



Jordan branded 'vile' as she puts **Kris** before **Junior & Princess!**



LOVE ISLAND BOMBSHELLS!

'Girls are so jealous of sexy **Megan**'



The secret life of **Dr Alex!**

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new!



BETRAYED!

LISA
Battles for Ant's millions as he reveals romance with her pal



MEGHAN
Humiliated as her dad exposes intimate secrets



MILLIE
Labelled 'fake' by bitter ex Pro Green on eve of wedding



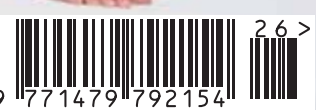
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RIP SOPHIE

We were so saddened to hear about the shock death of season two *Love Island* star Sophie Gradon. Among those paying tribute to Sophie on page 19 are her former co-star, **new!** columnist Olivia Buckland, and *L!* host Caroline Flack, who remembers her as a "beautiful soul". Our hearts go out to her friends and family.



The new! view

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Mr Markle's causing a right royal stir for the newlyweds

MEGHAN'S DAD NEEDS A MUTE BUTTON!

The saying goes that you can choose your friends but not your family. Here at **new!**, we can't help thinking Meghan Markle might opt for a completely different dad given half a chance!

We almost felt physical pain for the Duchess of Sussex last week after her loose-lipped pa, Thomas Markle, gave a tell-all interview to *Good Morning Britain*, totally flying in the face of royal protocol – and showing complete disregard for his daughter's feelings.

Not only did he open up about private phone chats with Prince Harry, he also dropped the bombshell that he'd warned his future son-in-law to never "raise your hand" to the former actress. Cringe!

He then hinted that Meghan's desperate for a baby and, just when things couldn't get worse, he claimed Harry's a Trump supporter – an accusation that will have gone down like a lead balloon in Buckingham Palace,



He's been lapping up the press attention

given royals are meant to keep their perky noses out of politics.

All this comes just weeks after talkative Thomas staged those toe-curling internet café shots ahead of Meghan and Harry's big day – so he clearly hasn't learned his lesson. All we can say is, if they're handing out awards for embarrassing dads, we know who will be front of the queue!

■ Turn to page 30 for more on Meghan

Lebby
Lebby Eyres,
editor-in-chief



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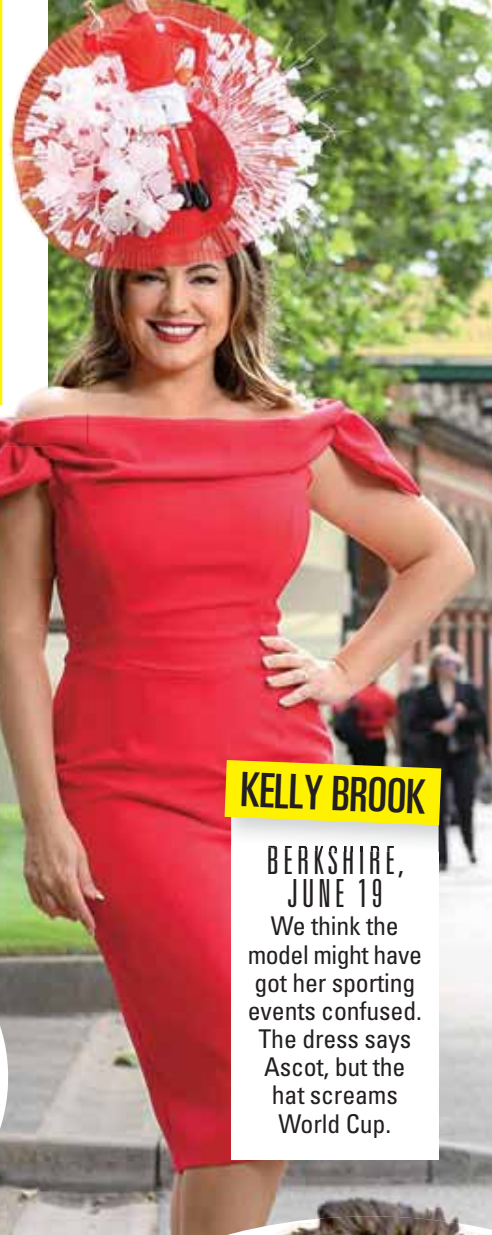
PAPPED

SEVEN DAYS WITH THE STARS



**KOURTNEY
KARDASHIAN &
YOUNES BENDJIMA**

ROME, JUNE 19
The oldest Kardashian sibling seems absolutely smitten with her younger man, as they're spotted going for dinner in the Italian capital.



KELLY BROOK

**BERKSHIRE,
JUNE 19**
We think the model might have got her sporting events confused. The dress says Ascot, but the hat screams World Cup.



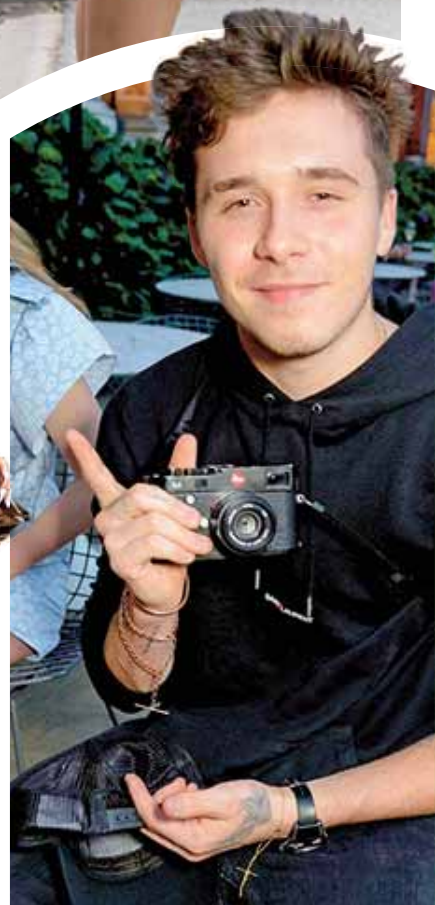
RACHEL WEISZ

NYC, JUNE 19
The pregnant actress looks blooming gorgeous as she's papped leaving her apartment in New York.



**ARIANA GRANDE
& PETE DAVIDSON**

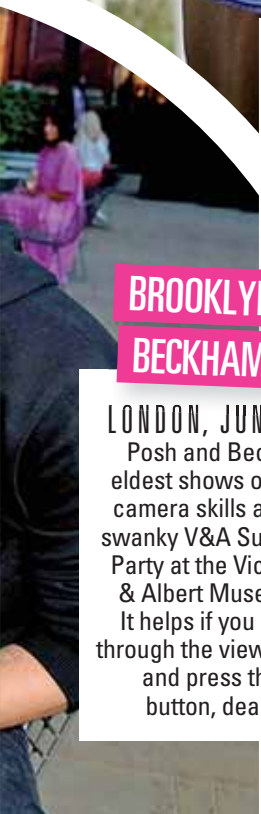
NYC, JUNE 18
No matter how hard you pull on your hair it won't grow any quicker, Ariana! The star is pictured looking happier than ever with her fiancé.





CHRIS HUGHES

YORK, JUNE 16
Wow, look at that gorgeous stallion – and the horse ain't bad either! Chris proves he's not just a pretty face by impressing the crowds with his jockey skills!



BROOKLYN BECKHAM

LONDON, JUNE 20
Posh and Becks' eldest shows off his camera skills at the swanky V&A Summer Party at the Victoria & Albert Museum. It helps if you look through the viewfinder and press the button, dear!



KHLOÉ KARDASHIAN & TRISTAN THOMPSON

LA, JUNE 19
The love rat proves he's back in the driving seat of his and Khloé's relationship, treating her to a McDonald's drive-thru. The old romantic.



DUA LIPA

NEW YORK, JUNE 20
Dua's quirky yellow beret doesn't quite distract us from noticing that the *New Rules* singer appears to have forgotten to put her pants on...

Lisa's been vocal on social media about Ant's new relationship with their former PA

HEARTBROKEN FOR ANT'S MIL

As it was revealed Ant McPartlin is in a new relationship with his former personal assistant – mother-of-two

Anne-Marie Corbett – his devastated wife Lisa launched a scathing attack on the pair on social media and liked tweets branding Ant a “scumbag” and a “shit”.

Not only did Lisa, 41, claim she'd been friends with Anne-Marie first, it was revealed the PA also worked for Lisa, who allegedly sacked her in 2017. However, Ant's camp hit back, insisting that despite Lisa's gushing tweets from back in 2016, in which she calls Anne-Marie her “gorgeous friend”, the PA actually “hated working for her”.

However, she clearly didn't hate working for Ant, as the pair have reportedly grown close since his drink-drive arrest earlier this year.

An insider said, “Ant's had a tough time of it, but Anne-Marie has put a smile back on his face again. She has been his rock. They have been living in each other's pockets, day in, day out. Knowing someone is there for him has brought him back from the brink.”

The news has been a huge blow to make-up artist Lisa, who made no

secret of the fact she wanted to save their 11-year marriage when Ant was admitted to rehab last June for addiction to alcohol and prescription painkillers. But after months of living apart, in January he announced his intention to divorce her – shortly after Anne-Marie left her husband, Scott, last October.

Sources claim Lisa had an inkling Anne-Marie and Ant had grown close when she saw pictures of him carrying a homemade lunch weeks ago, and Anne-Marie putting the bins out at his house. And psychologist Jo Hemmings said that this kind of betrayal will be “devastating” for Lisa, but explained why



Lisa posted this pic of herself with her “homie” in May 2017

men so easily fall for their PAs.

“It's the oldest cliché in the book,” Jo said. “It's because they have a professional intimacy with these women. They are their support system, they stand by their side through everything and they know a great deal about their professional and personal concerns.”

As Lisa prepares to “take Ant for every penny”, we look at the factors that are set to make this one very messy divorce...

SARAH MORTON

According to reports, Lisa's fuming after Ant's camp asked her to hand over her jewellery so it could be valued for the divorce settlement.

The star's lawyers reportedly demanded necklaces and rings that Ant had gifted Lisa throughout their marriage to be assessed by an expert, but she refused. One source said, “Lisa refused because she fears she'll never see them again.

AT WAR OVER JEWELS

It's causing a rift, but is just one of many things.”

The pair's divorce has become a full-on war, and a string of heated rows about Ant's fortune – thought to be in excess of £62m – has left things “increasingly acrimonious”.

The insider added, “There have also been heated rows about money, property, all sorts of things – this is just the latest thing to drive a wedge even further between them.”



Lisa won't hand over her jewellery to Ant's lawyers

LISA'S BATTLE LIONS

As Ant McPartlin moves on with his PA, estranged wife Lisa Armstrong brands him a "scumbag"...

Anne-Marie is said to have been "a rock" for Ant during his recent problems



Ant's career could be under further threat as a result of his relationship drama

ANT'S PR DISASTER

With Ant's career under threat following his drink-drive conviction in April, it's thought his new romance and Lisa's bitter reaction could cause further damage to his "good guy" persona. And Jo believes that from a personal and professional standpoint Ant needs to make sure he doesn't "parade" Anne-Marie in public.

Jo told **new!**, "Yes, Ant does need to move on, but at this particularly sensitive time he

shouldn't be taking Anne-Marie out. He needs to do this quietly. People fall out of love with one person and then fall in love with another – it happens all the time – but it hasn't been handled all that well up until now."

She added, "If Ant wants to save his professional and personal reputation off the back of this he needs to take the softly-softly approach by not blatantly parading his new relationship."

The fact that Anne-Marie has two daughters with estranged hubby Scott will be especially hard for Lisa to deal with – not helped by the fact Ant was seen out shopping with the girls, proving he's met them and has a good relationship with them.

It's been well documented that Lisa and Ant were heartbroken that they didn't have the children they so wanted during their marriage, and Jo agrees this will be one of the hardest things for Lisa to

LISA'S PAIN OVER CHILDREN

handle. "Seeing Ant playing the doting stepdad must be like a knife through the heart for

Lisa," she said.

Lisa was also said to feel "bittersweet" at news that Ant's co-host Dec Donnelly and his wife Ali Astall are expecting.

Jo explained to **new!**,

"Having watched Dec and Ali get pregnant and now seeing Ant in a new relationship with children involved will be the biggest blow of all."



Anne-Marie has two daughters



SPLIT CONFUSION

The timing of Anne-Marie and Ant's relationship has raised a few eyebrows. She split from her husband Scott in October 2017, and Ant announced his decision to divorce Lisa in January of this year. However, Ant and Lisa had barely been seen together since his stint in rehab last summer, leading to speculation they were "living separate lives".

The rumours at the time led Lisa to defiantly announce on Twitter – "I'm not estranged," and later she refused to put her name to Ant's official break-up statement, leaving no doubt she did *not* want the divorce to go ahead.

Fans have now been wondering if there was an overlap in the relationships – something insiders

have completely denied. But Jo reckons Lisa had an inkling that something was going on. "This is the ultimate betrayal for Lisa. She may have been suspicious for a long time," Jo said.

She added, "The story has a lot of holes in it. Anne-Marie's marriage broke up in October, yet it had nothing

to do with Ant? That sounds suspicious. I feel Lisa's anger, her disappointment. She would've stuck with Ant. She would've done all the things Anne-Marie did – it was a role she trusted to be hers."



TWITTER MELTDOWNS

Lisa has used social media to vent her frustration, lashing out at Ant and Anne-Marie on Twitter. At 5am on the morning the news broke, she tweeted a broken heart emoji, and when a fan said Ant was “seemingly hiding someone all along”, Lisa replied, “Yeah My Friend and OUR Pa who I let into OUR home.”

Lisa went on to complain that Anne-Marie – who’s given herself a makeover since being with Ant, going from a mousy brunette to a glamorous blonde – had broken the “girl code”. However, reports since have suggested the two women didn’t get on when she was the PA to the couple, leading Lisa to “sack” Anne-Marie. And there’s clearly no love lost between

them. Lisa liked a series of venomous tweets directed at Anne-Marie, including one that said, “Corbett should be ashamed of herself.. she saw her meal ticket and wormed her way in.. utterly disgraceful behaviour.. there’s a word for women like that!”

And, of course, there were Lisa’s 4am tweets endorsing fans calling Ant a “scumbag”.

Jo believes that Lisa is right to use a public forum as a platform to release her anger. “I respect her for doing it,” she said. “She runs a risk because Ant is so popular, but this is her coping mechanism. And if that’s what she needs to do, that will help her heal quicker than if she kept a stoic, public silence.”



Lisa's bitter tweet about Anne-Marie



Ant was seen with Anne-Marie walking his and Lisa's dog back in April

TAKING SIDES

Several stars stepped forward to offer their support to devastated Lisa upon hearing the news of Ant’s new lover, including former *CBB* villain Nicola McLean, who tweeted her, “Sending my love Lisa!! Really feel for you worst pain ever x.” Lisa responded, “Thanks babe and to think she was MY friend!”

Lisa’s old pal, actress Clare Buckfield, who dated Dec at the same time Lisa and Ant were starting out, also pledged her allegiance by retweeting a message to Lisa that read, “Love you doll – you’ll be OK promise. Me and Clare Buckfield will make



Clare, who once dated Dec, backed Lisa on social media

sure of that,” to which Clare responded, “Always.”

Dec, however, is thought to have distanced himself from Lisa, and he and his wife Ali have “totally sided” with Ant, according to reports.

THE ‘MATCHMAKING’ MANAGEMENT

Like Dec’s wife Ali, Anne-Marie is employed by the James Grant Group, which also represents Ant and Dec, Holly Willoughby, Fearne Cotton, Davina McCall, Tess Daly and Vernon Kay, among others.

Reports suggested the firm encourages its staff to have close relationships with clients, including sharing holidays together and

socialising in their spare time. One report called the showbiz agency “incestuous”, and said they made a point of “matchmaking” their clients. So it’s little surprise that Anne-Marie and Ant ended up in each other’s arms.



Dec's wife Ali was his manager for years

It follows the same pattern as Dec’s relationship with his manager Ali, who worked at James Grant for 20 years before marrying him.

CLOSE TO HOME!

Ant’s not the only celeb to fall for an employee...



JEREMY KYLE

Talk show host Jezza is engaged to Vicky Burton, who he met when she was hired to be nanny to his children by his then wife Carla Germaine. Pals said the two women had been “like sisters”.



ETHAN HAWKE

Actor Ethan is now married to his kids’ former nanny, Ryan Shawhughes, insisting his relationship with Uma Thurman was “over” when they got together. The pair went on to have two children.



DAVID BECKHAM

Who can forget when Becks was linked to his PA Rebecca Loos? She later said she’d been “mistress, wife and pimp” to the footballer during his “lonely” time in Spain, while Posh was in Blighty.



JUDE LAW

His romance with Sienna Miller ended when he was caught cheating with his kids’ nanny, Daisy Wright. He said, “I am deeply ashamed and upset that I’ve hurt Sienna and the people most close to us.”



HEIDI KLUM

The supermodel and *America’s Got Talent* judge proved it’s not just boys who fall for the help. She began dating her bodyguard Martin Kirsten after her marriage to singer Seal broke down.

PHOTOS: Backgrid, Express Syndication, Goffphotos.com, MagicMomentsUK, Shutterstock, Film Magic, Getty Images, Paul Edwards/The Sun, Splashnews.com, Wire Image, X17agency.com *Internet posts are printed exactly as they appear online

Lauren sparks fresh engagement rumours

Lauren Goodger drops another less-than-subtle hint she's set to wed boyfriend Joey Morrisson...



With her boyfriend's official release from prison just around the corner, Lauren Goodger has once again sparked speculation that they are engaged.

Lauren had fans in a flap last week when she posted a glam snap taken by her beau, Joey Morrisson, during a romantic meal in London. The pic clearly showed her impressive ring – bought by Joey in December 2016 – on her engagement finger.

Followers were quick to comment, asking, "Is that an engagement ring on your finger?????"*

One fan wondered if Joey had popped the question, saying, "Hope that's an engagement ring you would make a beautiful wife @laurenrosegoodger."

Our former columnist has been quiet on the Joey front since he was released on licence from prison in May, not posting a single picture of them together. But last week Lozza broke her silence, admitting that "things are going really good" between them and sharing their first photo as a couple since his release. And although she covered most of his face with an emoji, there was no doubt it was Joey, who'd matched his shirt and trousers with Lauren's black crop top and silver skirt for their date night.

"Thank you @novikovrestaurant @toby_valet we had a lovely evening and stunning food... #matchingoutfits #colours #chill #party #food #london #essex #ourtime," gushed Lauren.

Two days later, Lozza hinted that she was checking out a possible



She wore her ring on her wedding finger at dinner



Lauren shared this secretive snap online last week



Joey was seen on Instagram Stories

wedding venue by sharing a video of herself and Joey in the grounds of the stunning Danesfield House Hotel and Spa in Buckinghamshire, where George Clooney and his wife Amal had a post-wedding celebration party.

If a wedding is on the cards, it seems Lauren already has the seal of approval from Joey's family. His brother Stephen videoed Joey's first Father's Day with his nearest and dearest since he was jailed in 2010. And judging by the footage, Lauren was also invited to the dinner – her red manicured nails can be seen holding a phone out to Joey.

This isn't the first time Lauren has sparked engagement rumours. Last year, she was pictured wearing the ring on her left hand during a visit to HM Prison Highpoint South in Suffolk. And last September she posted

a cryptic quote about marriage, which opened with the line, "Marry a man who loves you more than you love him."

Lauren has been dreaming of her wedding day with Joey since January 2017, telling **new!**, "I want a big wedding with all my friends and family there, and that won't happen until Joey's out full-time."

There's not long to go now, Lauren – should we buy a hat?

Karmel Doughty



Lauren and Joey were seen at Danesfield House last week

PHOTOS: PA *Internet posts are printed exactly as they appear online



Katie accompanied Kris when he went to hospital last week

Jorda as she kids...

Katie Price shockingly missed her son Junior's 13th birthday earlier this month

because of her relationship with Kris Boyson. And now sources have told **new!** it's very likely she'll miss her daughter Princess's birthday this week, too.

But despite the fact Katie now hasn't seen Junior and Princess – who are living with their dad, Peter Andre – for a month, the star seems unable to tear herself away from her new man.

Although, as we revealed last week, Katie has told pals she knows she should “cool things off” with her toyboy, she not only enjoyed an evening out with Kris at celebrity haunt Sheesh in Essex, but also accompanied him when he went into hospital to have two moles removed.

The besotted star also told her followers personal trainer Kris is helping her get fit, tweeting, “Anyone who is going through a hard time exercising is amazing for your head.”* He later posted a video of Katie doing sit-ups. This all followed a mini break in Glasgow, where the inseparable pair spent a child-free weekend and

She enjoyed a “fitness weekend” in Glasgow



*PHOTOS: Me ga - Internet posts are printed exactly as they appear online

n labelled 'vile' puts **Kris** before again!

The star defends her parenting skills as she prepares to miss Princess's birthday...

went clubbing together. But despite her active social life, Katie has been at pains to point out that she hasn't been drinking alcohol recently.

When the couple were pictured clubbing in Glasgow, the star appeared to be drinking water and she told her Instagram followers the trip would be a detox.

She wrote, "Being a single mum I'm now about to enjoy my healthy fitness weekend away while my babies are with their dads and Harvey with his friends.

"Time to switch off...

#family #loyaltyiseverything #ignorethehaters #imonlyhuman #survivingsinglemotherhood."

Following her "fitness weekend", a pic of her in Sheesh last Wednesday was captioned "all new healthy Katie Price".

It's perhaps no surprise that Katie is keen to give the impression that she's teetotal at the moment given that in an interview last week she admitted Pete had an issue with her drinking.

Discussing the fact her ex-husband didn't want Princess and Junior to attend her recent 40th birthday, she said that after "a couple of nights where I've let my hair down, Pete probably thought the party would be a lot more boozy than it was."

Katie also used the interview – which she did to mark her 40th birthday – to defend her parenting skills. She said, "I'm a good mum who's going through a difficult time."

In response to Junior



Junior and Princess have been staying with their dad



Katie says she's on a health kick

The All New Healthy @officialkatieprice

and Princess's absence from her party, she explained, "Pete had his reasons and I've tried to reach out and have a sensible discussion, but he wants to talk through lawyers. It's a shame as

I don't want another battle with him."

Sadly for Katie, her comments fell on deaf ears with critics, who are outraged that she appears to be putting her new relationship before her children. One branded her actions "vile", while another said,

"What a load of PR BS from this pathological liar. Again trying the sympathy act to take the focus off her despicable behavior. Lost your children, hanging out with another fame hungry wannabe, mother is suffering a

terminal illness yet your priority is to try and spin more lies about your long suffering ex. Go away you are done."

A third said, "She is a joke. Well done Peter Andre for putting those poor children first."

One fan was a bit more positive, saying, "Good luck to her."

In the interview, Katie said it was "normal" that Junior and Princess had been with Pete since the end of May. But regular readers of Pete's column will know they have joint custody and that, under normal circumstances, both he and Katie see the children every week.

The star also contradicted herself by saying that Princess and Junior "know everything that's happened" between her and Kieran, despite the fact that her spokesperson reportedly said last week that the reason they were staying with Pete indefinitely was to

spare them the "emotional upset" of her divorce.

A source close to our columnist told **new!**, "This will absolutely disgust Pete. He thinks the kids should not have any idea what has gone on."

Katie – who recently hired 18-year-old nanny Lauryn Cook to help her out with the kids – used the interview as an opportunity to admit she has "financial issues". She also revealed she can no longer stand Kieran after becoming convinced he had cheated on her yet again with a 19-year-old girl who works in a branch of the Co-op.

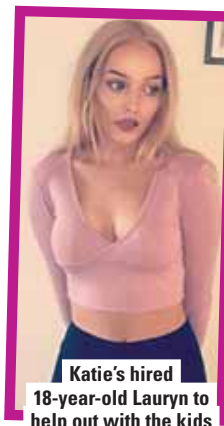
But on Instagram on Father's Day, she had nothing but praise for Kieran and Pete, who were looking after Jett and Bunny and Junior and Princess respectively, saying what brilliant fathers they are.

Perhaps she'll be saying the same about Kris next year!

Julia Brooks



Kieran has been looking after their children



Katie's hired 18-year-old Lauryn to help out with the kids

'Megan would have picked Alex if he wasn't so boring'

Megan Barton Hanson's BFF talks to **new!** about her time in the villa and why she's not as confident as she appears...

It's safe to say Megan Barton Hanson's *Love Island* journey hasn't been short of drama. In fact, just hours after entering the villa, the glamour model found herself in an awkward love triangle with Eyal Booker and Alex George!

And despite now being settled with curly-haired hunk Eyal – they even became the first couple this series to have sex – the 24-year-old Essex girl has been labelled a game player by viewers for her “bitchy” treatment of Georgia Steel.

Megan's also caused a stir outside the villa, with saucy nude snaps of her surfacing online. But according to her best pal Lauren Lofthouse, she's unlikely to be too fussed when she finds out about the picture leak as



Lauren met Megan through a racy mag

she's far from embarrassed about her raunchy past.

We're also keen to get some goss from Lauren about Megan's rumoured romances with celebs such as Calum Best and James Arthur – but sadly she says we'll have to ask her. Boo!

Still, there's plenty of other stuff to ask about, including whether

she thinks Megan chose the right boy and if she's got a game plan.

Lauren, 25, from Leeds, also opens up to **new!** about why Megan's dodged a bullet by not recoupling with Adam Collard and who she thinks is her biggest competition in the villa...

So how do you know Megan?

We met three years ago through [saucy men's magazine] *Sixty6*. We're quite similar and it just went from there.

How do you think she's getting on in the villa?

Amazingly! She's being herself, doing well and seems to be getting on with everyone.

People have accused her of having a game plan...

No, she doesn't have a game plan.

