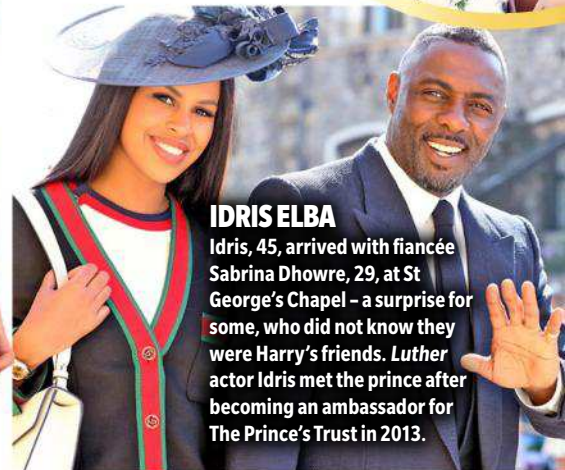
### THE EX-GIRLFRIENDS

Chelsy Davy (left), who dated Prince Harry on and off between 2004-2011, arrived alongside another one of his exes, Cressida Bonas. Wearing a midnight blue Alaïa dress, Chelsy, 32, was spotted looking pensive in St George's Chapel. Model Cressida, 29, above, who dated Harry for two years before splitting in 2014, plumped for a rainbow bright dress by Eponine London.



### PIPPA MIDDLETON

Four months pregnant, Kate's sister Pippa (left) arrived alongside hubby James Matthews. Megan and Harry were guests at her wedding last year. The 34-year-old, who was also celebrating her first anniversary with James, looked elegant and showed a first hint of her bump in this mint green floral dress by British designer The Fold.



### IDRIS ELBA

Idris, 45, arrived with fiancée Sabrina Dhowre, 29, at St George's Chapel - a surprise for some, who did not know they were Harry's friends. Luther actor Idris met the prince after becoming an ambassador for The Prince's Trust in 2013.

# Look who turned

Aristocracy mixed with A-Listers as old money met guests who definitely weren't born with a silver spoon in their mouths at Harry and Meghan's thoroughly modern wedding

## MEGHAN'S GUESTS

### OPRAH WINFREY

Surprise guest Oprah Winfrey, 64, wore a blush pink Stella McCartney dress. The legendary talk-show host reportedly spent six hours with Markle's mother, Doria Ragland, as the pair planned a 'tell-all interview' about the racist abuse Meghan suffered when her relationship with Harry was first made public in October 2016.



### SERENA WILLIAMS

Serena, 36, looked stunning in head-to-toe pink Versace. The tennis ace met Meghan at the 2010 Superbowl in Miami and they reportedly hit it off 'instantly'. 'Her personality just shines,' Serena said of her pal.



### JESSICA MULRONEY

Meghan's BFF and former *Suits* stylist Jessica Mulroney, 38, kept things simple in a cobalt-blue gown. Jessica, right, was pictured alongside Kate Middleton, in white, as her daughter Ivy, four, was a bridesmaid, while twins sons Brian and John, seven, were pageboys.



**JOSS STONE**

Singer Joss, 31, who was rumoured to be performing at the reception, wore a white floral dress and a new choppy bob – we had to look twice! She met Harry in 2016 after supporting his Sentebale charity.



**TOM HARDY**

Newly bald Tom came to the wedding alongside actress wife Charlotte Riley, 36. Tom, 40, star of *The Dark Knight Rises*, has been pals with Prince Harry for two years after they both took part in the Audi Polo Challenge. Tom even shared a cameo with Wills and Harry in the 2017 Star Wars film, *The Last Jedi*.

**MOST TALKED-ABOUT OUTFITS**



**PRIYANKA CHOPRA**

Wearing the colour of the year to the wedding of the year is a match made in fashion heaven! Indian actress, singer, film producer and philanthropist Priyanka, 35, did just that. Her Vivienne Westwood suit was head-to-toe lilac.



**PRINCESS BEATRICE & PRINCESS EUGENIE**

We had high expectations of the princesses' looks after Kate and Wills's wedding – and, we'll admit, we were disappointed! Eugenie, 28, wore a deep turquoise dress accessorised with a demure strappy headband, while Beatrice, 29, channelled her inner 60s air hostess with a classic shift dress and box hat.

PICTURES: GETTY

**d up!**



**SUITS CO-STARS**

Meghan's acting buddies showed their love as they arrived in Windsor. Sarah Rafferty, 45 (far left), who plays Donna Paulsen in *Suits*, looked stunning in a bell-sleeved navy Lanvin dress. Elsewhere, Abigail Spencer, 36, who plays Dana 'Scottie' Scott in the show, looked sleek in a polka-dot Alessandra Rich design (left).



**VICTORIA BECKHAM**

Posh Spice, 44, chose a midnight blue high-neck, slit-sleeved dress, paired with a pillbox hat with net detailing. We're loving the colour-pop hot red heels. David, 43, was a vision in shades of grey, with toning waistcoat and trousers and a navy tailcoat.



**AMAL CLOONEY**

Stella McCartney, 46, was tipped as one of the designers to create Meghan's dress. Her designs were favoured by the guests, including Amal Clooney, 40, whose bold mustard midi dress and matching headress by milliner Stephen Jones stood out in a sea of pastels and creams. Hubby George Clooney, 57, wore a yellow-striped tie, to complement his wife's colour choice. *Kimberley Bond*

# YOU USE IT TO FACE THE DAY WE USE IT TO FACE CANCER

Self-esteem is important to all women, it just happens to be in sharper focus for those who have cancer. That's the reason Look Good Feel Better exists. We have been helping to combat the visible side effects of cancer treatment for over 20 years through free confidence-boosting skincare and make-up workshops across the UK and worldwide.

[lookgoodfeelbetter.co.uk/warpaint4life](http://lookgoodfeelbetter.co.uk/warpaint4life)

#WARPAINT4LIFE



look good **feel better**

FACING CANCER WITH CONFIDENCE

Registered Charity No. 1031728



# Mum's

## THE WORD

Reveal's yummy mummy brings you the latest celebrity parenting trends, the hottest new children's fashion and road-tests the must-have baby and child products



Instagram: @hollywilloughby

### HOLLY'S THREE MINI-MES!

**H**olly Willoughby is known for her fashion sense, and we reckon these 17-month-old triplets must be her youngest fans!

Their mother, Rebecca Wooldridge, 44, dresses Amelie, Etta and Maya-Albertine in identical outfits each day, using TV host Holly, 37, as her style inspiration, and posts the snaps on Instagram.

When Rebecca and her girls appeared on *This Morning*, she explained she started dressing them up when one daughter experienced medical problems, saying it 'lifted a cloud'.

'In terms of an ambassador for positivity and fun, I can't think of a better person [than] Holly,' she said.



Instagram: @mummy\_to\_triplets\_and\_bro

Instagram: @mummy\_to\_triplets\_and\_bro

### SAVVY SUN SENSE

Parents are exposing their children to permanent skin damage because they don't understand UVA star ratings on sunscreens, according to a survey by Boots Soltan.

Over half of parents choose a sun cream based only on its SPF rating to prevent sunburn, without realising the importance of the star rating that indicates protection against long-term skin damage caused by UVA (rated one to five stars, five being the best).

The study also revealed 39 per cent of parents with primary school aged children do not consider UVA rating at all, and 55 per cent don't know what the rating is.

**Soltan Kids Anti-Sand Protect Suncare Spray 50+, £6.50, Boots**

WE TRY... YOU BUY



### LUSCIOUS LOLLIES

My kids always ask for an ice-cream on sunny days, so I was thrilled to discover Little Jude's Milk Lollies - made from 70 per cent full cream milk and NO refined sugar. Sweetened with apple juice concentrate, they're a delicious low-calorie treat.

My kids' favourite flavour was chocolate, although I did see them devour the vanilla and strawberry ones, too!

**Little Jude's Milk Lollies (pack of eight) from Sainsbury's and Ocado, £3**

WORDS: ELLIE ATTWELL, REBECCA GAMBLE PICTURES: INSTAGRAM

### Exploring new tastes

Treat your children to some different flavours with Sainsbury's new baby food range. The Little Ones range has 50 new dishes for children aged six months to three years old plus, with options like beef, potato and leek casserole, pasta Bolognese and cauliflower and butternut mac n cheese. Yum! From 80p, available in-store and online.



## MINI Fashionista

Follow Cath Kidston down the rabbit hole with its new collaboration with Disney. Everyone from The Mad Hatter and the Queen of Hearts, to the White Rabbit and, of course, Alice herself, adorn the pieces from the new Alice In Wonderland collection. Online and in-store from May 25. Don't be late for this very important date!

TWEEDLE DEE & TWEEDLE DUM BACKPACK, £30



T-SHIRT, £16

T-SHIRT, £16



BACKPACK, £22



DRESS AND KNICKERS, £28



HEART BAG, £22

Email us at [mumstheword@reveal.co.uk](mailto:mumstheword@reveal.co.uk)

# 'My love brought hi



**When her boyfriend woke up with memory loss following a serious accident, Rebecca Doig, 29, from Dennistoun in Scotland, did all she could to help him put his life back together**

**W**hen Rebecca Doig signed up for Tinder, she only did it for a bit of a laugh. But, when she saw 28-year-old William Webster pop up on her screen, she immediately clicked on his profile and swiped right.

