



REAL LIFE
**'I married my
60-year-old
father-in-law'**



EXCLUSIVE CHAT
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'NEW
NORMAL' IS
BITTERSWEET**



MEGHAN AT 40
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CELEBS...AND SO MUCH MORE!



**CHERYL GOES IT
ALONE WITH BABY
DREAM AS LIAM GETS
BACK WITH EX**



**LOVE
ISLAND'S
ROSIE**
**'Having
sex in the
villa was
natural'**

COLEEN'S FURY

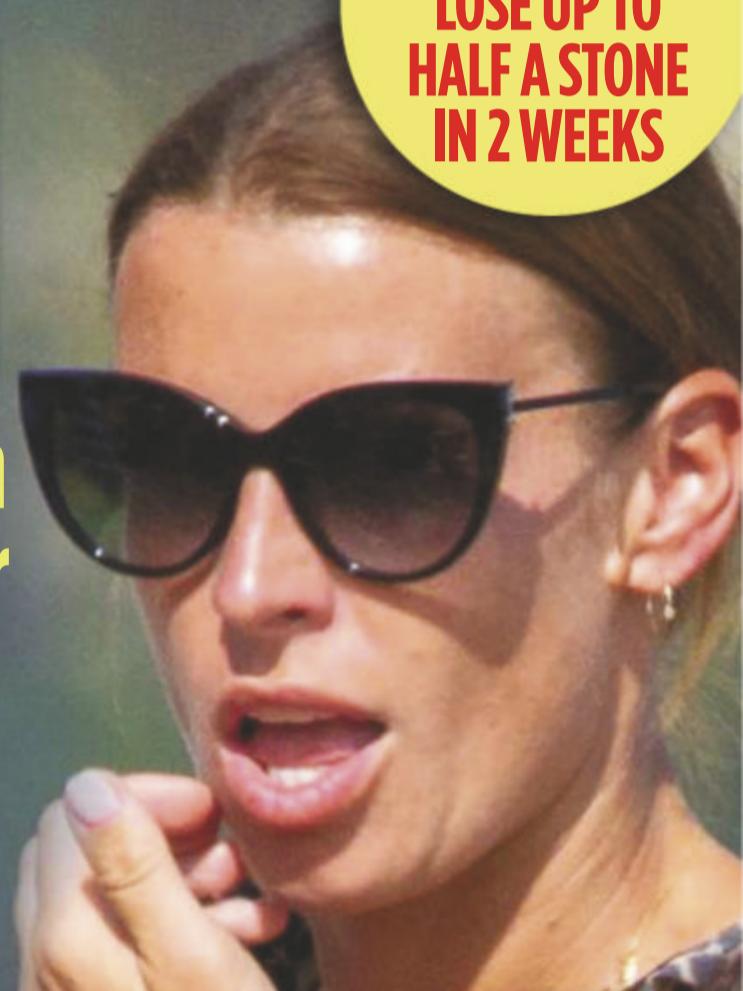
- Puts Wayne on 9pm curfew after he parties with other women
- Fears for their future after latest scandal



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**'I never wanted to
wear a swimsuit
– but I'm at peace
with my body now'**



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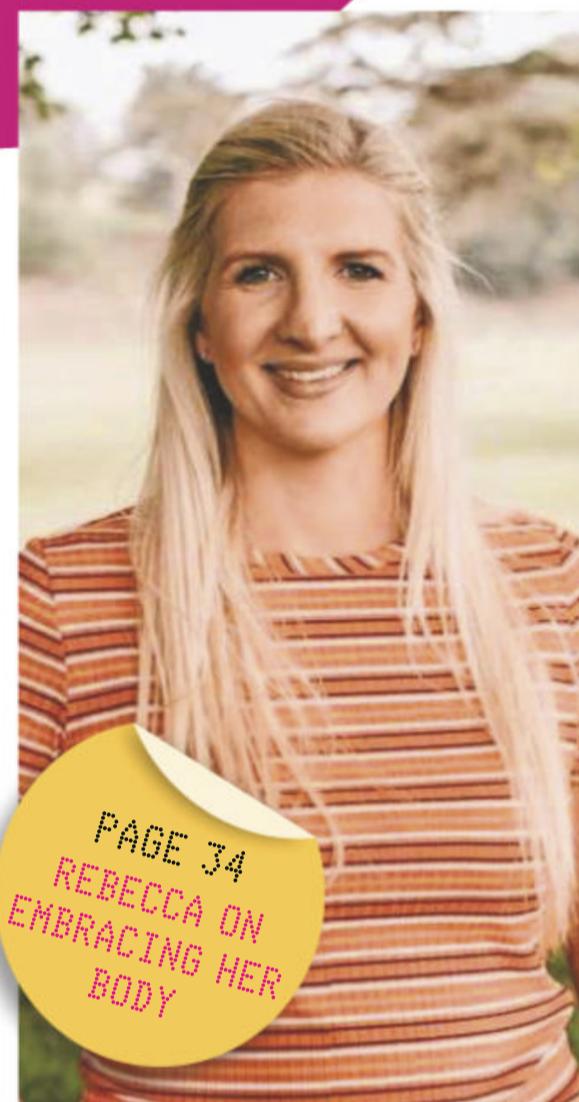
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Welcome to Closer



Going for gold

Team GB have been raking in medals at the Tokyo Olympics, giving the nation a well-deserved lift after a difficult year. It's tempting to think these chiselled gods must be super body-confident, but this week, we spoke to double Olympic champion Rebecca Adlington, who reveals that, despite her athletic physique, she had hang-ups about putting on a swimsuit (frankly, a comfort for those of us dreading wearing a cossie this summer!). We've also spoken to another inspirational woman. Laura Masters was terribly burned as a baby in a sadistic attack by her mum's boyfriend. Her agonising treatment blighted her younger years and she hid her scars away. But, at 18, she bravely vowed to come out of her comfort zone. Now an advocate for body positivity, she shares her tips for feeling great in the skin we're in. She deserves a medal!

LISA BURROW, EDITOR

hsin

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HUMILIATED COLEEN SLAPS 9PM CURFEW ON WAYNE AFTER ANOTHER SCANDAL

Insiders say fed-up Coleen Rooney has ‘no choice’ but to enforce a new set of rules on husband Wayne after he’s caught misbehaving again

It's been four years since Coleen Rooney briefly booted husband Wayne out of their family home for “humiliating her” again as he was caught drink-driving party girl Laura Simpson's car after a boozy night out.

And last week, memories of the betrayal were dredged up again after Wayne, 35, was forced to publicly apologise to his family after a string of embarrassing snaps of him looking worse-for-wear in a nightclub – and then in a hotel room alongside three scantily-clad 21-year-old women – went viral on social media.

A source claims that Coleen, 35, is “furious” Wayne has let himself and his family down again, and has laid down a string of rules – including a 9pm curfew – for him to deliberate while she holidayed with her sons in north Wales.

The source says, “Coleen was mortified by those pictures. She 100 per cent believes Wayne that nothing happened with those women, but she was still furious that he'd let himself down.

“She was especially cross with him for making a fool of himself after everything he's put her

through over the years. So she's decided she has no choice but to impose some rules.

“From now on, he's got to avoid partying or drinking without her there, and if she's not with him he has agreed to check-in with regular texts of his whereabouts. She's also brought in a 9pm curfew when he's not working to help him avoid late nights when he might be at risk of making poor choices.

BLACKMAILED

“Coleen's loved ones are also fed up with seeing her humiliated and fear for their future, so they've urged her to be more strict. She feels bad having to treat him like a child, but until he proves he can stop putting himself in these situations, she has no choice.”

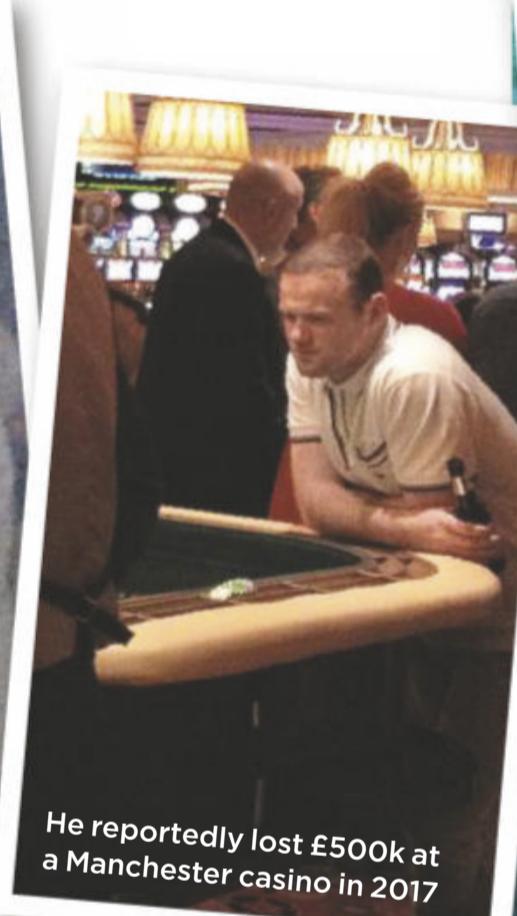
The former England captain



Coleen has an ongoing court case with WAG Rebekah



A night out in Vancouver in 2019 hit the headlines



He reportedly lost £500k at a Manchester casino in 2017

– who shares four sons, Kai, 11, Klay, eight, Kit, five, and three-year-old Cass with his childhood sweetheart of 19 years – was pictured passed out on a chair fully-clothed in a hotel room surrounded by empty bottles and wine glasses while the three blonde women apparently mocked him with a series of provocative poses.

The trio had reportedly met the former footballer in the VIP



Wayne arriving at court in 2017 following a drink-driving incident

section of Chinawhite nightclub in Manchester hours earlier, where Wayne was snapped chatting to a blonde woman.

Wayne then claimed he was blackmailed with the pictures and subsequently filed a formal complaint – although it's not certain whether it was against the partygoers, who were said to have been celebrating a friend's birthday when Wayne and his friends invited them to their booth. However, Cheshire Police later said they were satisfied that no offences had taken place.

The dad-of-four then issued an apology to bosses at his club, Derby County, where he is manager, and his family, confessing, “I made a mistake.”

The three girls involved also issued an apology and handed Wayne copyright of the images



“SHE’S TOLD HIM HE
SHOULDN’T HAVE PUT
HIMSELF IN THAT SITUATION”

– with him only having to pay them £1 for the transaction – and Wayne’s spokesperson explained they got “carried away” and “did something they later regretted.”

It’s not the first time Coleen has been forced to lay down the law with her husband. After a move to America in 2018, their marriage was blighted by a string of scandals, including Wayne stripping to his boxers during a boozy hot-tub session with three women, and also getting into a hotel lift with a mystery woman on a night

out in Vancouver with his former DC United teammates.

The couple returned to the UK in 2019, with Coleen said to have set a list of ground rules, including a ban on booze to save their marriage, which was said to be, “hanging by a thread”.

ADDICTED

Her decision to set strict boundaries came after years of Wayne’s worrying behaviour. In 2004, it emerged he had cheated with a number of prostitutes while, in 2010, former escort

Helen Wood claimed he had paid for a threesome with her and friend Jenny Thompson. He also later admitted to being addicted to gambling and lost a reported £500,000 in a two-hour spree at a casino in Manchester in 2017.

He hit the headlines again that year when he was caught drink-driving in a car with Laura Simpson after a night out while Coleen was pregnant with Cass. He ended up in court and made a grovelling apology to his family. Three months later,



Coleen blasted her husband as “stupid and selfish”, but insisted she was staying with him and she was “still in love” with him.

While there was no suggestion Wayne did anything untoward or behaved inappropriately this time – with the girls insisting there was “no sexual contact” – pals say the latest scandal has come at a bad time, especially as the Rooneys have been filming a biopic of Wayne’s life to mark his 20th year in football.

On top of that, Coleen has an ongoing legal battle with WAG Rebekah Vardy, with Rebekah suing Coleen for libel following accusations she leaked stories to the press about her former pal’s private life.

RIDICULE

A day after the snaps of Wayne and the girls went viral, Coleen took her sons on holiday to Abersoch, north Wales, with friends – where she had been just weeks earlier on a family trip with Wayne. While she looked downcast on the beach, it was reported that she “backs Wayne” and that they are “strong”. As Closer went to press, insiders said she was due to return home to Cheshire on Saturday for another “showdown” before drawing a line under it.

The source explains, “Coleen’s had time to mull it over and even though she knows he didn’t do anything with those girls, she’s told him he shouldn’t have put himself in that situation as things like this

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are always going to come out and bite him and ridicule their marriage.

“She doesn’t want this dragging on and playing out publicly for any longer as she has enough on her plate with the court case coming up. She’d rather be a strong unit with Wayne than at loggerheads, and her boys are her priority, so she doesn’t want them in a negative environment.”

The latest scandal came just a day after the Wayne was forced to deny reports he could quit as manager at Derby after a rocky time. Club bosses were said to be furious about his antics and his future as a manager hung in the balance. However, in the same apology to his family, Wayne also said sorry to the club, adding, “I want to move forward on this.”

REGRESSION

Following Wayne’s retirement from playing football earlier this year, insiders told *Closer* how Coleen feared her husband would struggle with the transition and was concerned about the knock-on effect it could have on their marriage.

According to data from XPRO – a charity set-up to help former footballers – a third of players divorce within a year of ending their career and face problems with depression and anxiety.

Psychotherapist Noel McDermott tells *Closer*, “Very often, retirement comes with losing status and the things that help give a sense of meaning, purpose and direction. With any major life change, there’s a risk of turning to coping mechanisms. For Wayne, with his experience of gambling and partying, the regression could be serious.”

And fellow WAG, Chantelle Heskey, revealed how her husband, former England player Emile, struggled after hanging up his boots in 2010



WAG Chantelle says her husband also struggled after retiring from playing football

and warned that Coleen should “watch out” for a potential decline in Wayne’s wellbeing.

Our source adds that while Wayne’s recent behaviour has upset Coleen, she also sympathises with him.

The source says, “Coleen knows Wayne’s behaviour was simply an act of stupidity rather than an intentional act to hurt her. But it’s come at one of the most stressful times in her life and has added to her already full plate during a time when she needs his support the most.

“She says they now need to have a good heart-to-heart to sort things out and communicate better, as she wants to make sure this is the last time she goes through anything like this again.”

By Lisa Blake



•IT’S COME AT ONE OF THE MOST STRESSFUL TIMES OF HER LIFE, WHEN SHE NEEDS HIS SUPPORT THE MOST•

‘They should seek couples’ counselling’

Relationship expert Jo Barnett says Coleen will keep forgiving Wayne because family is so important to her.

She says, “Coleen’s stood by him so many times, she knows what she’s doing. She obviously has a formula and a love for him that overrides the bad behaviour. It’s about family for her. She puts her family first. She’s going to want him to be around, be focused on their boys and keep a low profile. But they’ve both got to want the marriage to work, and they don’t want a situation where she’s like the parent and he’s like the child, as he’ll rebel under those circumstances.

“They have to both agree on the rules together and they have to be something they both want.

I would suggest they seek couples’ counselling and for them to work on their problems – or his problem – together, if they want to stay together, which they obviously do.

“The challenge for Wayne is that, wherever he goes, he has women throwing themselves at him. He’s got money to spend and too much time on his hands and that’s the biggest pressure. He needs to focus on something that’s worthwhile – maybe some more charity work with Coleen or setting up something to mentor young people – and think more about what he can do to give back to the community. The best thing for a relationship is having a joint project – something they can focus on and build together.”

CHERYL'S BABY DREAM ‘DASHED’ AS LIAM GETS BACK WITH HIS EX

After Liam Payne reportedly reunites with former fiancée Maya Henry, Cheryl is left feeling deflated after hopes that her ex might father her much longed-for second baby

Rumours of a reconciliation between newly-single Liam Payne and Cheryl gathered pace last month when they were snapped together at a family event – weeks after he revealed they were “closer than ever” after ending his engagement to Maya Henry.

Insiders revealed how the former couple – who share four-year-old son, Bear – had even discussed having another child together after the former 1D star gushed, “Cheryl is literally the best person to co-parent with.”

But pals say the former *X Factor* judge was left feeling disheartened last week when Liam, 27, was snapped cosying up to his former fiancée, Maya, 21, at a swanky hotel near

Cheryl’s Buckinghamshire home – sparking rumours they were back on after breaking-off their 10-month engagement in June.