So she's looking for love?

Yeah, definitely.

Do you think she's well suited to Eyal?

It's hard to say because I don't really see much of him. But from what I've seen, it looks like they're getting on well!

Does she tend to go for boys who are deep?

Yeah, she does do that, definitely.

She was torn between Eyal and Alex. Do you think she chose the right boy?

To be honest, my opinion of Alex is that he's very dry and boring.

I think he's so f***ing boring and I don't get why everyone likes him. I don't think any of the girls are picking him because he's just so dry. He's like an old man. Maybe if he had half a personality, he would get with someone.



Lauren thinks Alex is boring

Megan and Eyal are the first of this year's Islanders to have sex



Fans accused Megan of being "bitchy" towards Georgia



ked oring!'



Do you think being embroiled in the love triangle upset Megan?

I feel like she wanted to get out of the situation. It looks like she felt awkward. I don't think she wanted to upset either of them.

Do you think she dodged a bullet by not setting her sights on Adam?

Yeah. She wouldn't have gone for him anyway. He's a twat. He thinks he's a god, but he's not. I think he's the best of a bad bunch.

Adam called Megan and Rosie's racy photo shoot "attention seeking" – would you agree?

They both wanted to do the photo shoot and if that's going to make her [Rosie] feel better, then do it. It did bother him – you could tell from his face. That's why he was talking about it.



Megan won't be worried about her racy pics appearing in the press



Adam said the girls' photo shoot was "attention seeking"

Is Megan a girls' girl?

She is 100 per cent a girls' girl. She's very honest, very truthful and there's no bullshit. What you see is what you get.

Some viewers have called her out for being two-faced towards Georgia, though. She said she thought Georgia wasn't being "real" and that she acted

inappropriately when Hayley and Charlie left...

I just think she was saying it in a passing comment and didn't mean for it to be made into a big deal.

But why has she taken a dislike to Georgia?

I don't think it's a dislike. I don't think it was really anything. She was just saying she's the sort of person she doesn't like being around. She was just figuring out whether she was legit like that, or attention seeking.

Is she confrontational?

She isn't confrontational, but if someone asks her something to her face, she won't bullshit – she'll tell them the truth.

There are rumours she's dated a few famous faces, including Calum Best...

You'd have to ask Megan.

Does she want to be famous?

Again, you'd have to ask her.

She claims she's shy...

She is very shy. A lot of girls sometimes can be a little jealous

because she's so beautiful – and that knocks her confidence a bit. It's very easy to put the sexiness on during a shoot. That comes naturally to her, but she's very shy.

Do you think her nude photos appearing in the press will bother her?

No. She knows what she's done and they're beautiful photos. She enjoys doing it and they're amazing. Why not? She looks sexy.

Have any of her exes been put off by her racy modelling?

Not that I know of.

Could Eyal be?

I really don't have a clue. I don't know the sort of person he is.

Which couple is her biggest competition?

I don't think any of them are. They're all pretty average, aren't they? Sorry that sounds really awful.

Everyone seems to love Jack and Dani, so maybe them.

REBECCA CALDERWOOD

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FOR MORE
LOVE ISLAND
CHATS

'Adam has no idea how to deal with women!'

Rosie Williams is unlikely to look back on her final few days in the *Love Island* villa with much happiness. After all, before being

booted off without getting to meet the man of her dreams, she was totally mugged off by her former flame Adam Collard!

Her final week from hell began shortly after the arrival of Zara McDermott, who turned several of the boys' heads – particularly Adam's. And, understandably, Adam's decision to turn his attention to Zara, just days after Rosie pleased him under the duvet, seriously upset the usually bubbly brunette.

It didn't help that Adam – who was seen smirking while Rosie got emotional – then appeared to try to put the blame for their "break-up" on her, suggesting it was her jealousy that was pushing him away. In fact, his behaviour even led some experts to warn of signs of emotional abuse from Adam.

Unsurprisingly, when we chat to Rosie just hours after her shock departure, the Welsh solicitor's feathers are still ruffled by the incident – although she does insist that, following apologies from both Adam and Zara, there are no hard feelings.

Here, Rosie, 26, opens up about her turbulent relationship with Adam, her biggest regret and who she wishes she'd coupled up with...

Do you think you went too soon?

I do think I went too soon. I would have been open to meeting new people and trying new things. I think I could have found love in there, but unfortunately I haven't got time now.

What are your feelings towards Adam now?

Well, new boy Sam came in and actually had a word with Adam about the way he treated me. Adam did

Love Island evictee Rosie Williams discusses her dramatic and stormy relationship with Adam Collard in the villa...

apologise to me. We hugged it out. For my sake, I wanted peace for myself and everyone in the villa as well. I felt a lot better

for doing that. In the end, I wasn't upset about Adam as such, it was more about what was said and the way I was treated when I didn't deserve it.

considering he left Kendall Rae Knight for you?

Me and Adam didn't speak too much when Kendall was around because we were both very concerned about her feelings. Adam had a chat with her about the situation before I pursued him – but I'm still waiting for the chat about Adam and Zara to this day. I think I deserved more respect. **Has he put you off finding love?** Definitely not. I'm a romantic and I want a happy ending. I wouldn't let any boy stop that happening.

Will you be friends on the outside?

I think we could be friends. I'm friends with both my ex-boyfriends. I'm not one to hold a grudge. Life's too short and I do hope we can be friends.

How does Adam compare to your exes?

There's one person who did treat me like that before and I learned a lot from that. I got over this a lot quicker than I got over that.

Do you think he'll stick with Zara?

I don't think he will. She does



Adam has been accused of being "emotionally abusive"

Some women's charities have called Adam out for being emotionally abusive...

I don't think I'd label him as emotionally abusive. I think people forget he's 22 and learning a lot. I don't think he's had many serious relationships. He probably has no idea how to deal with women in the best way. I don't feel emotionally scarred in any way.

Did you not realise he was a player from the beginning,



Megan comforted Rosie after Adam's betrayal



Adam apologised to Rosie



He hooked up with Zara

need to be careful. Every time a new girl comes in, he can't help himself. Only time will tell.

How do you feel towards Zara?

She apologised to me. I never wanted to blame Zara because I'm not the kind of person who thinks you should blame the girl. Adam was in a couple and he should have addressed it, but Zara didn't help it in the end. She was sitting at the end of my bed kissing him in front of me.

Do you regret what you did in bed with Adam?

No, I don't regret it. I've only ever experienced something sexual with people who mean something and who I see a future with. I'm a 26-year-old woman. It's completely natural to want to do more with them if you like them. No one should feel ashamed.



Rosie fancied new boy Sam

He's got big muscles – but is he big all over?!

I can't really say I paid that much attention, to be honest. He's got a big head, though. We all know that!

Why do you think Sam picked Samira over you?

I'm not sure. I know Sam really isn't Samira's type. When he came in, she was disappointed because she was expecting someone muscular, covered in tattoos.

Did you fancy Sam?

I did. I thought he was good-looking and I definitely thought he was someone that, once I did get to know him, I could possibly fall for. I go for people like Adam because I'm initially attracted to them and they always turn out to be the wrong ones.

Viewers assumed you would hit it off with Dr Alex George,

considering you both work in professional jobs...

Your job's your job and that doesn't define you. Just because Alex and I have good jobs doesn't mean we're going to be compatible. That's just an element of it. We had a great friendship but that's all it was ever going to be.

Did you ever feel insecure in the villa?

No, I never felt insecure. We all appreciated each other's beauty and we never put each other down. We were always very supportive. There's been a lot of girl power this year. I may not have found love when it came to a boy, but I definitely found love when it came to the girls.

Viewers claimed you and Megan Barton Hanson were attention seeking while doing that photo shoot – would you agree?

We were, clearly! We actually said in the beach hut, we don't want people to think we're being attention hoes, but we are! In the real world, if I was having

trouble with a boy, just like most girls, I would upload a smoking Instagram selfie – but I couldn't do that.

Is anyone playing a game?

I've said that I think Zara and Ellie were when they first came in. They were very boy orientated and they were trying to get a bit of a sympathy vote. All the girls made so much effort with them both when they came in and they were very cold towards us – Zara in particular.

Do you wish you'd gone for another boy?

Yeah, course I do! I'd still be in there living a happily ever after. At least I was true to myself

Who would you have gone for?

There were only two other people who I sort of fancied and that was Charlie and Eyal. If Charlie had stayed in, it probably could have developed into something.

REBECCA CALDERWOOD

TURN THE PAGE FOR MORE LOVE ISLAND CHATS

PHOTOS: WENN.COM



EXCLUSIVE INTERVIEW

'Josh should stick with Georgia'

Josh Denzel's BFF Jordan Silverstone tells **new!** why Georgia Steel is his type on paper...



Jordan has known Josh for over ten years

We must admit, after chatting to *Love Island* hunk Josh Denzel's ex Kayleigh Morris last week, we did begin to wonder how much of a gentleman he really is. After

all, Kayleigh claimed there had been a crossover between her and Josh's long-term ex Nena, and that Josh cheated on Nena "all the time".

But when we get chatting to Josh's best friend Jordan Silverstone, 27, he completely flips what Kayleigh told us on its head. He also gives Josh's current *Love Island* love interest, Georgia Steel, the thumbs up and thinks Josh – who celebrated his 27th birthday in the villa last Friday – would be a fool to re-couple with another girl.

Here, Jordan tells us why he thinks online presenter Josh and Georgia click...



Josh and Georgia are both playful

You've known Josh for more than ten years. Where did you first meet?

We went to school together in Camden.

How do you think he's getting on?

I think he's coming across well. He's staying away from the controversy, but at the same time if he believes in something he's not going to stand for it, which we saw with Samira.

Some people were surprised he had a go at her after she appeared to warn Alex off Ellie...

He's very loyal to Alex and I think he felt Samira was just thinking of herself.

Can you see him sticking with Georgia?

Yeah, I don't see why not. She seems like a nice girl and she seems to have a playful character, like Josh.

Is she too immature for him?

I don't think so. Josh's maturity and her immaturity balance each other out.

What is his usual type?

His ex didn't look a million miles off Georgia.

What happened with his ex, Nena?

She finished with him in January.

Do you know why?

His career was taking off and he was travelling around the world. I don't think she liked him not being around. I think there was an element of jealousy from her. He was doing all this cool stuff with Anthony Joshua and she was at home with a normal job.

Was he heartbroken when she dumped him?

If I'm honest they had grown apart.

They met at Freshers' Week at Liverpool University when they were 19.

Apparently they have a house and a pet...

Yeah. They're renting their house out and I think they're looking to sell it. And their rabbit, Winston, is at his dad's house.

His other ex, Kayleigh Morris, told us last week he's not looking for love, he just wants fame...

Josh only met her four or five times!

She told us he was with her...

[Laughs] Absolutely not. They started speaking in January via Instagram and they met for the first time in either February or March, because I met her afterwards. She made out they were dating, but she'd actually flown out to America to film a show about dating, so...

What did you think of Kayleigh?

I'd seen her on *Ex On The Beach*, so I knew her background. She was a nice girl but very simple, in the nicest possible way.

Did Josh ever cheat on Nena?

No, not that I know of.

Has he ever been cheated on?

Not that he knows of!

Kayleigh claimed he was a fraud because he makes out he's career-minded but he gave up presenting at the World Cup to go in the villa...

Yes, he was going to, but Russia is quite dangerous to go to as a black presenter, so he wasn't massively keen on that. And he'd outgrown his time at SPORTbible, so he wanted to move on.

If you could go into the villa for five minutes, what advice would you give him?

I'd tell him to stay with Georgia because she's a nice, loyal girl. And I'd tell him Jack called him a bellend behind his back.

Would that upset him if he found out?

It will get interesting if they play that game where they have to guess who said what about their fellow Islanders. Josh won't be happy.

Can you see him having sex in the villa?

Yes! The temptation with Georgia will get too much, so long as she's willing. Let's hope he got a little birthday present from Georgia [laughs]!

KARMEL DOUGHTY



He didn't see eye to eye with Samira

PHOTOS: WENN.COM

The secret life of Dr Alex



He's quickly become our favourite Love Islander ever, so we find out what makes Alex George tick...



HE REALLY LIKES CARS

We couldn't stop laughing when Alex enthusiastically responded to hearing that Ellie sells cars by saying, "I love cars!" But it turns out, he actually does love cars!



HE'S OAR-SOME!

He's smart and quite posh, so of course he's also a big fan of the Oxbridge boat race.



HE'S SNOW JOKE!

He may be finding summer loving a little tough, but Alex is obviously a whizz when it comes to winter sports.



HE SCRUBS UP WELL

We've been fully entertained by his colourful shirts in the villa – and he looks just as good in his hospital scrubs!



HE'S A BIT CHEEKY

He's been a bit shy when it comes to kissing girls, but clearly he has no problem using his tongue when he's back in Blighty.



HE LOVES A BROMANCE

So far, Alex has been a hit with the lads in the villa – but it looks like Jack, Adam and Wes might have some competition on their hands...



HE'S A FAMILY MAN

Good job? Check. Good looks? Check. Treats his mum like a queen? Check. C'mon, LI ladies, Alex is a real catch!



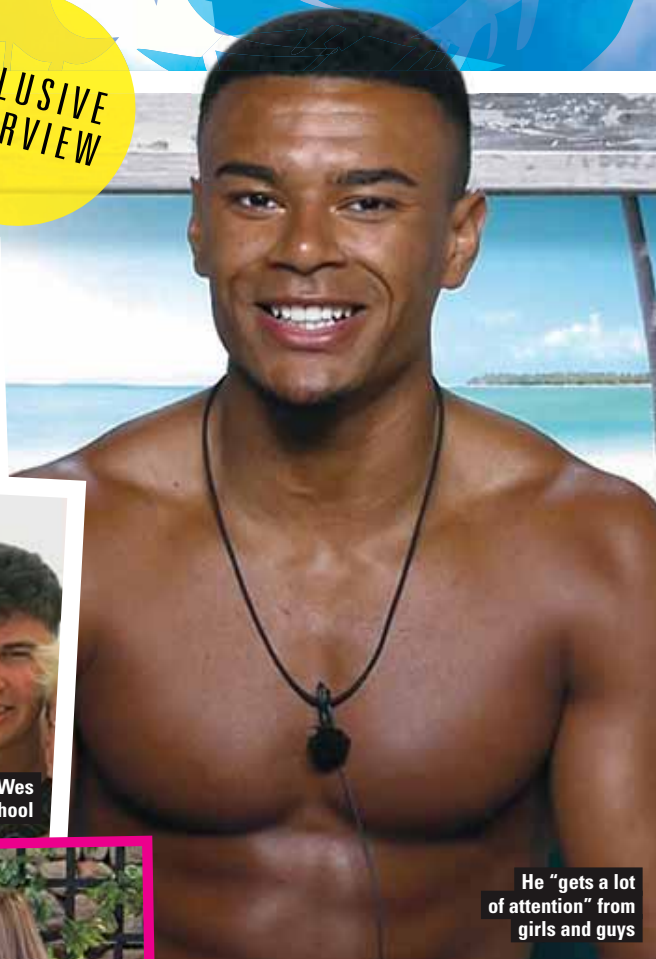
WORDS: Julia Brooks



EXCLUSIVE INTERVIEW

'Wes will have sex in the villa!'

Wes Nelson's pal James Hewitt tells **new!** why he can see him putting all his eggs in Laura Anderson's basket...



He "gets a lot of attention" from girls and guys



James met Wes in primary school

W

e've been fans of engineer Wes Nelson, 20, since day dot of this series of *Love Island*. Brains and brawn? He's the complete package!

So far, Wes has stayed loyal to his partner, air hostess Laura Anderson, 29, and they've already taken it to the next level by spending a night in the hideaway, enjoying a flurry of cute dates and even discussing marriage!

But last week, cracks began to show when new girl Ellie Brown, also 20, strutted into the villa, turning Wes's head and causing tension between the lovebirds.

So will Wes stay loyal to Laura? To find out, we chat to his best mate, James Hewitt, 20, who first met him way back in primary school. Here, he admits that he can see Wes and Laura going all the way (literally!) and why he'll struggle towards the end...

You and Wes go way back. Where did you first meet?

I was friends with him in junior school for quite a while and then we got close again during college.

Do you think he's really looking for love in the villa?

Yeah, I think he is to be fair. He had a girlfriend a while back and he's been single for a year, so I think he's after another relationship now.

What was his ex-girlfriend like?

She was blonde! Same as Laura. I only met her a couple of times but she was really bubbly and a good laugh.

How long were they together for and why did they break up?

Over a year I think. I'm not sure why it ended – I was at uni for a lot of the time.



Wes and Laura had an argument after his head was turned



They have been a couple since week 1

What do you make of him and Laura?

At the start, I was a bit wary because she was moving in on Adam for the first few episodes. But she does seem like she has genuine feelings for Wes.

They've talked about marriage and moving in together. Does Wes usually fall fast?

Yeah, I would say he does fall quickly, but obviously I'm not sure about the age thing with them. It's quite big, isn't it? But I don't think it will bother him. He's not that sort of guy. He's very respectful and mature.

He was involved in a bit of a love triangle with Ellie Brown last week. Do you think he could be swayed?

I don't know. She's a good looking girl, but if they don't click Wes won't go there. He never goes just by looks. He has to have that spark.

Do you think he'll have sex in the villa?

He told me before he went in that he wouldn't have sex on TV. But I don't know, I think he will.

Do you see him staying with Laura until the end?

From what I've seen so far, definitely. I think they can do it. They've had

some challenges already and they've survived them.

Wes is a nuclear engineer. Why did he keep his job a secret from Laura?

There are parts of his job he can't tell anyone! He didn't mean anything by it – he just can't say it on TV.

Do you think he'll go back to his job?

I'm not sure, you'll have to ask him. I think he could go back if he wanted to.

Would he use his intelligence to his advantage?

He's switched on – he could do if he wanted. But I don't think he would.

Not like Adam then!

No. [laughs]

What do you think he makes of Adam's recent behaviour towards Rosie?

I think if it really crossed the line Wes would say something, but I think the girls should be a bit more switched on, shouldn't they?

Wes is a bit of a party boy on the outside, isn't he?

Oh yeah, he loves a night out in Newcastle. He's good fun and loves a drink.

What is he like at pulling? Is he a player?

When he's single, he obviously has a good time and he gets a lot of attention, even from the lads! But he would never go around and sleep with loads of girls just for the sake of it.

What do his family think of the show?

They watch it every night. I don't think he's been away from his family for this long before, so I reckon he'll struggle towards the end. I think his mum'll struggle without him around.

HANNAH MELLIN



Wes admitted to fancying Ellie

'Sophie had her demons'

Olivia Buckland tells of her shock and sadness at the sudden death of former *Love Island* co-star Sophie Gradon...



Sophie was described as "a beautiful soul"

Tributes to former *Love Island* star Sophie Gradon came pouring in last week following her shock death

at the age of just 32. **new!** columnist Olivia Buckland, who starred alongside Sophie in the 2016 series of the show, spoke exclusively to us just hours after her body was found at her parents' home last Wednesday, and admitted the former Miss Great Britain battled "demons".

"It's absolutely awful," said Olivia, 24. "It's gutting because I know she suffered with mental health issues and it never got better, even after *Love Island*. I feel like the world failed her."

She added, "I knew she had her demons. We used to talk about mental health a lot."

At the time of going to press, Sophie's sudden death wasn't being treated as suspicious, with Northumbria Police confirming, "At about 8.27pm yesterday (June 20) police attended a property in Medburn, Ponteland, where sadly a 32-year-old woman was found deceased. There are not believed to be any suspicious circumstances surrounding her death. A report will now be prepared for the coroner."

Sophie's boyfriend Aaron Armstrong, who Olivia said

Olivia Buckland @OliviaDBuck
Awful awful news this morning. I am gutted. I am so sorry the world failed you. You were such an intricate, creative, intelligent soul. Words fail me.

Tributes poured in for the former Islander

Cara de la Hoyde @Miss_Delahoyde
Such a awful day 💔 my heart is broken & goes out to the very one effected 🙏

caroline flack @carolineflack1
So very sad . Such a beautiful soul such a beautiful smile ...thoughts and love with friends and family @sophiegradon ❤️

Sophie was engaged to, paid a touching tribute on Thursday, writing, "I will never forget that smile. I love you so so much baby your my world forever ever and always."*

Although our columnist Olivia lost touch with Sophie after the show finished nearly two years ago, Liv admits she never stopped caring about her.

"Sophie and I had our differences towards the end of *Love Island* and we hadn't spoken for a while but I was always interested in how she was doing and what she was getting up to. We were so close for the first four weeks," she said.

The girls fell out over her relationship with fellow Islander Katie Salmon, and the coupling led to Sophie walking out of the villa early.

"I've never lost someone like this and I feel weird being upset because we weren't close any more – but we had been. I just feel so upset for her friends and family," Olivia added.

Many more celebs paid their respects to Sophie, including the show's host Caroline Flack, who said, "So very sad. Such a beautiful soul such a

beautiful smile ...thoughts and love with friends and family @sophiegradon ❤️."

Cara de la Hoyde and Nathan Massey also shared the villa with Soph. Cara said, "Such a awful day my heart is broken & goes out to the very one effected," while Nathan added, "Truly shocked and upset from the news this morning! You was like a big sis to me in the villa thoughts go out to her family and Friends! RIP Soph ❤️."

Last year, Sophie took to Twitter to criticise the show that made her famous, saying she felt like she'd "sold her soul to reality TV". She also wrote, "I'll never forget the way I was treated by *LI* crew at the reunion. Honestly horrendous. They will lie, trick u & segregate you should u speak

out against them BUT they provide a therapist for 6mths after so it's ok."

It's also been claimed that Sophie was badly affected by the recent death of her friend Paul Burns.

Hours before her own death, however, Sophie appeared

to be in good spirits, bantering with *Geordie Shore*'s Sophie Kasaei and former *TOWIE* star Mario Falcone on Twitter, who later wrote, "Actually speechless. RIP @sophiegradon." Sophie's *LI* interest

Tom Powell retweeted Holly Hagan's post that read, "If you're struggling right now PEOPLE CARE ABOUT YOU! I promise ❤️ please speak to someone."

We couldn't have said it better ourselves. Rest in peace, Sophie.

Karmel Doughty



Aaron said he'd never forget her smile



She coupled up with Katie



On *Love Island* with Olivia and Nathan in 2016

PHOTOS: Backgrid, WENN.com *Internet posts are printed exactly as they appear online



THE CLAWS ARE OUT

The girls have been branded “bitchy” this year and I must admit things do get a bit catty in there. I couldn’t cope with any of the drama in the villa – I just cried. In fact, I think I punched a hairspray bottle at one point!

But the girls need to get used to it. The bitchiness is a natural part of villa life and, as Laura said, you’re never going to be friends with the girl who’s chirpsing the boy you’re with! There’s no need to be personal, but it’s fair enough that the girls are getting a bit catty.



BRING ON THE DRAMA

This sounds really horrible because I’ve been there, but I’m so glad the drama has kicked off! When you’re in there you’re praying the drama doesn’t start, but as a viewer that’s what we want to see.

As you know, I’m not an Adam fan and I think the way he’s been dealing with things is ridiculous. If he’d handled dumping Rosie in the right way he wouldn’t really have been in the wrong – it is *Love Island* at the end of the day!



Love, Olivia xxx

The *Love Island* star on the girls’ bitchy behaviour and her latest tattoo plans...



ON THE UP

I’m away from home for the next three weeks filming *Second Chance Dresses*. We’re over halfway through, so we’ll be at the end of it soon.

As you know, I had a bit of a blip with my anxiety last week and it was good to share it with you in my column. A lot had been going on with the wedding and I’d been busy filming – plus I hadn’t seen Alex for a while.

I’m still feeling really tired, but I’ve definitely got my appetite back – I’ve just demolished a Pret macaroni cheese!

LOOK OUT, CARDIFF!

As I’m writing this, I’ve got Alex’s mum’s hen do coming up in Cardiff and it’ll be a proper hen do, if you know what I mean. For example, we’re all packing a toilet roll in our suitcase!

We’re going to Tiger Tiger and will be making the most of the karaoke machine! It’s going to be girls gone wild. When I get back, I’ve got a dress fitting, then Alex and I have to give our notice of marriage. I just want to get married now. We’ve been engaged two years and it’s been a long time coming.

GIRL CODE

I don't like people comparing me to Megan any more! She's a stunning girl, but her personality is not coming across very well. She's a bit bitchy and negative – she doesn't seem to want to have fun and if someone else is having fun, she doesn't like it.

I liked the way Georgia supported Rosie when she was all upset about Adam. As well as finding your couple with a guy, you find your couple with a girl in the villa. Cara and Tina were my best friends in there and still are.



X-tra embarrassing



If it's true that Zara and Laura have had X-rated clips circulated online, they've either chosen to put them out there or someone's leaked them, which is horrible. I always feel sorry for a girl when that happens. I know some of them have done cam work, and that's fair enough because that's already out in the public domain. But for a private video to get put online when they're just about to have the best time of their lives – that's out of order.

I'm not squeaky clean and every girl has sent a couple of pictures to someone, but I've only done that with close boyfriends.



FOOTBORE

I didn't watch the England game against Tunisia – I fell asleep! Alex watched it with my dad and brother, which was really cute. I think he'll make me watch future games, though! He loves football so I should probably try to catch the England matches at least. Then again, *Love Island* is on and that's all I care about!

Check out mini-me!



I posted a picture of myself and my brother on Instagram as kids, where I had a bowl haircut. It was for my brother's 27th birthday, so I thought I'd stitch him up a bit. When I was younger I was so chubby! My mum called me the Michelin Man as I just had loads of rolls. People commented on it, saying, "Oh my God! You were so cute!"