'He had a lovely smile and looked like he could be good fun,' says Rebecca. 'I was so excited when he asked me out for a drink.'

After arranging to meet up near where she lived, they instantly hit it off.

Before long, they were spending four nights a week together and planning weekends away. They were nearly a year into their relationship when William asked Rebecca to move in with him.

In August last year, when Rebecca was at work as a receptionist, she saw she'd had a few missed calls from William's sister, Suzie. She quickly called back, only to be told that William was in hospital.

Horrifyingly, he'd been hit by a bus that had skidded into him on his way to work. Due to debris on the road, William had lost control of the car, and was unconscious at the scene. All his bones had been broken, and he'd been airlifted to hospital.

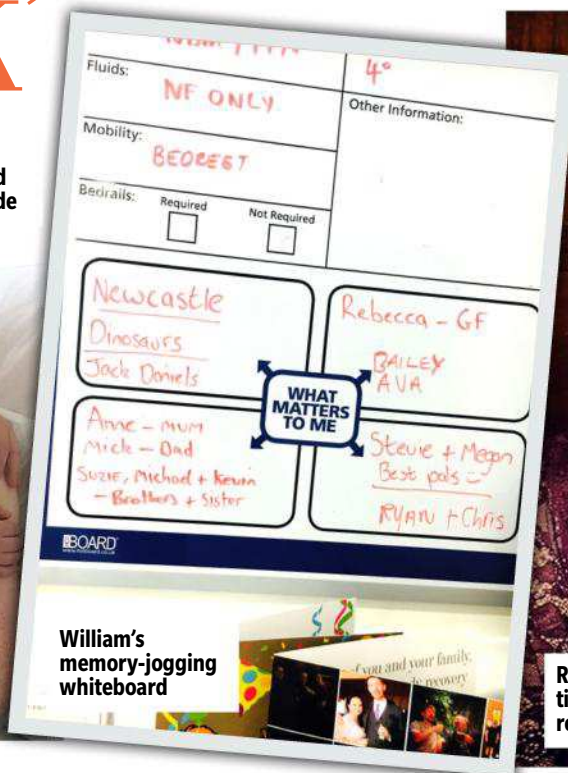
Grabbing her jacket and handbag, Rebecca raced over to Queen Elizabeth University Hospital, Glasgow, to find William's parents and sister in the waiting room. By this point, he'd already had a couple of operations, and the family were waiting to hear more.

**Now recovered, William proposed to Rebecca on his 28th birthday**

# m back'



Day after day, Rebecca stayed by William's side



William's memory-jogging whiteboard



Rebecca worked tirelessly to help revive William

The doctor then told them that, if William did make it through the night, there was a high chance he'd be severely brain-damaged. They were then told they could see William if they wanted, although he was covered in bandages and looked lifeless.

'Seeing him like that was the worst thing ever,' says Rebecca. 'It really upset me, but I had to put on a brave face for him.'

By the following day, William was in a coma but his condition had stabilised, so Rebecca remained by his bedside, holding his hand.

'The doctors said he might not be able to reply, but there was still a chance he could hear me,' says Rebecca. 'I held his hand and spoke to him and, at times, he would reply using a hand gesture.'

'I was in a coma, on a high dose of morphine,' says William. 'The only thing I wanted to see was Rebecca when I opened my eyes.'

'When I saw her, she gave me a reason to get better, but, if she wasn't there, then there would be no reason. I was doing it for her. It was her love that brought me back to life.'

Against the odds, William got stronger every day. Within a week, he'd started to move his hands and open his eyes.

To begin with, he seemed confused and groggy, and

his family were warned that a major part of his memory would have been lost.

Still, Rebecca continued to chat and tell him stories, hoping it would help him to piece their life together.

A few days later, the doctor wanted to test how much William remembered, so he asked him if he knew who his girlfriend was.

## 'When his eyes finally locked on to mine, I cried with relief'

'When his eyes finally locked on to mine and he pointed towards me, I cried with relief,' says Rebecca.

There were huge gaps in his memory, though. William couldn't remember anything that had happened in the month leading up to the accident, and was unsure what his hobbies and interests were.

That was when Rebecca suggested they write it all down. Before long, she'd made a list of everything that was important to him, written on a whiteboard. She then tested William by asking questions and letting him point to the right answer. Slowly but surely, his memories returned.

'I'd flick through pictures on my phone and says things like, "This was the first day in our

flat," and "This is us down our local pub," explains Rebecca. 'Sometimes, he'd just look at me with a blank stare, but there were other times when his eyes lit up, which made it all worthwhile.'

Two weeks on, William was moved from intensive care to a high-dependency ward. Rebecca stayed with him

every day, with the nurses joking that he'd better marry her once he was better. One day, in fact, when William was still high on morphine, he actually asked the nurses if he could see his wife – meaning Rebecca!

Two months after the accident, William was allowed to leave the hospital. He was still in a wheelchair and needed full-time care, so he moved back in with his mum.

But Rebecca kept up her daily visits, and, in December, just days before William's birthday, he was well enough to come home to her.

'On the morning of his birthday, I was woken up by William handing me a beautiful bouquet,' says Rebecca. 'I couldn't

understand why he'd bought it for me when I was supposed to be gifting him.'

But then William handed her a note, which read, 'There's only one thing I want for my birthday, and that's for you to be my wife.'

Rebecca immediately said yes. The couple now plan to marry this summer, in the place where they had their first date.

'Seeing how quickly things can be snatched from you made us realise that we wanted to move in and get married as soon as we could,' says Rebecca. 'William is nearly back to his old, healthy self, and we have both really learned to appreciate the relationship that we have. We couldn't be happier.'

Sarra Gray

The couple are getting married this summer



# Selena & Justin 'growing close'

In what could be one of this year's most shocking Hollywood couplings, Justin Theroux, 46, is said to be romancing Selena Gomez, 25

Last week, pictures emerged of Selena Gomez and Justin Theroux hugging during a day out in New York, amid growing speculation the pair have become 'more than just friends' – despite their 21-year age gap and Selena's friendship with Justin's ex-wife, Jennifer Aniston.

The pictures were taken earlier this month, when Justin and Selena joined a group of pals, including *Ant-Man* actor Paul Rudd and his wife Julie Yaeger, at a theatre in New York.

Then reports in the US and Australia circulated that, while singer Selena and actor/producer Justin had initially been supporting each other through their respective break-ups with Justin Bieber, 24, and

Jennifer Aniston, 49, their friendship has taken an unexpected turn.

'They've known each other for years through their [shared] manager,' an insider explained. 'Initially, they leaned on each other for emotional support after going through messy break-ups. It's turned into something more than a friendship – Selena and Justin are falling for each other.'

Adding that 'sparks fly' when they're together, the source also revealed, 'They've been having a lot of one-on-one conversations lately, and they talk about everything.'

On the surface, it seems a random pairing, due to the age gap. Yet the *Wolves* singer



More than just good friends?

Selena and Justin looking cosy with pals in New York

recently confessed her dream man would be a 'writer, producer or actor who is low-key' – a description that Justin fits.

The US source adds that they have bonded over their shared creativity and 'a passion for shelter dogs, as well as fashion and accessories'.

However, it's been less than four months since Justin and Jennifer confirmed the end of their two-year marriage – and the *Friends* actress was once Selena's 'mentor' in Hollywood.

In 2009, a teenage Selena admitted she 'freaked out' when she met her idol. The pair were often pictured together at high-profile events and, in 2016, Selena said Jen gave her 'a lot of maternal advice'.

So, it's little wonder Jen is said to be miffed by the recent reports.

'It hurts Jen to think that Justin would move on already,'

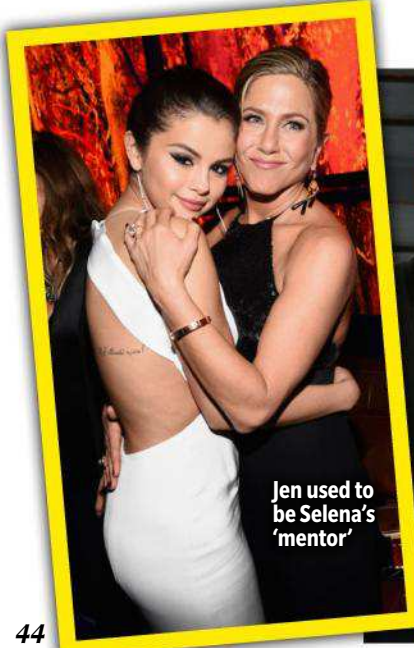
says a separate source. 'To think of him with anyone else, especially someone so young, and who Jen has a personal relationship with, is painful for her. Jen doesn't want to think about it, and definitely does not believe it.'

In March, the *Mulholland Drive* actor was rumoured to be dating Selena's friend, artist and photographer Petra Collins, 25. At the time, Selena unfollowed Petra on Instagram, after Justin uploaded a picture of them together, and it was believed to be because of her allegiance to Jen.

These romance rumours turned out to be false, and Selena refollowed Petra. Oddly, Petra was also at the hang-out day with Selena and Justin earlier this month, and now fans are speculating that it may have been Selena's jealousy over Petra and Justin's platonic friendship which caused the brief fallout.

Rebecca Greenow

PICTURES: BACKGRID, GETTY, INSTAGRAM



Jen used to be Selena's 'mentor'



Justin and Jen tied the knot in 2015

# 'TOWIE has toxic men AND women'

It's not just her male co-stars that TOWIE veteran Lauren Pope thinks are contributing to the TV show's 'toxic' atmosphere...