A source says, “Of course Cheryl just wants Liam to be happy, but seeing snaps of him and Maya back together really stung.

“She’s admittedly enjoyed the extra attention and time they’ve been spending together and it’s given Cheryl a chance to really see how much Liam has matured since they were together – making her excited about the possibility of co-parenting another child.

SQUARE ONE

“Just as things were finally starting to look hopeful for her, it’s as if all those hopes and dreams for her second baby have been dashed and she’s back to square one and will have to go it alone.”

Following his split from the Texan-born model – who he began dating shortly after his split from Cheryl – insiders told *Closer* how Liam had been enjoying movie nights and cosy sleepovers at the former *Girls Aloud* star’s mansion.

They also revealed how the *Strip That Down* singer whisked his ex of two-and-a-half years to a luxury spa for her 38th birthday after celebrating

his niece’s birthday together in his native Wolverhampton.

But she was said to be “stunned” just days later when he publicly posted a late-night Instagram message to Maya, in which he said, “I love you.”

Last year, twice-divorced Cheryl – who’s remained single since parting ways

“**SHE’S ENJOYED THE EXTRA ATTENTION AND TIME THEY’VE BEEN SPENDING TOGETHER**”

with Liam – said she wanted “100 children” and revealed how she was looking for a sperm donor so she could have a second child.

She said, “I’ve got a friend who has had two children using donors. Not everything has to be conventional. If time was on my side and I was in my twenties, yeah, I would wait and consider more options, or wait for somebody I felt was right...”

And while she is open to fertility treatment, pals say deep down she’d wanted to add to her family with Liam.

The source says, “Cheryl knows there are other ways to

have a baby, but after some long talks with

Liam, she really thought this could potentially be the answer and avoid her having to go down the complicated fertility route, which has already been delayed due to Covid.

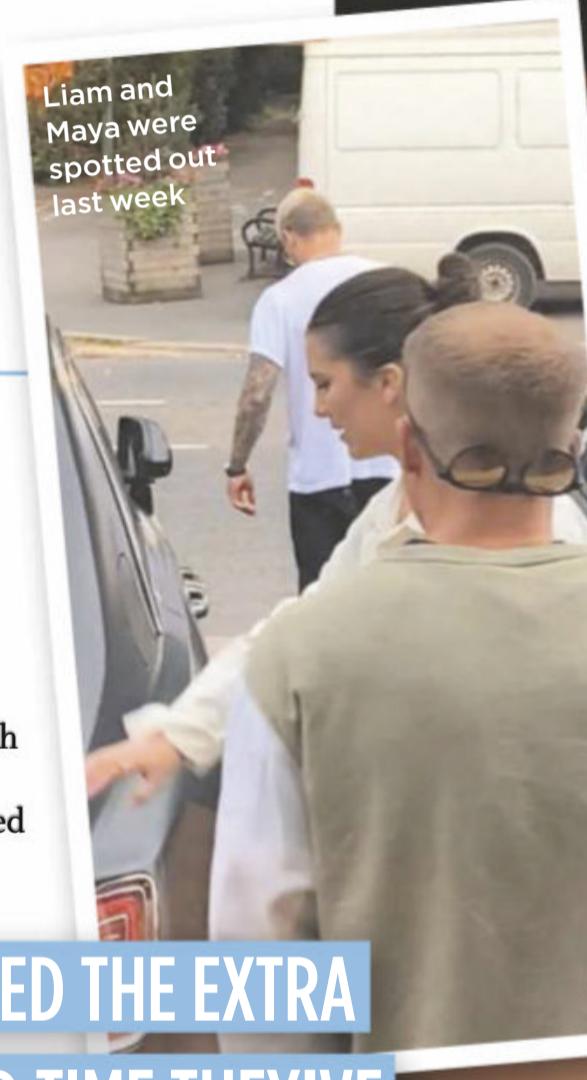
“She also loved the idea of being able to give Bear a full-blood sibling and having Liam’s support rather than doing it on her own.

REAL BLOW

“Cheryl likes Maya and has nothing against her, but she’s gone from envisaging her and Liam expanding their family to him now potentially tying the knot with Maya and the two of them playing happy families



Liam and Cheryl dated for two and a half years



Liam and Maya were spotted out last week



with Bear, which is a real blow."

Liam and Cheryl's split in 2018 was said to be fuelled by his loose-lipped antics – he revealed a string of embarrassing details about their relationship which frustrated his notoriously private girlfriend, including how she had "no complaints" about the size of his penis.

Following their split, he was honest about his struggles with fatherhood in the early days – revealing how he initially found it hard to bond with his son as Cheryl was "always glued to him".

But after turning to therapy to deal with his deep-rooted issues and getting sober after hitting "rock bottom" with drugs and alcohol, Liam has turned a corner, with Cheryl

crediting him as a "great dad" and gushing about their co-parenting relationship.

And pals say while his reconciliation with Maya has stung, Cheryl is determined not to let it affect her future happiness.

The source adds, "If Maya makes him happy, then she knows that's the best situation for everyone. She's looking at the positives – things could have got complicated and messy if they'd have had another child together.

"She's determined to focus on finding her own happy ever after and this has given her the push she needs to get out of her comfort zone, even if that means going it alone to make her baby dream come true."

By Daisy McLure



SIMON'S 'RELIEF' OVER X FACTOR AXE

After running for an astonishing 17 years and launching the careers of countless pop stars, Simon Cowell has finally pulled the plug on *The X Factor* after accepting it's "become a bit stale".

The show helped discover and create the likes of One Direction, Little Mix and Leona Lewis. But in recent months, it's been subject to claims of "poor treatment" and "exploitation" by former contestants, including

Rebecca Ferguson, who has

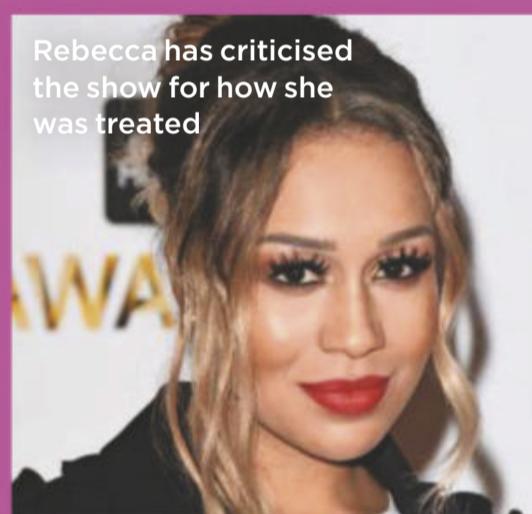
called for a parliamentary inquiry to help protect other young artists.

Meanwhile, Katie Waissel – who was delighted by the axing – previously told *Closer*, "It's not what it seems. Past contestants and myself included are still undertaking therapy for PTSD [post-traumatic stress disorder] caused by the show... I found myself contemplating suicide."

The X Factor strongly denied the claims, saying, "Duty of care to our contestants is of the utmost importance to us. We take welfare very seriously and have measures in place to ensure that they are supported."

A source tells *Closer* that Simon, 61 – who has been on

Rebecca has criticised the show for how she was treated



Former contestant Katie said she contemplated suicide



holiday in Barbados with his girlfriend Lauren Silverman and son Eric, seven – is looking forward to having more family time, explaining, "It's sad because *The X Factor* was Simon's 'baby' – his main project – but he's also relieved because now he is hoping to spend more time with his family. He wants to be as much of a hands-on dad as possible with Eric, so he's taking that as a positive from all of this."

MEGHAN AT 40:

'She's planning to become the new Oprah!'



Andy Barr



Professor
Jonathan
Shalit

As the Duchess of Sussex turns 40 this week, PR gurus predict big things for her and husband Prince Harry this year and say she'll be the 'driving force' behind a startling publicity drive

She became one of the most famous women in the world when she got engaged to Prince Harry in 2017, and their whirlwind romance, followed by their lavish wedding in May 2018, completely changed Meghan Markle's life.

Now, after a dramatic two years inside the Palace, followed by the "Megxit" controversy as she and Harry stepped down from Royal life last year, the former actress is gearing up to mark another milestone as she turns 40 this week, celebrating with her husband and their two children at the family's plush Californian mansion.

BUSINESS MINDED

Harry, 36, and Meghan, who left the Palace in January last year, have since revealed her struggle with her mental health while she was pregnant with their son Archie, now two. They also spoke about the alleged refusal by the family and palace officials to help her, which drove them to leave the UK, on their sensational TV interview with chat show legend Oprah Winfrey in March.

They're now living in an £11m home with A-list neighbours including Oprah, Ellen DeGeneres and Gwyneth

Paltrow, and have secured huge deals with the likes of Netflix, Spotify and Apple TV. Their first Netflix offering, *Pearl*, an animated series about a 12-year-old girl who meets important women throughout history, was revealed last month.

Harry and Meghan have also signed a deal with Spotify, worth a reported £30m, under the couple's own brand Archewell Audio, and Harry has produced a series for Apple TV revolving around mental health, *The Me You Can't See*, alongside Oprah.

Despite being criticised for the lack of content they've produced so far, the business-minded couple have also branched into the literary world, with Meghan releasing children's book *The Bench* in June and Harry dropping bombshell news that his memoir will be out in 2022 – part of the couple's reported £18m deal to release four books, including one on "leadership and philanthropy" and one on wellness.

Now, legendary talent manager Professor Jonathan Shalit OBE, who has worked with the couple's pal Sir Elton John as well as a host of other A-listers, tells *Closer* that her 40th will see the start of

Meghan creating an "empire".

He says, "Meghan's 40th will be the beginning of a huge decade for her – it'll be the start of building her business empire.

"Within five years, I see Meghan as one of the most important and in-demand people in Hollywood.

POWER COUPLE

"She'll have a raft of international awards for her filmmaking, humanitarian work and perhaps even Emmys or Oscars.

"When viewed holistically,

•THEY'RE IN AN EXCITING POSITION RIGHT NOW. THEIR PORTFOLIO IS ASTONISHING•

Harry and Meghan are in a really exciting position right now. Their business portfolio from the last year is astonishing. What they've managed to do since leaving the royal family is incredible, in terms of deals with brands such as Netflix and Spotify. They're on track to achieve big things.

"Remember, how the Brits see them is not how the Americans see them. They are two of the most in-demand people in the Hollywood community. They have built



Being interviewed by Oprah in March

up a close-knit circle of friends and a substantial team that will work with them to help them achieve what they set out to do. There's no limit!"

Meanwhile, PR expert and founder of 10 Yetis, Andy Barr – who has worked with brands in the US – says this is just the tip of the iceberg of what he believes we'll see from Meghan in the next 12 months.

And Andy says he believes her strong sense of ambition is the drive behind the couple's career choices and future goals.

He says, "Meghan is 100 per cent the driving force behind this power couple – she has a lot of ambition and a lot she wants to achieve. I fully expect them to have their own production company within five years and

to be bigger than their A-list peers who are floating around Hollywood right now. I believe she's looking to take Oprah's crown – which is ironic, considering she's given them a foothold in America.

POLITICAL AMBITIONS

"I really would not be surprised if, ultimately, Meghan has her sights set on bigger things, such as political ambitions – even running for President. That would obviously have serious connotations for any British



Meghan
speaking
at a UN
Women
event

With baby
Archie

government in the future."

Andy adds, "With restrictions easing and things slowly getting back to normal, I suspect Harry and Meghan will take this year by storm. They've had their second child – and always said they'd only have two – so now, it's all systems go. I think we'll see a really heavy focus on their masterplan – solidifying their position as America's 'royal family' – so there will definitely be more TV appearances.

"It's not inconceivable that they'll have a joint TV show together – that's a rumour I've heard. I'm not talking as cringe as the Royal *It's A Knockout* of the '80s – it'll be more about raising awareness around humanitarian issues, Hollywood-style. The US will be their core focus, not only because it's where the money is, but also because they can't compete with the royal PR machine here in the UK."

By Lily Smith

INSIDE HER A-LIST 40TH BIRTHDAY BASH

Harry is planning the party for his wife



She turns 40 this week – exactly two months after giving birth to her daughter Lilibet.

And after moving back to her native California last year with Prince Harry and their two-year-old son, Archie, insiders say Meghan Markle will celebrate her milestone birthday in true Hollywood style with a lavish star-studded bash at their Montecito mansion.

A source says, "Harry's planned a big party for Meghan with invites going out to the likes of Amal and George Clooney, David Foster and Katherine McPhee, Oprah Winfrey, Ellen DeGeneres and Portia De Rossi, James Corden, and a host of high-profile Hollywood executives too.

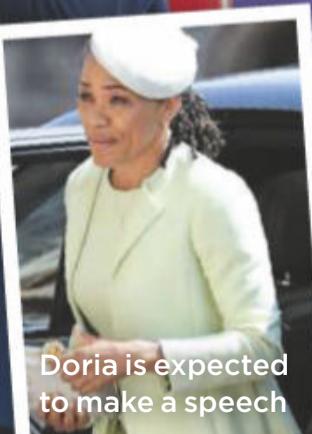
"Harry's hired a top event planner to ensure everything goes smoothly and they're having it outside in their beautiful grounds – with lots of fine wines from

their local vineyard, signature cocktails including Meghan's own creation – gin with Maraschino cherry liquor – and huge grazing tables filled with local produce.

"He's also hired Meghan's favourite LA bakery to make her birthday cake, which will be topped with pictures of the kids."

Insiders reveal that Meghan's mother, Doria Ragland, 64, is also expected to make a speech at the celebration alongside her son-in-law.

The source adds, "Doria's not usually one for public speaking, but she's planned a surprise toast to mark the occasion."



Doria is expected
to make a speech



Amal and George Clooney are invited



BEST PAL CLARE:

'Kate's new - there's sa

TV presenter Clare Nasir tells Closer that Kate Garraway has been left with mixed emotions since her still extremely ill husband Derek Draper has returned home

She's endured a living nightmare since last March, after her husband Derek Draper caught Covid-19 and was left fighting for survival. Seventeen months on, Kate Garraway is now trying to navigate life with Derek at home needing round-the-clock care, as well as raising two children and working full time.

But Kate, 54, was able to enjoy a rare night of normality last week when she and children Darcey, 15, and Billy, 12, headed to the theatre for a night out – something they hadn't been able to do since before the pandemic hit.

Husband-and-father Derek, 53 – who has had one of the worst infections of any surviving Covid-19 patient in the world – remained at home in North London, where he has a 24-hour team of carers looking after him.

On the evening, Kate posted "The first time the kids and I have been out to something other than school or work since Derek got sick. It was a magic show we were supposed to be heading to when he was rushed into hospital – and we felt strange that we were going out to one when he isn't ready to yet."

The two TV presenters are friends



And Kate's best pal and TV presenter Clare Nasir tells Closer that, although the night out was a well-deserved experience for Kate, she felt torn during the evening.

OLD TIMES

Clare, 51, says, "Kate has been incredible throughout this – even more so since Derek has been home. She now basically does four jobs – presenter, mum, wife and carer. She's on the go all the time, and has been physically and mentally pushed to the extreme this last year and a half. So a chance to get out to the theatre – something she and the kids love – was wonderful for her.

"However, it was bittersweet, as Kate can never switch off from

normal is bittersweet dness and guilt'

what's happening. I know she would have had a hotline to the house at all times and her focus would have been on Derek. I think that, while she loved seeing the kids happy and having fun like old times, there was sadness that their dad couldn't be there, as he loves that sort of thing, and guilt – although, of course, she shouldn't have felt that. But it's the nature of who she is – the whole thing is on her mind at all times. The night out was very much an exception and a special occasion – it won't be the norm because, sadly, it just can't be."

Derek was admitted into hospital in March 2020 with coronavirus. He then spent the following months in intensive care, facing multiple brushes with death, losing eight stone, and having his lungs ravaged by the virus.

Kate has candidly spoken about Derek's time in hospital – sharing the heart-wrenching moments such as when he uttered his first word, "pain", and that, while she has been told he is unlikely to ever fully get better, he will be able to partially recover

and one day hold a hairbrush on his own.

She hit rock bottom in January this year when she was unable to visit her husband in hospital due to the third lockdown, but fought for him to be transferred to their family home.