I also retweeted a comment about nipple piercing pain as I had both mine done when I came out of the villa. Alex was meant to have it done with me, but he couldn't handle it! I wouldn't have any more piercings, but I'd like another tattoo. I'm going to get my wedding flowers inked on the back of my neck after the big day. I've already got an "A" on my wedding finger, so I'll probably add "lex" to that as well!



Posh insists: 'I'm trying to be the best wife!'

The star continues to claim her marriage to Becks is rock solid...

She's been plagued by devastating divorce rumours over the last few weeks, but Victoria Beckham has continued to insist all is fine in her marriage, defiantly declaring David to be "an incredible husband" and vowing to be "the best wife" to him.

Last week, Posh appeared at the Forbes Women's Summit in New York, where she hit back at the shock split rumours that went viral earlier this month.

Looking healthy and happy in a floor-length pink dress, Vic told the audience, "I'm so lucky that I have the support of an incredible husband. He has always encouraged me to follow my dreams and passion. If it wasn't for him supporting me, at home as well, it would be very difficult."

However, fans weren't convinced by Posh's valiant attempts to prove all is well, with one saying, "The lady doth protest too much, methinks," while another simply said, "They do not have a marriage, they have a business arrangement, it's all about brand Beckham."

Despite requesting that the 300 guests at the event didn't photograph her, Posh, 44, was happy to open up about life as a wife and mother to children Brooklyn, 19, Romeo, 15, Cruz, 13, and Harper, six.

Her positive comments came just two weeks after her and David's respective spokespeople called rumours of an impending split "a crock of shit" and "the fakest of fake news".

As we reported last week, the father of the woman at the centre of the cheat rumours that circulated online denied she had anything to do with the drama, calling the whole story "ridiculous".

Clearly keen to put the embarrassing ordeal behind her, Victoria couldn't stop reiterating just how happy she



Posh praised David for his support

and David are. She also praised him for being a hands-on dad, despite the fact that the 43-year-old ex-footballer was in Japan working with Adidas while she kept her audience captivated in New York.

"We really are equal in everything we do at home with the children," she said. "He makes it possible. He's at home making the school run, cooking the dinner, doing the homework with the kids. He's the most fantastic husband

and dad. When I'm home, I do that as well. It's about being partners."

But the former Spice Girl did confess she struggles to juggle her career in fashion with her home life.

She said, "Like most women, I beat myself up. I'm trying most

importantly to be the best mum that I can. But I'm also trying to be the best wife and the best professional. It is a juggling act and it's not easy. I'm trying and it's hard."

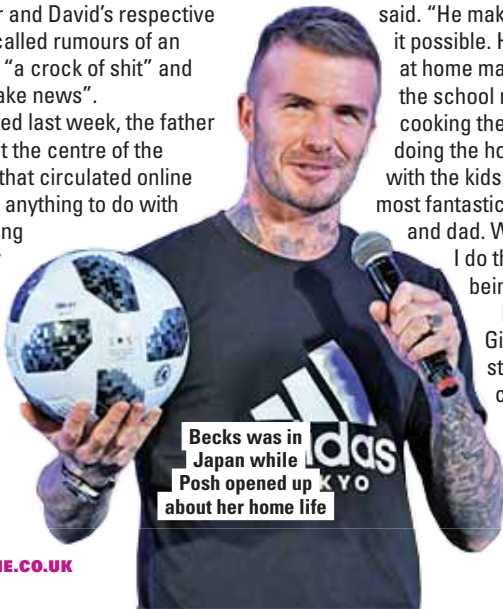
When it comes to rules for the house, she said, "I have to remind myself, when I come home, 'Put the phone down. It's OK to not answer emails until the morning. Spend quality time with your children and David.' It's really about getting that balance and just constantly checking in with yourself."

In the run-up to her appearance at the summit, Vic was already on a charm offensive, publicly wishing David a happy Father's Day.

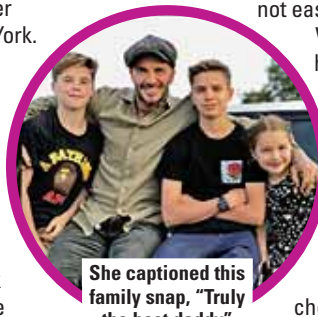
Sharing a bunch of private snaps of the kids and Becks on social media, she gushed, "Happy Fathers day @davidbeckham to the best daddy in the world!!! X We all love u so much!!! x so many kisses from us all x."*

The pair also denied reports that David had split from their joint manager, Simon Fuller.

Sarah Morton



Becks was in Japan while Posh opened up about her home life



She captioned this family snap, "Truly the best daddy"

PHOTOS: Backgrid, GC Images, Getty, Shutterstock
*Internet posts are printed exactly as they appear online

Vic has been on a charm offensive since she was rocked by divorce rumours



SCARY HINTS AT NEW ROMANCE

Mel B has hinted she's finally found love again after her bitter divorce from her abusive ex, Stephen Belafonte.

The 43 year old took to Instagram last week to share a selfie she'd decorated with love hearts.

She captioned it, "The way he makes me laugh and smile gives me butterflies beyond belief Everything about him makes me more than happy and grateful #younowwho you are #humble #lovehim #truelove #finally."

Although it's unclear who the mystery man is, it's obvious the mum of three is happier than ever. Last week, she attended a birthday party for Stephen's daughter Giselle and could be seen dancing with pals and smiling broadly. Onwards and upwards, Mel!



Mel teased fans with this heart-adorned pic



She shared a vid of herself dancing with pals at a party

POSH PUTS THE BRAKES ON SPICE TOUR... AGAIN!



The tour proposal caused friction between the girls

The Spice Girls' hugely anticipated comeback tour has been shelved, reportedly because Posh has refused to go ahead with it... again.

According to sources, it led to fighting between the girls, despite initial reports that all five were up for it.

An insider said, "While Victoria has always insisted she'd never tour, the others believed [manager] Simon Fuller would get her on board. They had a £150 million proposal in the offing – with a headline performance at Wembley – and even Mel C, who had previously been reluctant, was signed up. With things still up in the air, there were a few heated debates between the girls and Victoria." We can only imagine!

Dan told: 'Put your kids first'

The flirty dad of two is slammed for partying abroad just two weeks before his wife's due...

Critics blasted Dan Osborne after he jetted off to Las Vegas and flirted with girls, leaving his heavily pregnant wife, Jacqueline Jossa, at home.

A couple of days before Father's Day, the former *TOWIE* star told his Instagram followers he was going to be "away for a few days" – and it quickly became clear he was heading to the American city for a pal's stag do.

Pictures soon circulated of Dan enjoying himself at a pool party, surrounded by bikini-clad women, while his estranged wife Jacqueline, 25, who was two weeks from her due date at the time, was at home looking after their daughter Ella, three.

Fans were outraged that Dan, who turns 27 this week, had travelled so far away so close to his unborn baby girl's arrival – and was spotted with his arm around one of the bikini babes. One online critic wrote, "Jacqueline pls love give your head a wobble. he is never gonna put you or his kids first EVER!!!!!"

Another said, "She's got less than 2 weeks to go, and he's gone to another country on a stag do so that just shows where his priorities lie."

And the backlash didn't stop there. When the Essex boy took to social media on Father's



Jac is due to give birth any day now



The dad posted a tribute to Teddy and Ella

Day to share a snap of Ella and Teddy, his four-year-old son from his previous relationship, fans labelled him a "sperm donor" and a "shit dad".

Unwilling to take the abuse lying down, Dan hit back, "I don't know why reading these things hurt me because I know it isn't true.

No matter what has happened in past relationships or whatever, it does not make me a shit dad. I'll always do everything I can for my children and I'll make sure they are as happy as they can possibly be!"



Dan looked cosy with a partygoer in Vegas

Meanwhile, former *EastEnders* actress Jac spent Father's Day with her own dad and Ella at a Turkish restaurant.

Jac and Dan went their separate ways in May, less than 11 months after tying the knot, following a "series of rows". Despite this, Jac told **new!** she still wanted Dan at the birth.

And shortly before he hit Sin City, she defended her estranged hubby, insisting they are "getting on well".

She added, "Neither of us knows what's going on at the moment, but we're spending time together and seeing how things go.

"Dan hasn't moved back in, but we're seeing what happens. He's here a lot helping with Ella and he'll be hands-on when the baby arrives."

We hope so, Jac!

Gemma McCartney



Jac spent Father's Day with her family

PHOTOS: SplashNews.com *Internet posts are printed exactly as they appear online

Uh oh! Rita rocks the boat with Cheryl

Cheryl Tweedy is likely to be far from happy about her rival star's latest remarks...

When Rita Ora spoke last week about the difficulty of promoting her saucy duet with Liam Payne due to her fears of disrespecting his girlfriend Cheryl, we're sure she meant well. But by highlighting the fact she was wary of rocking the boat because of the alleged problems in Liam and Cheryl's relationship, Rita stirred things up even more!

The singer, 27, and former 1D hunk Liam, 24, famously set tongues wagging with their sultry performance of hit song *For You* – taken from the *Fifty Shades Freed* film – on *The Tonight Show With Jimmy Fallon* in February.

Tellingly, when the pair came to perform the song at the Brit Awards a couple of weeks later – with an eagle-eyed Cheryl in the audience – the performance had been noticeably toned down, leading some fans to describe it as “awkward” and “uncomfortable”.

“Just imagine being the person in that situation,” said Rita, referring to the period in Liam and Cheryl's relationship when rumours were rife that the couple were about to split.

“I obviously tried to respect Cheryl and everything that was going down at the time. I was very professional, as was Liam, and I



Rita and Liam's performance at the Brits was described as “awkward”

completely stayed out of it. We had one goal – to promote the single – and we did just that.”

Chez was said to be fuming about Rita and Liam's steamy performances when they were plugging the single earlier this year, so she'll no doubt be annoyed to hear Rita bringing the controversy back to the public's attention.

Cheryl – who turns 35 this week – famously loathes having her private life spoken about. Back in March, she was reportedly “furious” when Liam, who's dad to her son Bear, one, admitted in a magazine interview that they'd been through a “tense” patch.

He revealed, “We have our struggles. I'm not gonna sit here and say that everything's absolutely fine and dandy, because of course you go through different things, and that's what a relationship is.”

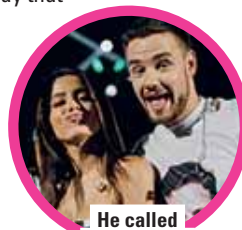
Rita's comments come at a sensitive time. Earlier this month, Liam scored another own goal by referring to Brazilian singer Anitta as “hot” during an interview – another gaffe which is sure to have rubbed Chez up the wrong way.

Gushing about the 25 year old, he said, “She's amazing. She's in London at the moment, I think, which is funny because I'm going to Brazil so we're like swapping.

“We're going to swap lives but I'm not anywhere near as hot as she is, so...”

You're not helping yourself, Liam!

Gemma McCartney



He called Anitta “hot”

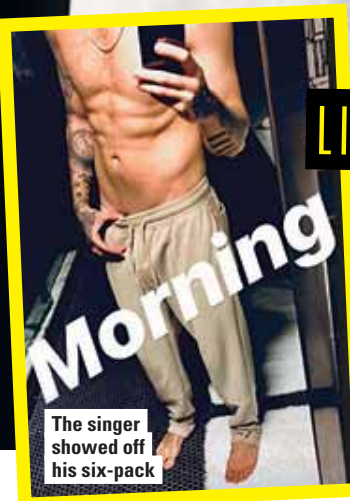
LIAM DITCHES HIS DAD BOD!

The singer was spotted sporting a bit of a “dad bod” when he was in Brazil recently. But in a bid to silence his critics, the hunk shared an Instagram Stories snap of his toned torso last week, to the delight of millions of fans.

Despite his rippling muscles, the heart-throb has admitted he's now a bit chunkier than he was in his boyband days. He said, “The top won't be coming off today. I've got more of a dad bod at the moment.”

Looks like those ab crunches have paid off!

Chezza is bound to be annoyed by Rita's stirring



The singer showed off his six-pack

EXCLUSIVE

'I've got wobbles' I'm a mum

Casey Batchelor strips off to reveal her post pregnancy bod – just three weeks after becoming a mum...

UNAIRBRUSHED

KEEPING
IT REAL
CAMPAIGN

ly bits — but real woman'

The thought of stripping down to underwear in a room full of people is enough to send most people running for the hills. So we have nothing but

admiration for new mum Casey Batchelor, who has agreed to bare all, totally unairbrushed, for our Keeping It Real campaign — just three weeks after giving birth to her adorable daughter, Florence!

In fact, the 33 year old is super chilled when she arrives to meet us with Florence sleeping happily in her carrier — although she soon reveals we should make the most of this quiet moment, telling us, “She hates sleeping, she really tries to fight it.”

It's been an eventful three weeks for Casey, who's been dating Florence's dad, Dane Goodson, 33, for just over two years. After going through a stressful birth — including four days of contractions and spinal fluid leakage after having an epidural, which left her bedridden with agonising headaches for the first week of Florence's life — she finally welcomed her daughter on May 24 at 2.36pm, weighing 7lbs.

So, while Florence snoozes, we catch up with the former *Celebrity Big Brother* star, who can't wait to show the world what a “real” woman looks like after giving birth. She also tells us how having a baby has affected her relationship with Dane and why the wedding can wait.

Take it away, Casey...

So Casey, how do you feel about doing our shoot today?

I think it's good to do this sort of thing. It shows people that you don't just bounce back to a size 8. It's been three weeks since having the baby. I've still got a belly, I've still got jiggle bits and wobbly bits. That's real. It's not real when people go stick thin — it's not realistic. People airbrush pictures, even after having a baby. I'm like, “You've just had a baby, you don't need to worry about that!”

What do you think about airbrushing in general?

I think everyone does it. I have done it occasionally. But when it comes to pregnancy and having a baby, that's a natural, amazing thing you're doing, so you shouldn't have to airbrush. With all of my pregnancy pictures, I stated, “I've got back fat and I have cellulite,” and I didn't hide anything because it's a natural, amazing thing you're doing with your body. I loved it. My female followers loved it. I'm not going to lie, my male followers went down, but my female followers went up, so I was happy with that!

How do you feel about your body since giving birth?

I'm a little bit insecure. I think anyone would be. I've gone from being a size 8, working out a lot and keeping my body in shape, to now having cellulite where I didn't before, having fat where I didn't have it before and my boobs are bigger. I think you've just got to embrace it.

Which part of your body are you most confident about?

That's quite a tough question because my body has changed so much — like, every single part. I think I've got to be confident with the



Casey was a size 8 before her pregnancy



She's been with Dane for two years

whole of my body because I've got to embrace everything that's happened to it.

What are you most insecure about?

My belly button. It's gross. It's very disgusting now as it's been so stretched. It's like a really sad face. It will eventually go back, but at the minute it's really disgusting to look at.

How much weight did you put on while you were pregnant?

I put on about 4st. I don't know what I weigh now. I've not weighed myself because it's not my priority. My priority is Florence and time with her. I don't want to be slaying myself in the gym or worrying about getting my figure into shape. I want to focus on her.

How much did you weigh before you got pregnant?

I was about 9st 4lbs and I got to about 13st 6lbs.

What dress size are you?

I'm still in my maternity clothes because they're comfy and I've still got a belly. I know I wouldn't be one of those people who bounced straight back to a size 8. I'm only 5ft 2in, so the weight shows a lot more on me. I'm not that body type. I'm quite small, so there's less of me to put the weight on as well. It's maternity leggings for me for the next couple of months!

What does Dane say about your body?

He's been amazing. He's actually said, "I'm gonna miss your jiggle bits!" He likes my back fat at night. He just squeezes it and I'm like, "Get off!" and he's just going, "Oh, it's so nice, I just wanna squeeze it!" [laughs] He's been great, he's given me such body confidence. Obviously, there's been days when I've been down and he's been really supportive and says, "You look amazing and your body is doing something amazing, don't stress about it."

You had a breast reduction back in September 2014, taking you from a G to an E. How big did they get while you were pregnant?

After the reduction they grew again to an F. Then, with the pregnancy, I went up to an H. They were bigger than before the breast reduction! So now I'm back down to like a GG – which is where I started before the breast reduction.

Do you want another breast reduction?

I definitely will consider another one, absolutely. They're just so big! And I think they make my frame look a lot bigger. I'm 33 now, I'm not 23 any more. I don't need the big boobs – I've got the guy!

Would you have any other surgery?

There's nothing I really want. I'm not one to say no



Casey put on 4st while she was pregnant

KEEPING
IT REAL
CAMPAIGN

to surgery if people want to do something to make themselves feel better. I think that's great – as long as they don't go to the extreme.

Would you ever have Botox and fillers?

Absolutely, when I need it! Why not?! Wrinkles are going to come!

Have you been watching what you eat at all?

I'm not watching what I eat, but I'm eating healthier. I'll have Special K in the morning. For lunch I might have a sandwich and some fruit and a yoghurt and then last night we had a lasagne for dinner – which I cooked! I'm eating healthier.

Have you started exercising?

Not at the moment. It's only been three weeks and I went through quite a traumatic labour. I was cut and had forceps. I got to 9cm on gas and air, but then I had to have an epidural.

You opened up last week about how scary the whole birthing process was for you. Did you feel like you were missing out on bonding time with Florence?

Absolutely. I was watching everyone holding her and changing her and I couldn't do anything. I'm fine now, but it was horrendous. I felt like I was in *The Handmaid's Tale* – they'd bring me the baby to breastfeed in bed, then take her away. She lost a lot of weight because I was ill and not eating. I was trying to feed her and she was getting undernourished.

How often did she want feeding?

Well, because I'd had a breast reduction I was producing milk, but not enough, so she was constantly wanting to be on the boob. I was still in bed ill so I've had to put her on the bottles because there wasn't enough milk.

How did you feel when you put her on the bottle?

I felt a bit gutted. It was nice to see Dane have his bonding moments with her and to share, but it's such a special moment when they're on your boob. You feel like they're really reliant on you. I miss it, but I've got to do what's best for the baby and being on the bottle is best for her.

Do you share the night feeds?

We're meant to. At the moment I'm doing the majority. He's done one night. But he's been doing the mornings, so I get a bit of a lie-in.

How often does Florence wake during the night?

We're feeding her every three hours at the minute. I bath her and baby

massage her at about 8pm and then I wake her up at 11pm and dream feed her. Then she'll wake up about 2am/3am for a bit and then she'll wake up about 5am. It's broken sleep. But you're not just waking up when she needs feeding – it's little noises, or she might cough and every time she does you're checking she's OK. Three hours solid is a good night's sleep for me.

Has it had an impact on your relationship with Dane?

Having a baby is a lot tougher than I thought. I didn't realise. It's tough and it's a lot of work – someone is completely dependent on you. It's tough on your relationship, there's no sleep, you get grouchy – but we're quite strong, me and Dane.

How's it affected your sex life?

We've not had sex yet. I'm stitched up downstairs.

Would you like to get married?

Oh, absolutely. I'm waiting for the ring. He knows. I'm hoping the ring will be soon but the wedding might be a little way off because if we want more children we might get them out of the way first.

Do you want a big wedding?

A smallish wedding. I don't want anything big and I'd like to go somewhere abroad, like Italy.

Has your pal Vicky Pattison been round to meet Flo yet?

She hasn't as of yet. She's texted me. She wants to come round, but I've had to say no to a lot of visitors. Lots of people want to come round but you're trying to get yourself straight and you're learning what to do.

Dane is Jack Fincham from *Love Island's* boss.

How does he think he's getting on?

They've known each other for years and Dane looks at Jack like a little brother. They're really close. He's getting on really well and Dane watches the TV like he's watching his child every night, shouting, "Don't do that, Jack!"

Does he approve of Dani?

Yes, and I've worked with Dani. We filmed *Bonded By Blood 2* and she's such a lovely girl and Jack is such a great boy. I'm really happy they're together. They're the best couple in there – they're going to win!

JULIA BROOKS



Casey thinks Jack and Dani will win *Love Island*

UNAIRBRUSHED

Meghan mortified dad's latest betr

Meghan Markle's dad Thomas spills intimate secrets about his daughter

She should still be basking in the warm glow of newly wedded bliss, but the Duchess of Sussex's happy world was rocked last week when her dad broke royal protocol – and her trust – by doing a tell-all TV interview.

Thomas Markle appeared on *Good Morning Britain* last Monday, just hours after Meghan was snapped smiling at Harry's cousin Celia McCorquodale's wedding, to break his silence on his decision to pull out of his daughter's wedding back in May.

He also spoke candidly about his daughter's relationship with Harry, her hopes for a child, his private phone conversations with the prince and his regret at staging *those* paparazzi snaps of him Googling the couple in an internet café ahead of the big day – an incident he called “a mistake”.

Thomas is still yet to meet his son-in-law, but he admitted Harry asked for his daughter's hand in marriage over the phone.

“Meghan broke the news,” he told hosts Piers Morgan and Susanna Reid. “A few times after that Harry got on the phone with Meghan and they told me together and Harry asked for her hand over the phone.”

And Thomas said he gave his blessing on one condition. “I said, ‘You're a gentleman, promise me you'll never raise your hand against my daughter and, of course, I give you my permission.’”



His candid confession left many scratching their heads. “Wait a minute... did Harry ever do anything to make him

think he would ever raise his hand to her? This is such an embarrassment to the Royal Family,” commented one fan online. A second wrote, “You've already caused enough embarrassment Thomas, just shut up now.”

In another revelation that's sure to have embarrassed 36-year-old Meghan, Thomas told the show that he believes the couple will be expecting a child before long.

“She's wanted children for a long time,” he said, “and when she met Harry and she spoke about how much she loves him, there's got to be a child in the making, somewhere soon.”

Thomas and his extended family found themselves under the microscope in the run-up to Meghan and Harry's big day, something the 73 year old

admitted he didn't know how to deal with. “Harry was giving me advice on the press. I was told, ‘Don't speak to the press.’ Having the press at my door and everywhere I go, that kind of becomes an invasion.”

And despite Meghan's cool and calm exterior at joining the most famous family in the world, Thomas insisted she had no idea what she was getting herself into. “I don't think she realised that. The royals are very complicated. It's a different lifestyle. But I think she could always rise to that occasion.”

Perhaps Thomas's most controversial admission came when he revealed Harry, 33, told him he should give US President Donald Trump “a chance” and that he's “open to the experiment” of Brexit – views that Harry, as a member of the royal family, wouldn't have wanted to be made public.

Asked on the spot if he thinks Harry is still supportive of the

president, Thomas replied, “I would hope not now, but at the time he might have been.”

One critic fumed, “Sad that this man hasn't learned to be silent when it comes to his daughter. I'm sure the last thing she wants is her father talking to the press. It's definitely not going to help his relationship. Doubtful that she will want to visit or have him visit if she knows he is just going to run to the press to give all the inside info.”

However, Thomas probably earned himself

some brownie points with the in-laws when he effectively shot down the conspiracy theories surrounding his absence from the wedding.

After it was announced Prince Charles would be giving Meghan away as Thomas needed emergency heart surgery, many speculated the story had been concocted because Thomas didn't fit the royals' picture-perfect image. Admitting it was always the plan for him to

walk his daughter down the aisle, he said, “I absolutely wanted to. I was excited and ready for it. Me going to England, that was set in place.

“Meghan was putting together fittings for me to make suits for me, shoe sizes. It was all done in sort of secret. They'd arrange for me to show up in Los Angeles under different names to get a fitting. They were caring for me.”

We would have loved to be a fly on the wall at Meghan and Harry's breakfast table last week!

Karmel Doughty



d by her ayal

and Prince Harry...



Thomas "absolutely wanted" to be at Harry and Meghan's wedding



Charles walked Meghan down the aisle



Thomas said his daughter has "wanted children for a long time"

Kim's 'emotional' return to Paris



The star visits the French capital for the first time since her terrifying gunpoint robbery...

Her jewellery was understated – as she explained in her blog (below)

Kim Kardashian vowed not to return to Paris for ten years after she was robbed at gunpoint there back in October 2016.

But last week the brave star visited the French capital for the first time since her terrifying ordeal, along with husband Kanye West, sister Kylie Jenner and her boyfriend Travis Scott, to attend the Louis Vuitton menswear show at Paris Fashion Week.

The family was surrounded by security during their high-profile return, with Kim going jewellery-free at the event. On Friday, in a heartfelt blog about the trip, she explained she deliberately toned down her bling, telling fans, "I also have no jewelry anymore, so there's nothing for anyone to take."*

Following her 12-hour visit to France, the mum of three confessed she found the trip moving, tweeting, "Thank you Paris for the emotional trip back! I couldn't have come for a better



Security stuck tight to the couple



Travis, Kylie, Kim and Kanye enjoyed the Louis Vuitton show

reason....off to Teyana's listening party in LA now! 2 major experiences in 2 countries all in the same day!"

The reality star, 37, also posted a snap of the Eiffel Tower and filmed herself being mobbed by a large group of photographers, jokingly captioning it, "Casual stroll."

Despite her relaxed approach, there's no doubt it was a tough trip for Kim to make.

Following her ordeal in 2016 – which saw her gagged, bound and fearing for her life – Kim has spoken about the lasting effect it had on her and last Friday referred to the "great trauma" she experienced.

During an episode of *KUWTK* last year she was seen breaking down on the phone to a friend, sobbing, "I just have anxiety." She later added, "Ever since Paris, I just go through this worst case scenario mode in my head."

The return to France wouldn't have been easy for Kanye either. Just last month he opened up

about how the horrific robbery had impacted on him.

He said, "The situation with my wife in Paris, and all of the elements – you're feeling, like, helpless. You're feeling, like, what else can you do?"

"I went to Paris on that trip to protect her. Not protect her physically, but to go and just help her with her looks because she's in Paris.

"One of the things that she said she heard was that they were coming to rob her and they had to wait until I had left.