**T**he *Only Way Is Essex* is famous for its dramatic moments, but its most recent series has seen fans brand the show's men as 'toxic' after a series of vicious arguments.

James 'Lockie' Lock came under fire after making his girlfriend of 17 months, Yazmin Oukhellou, cry during a row. Elsewhere, Myles Barnett infuriated viewers when he called Courtney Green a 's\*\*g' and a 'dirty dog' in a brutal street brawl.

But *TOWIE* favourite Lauren Pope thinks it's unfair to lay all the blame on the show's male cast. The 35-year-old DJ argues women shouldn't 'allow' men to shout at them – and she's happy not to play out another relationship in front of the cameras...

## DO YOU THINK TOWIE'S MEN ARE TOXIC, LAUREN?

*TOWIE* shows people's genuine reactions. It's down to how people want to behave. The guys should be getting the stick, but what's toxic is if women allow men to speak to them like that. Then their behaviours will continue.

## YOUR EX, JON CLARK, HAS FACED CRITICISM THIS SERIES...

His behaviour isn't great. I had a kick-off with him, which wasn't on camera. He's quite intimidating.

## YOU'VE BEEN ON THE SHOW FOR SIX YEARS, HOW DO YOU THINK IT HAS CHANGED?

The arguments and the relationship dramas are the same, it's just a younger cast.



Lauren says she still speaks to her ex, Kirk

The things they get upset about aren't a big deal for me. As you get older, you get more chilled.

## YOU'VE BEEN AT THE HEART OF MANY STORYLINES – IS IT NICE TO TAKE A BACKSEAT THIS TIME?

I'm finding myself being a bit more comfortable not having a relationship on the show. Over the years, I've given a lot.

## YOU'VE DATED A LOT OF TOWIE MEN, INCLUDING KIRK NORCROSS, MARIO FALCONE AND LEWIS BLOOR – ARE YOU ON FRIENDLY TERMS WITH THEM?

I'm really friendly with Kirk. He's my only real ex from the show. I think it's nice when you share such a massive experience with someone to still be able to speak to them, and not have animosity.

## WHAT DID YOU MAKE OF THE NEWS MARIO IS HAVING A BABY WITH GIRLFRIEND BECKY MIESNER?

It's great. It's what he's always wanted, and he seems happy.

Lauren's promoting her new fashion range

I hope to have marriage and babies in my future.

## DO YOU MISS THE OLD CAST?

I don't miss anyone. When someone leaves, it's sad for a week or so, then you move on.

## SOME PEOPLE ARE DISMISSIVE OF THE SHOW ONCE THEY LEAVE...

It's silly. People get a bit too big for their boots. You'll find most of us come back.

## WITH SUMMER COMING UP, ARE YOU FEELING BODY CONFIDENT?

Yeah! I have a regular gym routine and a healthy diet. I have my treat days, but if you keep up a regular routine, you're not going to have that big panic before your holiday.

## WHAT'S YOUR FAVOURITE PIECE ON YOUR QUIZ x TOWIE EDIT?

There's a really gorgeous floral two-piece, which is great for holiday, and there's some nice tailoring. I like pieces you can multi-use.

*Kimberley Bond*  
QUIZ x TOWIE is available at [quizclothing.co.uk](http://quizclothing.co.uk)



Lauren is summer ready!

Instagram/@laurenpoppey



Lockie let loose on Yazmin

PICTURES: INSTAGRAM, REX, WENN

# 'MY EYEPATCH EMPOWERED ME'

Nineties singer Gabrielle – famed for R&B and soul hits such as *Dreams* – talks to us about her quirky style, her superstar fans and why she chose her kids over her career...

**S**he's a multi-award-winning, four-times platinum artist. But when we meet singer and mum-of-two Gabrielle for a chat at her record label in central London, it's not her showbiz lifestyle keeping her up at night.

'By the time I got home from doing a gig, it was nearly 2am, and then I had to wash my daughter's school skirt,' she laughs, sipping her coffee. 'I'm knackered, I'm balancing that mum-work life.'

This isn't the first time Hackney-born Gabrielle has juggled parenthood with her career. After reaching No.1 with her hits *Dreams* in 1993 and 2000's *Rise*, she gave up her career to concentrate on parenting her son Jordan, now 23, and her 15-year-old daughter Patricia. Her new album, *Under My Skin*, is the first she's written in 11 years.

But although she's famed for her music, it's Gabrielle's unusual style that has intrigued fans over her 25 years in the business. Born with ptosis, a condition which causes her right eyelid to droop, her use of a glitzy eyepatch has also earned her icon status.

And her fans include megastar Adele. Back in 2015, the *Hello* hit-maker, 30, admitted that her mum had once sewed sequins onto an eyepatch for her so she could emulate her idol.

'I saw the Graham Norton interview when she said that, and I texted all my friends, saying, "She spoke my name, she knows who I am!"' giggles Gabrielle, 48, who has swept her hair over her eye throughout our interview. 'I am so in awe of her. For her to say that she was inspired by me, I'll take that. I was honoured, she's incredible.'

## CONGRATS ON YOUR NEW ALBUM! WHAT WAS YOUR INSPIRATION?

My own life, but I delve into my friends' lives, too. When they're telling me things, I'm like, 'I'm helping you out, but honey, that is some good material!' Luckily, they don't mind. I'm really proud of the songs.

## WHAT HAVE YOU BEEN UP TO SINCE YOUR LAST ALBUM?

I'm a mum, so there's not enough hours in the day – I've got the school run to do, breakfasts to make, skirts to wash!

I didn't consciously say, 'The time for a comeback is now.' But I was going back into the studio, and I was on a roll. I was paired with the most amazing producers, knocking out about 10 songs in a four-day sitting. One of the songs is called *Every Step*. There's a line in it about all the stars being aligned, which I think is what happened in this case.

## DO YOU ENJOY BEING IN THE LIMELIGHT?

When my music career started, I got catapulted into the public eye, and it wasn't something I fully embraced. But I have more presence on social media now. Famous people, such as Lewis Hamilton and RuPaul, will tweet me, people that I love and that I wouldn't think have me on their radar. My manager is ready to stop me if I say anything wrong, though, because I've got no filter!

## WHY DO YOU WEAR AN EYEPATCH?

I don't actually need the eyepatch, but when I used to talk to people, I wouldn't look at them, because I didn't want them to focus on my lazy eye. When I first came on the music scene, everyone was like, 'She's got no eyes!' The eyepatch empowered me. I remember going somewhere, and there were these good-looking guys. For the first time in my life, they looked away first. My hair was all sleek, I had this eyepatch, and I felt amazing – I was a cocky s\*\*\*! I was a positive role model to children who needed patches, too. When I was at school, I was laughed at because I wanted to sing – they thought I didn't deserve my ambitions because of the way I looked.

## DO YOU STILL GET RECOGNISED BY FANS?

Sometimes, when people ask if it's me, I say, 'I wish I was!' I've been using that one for years, and it always works. Most of the time, though, I don't think anybody believes it's really me.

## ARE YOUR KIDS PROUD OF YOUR MUSIC COMEBACK?

Yes. My son came to one of my shows recently, which is funny because, years ago, I wasn't cool enough for him. I'm just 'mum' to my daughter, though. I'm not allowed to sing in the house if she's in!

## DO YOU REGRET CHOOSING MOTHERHOOD OVER YOUR CAREER?

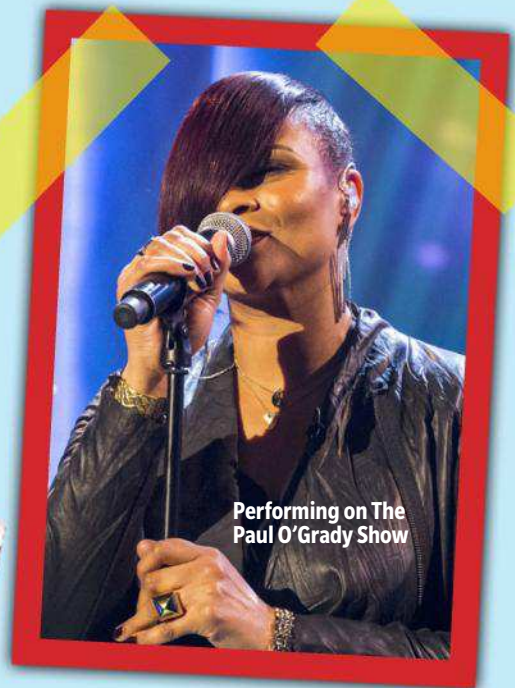
Not at all. I recall going away to Japan when my son was two. When I got back



Sassy AF



Songstress Adele is a fan of Gabrielle



Performing on The Paul O'Grady Show

home, I wanted to give him a cuddle, but he wasn't having any of it. I remember even asking my mum if my son knew that I was his mum! I was insecure; I couldn't take it. So I went to all their school plays. I didn't want anyone else putting my child to bed. I needed that time out with my babies.

**Sophie Cockerham**  
*Gabrielle's album Under My Skin is out on August 17. Pre-order it from iTunes, Amazon and HMV*

***'I remember asking my mum if my son knew that I was his mum!'***

# Style file

Your  
weekly  
FASHION  
&  
BEAUTY  
update



## HERE COMES THE SUN

When it comes to getting mileage out of your wardrobe pieces, a pleated skirt will do the job. Take note from this sun-drenched look and go for colourful stripes paired with cute camis and beachy waves (with blue skies, hopefully). For cooler days, team with tees, cropped jackets and ankle boots. The pleated floaty style is uber flattering on the pins, and the mid-length will help elongate them, too. Total winner!