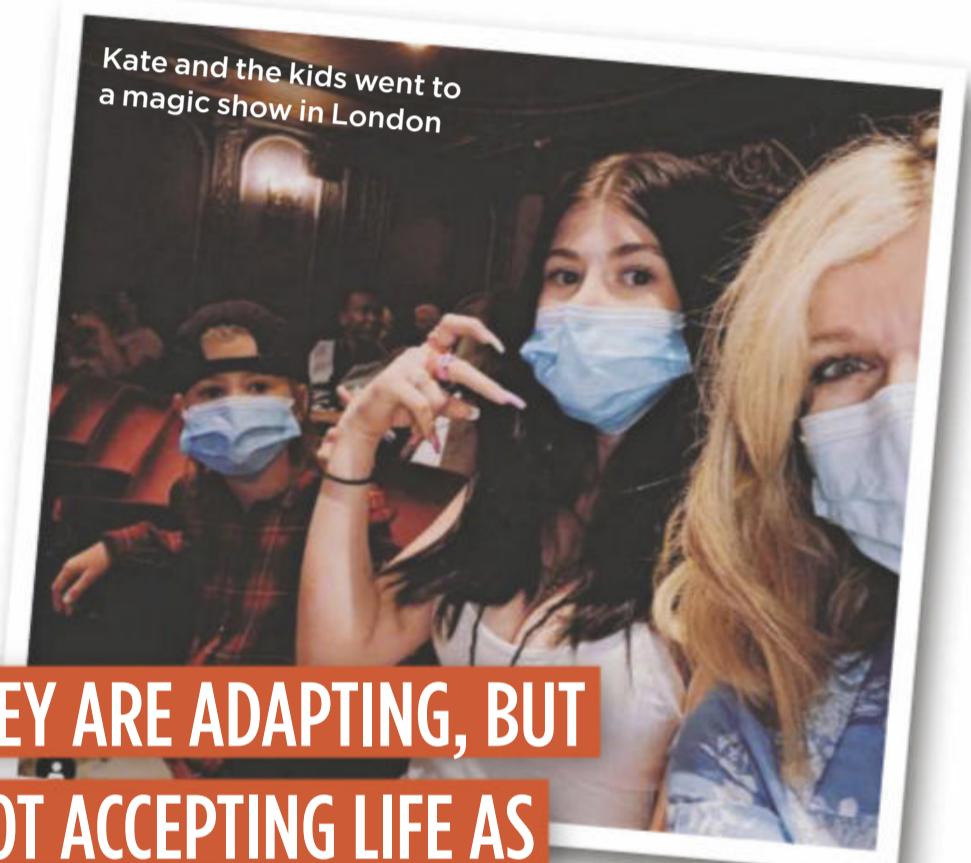
In preparation for his return, Kate organised a number of renovations – including making their home wheelchair accessible with a lift and giving Derek a wet room, which she decorated in his favourite art-deco style – and arranged round-the-clock care from nurses to assist him.

UPHILL BATTLE

Clare previously revealed Kate had hoped that Derek's return home would encourage progress, as she noticed how he responded to her and seemed to be doing better when she regularly visited him in hospital.

And Clare now says that, while his condition is stable, there's still a long way to go.

"Derek is on a level right



'THEY ARE ADAPTING, BUT NOT ACCEPTING LIFE AS A FAMILY OF THREE'

now – he has stabilised and isn't getting worse but he still has a very steep uphill battle. Kate believes he's definitely in a better place for being at home, because he's surrounded by love, familiarity and his family. While he may not be able to be involved or have a conversation, he can sit

watching Billy play Lego and Kate puts movies on for them to watch.

That may not be improving his physical state, but it is definitely improving his mental state.

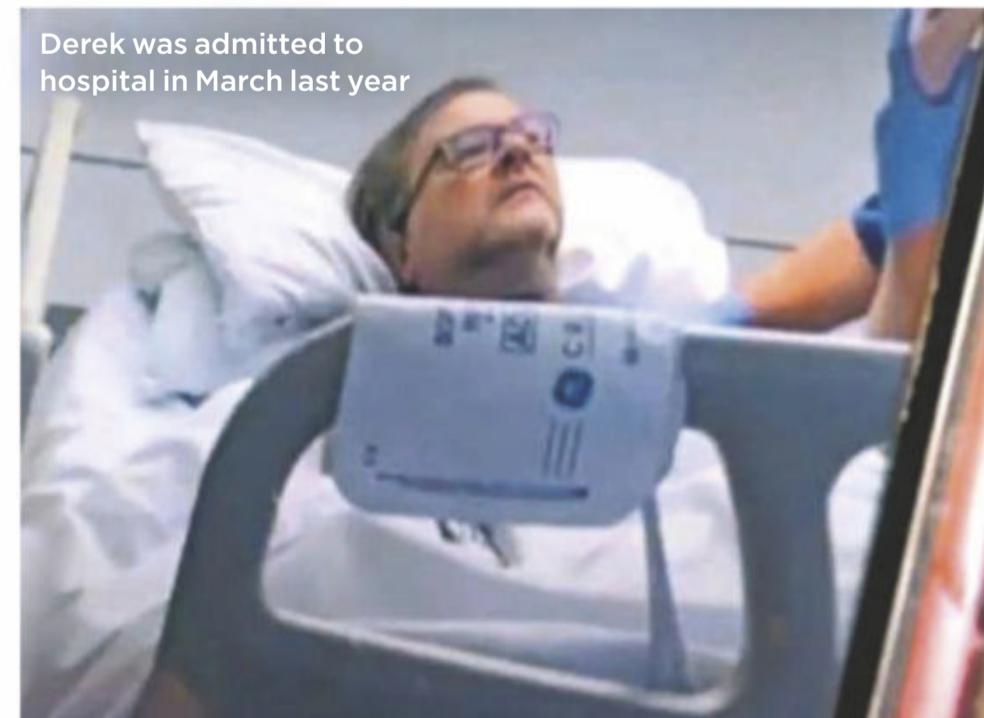
"Right now, everyone's just living in the moment, taking things slowly, and not worrying about next week or next month or next year. There are steps forward but also steps back. I think it's a blessing that Kate doesn't know what's around the corner – if she'd known in March last year that she'd be here now, I don't know whether she'd have coped. But she has and she's taking each day as it comes.

"Their new normal is really bittersweet. They are adapting, but they are not for one second accepting that this 'new normal' is as a family of three – Derek is still at the forefront of all of their lives."

By Lily Smith



The couple married in 2005



THE DANGERS BEHIND THE POST-PANDEMIC ‘SEXPLOSION’

Experts predict the UK could see a ‘summer of love’ as people embrace a hedonistic lifestyle following the end of Covid restrictions – stoking concerns of a rise in STDs, unwanted pregnancies and cases of coronavirus. Closer investigates...

As “Freedom Day” arrived on 19 July, Hannah Smith* was the first in a line at her local nightclub in Leeds – and she took full advantage of the relaxing of social distancing rules by hooking up with a man and going back to his for a one night-stand.

The next evening, she went out again and ended up back at another man’s house for a night of sex. After months of being cooped up indoors, Hannah was thrilled to let her hair down.

READY FOR FUN

Hannah, 30, who works in PR, says, “In December 2020, just as Boris was about to plunge us into a winter lockdown, my long-term boyfriend broke up with me. I was devastated and being stuck inside didn’t help. There were no distractions – no nights out or girls’ holidays to make me feel better. So by the time restrictions started to lift, I was ready to get back out into the world and have some fun.”

After months of heartache, Hannah was pleased to be

finally getting back out there – but it came at a price.

She says, “After sleeping with two guys in two nights, I felt confident and sexy and like the old me was slowly returning.

“But a few days later, one of the guys texted me to say he’d had a positive Covid test, and I started showing symptoms, too. I took a PCR test and I immediately got in touch with

to have to take these days.

“Now, my recovery is going well. I’m hoping to line up a few more dates for when I’m out of isolation.”

It’s predicted that Hannah won’t be alone in feeling excitement at getting back out there. Experts have said the coronavirus pandemic may give way to another “roaring 20s” rife with lavish spending and sex-crazed parties. Yale University professor Dr Nicholas Christakis, who specialises in behaviour patterns, explained how similar health crises across history – such as Spanish flu in 1918 – show a pattern of people slipping into isolation to protect themselves from sickness, and then desperately seeking out social interaction when the threat has passed.

FREEDOM

According to extra marital affairs website Illicit Encounters, which conducted a survey of 2,000 members, there has already been a 32 per cent rise in affairs in the first two weeks of freedom.

Relationship expert Rhian

Kivits says, “The pandemic was very isolating for a lot of people, they had no human connection, no fun, they were lonely. People became ‘skin hungry’ and now they want the comfort of touch and to connect with others and that will inevitably mean casual dating and sex.

“Sex is life enhancing, it elevates your mood, there’s a post-coital chemical change in your brain. And people will be driven by the feeling that life is too short and that they’ve been told what to do for too long. They will feel rebellious, and sex is the ultimate rebellion against social distancing.

“None of this is bad, but I would advise caution. Make sure that you actively want sex and not just an emotional ‘sticking plaster’ for loneliness. And it’s important not to put yourself at risk of unwanted pregnancy and STIs. Also, Covid-19 is very much still a risk, it hasn’t just disappeared, so people can’t relax completely.”

Analysis of internet searches by Medicine Direct has shown that there were spikes in searches for emergency contraception and “STI tests near me” as restrictions relaxed

“SEX IS THE ULTIMATE REBELLION AGAINST SOCIAL DISTANCING – BUT I’D ADVISE CAUTION”

the other guy I’d had sex with, to let him know. I came back positive, but luckily as I had been double vaccinated, the symptoms weren’t as bad as they could have been, I just felt tired and had a cough.

“Thankfully, the other guy I’d slept with was negative. It did worry me that I could have given him Covid, but I think that’s a risk that single people are going



Lovers liberated after lockdown spark sexplosion

throughout the pandemic. And Superdrug has seen a 44 per cent year-on-year increase in the purchase of at-home STI tests and treatment.

NOTICEABLE RISE

Dr Mark Lawton, spokesperson for the British Association for Sexual Health and HIV (BASHH), says, "Were predicting there will be a rise in sexually transmitted diseases. The latest official figures we have are from 2020, during the harsh lockdown of April and May there was a dip in diagnoses and when June ended, with the relaxation of rules, there was a noticeable rise."

"As people start having more casual sex again, we urge them to use condoms and keep getting tested."

It's a lesson that Jemma Field* learned the hard way. The 31-year-old accountant from Birmingham hooked up with a date from Tinder when restrictions eased in May.

She says, "It was someone I'd seen a couple of times before lockdown. He texted me and as I longed for company and sex, I went. I'd had my first vaccine, and had been isolating with

my family so I wasn't worried about passing on Covid and I knew he'd been following restrictions, too."

But a couple of weeks later she got a text from him saying another of his sexual partners had gonorrhoea and that she should get tested.

She says, "I wasn't angry with him as he didn't know at the time. But I felt so stupid that I'd got drunk, got carried away and hadn't used a condom – I hadn't really thought about STIs and I'm on the Pill so wasn't worried about getting pregnant."

Jemma sent for an at-home test and says, "Waiting for the results was the longest three days ever.

WAKE-UP CALL

"When it came back positive it was a relief to actually know and get on with treating it with a course of antibiotics. Thankfully, I hadn't had sex with anyone else so couldn't have passed it on. But it was a wake-up call and I will be using a condom from now on. I never want to be caught in a situation like that again."

By Mel Fallowfield

'We can't wait to make up for lost time!'

Kat Kocsis, 27 (right), a photographer's assistant from London, couldn't wait to go swinging with her partner, Steve Kreisch, 41, once sex clubs were back open.

She says, "I was so excited to get back into the club after so many months of it being closed. The first night, I was intimate with two men. The excitement took over and it was amazing. Now we're lining up lots of

different outings, back to the same club, and also I will see some other friends with benefits who I'll meet without Steve.

"We've been swinging for five years and, at the beginning of lockdown, it felt weird just being me and Steve all the time. We both love swinging and missed the excitement."

"Before the pandemic we were quite easy-going, we'd go twice in a weekend then not

'I've had three affairs since restrictions eased'

Samantha, 36, and her husband Paul, 37, both fitness instructors, live in Nottingham, with their two sons aged 12 and 10.

She says, "During lockdown my husband had two affairs – with clients. I realised when our sex life dwindled and I checked his phone. I was devastated but didn't want our marriage to end because of the children, so I didn't confront him.

"However, it made me think about what I'd been missing so I signed up to extra marital affairs website Illicit Encounters – and three months ago I met Simon who works in IT. We had sex on the first date – outside after going for a walk near my home. As a PT instructor, I have to regularly take lateral flow tests so I was safe and soon after I had my first vaccination, too.

"It kick-started my sex drive and in May I started seeing Hugh. That's ongoing but I've also added in Sonny, who's 32. The sex is great and the pandemic has changed my attitude. I now think life's too short not to have fun. I just hope Paul doesn't find out."



for three months. But this summer we plan to do as much as possible to make up for lost time. We've both had the vaccination so we're not worried about Covid and we do regular lateral flow tests. This will be our summer of love – and I can't wait!"

ADELE EYES MARRIAGE & KIDS WITH NEW LOVE

Just weeks after going “official” with her new boyfriend Rich Paul, friends say the couple are “very serious” and are even discussing starting a family together.

Last week, Adele, 33, and the sports agent looked smitten during a PDA-filled date in New York, just days after they were snapped at the NBA finals together.

The pair made their third public appearance at billionaire Robert Craft’s 80th birthday bash in the Hamptons, joining a star-studded guest list which included Lionel Richie and Jon Bon Jovi.

The *Someone Like You* singer shares her eight-year-old son, Angelo, with ex-husband Simon Konecki, while Rich, 39,

has three children from previous relationships.

A source says, “Adele is longing to have another baby and she’s made no secret of that with Rich. She’s been telling pals that they’re both on the same page after he confessed he’d love to have more kids, too.”

In May, Rich hinted at the romance when he revealed he was “hanging out” with a “major pop star” who’d been at his home the day before.

Broody Adele has been open about wanting to add to her family, telling fans at a concert in 2016, “My womb is aching”.

And pals say her new romance has boosted her hopes.

The source adds, “Adele’s very serious with Rich and says she feels like she’s known him for years. Her friends won’t be surprised if she’s got a rock on her finger before the year is out!”



With her ex-husband Simon

She has son Angelo with him

Rich and Adele were seen on a dinner date

PETE ‘SET TO POP THE QUESTION’ TO PHOEBE

Things are accelerating between Pete Davidson and Phoebe Dynevor as it’s rumoured the US comedian will move to the UK and propose to the *Bridgerton* actress.

The couple confirmed their romance in March after Pete, 27, jetted into Manchester while Phoebe, 26, filmed the second series of the hit Netflix period drama in Stoke-on-Trent. They were last seen cuddling up to each other in the crowd at Wimbledon last month.

However, sources say that he is “done with long distance”, is now planning to “move to the UK” to be with her, and is even considering “popping the question”.