"The people had been strategising and scheming on that for a long time."

Now they've made that first difficult trip back, we're sure we'll be seeing a lot more of Kim and Kanye in the stylish capital!

Julia Brooks



Kim wore a huge diamond ring in Paris days before the robbery



This was Kimye's first trip to Paris since 2016

KIM'S PARIS BLOG

"It was such an emotional trip! For me, it was the perfect time to come back to a place where I fell in love, but also a place where I suffered great trauma.

After the robbery, I completely changed how I travel—from extra security around me 24/7 to switching hotels. I've made all the necessary changes and precautions. I had Kanye by my side, which made me feel safe. I also have no jewelry anymore, so there's nothing for anyone to take.

Emotionally, I feel calm. I've truly put the experience behind me, and have learned and grown from it. Because of this, mentally coming back to Paris wasn't difficult for me. It feels refreshing to face my fears and overcome them. For me, there's no point in staying in a f**ked-up state of mind. 'Feel it, go through it and move on' has always been how I try to live my life. I would never suggest to anyone how to grieve, I can simply say what has worked for me.

I'm so happy I went back—and I got some really yummy food, lol! It was the perfect experience coming back to a city I love so much."

PHOTOS: Getty Images, MEGA, Shutterstock
*Internet posts are primed exactly as they appear online

PLANET PETE



This week, Pete celebrates Princess's birthday and lands another new TV role...



My big girl

I'm still getting over the shock of being dad to a teenager, which sounds so weird, and now Bista is turning 11. But it's not as scary as Junior turning 13 because 11 is still close to ten and she's still a little girl in my eyes. She asked for a phone for her birthday or an iPod touch. I think I'll go with the iPod touch. Her birthday is on the 29th and on that day she's got an open morning at her new school, so we will be sure to do something exciting.



TEENAGE BEHAVIOUR

Most of the kids made me cards for Father's Day, which was really sweet. But when I saw Junior that morning I was

like, "Hello Son, have you remembered it's Father's Day? You know, the father who made you. Do you remember that at all?" And he was like, "Oh yeah, it is. Sorry, Dad. You know it's the teenage years and I'm starting to forget things."

I told him not to start with that ole chestnut or I'll forget his birthday next year, ha ha!

J'S MAKING MUSIC

Junior got back from his school trip last week and got to open all of his birthday presents and cards. Emily and I brought him a Launchpad, which for those who don't know is a piece of equipment that allows you to create music. It's a decent piece of kit. He also got an Echo Dot, which allows us to communicate with him. So he'll be in his bedroom and instead of me shouting for him to come downstairs, I can use it and be like, "Hello, Son. Please make your way downstairs." Ha! It also doubles as an alarm clock and he can listen to music through it.

J and P's party is still being organised because they don't know which friends they want to invite. I'm like, "Guys, you decide what you want and tell me." At this rate, we'll be having the party this time next year.



Fab weekend!

As I told you last week, I hosted the Caudwell Children Butterfly Ball at the Grosvenor House hotel in London. It was an amazing night, with stars including Alexandra Burke, Olly Murs and Heather Small – who has a *big* voice. See what I did there? We raised an incredible £1½ million for the charity.

When Emily wears high heels, I've got to do everything I can to make myself look taller, so I styled my hair into a higher quiff, ha ha! Emily left a bit earlier in the night so she could get home to Theo, but I didn't get to sleep until 3am!

On the Friday morning, I had to be up at 6am to do *Good Morning Britain*, then I went to Weston-super-Mare to film an episode for the new *Sooty* TV series. It was great fun and it all came about by me doing the new *Thomas The Tank Engine* movie. Then that night I had an *Audience With...* and on the Saturday morning I had a signing! By Tuesday I felt like I had a delayed hangover – and I don't drink!



Pete's good, but he's no Sweep!



Clued up on cannabis

The Tory government paved the way to legalising cannabis in the UK by launching a major new review last week. They're creating an expert panel to look into individual cases, which would hopefully benefit the likes of 12-year-old Billy Caldwell, who's epileptic. Days earlier he came close to death after his medicinal cannabis oil was seized by customs officials as he and his mother arrived at Heathrow Airport.

Listen, I'm in support of legalising cannabis oil in cases such as Billy's, so long as it's closely monitored and prescribed to a patient by a doctor who believes the oil will have medical benefits. Maybe some will or won't agree but, as in Billy's case, if cannabis oil reduces his seizures and gives him a better quality of life, why shouldn't he be allowed to take it?

MY VIEW ON THE NEWS



LOWDOWN

YOUR BITE-SIZED ROUND-UP OF THE WEEK'S TOP CELEB GOSSIP



TV star John Leslie, 53, has been cleared of sexually assaulting a woman on her hen night. It had been alleged that he put his hands down her trousers at Edinburgh's Atik club last June, with the woman, who cannot be named, saying, "We'd been going in circles then he pulled me closer. I did feel uncomfortable." Giving evidence in court, John said he was "upset" by the allegations, adding, "It's something I would never do." The court found the charge not proved.



Eva had a baby boy with hubby Pepe

EVA BECOMES A MUMMY!

Actress Eva Longoria was over the moon last week after she welcomed her first child with husband José "Pepe" Bastón.

The former *Desperate Housewives* star, 43, has named the tot Santiago Enrique Bastón.

Proud mum Eva said, "We are so grateful for this beautiful blessing," after giving birth to the 6lbs 13oz baby at Cedars-Sinai Medical Center in Los Angeles.

Just last month, Eva gushed about her joy at becoming a mother for the first time.

She said, "I just can't wait to see what his personality's like, who he looks like, how much hair he's gonna have."

And it was good news for the royal family, too, as Zara Phillips, 37, gave birth to her second child with hubby Mike Tindall. A statement said, "Mrs Michael Tindall was safely delivered of a baby girl on 18th June, at Stroud Maternity Unit. Mr Tindall was present at the birth. The weight of the baby was 9lbs 3oz."

The couple are also parents to Mia, four. Aww, congrats!



Mike and Zara welcomed a baby girl

Lord Sugar's Twitter blunder

Apprentice star Lord Sugar was forced to publicly apologise last week after he posted a tweet which was branded racist by some of his followers.

The 71 year old likened Senegal's World Cup team to beach sellers, tweeting an image of the players posing with sunglasses and handbags.

He captioned the picture, "I recognise some of these guys from the beach in Marbella. Multi tasking resourceful chaps."

Minutes later he deleted the post and wrote, "I misjudged me earlier tweet. It was in no way intended to cause offence, and clearly my attempt at humour has backfired. I've deleted the tweet and am very sorry." Quite right, too.



Lord Sugar compared the Senegal team to beach sellers



He later apologised



Outspoken Piers Morgan lashed out at former *Wham!* star Andrew Ridgeley after he avoided answering any questions about his late bandmate George Michael during an interview on *GMB*.

Andrew, 55, was on the show to discuss charity bike ride Dallaglio Cycle Slam, but refused to go off topic when probed about George by 53-year-old Piers.

Following the interview, Piers fumed on Twitter, "My thanks to Andrew Ridgeley for being such an insufferable dick today – much appreciated!" Charming!

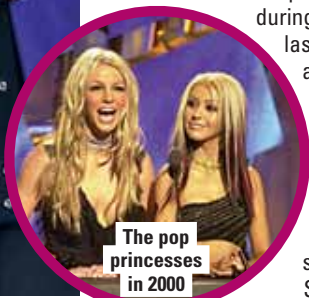
WORDS: Rebecca Calderwood, Karmel Doughty, Film Magic, GC Images, Getty Images, Shutterstock, WENN, Wire Image *Internet posts are printed exactly as they appear online



Christina: 'I'd love to see Britney again!'

Their feud has spanned nearly 20 years, but it looks like pop diva Christina Aguilera is finally ready to patch things up with fellow star Britney Spears.

The *Dirty* singer appealed to her former nemesis, telling her, "I'd love to see you, girl!"



Christina reached out to Britney last week

The pop princesses in 2000

The surprising revelation came during an interview on MTV last week where she was asked who she'd most like to reunite with from her noughties heyday.

"I can't lie. It's always good to see Britney," the 37 year old said. "It's always good to see her. I'd love that." So would we, Chrissie!



Brit's feud with her rival has rumbled on for years



Lily's mum allegedly caught Harvey masturbating

Lily makes shock Weinstein claim

Singer Lily Allen has revealed that her mum – film producer Alison Owen – once witnessed disgraced Hollywood producer Harvey Weinstein pleasuring himself. The alleged incident is said to have taken place back in 2003 at a private screening of erotic thriller *In The Cut*.



"It was just my mum and Harvey in a screening room, and just when Meg Ryan was getting her clothes off she heard this grunting noise from behind her," said Lily, 33. "It was Harvey pleasuring himself, in a dark room, with my mum sitting in front of him." Grim.

Melania's jacket sparks outrage

US president Donald Trump defended his wife Melania last week, after a jacket she wore to visit a migrant detention centre was blasted as highly inappropriate.

America's first lady, 48, sparked outrage with the Zara parka, which was emblazoned with the words, "I really don't care, do u?"

Melania made the visit to the child migrant centre in Texas on Thursday, in light of the recent scandal surrounding America's policy of separating children from their families in detention centres at the Mexico-US border.

Following the backlash, President Trump leapt to his wife's defence, insisting the insensitive slogan was in reference to "fake news media" and not the ongoing migrant furore. Melania's PR blunder followed her husband's controversial remark that migrants "walk through Mexico like it's walking through Central Park. It's ridiculous."

There's only one thing that seems ridiculous in all this...



Melania visited the migrant centre

Her slogan jacket offended many

GOOD WEEK

Niall Horan

Going solo seems to have paid off for the former 1D singer, 24. His debut album, *Flicker*, has clocked up one billion streams on Spotify. Well done, Niall!



Nadiya Hussain

The *GBBO* star, 33, has reportedly earned £250k since winning the show. Nadia famously baked the Queen's birthday cake, fronted her own TV series and has released several books. Ker-ching!



Russell Brand

Comic Russ, 43, is expecting his second child with his wife Laura Gallacher. The news was announced after Laura was seen with a large bump. The pair are already parents to one-year-old daughter Mabel.



WHO'S ON THE UP AND WHO'S GOING DOWN

BAD WEEK

Gary Neville

Becks' former Man U teammate closed his posh Manchester bar, Mahiki, after less than a year following scathing reviews. The venue, which opened last September, was labelled "tragic" by some customers. Ouch!



Sam Smith

Pray singer Sam, 26, was accused of fat-shaming a woman who was having a "big breakfast". The star filmed her eating on his Instagram stories but later deleted it.



Kym Marsh

The *Corrie* star, 42, has opened up about her battle with anxiety, confessing a panic attack once left her fearing she was "going to die". She added, "It's a really frightening, really scary thing to experience."



A Wright royal knees-up!

Mark and Michelle are partying hard in Spain as they celebrate his brother's wedding...

Mark took a topless spin on the decks

On the minibus with the stags

Mich didn't get much alone time with her hubby

Mark's brother Josh with his fiancée Hollie

We recently reported that Michelle Keegan was desperate to renew her vows with hubby Mark Wright – but the pair were celebrating a different wedding last week as they jetted to Majorca to attend Mark's brother Josh's big day!

Extra presenter Mark flew over from LA to join his wife and his family to witness Southend United footballer Josh tie the knot with his fiancée Hollie Kane.

It's the first time Mark and Michelle have been together since Mark was briefly back in Blighty for Soccer Aid on June 10, but the pair were understandably more focused on partying with their friends and relatives than enjoying some romantic alone time as a couple.

Excited Mark was spotted holding a beer while on a bus with a group of lad mates and plugged the hotel he was on his way to DJ at, writing, "On route @bhmallorca." A source told **new!** that Michelle was planning to join her man at

the event but ended up staying back at their hotel with Hollie to help her prepare for her big day.

Mark, who was pictured DJing topless at the pool party, was accompanied by his best pal and former *TOWIE* co-star James Argent, who looked like he may have been overindulging of late! Sadly, Arg's girlfriend Gemma Collins was unable to join her man

in Spain due to work commitments, but told **new!** she had been invited to the wedding. Also in attendance was one of Mark's oldest and best friends, Jack Tweed, who was famously married to Jade Goody before she passed away in 2009 and went on to have a very volatile relationship with Chanelle Hayes before ending it in 2013.

Mark and Michelle, both 31, were clearly delighted to be back in Majorca and it's no surprise given that it's a place that holds special memories for them.

Mark was there almost every weekend last summer DJing, and Michelle flew over to see him last June during a break from filming *Our Girl* in South Africa to celebrate her 30th birthday. Her big night out with Mark and her pals didn't end in the most glamorous fashion though, when she was papped puking on the street after having one too many sangrias.

Let's hope she doesn't make the same mistake again on Josh and Hollie's big day!

Julia Brooks

PHOTOS: BH Mallorca Hotel, Shutterstock



'I'm an icon now!'

Gemma Collins talks to **new!** about being a worldwide star and why no one is allowed to contact her before 11am...

When we last caught up with Gemma Collins, she was clearly in the honeymoon phase with James Argent. And happily, when we meet for another chinwag, they're still very much loved-up. "Everything's really lovely," Gemma tells us. "We're having fun!"

Today we're sitting down with the *TOWIE* legend to discuss her new book, *The GC: How To Be A Diva*. According to Gem, 37, the three characteristics that make up a modern diva are – having an opinion, being assertive and speaking your mind. And during our chat, she definitely displays all three qualities!

Here, Gemma reveals why she has put her baby making plans on hold and which cosmetic procedure she's considering...

Hi Gemma! So should more people aspire to be divas?

Yeah. The book is very tongue-in-cheek and I wanted to point out there's a difference between being an assertive independent woman who knows what she wants and being an out and out pain in the butt. That's not a diva.

What is a diva?

Someone who should be celebrated for being confident, knowing what they want and going and getting it.

Does Arg like the diva side of you?

Arg is the biggest diva you'll ever meet. He's started having blow-dries once a week, he has his waxing done and eyelashes tinted.

He walks into a shop and asks people to help him instead of bloody helping himself. He doesn't see me as a diva because he's got used to me.

Does he ever ask you to tone down *The GC*?

No, sometimes he asks me to be more GC, because if I'm too nice he gets bored of it. He actually says, "Come on, GC. I need you on board today." It amuses him.

In the book, you talk about fad diets.

Have you ditched them for good?

Oh honey, I've done every diet in the book and none of them work. I'm always looking for that miracle cure so I'm just waiting for the next diet to come out and I'll give it a go.

Are you happy within yourself?

I am. I'm never going to be skinny but I'm rocking it for the plus-sized girls.



Gemma and Arg are not in a rush to get married



She's "rocking it" for plus-sized girls

Have you ever been tempted to have surgery?

I'd like a boob uplift. The surgeon said I should have kids first, but if I really wanted one now he'd do it. It's something I'm really considering.

You speak about "ignoring the bastards" – is that your philosophy for life?

I know it sounds bad, but I've got to a stage where I've become an icon. I wanna do what I want when I want, know what I mean? Like, of a morning, I don't like to be disrupted so I put on my WhatsApp, "Do not contact me until after 11 o'clock unless it's an emergency." You might want to get hold of me at 9 o'clock in the morning but I'm gonna have my cup of tea and get to where I need to get to first before I respond.

We hear Paris Hilton's following you on Twitter...

Yes. I've sent her a copy of my book.

How do you think she came across you?

Honey, they know about *The GC* everywhere!

How did you react when she started following you?

I'm not even going to play it down. I screamed my house down, rang all my friends. It was a life changing moment as she's been my idol since I was little.

How are things with Arg?

We're like passing ships in the night but I had a lovely BBQ with his family the other day. He's with the Wrights as Josh is getting married. I was invited, but I've got a lot of work on.

Have you spoken any more about children?

No, I'm having one last year of fun, honey.

Do you think he's got any plans to propose?

He'd be a fool not to propose to *The GC*! But we're not in a rush. I want to have fun.

KARMEL DOUGHTY

The GC: How To Be A Diva is published by *Headline* on June 28, priced £16.99



PHOTOS: Getty Images



Paris Hilton follows *The GC* on Twitter



Inside Ryan & Lucy's make or break holiday

The pair put their relationship issues aside for a trip to the beach...

Lucy Mecklenburgh and Ryan Thomas attempted to put their recent rocky patch behind them last week by jetting off on a make or break

holiday to Greece. And the pair, who were spotted strolling along the beach arm in arm, kept fans up to date with their trip to Mykonos by uploading several sun-kissed snaps onto their social media.

The trip came just days after it was reported that the couple's one-year romance was over following a "massive row" prompted by Ryan allegedly flirting with a model while on a night out in Manchester. However, a source close to Lucy told **new!** their row was not over another woman.

In the wake of the reports, both Lucy, 26, and Ryan, 34, tried to silence the rumours by separately tweeting that they couldn't wait for their "next adventure" – and they have since been keen to convince everyone how much fun they're having on their sunshine break.

One holiday pic showed a super-svelte Lucy – who looks like she has lost a lot of weight – in a leopard-print bikini, while another showed the former *TOWIE* star posing by the sea with the caption, "Y don't I live here!?!?"

And last Monday, Lucy tried to hammer home the point that she was in good spirits by tweeting a snap of a quote, which read, "You look happier' is the best compliment you can receive."

Meanwhile, Ryan got in on the act by posting a picture of himself holding a cocktail and another of him posing in the sunshine with his mum Gail, who'd joined



Ryan and Lucy partied on the Greek island

the couple on the trip along with Ryan's pal and former *Corrie* co-star Brooke Vincent and her boyfriend Kean Bryan.

Ryan and Lucy's positive posts were a world away from their sombre moods a week earlier. Despite partying together at Manchester's Parklife festival in early June, split rumours surfaced just days later.

As reported by **new!** last week, a source said, "It's a real shock. They had a massive row and called it quits on the spot, which will come as a massive surprise to everyone who knows them because they seemed so loved-up."

"Right up until last weekend everything was perfect. Their friends hope it might still work out again in the future, but who knows if that will be possible."

Julia Brooks

The couple headed to Mykonos for a sunshine break



Lucy showed off her svelte tummy



She posed by the sea

Pro Green slams 'fake' Millie as she weds Hugo!

Professor Green slates his former wife Millie Mackintosh just before she ties the knot again...

Loved-up Millie Mackintosh should have been enjoying the run-up to her wedding to her fiancé Hugo

Taylor last week, but her ex-husband, Professor Green, made sure he put a dampener on proceedings by opening up about their "toxic" relationship.

The bitter rapper let rip as he discussed his failed two-year marriage to the former reality star during an interview with John Bishop and blamed their divorce for draining his finances.

"This is about all I've got left," he said pointing to the jewellery and clothes he was wearing. "You know what they say about divorce – it's expensive. You know why? Because it's worth it," he joked.

"I can't stop working right now, my mortgage isn't paid, I am not a house owner. The bank own my house, I own a percentage of it depending on where it sits in the market."



Pro opened up to John



The former *MIC* star on her recent hen do

Pro, 34, also gave an insight into their time as a couple, branding their relationship "toxic", despite claiming he married the former *Made In Chelsea* star for "the right reasons". He said, "She had a family that were stable and I think I did it for the right reasons. We must have been in love with each other because of the things we did for each other that you wouldn't if you weren't. But it became toxic. It snowballed."

One bone of contention in their marriage was her friends, who Pro claimed sold stories on them to keep Millie relevant.

"What I didn't like about it is it served a purpose for her. It took away from all of my work and I really didn't like that and it became quite a toxic relationship to be fair," he said.

Branding her world "fake", he added, "I never really mixed with her friends. I don't like talking about her when she is not here because she can't talk for herself, but in that world it's so fake. People around her were giving information to the press. They [the press] tried to do it with my mates but none of them are grasses. Her side, no loyalty."

And while he didn't specifically blame Millie for the demise of their relationship, he said she changed and he didn't like the person she'd become.



The rapper said Millie "changed"

He also accused the 28 year old of using him to elevate her fame. "I was here in that point in my career and it catapulted her and she fed off that," he said.

"To see that change in a person... We all seek validation and she started looking for it in the wrong places in my opinion. It just made me close off."

Millie's spokesperson declined to comment on his claims, but his frank admissions didn't go down well with her loyal fans.

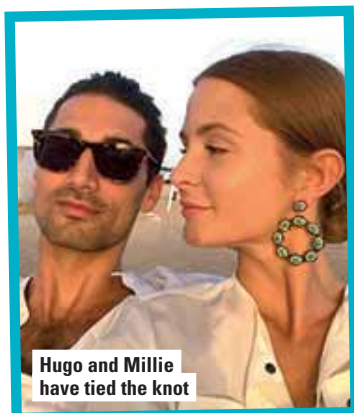
"He needs to have some dignity and not discuss it – he's just making himself

seem bitter by banging on about her," one fumed.

Another said, "Is he still going on about it? Give it a rest already!"

Karmel Doughty

PHOTOS: Getty Images, Shutterstock



Hugo and Millie have tied the knot



Millie and Pro divorced in 2016

Billie 'furious' over Laurence's rant

Laurence Fox is accused of trying to sell his ex-wife down the river...



Laurence and Billie divorced in 2016



Laurence said he felt like he "couldn't go on"

A furious Billie Piper must have been seething after a journalist accused her ex-husband Laurence Fox of trying to sell a story on her.

Last week, nearly two years after admitting their 2016 divorce led to him suffering from "panic attacks", 40-year-old Laurence spoke at length about how the custody battle over their two sons left him broke and feeling like he could no longer go on.

Just 24 hours later, the actor got embroiled in a bitter Twitter spat with a journalist who accused him of trying to sell his story about his marriage to Billie for £50k. Ouch!

Laurence accused showbiz journalist Dan Wootton of twisting his words about his custody battle, prompting Dan to respond, "I am well aware of exactly what you wanted to say because you offered your tell-all interview to many newspapers for a £50,000 fee."

Defensive Laurence hit back with, "You offered me £50,000.

I didn't take it. Also this from a man who recently said he was going to run a story saying that our break up was because I was found in bed with a man..."

But Dan didn't take this lying down, saying, "I never once made any offer to interview. The fact your PR was touting you slagging off your ex-wife for 50k was of no interest to me."

Prior to his Twitter spat, troubled Laurence opened up about the custody battle over Winston, nine, and Eugene, six,

saying, "I was certainly in a very dark place at one point – at my lowest ebb. I almost felt like I couldn't go on. It all felt so hopeless. The emotional strain was dreadful."

Reflecting on the financial impact it had on him, the former *Lewis* star said he was forced to remortgage his house, sell his motorbike and drain his savings.

He also admitted he could relate to dads who commit suicide and criticised the legal system in this country, saying, "I understand why some men feel so hopeless they commit

suicide and find themselves lying on the train tracks."

Although he said he wished Billie "love and support", Laurence added, "I've got lots of nice things to say about Billie, but I'm thrilled our marriage ended – it was a bad marriage. It took us years to get from, 'We're not happy,' to, 'Let's get divorced.'"

Since their split, both Billie and Laurence have moved on, with him now in a relationship with DJ Lilah Parsons, and Billie, 35, seeing musician Johnny Lloyd.

"I now know what a good relationship feels like. I'm happy," Laurence said last week. "I am me now, which is a f***ing relief."

When *new!* approached a representative for Billie, they didn't comment. A spokesperson for Laurence said, "The journalist's claims that Laurence's camp came to him to try and sell his story is simply not true." Dan Wootton said, "No comment."

Karmel Doughty



Billie is now seeing Johnny



Laurence and Lilah are together



Aidan Turner & Caitlin Fitzgerald

HOT Poldark heart-throb Aidan, 35, has finally gone public with his new love, American actress Caitlin, 35. They were snapped holding hands and taking cute selfies in Paris last weekend.

The cosy pictures come just a week after he admitted in an interview that he does have a girlfriend and that she "maybe" lives in New York.

The pair, who have apparently been dating for four months, met while filming *The Man Who Killed Hitler And Then The Bigfoot* together. Cute!

HOT OR NOT

THE STARS HOOKING UP, BREAKING UP OR SIMPLY GETTING THEIR FLIRT ON!

NOT Robert Kardashian's baby mama Blac Chyna, 30, has dramatically ended her relationship with toyboy rapper Jay, 18, after just three months of dating.

Jay announced the split in an Instagram story that simply read, "@blacchyna and I are no longer together." The break-up comes just two months after he shared a photo of the mum-of-two on Instagram and captioned it, "Will You Marry Me?"

A source close to Chyna said, "They split very recently. She's doing really well. She is focused on her children, her health and her fitness."



Blac Chyna & YBN Almighty Jay



Gavin Rossdale & Sophia Thomalla

RED HOT Gwen Stefani's ex-husband and Bush frontman Gavin, 52, and his model girlfriend Sophia, 28, have again fuelled rumours they are engaged, after she was spotted wearing some serious bling on her ring finger during a romantic stroll in London last week.

The couple, who have been dating since April last year, first hinted at an engagement back in March when they were both pictured sporting rings on their left hands while walking in Los Angeles. Something to tell us, guys?

RED HOT Cristiano has been making headlines with his superb World Cup goals, but we're more interested in the news that he could be about to walk down the aisle.

Engagement rumours were sparked when the Portugal star's girlfriend, Georgina, 24, was spotted wearing a huge rock on her wedding finger while she was in Moscow watching her man score the winner against Morocco.

Cristiano, 33, and Georgina have been dating since late 2016, and the couple welcomed their first child, Alana Martina, in November last year. It's also reported that the former Gucci employee liked an Insta post of a Cartier engagement ring, estimated to be worth £615,000, that looks very similar to the one she's sporting!