TOP, £8  
SKIRT, £20.  
F&F AT TESCO



## RAW DENIM

Looking for a jeans update? Try a frayed hem. A fave with celebs, it adds a laid-back undone twist to your outfit.

Plus you get to show off your shoes, too!



£24.99  
NEW LOOK



£14  
GEORGE AT ASDA

## DIVE IN

The one-piece is having a serious moment in the swimwear world, and it doesn't get much better than a rainbow-striped number. The lace-up detail on this cossie gives it a sexy edge. Pair with shorts, and let it double up as a top.

## LAIID-BACK LUXE

We're going heart-eyed for this boho-style top with Swishy tassels and delicate embroidery, all in a pretty pink-and-white colour combo. Perf for festivals.



£32  
RIVER ISLAND



£24.99  
BERSHKA

## PLAYFUL PRINT

For those lazy park days, you can't go wrong with a gingham playsuit. Fun and flirty, it satisfies all our picnic needs. Throw on over a white tee and add kicks for a cool 90s vibe, or dress up with heels and a red lip for sunset cocktails.



£39.99  
ZARA

## BLISSFUL BLOOMS

A trusty shirt dress is an all-year winner so, for the warmer months, we're adding a slice of paradise to the classic style in this tropical number – totes BBQ ready.

## GO NATURAL

Looking for that perfect finishing touch to your off-the-shoulder top? We've spotted these raffia-style earrings, guaranteed to do the trick! The natural tones add a chic and summery touch. Looks fab with denim.



£9.99  
STRADIVARIUS



£25  
DOROTHY PERKINS

## THE LAST STRAW

Is it even summer if you haven't got a straw bag? This beauty will work for beach babes and city dwellers alike, plus it looks designer!

## POOL PARTY

Nothing screams 'girls hol in Marbs' more than a pair of sequin sandals. These colour-popping slides will have us dancing from morning till night, and probably till morning again. Buy, pronto!



£25  
VERY.CO.UK

# WHAT YOU NEED now

Your life just got easier – we've picked this week's hottest buys for you!

25% off all  
Tu Clothing

Ah,  
go on

[www.tu.co.uk](http://www.tu.co.uk)

available at  
**Sainsbury's** **Argos**

\*Offer ends Monday 28th May. Available in selected stores and online. Not available in Centrals and Locals. Subject to availability.



Ho  
WH

EMMA  
WILLIS

EXACT  
MATCH!

WHERE TO  
GET YOUR  
WHITE JEANS

BOYFRIEND  
TOPSHOP, £42  
BOOTCUT  
ZARA, £29.99  
STRAIGHT  
H&M, £34.99  
CROPPED WIDE-LEG  
RIVER ISLAND, £40

# How to wear WHITE JEANS

Master summer's coolest denim trend

## Why it works

Donning white jeans may seem scary (especially with a coffee or a glass of rosé in hand!), but they are guaranteed to give your outfit a fresh, modern vibe and are just as versatile as your classic blue jean. We love how TV's Emma Willis's printed shirt pops against the crisp white, while the loose girlfriend-style fit gives it a cool laid-back feel. An off-duty look we're 100 per cent stealing! Nothing makes us feel more grown-up than white jeans... until we step in a puddle that is!

SHIRT, £28, NEXT

### Sunday brunch

TRAINERS, £80, ADIDAS AT SCHUH



BAG, £69.99, MANGO

### City break

JACKET, £48, RIVER ISLAND



### Stroll in the sunshine



SUNGLASSES, £140, FINLAY & CO

BLOUSE, £28, VERY.CO.UK



TOP, £18, F&F AT TESCO

### Dinner date



SHOES, £25.99, NEW LOOK

## TOP TIPS

- 1 Take note from Emma and go for loose-fitting styles. A straight-leg, bootcut or boyfriend style is more flattering.
- 2 The fashion pack are loving head-to-toe white, so be brave and pair with a white blouse. Neutral accessories will give it a polished finish.
- 3 You can't go wrong with monochrome, so for an evening look, team with a black top and heels.

WORDS: CHARLIE BELL PICTURES: GETTY

25% off all Tu Clothing



www.tu.co.uk

available at Sainsbury's Argos

\*Offer ends Monday 28th May. Available in selected stores and online. Not available in Centrals and Locals. Subject to availability.

As she celebrates her 50th birthday, we unveil Miss Minogue's 'stay glamorous' beauty tricks... from just £3.25!

## COMPLEXION WONDERS

After ditching Botox, what's Kylie's no-needle trick? For a smooth, radiant face, she regularly exfoliates – favouring a warm, damp muslin like **The Body Shop Muslin Cloth, £2.50**, for wiping away **Pond's Cold Cream Cleanser, £3.25**, each night.

A few times a week, she uses chemical exfoliators that gently eat away at dead skin cells. Her arsenal includes **Philosophy The Microdelivery Overnight Anti-Ageing Peel, £65**, and **Alpha-H Micro Cleanse Super Scrub, £35.95**, which combines chemical smoothers with jojoba beads.

But Kylie's ultimate wrinkle-fighting hack is seriously simple. The Aussie's fanatical about sunscreen and doesn't go a day without it. Take a leaf out of her book with **Kiehl's Ultra Light UV Defence SPF 50, £28**, that feels feather-weight and sits well under make-up.

# Kylie's age-defying

## BOOTY HEROES

Her face isn't the only zone that gets treated to super-charged exfoliation. Kylie massages her bod using both a scrub and mitt – a double whammy that leaves it unbelievably silky and better at absorbing products she slathers on afterwards. Try **nspa Fruit Extracts Rich Golden & Runny Honey Daily Refresh Body Scrub, £2.50, Asda**, followed by **Neutrogena Hydro Boost Body Gel Cream, £4.99**. The songstress has been known to use **Lush Buffy Body Butter, £6.95** – a gritty soap bar that releases nourishing oils. Perfect for blitzing rough skin on your bottom and thighs!

To disguise imperfections, especially when she's on stage, she's said to wear a mix of moisturising **Elizabeth Arden Eight Hour Cream Body Treatment, £26**, with a liquid body bronzer like **Superdrug Solait Glow Lotion, £4.99**.





## YOUTH-BOOSTING MAKE-UP

You'll never catch Kylie wearing mattifying powders. She's all about creamy textures that leave her looking more radiant than her trademark gold hotpants. Her go-to make-up artist Christian Vermaak has been known to use **YSL Teint Touche Éclat Foundation, £35, feelunique.com**. She's also a fan of **RMS Living Luminizer, £36**, (loved by the Victoria's Secret clan) that can be used to highlight cheekbones.

Her eyes are often gilded with light gold or pink tones from Charlotte Tilbury palettes similar to the limited edition **Bigger Brighter Eyes kit, £39**. Then Christian likes to add a feline flick using **L'Oréal Paris Superliner Perfect Slim Eyeliner, £6.99**, over **Stila Eye Liner in Stingray, £14.50**, for staying power. She wears mascara but a few individual lashes at the outer corners add extra drama. And for that pout? Christian usually uses a lip liner all over, topped with a pinky-nude lipplie for a look that lasts. We love **CYO Two Clever by Half Lipstick & Liner in Rainmaker, £5.50, Boots**, that houses both.



## AGELESS LOCKS

Kylie's big on nourishing hair treatments to keep her mane extra swishy. She loves Argan oil similar to **Hask Argan Oil Repairing Shine Hair Oil, £2.49, Superdrug**. Just smooth onto your ends while damp. Christian Vermaak rates **Kevin Murphy Repair-Me Wash, £22**, and **Repair-Me Rinse, £24, cultbeauty.co.uk** – a shampoo and conditioner combo that helps tackle damage from colour or heat styling.

Undone tousled tresses are Kylie's signature but there's a nifty detail she swears by for keeping her looking fresh-faced. Look closely – her waves at the front are always directed away from her face to open it up and lift her cheekbones. On the colour front, she takes a similar approach to stars such as Jennifer Aniston, opting for darker roots (to complement her ashy brows) with lighter pieces around her face. The effect? A complexion-brightening finish that looks totally effortless. At home, introduce a few sun-kissed strands with **IGK SummerTime Hair Lightening Spray, £23, Space NK**. Like a new-gen version of 'Sun-In,' it's peroxide-free and activated by heat and sunlight.

# secrets





£40,  
HOUSE OF  
FRASER



£12,  
RIVER  
ISLAND



£15, M&S

£25,  
ACCESSORIZE

£22,  
OLIVER  
BONAS



ESSENTIAL EAR  
CANDY! THEY  
WILL MAKE  
ANY OUTFIT  
INSTANTLY  
ON-TREND.

£32, VERY.CO.UK



£12, MATALAN

£30,  
GLAMOROUS.  
COM



# ¡Hola! Chica

We're obsessed with all things Mexican. Here's our pick to get you in a summery mood...