Friends of Pete previously

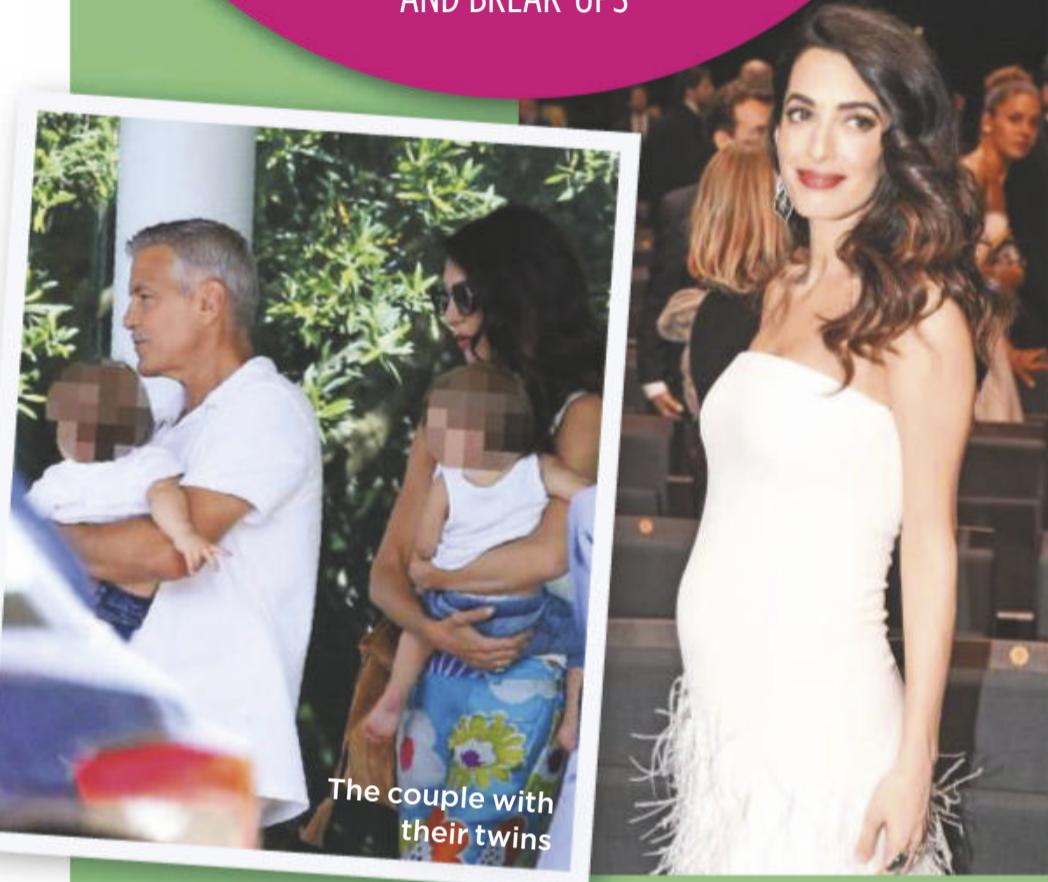
revealed that he was convinced Phoebe – daughter of *Coronation Street* star Sally Dynevor aka Sally Webster – is The One and is “head over heels” in love with her. And with his renewal contract with US chatshow *Saturday Night Live* yet to be signed, it seems he’s focusing on his relationship and taking things to the next level.

It would be the comedian’s second engagement, as he was previously engaged to popstar Ariana Grande for five months. He also dated actress Kate Beckinsale in 2019 and model Kaia Gerber in January 2020. However, the source insists that “he has never met a girl like Phoebe before”.



LOVE dramas

THE LATEST HOOK-UPS, MAKE-UPS
AND BREAK-UPS



The couple with their twins

GEORGE AND AMAL 'EXPECTING THEIR THIRD CHILD'

Four years after they became parents to twins, reports claim that George and Amal Clooney are expanding their brood with baby number three.

The Hollywood actor, 60, and human rights lawyer, 43, are reportedly over the moon to be giving Ella and Alexander, both four, a sibling and are said to have told friends the news last month over an intimate dinner in Lake Como, Italy, where they are spending the summer.

Amal is reportedly past her first trimester, meaning the baby is likely to be due next spring.

George - who previously had romances with Lisa Snowdon and model Elisabetta Canalis, and had a three-year-marriage to actress Talia Balsam - met Amal in 2013 via a mutual friend.

The couple got engaged nine

months later and tied the knot in a lavish Italian wedding in Venice in 2014, surrounded by A-listers Emily Blunt, John Krasinski and Cindy Crawford.

And Amal fell pregnant naturally shortly after the wedding. George said, "There are some people [whose] goal was... to have children. Mine wasn't. I felt like I had a pretty full life. Then I met Amal and realised my life had been pretty empty. And then when you throw these two kids in there, then suddenly you realise how incredibly empty it was."

He added that he was blown away to find out they were having twins, saying, "I just stood there for like 10 minutes, just staring at this piece of paper going, 'What, two?!" But I'm so glad they have each other."

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'I divorced my ex – and then married his dad!'

Erica Quiggle turned to her husband's stepdad for marriage advice – and soon found herself falling in love...

When Erica Quiggle realised her seven-year marriage to husband Justin was floundering, she turned to her father-in-law for advice. But their friendship soon blossomed into love, despite their 29-year age gap.

Now, Erica, 31, and Jeff, 60, are happily married and have a daughter together. And remarkably, Justin has been very accepting, and all three remain friends.

"The last few years have been a roller coaster, but we wouldn't trade it for the world," says Erica. "Jeff comforted me

when I needed it. Our story may sound scandalous, but he made me realise that true love does exist. The age difference doesn't bother us either – we call Jeff the young soul, while I'm the old soul!"

BONDING

Erica, a full-time mum, started dating Justin when she was 19, with the pair bonding over their love of video games.

"Justin was so kind," she says. "We loved gaming and listening to Coldplay. I was already friends with his sister too and knew their stepdad Jeff, but I didn't think of him in any romantic way."



Erica and Justin, now 36, married in September 2010, but she began to have doubts on her honeymoon.

"I realised there wasn't a spark," she says. "I loved Justin, but questioned whether I was in love with him. I began to see him as more of a friend."

In 2011 the couple had a son, who's now 10, but Justin worked long hours in a factory and Erica felt lonely.

She says, "We became more like flatmates

than husband and wife. Between his job and parenting, we were tired, so we'd argue. By 2015, we were both unhappy and had tearful conversations, knowing things weren't right. I started to realise I didn't want

that for the rest of my life."

Erica turned to Justin's stepdad, Jeff, for support. The pair often saw each other at classic car shows, which they both loved.

She says, "Jeff organised the events. At first, I asked his advice on practical things like finances, but as we became friends I confided in him about my relationship problems. He was kind and didn't judge – he'd helped raise Justin, so he understood us and knew him better than anyone."

ATTRACTION

But as they grew closer, Erica developed feelings for Jeff.

She says, "I found him inspiring. I loved hearing stories from his travels, and when I admitted I struggled with confidence, he gave me

'I MARRIED MY MOTHER-IN-LAW'

When Clive Blunden, 65, found love with his ex-wife's mother, people said it wouldn't last but, 32 years on, they are stronger than ever. Clive married Irene Little in 1977, when she was just 16, and the couple had two daughters. But his marriage ended in 1985. Four years later, Clive visited his daughters at his former mother-in-law Brenda's house and they struck up a friendship. "One night, he took me for a drink and we ended up kissing," said Brenda, 77. "We fell in love."

The pair tried to marry in 1997, but police arrested Clive because an ancient law forbade parents-in-law from marrying their sons or daughters-in-law. However, the law was later overturned and the pair, from Warrington, tied the knot in 2007. Irene didn't attend the wedding, and has said she felt her mother "totally betrayed" her.





‘I WAS 26 AND HE WAS 55, BUT I KNEW MY FEELINGS WERE GENUINE’

Finally, in 2016, Erica ended her marriage and moved in with her mother. Meanwhile, Jeff was having marital problems of his own, and he split from Justin's mum.

CONTROVERSIAL

Erica says, “I knew Jeff had been struggling – the marriage had faded. I felt sadness and relief when my marriage ended. Justin and I had so many memories together and I wanted our son to be happy.”

Despite knowing a

romance with Jeff would be controversial, Erica couldn't stop thinking about him.

She says, “I knew people would be hurt, but I was head over heels. One day, not long after I split from Justin, as we chatted, I leant over and kissed Jeff and I told him how I felt. At first, he was wary, because he didn't want to hurt his family, but later he messaged to say he couldn't stop thinking about me. We knew it was bad timing, but we couldn't ignore our feelings for one another. I may

reassuring advice. I realised I was attracted to him, too – he had gorgeous hazel eyes and I loved his tattoos. But when I told him he was handsome, he laughed and said, ‘You're crazy, I'm an old man!’ I was 26 and he was 55, but I knew my feelings were genuine.”

have married his son, but we were the real deal.”

The couple tentatively began a relationship and when Erica told Justin, he was remarkably understanding.

She says, “I was in tears as I admitted I'd fallen in love with Jeff. I begged him not to hate me, but he was so respectful. He said, ‘You can't help who you love.’”

Sadly though, Justin's sister was furious and cut all ties with the pair. Likewise, Jeff's ex was wasn't accepting, and neither were others in their small town in Kentucky, USA.

HAPPINESS

Erica says, “Some people wrongly thought Jeff had taken advantage of me. But I never questioned whether our relationship was worth the fallout. He was my everything and I'd never felt happiness like it.”

In late 2017, Erica and Jeff set up home and Erica fell pregnant with their baby. Their daughter was born in 2018.

She says, “We were thrilled to get pregnant so quickly, we felt extra lucky. Jeff's an amazing dad – he may be 60, but he's so fit you'd think he was much younger. He's a great stepdad to my son too, who doesn't remember life any other way.”

That year the couple married in a small ceremony at their house, and while Justin – who has also remarried – didn't attend, there are no hard feelings. The pair share custody of their son, even celebrating his birthday parties together.

“Justin's very forgiving,” admits Erica. “A few years ago, I would never have imagined I'd end up married to my 60-year-old father in law, but we're a great team. It's been tough, but I'd go through that 100 times over to be with him. He's my soulmate.”

Justin says, “It's been a few years now since this happened, and I've moved on. Me and Erica have a kid together, and we think about him above everything else. We have a pretty good relationship.”

By Sophie Barton

WHY CELEBS ARE DITCHING BOOZE

Actress Tamzin Outhwaite recently revealed that two-day hangovers and “beer fear” paranoia pushed her to make a major lifestyle change and go teetotal, saying, “I’ve thought about quitting drinking for a long time and it feels like now is the time. When I’m not drinking, I do feel better.”

And Tamzin, 50, isn’t the only celebrity to convert to sober living. Singer Lily Allen recently marked two years “drug and alcohol free” with a celebratory Instagram post, and *EastEnders* star Charlie Brooks has been

documenting her booze-free year after ditching alcohol last summer.

It’s estimated around one in six (16.2 per cent) of UK adults don’t drink alcohol, according to new statistics from Public Health England (PHE) – up from 15.5 per cent in 2014.

Here, former Hear’Say singer Suzanne Shaw – who quit alcohol for good in January 2020 when she realised that “wine o’clock” was having a detrimental effect – tells Closer how life has been better than ever since she went booze-free...



EXCLUSIVE! SUZANNE:

‘Alcohol heightened my anxiety and depression – now I’m so much happier’

While some of us indulged in at-home drinking to get through lockdown last spring, Suzanne Shaw, 39, was already a few months into her commitment to quit booze after she realised it was taking its toll on her mind and body.

She says, “I had a really unhealthy relationship with alcohol. I was always drinking more than I wanted to. I’d have a glass, and then another, and before you know it, I’d got through a bottle. I was afraid to tot up how many units a week I was drinking.

“I turn 40 soon, and the older I got, the worse the hangovers were getting. My mental health was taking a real beating from alcohol as well. Because I struggle

with anxiety and depression anyway, a hangover just heightened it. I didn’t realise that alcohol was so detrimental until I stopped.”

Mum to six-year-old son, Raffy – who she shares with her fiancé Sam – and 16-year-old son Corey, whose father is her ex-partner Darren Day, Suzanne came to the stark conclusion that drinking was making her “unreliable.”

MASSIVE CHANGE

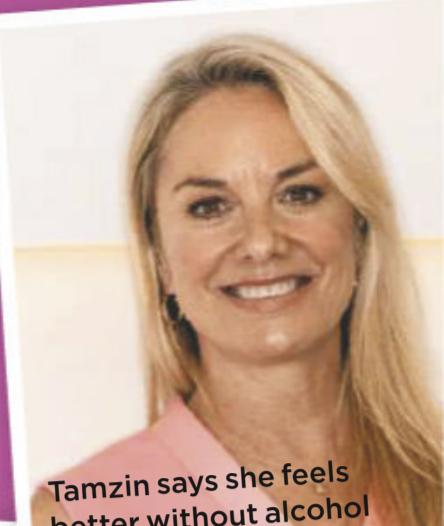
She says, “I found it dominated my life in a lot of ways – even my family life was affected. I was rushing through a bedtime story to get to ‘wine o’clock’. Having alcohol in my life made me unreliable to myself – I never stuck to my own word. You have this low from a hangover and lose all your mojo and momentum.

“Since quitting, I’m a much better mum and partner. Giving up booze has made me feel like I’ve finally got to know myself again. My life has just massively changed for the better. I’m so much happier – and richer too because I’m not spending as much on nights out!”

Following her booze ban, Suzanne threw herself into wellness and nutrition and became a keen runner, going from the “biggest I’d ever been without being pregnant” to a trim size 8 in the process.

She says, “My sleep has massively improved and my way to de-stress now is to go for a run or meditate. Going out running with a podcast is like my version of going to a beer garden!

“You instantly look better after a couple of weeks of not drinking



Tamzin says she feels better without alcohol



Lily has been sober for two years



Charlie gave up drinking a year ago

REAL LIFE

'I lost 4st after turning teetotal'

Claire Owen, 47, lives in Criccieth, North Wales, with her 47-year-old joiner husband and their children, William, 11, and Sam, nine.

She says, "In my twenties I drank relatively moderately – a bottle of wine over dinner at the weekend and I'd go out once a month."

"But in my thirties I started going out partying. I was always out and then everyone would pile back to mine."

"I met my second husband when I was 35 and he loved a drink, too. I gave up alcohol during my pregnancies but, other than that, our house became the party place."

"But it took its toll on my health. I went up from 10st to nearly 13st, not just from the alcohol's calories, but because I'd crave stodgy food like pie and chips the next day. Some weeks I'd drink about 100 units. I found it hard to make decisions and would put off everything until the next day, while I had a glass of wine. I couldn't sleep properly either, which left me tired and grumpy, and our marriage started to suffer. My husband drank quite heavily too, and so we'd have silly arguments."

"In February 2018, I felt that I needed a break and managed to give up for 125 days – I felt great. I started again mainly because I felt like I was missing out and thought I could just have the odd drink."

"But in November 2018, I gave up for good. I researched the benefits and looked at other people's experiences and how much their lives improved through not drinking, and that inspired me. If I wanted a drink I'd distract myself by decluttering or taking the boys to the park."

"The first 16 days were tough but, after that, it all fell into place. One of the key bonuses is the uninterrupted sleep I get, so I now feel ready for every day. And my energy levels soared, meaning I started exercising – I started with walking but now I do yoga and weight-lifting and I recently started hula-hooping. And that's helped me to lose 4st gradually, along with no longer having 'hangover' food cravings."

"I look after myself so much better now and the boys have a happier mum. Now I run soberholic.com, helping other women on their journey to a sober life."

– my eyes looked brighter and my face stopped looking puffy. I've also noticed my skin and hair have improved.

DARK DAYS

"But the biggest thing for me is the change in my mental health – I don't have the dark days and constant fog I would get after a bad hangover. There was a point where I needed that prop of alcohol. I was caught in a vicious circle of highs and lows, so I needed to start making better choices for my health and my mental wellbeing."

Suzanne still enjoys nights out with friends, but whereas she would have drunk wine or gin, she now chooses alcohol-free options so that she can wake up hangover-free.

She says, "Sober-living is a real lifestyle change. One of the hardest parts was my friends and family accepting the 'new me' that wasn't drinking. I'll go for non-alcoholic versions for special occasions, like beer or wine, because it makes other

people feel like you're still celebrating with them. I still do cocktail nights at ours too, with alcohol-free options.

"I don't see myself ever drinking alcohol again because I'm really happy without it."

With Suzanne's 40th approaching in September, she's swapping a boozy vacation for an alcohol-free retreat.

She says, "I always thought I'd be going to Vegas for my 40th with my friends and having a massive mash-up! But I've booked a vegan bootcamp in Majorca to celebrate with my partner, Sam. I can't wait."

"If you'd asked me a year ago, I would have been petrified about having a party without drinking. Now I'm really excited about turning 40 and celebrating in a completely different way."

By Lisa Haynes

● Sign up to Suzanne's online wellness community at thehappyhealthclub.com. The first Sober October challenge starts on 1 October

She's now 4st lighter and full of energy

Claire's party lifestyle took its toll on her health





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ROSIE WILLIAMS

FORMER LOVE ISLANDER
ROSIE WILLIAMS, 29, GIVES
HER OPINIONS ON THE SHOW

'Having sex in the villa is natural'

When I was on series 4 of *Love Island* in 2018, I was coupled up with Adam Collard. I really liked him, so we had sex on the show. Although I have no regrets about what I did, the next morning I was so upset as I realised my dad was watching. I was sad for my family and disappointed in myself, so I remember going to the beach hut and crying my eyes out! But then I thought, "I am a 26-year-old woman and sex is natural".