Cristiano Ronaldo & Georgina Rodriguez

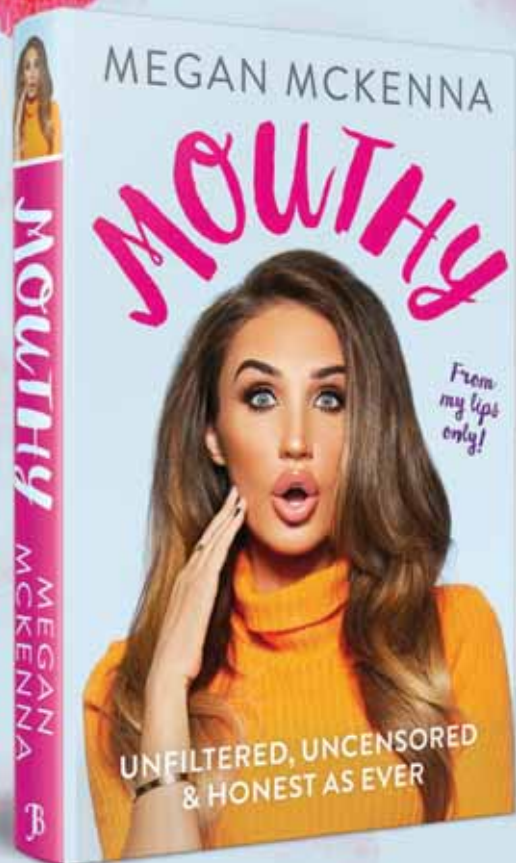


Russell Tovey & Steve Brockman

NOT Russell, 36, has confirmed his split from fiancé Steve just four months after announcing their engagement and gushing that they were "very, very happy".

The actor, who has been starring in the play *Angels In America* alongside Andrew Garfield, broke the news during an Instagram chat with fans. When he was asked whether or not he was still in a relationship with Steve, he replied, "No, darling."

Since the split was announced, all photos of Steve have been deleted from Russell's social media accounts.



WHAT REALLY GOES ON WHEN THE CAMERAS STOP ROLLING AND THE PAPARAZZI HAVE GONE HOME?

Uncover the truth behind one of the most well known faces on reality TV in her new book

Out 26th July



The Happiest Weight Loss Book Ever!

Mouth-watering recipes
from Connie Simmonds
in *Healthy Forever*

OUT NOW



"So refreshing to read a real, honest
book from someone who knows exactly
how it feels to struggle with your
confidence and body image."

- Amazon Review



new! **STYLE**

This week's hottest fashion and beauty buys



MARKS & SPENCER £39.50

The classic straw bag is getting an update with slogans. We love this "happy" number with its colourful straps and tassel – it's a little bit of fun!

WEEKLY WANTS



Top **Oasis at Littlewoods** £45 / Necktie **Peter Hahn** £45 / Locket **Hurley Burley** £45 / Sandals **Tobi** £87 / Jeans **Finery** £119

COMPILED AND STYLED BY: Sarah Loving PHOTOGRAPHED BY: Megan Bramley STOCKISTS: Finerylondon.com, Hurleyburley.com, Peterhahn.co.uk, Tobi.com
All fashion and beauty prices are RRP and were correct at time of going to press

CANNES LIONS FESTIVAL

FRANCE, JUNE 19
We do like a jumpsuit, but there's just too much fabric in the 48-year-old's Sara Battaglia number. Without the frilly sleeves and overlong trousers, it might have worked.



NAOMI CAMPBELL



CHIC

OR

The red carpet winners and the should be in the binners!

GIGI HADID



OUT AND ABOUT

NEW YORK, JUNE 19
We love Gigi's printed Alberta Ferretti shirt dress. And the 23-year-old model proves that flats can look cool in her Freda Salvador slip-ons.



KIMBERLEY WALSH

ITV STUDIOS
LONDON, JUNE 19
Kimberley, 36, looks radiant in this pretty summer dress. And as it's from high-street favourite Oasis, we can get our hands on it too!



MTV MOVIE & TV AWARDS

SANTA MONICA, JUNE 16
The actress, 21, takes experimental fashion to the extreme with this bizarre structured skirt. We can't help but wonder how she managed to sit down!



ZENDAYA



E EK!

STYLE



SUKI WATERHOUSE

THE SERPENTINE SUMMER PARTY
LONDON, JUNE 19
This retro look just doesn't suit 26-year-old Suki. She should have left her Chanel get-up in the 60s!



LARA STONE

THE SERPENTINE SUMMER PARTY
LONDON, JUNE 19
Lara, 34, is no wallflower in this bold printed mini dress, which shows off her amazing long legs. We love her long necklace too.



CARTIER QUEEN'S CUP POLO FINAL
EGHAM, JUNE 17
Jenna, 32, looks fab in this 40s-inspired Emilia Wickstead dress. Her Louis Vuitton bag and Charlotte Olympia platforms are giving us serious accessory envy too.



JENNA COLEMAN



GEORGIA TOFFOLO

ROYAL ASCOT
ASCOT, JUNE 20
Toff, 23, heads to the races in an OTT headpiece that doesn't go with her dress at all. And that mustard colour is rather drab. She should have gone for a fresher yellow.



PHOTOS: FilmMagic, Getty Images, Shutterstock, Wenn.com, WireImage

LIFE THROUGH

It's time to rethink your summer shades, so take a look at these shiny new pairs just waiting to be snapped up!

£14



Le Specs at Net-A-Porter £75



Lipsy at Next £20



Weekday £18



Jeepers Peepers £16



H&M £8.99



Fossil £69



Michael Kors £144



Karen Millen £65



Quay £50



Planet i at Urban Outfitters £75

AVIATOR

OASIS



Dorothy Perkins £8



Le Specs at Net-A-Porter £75



Urban Outfitters £14



NA-KD £14.95



Red Herring at Debenhams £16



Jeepers Peepers £24



Marks & Spencer £17.50



Monki £10



H&M £8.99

G H A L E N S

TOPSHOP



£20

BELLA HADID



Missy Empire £10



Quay £40



Bershka £9.99



PrettyLittleThing £8

MICRO



Pull&Bear £12.99



Quiz £8.99

£17.99



CAT EYE

SIENNA MILLER



Accessorize £12



Missguided £6



& Other Stories £23



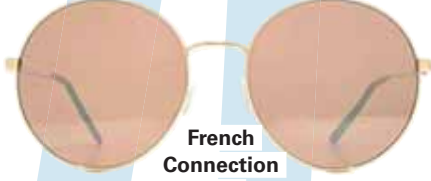
MANGO



Finlay & Co
£140



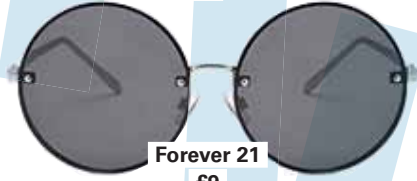
Ray-Ban
£127



French Connection
£45



Neubau
£270



Forever 21
£9



& Other Stories
£25



New Look
£8.99



Vans
£18



River Island
£14



H&M
£5.99



Urban Outfitters
£28



Weekday
£12

ROUND

£12.99

PULL & BEAR



KOURTNEY KARDASHIAN

XXL

BERSHKA

£12.99



Accessorize
£12



& Other Stories
£23



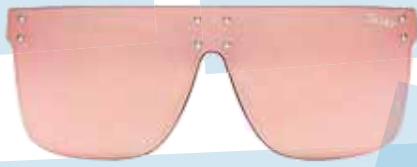
LOUISE THOMPSON



Topshop
£32



Quay £55



Guess £100



Oakley
£140



River
Island £16

Ray-
Ban
£154



VISOR

GIGI HADID

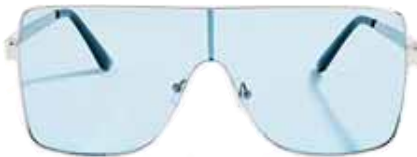


MISSGUIDED

Forever 21
£9



Topshop
£20



Dolce & Gabbana
at Withsunglasses.
co.uk £153



£5



Uterqüe £79



Gucci at Net-A-Porter
£225



Flying
Tiger £4



Matt
& Nat
£52



Zara
£17.99



Thierry Lasry
at The Outnet
£155



COMPILED BY: Sarah Loving ASSISTED BY: Abbie Schmid PHOTOS: Getty Images, Splashnews.com STOCKISTS: Flyandco.com, Flyingtiger.com, Jeeperspeppers.co.uk, Mattandnat.com, Missguided.co.uk, Missyempire.com, Monki.com, Na-td.com, Net-a-porter.com, Neubar-eyewear.com, Prettyfittling.com, Quayaustralia.co.uk, Stones.com, Theoutnet.com, Uterque.com, Weekday.com, Withsunglasses.co.uk

HOW TO WEAR... WHITE

Ahead of Wimbledon, we show you how to look ace wearing this colour off court...

MANGO



Dungarees
Topshop
£46

Sunglasses
Finlay & Co
£140

Jacket
New Look
£29.99

Sandals
H&M
£39.99

LUCY WILLIAMS



LEANDRA MEDINE

Bag
Glitz n' Pieces
£60



Dress
Zara
£29.99

Sandals
Office
£42



T-shirt
Bershka
£4.99

Bag
asos
£22

Shoes
Birkenstock
£35

Skirt
Miss Selfridge
£28

ALEXA CHUNG

A lightweight top teamed with denim will help break up the look



Blouse
Pull&Bear
£15.99

Jeans
Stradivarius
£29.99

Mules
George at Asda
£15.50

Earrings
Neutre Store
£166

COMPILED BY: Gillian Scholtes PHOTOS: Shutterstock STOCKISTS: Birkenstock at Weekday.com, Finlayandco.com, Glitznpieces.com, Neutrestore.com

MOLLIE KING



Mollie flaunts her beach body in this gorgeous **Boux Avenue** bikini, **£39**.



ASHLEY JAMES

We love this super-cute summer dress from **Lipsy**, **£55**. Pair with flat sandals during the day – then dress it up with heels at night.



LOVE IT?

GET IT!

Add some celebrity style to your wardrobe...



LISA SNOWDON

Presenter Lisa looks summer-ready in this **New Look** outfit. The dress is **£39.99**, the shoes are **£8.99** and the bag is **£22.99**.



Monsoon £59



Topshop £36



Zara £39.99



Marks & Spencer £65



Mango £49.99

DRESS CIRCLE

Ghost £89



Be ready and out the door in no time with these easy to throw on summer midis...

Stradivarius £35.99



New Look £22.99



H&M £49.99



F+F at Tesco £35

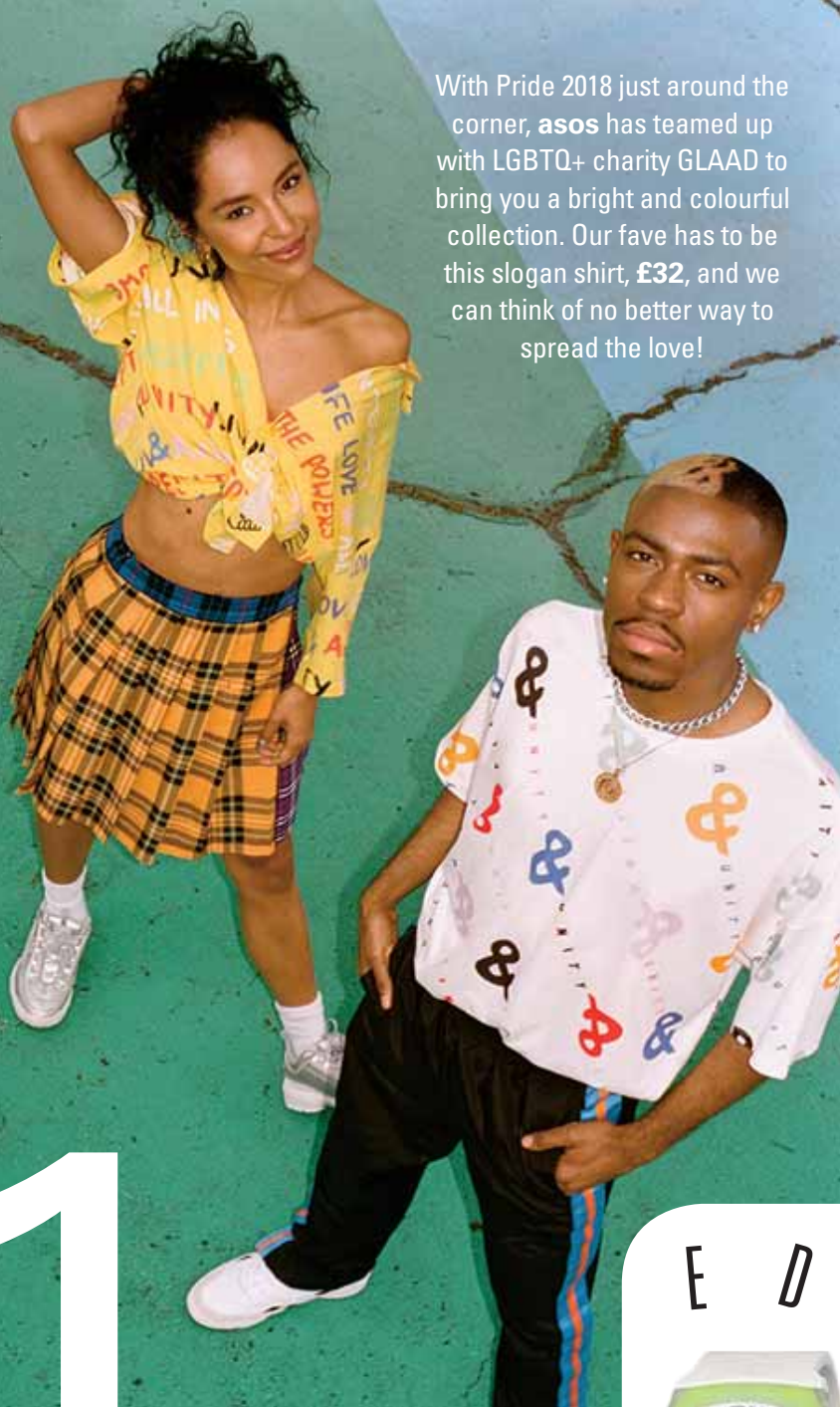


Primark £13



COMPILED BY:
Gillian Scholes

With Pride 2018 just around the corner, **asos** has teamed up with LGBTQ+ charity GLAAD to bring you a bright and colourful collection. Our fave has to be this slogan shirt, **£32**, and we can think of no better way to spread the love!



HOT LIST

Fashion editor Stacey Moors' top 5 style buys of the week



1

Ditch your old gym bag and opt for this minimalist **Rains** backpack instead. It's **£69.99** from **Zalando**.



4



2
Watch
Casio
£110



3

Sportswear is having a revival once again, so **Fila** and **Weekday** have joined forces to produce a practical yet fashionable collection, including this top, **£25.99**.

Don't keep these **Zara** sliders, **£39.99**, for those days by the pool. They're chic enough for any daytime outfit.

5



Chloé Eau de Parfum from £47

"It's always been my fave, and it's Marvin's too. I wore it on our wedding day so it reminds me of that and he knows that smell anywhere. He's obsessed with it!"



ghd Heat Protect Spray £12.95

"This gives UV protection when you're out in the sun all day."



ghd Air Saharan Gold Hair Dryer £99 and Air Diffuser £15

"I dry my hair with this and use the diffuser to maximise my curls. It has three heat settings and I start low then turn up the heat once my hair is nearly dry."

ghd Curl Hold Spray £12.95

"For curls that last all day and night I use this light spray."



Laura Mercier Radiance Primer from £19

"This gives my skin an instant boost of radiance and a healthy glow."

Glossier Balm Dotcom £10

"Always use a good lip balm, nothing that's too drying. I love the Glossier ones, especially the coconut one."



Elemis Pro-Collagen Advanced Eye Treatment £43

"This is a light serum that hydrates and makes my eyes feel more alive."

Garnier Micellar Cleansing Water from £1.99

"This classic cleanser is so easy to use. It gets everything off and is super gentle on my skin."



HIGlow Radiance & Glow Body Cream £7.99

"If I have my legs out, I like to make sure they look smooth so I apply my own HIGlow cream for a radiant glow."



Fenty Beauty Gloss Bomb £16

"The most perfect nude gloss ever, which looks good on all skin tones."



BEAUTY BAG

ROCHELLE HUMES

The presenter on what gets her gorgeous

POM POWER



Pomegranate is skincare's latest No1 seed



- 1 Purple Tree Pomegranate Miracle Balm **£3.99**
- 2 Weleda Pomegranate Regenerating Hand Cream **£12.95**
- 3 The Scottish Fine Soaps Company Pomegranate Crush Luxury Soap **£12.95 [from gift set of four products]**
- 4 Crabtree & Evelyn Pomegranate & Argan Oil Nourishing Nutri-Oil **£30**
- 5 Korres Pomegranate Grenade Moisturising & Balancing Cream Gel **£19**
- 6 EOS Pomegranate Lip Balm **£5.95**



1



2



3



4



5



6

SACK THE STYLIST

These male celebs look like they got dressed in the dark!
They should have the sense (and money) to know better...

JUSTIN BIEBER

It's too late to say sorry for this terrible outfit, Justin. Socks with slippers is always a fashion fail. And a trip to the hairdresser's wouldn't go amiss, either!



TYGA

No wonder the rapper's wearing sunglasses – he's gone crazy with the bling! He could do with toning down the brand bragging on his trousers too.

TOMMY MALLET

The *TOWIE* girls are known for some daring fashion choices and it looks like some of the boys are trying to get in on the act. Been raiding Georgia's wardrobe, Tommy?!



KRIS BOYSON

He's dating Katie Price, so he must be as mad as a box of frogs – and his dress sense seems to back that up. Those shorts are way too tight, Kris!

JOHNNY DEPP

It looks like the actor might be pining for his grungy teenager days. All that's missing from this outfit is a skateboard!

ROBBIE WILLIAMS

He's set to join the *X Factor* judging panel this year, but it looks like the singer wants us to know he's still got a wild side. We hope he's a better judge of talent than he is of style!

LEWIS HAMILTON

The Formula One champ is clearly an animal lover – why else would he hit the town dressed as a zebra?! And those shoes wouldn't look out of place on the *Strictly* dance floor.

BOBBY NORRIS

Bobby famously had a drink thrown over his Reiss coat on *TOWIE* – which might explain why he has decided to go out in a suit that won't show up any future spillages!



'My daughter co my suicide atte

After fashion designer and mum-of-one Kate Spade took her own life **new!** speaks to a mother whose suicide bid had devastating consequences

On June 5, iconic handbag designer Kate Spade, 55, was found dead in her New York apartment. It's thought she killed herself after years spent battling anxiety and depression. She left a suicide note for her daughter, Frances "Bea" Beatrix, 13, who was at school at the time. Three years ago, we brought you the story



of entrepreneur Melanie Llewellyn, from Bedfordshire, who also attempted suicide. Her daughter Riannon was just 11 at the time and, in a terrible

new! first spoke to Melanie three years ago

twist, has since tried to take her own life. Here, Melanie, now 37, brings us up to date with her story...

'My daughter saw me trying to kill myself'

Single mum Melanie Burnell tells new! how juggling a punishing work schedule with motherhood left her feeling suicidal...

Sunbathing by the pool, my daughter Riannon and I chatted about what we were going to wear to dinner. "I'm going for a swim," Ri announced, diving in as I watched proudly.

It was August 2011 and my parents had paid for us to go to Majorca on holiday. They'd told me I was working too hard and needed a break, and now I was enjoying quality time with my girl.

It had always been just me and Ri. I was 19 when I had her and two weeks later I split amicably from her dad. Ri was such a studious, sensible little thing. I'd joke that she was the Saffy to my Eddie, like the characters in *Ab Fab*.

I was determined to provide for her, so when Ri was at primary school, I launched a business, setting up an art gallery in Bedfordshire. Before long, I was representing more than 200 artists. But there were never enough hours in the day for my monumental workload and slowly, the relentless pressure caused me to unravel.

"I need a packed lunch for school tomorrow, Mum," Ri would say, gently. But I barely heard her, my head in my emails.

Then came the panic attacks. My GP thought I had depression but I felt wired, couldn't retain information and my heart would race. I couldn't sleep or string a sentence together, let alone make a sandwich. But I was terrified I'd be locked up and branded insane if I asked for help.

GLAZED EYES

By March 2012, I'd convinced myself the only way out was death. I was beyond comprehending how my actions might affect Riannon, then 11. If anything, I thought she'd be better off without a useless mother like me.

As I swallowed a cocktail of pills, I scribbled a note for Ri, telling her I loved her. I never wanted her to think this was her fault.

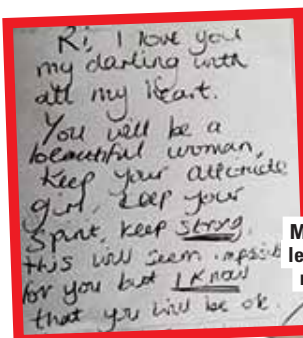
I don't remember stumbling into the hallway, but that's where Ri and my then-boyfriend Richard found me, frothing at the mouth, eyes glazed, mumbling about pills. When I woke up in hospital hours later, I was devastated to find myself alive. At the foot of my bed, asleep on a pile of coats, lay Riannon.

I spent three months in a psychiatric hospital while Ri lived with my parents. Shielding her from the truth, they told her I wasn't well and needed to rest. Ri was amazing, acing her SATs while I recovered. She visited a few times, bringing drawings of us looking happy together.

"I love you," I said every time I saw her. "I love you, too," she'd always reply. More than that, we didn't talk. I didn't know what to say.

I was diagnosed with an acute psychotic episode brought on by stress. After medication and three months in hospital, I had a second chance. I broke up with Richard and Ri and I painted our flat in bright colours. The breakdown felt like a fading memory.

For Ri's 12th birthday a year later, I filled the flat with pink balloons and she and her friends had a photo shoot. Laughter filled the air and I felt relieved that Ri seemed so unscathed.



Melanie had left a suicide note for Ri

But a year after I left hospital, I heard a thud from Ri's room. I raced there to find her on the floor, her limbs jerking, eyes rolling as if she were intoxicated. I tried to get her up but she passed out, floppy but twitchy. Her eyes flitted between staring and rolling back.

Shaking with fear, I dialled 999 and 20 minutes later a paramedic arrived. She shone a light in Ri's eyes and checked her pulse, then lifted Riannon's sleeves.

"Have you seen these marks?" she asked.

I stared in disbelief. Both wrists had dozens of little cuts on them – not fresh, maybe a few days old. Thinking about it, she always wore long sleeves, saying she was cold even though it was summer.

I called Ri's best friend from school and asked her if she knew anything about Ri self-harming. Eventually, she admitted Ri had been cutting herself for three months. The room spun as I tried to collect my thoughts.

At Luton And Dunstable Hospital, tests confirmed Ri had taken a massive overdose.

My mum Jan, 64, found an empty packet of my antipsychotic pills in her room. I hadn't taken them in months and had forgotten about them. As I thought how awful it would be to lose Ri, I realised that must have been exactly how she'd felt when I was the one in the hospital bed. Overcome by guilt, I blamed myself for her feeling like suicide was an option.

Ri was in danger of seizures, brain damage and death. But thankfully, after a few days, she regained consciousness. "I'm glad it didn't work," she said.

Five days later, Riannon was discharged. I threw away all my

ried mpt'

earlier this month,
for her daughter...

old medicine. I wanted to ask her why she'd done it, but I was advised not to push her.

Like me, Ri had written a suicide note. I found it scrunched up in her room. "I'm sorry but the voice has finally defeated me. I tried to overcome it but it beat me. Sorry, Riannon," it read.

PSYCHOSIS

During my psychosis, there was professional support for me, but no one had considered Ri. Now, she was assigned a social worker at CAMHS (Child And Adolescent Mental Health Service) and began seeing a psychiatrist.

A few weeks after she left hospital, she opened up to me one night as we snuggled in bed. "After you left hospital, I heard this voice in my head telling me everything was my fault," she said. "It got louder and louder and then one day I couldn't take it any more. The voice taunted me as I swallowed the pills." It was horrible to hear what she'd been going through, but I knew she could get better. Because I had.

Ri continued art therapy and counselling and was prescribed fluoxetine, an antidepressant for children. Her psychiatrist explained she had elements of different psychological disorders including PTSD, depression and psychosis. But after 16 months, her psychiatrist weaned her off medication and she emerged as her old happy self. The voice had gone.

Now 17, Ri is learning to drive, studying for A levels and has a part-time job as a waitress.

In May 2015, I met Lee, 44. He's kind and funny and we married two years later, with Ri as chief bridesmaid. As we got ready together, I watched her laughing and taking selfies, and I realised how lucky we were to be here.

It's frightening to see an increase in suicides like Kate Spade's in the news. We must pour our resources into providing mental health services for people *before* they reach crisis point.

I'm now working as a graphic designer, but I ensure every day includes time for laughter and family. No career is worth losing your mind, your child or your life for.

Kim Willis

Visit Samaritans.org for advice and support. *Melanie's book, And When You Become A Diamond, is available on Amazon*



Riannon was chief bridesmaid at her mum's wedding

The pair have made it through hard times

RIANNON SAYS:

After finding Mum that night, I couldn't stop replaying what I'd seen. It haunted me like a nightmare, whether I was awake or asleep. But I wanted Mum to get better and thought telling her how upset I was would burden her at a time when she had enough to worry about.

When a voice started taunting me in my head, I kept it to myself. Looking

back now, I think that just made it louder. It was nasty and sarcastic and told me I was to blame. I tried to silence it by cutting myself with ring-pulls and razors then spraying perfume on the wounds. The sting helped me feel like I'd won, if only for a moment.

When I tried to kill myself, I thought it was better than anyone ever thinking I was crazy. I chose to overdose



Ri and Melanie both struggled with mental health issues

on pills because that's what Mum had done and I hoped it might work. But I'm so glad it didn't.

My advice to anyone going through this is to talk to someone. You're not alone.