£9,  
MONSOON

£12,  
ACCESSORIZE



COMPILED BY MAISIE PENN

£29,  
MONSOON



£22,  
OLIVER  
BONAS



£29.99,  
ZARA



STACKING BANGLES,  
£15, ACCESSORIZE

REVEAL  
LOVES

£49,  
TOPSHOP



£14, GEORGE  
AT ASDA

£7.99,  
NEW LOOK

£16,  
URBAN  
OUTFITTERS



THESE SANDALS  
WILL ADD  
COLOUR TO  
DENIM OR PLAIN  
WHITE OUTFITS.

£15.99, ZARA

£28, SIMPLY BE



# Beauty INSIDER

Amber Ascroft talks trends, tricks and game-changing buys...



## Cheryl's Cannes heroes from £8.99

While the fash pack were taken with Cheryl's frock at Cannes, I was cooing over her flawless beauty look. I asked the babe and her team for her secrets...  
**1 The prep:** 'I had a facial, massage and a mani in the run-up. I didn't need a spray tan this year as the weather's been boiling at home so I've been outside and catching some rays - with factor 50 on my face, of course!' Cheryl reveals.

**2 Good to glow:** Her make-up artist Karin Darnell opted for a dewy base to complement her statement matte lip. She worked with a hydrating foundation, cream blush - on the apples of her cheeks - and shimmering highlighter drops on her Cupid's bow, cheekbones and nose. My picks? **bareMinerals Complexion Rescue**, £28, **George Blush Soft Touch Blusher Stick in Coral Crush**, £3, **Asda**, and **Barry M Chrome Highlighter Drops in Desert Heat**, £6.99.

**3 Camera-ready lashes:** As L'Oréal Paris ambassador, Cheryl showcased one of the

brand's new products, **L'Oréal Paris Cannes Limited Edition False Lash X-Fiber Mascara**, £10.99, [amazon.co.uk](http://amazon.co.uk), that has a double-ended brush for priming the lashes before plumping and lengthening.  
**4 Pout hack:** 'I finished Cheryl's look with my diffused lip technique, applying **L'Oréal Paris Color Riche in Red Carpet**, £8.99, [amazon.co.uk](http://amazon.co.uk), just to the centre then blending it out. This creates a stain without any harsh lines,' reveals Karin.  
**5 Ultimate skin trick:** 'It's good to change up your skin regime from time to time. People often use too much product on their skin at once. I only use a tiny amount of my serums and creams,' Cheryl reveals.



PICTURES: FLAVIEN PRIOREAU FOR L'OREAL COLOR RICHE RED CARPET LIPSTICK, REX

## A-list steals

Their bling may cost a bomb (\$2 million in Blake Lively's case) but there were a few undercover bargains on the Met Ball red carpet. As the face of Maybelline, Gigi Hadid (right) has her pick of the best products. Her cheeks were gilded with **Maybelline Master Holographic Highlighter in Molten Gold**, £8.99, while **Color Sensational Creamy Matte Lipstick in Nude Embrace**, £6.99, adorned her pout. And **Revlon PhotoReady Primer Shadow + Sparkle in Metropolitan**, £8.99, was behind Ashley Graham's (inset) bronzed eye.



## Boozy bronzing

Kim and Kanye, pie and mash - some hook-ups were just meant to happen... like this genius collab between **Lambrini** and **Fake Bake!** Pick up one of the limited-edition pink bottles, from £2, [amazon.co.uk](http://amazon.co.uk), for a code that'll score you 50 per cent off the best-selling fake tan range online. I'll be using mine on the golden **Fake Bake Flawless Coconut Tanning Serum**, which is usually £29.95.



# Fashionista

Charlie Bell is our girl in the know, keeping you ladies one step ahead of the fashion pack. Remember, you read it here first...



♡ Charlie

Nothing is giving me more holiday envy than Kendall Jenner's Cannes wardrobe. The model has been slaying it over at the 71st Film Festival, rocking everything from a sheer floor-sweeping tutu gown to a higher-than-high-leg swimsuit. She also hit the after parties with best bud Bella Hadid, both in some major 90s get-ups. Kendall looked amazing in a slinky cami dress. It's definitely a look I'm stealing for my next girls' night out! Get Kendall's style in these budget-friendly beauties...



Kendall's killer Cannes wardrobe



Last week, I hit the swanky Perception bar at the W Hotel, London, for the launch of the new Quiz x TOWIE collection and it was Essex glam at its finest. Think personalised cocktails, an interactive selfie mirror (what else?!) and all the Essex babes partying away. Chloe Lewis and Lauren Pope (right) star in the campaign, alongside Dan Edgar, each picking their fave pieces for the TOWIE edit. The range is seriously bold and bright with hot pinks and sunshine yellows – I love it! Visit [quizclothing.co.uk](http://quizclothing.co.uk) and get your bae to hit [quizman.co.uk](http://quizman.co.uk)

## THE ONLY Glam



SWIMSUIT, £25, BRAVE SOUL AT ASOS.COM



DRESS, £20, TOPSHOP



SKIRT, £64.99, CHICCLOTHING.COM



£28

£40

£36

£36

### BEACHBLING

When it comes to hitting those pool parties, sometimes a bangin' bikini is just not enough to make an entrance. Thankfully, Swimwear365 has answered all my accessorising needs with its new Pool Jewels collection. The four-piece range includes sparkly belts and blingtastic body chains that will give my swimwear some extra pizzazz.

Ocean Beach Club, here I come... Available from [swimwear365.co.uk](http://swimwear365.co.uk)





(FAR LEFT)  
LAUREN  
POPE WEARS  
TOP, £19.99  
TROUSERS,  
£24.99

(LEFT)  
CHLOE LEWIS  
WEARS  
BLAZER,  
£29.99  
SHORTS, £22.99  
SHOES, £29.99

JUMPSUIT,  
£29.99



TOP,  
£14.99



BRALET,  
£16.99

SKIRT,  
£19.99

## LYWAY IS

# m

PICTURES: GETTY, IDS, REX

### Gucci without guilt!

Last week, Women For Women International held a #SheInspiredMe car boot sale, with all proceeds going to women suffering the trauma of war. I rummaged designer brands, including vintage Gucci, Prada and Chanel! Don't worry if you missed it, as some items are now being auctioned at [ebay.co.uk/usr/womenforwomeninternationaluk](http://ebay.co.uk/usr/womenforwomeninternationaluk)

## Exclusive 20% offer!

Fancy injecting some luxe Spanish vibes into your shoe-drobe? New footwear brand pablocho.shoes has just hit the UK and I've been eyeing up its gorgeous collection. Covering everything from stylish slip-ons to dressy sandals, I'm obsessed with these pastel trainers - they're so dreamy! I managed to nab *Reveal* readers an exclusive 20 per cent off to help complete your summer get-up. Just enter REVEAL20 at the checkout at [pablochoashoes.co.uk](http://pablochoashoes.co.uk)



£71



£82



£52



£54

**TERMS & CONDITIONS** Expires May 29 2018. Valid only on women's range. Not valid on outlet range. Not valid with any other offer. Not valid on sale items.

Specially Selected™

Halloumi Fries

£1.99  
190g



Summer Punch & Lemonade Can

89p  
250ml



Specially Selected™

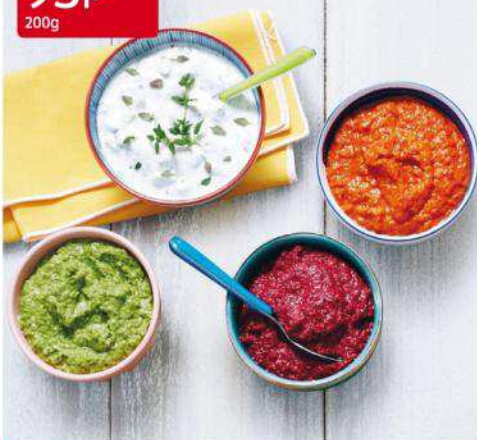
Gourmet Desserts

£1.99  
2 x 90g/2 x 95g



Summer Dips

95p  
200g



Specially Selected™

British Regal Vine Tomatoes

£1.45  
4 pack



Specially Selected™

Buffalo Mozzarella

£1.09  
290g, drained weight 125g

Belletti Prosecco Spumante DOC

£4.99  
75cl



# Hallou-is it-mi you're looking for?



Good Housekeeping's  
Favourite  
Supermarket 2017.



Everyday Amazing.

f AldiUK @AldiUK @AldiUK AldiUKStores #AldiEverydayAmazing

drinkaware.co.uk for the facts  
Please drink responsibly

In Scotland, in store alcohol prices may be higher and alcohol may not be sold before 10am in accordance with Scottish laws. Specially Selected Halloumi Fries 190g, £10.47 per kg. Summer Punch & Lemonade Can 250ml, £3.65 per litre. Specially Selected Gourmet Desserts 2 x 90g/2 x 95g, £2.21/£2.09 per 100g. Summer Dips 200g, 47.5p per 100g. Specially Selected British Regal Vine Tomatoes 4 pack, 36.3p each. Specially Selected Buffalo Mozzarella 290g, drained weight 125g, £8.72 per kg. Belletti Prosecco Spumante DOC 75cl, £4.99 per 75cl. Photography shows serving suggestion. Products subject to availability in Scotland.