What viewers have to remember is that there are CCTV cameras in the villa 24/7, and as time goes on, you forget they are there – especially in the bedroom, as it's the only private time you get. You can easily block the world out, just

be in that moment, and forget where you are.

Having sex with a partner is a natural progression for anybody. The more time you spend with somebody, the more you want the relationship to grow.

In *Love Island*, you're together constantly. You are sharing a bed, having breakfast and brushing your teeth with that person, so it's easy for things to move at a much faster pace.

My mam and dad have been married for 30 years and I'm his little girl, no matter how old I get, so it was hard for him to wrap his head around the whole thing – but he has since said that I've got his crazy spirit and if he were young and single, he would have done the same.

The producers don't show so much of the "naughty stuff" any

Rosie and Adam got intimate on *Love Island*



more, but I think Jake and Liberty have probably gone all the way! I think they could go all the way as a couple in the outside world, too. I also thought Millie and Liam could – but that might not happen now, after his antics in Casa Amor!

● Check out Rosie's clothing range at white-collar.co.uk



MY VILLA THRILLER & VILLA CHILLER



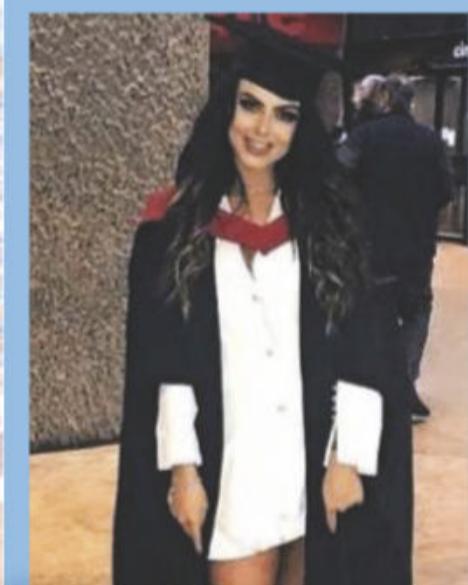
VILLA THRILLER

Hugo. He reminds me of Dr Alex. I wish I could be there to give a little guidance!



VILLA CHILLER

I've gone off Liam now after Casa Amor – he's letting down the Welsh side.



'I'm as proud of Love Island as my law degree'

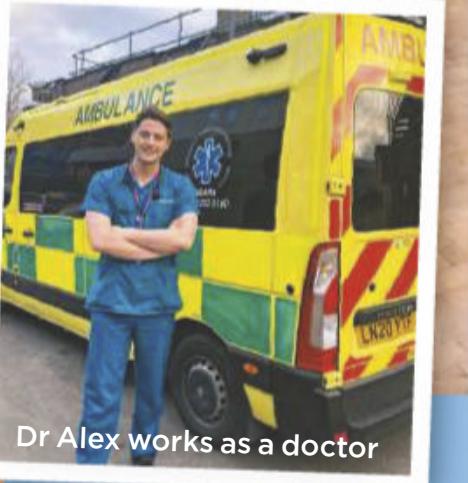
Before *Love Island*, I studied law and was working in my first job as a solicitor. When I went in, I got a lot of stick. People asked, "Why did I want to leave my job?"

Just because I went into *Love Island* doesn't mean I'm any less intelligent or less proud of myself and my achievements. I'm as proud of being on *Love Island* as I am of my law degree.

The show gets criticised for people being similar, but I don't think that's true. I think it's been really good for breaking the stereotype that if you're clever and you've got ambition, you can't also look good in a bikini.

In my series, there was Dr Alex – who of course is a doctor! – Wes, who is an engineer, and myself. But there was also Samira, who was a West End performer, and Hayley, who was a model, so there was a variety of people.

The perception is that people just do it for fame, but that's not always the case – many go back to their normal jobs after the show rather than become influencers, like Dr Alex and nurse Rachel Fenton. It shows we can be anything we want, without having a label to define us.



Dr Alex works as a doctor

WHAT'S STOPPING SO MANY YOUNG PEOPLE FROM GETTING JABBED?

One in eight young people in UK getting Covid vaccine

Prime Minister Boris Johnson was said to be “raging” last week, after more under-30s across the UK continued to turn down their Covid-19 jabs. Currently, around 34 per cent of 18 to 29-year-olds in England – around three million people – have not been vaccinated at all. This is despite all over-18s now being eligible. The situation is said to have angered the PM so much that he’s now considering making jabs compulsory for university students in order for them to attend lectures and move into halls of residence. Celebrities have joined in the campaign to increase vaccination rates, with England football manager Gareth Southgate saying jabs are a chance to “get your freedom back”. Across the pond, Gen Z pop star

Olivia Rodrigo has been at the White House to record videos as part of a government drive urging youngsters to get vaccinated. In the UK, there has been a sharp rise in young adults getting the virus, with some ending up in intensive care. However, young people are said to be “hesitant” due to health concerns and a lack of trust in the government. The Apprentice star Karren Brady recently revealed that, despite begging her twenty-something children, they “flatly refuse” to get vaccinated because they believe they will have “blood clots... problems with fertility, periods and almost everything else.” Here, Closer speaks to two young women with very different views on the controversial topic...

‘We live in a democracy, we should be free to do what we want’



Shari-Leigh Morley, 20, lives in Derby and works as a part-time sales assistant and hairdresser. She says, “I am a young, healthy 20-year-old woman, and I don’t understand why I should get the jab when it’s still so new.

“I haven’t contracted coronavirus, and I am always safe whenever I go out – I wear a mask, maintain social distance and wash my hands regularly. I have family and friends who have had the virus, but thankfully they have all recovered. I don’t see why I should be forced to have a vaccination if I’m being cautious and

following the government guidelines.

“It really feels like the government is trying to force us all to have the vaccine, and it makes me feel uneasy. We live in a democracy, and I have the right to say if I don’t want something.

“The vaccine isn’t mandatory, and I shouldn’t be made to feel like I can’t live my life because I haven’t had it. I think it’s completely unfair that only double-jabbed individuals will be allowed to enter nightclubs in September. What is the government going to take away from us next? Non-vaccinated individuals are going to be ousted from society.

“Plus, there are statistics that show the vaccination has

affected people’s health after they’ve had it. We don’t know enough about the jab yet and what the long-term effects are. I’ve seen various studies where women have experienced terrible periods after having it, and that doesn’t give me any confidence.

“I’m happy for people that want to have it, and I would never try to persuade them not to. I have a three-month-old daughter, Isla-Mae, and if she wanted to get it when she was older, I wouldn’t stop her. But, personally, I will not be signing up any time soon. Infection rates are rising, but the death toll is not.

“If I do catch Covid, I’ll rely on my immune system to fight it and help get me better.”



'THE VACCINE SAVES LIVES'

Dr Sarah Jarvis is a GP and Clinical Director at patientaccess.com. She says, "So far this year, the vaccine has saved 37,000 lives and it's had more research put into it than any other vaccine in history. While there are some very rare side effects, we must weigh these against the risks of getting Covid-19. Younger people are concerned about blood clots, but the likelihood of them getting one is up to 10 times higher if you get Covid-19. There is no evidence to suggest the jab affects fertility and it's safe for pregnant women. If young people don't get jabbed, there's a real danger that a vaccine-resistant strain could form, and then we'd be back to square one."

'They're being selfish – and risking the lives of vulnerable people'



Lizzie Randall, 31, is a physiotherapist, and lives in London with her fiancée, Katie.

She says, "I'd been working for the NHS for five years when coronavirus hit the UK in March 2020. I loved my job, but during the lockdowns our service was deemed non-essential and I was redeployed to work in ICU [intensive care unit]. I worked 12-hour shifts, three or four days a week. Usually in ICU, it's one patient per nurse, but at times during the pandemic it was six patients per nurse.

"My time on ICU was harrowing. Most of the patients I cared for were under 70.

People came in who were my age and had no previous health conditions. I had to sit with patients as they passed away, because their families weren't allowed on the ward. The situation took a real toll on my mental health. Thankfully, I've since received counselling and I'm now back working as a physiotherapist, but it maddens me to see so many young people still aren't taking the situation seriously.

"As frontline workers, we did our bit to keep people safe. Now it feels as though some of the under-30s aren't holding up their end of the bargain. I've met young people through work who've said they don't plan on getting jabbed. They say that because their grandparents and

parents have been vaccinated, they don't see the point in getting it themselves. But unvaccinated youngsters can still catch Covid-19 and pass it on to vulnerable people. Why would you run that risk?

"There's also a myth that if you're young and healthy, catching coronavirus isn't a problem – but that's just not true. Your symptoms are more likely to be mild, but you could still feel rough for weeks, and there's always the risk of long Covid, too.

"Sadly, I think the only way some young people will get jabbed is if it becomes compulsory in order to go to university and go holiday. It's sad that the younger generation can be so selfish."

'Exercise & time with the family always puts my mind right'

He became the first African-American President of the United States and made a name for himself as one of the most popular and effective US leaders, thanks to his good humour and likeable character. As Barack Obama celebrates his 60th birthday this week, Closer takes a look at the important lessons he's learned along the way...

'BEING AROUND LOVED ONES HELPS MENTAL HEALTH'

Born in Hawaii in 1961 to an American mother from English descent and a Kenyan father, Barack became the 44th President of the United States in 2009 and was elected for a second term until 2017. On dealing with his stressful job, he's said, "Two things were important for me and my mental health. [First] exercise in the morning. And the second thing was family; having a block of time with my girls and with Michelle that was inviolate unless there was a genuine, immediate crisis. I was at dinner at 6.30pm every night. Listening to my daughters talk about their days and stupid boys and strange teachers, that always put my mind right."

'LIFE IS EASIER WHEN YOU ARE YOURSELF'

When Barack was three years old, his parents divorced and his dad returned to Kenya. He didn't see him again until 1971. Barack has said, "Growing up without a dad, I spent a lot of time trying to figure out who I was, how the world perceived me, and what kind of man I wanted to be. It's easy to absorb all kinds of messages from society about masculinity and come to believe that there's a right way and a wrong way to be a man. But as I got older, I realised that my ideas about being a tough guy or cool guy just weren't me. They were a manifestation of my youth and insecurity. Life became a lot easier when I simply started being myself."

'TALK THROUGH MARRIAGE PROBLEMS'

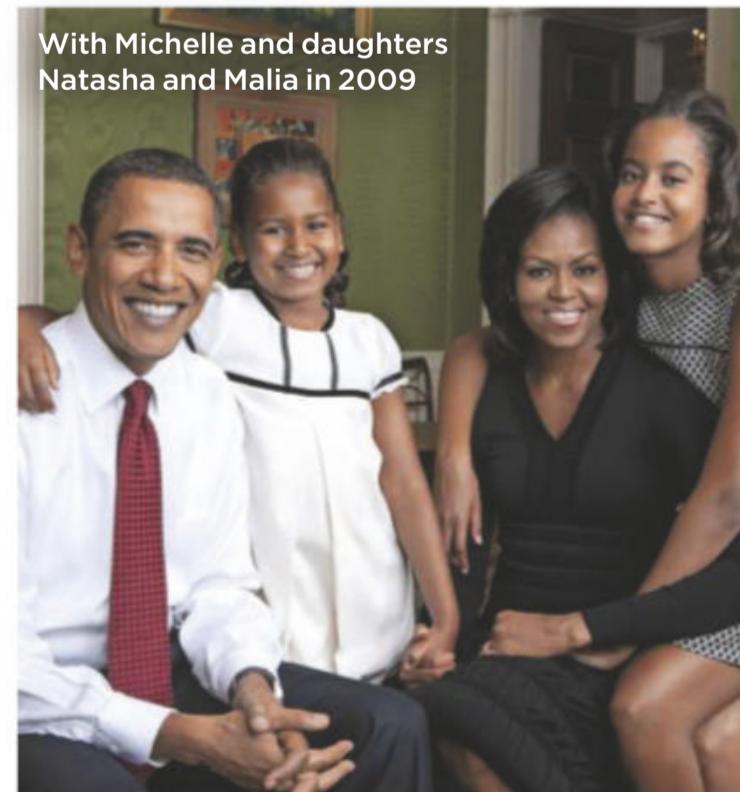
In 1992, he married fellow lawyer Michelle, née Robinson, now 57 – but admitted they suffered marital problems during his time in office. He said, "I think a lot of couples understand and have experienced when you've got external stress and pressure that in some ways can simultaneously bring you closer together, but it can also put strains on the marriage – and our marriage was no different. We went through our rough patches in the White House. The thing I think we were good about was talking stuff through, never losing fundamental love and respect for each other and prioritising our kids."



Obama waves goodbye at his last press briefing

'UNDERSTAND WHAT MAKES YOU STRONG'

Barack has spoken openly about his struggles as a young adult to challenge negative views of his multicultural heritage. He said, "My father looked nothing like the people around me – that he was black as pitch, my mother white as milk – barely registered in my mind... We need to reject any politics that targets people because of race or religion. This isn't a matter of political correctness. It's a matter of understanding what makes us strong. The world respects us not just for our arsenal; it respects us for our diversity and our openness and the way we respect every faith."



With Michelle and daughters Natasha and Malia in 2009



**'TREAT OTHERS AS THEY
WOULD TREAT YOU'**

After working with black churches as a community organiser in his twenties, Obama became a Protestant Christian. Barack said, "I'm a Christian by choice. My family weren't folks who went to church every week. And my mother was one of the most spiritual people I knew, but she didn't raise me in the church. So I came to my Christian faith later in life, and it was because the precepts of Jesus Christ spoke to me in terms of the kind of life that I would want to lead—being my brothers' and sisters' keeper, treating others as they would treat me."

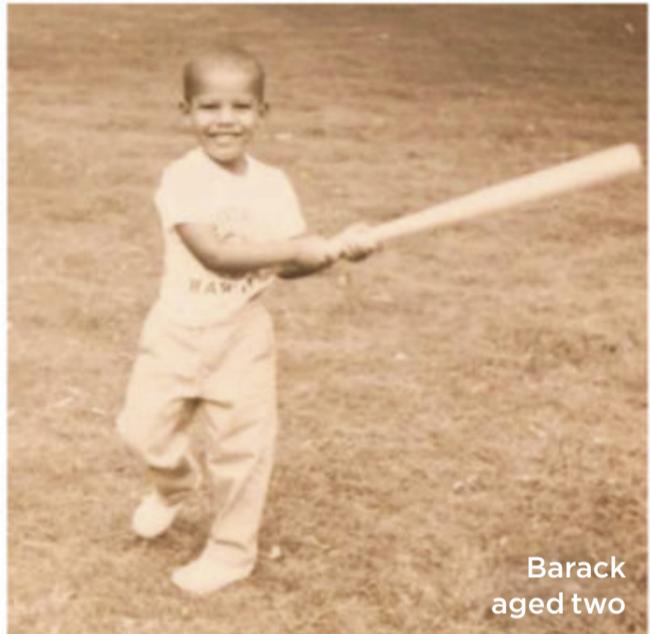


Hanging out
with Harry



Beyoncé at the 2013
Inauguration Ceremony

**'Me and
Michelle
never lost
respect for
each other'**



Barack
aged two

**'TELL YOUR CHILDREN TO DREAM
WITHOUT LIMITS'**

Barack and Michelle share daughters Malia, 23, and Natasha, 20. Barack said, "It's up to us to say to our daughters, 'Don't ever let images on TV tell you what you are worth, because I expect you to dream without limit and reach for those goals'. Above all, children need our unconditional love – whether they succeed or make mistakes, when life is easy and when life is tough."

**'CHOOSE FRIENDS WHO'VE
GOT YOUR BACK'**

Barack has a host of celebrity friends including Beyoncé, Oprah Winfrey and George Clooney – as well as his childhood friends. He said, "To avoid being mistaken for a sellout, I chose my friends carefully. One gift I do seem to have is getting really, really good friends around me who've got my back. And that gives you a certain serenity in the midst of a lot of foolishness. My best friends from high school don't operate any differently with me now than they did... they'd never call me Mr President!"

'I spent years hiding my scars – but now I show them off at beauty pageants'

After a decade of covering up, Laura Masters has finally found her confidence...



Laura Masters was just a baby when her biological mother's family friend filled a bathtub with boiling water and deliberately placed her in it.