Charlotte Crosby

The *Just Tattoo Of Us* star, 28, reveals her diet downfalls and why her favourite meal of the day is breakfast...

HEIGHT 5FT 7IN **DRESS SIZE** 10

Have you ever been on a fad diet?

Yeah, when I was a lot younger. When you're younger you do silly things and listen to all sorts of little rumours that are going around the school. I was skinny back then anyways, so it didn't really make any difference to us.

Have you ever been tempted to cut meat out of your diet?

Yes. I went pescatarian for a little while. I did it for about two and a half weeks and I just started accidentally eating meat again. I thought, I've messed it up, so I just stopped.

Have you got any food intolerances?

I'm intolerant to cow's milk, gluten and wheat. I have gluten-free bread, but other than that I just try and avoid the foods that include them.

Do you have any diet downfalls?

I just love McDonald's and cheesy chips and gravy! If I was ordering from McDonald's, it would be a double cheeseburger, six chicken nuggets and a sour cream dip.

How much alcohol do you drink?

I only go out once every two weeks – well, unless it's a special occasion like a bank holiday weekend or someone's birthday.

What's your favourite meal of the day?

Breakfast, because it's the meal where I allow myself to have a little bit extra. You burn off most of the calories throughout the day with breakfast.

How do you maintain a healthy lifestyle while you're filming *Just Tattoo Of Us* and *The Charlotte Show*?

I don't! I let myself have a little time off.

How often do you exercise?

I haven't exercised for quite a while, if I'm being honest.

Does that bother you?

I'm quite laid-back, but I do want to start getting back into it.

How body confident are you?

I'd say I'm about a seven out of ten.

Does being in the public eye make you feel under pressure to look good?

I suppose it does, because you probably do think about it more than the average person does. But it's nothing that I stress myself out about.

Charlotte's spring collection is available now from Inthestyle.com



MY FOOD DIARY

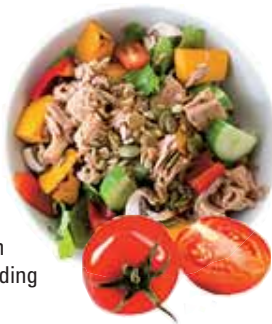
BREAKFAST "I had two poached eggs with a few rashers of bacon. I don't like coffee or tea, so I had a glass of water instead."

NUTRITION CONSULTANT IAN MARBER SAYS, "This is a high-protein breakfast. Charlotte should add some gluten-free toast or a couple of grilled tomatoes for fibre and nutrients. Processed meats, such as bacon and ham, should only be eaten a couple of times a week as they have been linked to colon cancer in the long run."



LUNCH "I had a salad made up of tuna, sweet potato, lettuce, red onion and tomatoes."

IAN SAYS, "Tuna is a source of omega-3 fats that can promote heart health and is good for your skin. Sweet potato, lettuce and tomatoes are good sources of vitamin C and fibre, which helps skin quality. Onions offer chromium to help balance glucose levels, leading to more consistent energy levels."



DINNER "For tea, I had one chicken breast with sweet potato and broccoli."

IAN SAYS, "Chicken is a good source of zinc, which is used in the immune system and in the skin, while sweet potato contains orange carotenoids that have antioxidant properties. Broccoli is rich in fibre, as well as minerals and sulforaphane, which gives it the bitter taste but has strong immune-boosting properties."



SNACKS "I had a handful of salted popcorn and an apple. I only really drink water throughout the day."

IAN SAYS, "Popcorn is a useful snack for anyone who is gluten-intolerant, but aside from a good dose of carbs, it doesn't really have many nutrients. Apple skin contains ursolic acid, a nutrient that has antioxidant properties."



Follow
Ian Marber
on Twitter
@IanMarber

WITNESS MY FITNESS!

The *Ex On The Beach* star, 31, on his love of running and his unusual workout playlist...

How often do you go to the gym? I try to go six times a week. Because it's my job, it's easy for me to stay in shape. I get up early most mornings and do a run. I'm training for a half marathon as well. **How long do you run for in the mornings?** About half an hour. **Do you only run when you're training for something like a marathon?** No, I actually really enjoy running most days. Obviously it's not as much as I'm



doing it at the moment. I do about three days a week, usually. **What's your top fitness tip?** I always encourage people to get off the sofa. It sounds so simple but if you go to the gym, you're not going to sit down. You'll do some sort of workout, whether it's 15 minutes or 45 minutes. **Have you ever had any embarrassing gym moments?** Totally. Some mornings I'll be on the treadmill and I'll put it on a medium walk or on an incline, and I'll be on my phone. Every so often, you start drifting slightly to the side, your foot just catches on the treadmill and you trip and fall off. I've also had weights fall on my face. **Ouch! What's the best freebie you've ever been sent?** I've just got a freebie from Lean Active today. It's just supplements, but I'm always happy to get new flavours. **What do you listen to when working out?** This morning I was after motivation, so I was listening to Will Smith talking. When I'm doing weights, it's heavier music.

Joss has partnered with Lean Active. Find out more at Leanactive.com

JOSS MOONEY



WORDS: Gemma McCartney, Jadie Troy-Pryde
PHOTOS: Getty Images, Wire Image



#INSTAFITTIE OF THE WEEK

It's hard to believe she gave birth last year – look at that toned tum and those svelte legs! It's really no wonder *Hollyoaks* actress Chelsee Healey took to Instagram to show off her figure as she basked in the sun in Magaluf.

EYAL ON THE PRIZE

In preparation for his stint in the villa, *Love Island* hunk Eyal Booker took F45 classes (45-minute training sessions combining high-intensity interval training, circuit training and functional training) to buff himself up.

Michael Chapman, a trainer at Eyal's gym, F45 Tottenham Court Road in London, told **new!** he focused on barbell deadlifts, plyometric push-ups and hanging toes-to-bar leg raises. It certainly paid off!



FLACK LOVES A SNACK!

Love Island host Caroline Flack has one of the most enviable bodies on telly, so it's nice to hear she still allows herself treats.

She recently revealed, "It's about eating the right foods but, at the same time, I'm not very good at not giving in to temptation. If something's in front of me, I'll usually take it."

You're a girl after our own hearts, Cazza!



GARDEN WORKOUT

One in five people are making their gardens more workout-friendly so they can make the most of the good weather during their training sessions, according to homeware e-shop Alfresia. That's a good excuse to ditch the expensive gym membership and work out al fresco, if you ask us...

How to stay safe in the sun

Summer is (finally) here, but before you rush out to catch some rays, check out our tips on how to beat the burn...

You've only got to watch *Love Island* for a couple of minutes to know that tans are in. And it's not just the girls who are fixated on getting a golden glow – both Charlie and Dr Alex complained about not being as bronzed as the other lads. But too much exposure to the sun's rays can be dangerous, even deadly. Eighty-six per cent of melanoma skin cancer cases

in the UK are linked to too much exposure to sunlight and sunbed use. And worryingly, a recent study found that seven in 10 millennials purposely sunbathe outdoors to achieve a tan, while one in three said having a tan was "important" to them. Here, the experts answer our burning questions so you can minimise the risks while still enjoying your summer...

UNDERSTANDING ULTRAVIOLET RAYS

There are two types of sun ray – the long-wave ultraviolet A (UVA) and the short-wave ultraviolet B (UVB).

UVA rays are more intense and can penetrate several layers into your skin, while UVB rays react with the upper layer of skin and cause sunburn. To make it simple, remember A for ageing, as UVA rays age your skin, and B for burning, because UVB rays are the ones that burn it.



WHY ARE TANS SEEN AS SEXY?

Before the 20th century, a tan was actually seen as a sign of poverty, as people with darker skin tended to work outside for a living. But over the past 50 years, a tan has become a sign of perceived health and wealth. "A tan is now seen as attractive as individuals with more expendable income have greater opportunity to travel overseas and as such get a tan," says Kay Greveson, nurse practitioner at Regents Park Aesthetics. "In reality, a tan is a reaction to DNA damage in the skin and not a sign of good health at all."

Remember, a tan doesn't protect against the sun's rays either – it's only the equivalent of wearing SPF3 cream. People with darker skin tones have more natural protection, but UV rays can penetrate all shades of skin. So whatever your type, cover up or slap on the sun cream!



SUN PROTECTION, SORTED

Too much sun can be dangerous, but that doesn't mean we have to hide indoors with the curtains drawn tightly. If you're going to sunbathe, wear plenty of SPF cream and follow these tips.

1 APPLY IN ADVANCE

Sun cream needs 30 minutes to be properly absorbed, so apply it at least half an hour before you hit the beach, not once you get there.

2 CHECK THE EXPIRY DATE

Ingredients in sun cream can lose their effectiveness over time, especially if exposed to warm temperatures.

3 BE GENEROUS!

Use a golf ball-sized amount and reapply every three hours. When applied correctly, sunscreen should result in white streaks on the skin.

4 GET THE RIGHT TYPE

Your legs, your face and even your lips need different types of sun protection, so pack a variety of products when you head off on your hols.

'SUNBATHING LEFT ME

Model Ella Ravenscroft, 20, from Salford, was addicted to sun-soaked holidays and twice-a-week sunbed sessions...

Lying on the hot sand, I felt the blaze of the sun against my face. I was coming to the end of a fortnight in Mexico where it had been 30 degrees every day – and I'd taken full advantage. But that night, I was dismayed to see my shoulders were bright red and stinging.

"Don't worry," I said to my mum, Sarah, 44. "They'll turn brown eventually."

I loved sunny holidays and only ever wore a splash of the lowest factor sunscreen because I wanted to get a nice deep tan. My dream was to be a model and I'd been entering beauty pageants since I was 16, winning Miss Teen Galaxy in 2015.

Back home, when my tan began to fade, I missed it. I was never going to go brown

FAKE IT TO MAKE IT

Avoid the sun and *still* look golden with these fake tan finds...

St. Moriz Gradual Tan & Protect Cream SPF30

The best of both worlds, this sunscreen will protect you from the sun while giving you a subtle fake tan. **£9.99, Boots**



Beauty & Go Summer Skin

This daily drinkable supplement has beta carotene, a natural pigment that gives your skin that bronzed glow. **£24.50 for a 7-day treatment, Mybeautyandgo.co.uk**



Leighton Denny Sun Believable Anti-ageing FACE Gradual Tan

A blend of natural oils helps reduce the appearance of fine lines. And thanks to the in-built caramel hue, skin is sun-kissed at the same time. **£29.50, Ld-boutique.com**



SCORCHED STARS

These celebs clearly spent too long in the sun...



KELLY OSBOURNE



MILEY CYRUS



KIM KARDASHIAN

WHAT ABOUT SPF?

UK sunscreens have a sun protection factor (SPF). This number shows the fraction of UVB rays that will reach your skin – SPF15 means 1/15th of UVB rays will reach your skin – so the higher the SPF, the more protected you are.

"If you're outdoors, use factor 30 or 50 depending on how hot it is and how long you expect to be outside," says Dr Ross Perry, medical director of Cosmetics UK. "Even if your make-up contains SPF, it's important to wear additional sunscreen too."

Your eyes are also vulnerable to the sun, so wear sunglasses that offer 100% UV protection.

SUNBLOCK VS SUNSCREEN

There are two types of sun lotion – chemical and physical. Sunblock, the physical kind, sits on top of the skin, acting as a barrier. Sunscreen, the chemical kind, penetrates the skin and absorbs the UVA rays before they're able to reach the lower levels of your skin. Sunblocks shield against UVB rays, while sunscreens protect against UVA. So choose a cream that's labelled "broad spectrum", as this protects against both UVA and UVB rays.

"UVA protection is just as important as UVB, as UVA rays have more long-term damaging effects," says Dr Adam Friedmann, consultant dermatologist at The Harley Street Dermatology Clinic. "Choose a high SPF, but also at least a four-star UVA rating."

BEATING THE BURN

If you are in the unfortunate position of being burned, follow these steps for some short-term relief – but remember, prevention is better than any cure.

- **Cool down** – sponge skin with cold water or have a cold bath.
- **Moisturise** – after-sun products with aloe vera will keep skin cool and moist.
- **Treat the inflammation** – taking painkillers such as ibuprofen or paracetamol will relieve discomfort.
- **Rehydrate** – drink plenty of fluids.



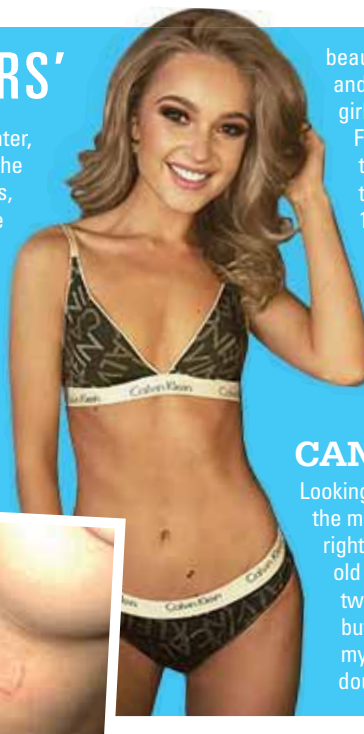
COVERED IN SCARS'

in the gloomy Manchester winter, so I decided to try a sunbed. The salon didn't offer any warnings, I just popped on the protective eye goggles, undressed and lay down.

When my mum noticed my tan the next day, she was furious.

"Don't do it again," she warned.

But I was due to jet off to Florida to take part in a



beauty pageant that spring and I knew all the American girls would be bronzed.

Feeling pressure to look the same, I started going twice a week for a 12-minute session.

But one day in June 2017, Mum spotted something on my back.

"That mole looks bigger," she said.

SKIN CANCER

Looking over my shoulder in the mirror, I saw she was right. When I dug out some old photos, I noticed that two moles under my belly button and one under my left breast had also doubled in size over the

last two years. Mum immediately booked me an appointment with my GP.

"Have you been sunbathing or using sunbeds?" he asked. When I admitted I had, he shook his head. "As a precautionary measure, we'll need to remove these moles and get them tested for skin cancer," he said. "I'm afraid you'll be left with scars."

Clutching Mum's hand, I burst into tears as my future as a model disappeared before my eyes. But I was even more terrified that I could have skin cancer.

Two weeks later, I went in for the first of two operations. I watched in horror under local anaesthetic as they cut out the moles on my stomach. Afterwards, I cried when I looked down at the ugly red stitches and bruises covering my body.

Luckily, the tests came back all clear, but I'll always have the scars. A tan is not worth risking cancer for. I still like to look brown, but now I buy a good-quality fake tan. I still love the sun and I'm off to Mykonos soon, but I've packed plenty of factor 30!



'Gastric surg – it'll ruin Ma

Despite bariatric surgery, *Here Comes Honey Boo Boo* star

Reality star Mama June caused shockwaves last year after revealing her staggering 21st weight loss. Following a £56,000 makeover, which included gastric sleeve surgery, liposuction and surgical skin removal, she dropped from a size 26 to a trim size 6 and 10st.

But recently the star, 38, has been looking a lot more curvy. "I've gained about 25lbs in the last six months," admits June, who says she's now a size 16.

June isn't alone in piling on the pounds post-surgery. In the UK, around 19 weight-loss procedures are performed every day on the NHS, yet roughly half of patients regain weight after two years.

Hospital receptionist Lynn Foster, 46, had bariatric surgery in May 2009, but – as with Mama June – her weight loss was short-lived.

Here, the mum of three, from the West Midlands, explains why undergoing the procedure is her biggest regret...

As the doctors prepared to take me down to surgery, I was terrified.

"I love you. See you soon," my husband, Stewart, 48, a lecturer, said.

I prayed my weight-loss operation would finally bring me happiness, but I knew going under the knife was risky.

Before, I never cared about the way I looked. I'd piled on the pounds after having my three kids, Daniel, now 28, Adam, 25, and Lauren, 23. I'd graze all day, nibbling on biscuits and crisps. I soon found I was 25st and a size 30.

I made an effort with my hair and make-up and ignored my ballooning frame. It was only when the children started school that I realised how big I truly was. I felt embarrassed standing next to the other mums.

"It doesn't matter. I love you no matter what," Stewart reassured me.

But in 2006 I joined a gym and paid for a personal trainer to whip me into shape. I was given meal plans to follow and I stuck to them, but I only lost a few inches off my waist, so the exercise didn't make much difference.

I also went to my GP, who prescribed weight-loss pills, but they had a laxative-type effect on my body, which I found revolting, so I gave them up right away.

WAKE-UP CALL

By October 2008, I'd had enough. At 5ft 4in, I was rounder than I was tall!

"Have you considered weight-loss surgery?" my doctor asked.

He explained my health could seriously deteriorate if I didn't slim down and recommended gastric bypass surgery.

"You'll absorb fewer calories and you'll only be able to eat small amounts of food," he said.

My GP made it sound so easy, so that same month I saw a consultant. I didn't tell anyone other than Stewart, who was totally supportive. I didn't want the children to worry, so I waited until my pre-op consultation the following March to break the news. They were concerned about me having surgery, but I was determined to see it through.

After six months on the waiting list, I was finally wheeled into theatre. Following the op, doctors warned me that if I ate too much or too quickly, everything would come back up again and my stomach would stretch, so at first I survived on a liquid diet of soup and yoghurt.

Incredibly, I lost 3½st in the first month, but living with my bypass was a learning curve. Everything felt heavy in my stomach and I managed on just 800 calories a day. I only had one after-care appointment at the hospital, after which they left me to get on with things. I was given sole responsibility for managing my diet.

Within two years I'd lost 11st, but although I was a size 14, my body was swamped by unsightly, excess skin. Eating was still difficult, too. For dinner, all I could manage was a small piece of fish and a spoonful of potatoes and vegetables.

Then in 2012, I developed nasty migraines. I'd always suffered with them on and off, but the stress of my diet made them worse. I was also diagnosed with fibromyalgia,

June, seen here in New York earlier this month, has gained almost 2st

Back in 2012, June weighed in at 31st

She showed off the results of her makeover last April

ery ruined my life ma June's, too!'

June Shannon has piled on weight. Lynn Foster tells **new!** her own cautionary tale...



Lynn in Morocco after gaining some of the weight she'd lost

Lynn, here with Stewart, has now slimmed down naturally



Before and after her gastric band was fitted

through the photos afterwards, I was horrified. Dressed in a blue vest top and baggy white trousers, fatty folds were spilling out of my clothes.

"Oh God. What have I done?" I cried.

THE SHAME

In the space of a few months I'd regained 5st. I felt like a complete failure and, as the operation had cost the NHS thousands, I felt totally ashamed. I'd not only let myself down, but

I'd let my family down, too.

The following month, I was driving home when I noticed a sign for a local Slimming World meeting. By now, I'd stopped work permanently and felt stuck in a rut. I knew I needed to do something about it, so a few days later I tentatively went to my first meeting, taking Lauren with me for moral support. I told my Slimming World consultant about my surgery, but hid it from everyone else as I felt like such a fraud. I set myself a target to lose the 5st 11lb I'd piled back on.

Instead of losing the pounds quickly, I took it day by day. I focused on enjoying my food and taking my time to digest normal portions. On the Slimming World plan, I could eat whatever I wanted, providing it was prepared in a balanced, healthy way.

I started the day with Weetabix and skimmed milk, followed by crispbreads, cheese and salad for lunch, and a filling jacket potato for dinner. I binned all my crisps and chocolate and snacked on fruit instead.

Rather than managing on spoonfuls of soup and yoghurt, I could finally enjoy nutritious, homemade meals.

It took me two years to lose 5st 11lb, but I was over the moon. I went to my Slimming World group every week and found the support invaluable. I pushed myself to lose more weight and even gave a speech revealing the truth about my bypass.

"I hope you won't judge me as a failure," I said, crying.

The response was overwhelming. A woman even ran up to the podium and hugged me!

Now I'm slimmer than I've ever been. I weigh 11st 6lbs and I'm a size 12. I have saggy skin I can't shift without more surgery, but Stewart tells me I'm beautiful every day.

Celebrities make gastric surgery sound amazing, but I wouldn't recommend it. I've inspired other people to ditch their surgery plans as I believe it's just a quick fix.

It's fine for celebs like Tina Malone who can afford cosmetic surgery afterwards, but I have excess skin hanging on my tummy and my back. My boobs look like a pair of long socks!

I would love to have surgery to sort my excess skin, but it costs up to £20,000 and I can't afford it.

When you agree to have weight-loss surgery, everything happens so fast. The doctors make it sound wonderful, but it's not just about being slim and buying nice clothes. You need to find a healthy way to lose weight and still be able to enjoy your life.

I ended up right back where I was before, and I fear Mama June may go the same way. Gastric surgery is my biggest regret. Save yourself the heartache and slim down naturally instead.

Hadley Middleton

Visit Slimmingworld.co.uk

a condition that causes pain throughout the body, so I took sick leave from my job as a hospital receptionist. I couldn't cope with the constant pain, and being unable to enjoy food any more was the final straw.

Stuck at home, I binged on chocolate and biscuits to make myself feel better. Although my gastric bypass was irreversible, my binges stretched my tummy again. I stopped going out and hid my bad habits from friends and family.

In December 2014, Stewart whisked me away on holiday to Morocco. But as I looked

CELEBRITY GASTRIC DRAMAS...

VANESSA FELTZ
The presenter, 56, had a gastric band fitted in 2010, but said that while it stops her eating big meals, she can still "slither something down like a risotto, a shepherd's pie or chocolate".



TINA MALONE
Shameless star Tina, 55, lost 12st with the help of a gastric band but then had to spend over £50,000 on cosmetic surgery to help remove excess skin.



SHARON OSBOURNE
The *X Factor* judge, 65, had a gastric bypass in 1999 but said she felt like a "cheat" as she didn't lose the pounds healthily. She had the band removed in 2006.

CELEB BITES

Karen Clifton

The 36-year-old *Strictly* pro dancer got cooking tips from a Hairy Biker and reveals what her luxurious last meal would be...

Are you a good cook?

I love cooking. It's one of my favourite things to do. In 2013, I got paired up with Hairy Biker Dave Myers on *Strictly* and he inspired me to cook more. It relaxes me.

What's your signature dish?

I love doing a big roast and cooking for a lot of people. Something with lots of vegetables and meat. It's easy to just put it all in the oven.



Karen likes mushrooms and broccoli

Do you have a favourite restaurant?

Hakkasan [an upmarket Cantonese restaurant in London]. I've been twice already this month. I try to order a little bit of everything. It's delicious.

Which celeb would you love to have a dinner date with?

Scarlett Johansson. I'm a huge fan. She's such a

brilliant actress and woman.

What would you have for your last supper?

Definitely steak with sweet potato fries, mushrooms, broccoli and kale. I'd also have a side of chicken wings, a soufflé and a bottle of sparkling water.

Karen is taking her dancer experience class on tour. Book tickets at Kakedance.com/dancer-experience



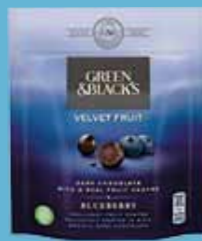
A SAUCY LITTLE DEVIL!

If regular ketchup is making your taste buds snooze, Tricklements' new hot mustard ketchup will spice them up a treat. The special-edition sauce is the perfect partner for that summer barbecue – or use it to sex up your mac 'n' cheese. It's £3.20 for 230ml. See Tricklements.co.uk



FEELING FRUITY

OK, so they won't count as one of your five a day, but posh chocolate pioneers Green & Black's new Velvet Fruit do contain actual fruit – so snacking can be a bit more guilt-free. The zesty flavours include orange, blueberry and raspberry, all coated in dark chocolate. Grab a 120g bag for £3.29 at Waitrose and Ocado.



Leek and sausage traybake with sweet potato mash

This hearty evening meal is perfect for a healthy midweek family dinner...

RECIPE OF THE WEEK

INGREDIENTS

8 high-quality low-fat sausages
2 leeks, cut into rough chunks
 4 sweet potatoes, peeled and cut into rough chunks
Splash of milk
 Knob of butter
Salt and pepper
 1 tbsp gravy granules
200ml boiling water

METHOD

■ Preheat the oven to 200°C/390°F/gas mark 6.
 ■ Pile the sausages into an ovenproof dish and spread them out. Place in the centre of the oven for 30 minutes, adding the leeks after 15 minutes.
 ■ Meanwhile, bring a large pan of salted water to the boil and cook the sweet potato until soft.
 ■ Drain and return to the

pan with the milk, butter, salt and pepper and mash until smooth.
 ■ Combine the gravy granules and boiling water in a jug. Add more granules to thicken the gravy, or more water to thin it.
 ■ Remove the sausages and leeks from the oven and plate up on a bed of sweet potato mash. Offer the gravy separately.



SERVES 4

To order *Healthy Forever: The Happiest Weight Loss Book Ever!* by Connie Simmonds (Blink, £14.99), please call the Express Bookshop with your card details on 01872 562310 or order online at Expressbookshop.co.uk. UK delivery is free.



WORDS: Gemma McCartney
 PHOTOS: Getty Images, Wire Image

'I can see myself marrying Elliott!'

Former *Love Island* star Montana Brown talks finding romance outside the villa...

Montana Brown is one of our fave girls from last year's *Love Island*, so we're

overjoyed that she's found The One in hot model Elliott Reeder. And we can't wait to hear about him when we get together with the friendly Hertfordshire girl, 22, who happily tells us how they met and what the future holds.

Montana also tells us all about her friendship with one of this year's *Love Island* boys – Josh Denzel – and reveals how things are now with her ex, Alex Beattie. Take it away, Mon!

You're in a happy relationship with Elliott. How did you meet?

We mingled in the same circles for ages and then we went out a few times and one thing led to another. We spent every day with each other and it was very intense to start off. It was really organic and in no way forced.

Does he mind your LI past?