# GRILLED HALLOUMI BURGER WITH SMASHED AVOCADO

It's National BBQ Week next week, so we thought we'd get in early with this delicious veggie burger that is super-simple, quick to make and packed with flavour



Fire Food: The Ultimate BBQ Cookbook by DJ BBQ, Quadrille, £15. Photography by David Loftus

## EAT & DRINK

### INGREDIENTS

#### FOR THE SEASONING

1tsp sumac  
Pinch of cayenne pepper  
1tsp paprika

#### FOR THE SMASHED AVOCADO

2 super-ripe avocados  
Juice of 1 lime

#### FOR THE BURGERS

4 x halloumi cheese slices, 2cm thick  
Olive oil, for drizzling  
4 burger buns  
Handful of mint leaves, chopped  
Pomegranate molasses, to drizzle  
2 ripe tomatoes, sliced  
Bunch of rocket

Serves 4

### METHOD

→ Mix all the seasoning spices together in a bowl.

→ Halve the avocados, remove the pits and, using a large spoon, pull the ripe flesh away from the skin and empty into a bowl. Using the back of the spoon, smash the avocado to a chunky paste. Pour in the lime juice, give it a light mix and set aside.

→ Lay the halloumi slabs on a plate, and drizzle olive oil on both sides. Lightly sprinkle the cheese with the seasoning mix. Once seasoned, place the slabs over direct heat, and grill for a couple of minutes on one side until you have some lovely golden grill marks. Flip and repeat. Everything happens pretty quickly, so this is a good time to toast your burger buns on the grill.

→ **Assembly time!** Spoon the avocado onto the four bun bases. Sprinkle the chopped mint on top, then add the halloumi. Next, drizzle the pomegranate molasses onto the cheese. Top that with the tomato slices and rocket. Serve, and watch your friends' eyes widen with excitement!

WORDS: LAURA HINTON PICTURES: GETTY

## Mine's a...

### TEQUILA ROSE COCKTAIL

When a drink tastes so good, you shouldn't waste any time worrying about the calories... Instead, fill a highball glass with ice, combine 30ml chocolate-flavoured vodka, 30ml Tequila Rose (Tesco, £12), 15ml single cream and 15ml milk, and stir. Then, garnish with some cream!



## LAZY GIRL'S CUISINE

If you're still on a high from the royal wedding, get yourself along to the Royal Horseguards Hotel in London as they're putting on a Transatlantic Royal Wedding Afternoon Tea. From sandwiches filled with smoked salmon and cream cheese, to red velvet cupcakes, mini pecan pies, Victoria sponges and blueberry cheesecakes, you're sure to leave satisfied. It's only available until May 31 2018 (£39.50 per person). Visit [guoman.com/RoyalHorseguardsRoyalAfternoonTea](http://guoman.com/RoyalHorseguardsRoyalAfternoonTea)



# THE BGT GOLDEN BUZZER ACTS

The judges gave them a fast-track through to the live shows. Here, we speak to the Britain's Got Talent's Golden Buzzer recipients who are ready to battle it out in the semi-finals...

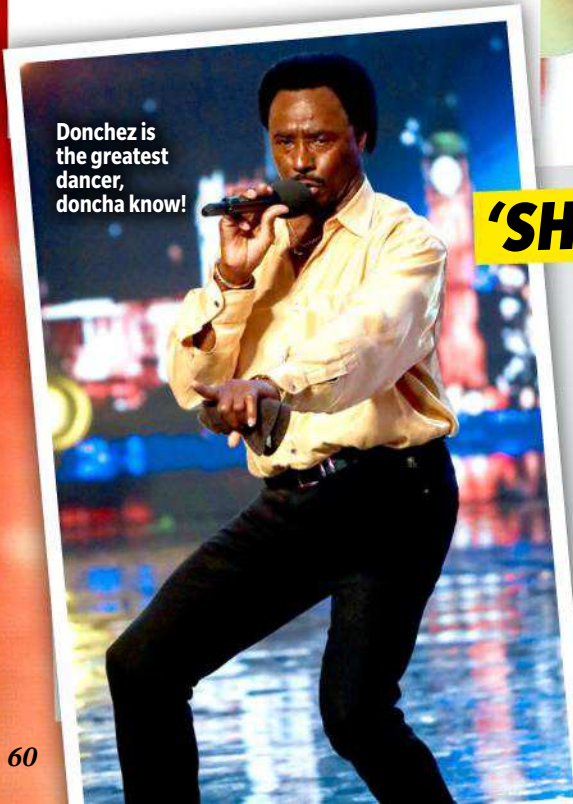
**F**ather-and-son duo Jack and Tim Goodacre managed to thaw Mr Nasty himself at their audition. A stunned Simon Cowell hit the Golden Buzzer after they played their touching original song, *The Lucky Ones*.

Though performing with a parent might get annoying, dad Tim, 44, insists that he and son Jack, 12, only fight occasionally.

'The only arguments we ever have happen when we're hungry. The moment he gets upset, I'm like, "Right, food break!"' he laughs. 'That's all we do, really, make music and eat!'

Describing their *BGT* experience so far as 'a dream', Tim tells us that young Jack is the real star.

'He is the coolest kid on the planet. He doesn't need me,' says Tim. 'If it wasn't for Jack, I wouldn't be in this position. I am very grateful to tag along on his coattails.'



Donchez is the greatest dancer, doncha know!

## 'SHAGGY IS MY IDOL'

**A**fter Donchez Dacres stormed the stage with his catchy song, *Wiggle And Wine*, David Walliams fast-tracked him to the live shows.

While working as a mechanic for car breakdown service AA, Donchez has big dreams for future collaborations.

'I sing a lot of Shaggy songs, so I'd love to perform with him. He's my idol,' says Donchez, 60, from Wolverhampton. 'Beyoncé, Ed Sheeran and Rihanna are all doing business in the dance world, too.'

And, when it comes to the contagious ditty *Wiggle And Wine*, Donchez took inspiration from some other well-known hits.

'I've written a lot of songs, but I really wanted one that I could dance to,' he tells us. 'I was inspired by *La Macarena* and *Cha-Cha Slide*!'



## 'WE'VE HAD LIGHT AFTER THE DARK TIMES'



Marc's family is magical to him

**H**is emotional trick on *BGT* saw him steal Ant and Dec's Golden Buzzer, but magician Marc Spelmann says that his wife, Tessa, and daughter, Isabella, are the real magic in his life.

After going through five long years of IVF, the couple finally conceived their little girl, but Tessa was diagnosed with breast cancer while pregnant. Despite her mum undergoing chemotherapy and a mastectomy while expecting, Isabella was born in December 2015, and is now healthy.

'It's all about the magic of lives like Isabella's,' Marc, 46, tells us. 'We went to some horrible places and had pretty dark times. When Tessa was pregnant and diagnosed with cancer, there were times when I would think to myself, "Will I be looking at my wife next year?"' 'We are so lucky, and that, to me, is magical.'

## 'I'M NOT READY FOR THE FINAL'

**F**inal Golden Buzzer winner, Gruffydd Wyn, scored a pass to the semi-finals after he won the heart of judge Amanda Holden, 47. With a belting performance, the 22-year-old theatre assistant sang the famous classical opera hit, *Nessun Dorma*.

A little unprepared, he tells us he is now taking things 'one step at a time' for the finals. Gruffydd admits, 'I am nervous, but I have been working hard since the auditions and I've slowly picked out a few songs.'

And he has high hopes for his future after *BGT*. 'I'm still young, so, if I ever get the opportunity to be touring the world, that would be incredible,' he says.



He's young, nervous, but optimistic!

## 'I GIGGED WITH ALESHA'



Alesha buzzes Lifford in as his proud wife looks on

**T**he *BGT* stage wasn't the first place that Lifford Shillingford had met Alesha Dixon, 39, as he stood before her to sing the aptly named track, *A Change Is Gonna Come*. The Golden Buzzer winner and the *BGT* judge previously crossed paths on tour together in 2001, when Lifford, 42, reached the charts with the Artful Dodger hit, *Please Don't Turn Me On*.

In his one-off meeting with the pop diva, he told us, 'Alesha just walked in with her girls in Mis-Teeq [Alesha's R&B girlband]. She must have recognised me, but she was like, 'Oh, are you Lifford? I love that song!''

Since their initial encounter, Lifford took a break from the music industry. He now credits music for helping him to overcome his depression.

*Britain's Got Talent* continues on Saturday at 8pm on ITV. The *Britain's Got Talent Live* semi-finals are on every night between Monday May 28 and Friday June 2 at 7.30pm on ITV.

PICTURES: SYCO/THAMES



Chloe Morgan is our.....

# SCREEN QUEEN

Join her every week as she reveals what not to miss on the box

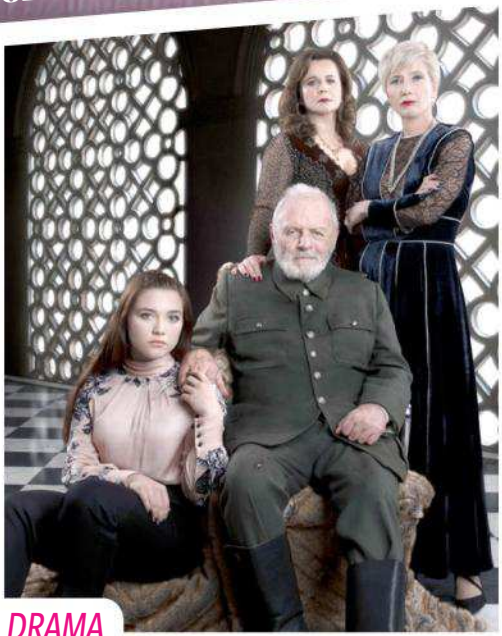


## LIVE SEMI-FINALS

### BRITAIN'S GOT TALENT

We've had everything from magicians and strip acts to an alien dance group, but, after hundreds auditioned, it's time for the final 40 acts to perform live in the hope of impressing the judges – and you at home! Each night, two acts will go through to the live Grand Final – but who would you like to see crowned winner of *Britain's Got Talent* 2018? Get voting!