At just a year old, the horrific abuse left Laura with third-degree burns across her waist, legs and feet and, as she got older, she became desperately insecure about her scars and hid her body away in baggy clothes.

But now, after years of support from her adoptive family, the 26 year old has embraced her scars – and even competes in beauty pageants to inspire others to feel proud about their differences.

Laura, 29, from Caerphilly, South Wales, says, "Growing

up, I'd taught myself to fade into the background and my body confidence was at an all-time low.

"But now, I'm happier than ever. I've come to terms with my body and I realise my scars are what make me unique and special.

"I now want to encourage more people to embrace who they are and be proud of their imperfections."

HARROWING

Six days after her first birthday in April 1993, Laura was submerged in a scalding hot bath by a friend of her birth family.

Laura was quickly rushed to Intensive Care at St Lawrence Hospital in Chepstow,

SMALL CHANGES
MAKE A BIG
DIFFERENCE

THE Boost

LAURA'S BODY-POSITIVE TIPS

- Try not to put pressure on yourself to feel great all the time. We all have ups and downs and everyone's journey to self-acceptance is different.
- Pick clothes out of your comfort zone. Buy an outfit and put it in your wardrobe, so whenever you open it, it's the first thing you see. Try it on until you feel confident enough to wear it out.
- Find a support group. Whether it's a network of friends that you've met online or your family, it's important to surround yourself with positive people who will help you thrive.
- Follow people on social media who make you feel good – if you keep seeing impossibly perfect photos online, it's not going to help your self esteem.

where she remained for three months and was treated for life-threatening third-degree burns.

She says, "My skin was lobster red and the bottoms of my feet were both black. The doctors all said they'd never seen injuries so harrowing. My skin had just melted away.

"I had to wait for my skin to die before I could go into surgery to have skin grafts and reconstructive surgery. The pain must have been unbearable, but thankfully I can't remember much of it or most of my time in hospital. I think my mind has blocked it out.

"Once I was discharged from hospital, social services placed me into care with my foster family and I was legally adopted by them at the age of 13. My adoptive mother, who I refer to as my mum, is amazing.

"She already had a son and a daughter, but they gave me a loving family unit – and for that I'll be forever grateful."

The man who caused Laura's injuries was convicted of inflicting grievous bodily harm with intent and child neglect at Cardiff Crown Court in September 1993 and sentenced to 12 years in jail.

But Laura's ordeal was far from over. Between the ages of one and 18, she faced dozens of surgeries and skin grafts.



She recalls, "My injuries were near-fatal. I needed several leg and foot reconstruction surgeries because the third-degree burns could stunt my growth. They didn't know if I'd ever be able to walk again.

"I had to have pins put in my toes to stop them curling so I'd be able to walk flat. My life was ruled by doctors' appointments every few weeks and skin graft surgeries.

"When I reached 11, I struggled to eat, because my tight scars would feel like I was wearing a corset. It was so painful.

TAUNTED

"I was taken into surgery for a stomach graft and had to spend two months lying on my back in hospital so I could recover. Being young, there wasn't much skin they could use, and so they took it from my arms, shoulders and back."

And as a teenager, Laura was taunted by bullies. She says, "On my first day of secondary



She's gone on to compete in Miss Unique Beauty UK

school, my mum laid out my new school uniform – a knee-length skirt, polo shirt and jumper.

"But as soon as I walked in the building, nobody looked at my face. They all just stared at my legs. I felt ashamed and ugly. I was called awful names and I finished the day in tears.

"The next day, I quickly reverted back to trousers, and I promised myself I'd never show my scars again. I would wear dark, baggy clothes and leggings to cover myself up.

"I did have a small group of friends, but they were the only people I felt I could show my true self to. With anyone else, I was shy and quiet."

EMPOWERING

But when Laura turned 18 in April 2009, she wore a dress for her birthday night out – and revealed her scars for the first time.

She recalls, "I was going to a club with friends to celebrate my milestone birthday, and I decided to buy a dress completely out of my comfort zone. It was black and fitted above the knee – I fell in love with it straight away.

"Something just snapped in my mind. I told myself it would be dark in the club so nobody would notice, and I was elated when the entire night I didn't feel self-conscious. It was the first time I had felt happy and free.

"As time went by, I started wearing shorts and skirts. I joined Facebook groups for burns survivors and saw empowering posts where people showed off their scars in pictures.

"Four months later, I went on to have my final major operation, under local

anaesthetic. Doctors attached a skin graft to my upper knee. After that final surgery, I told myself I was never going to hide away my body again."

In October 2017, Laura met her boyfriend on a dating website, and it was love at first sight. She says, "We hit it off straight away and had so much in common.

"I told him early on about my scars, but he was incredibly supportive. He said he loved me for me and said my scars were beautiful, too.

"Six months later, we moved in together and we've been inseparable ever since.

"I am now a huge advocate for body positivity. In 2019, one of the body positive influencers I follow on Instagram shared a post about Miss Unique Beauty UK, a beauty pageant for survivors of disfigurement and visible differences.

"I clicked onto the website and the gallery of women who were proudly showing off their imperfections made me want to do the same. My boyfriend encouraged me to go ahead.

THRILLED

"You're judged on your personality by answering different questions, and I was so thrilled to reach the final. I didn't win, but it was such a confidence boost and I knew I wanted to do more.

"Since then, I've made the finals of a few more pageants. In June this year, I won Miss Natural Beauty Wales. All of the pageants that I have taken part in celebrate diversity.

"Sometimes, when I'm on stage, I can't believe how far I've come – I used to be so afraid of what people thought of my scars, but now I love them.

"I would love to encourage more people to embrace their imperfections and love the skin they're in."

By Kaya Terry

● To follow Laura's body positivity journey, visit her Instagram @28Laura1992

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Rebecca: 'My stretch marks are a nice reminder I've had children'



GORGEOUS GINGHAM BUYS



REBECCA:

'I've made peace with my body since becoming a mum'

Former Olympic swimmer Rebecca Adlington opens up about finding confidence, being a good role model, and the mood-boosting benefits of swimming

She was one of our country's finest athletes, racking up four Olympic medals, including double gold at Beijing in 2008, but Becky Adlington admits to struggling with self doubts about her body.

"I'm 32 years old and I've never once said, 'I really want to put on a swimsuit today'. It's never happened!" laughs Becky, who started swimming competitively at the age of nine.

"We've all got our hang-ups and I've never wanted to parade around in a swimsuit, but it's part of the sport I'm in."

But the mum-of two admits having children has finally helped her to accept her body, and she's stopped giving herself a hard time.

"Once you have kids, you have a whole new appreciation for what your body can do," says Becky, who welcomed baby boy Albie in March with her partner, property manager Andy Parsons, and also has a five-year-old daughter, Summer, with ex-husband and fellow swimmer, Harry Needs.

She explains, "I have so many stretch marks on my tummy from having kids, but they're a nice reminder that I've had children – you just feel different about them. I can't say I'm 100 per cent body confident but, at the same time, I feel more at peace with my body.

"I've gone up and down in weight for different reasons – from stopping sport, to having my first child and then my second child. But, as I've got older, I've realised I'll have insecurities whether I'm a size 12 or a size 16, so why beat myself up when my body has given me four Olympic medals and two kids? I appreciate it in a different sense and I'm not caught up on anything any more."

Becky, who split with her ex-husband Harry in March 2016, and met Andy two years later on a

dating app, says the benefits of swimming far outweigh the fear of getting into a swimsuit. Since having Albie, she's been swimming once a week to ease herself back into post-partum exercise.

She says, "I may have cellulite and stretch marks and I'm certainly not skinny, but when I've been swimming I feel way better. My energy levels are better and my mood is better because I've been active. So I feel those positives outweigh anything else. Each week I'm feeling progressively fitter and I'm developing confidence."

EATING WELL AND EXERCISING

Becky is also keen to ensure her daughter Summer grows up with a positive body image and sees her eating well and exercising.

"For my daughter I try my hardest not to pull my body down. I think women can be quick to say, 'Oh, I look fat in that'. It's just the language we use," Becky explains. "She often says to me, 'Mummy, it looks like you still have a baby in your tummy', so I say, 'Well, that's what happens when you have a baby, Summer'. I want her to know it's normal."

One of the things Becky is passionate about is helping girls to break through the body-confidence barrier to take up swimming and enjoy the benefits into adulthood. She's fronting the "Girls Let's Swim" campaign to encourage girls into the sport, following research that found 79 per

cent of them are swimming less and 53 per cent of parents blamed body changes, puberty and lack of confidence. And Becky admits to struggling with the same issues as a teenager.

She says, "It's extremely hard in your teenage years because your body changes rapidly and insecurity is at its height. In swimming, you can't put on a bit of make-up or do your hair because it'll just get wet, so I understand the barriers.

"But take a friend, go with family – people you feel confident with – rather than on your own and make it fun. Once you get over the first hurdle of getting to the pool, you realise that no one is going to stare at you and no one's bothered."

FOND MEMORIES

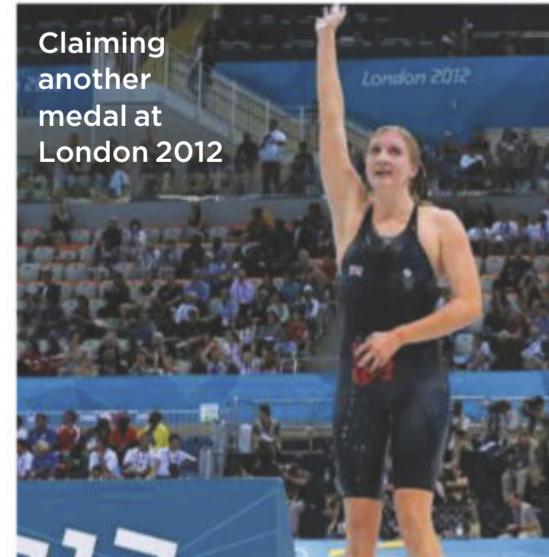
Since retiring from competitive swimming in 2013, Rebecca has worked as a TV pundit and has recently been covering the Tokyo Olympics for the BBC. But would she rather be in the pool going for gold than behind the camera?

"God, no!" she says without hesitation. "I'm more than happy being on this side. I loved my time, but my life feels very far away from that now. This year there are no fans, so it'll be hard for the athletes. But everyone loves the Olympics – you get engrossed in the athletes' stories and their journeys. It's come at the right time to pick everyone up."

By Claire Higney



Winning Olympic gold in 2008



Claiming another medal at London 2012

● Becky has launched the Girl's Let's Swim campaign to inspire more girls to keep on swimming and reach their true potential. Visit thesportinghouse.co.uk



With partner Andy and kids Summer and Albie



‘I’m more than happy where I am now’

MY VIEW ON...

HAVING A BABY IN LOCKDOWN:

“Andy wasn’t allowed to any of my scans or appointments, which was hard on him, but I’m grateful he was at the birth, as a lot of people didn’t have their partner there. It was tough not seeing friends and family, but it was nice to have a period at home together to get to grips with it.”

SHARING THE PARENTING

“Andy has been back in the office more but, when he’s home, he’s brilliant, especially through the night. He’s great on not much sleep, so he’s fine to get up a few times in the night with the baby. It’s lovely to see their little bond.”

SIBLING LOVE

“Summer has been brilliant and she always wants to help out, so I get her involved in things like changing Albie’s nappy. And he adores her – he’s constantly laughing and smiling at her.”

LISA:

'These five simple habits have transformed me'

She's dubbed the 'queen of self-care' thanks to her advice on everything from sleep to stress, and presenter Lisa Snowdon is a firm believer that small tweaks can make a huge difference. 'I call them Jedi mind tricks,' she laughs. 'They are so simple, but can change the way you think and feel.' Lisa, 49, has just started a new podcast called Get Lifted, where she interviews some of the world's top scientists, doctors and alternative therapists to find out how best to feel good – and she passionately believes prioritising our wellbeing is essential to good health. 'It's not always easy with work and children, but we must put our own needs near the top of our list,' she says. 'It'll help you be the best version of yourself – which means you have more to give.' Here are some of her top tips for a happier, healthier you...



LAUGH YOURSELF HAPPY

It's the last thing you want to do when you feel down, but forcing yourself to laugh transforms your mood. "It releases dopamine and tricks your brain into thinking you're happy," explains Lisa, who says she and fiancé George Smart practise the technique together when she's in a bad mood. "Set a timer for a minute and just keep laughing – in a mirror or with someone else. You feel like a complete idiot at first, but after 10 seconds you really get into it and it's so ridiculous that you genuinely start laughing at yourself. Before long, your stomach muscles are hurting and you have tears running down your cheeks. It's very funny and infectious."

PHOTOS: REX/SHUTTERSTOCK, INSTAGRAM

TRY FOREST BATHING

Lisa and George are fans of the Japanese art of forest bathing, called shinrin-yoku. Essentially submerging yourself in nature, it's proven to improve mental health and reduce blood pressure.

"You don't lie on the grass naked," laughs Lisa. "Go into a green space, ideally a forest, and take anything from 20 minutes to an hour to really switch off. Stay off your phone and listen to the birds, the wind rustling in the trees, and the smells around you. Being in the moment in nature helps reset your brain – it's very peaceful. George and I love going to Epping Forest, near where we live. My phone is usually glued to my hand, but when we're there, I put it in my rucksack. We listen to the birds and often see buzzards and woodpeckers. It's important to have those mindful moments."



VISUALISE WHAT YOU WANT

Making a "vision board" – a collage of images that represent how you want to feel and what you want in your life – can help focus your brain and primes it to look out for certain cues that might help you achieve your goal.



"I was inspired to make my own board by neuroscientist Dr Tara Swart, who appeared on my podcast," says Lisa. "Look through magazines and choose images that represent how you want your life to look. My board mostly features houses, but it might be that you want a family or to travel. Stick the images on your board, then keep it somewhere where you'll see it every day – mine's in my bedroom. Look at it regularly and really imagine yourself living that life. If you dream of a particular type of home, picture yourself walking round that house and cooking in the kitchen. Really visualise that it's happened."

THE Boost



Whether you want to Boost your mind, body, soul, finances, relationships, love life or style, we've got recommendations for things that actually work. Scan the QR code for more tips!

bits
y life!"



HAVE A BEDTIME RITUAL

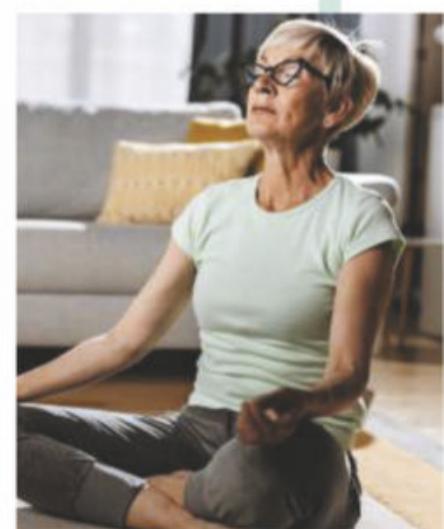
The pandemic has left many of us struggling to sleep, but Lisa says it's important to make your bedroom a sanctuary. "Keep your bedroom for sleep and intimate times, and avoid looking at your mobile or laptop in the hour before bed," she says. "I used to check my phone when I woke in the night, but the blue light is so stimulating I'd struggle to sleep again. Now, I leave my phone in my office and I have a routine, which tells my brain it's time to switch off. Nice smells help me wind down, so I use a pillow mist by REN. George and I roll a CBD oil by Balance Me onto our pulse points and we don't have a TV in the bedroom. I'd recommend avoiding caffeine after 3pm and trying a sleep tea, like Pukka Night Time Tea."

BREATHE IT OUT

It's deceptively simple, but consciously slowing down your breath slows your heart rate and relaxes you. "We take breathing for granted, but connecting with our breath can have such a positive impact on our mental state," says Lisa. "I started breathing exercises during lockdown and it's been a gamechanger. Whether I was feeling sluggish or anxious, it really helped my state of mind." Lisa recommends spending 10 or 20 minutes connecting with your breathing each morning. "Try breathing in for the count of four, holding it for the count of four, then breathing out for the count of four," she says. "Try Breathpod on Instagram, too – coach Stuart Sandeman does amazing classes."