I don't think so. He knew what he was getting himself into and he's had to accept it early on. It's awkward when people ask questions about Alex.

Are you living together?

We might as well be, but not technically, no.

Have you said I love you?

Absolutely, it is love. It's kind of rare for me – I will not say the word. If I don't want to say it, I won't. It's nothing to do with looks, but he's a really kind, lovely person and he's so thoughtful. He's exactly the type of person I want to marry.

Are you and Alex in touch?

I haven't spoken to him in ages. If I see him out and about I'll



Mon is loved-up with Elliott

always say hello. We weren't right for each other, but positive vibes towards him.

Do you know any of this year's Islanders?

I know Josh! He interviewed me a few times and I met him at MTV events and we became friends through that.

He clashed with Samira over Dr Alex and put her in her place. Is that what Josh is like?

Josh is very open, very straight-talking and very honest



She finds it awkward when people ask about her ex, Alex

and he's one of those people who's very black and white and I personally appreciate someone who's like that.

Do you think he and Georgia are a good match?

Really good. I really like her.

Who else have you taken a shine to in the villa?

I love Dani and Samira. I think it's quite hard because she's the only



She's rooting for her pal Josh and Georgia



She's also a fan of Samira

woman of colour. People ask her if she can twerk – but not every single woman of colour can twerk!

Do you think it's holding her back?

People have some sort of expectation for people who are mixed race or black, especially girls. They seem to get judged a bit more than other people. **What's your view on people saying the girls are too thin?** I think it would be nice if there was a bit more diversity. We need to promote that it's OK to be curvy and that any shape and size is beautiful.

You were on *The Island With Bear Grylls* with Pete Wicks. Did you guys get on?

I love Pete! I think he's so lovely.

Was he your rock in there?

He was. All the people I was

close to I didn't expect to be. **Would you do more reality TV?** I'd do *Strictly Come Dancing* and *I'm A Celebrity*.

Tell us about why you're supporting Jeans for Genes...

I want to raise their profile and it's good to do something good with the big following I've acquired from *Love Island*. It doesn't just support children with genetic disorders, but also their family, their parents and their carers too – which is really important!

GEMMA MCCARTNEY

Jeans for Genes day is on Friday September 21. To donate, sign up or download your free fundraising pack, visit JeansforGenesday.org

Romantic GETAWAYS

These dreamy destinations are perfect for loved-up couples...

Jamaica has gorgeous golden beaches

JAMAICA

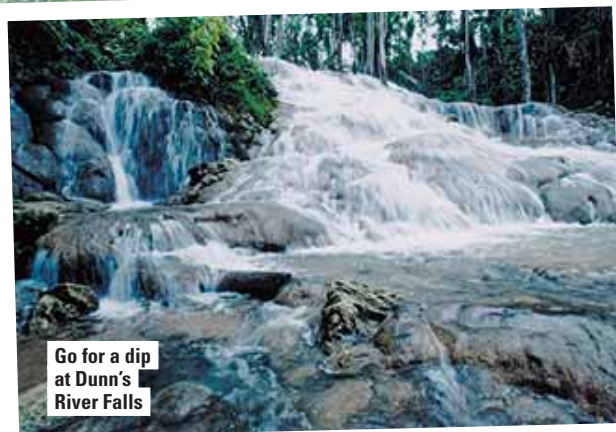
CELEB FANS: From Rihanna and Beyoncé to Caroline Flack and Khloé Kardashian, a whole host of famous faces have holidayed in Jamaica. And it's not hard to see why the A-list love this Caribbean paradise – blue skies, calm seas and golden beaches... what's not to like!

WHERE TO STAY: The five-star Sandals Ochi Beach Resort will make you feel like a star as you sip cocktails at the swim-up bar, indulge in unlimited water sports, catch a movie at the outdoor cinema and party the night away in the secret speakeasy, The Rabbit Hole. You can either stay in an ocean-facing room just minutes away from the immaculate beach or splurge on one of the more secluded and butler-serviced villas nestled in the hills – perfect for honeymooners. We spent our days sipping rum punch on our sunloungers as well as snorkelling, kayaking and paddleboarding, while the enthusiastic team got us involved in cocktail making classes and a Mr & Mrs-style quiz. There are 16 – yes, 16! – restaurants to choose from when

you're feeling peckish. Our fave was Kimonos, where our personal chef rustled up a fresh feast of oriental delights right before our eyes.

OUT AND ABOUT: The popular Dunn's River waterfall is just down the road, where you can hike, climb and swim. But if you're not a fan of tourist hotspots, its little sister, Konoko Falls, is just a few miles away and is equally beautiful – as well as cheaper! If you're in the mood to party, set sail on a catamaran for the day with unlimited drinks, reggae beats and a snorkelling stop. Jamaican

sprinting hero Usain Bolt recently opened a restaurant, Tracks & Records, in nearby Ocho Rios if you fancy heading out of the resort for dinner. And if you're a fan of Bob Marley, hop on board the



Go for a dip at Dunn's River Falls



Taste the A-list life at Sandals Ochi Beach

RiRi has been spotted in Jamaica



ST LUCIA

CELEB FANS: Charlotte Crosby was enjoying a romantic break with Josh Ritchie in St Lucia at the same time as us – they were even on our flight! Holly Hagan and Hailey Baldwin have both been spotted in this Caribbean paradise recently too.

WHERE TO STAY: The welcoming staff at Coco Palm Resort go above and beyond to make sure your stay is magical as you relax in the sun, cool off in the vast swim-up pool, sip cocktails at the lively outdoor bar and enjoy dinners at the two on-site restaurants. On Friday nights, the hotel hosts its Fun Friday BBQ, with a feast of traditional Caribbean dishes and live music. If you want to head out of the resort to eat, we recommend the delicious local cuisine at the nearby Ti Bananne Bistro & Bar. Coco Palm is in the popular Rodney Bay area, so there is fabulous nightlife right on the doorstep – and some spectacular beaches too!

OUT AND ABOUT: For stunning coastal views, join the Pitons Sunset Cruise, which sails along the west coast with a swimming and snorkelling stop at Sugar Beach. Tasty hors d'oeuvres and non-stop cocktails are served on board and as the sun goes down, get ready for some dancing



The hotel has a swim-up pool



Charlotte holidayed in St Lucia recently

on deck. For adventurous types, we recommend a visit to Trim's Stables (Trimsridingstables.com). We rode our horses down to Plantation Beach – and even into the sea. This tranquil beach is a hidden treasure and was a particular favourite of the late Amy Winehouse. Nature lovers should head to Tet Paul, a guided hillside nature trail that offers picturesque views of the Piton mountains. The Botanical Gardens in Soufrière is another must, leading to the mesmerising Diamond Waterfalls, as is a trip to the Sulphur Springs, where you can cleanse your skin in the natural thermal mud bath.

NEED TO KNOW: See Baholidays.com for flights and seven nights at Coco Palm, starting from £1,050. Excursions can be booked by the hotel concierge. For more on St Lucia, see Stlucia.org.



The dramatic Gros Piton

CROATIA

CELEB FANS: When Beyoncé and Jay-Z spent a romantic week sailing round Croatia, they stopped off in the picturesque city of Dubrovnik and were seen bombing around the bay on their jet skis. On land, Tamara Ecclestone and Eva Longoria are among the stars who've been spotted exploring the pretty Old Town, while *Game Of Thrones* has been filmed in several locations there.

WHERE TO STAY: The recently refurbished Hilton Imperial sits just outside the city walls, making it a great base from which to explore. Our room had a fantastic view of Dubrovnik's famous red brick roofs and the Adriatic Sea. The hotel's Porat Restaurant offers delicious locally sourced Mediterranean food. We recommend the red snapper, followed by an after-dinner cocktail on the outdoor terrace of the Imperial Bar and Lounge. There's an über-chic pool in the Beauty Line health club, so you can start the morning with a refreshing dip before heading out into the city. And you can wind down with a relaxing massage after a busy day of sightseeing.

OUT AND ABOUT: We loved walking down Dubrovnik's pedestrianised main



Dubrovnik is famed for its red roofs



The Hilton Imperial offers rooms with a view



Bey and Jay have sailed around Croatia

street, Stradun, which is lined with cafes and restaurants, and admiring the Onofrio Fountain on our way through to the harbour. There, we took a boat ride to

the neighbouring Elaphiti Islands, where you can explore pretty villages and swim in crystal-clear waters. Back on the mainland we headed to Café Buza for a glass of wine with a perfect view of the sun setting over the sea. A romantic stroll along the ancient city walls is another must, giving you a bird's-eye view of the city. **NEED TO KNOW:** Book at Dubrovnik.hilton.com. See Easyjet.com for flights. For more info, see Croatia.hr/en-GB.

ZONE

WHETHER YOU'RE STAYING IN OR GOING OUT, HERE'S EVERYTHING YOU NEED TO KNOW ABOUT WHAT'S HOT RIGHT NOW!

'WE'LL SUPPORT STEPH WHEN SHE COMES BACK!'

Hollyoaks star Sarah Jayne Dunn has some words of comfort for a certain Ms Davis...



Sarah Jayne Dunn returned to *Hollyoaks* last year as Mandy Richardson, and she's clearly loving her iconic character's resurgence.

It means Sarah, 36, has been reunited with Gary Lucy, whose character Luke is currently married to Mandy, while there's also been a steamy affair with Darren (Ashley Taylor Dawson) to enjoy. Hello, early noughties!

When we catch up with Sarah, she's thrilled to be back on the soap and loves having all the fresh faces on set.

And with Steph Davis set to be making a grand return to the Chester village this year, following her sacking in 2015 for misbehaviour, Sarah is also more than excited to work with the young mum.

Here, she tells us why she'll support Steph and fills us in on life with hubby Jon Smith and son Stanley, as well as her latest fitness obsession...

You've been back a year now. What was it like to return to *Hollyoaks*?

Amazing – and I'm still loving it! As soon as I walked back on set it felt like I'd never actually been away. In a way, it's like being back at school. There's a familiarity to it, which is lovely. And seeing how



Steph will be back on the show soon

much younger a lot of the cast are makes it a really diverse place to work.

Do the younger actors ask you for advice?

Sometimes they might come to me, but on the whole they're pretty confident in what they're doing. It's brilliant working with Erin Palmer, who plays my daughter Ella, for instance. She's such a great talent and she's eager to learn.

Steph Davis is coming back – will she be well received after her documented problems?

Absolutely. We all support each other on set and I think people are looking forward to

working with her again. I personally haven't worked with her before, but I've read a lot about her thanks to the tabloids and I'm excited to have her here.

We noticed some of the old *Hollyoaks* gang were invited to your wedding!

Absolutely! I'm still great mates with loads of them. Jodi Albert, Ali Bastian, they were all there. I'm so happy we stayed in touch. They're genuine, good friends.

Is there anyone you wish you had stayed in contact with?

I used to be really close with Kathryn George, who played my mum on the show. We got on so well, and it's a shame we never stayed in touch after, but that's life. People move on and life gets in the way!

Your current storyline has involved lots of snogging Gary and Ashley. Does your hubby, Jon, get jealous watching the kissing scenes?

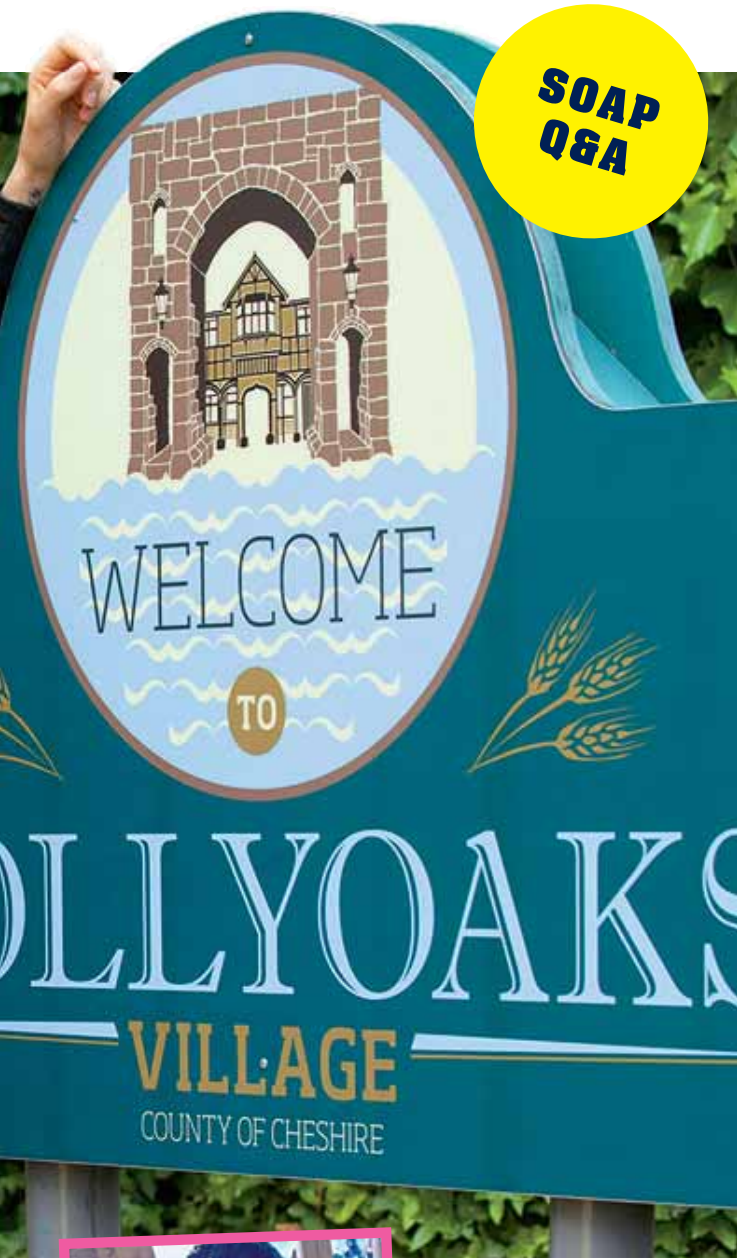
No! He's an actor too, so he knows the drill. That said, I wouldn't sit there and force



Sarah and Nick Pickard as *Hollyoaks* legends Mandy and Tony



She's still pals with Ali and Jodi



SOAP Q&A



Hubby Jon is cool about her steamy scenes

him to watch me getting it on with Gary and Ash! When we're on set it's the funniest thing – it's like kissing your brothers. They both make me laugh so much.

You look great at the moment. Has fitness become a bit of a hobby for you?

Absolutely. Whenever I get a spare minute, I'm in the gym. I know that it's a cliché, but it just makes me feel so good about myself. If I'm having a bad day, or I'm stressed or feel overwhelmed,

I'll do a workout and it makes everything better.

Do you feel any pressure to look a certain way because you're on TV?

I guess you always want to look and feel your best as a woman, so even if I wasn't on TV I would still be taking care of my body. It's important for me.

How do you balance work/mummy life?

You just have to, don't you? I'm so lucky that Stanley loves going to nursery. He has friends and he loves to learn, so I never feel guilt at dropping him off. And Jon and I always make sure that no matter how busy things get, we have our Sundays together. It's important to have that family time.

Sarah stars in Hollyoaks, Monday to Friday, 6.30pm, Channel 4. She is also currently working with UP Fitness



With her little boy, Stanley

THE MISADVENTURES OF ROMESH RANGANATHAN

Sunday July 1, 9pm, BBC2

Romesh considers his ideal holiday to be a two-week trip to the Algarve. So imagine his horror to be taken fully out of his comfort zone and placed in some of the most dangerous places on earth. It's bad for Romesh – but great for viewers!

In the first episode, the funny man takes us around Haiti, where he swaps the continental breakfast buffet for a terrifying voodoo ceremony. With award-winning travel journo Jeremy Dupin by his side, our hero finds that the Caribbean island isn't actually as bad as he thinks...



TV PICKS



KEITH LEMON: COMING IN AMERICA

Thursday July 5, 10pm, ITV2

It's quite the week for comedians on their travels. With Romesh roaming the world on BBC2, Keith Lemon is living it up in the States over on ITV2, as he attempts to realise his dream of hosting his own US chat show. After all, if James Corden can do it...

Emma Bunton cameos as Keith takes on LA with a documentary crew in tow in a bid to break America – with his tongue firmly in cheek, of course. Look out for appearances on the likes of Sharon Osbourne and Spencer Pratt, too...

SHADES OF BLUE

Tuesday July 3, 9pm, Sky Living

J.Lo may no longer be the big Hollywood draw she once was, but that's probably because she's busy doing stuff on television, where she's currently starring in this compelling cop show, now in its third series.

Jen plays Harlee Santos, a Brooklyn police officer teamed with gorgeous Ray Liotta's Matt Wozniak, who are both prepared to walk the thin line between justice and retribution. In terms of police drama, this is about as sexy as it gets.



WORDS: Sarah Morton PHOTOS: Wire Image

WORLD CUP LOLZ!



In a tournament full of steely studs taking their jobs terribly seriously, there's always room for a little humour. And Russia 2018 has given us more than its fair share. Here we bring you the funniest World Cup moments so far...

WHO'S HE KIDDING?



Cristiano was acting the goat

Cristiano Ronaldo may resemble a child who got their hands on a barrel of protein powder, but by God he's good at football. Unfortunately the tax-dodging Portugeezer is well aware of that, celebrating a hat-trick last week by pretending to be a goat. Why goat, you ask? Because it stands for Greatest Of All Time. Perhaps it would be better if he was being a ram – Ridiculously Arrogant Man.



SUITS YOU, IRAN!

Iran can't wear Nike football boots because Donald Trump recently smashed the country with sanctions – so Trumpo would have been howling like an angry tangerine at the sight of the lads in these sensationally smooth suits. The squad suddenly had a whole clutch of swooning new fans, with many creating memes about the Princes of Persia to ensure this sexy line-up goes down in history as one of the fittest teams ever.



'THIS IS A DARK, SHADY STORY'



From *Lord Of The Rings* to *Game Of Thrones*, Sean Bean is regarded as one of Britain's great actors. So ITV is delighted to have nabbed him for its new series *The Frankenstein Chronicles*, a six-part drama set in 1827 and based on the horror myth.

Sean plays Inspector John Marlott, who discovers a body made of different corpses washed up on a beach. Lovely. Here the Bean tells us more...

So Sean, who is this Marlott fella?

He's a river policeman, and before that he was a soldier. He discovers this bizarre body on the beach and that brings him into contact with Sir Robert Peel, who was forming the Metropolitan Police at the time. He offers John a role as a detective.

John's a bit of a thinker, isn't he?

He's very much a loner. He lost his wife and child, through his own fault really, which is something that always weighs him down and saddens him. He's trying to redeem himself in some way



Ryan Sampson also stars as Boz



Quite simply, the stuff of legend...

ENGLAND GOT THE HORN

Practising penalties is for wimps. And England's hard nut manager Gareth Southgate knows this, which is why he's drilling the boys in a much tougher discipline – floating inflatable unicorn

rides. In the unlikely event that FIFA abandons the long-standing tradition of the penalty shoot-out in favour of waterborne unicorn racing, Jesse Lingard and the lads are going to smash it.



A BIG BALLS-UP

When there's a little prick on the pitch, it's usually because there's a streaker. But last week Brazil star Alisson was forced to pop a large blow-up orb that had been terrorising the field. The goalkeeper went one on one with the inflatable, which had been released by Swiss fans, stomping it with his studs. Football might be coming home – but that balloon's not.



SENE-COOL

Senegal got a rough ride at the hands of grizzled dinosaur Lord Alan Sugar and his 80s joke book last week, but they are the coolest team in the World Cup by a mile. Top of the pile is their manager Aliou Cisse, who rules the technical area with his steely glare. He delighted fans during the win against Poland with an amazing one-handed, first-pumping celebration, which we now do every time we file a Zone story.

WORLD CUP HAIR DON'TS!

We present the most bizarre barnets from the tournament...



NAME: Anibal Godoy
PLAYS FOR: Panama
LOOKS LIKE: A brush



NAME: Joachim Löw
MANAGES: Germany
LOOKS LIKE: Ann Widdecombe



NAME: Neymar
PLAYS FOR: Brazil
LOOKS LIKE: A walnut whip

Sean Bean returns to our screens for ITV's new horror show...

by getting to the bottom of this very dark, shady story.

In a way, the story feels a bit like a western...

Yes. He's like a sheriff! Our director was a big fan of westerns and characters like Billy the Kid. He's brought that quality to it.

What was it like to film something this dark?

There was no studio work involved. We travelled every day, be it to a castle, an abbey, underground cellars or cobbled streets. It's quite astounding, really!

The Frankenstein Chronicles, coming soon to ITV



LADY BIRD

Irish star Saoirse Ronan steals the show in this acclaimed coming-of-age tale available from Sky next week.

Ronan plays Lady Bird, a fed-up young woman with a made-up name, who's going through all the standard teen problems we all had to endure. You know, the difficult mum who doesn't understand you. The first love with his own sexuality issues. The overbearing nuns at your strict Catholic school.

Desperate to escape her mundane life, Lady Bird is devastated to find her cash-strapped mum (played to perfection by Laurie Metcalf) can't afford to send her to college.

Cue many bitter back and forths between mother and daughter that will make you want to squeeze your own mum a little tighter after watching it.



WORDS: Sarah Morton
PHOTOS: Getty Images, Shutterstock

THE OH! ZONE

Neighbours legend Ryan Moloney – aka Toadfish – talks Trump and twins...

Which celebrity do you secretly fancy?

Charlize Theron, though let's face it, it's not really a secret. It's just obvious, isn't it? Every time I see her down the street, I dribble. Every time they catch me going through her rubbish bin, I get in trouble...

Which TV or film character do you most relate to?

Tim "The Tool Man" Taylor from *Home Improvement*. I try to be good at DIY but I inevitably fail every time.

Who would play you in the movie of your life?

I reckon Danny DeVito. Stick a bit of hair on top of his head and we could be long-lost twins. And he's already played a twin in a movie before with Arnie Schwarzenegger, so he knows the drill.

Have you ever walked out of a film before the end?

No. But only because it's quiet time away from the kids and

I would never give that up!

Who's on TV too much?

Donald Trump. We see way too much of that man.

I'm completely baffled by how that's happened. How on earth that man got into power in the first place I'll never understand.

Who's not on TV enough?

Dean Martin and Jerry Lewis. Yes, I know they're dead, but they should rerun their shows. That was good, comedy gold. Their timing was impeccable. They could teach current comedians a thing or two.

If you could have your own personal X Factor-style panel to judge all your life decisions, who'd be on it?

Ricky Gervais would have to be on there for the comedy. He'd certainly give you the funny side of life. Then I'd have Oprah, because she's such a wise woman and I'd need some quality guidance.

Which song reminds you of a happy moment?

My Happiness by a band called Powderfinger. It's mine and my wife Alison's song. When we got together, we had a long-distance relationship and the lyrics describe our life at that time.

Which song reminds you of an embarrassing moment?

Mamma Mia by ABBA. When I was a little kid, my parents and their friends used to get together, get really drunk and sing loads of ABBA and dance really badly in the lounge. They would always try and drag me up to dance with them. It was horrific! I'm scarred for life.

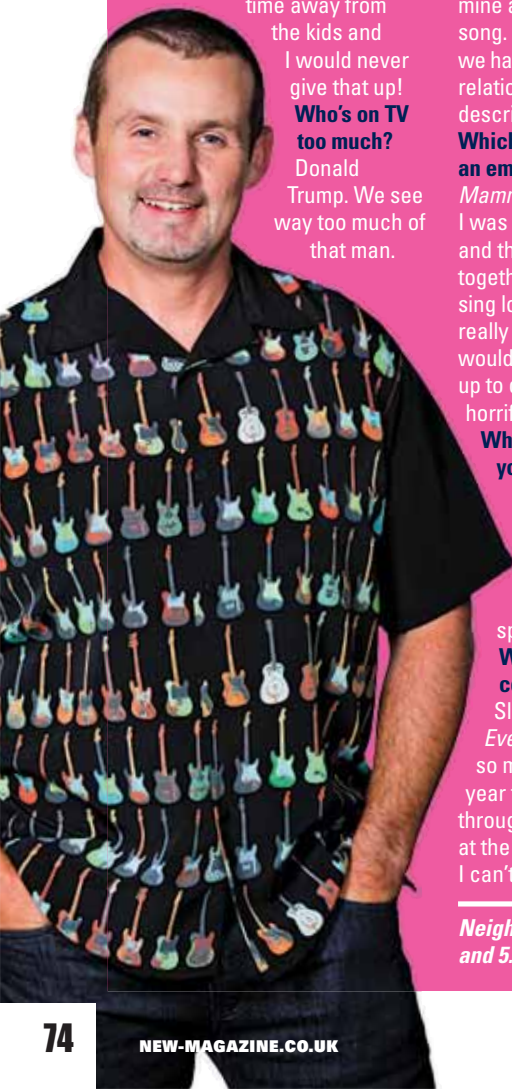
Which song do you wish you'd written?

We Are The Champions by Queen. That's just one of the best songs, isn't it? Think of the royalties at every sporting event!

Which song do you wish could be unwritten?

Slade's *Merry Xmas Everybody*. I've done so many pantos and every year that song is pumped through the stereo system at the theatre non-stop. I can't take it any more.

Neighbours, weekdays, 1.45pm and 5.30pm, Channel 5



CINEMA



POP UP SCREENS

If you're anything like us and you love hitting the cinema but you don't fancy sitting indoors on a stuffy, summer's day, then it's time to book your tickets for the Pop Up Screens outdoor cinema.

From July 20, it's bringing a brilliant selection of films to a host of picturesque London parks, including Bishops Park in Fulham, Greenwich Peninsula's Central Park and Paddington Recreation Ground in Maida Vale. Guests are welcome to bring their own

blankets, beanbags and cushions, with deckchairs available for hire.