**ITV, Monday May 28, 7.30pm**



## DRAMA

### KING LEAR

Set in the fictional present, this star-studded adaptation of Shakespeare's tragedy sees Anthony Hopkins play the elderly King of Britain, who divides his kingdom between his three daughters. First, they must pass a test and tell him how much they love him – but, while Regan (Emily Watson) and Goneril (Emma Thompson) give him flattering answers, Cordelia (Florence Pugh) remains silent. Gradually, he descends into madness...

**BBC Two, Monday May 28, 9.30pm**

## DOCUMENTARY



### NOVEMBER 13

Almost two-and-a-half years after the 2015 terror attacks in Paris, which left 130 people dead, those who lived through the carnage of that fateful November 13 are ready to speak. Following the chronology of the events, this documentary will share personal stories of anguish, kindness and courage from the survivors, the fire department, police, leaders of the French government and people brought together to stand against fear and terror.

**Netflix, available from Friday June 1**

### ARE GREGG AND JOHN READY FOR THE GC'S CANDY?

The famous faces competing in *Celebrity MasterChef* 2018 have been revealed! **TOWIE's** Gemma Collins, ex-MIC star Spencer Matthews, Dolly Parton's younger sister, Stella, and The Saturdays singer Frankie Bridge will vie to woo judges Gregg Wallace and John Torode. Who'll take the crown from 2017 champ Angellica Bell?



## ON THE



PICTURES: BBC, CHANNEL 4, SPLASH, SYCO/THAMES



**SOFA WITH...**  
**REALITY TV STAR**  
**LATEYS & HA GRACE**

**Q: What's your favourite TV show?**

**A:** *The Charlotte Show* on MTV. I love it! Charlotte Crosby is comedy gold. It's my guilty pleasure!

**Q: Who's your TV crush?**

**A:** News broadcaster Trevor McDonald. I used to fancy him when I was little – I'm not even joking. He's so cute! Idris Elba is hot, too.

**Q: What's your most memorable TV moment?**

**A:** When my skirt ripped on *Big Brother's Bit On The Side* and my bum fell out mid-twerk. Although it was embarrassing, I got so many followers after it went viral!



**DOCUMENTARY**

**4 MEN,  
 175 BABIES:  
 BRITAIN'S  
 SUPER SPERM  
 DONORS**

This documentary follows four men who have, collectively, helped to conceive more than 175 babies by giving their sperm for free – yep, you heard that right! To these fellas, donating sperm sits somewhere between an obsessive hobby and an addiction. Filming stories from conception to birth, it reveals the lengths these men will go to, as well as the possible consequences of their actions.

**Channel 4, Tuesday May 29, 10pm**

**YOUR SOAP  
 HIGHLIGHTS**

**CORRIE**  
**ITV, FRI, 9PM**



After a gunshot is fired at No.11, Phelan barges into the bistro carrying his first casualty. Will everyone make it out alive?

**EASTENDERS**  
**BBC ONE, THU, 7.30PM**



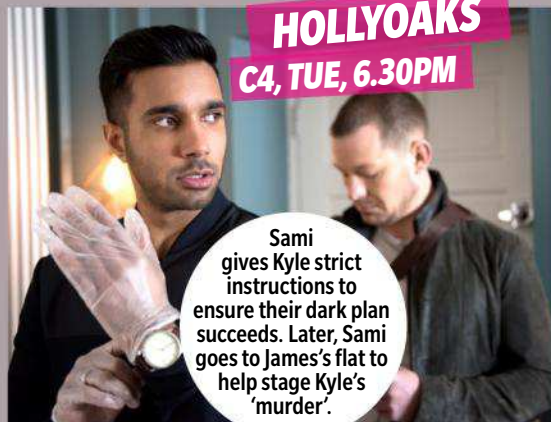
At the memorial, Linda commences a minute's silence for Shakil. Despite her initial reluctance, Carmel joins.

**EMMERDALE**  
**ITV, TUE, 7PM**



In this episode, we're taken on a journey into Charity's past to witness the traumatic events she endured as a young girl.

**HOLLYOAKS**  
**C4, TUE, 6.30PM**



Sami gives Kyle strict instructions to ensure their dark plan succeeds. Later, Sami goes to James's flat to help stage Kyle's 'murder'.

**CONTACT CHLOE AT SCREENQUEEN@REVEAL.CO.UK**

# Reveal classified



**Chat or Date**



100s of men and women online right now looking for chat, friendship and love.

**0800 075 7670**

Women chat for **FREE**

18+. Helpdesk 0207 966 9686. 0800 = free. Live calls recorded. SP=4D.

**CHAT OR DATE**

**WOMEN CALL FREE**

**0800 075 8078**

0800 = Free

**MEN: 0871 908 1816**

**GAY: 0871 908 1879**

18+. H/Desk 0207 966 9686. 0871 = 13p per min. Network extras apply. Live calls recorded. SP: 4D.

*Mediums*

Call one of our friendly & gifted mediums now!

0906 615 0490

only 75p per min

**DEBIT/CREDIT CARD**

**0800 075 8625**

20 mins for £14 or 40 mins for £27

18+. 09 = 75p per min + your network's access charge. Calls recorded. Entertainment purposes only. SP:PSL. Helpdesk 0207 966 9646.



**SPIRITUAL Visions**

Only **75p** per min

**0906 615 0465**

CREDIT CARD FREEPHONE

**0800 075 3599**

20 mins for £14 or 40 mins for £27

18+. 09 = 75p per min + your network's access charge. Calls recorded. Entertainment purposes only. SP:PSL. Helpdesk 0207 966 9646.

WWW.PSYCHICSWITCHBOARD.CO.UK

**0905 355 1172**

Our sincere & gifted readers can guide you 24/7

**65p** per min

**CREDIT CARD FREEPHONE**

£13 for 20 mins or £25 for 40 mins

**0800 075 8097**

18+. 09 = 65p per min + your network's access charge. Calls recorded. Entertainment purposes only. SP:PSL. Helpdesk 0207 966 9646.

**LIVE TAROT READINGS**

**0905 355 1294**

65p per min

Your questions answered!

Credit/Debit Card

**0800 075 8571**

£13 for 20 mins or £25 for 40 mins

18+. 09=65p per min + your network's access charge. Calls recorded. Entertainment purposes only. SP:PSL. Helpdesk 0207 966 9646.

**CHAT OR DATE**

**13p** per min

**WOMEN CHAT FREE!**

**WOMEN: 0800 075 8567**

**MEN: 0871 908 1900**

**GAY: 0871 908 1905**

18+. Helpdesk 0207 966 9686. 0871 = 13p per min + your network's access charge. 0800 = free. Live calls recorded. SP:4D.



**It's free girls!**

**CALL NOW!**

Chat and date to 100s of guys online right now!

**0800 075 3029**

18+. Helpdesk 0207 966 9686. 0800 = free. Live calls recorded. SP=4D.



**Live 1-2-1 Tarot Readings**

only **65p** per min

**0905 355 1300**

Debit/Credit Card

**0800 075 3343**

£13 for 20 mins or £25 for 40 mins

18+. 09=65p per min + your network's access charge. Calls recorded. Entertainment purposes only. SP:PSL. Helpdesk 0207 966 9646.

**Cheap Tarot**

**0905 355 1293**

1-2-1 Readings

65p per min

**Live!**

Your questions answered!

Credit/Debit Card

**0800 075 3340**

£13 for 20 mins or £25 for 40 mins

18+. 09 = 65p per min + your network's access charge. Calls recorded. Entertainment purposes only. SP:PSL. Helpdesk 0207 966 9646.



**HR**

HELEN REYNOLDS

SOUVENIR STYLE ADVICE

Develop your personal style for maximum confidence.

[www.helenreynoldsstyle.com](http://www.helenreynoldsstyle.com)



**CocoaLoco**

organic

Scrumptious handmade chocolate can be ethical too!

Visit our online shop for our full range

[www.cocoaloco.co.uk](http://www.cocoaloco.co.uk)



**Psychic Reading**

**TheCircle**

Know your future today!

Get 10 minutes of spiritual insight for only **£2.90\***

Call **0800 067 8584**

Or call 0906 176 8584 at £1.53 per minute plus network extras via your phone bill

\*£2.90 offer is available to new customers only. Valid for first 10 mins. Calls for entertainment purposes only. 18+ only. Standard T&Cs apply

Planning a holiday to Orlando?

I am a Personal Travel Planner with DreamFinder Travel; Authorized Disney Vacation Planners



Email [penny@dreamfindertravel.net](mailto:penny@dreamfindertravel.net) or find me on Facebook as Penny's Magical Vacations with DreamFinder Travel

**Voted No.1 By Our Customers**

**Clairvoyants & Psychic Mediums**

**Cheapest Psychic Readings**

From **45p** per minute

Specialist Love Relationship Advisors **0906 581 5113**

**TEXT LIVE TO 07441 908 897**

**Cheapest Credit Card Reading 01604 922761**

Service by LiveLine UK Ltd. Calls cost 55p plus network access charges apply. We may send promo frags. call Helpline 0333002081 to opt out. Calls recorded. 18+ only. POCESB N02 PYN

**TREAT YOURSELF TO A MAGAZINE SUBSCRIPTION TODAY!**



**BEST PRICE GUARANTEED**

SHOP SECURELY ONLINE TODAY AT [hearstmagazines.co.uk](http://hearstmagazines.co.uk)

OR CALL 01858 438838

Phone lines are open weekdays Mon-Fri, 8am-9:30pm and Saturdays, 8am-4pm.