By Sophie Barton

● *Get Lifted* takes a deeper dive into the four key pillars of health; mental, physical, emotional and spiritual. Join Lisa as she discusses breathing, fasting, sleep, hormones and more. Go to getliftedpodcast.com or @lisasnowdon on Instagram



SHED UP TO HALF A STONE I

It's not too late to shape up and feel your best this summer. We've teamed up with Slimming World to bring you an eating plan full of your favourite foods that could help you lose up to 7lbs in a fortnight!

HOW IT WORKS:

- 1 Choose one breakfast, one lunch and one dinner each day. Feel free to repeat meals you enjoy. Find more at www.slimmingworld.co.uk.
- 2 Slimming World's eating plan, Food Optimising, is based on the scientific principles of appetite regulation and helps members to reduce their energy intake and lose weight without ever feeling hungry or deprived. It's based on an understanding of how a food's nutrient content and energy density (its calories per gram) affect satiety (our sense of satisfaction and fullness).
- 3 Free Food is at the heart of Food Optimising. Foods that are Free include, **fruit, veg, pasta, rice, potatoes, pulses, lean meat** (and some meat replacements e.g. **Quorn**), **fat-free dairy, fish and poultry**. These are low in energy density and higher in protein and carbohydrate, which helps to satisfy the appetite and keep us feeling fuller for longer. Base your meals around Free Food (printed in **bold**) and, to make meals flavoursome and tasty, stock up on herbs, low-calorie cooking spray, oil-free tomato purée, seasoning, soy sauce, spices and stock cubes, most of which can be used freely.
- 4 For an overall healthy balanced diet, Slimming World encourages you to enjoy measured amounts of foods that provide calcium, like milk and cheese (two portions per day), and those providing fibre and other essential minerals and nutrients, such as wholemeal bread, high-fibre cereals, nuts and seeds (one portion per day). These can be part of your meals, in hot drinks or on their own as a snack. We've provided specific measurements where we've included them in the plan. Where you're enjoying them separately:
 - Choose 350ml skimmed milk, 250ml semi-skimmed milk or 400ml plain unsweetened soya/almond milk with added calcium. Or opt for 30g full-fat hard cheese, like Cheddar, or 40g reduced-fat hard cheese.
 - Enjoy 2 slices of wholemeal bread (from a small 400g loaf), or a 60g wholemeal roll/pitta, or 40g plain porridge oats or 2 wholewheat biscuits. Or go for 20 whole/plain almonds or 2 level tbsp chia seeds. Other options are available too, you'll find out more when you join Slimming World. If you have dietary requirements, let Slimming World know when you join and you'll be able to get specific advice to help you tailor the plan to your needs.
- 5 Treat yourself. Enjoy up to two snacks from the list provided every day.

BOOST YOUR SUCCESS

- Trim all visible fat off meat and remove skin from poultry.
- If you feel hungry between meals, snack on Free Food and for the very best weight loss, reach for fresh fruit or veg first. Fruit and veg that are lowest in energy density are called Speed Free Food.
- For extra health benefits and filling power, choose wholegrains.
- Aim for 6 to 8 drinks a day – choose water, sugar-free drinks, tea and coffee – any milk needs to come from your allowance.
- The most successful slimmers join a group or online programme for shared support, inspiration and motivation.

BREAKFASTS

(choose one, all serve one)

(V) SUMMER PORRIDGE

Mix 40g plain porridge oats with milk (from your allowance). Swirl over some **fat-free natural yoghurt**, and top with fresh **strawberries** and **raspberries**.



(V) EGGY TOAST

Use a cookie cutter to punch a hole into 2 slices of wholemeal bread (from a small 400g loaf). Set the cut-out shapes aside. Spray a large, non-stick frying pan with low-calorie cooking spray and fry the bread until lightly golden, then turn over. Gently crack an **egg** into each hole, and add the cut-outs to the pan. Cook until the **eggs** are cooked through, turning halfway. Serve with a salsa, made from diced **tomatoes**, **onions** and chopped fresh chives. Garnish with **rocket** leaves and black pepper.

BREAKFAST BOWL

Preheat the oven to 220°C/fan 200°C/gas mark 7. Meanwhile, fry some chopped **mushrooms** in a pan sprayed with low-calorie cooking spray. Add some **spinach** to wilt and transfer to a bowl and mix together with some grilled cherry **tomatoes** and back **bacon** rashers (all visible fat removed), cut into chunks. Season to taste and spoon the mixture into an ovenproof dish, cover with foil and bake for 10 minutes. Top with a fried **egg** and 25g sliced avocado and chopped fresh chives, to serve. Skip the **bacon** if you want to make it veggie.



(V) FRUIT BOWL

Chop a selection of fruit – such as fresh or defrosted frozen mixed **berries**, **apple** chunks, **melon** and **strawberries**. Serve with **fat-free natural fromage frais**.

(V) PASSION POT

Put fresh **pineapple** chunks, 40g plain malt wheats cereal (from your allowance) and plenty of **fat-free natural yoghurt** in a bowl. Scoop over fresh **passion fruit** pulp to serve.

Healthy diet special

LUNCHES

(choose one, all serve one)



TUNA MELT

Add a drained can of **tuna** in spring water or brine, some halved cherry **tomatoes**, chopped spring **onion**, **jalapeños** and **fat-free natural fromage frais** to a bowl. Season to taste and mix well. Spread on top of 2 slices of wholemeal bread (from a small 400g loaf) and divide 40g reduced-fat Cheddar cheese between the 2 slices. Grill until bubbling and serve hot with a mixed **salad**.

DELI PLATTER

Fill a plate with **carrot** and **cucumber** sticks, wafer-thin roast **turkey** slices, and humous made by whizzing a can of drained **chickpeas** with a small garlic clove and a dollop of **fat-free natural yoghurt** until smooth. Serve with a toasted 60g wholemeal pitta bread. Follow with fresh **fruit**. To make it veggie, swap **turkey** for **Quorn Vegetarian Chicken Slices**.

(V) CHEESE & PASTA SALAD

Place some grated **carrot** on a plate. Top with some shredded **lettuce** and sliced **cucumber**. Add drained can of red **kidney beans** and **sweetcorn** and top with some boiled dried **pasta**. Make a dressing by mixing together 1tbsp fat-free

Italian dressing, some **fat-free natural fromage frais**, $\frac{1}{2}$ tsp mild curry powder, chopped fresh coriander and crushed garlic. Season then pour over the **salad**. Top with 40g grated reduced-fat Cheddar cheese.

(V) VEGETABLE FRIED RICE

Cook some dried long-grain **rice** according to the pack instructions, then drain. Meanwhile, fry sliced spring **onion** and red **pepper** in a pan sprayed with low-calorie cooking spray until softened. Add the **rice** to the pan with some soy sauce and fry for 2-3 minutes. Mix in drained canned **mixed beans** and squeeze over lemon juice to serve.

(V) JACKET POTATO

Top a baked **potato** with some **baked beans** and 40g reduced-fat grated Cheddar cheese. Serve with a side **salad**.



EAT WELL AND FEEL



BEEF BURGER WITH CHIPS AND ONION RINGS

Ready in 1 hour

- 500g lean **beef** mince (5% fat or less)
- 2 garlic cloves, crushed
- 1 small **onion**, finely chopped
- 1kg floury **potatoes**, peeled and cut into chips
- Low-calorie cooking spray
- 1 large **onion**, cut into 1cm-thick slices, rings separated
- 25g plain flour
- ½ level tsp baking powder
- ¼ tsp paprika
- 1 large **egg**, beaten
- 50g dried panko breadcrumbs
- 2 level tbsp extra-light mayonnaise
- 4 x 60g wholemeal rolls, halved
- 4 large **lettuce** leaves
- 2 **tomatoes**, sliced
- Mixed-leaf **salad**, to serve

STEP 1 Preheat your oven to 230°C/fan 210°C/gas mark 8. Put the mince, garlic and chopped onion in a mixing bowl and season. Mix together, then shape into 4 burgers. Cover and set aside.

STEP 2 Spread the chips on a large, non-stick baking tray in a single layer and spray with low-calorie cooking spray. Set aside.

STEP 3 Put the onion rings in a bowl and cover with cold water. Mix the flour, baking powder and paprika in a shallow dish. Pour the egg into a second dish and the breadcrumbs into a third. Coat one onion ring at a time in the flour, dip into the egg and evenly coat in the breadcrumbs. Spread on a large, non-stick baking tray and spray with low-calorie cooking spray.

STEP 4 Bake the chips and onion rings for 8 minutes, turn over, then bake for a further 8-10 minutes, until golden. Meanwhile, spray a non-stick frying pan with low-calorie cooking spray and place over a medium-high heat. Cook the burgers for 5-6 minutes on each side.

STEP 5 Spread a quarter of the mayonnaise over the base of each roll. Top with the lettuce, tomatoes and a burger, and serve a quarter of the onion rings per person with the chips and salad on the side.

SALMON WITH TOMATO AND FENNEL SALAD

Ready in 25 minutes

- 1 medium **onion**, thinly sliced
- 2 large **fennel** bulbs, sliced
- 1 tsp fennel seeds, lightly crushed
- 1 tsp ground coriander
- 2 garlic cloves, crushed
- 250ml boiling vegetable stock
- 600g floury **potatoes**, peeled and sliced
- 350g cherry **tomatoes**
- 4 skinless and boneless **salmon** fillets
- 1 lemon, thinly sliced
- A few fresh basil leaves, to serve

STEP 1 Put the onion, fennel, fennel seeds, coriander, garlic and stock in a wide saucepan and season lightly. Cover and simmer over a medium heat for 3-4 minutes, or until the vegetables are slightly softened.

STEP 2 Meanwhile, boil the potatoes for 8-10 minutes. Drain well and spread onto a baking tray and spray with low-calorie cooking spray. Roast for 12-15 minutes,

or until lightly golden in colour.

STEP 3 Uncover the pan and scatter over the cherry tomatoes. Place the salmon fillets on top, skinned-side down. Top with the lemon slices, cover the pan and simmer for 10 minutes, or until the salmon is cooked.

STEP 4 Divide everything between plates, scatter over the basil leaves and grind over some black pepper, to serve.

(V) HUEVOS BAKED BEANS

Ready in 45 minutes

- 1 large red **onion**, halved and thinly sliced
- 1 tsp sweet smoked paprika
- 4 roasted red **peppers** in brine from a jar, drained and sliced
- 400g can chopped **tomatoes** with garlic
- 2 x 400g cans **baked beans**
- 100g baby **spinach** leaves
- 4 **eggs***
- **Salad**, to serve

STEP 1 Preheat the oven to 200°C/fan 180°C/gas mark 6.

STEP 2 Place a large, non-stick ovenproof frying pan over a low heat. Add the onion and 2 tbsp water and cook for about 10 minutes, or until softened, stirring occasionally.

STEP 3 Sprinkle over the paprika and cook for 1-2 minutes, then stir in the peppers, tomatoes and beans and simmer for 10 minutes, stirring occasionally.

STEP 4 Add the spinach and cook for 3-4 minutes, stirring until wilted. Make 4 wells in the mixture and break an egg into each well. Season lightly and transfer the pan to the oven



GREAT!

for about 10 minutes, or until the whites are set and the yolks are done to your liking. Serve hot with the salad.

*Pregnant women, the elderly, babies and toddlers are advised to choose eggs showing the British Lion stamp if eating raw or partially cooked eggs.



FALAFEL WITH HARISSA YOGHURT (V)

Ready in 30 minutes

- 1 medium **onion**, quartered
 - 4 garlic cloves, peeled
 - ½ small pack fresh parsley
 - 2 x 400g cans **chickpeas**, drained, rinsed and dried
 - 4 tsp ground coriander
 - 4 tsp ground cumin
 - 4 level tbsp chickpea (gram) flour or plain flour
 - 2 level tsp baking powder
 - Low-calorie cooking spray
 - 1 soft **lettuce**, roughly chopped
 - 200g cherry **tomatoes**, chopped into wedges
 - 1 red **onion**, sliced into thin rings
- FOR THE HARISSA YOGHURT:
- 200g **fat-free natural Greek yoghurt**
 - 1 level tbsp harissa paste
 - Grated zest of ½ small unwaxed lemon

STEP 1 Put a non-stick baking tray into the oven and preheat it to 220°C/fan 200°C/gas mark 7.



STEP 2 Put the onion, garlic and most of the parsley into a food processor and chop roughly using the pulse button. Add the chickpeas and pulse until you have a coarse paste. Scrape the chickpea mixture into a mixing bowl and stir in the spices, flour, baking powder and ½ tsp salt.

STEP 3 Scoop up about 2 tbsp of the falafel mixture and shape it into a small patty, about 5cm wide and 1cm thick. Repeat until you've used up all the mixture (you should have enough to make about 24 patties). Remove the baking tray from the oven, spray with low-calorie cooking spray and arrange the falafel on the tray. Spray the tops with a little more low-calorie cooking spray and bake for 6 minutes. Turn the falafel (they should be golden brown underneath), then return to the oven and bake for a further 6 minutes. Leave to rest for about 5 minutes to firm up slightly.

STEP 4 Meanwhile, mix the yoghurt, harissa, lemon zest and a pinch of salt in a bowl and divide between individual pots.

STEP 5 Arrange the lettuce, tomatoes and red onion rings on plates and top with the falafel. Place the harissa yoghurt pots on the plates and drizzle some on the falafel. Chop the remaining parsley and scatter over to serve.

● For a vegan alternative, use **plain unsweetened soya yoghurt with added calcium** instead.

Slimming
WORLD
touching hearts, changing lives

Healthy diet special

SNACKS

Choose up to 2 a day

- 25g bag oven-baked crisps
- 2 x cheese straws
- 1x chocolate-coated digestive biscuit
- 2 x pink wafers
- 1x 30g slice plain/olive ciabatta
- 1 level tbsp reduced-fat humous with carrot sticks
- 25g salted pretzels
- 3 x chocolate fingers
- 125ml glass champagne or prosecco
- 25ml rum and diet cola



● All recipes are taken from Slimming World's collection. Recipes are based on Slimming World's Food Optimising plan and the liberating concept of Free Food - those foods that are naturally lower in energy density (calories per gram) and most satiating, so you stay fuller for longer. To find out more about Slimming World and how to join, visit slimmingworld.co.uk or slimmingworld.ie, or call 0344 897 8000 or 01 656 9696.

*Slimming World recommends a safe and steady weight loss of one to two pounds per week, but you may lose more in your first weeks. ©Slimming World 2021 "Slimming World" and "Free Food" are trademarks of Miles-Bramwell Executive Services operating as Slimming World.



'We've transformed our bodies... and our lives!'



HEIGHT: 5FT 5
WEIGHT BEFORE: 14ST
WEIGHT AFTER:
10ST 2LBS
DRESS SIZE
BEFORE: 18
DRESS SIZE
AFTER: 10

LOST: 3ST 12LBS

'The aches and pains have gone!'

Mandy Williams, 48, is a supermarket customer assistant. She lives in Neath Port Talbot, with her husband, Iwan, and their son, Joseff, seven.

Mandy says, "I started suffering from painful arthritis in my knee in 2003. I'd struggled for years with the relentless pace of being constantly on my feet at the supermarket, so I went to see my GP, who told me that the best long-term remedy was weight loss."

"I'd been overweight for as long as I could remember. Everything had started to feel like a struggle. I knew that eating pasties for lunch, followed by regularly picking up fish and chips on my way home for dinner, had contributed to my weight gain.

"On Boxing Day a few years ago, a

Slimming World leaflet dropped through my letterbox and I decided to give it a go. At my first group, I learned that cooking from scratch would make a real difference and soon my shelves were bursting with Slimming World cookbooks. I started cooking delicious recipes, such as Cajun pork apple burgers – much nicer than the frozen burgers I'd been eating!

"Every week my weight came down. When non-essential shops were shut last spring, work got even busier and more exhausting, but I felt proud to be a key worker. And having lost 3st 12lbs by then, I had the stamina to keep going. Even when I was working in the bakery, I could walk past the bread and pastries knowing I had a healthy, homemade lunch ready and waiting for me.

"When I was sent an award for my 25 years of service in May, I knew I'd only managed to keep up with the pace because, along with the weight, all my aches and pains have disappeared!"

'My energy levels are soaring'

Lou Bolton, 41, is an insurance underwriter. She lives in West Sussex with her son, Ethan, 13.