This summer, it's screening a selection of box office hits, from the action-packed *Wonder Woman* to timeless favourites *Dirty Dancing* and *Top Gun*. There's also pizza cooked in a wood-fired oven available all night long.

Tickets for screenings, which run from July 20 to September 23, are available to buy at Popupscreens.co.uk

FOOD



MAC & WILD

There is now no need to head north of the border to get your fill of haggis, neeps and tatties – Scottish restaurant Mac & Wild will satisfy any cravings you might have for a Highland feast, and not just on Burns Night! There are now two branches of the renowned eatery in London, and one set to open at the Falls Of Shin visitor centre in Scotland later this month.

We popped along for some lunch at the Devonshire Square venue and were impressed by the choice on the menu. We tried a tasty venison scotch egg to start (£7), following up with its award-winning Veni-Moo burger (which has both a venison and a beef patty, £11.50) and the squash, chicory and walnut salad with salmon (£13.50), accompanied by some truffle mac and cheese (£5). The produce is sourced in Scotland and showcases the best the country has to offer. And while we washed it all down with some wine, it goes without saying that there is an impressive array of whiskies on offer, too.

For more information, head to Macandwild.com

ADRIFT

FILM



STARRING: SHAILENE WOODLEY, SAM CLAFLIN **RATING:** 12A

WHAT'S IT ALL ABOUT?

Free spirit Tami Oldham (Shailene) arrives in Tahiti from America looking for an adventure and soon finds love in the form of hunky Brit Richard Sharp (Sam). The pair hit it off instantly and are given the opportunity to earn \$10,000 if they sail a friend's boat to San Diego. But just a few days into their trip they meet Hurricane Raymond, which leaves them shipwrecked in the middle of the ocean...

WHAT'S GOOD?

The film flickers between the past and present, telling the story of the couple meeting and falling in love, and them battling to survive their injuries from the storm, while living on minimal food and water. Their conditions are so horrific that if the film wasn't based on a true story you'd find some aspects completely unbelievable. The twist towards the end will also have you blubbering into your popcorn.

WHAT'S BAD?

There are the occasional moments during the film where their love story becomes a bit cheesy thanks to their one-liners and over the top declarations of love.

NEW! VERDICT: UPLIFTING AND DEVASTATING ALL AT THE SAME TIME ★★★

CBBC SUMMER SOCIAL

EVENT



It's never too early to start planning the school holidays. After all, you only have six long weeks to fill with fun activities for the little ones come the end of July. But fear not, frazzled parents – we have a suggestion right here.

Taking place from August 3 to 5 at the gorgeous Croxteth Country Park in Liverpool, CBBC's Summer Social offers a great family day out with a mixture of music, YouTubers, stars from the TV channel and fun activities in one of the biggest kids' festivals ever seen. Headliners include Union J, Mr Tumble and Matt Terry, while Sam and Mark and the cast of *Shrek The Musical* will also be doing their bit.

Take that, Glasto.

For more information, including ticket prices, see Bbc.co.uk/events/e3c6gw

WORDS: Sarah Morton, Julia Brooks, Leiby Eyres, Hadley Middleton

'I don't want any more drama with Dan!'

TOWIE star Amber Turner admits she's happy with Dan Edgar and tells us she won't have any more surgery...



The ups and downs of Amber Turner and Dan Edgar's love story have kept us glued to *TOWIE* from the moment

she joined the show last year. And fans of the pair will be happy to hear Amber, 24, is now official with Dan, 28, after his fling with her love rival Clelia Theodorou last series. When we catch up with the Essex blonde, she's very cagey about her beau but openly speaks about the pressure she feels to look good in the limelight...



Amber says she and Dan are "good"

What have you been up to since *TOWIE* finished filming?

I've been to Ibiza and Yazmin Oukhellou, Lockie, Dan, Georgia Kousoulou, Tommy Mallet and Chloe Sims were there too. We went to Ocean Beach together.

What's the latest with you and Dan?

We're good and we're together. I can't say much more...

Are you happy?

We're good, that's all I can say.

Do you still enjoy *TOWIE*?

I probably enjoy it more now than I did at the start. Everything's come really naturally and I haven't had to fake storylines or cause drama for no reason.

In the next series, do you want to take more of a back seat?

I don't want to say back seat,

because I do love to get involved in everything. I'm hoping for it to be less dramatic with me and Dan. Everyone's best friends at the start and within a couple of days, we all hate each other.

***TOWIE* has shown the ups and downs of your relationship. Have you had messages of support?**

Loads. It was a bit overwhelming. I couldn't believe how many messages I received from girls who went through the same stuff as me and Dan, and 20 years down the line are married and have children.

Have you bumped into Clelia since filming?

No, not at all.

Do you think you'll make up?

I don't

really like the words "make up". There's not an issue. I don't have any negative feelings towards her.

Would you like your BFF Megan McKenna to return to the show?

Yeah, I would love Megan to come back on.

You've had a boob job. Would you have any more surgery?

No, I'm really happy with my figure the way it is.

Obviously you can't go to the gym to work on getting bigger boobs, but you can go to tone up. If you want a peachier bum, you can do certain exercises.

Do you have fillers?

I've had fillers in my lips. The biggest misconception is that it looks really fake, but you can start off having such a small amount. As

long as you don't get carried away, like some people do.

Megan's had a lot of backlash about her lips...

There's a lot of people that are negative and have nothing nice to say. I think her lips look really good.

Is there competition to look good among the *TOWIE* girls?

I wouldn't say competition, but there is pressure to look a certain shape and way. The hardest thing is when you do pap shots – it can get you at the worst angle and make you look double the size you are. I try to keep true to myself and go to the gym as much as I can.

You've got a new collection with MissPap. Tell us about it...

This time I've done a tropical holiday edit, which is perfect because everyone is booking their summer holidays and needs some nice pool bits to wear.

GEMMA McCARTNEY

Amber Turner Pool Party Edit X MissPap is available now at Misspap.co.uk



She's happy with her boob job

Things kicked off between Dan, Amber and Clelia on *TOWIE*

Thor has lost some serious weight! The actor looks worlds away from his beefed-up *Avengers* days, but we're not complaining. Just look at his V-cut abs in this teaser for his latest role in the thriller *Bad Times At The El Royale*! They're even more distracting than Adam's on *Love Island*. We're not even put off by his shaggy hairdo and 70s-inspired moustache. In his new film, Chris, 34, plays cult leader Billy Lee and we can't lie – if he turned up at our front door trying to recruit us, we wouldn't need too much convincing to become fully fledged members.

CHRIS HEMSWORTH

WORDS: Karmel Doughty



GET OVER IT, AMBER!

Amber Davies isn't going out with Kem any more, so why is she getting so worked up about who he is dating (Amber fumes over Kem's kiss with Kendall, issue 781)?! She's not his girlfriend, so he can go out with whoever he likes – and so can she! She needs to move on and stop acting like a jealous ex.

Eve Webber, Cheshire

THERE'S NO RUSH, MICHELLE

I hope Michelle Keegan and Mark Wright do renew their wedding vows (Mich tells Mark: 'I want to renew our vows', issue 781). I think it would be lovely, but maybe they should wait until their five-year anniversary. Mich was



stunning on her big day – I'd love to see how amazing she looks five years on!

Marie Gosney, Billingham



LETTER OF THE WEEK

SKIN DEEP

I'm so glad Winnie Harlow and Keira Walcott have embraced their beauty and are happy to talk about vitiligo ('We love the skin we're in', issue 781). This will surely help improve other people's understanding of the condition. I have vitiligo and although it's not often noticeable to others, it does become more prominent when I have a tan. This issue means so much to me.

Lynne, Inverurie

We're happy to help raise awareness, Lynne! An HB London phone case and £10 voucher are all yours!

TWEETS

@gingerseza Thanks to @new_magazine for once again giving #ipf a mention. As an ipf family we really appreciate you helping raise awareness and correctly saying it's a terminal lung condition and not cancer like other publications have. Keep fighting Amy @KatiePrice love your ipf familyx

Tweet and follow us @new_magazine. To text your comments, write NEWCHAT followed by your message and send it to 83080. Texts cost 25p plus your usual network rate. SP: Spoke Ltd. Helpdesk 0333 202 3390

WIN GREAT STUFF!

If you'd like the chance to win our fab Letter Of The Week prize, write to the postal or email address at the top of the page. Please include your name, address, email and daytime phone number. All letters must be original. **new!** is unable to return any manuscripts or photographs. The editor reserves the right to edit submitted material. **new!** cannot reply to letters individually.

One lucky reader will win a stylish personalised HB London phone case of their choice as well as a £10 voucher. The website, which offers personalised monogrammed luxury lifestyle accessories including phone cases, luggage and passport holders, is a firm favourite of celebs such as Victoria Beckham, Chloe Ferry and Sam Gowland. Follow HB London on Twitter @HBLondon_UK or Instagram @hb_london, and visit their website at Hblondon.uk



WEDNESDAY, JUNE 20

HEALTH LOTTERY DRAW NUMBERS

08 19 26 48 50 29

BONUS BALL

PHOTOS: Backgrid, Getty Images, Wemm.com
*Internet posts are printed exactly as they appear online

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RUSSELL GRANT // JULY 2-8

Find out what's written in the stars for you over the next week

AQUARIUS JAN 21 - FEB 19

You feel stirrings of excitement – you're on the brink of something very special. Focusing on new goals will be a great way to break out of a well-worn rut and make a fresh start. Call one of my dedicated astrologers to hear more: **0905 789 4111****

PISCES FEB 20 - MAR 20

Arrangements now being made will make your life more secure and comfortable in the long term. Planning a big project will be a pleasure, and you feel an urge to reach out and grab new opportunities. Call one of my dedicated astrologers to hear more: **0905 789 4112****

ARIES MAR 21 - APR 20

A cautious approach to a team effort is advisable. There could be some exciting things in store within the family, but a relationship or joint arrangement might not come up to your expectations. Call one of my dedicated astrologers to hear more: **0905 789 4101****

TAURUS APR 21 - MAY 21

You have little, if anything, to lose from blowing your own trumpet. Explore opportunities related to art and entertainment if you are looking for a job. An influential friend will set up an interview or introduction. Call one of my dedicated astrologers to hear more: **0905 789 4102****

GEMINI MAY 22 - JUNE 22

You are very sensitive to energy in the environment at the moment. Although there seems to be no connection between two events, they are so similar it will send shivers down your spine. Call one of my dedicated astrologers to hear more: **0905 789 4103****

CANCER JUNE 23 - JULY 23

A relative will have news to celebrate and you will be delighted to share their happiness. Home and family matters are rewarding. Don't be surprised if your personal life starts to improve, too. Call one of my dedicated astrologers to hear more: **0905 789 4104****

LEO JULY 24 - AUG 23

Exploring different places and learning opportunities will put you on a new spiritual path. Fresh insights will be gained by discovering more about philosophy and religion. Call one of my dedicated astrologers to hear more: **0905 789 4105****

VIRGO AUG 24 - SEP 23

You are feeling very talkative and excitable this week. This should make for some very interesting events and conversations. Look for ways to express your imagination and creativity. Call one of my dedicated astrologers to hear more: **0905 789 4106****

LIBRA SEP 24 - OCT 23

If you and a friend or partner haven't been getting on very well recently, there should be plenty of opportunities to work together now. After all, Libra is the sign of balance. Just remember that compromise is key. Call one of my dedicated astrologers to hear more: **0905 789 4107****

SCORPIO OCT 24 - NOV 22

Life takes some weird and wonderful turns. You might sense what people are going to do or how events will pan out, and wonder if your imagination is playing tricks on you – until your intuition is proved to be correct. Call one of my dedicated astrologers to hear more: **0905 789 4108****

SAGITTARIUS NOV 23 - DEC 21

People will be amazed by how persuasive you can be when you feel strongly about something. Turn on the charm if you are negotiating with a prominent executive and they won't know what hit them. Call one of my dedicated astrologers to hear more: **0905 789 4109****

CAPRICORN DEC 22 - JAN 20

You seem to be missing out on all the fun. Your friends have lots of time to socialise but you've got too much work to do. But hang on in there, as things will get better. Meanwhile, watch out: a neighbour is on the warpath. Call one of my dedicated astrologers to hear more: **0905 789 4110****

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new! COMPETITION

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Isn't life great when things just happen? At Echo Falls, we love random acts of kindness so we are giving away a £1,000 spa voucher and a range of your favourite Echo Falls products for you and your BFF. Whether you like the fruity taste of strawberries or peach and mango, there's a

bottle of Echo Falls for everyone! Don't forget the new Summer Berries flavoured vodka too, which is fabulous mixed with our 0% Sparkling Infusion. You can pick up your Echo Falls favourite at Tesco, Asda, Morrisons or convenience stores. For more information, visit echofallswine.co.uk.

*Calls cost 80p per minute plus your telephone company's network access charge and last 2.5 minutes. **Texts cost £2 plus your usual network rate. Please ensure you provide your name, address and email details as incomplete entries may be charged but not entered. Entrants must be 18 or over. Winners will be selected at random from all valid entries. The Editor's decision is final. For full T&Cs, see Express.co.uk/comprules. Express Newspapers/TM Magazines Ltd reserves the right to offer these promotions in its portfolio of titles. Prizes are subject to availability. Images are for representational use only. SP: Spoke - 0333 202 3390



HOW TO ENTER

Call **0905 789 3493 (80ppm)*** or text **NEWPRIZE8** followed by your email address, name and address to **84902 (£2)****

Or to enter via post, send your name, address, phone number, email address, age and gender in a sealed envelope to:

Spa voucher competition, PO BOX 12581, Sutton Coldfield B73 9BX

One entry per letter. This competition closes at midnight on 08.08.18 and three working days later for postal entries.

T&Cs: Entrants must be over 18 years old. Prize consists of a £1,000 spa break voucher and an Echo Falls goody bag

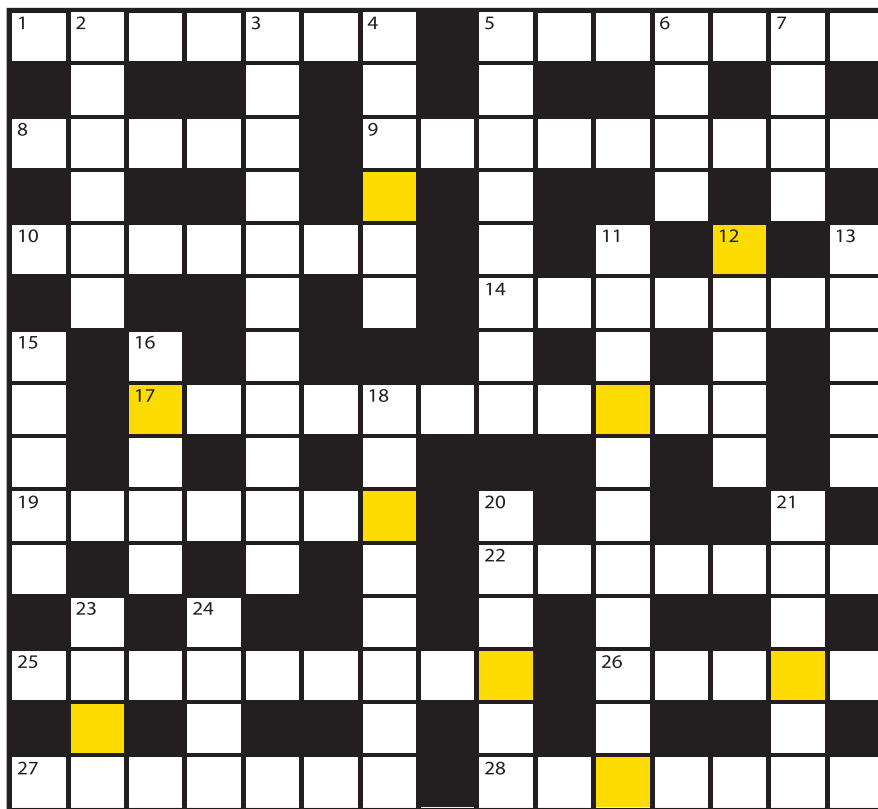


CROSSWORD

Rearrange the letters in the shaded squares to find the name of an English singer...

ACROSS

- 1 British reality series, *Made In _* (7)
- 5 See 21 Down
- 8 _ Amfo, Radio 1 presenter (5)
- 9 Kit _, *Game Of Thrones* star (9)
- 10 Hit for 6 Down in 2009, *Bad _* (7)
- 14 Horse-racing jockey, Frankie _ (7)
- 17 British acting knight who appeared in *X-Men* (3,8)
- 19 _ May, became Prime Minister in 2016 (7)
- 22 Zac Efron film series, *High School _* (7)
- 25 He's compiling an *Alien Fun Capsule* on ITV (5,4)
- 26 Country that 14 Across is from (5)
- 27 What Anton Du Beke is famed for doing (7)
- 28 *The Fifth _*, Luc Besson sci-fi movie (7)



DOWN

- 2 Celebrity blogger, Perez _ (6)
- 3 Canadian singer who shot to fame on Vine (5,6)
- 4 _ Banjo, Diversity star and *Dancing On Ice* judge (6)
- 5 Tom _, *Lose Weight For Good* cook (8)
- 6 Stefani Germanotta's performing name, Lady _ (4)
- 7 Lamar _, Khloé Kardashian's ex-husband (4)
- 11 Classic 80s Brat Pack movie (2,5,4)
- 12 Scottish TV presenter and newsreader, Kirsty _ (5)
- 13 _ Aslam, made a shock exit from *Love Island* (5)
- 15 *Murder She _*, US drama starring Angela Lansbury (5)
- 16 Eminem song featuring Ed Sheeran (5)
- 18 _ Tatum, Jonah Hill's 22 *Jump Street* co-star (8)
- 20 *Lost* and *Once Upon A Time* star, _ de Ravin (6)
- 21 And 5 Across, Current *Jurassic World* movie (6,7)
- 23 See 24 Down
- 24 And 23 Down, Australian actor who played Ang Lee's Hulk (4,4)

CELEB INSTA

Match these three stars to their Instagram snaps...



WORDSEARCH

- ASK GRAHAM
- BAFTA
- AWARD
- BAILEY
- BEDTIME
- HOOR
- COMEDIAN
- DUBLIN
- EUROVISION
- FATHER TED
- HOLDING
- LET IT SHINE
- LOOSE ENDS
- MADGE
- SO TELEVISION
- TOTALLY
- SATURDAY
- WALK THIS WAY
- WALKER
- WINE
- WRITER

Issue 780's solutions Crossword: Dev Patel Wordsearch: North Celeb exes: 1:B; 2:C; 3:A Spot the difference: Colour of phone cover, label from coat missing, colour of sunglasses, label on bag added, brooch added, dress longer Puzzles winner: Caroline Flynn

SPOT THE DIFFERENCE

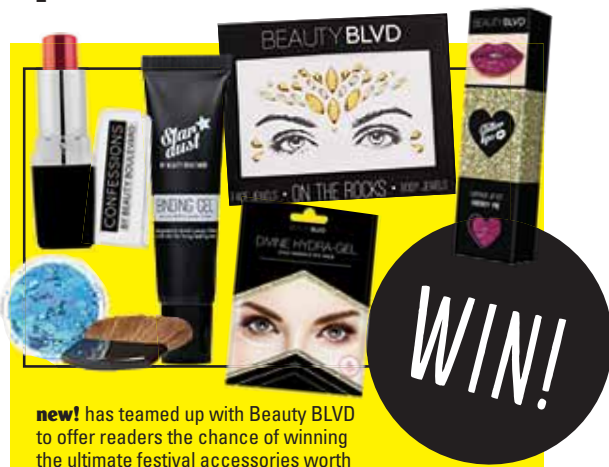


PHOTOS: Film Magic, Getty Images, Wire Image

Can you find the six differences between these two pictures of Millie Mackintosh?

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

The words on the left relating to Graham Norton can be found in the grid, except one. Which is missing?



new! has teamed up with Beauty BLVD to offer readers the chance of winning the ultimate festival accessories worth £100. Beauty BLVD knows how to glam up any gig with a selection of headlining beauty products and accessories including Glitter Lips, Stardust Face, Hair & Body Glitter Kit, Trinity Tri Colour Lip Tint, On The Rocks Face and Body Jewels, and Divine Hydra-Gel Gold Radiance Eye Mask. We can't think of any better way to help turn you into the main attraction. To shop the rest of its envy-inducing products, visit beautyblvd.com.

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Name:

Email:

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Crossword answer:

Wordsearch answer:

EXPRESS YOUR SELFIE!

Geordie Shore star Abbie Holborn talks negative comments, living it up in a hostel and travelling the world...

We'd always assumed coming from a reality TV background goes hand in hand with taking a good selfie. But when we sit down for a chat with *Geordie Shore*'s Abbie Holborn, she says she isn't a big fan. Shocking!

Here, Abbie, 20, also tells us why she'd be happy to date a fan and what happened when a bunch of Geordies found themselves stuck in an Aussie hostel for the night...

What's going on in this pic?

This was one of the funniest bits from filming in Australia! We had to drive this hippy van somewhere. When we got there, we got told we were staying in a hostel. I was like, "F***ing hell, I'm not used to shit like this!" But it was amazing.

What did you get up to during your visit?

We went to a backpacker pub and then there was a UV party. It was

the weirdest combination ever.

What was the best thing about filming in Australia?

I've been to Australia a few times, so I knew what to expect. It's just a completely different place to Newcastle. We did some really amazing activities, like going on a yacht. Then on other days I was jumping out of an aeroplane.

Does visiting different countries on Geordie Shore give you the urge to travel more?

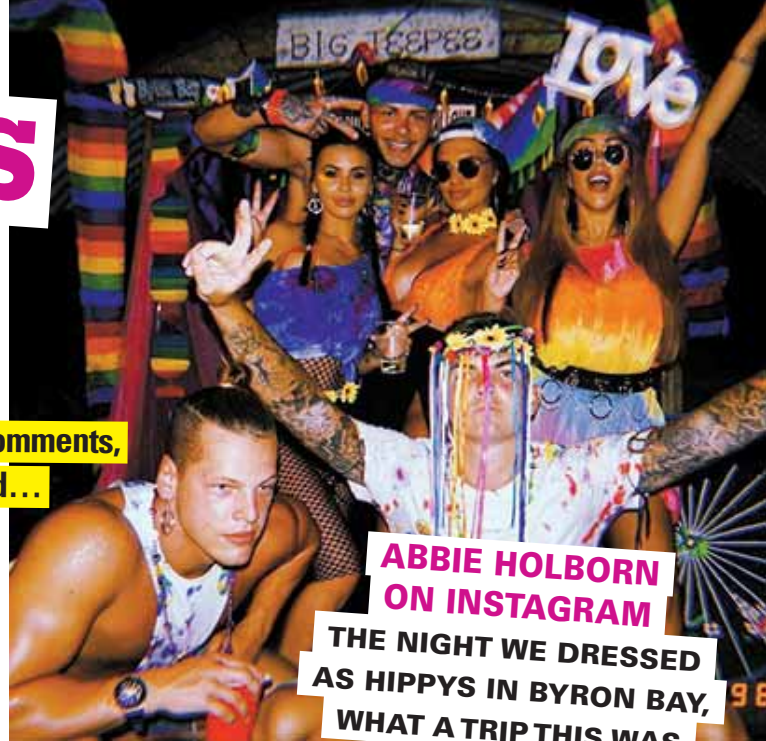
I'm really trying to, but I wouldn't go back there. There was no shower and they only had one tiny mirror. The heat was unbearable. You were literally sweating!

Where would you like to visit?

I just think for *Geordie Shore*, somewhere like Benidorm. I've been before and it's absolute riff-raff. We'll just fit in perfect. We could be drunk falling out of clubs and no one would bat an eyelid.

What are your thoughts on selfies?

To be honest, I find it hard to get a



ABBIE HOLBORN ON INSTAGRAM
THE NIGHT WE DRESSED AS HIPPIYS IN BYRON BAY, WHAT A TRIP THIS WAS

good selfie. I prefer the full-length photo. When it's close-up, you can see all your imperfections, whereas from far away the outfit will distract you more.

Do you edit your pictures?

I love a good filter, but the only time I'll probably edit is if I've got any spots, to help cover them up.

Do you think people edit their photos too much?

There are people that edit them too much. I've even been told I've edited them too much! I just think if you wanna edit, then edit away.

What do you think of guys who take too many selfies?

I do love a guy with confidence

but sometimes it can come across as though they're cocky. I hate when they're taking a selfie in the mirror.

Would you ever date a fan who contacted you on social media?

If they were my type and I really liked them, then why the hell not?

Do you take notice of the comments on your pictures?

Sometimes. I'll probably only get one bad comment and all of the other ones are really nice, but the bad one will stick with me.

REBECCA CALDERWOOD

Geordie Shore, Tuesdays at 10pm on MTV

SOCIAL ME...ME... MEDIA!

Catch up with what the stars have been saying online

KIM KARDASHIAN ON INSTAGRAM MONDAY, JUNE 18

My favorite boy
Look at Saint rocking that topknot!



DOM LEVER ON INSTAGRAM MONDAY, JUNE 18

Me and @jessica_rose_uk are ready for the England game tonight
The two *Love Island* lovebirds get behind the England boys!

HAYLEY HUGHES ON INSTAGRAM MONDAY, JUNE 18

Fab night for #loveislandaftersun time to catch zzzz for @thismorning
Looking a little bleary eyed there, Liv...



EMILIA CLARKE ON INSTAGRAM SUNDAY, JUNE 17

Hopped on a boat to an island to say goodbye to the land that has been my home away from home for almost a decade. It's been a trip @gameofthrones thank you for the life I never dreamed I'd be able to live and the family I'll never stop missing #lastseasonitis
Emilia marks the end of #GoT with this emotional post. Sob!

new!

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