# Dr Phil

TV's **DR PHIL HAMMOND** answers your questions and gives it to you straight on the big health issues

## TRUST ME I'M A DOCTOR

### SWEET TALK

**Is dark chocolate really good for your health?**

*Jessie, Bath*

In moderation, yes. Dark chocolate is high in antioxidant flavonoids, which can slow down cell damage. Recent studies have suggested it may improve vision as well as helping prevent cancer, heart disease, diabetes, dementia, erectile dysfunction and depression. Eating dark chocolate could also improve the response of the immune system and memory.

It's not the sugar but the flavonoids in the cacao that appear to give you a buzz. You can also find flavonoids in blackcurrants, grapes, aubergines and red wine. Just remember what your granny said... 'Variety is the spice of life, and a little of what you fancy does you good.'

### GOLDEN YEARS

**How much longer will I live with a healthy lifestyle?**

*Julie, Sheffield*

Possibly 10 years. American researchers divided people into how many of the five top healthy habits they adopted. Number one, not smoking. Two, maintaining a healthy weight. Three, doing at least 30 minutes of moderate exercise a day. Four, eating a healthy diet, high in fruit, veg and whole grains, and low in red meat, saturated fats and sugar. Five, not drinking more than 14 units a week. Less than two per cent did all five, but they did live, on average, a decade longer than the least healthy. Adopting any of 'the big five' should improve the quality and length of your life.

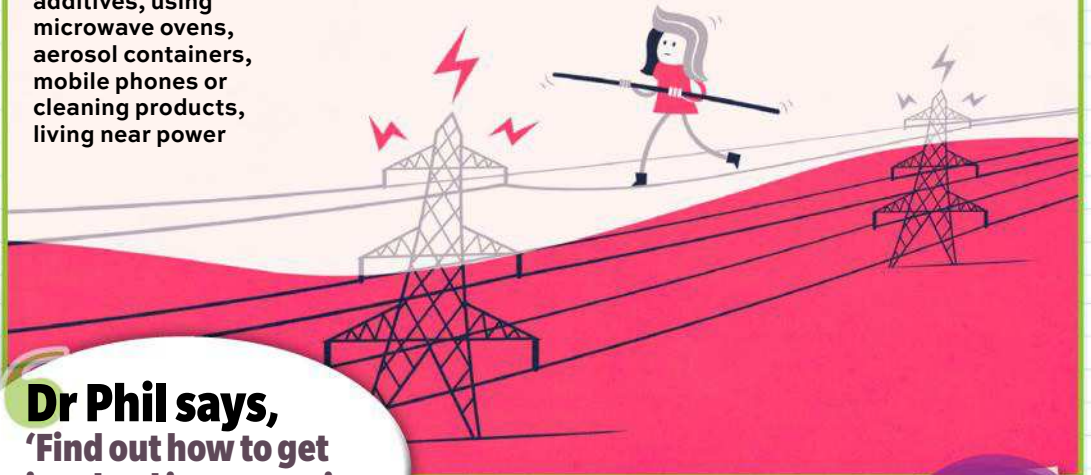
## WHAT ARE THE COMMONEST CANCER MYTHS?

*Marie, Dublin*

At present, we have no good scientific evidence that cancer is caused by any of the following: drinking from plastic bottles, eating food containing artificial sweeteners, eating genetically modified food, eating food containing additives, using microwave ovens, aerosol containers, mobile phones or cleaning products, living near power

lines, feeling stressed, suffering physical trauma or exposure to electromagnetic frequencies. However, science changes over time; maybe, in the future, we will discover some of these things are not good for

our health. Also, we are individuals. If you react badly to an individual product or environment, you should try to avoid it. Everything we do has some risk attached to it. We just have to manage the risks and live with them.



**Dr Phil says,**  
'Find out how to get involved in a group in your local community.'

### COLD SHOULDER

**What is fat freezing and does it make you lose weight?**

*Fran, Edinburgh*

Fat freezing (aka cryogenic lipolysis) is a non-surgical alternative to liposuction, supposed to destroy fat cells to aid weight loss. Fat cells are frozen for a period of time on your tummy, thighs, arms or other 'problem areas', and you sit for up to two hours 'while cooling paddles suction the skin and crystallise fat cells'. If it's done safely, by a professional, some people report that they lose problem fat, but it varies a lot. As one expert put it, 'At best, you get mild fat reduction. I would emphasise the word "mild".'

**Q** Should I show my kids porn and explain how abnormal it is?

*Jon, London*

**A** It's very important that as parents, we talk to our children about growing up, changes in their bodies, relationships, love, sex, intimacy, contraception, consent and having the confidence to say both 'yes' and 'no', which includes what they see and do on the internet. Some sex educators argue that porn should be shown to children who wish to see it, with a trained counsellor explaining how abnormal and unrealistic it is. Very few parents will feel comfortable doing this but, if you have talked about love, sex and relationships with your child, it's easier to talk about the dangerous fantasies of porn. Many kids start viewing porn as young as 11, even if you have parental filters in place. They need our guidance to be resilient and stand up to abuse. There's good advice at [esafety.gov.au](http://esafety.gov.au)



HAVE YOU GOT A QUESTION FOR DR PHIL? EMAIL HIM AT [dr.phil@revealmagazine.co.uk](mailto:dr.phil@revealmagazine.co.uk)  
FOR DR PHIL'S HEALTH REVOLUTION TOUR, GO TO [drphilhammond.com](http://drphilhammond.com) Dr Phil regrets that he cannot reply to emails personally

ILLUSTRATION: TIM BRADFORD Because conditions and treatments vary from person to person, you should consult your GP about any specific concerns and before following medical advice on this page



# Love it!

by Eddele Lynch

**B\*Witched singer EDELE LYNCH, 38,** talks to us about self-help books, her secret to perfect skin, and which song got her through her career troubles...

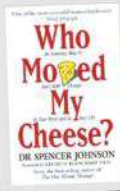


## FAVOURITE... LITTLE KNOWN FACT ABOUT YOU?

I meditate every day. It's so good for me because I'm an over-thinker. It really helps my mental health. I usually meditate for 30 minutes in the morning, and then I try to sit quietly for 30 minutes at night.

## BOOK?

It's one called *Who Moved My Cheese?* It's a self-help book. It's a very simple book about three mice and how they deal with finding a piece of cheese. You see yourself as one of those mice, which shows you what you might need to change in your life.



## WORKOUT ROUTINE?

I do what I can at home with my TRX strap. I studied personal training for a number of years. I've got three kids, so it's not easy to get to the gym at 6am!

## HOLIDAY DESTINATION?

I'd really like to go to Bora Bora, but my favourite place is the Maldives. I've been a few times, and it's incredible. I did a gig there in January. We brought the kids out and had two weeks of absolute bliss.



## SONG?

*Iris* by the Goo Goo Dolls. It was the soundtrack to my life when we got dropped by the record company. I was like, 'I don't want the world to keep looking at me, because I don't understand where I'm at right now.' The song was a lot of support for me at that moment in time - I thought, 'At least the Goo Goo Dolls understand me!'

## BEAUTY ITEM?

Estée Lauder Advanced Night Repair Serum. I've had it for a couple of years now, and I can't do without it. During my last two facials, I was told that my skin was perfect, which nobody's said to me before - so it must be working!



## CELEBRITY CRUSH?

Hugh Jackman. Apparently, he's really nice as well, which makes my crush a whole lot worse! I can't stand horrible people, no matter how cute they are!



## MEMORY FROM B\*WITCHED?

The opening night of our arena tour [in 2000]. It was such a milestone. You never really think you're going to get there, then opening night came and I realised that everyone was there to see us. It was quite a moment.

## BOYBAND?

They were three American guys called EYC, who were like an early 90s commercial hip-hop group.



## MEAL?

I love Japanese food - a good teppanyaki with some sushi on the side. There's a really good restaurant in London called Benihana. The food there is delicious.

*Sophie Cockerham*

*Edele has had treatment with Invisalign to straighten her teeth. For more information, visit [invisalign.co.uk](http://invisalign.co.uk)*



THE FRAGRANCE FOUNDATION

# #ScentMemories

Join the Conversation.

[www.scentmemories.org](http://www.scentmemories.org)

# New! Double data with our £10 Big Value Bundle

Mobiwire  
Kwanita  
**£35**



Samsung  
Galaxy J3  
**£119**

**Now 2GB** ~~was 1GB~~

Rollover your data, minutes  
and texts. Only with Vodafone.

in store | online

The future is exciting.  
**Ready?**

 **vodafone**

Big Value Bundles: Mins to standard mobiles & landlines, standard texts & data to use in the UK & our 48 Europe Zone destinations. Lasts 30 days. Automatically renews every 30 days with enough credit. Opt out by calling 2345. Unused allowance from your current Big Value Bundle will only rollover from one bundle to the next. Terms apply, see [vodafone.co.uk](http://vodafone.co.uk)