She says, "In 2019, I lost my beloved father Alan to lung cancer. Afterwards, I turned to food for comfort. In the evenings, at the end of another frantically busy day, I'd bury my grief in share-size bags of tortilla chips. I was exercising, but my weekly run with the Foxy Ladies Running Club, which I'd joined in September 2018 to do a 'learn to run' course, wasn't slowing my weight gain. I was determined to not let it hold me back though and I ran the Worthing 10k in 2019 in memory of my father. But it was painful and at over 16st, I struggled.

"Things came to a head at my cousin Ronnie's wedding six months later. While my mum and sister danced and mingled with fellow guests, I hid away in the corner

Closer meets three inspirational slimmers who've lost an incredible 14st between them

Healthy diet special

Lou ran a 10k before but finds it easier now



HEIGHT: 5FT 7
WEIGHT BEFORE:
16ST 1/2LBS
WEIGHT AFTER: 11ST
DRESS SIZE
BEFORE: 18
DRESS SIZE
AFTER: 10-12

LOST: 5ST 1/2LBS

underneath a baggy size 18 dress. The next day, I looked up Slimming World on my phone. My local group was on that evening, so I decided to give it a go.

"I embraced the plan from the word go. My plate was bursting with delicious, healthy food and I was thrilled I could still have a packet of crisps. The more weight I lost, the more my energy soared, and I upped my runs with the Foxy Ladies to three times a week. Then the pandemic hit and, while the idea of running alone had always terrified me, I finally felt ready to give it a go. Running by myself gave me a chance to finally process my grief, while the support of my Slimming World group kept my weight loss on track.

"In February, on the day I hit my target weight, I was certain I could hear Dad in my ear saying, 'Nice one, honey!' I know he'd be as proud of me as I am of myself. I can't wait to run the Worthing 10k again this year, but I already feel like a winner!"



Abigail can now keep up with her kids!

HEIGHT: 5FT 6
WEIGHT BEFORE:
15ST 12LBS
WEIGHT AFTER:
11ST 5LBS
DRESS SIZE
BEFORE: 18
DRESS SIZE
AFTER: 10-12

LOST: 4ST 7LBS

'I can chase around after my children'

Abigail Adabanka, 29, is an occupational therapist. She lives in London with her husband, Joseph, and their two children, Kayden, four, and Aria, two.

Abigail says, "Working in a hospital on the orthopaedic ward, it was my job to help patients with disabilities to adapt to day-to-day tasks. Yet I was struggling to get through the day myself. I'd been a size 10 until falling pregnant with my son, when I'd started craving chocolate cake and double portions of my favourite African dishes. Afterwards, the baby weight never went, and soon I had trouble fitting into a size 18 uniform.

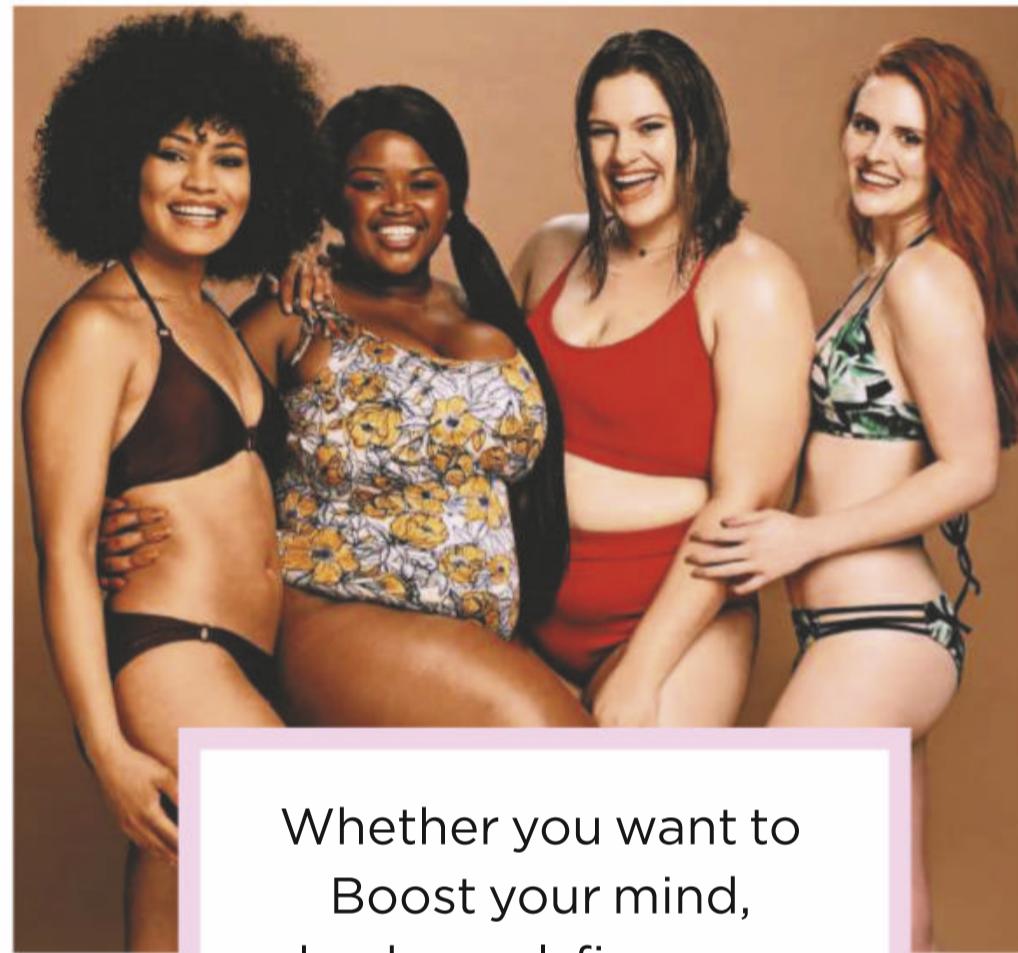
"In January 2019, I decided to try Slimming World. Spurred on by everything I'd heard at my first group, I discovered I could still enjoy my favourite biscuits and family dishes, such as coconut chicken curry. I gradually lost

4st 7lbs and found that I could easily chase around after Kayden and Aria, whereas it had been a struggle before. Hearing their giggles as we played together was the best thing ever. I started cycling to work and taking part in circuit-training classes, without a hint of self-consciousness! Now, when I start my shift on the busy ward, I hit the ground running, full of energy to help my patients. Working through the pandemic hasn't been easy, but I put on that uniform every day feeling proud of myself – and I'm up for any challenge."

● You can find your nearest Slimming World group at www.slimmingworld.co.uk or by calling 0344 897 8000. These stories were originally told in Slimming World Magazine. The Aug/Sept issue is available to buy now on newsstands. The health information in these stories is intended to provide general knowledge and should not be used to replace the advice given by your healthcare team.

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life or style, you'll find
recommendations
for things that actually
work from experts, celebs
and real people.

SCAN ME



We're in Closer mag's lifestyle
pages every week too!

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VEGAN BREKKIE

START YOUR DAY WITH THIS
HEALTHY BREAKFAST ...

OATS WITH POACHED PEARS AND ALMOND CREAM

SERVES 3

FOR THE OATS:

- 4 pitted dates, finely chopped
 - 100g oats
 - 50g buckwheat grains
 - 1 tsp lemon zest
- #### FOR THE PEARS:
- 2cm piece root ginger, peeled
 - 2cm slice organic lemon
 - 1 cinnamon stick



STEP 1 To make the porridge, put the dates, oats, buckwheat, lemon zest and a pinch of salt in a small pan with 600ml water. Bring to the boil briefly, cover, turn off the heat and leave for 10 mins.

STEP 2 For the pears, put the ginger, lemon slice and cinnamon or star anises in a small pan with 300ml water and let it simmer. Add the pears. Return to the boil and leave the pears to soak for 10 mins.

STEP 3 To make the almond cream, combine the nut butter and blueberries with 75ml of hot cooking liquid from the pears and a pinch of salt and stir using a balloon whisk.

STEP 4 Divide the oats between 3 bowls. Top with the almond cream, poached pears, pumpkin seeds and blueberries to serve.

● Recipe from *Healthy Vegan The Cookbook* by Niko Rittenau and Sebastian Copien (DK, £20).

Good taste

FOLLOW THESE RECIPES TO CREATE
DELICIOUS MEALS AT HOME



SERVES 4

- Around 150g leftover chicken, shredded
- Around 150g leftover cooked vegetables eg kale, carrots, broccoli, chopped into bite-sized pieces
- 4 spring onions, sliced
- ½ punnet cherry tomatoes, quartered
- 1 tsp hot smoked paprika
- 3 wholemeal tortillas
- 2 tbsp mayonnaise
- 100g Cheddar cheese, grated
- Fresh coriander (optional), to garnish
- Lime wedges, to serve

DR RUPY AUJLA'S QUESADILLA PIE

STEP 1 Preheat the oven to 200°C/fan 180°C/gas mark 6.

STEP 2 Mix the chicken and vegetables together with the spring onions, cherry tomatoes and smoked paprika.

STEP 3 Lay the first tortilla on a baking tray and lightly coat with two teaspoons of the mayonnaise. Top with a third of the chicken and vegetable mix and scatter over a third of the cheese. Place another tortilla on top and press down lightly. Repeat this process twice more to layer up the tortillas.

STEP 4 Bake the pie for 20 mins until the top is browned and the cheese is bubbling.

STEP 5 Serve the pie in wedges, garnished with coriander if using, with lime wedges on the side.

● Dr Rupy created this recipe exclusively for Hellmann's as part of a campaign to help use up leftovers and reduce food waste. To get your free Food Waste Hacks guide, visit hellmanns.com/uk/cook-clever-waste-less.html.

NEW & DELICIOUS

PERFECT PICK-ME-UP

(Ritter Sport Mini Bars, Morrisons 60p)

Ideal for when you want a sweet treat without overindulging, these small milk chocolate bars are less than 100 calories each and available in cornflake, whole hazelnuts and butter biscuit.



SPANISH-STYLE TREATS

(Sangria Lollies, Lidl, £1.49)

A delicious combination of fruit, wine and orange juice, these refreshing ice lollies are great for a hot day. Choose blood orange or watermelon flavour. There are six to share.



Closer

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DIGITAL DEVICES... WITHOUT
LEAVING THE HOUSE!**

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Fridge raider

DATING GURU NADIA ESSEX, 39,
ON HER EATING HABITS



INSIDE NADIA'S FRIDGE

- Vegan cheese slices
- Mayonnaise
- Avocado
- Dairy-free spread
- Cranberry sauce
- Mint sauce
- Apple sauce
- Horseradish sauce
- Quorn mince
- Marinated tofu
- Grated vegan cheese
- Spring onions
- Grapes
- Apples
- Courgette
- Green curry paste
- Tomatoes
- Kale
- Potatoes
- Soda water
- Almond milk
- Spinach
- Vodka
- Chilli sauce
- Chipotle ketchup

VERDICT

NUTRITIONIST JULIETTE

KELLOW SAYS: "There's not much in Nadia's fridge she can make meals from. Condiments are full of salt, so should be used sparingly. Rather than eating a herb she doesn't like, she'd get more health benefits by adding extra fruit and veg to her diet and including protein-rich foods such as beans, lentils, chickpeas or some nuts at each meal."

FRIDGE HEALTH RATING 5/10



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Follow @juliettekellownutritionist on Instagram

NADIA

How much do you spend per week?

Around £45 for me and my son, Zeke, 17 months. I'm not a big online shopper – I prefer to go in-store as I like to see things.

Describe your daily diet...

I'm doing a vegan challenge at the moment to kick-start my weight loss. Breakfast is a fruit smoothie with bananas, berries, almond milk and a Himalayan herb called Shilajit, which is meant to have good health benefits but tastes like death. Or I'll have [vegan] cheese or avocado on toast. Lunch is a jacket potato with either prawn mayonnaise [when I'm not following a vegan diet] or cheese and beans. I absolutely love Indian food and I'm learning to make my favourite dishes, like jalfrezi and saag aloo.

What do you snack on?

Crisps. I love strong-flavoured varieties like Doritos Chilli Heatwave. I also drink lots of sparkling water throughout the day, too.

Is there anything you refuse to eat?

Any sort of dried fruit like currants or raisins. I don't like cinnamon or tinned tuna either.

What would you cook to impress someone?

I grew up in the '80s, so I'd start with a prawn cocktail, followed by spaghetti Bolognese using vegetarian mince as you can't taste the difference. For dessert, I'd do an Eton mess.

Food hangover cure?

Either a full-fat Coke or a Lucozade Original and the new McDonald's spicy vegan wrap.

● Nadia's book, *101 Tips For Dating After A Pandemic*, is out now. Available to download or purchase in paperback on Amazon.co.uk.

TAKEAWAY ORDER



WAGAMAMA

I absolutely love the hot prawn curry – when I'm not on my vegan health kick!

SPEEDY DISH



PASTA

The trick is to add a little squeeze of ketchup instead of making a sauce.

'STOP USING CONTRACEPTIVES THAT DON'T WORK FOR YOU'

The mini pill has been made available over-the-counter from pharmacies for the first time – amid headlines about side effects and overlooked pain linked with other forms of birth control. Dr C weighs in

We've been working on making the progesterone-only, or mini pill, available without prescription for years. It's crazy it's taken this long. We've been prescribing it for decades, so we have all the data to prove it's safe. However, the whole topic of contraception can feel like a bit of a minefield, so read on for some useful advice.

PICK THE RIGHT ONE

Women are given the progesterone-only pill when they're over 35, if they smoke, if they have migraines or if they're obese. This is to reduce risks of blood clotting or strokes. That's not to say the combined pill is bad – it's extremely safe – but the mini pill is even safer. We're all different, and some women just don't get on with the combined pill or can't take medication with oestrogen. There's a lot of variation, and no two women are the same. A pill can make one person feel awful while another will feel fine. I wish we

could predict it, as I see women struggling with side effects like weight gain, mood swings and bad skin. Do your research and, if you get side effects, change the pill and don't just stick with it.

AVOID A CHARGE

Be aware that if you get the mini pill from the pharmacy, you have to pay £7.50 a month, whereas if you see your GP, it's free. For me, that doesn't make sense, as you don't need to have your blood pressure checked, unlike with the combined contraceptive pill. Ask the surgery to fax a prescription to the pharmacy to get it for free, as you should – but you'll still need a consultation with the pharmacist.

GIVE IT TIME

If you're put on a pill and are struggling, give it three cycles, as side effects often settle down. If things haven't improved, go back to your GP, because there are lots of other contraceptive pills to try. There are also lots of useful online resources giving information on the different



Naga Munchetty says getting coil fitted was 'excruciating'

BBC presenter Naga complained of pain after getting the coil fitted

pills, what the most common side effects are, and what to expect. Think about what might be better for you.

RESEARCH DIFFERENT OPTIONS

Pills aside, there are lots of other contraceptive options. You don't have to take hormones at all. Speaking as a man, I think it's incredible that women remember to take a pill at the same time every day, take a break, then start again. Longer-term methods like the coil last five years, so are useful if you do forget. It is a small, T-shaped plastic and copper device that releases progesterone, put into your womb by a doctor or nurse. Women sometimes avoid them if they're planning on having a baby



The progesterone-only pill now available over the counter here's how to get it

in the not-too-distant future. Most contraception – apart from injections (which last between eight and 13 weeks and are over 99 per cent effective, but can take up to a year for fertility to return to normal) and the implant (a small plastic rod placed under the skin in your upper arm by a doctor or nurse, which releases progesterone and lasts for three years) – is instantly reversible. The coil is also quickly and easily removed, and is usually less painful than putting it in.

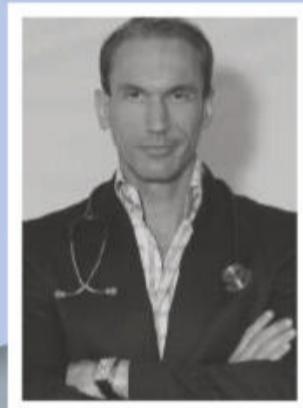
DISCUSS YOUR FEARS

There have been recent headlines about the coil – also known as the intrauterine



Dr C's check-up

DR CHRISTIAN GIVES HIS TAKE ON THE HOT HEALTH TOPICS OF THE WEEK



contraceptive device (IUD) – after BBC presenter Naga Munchetty, 46, discussed how painful it was for her to have hers fitted. For many women, the coil is fine and they don't experience a lot of pain, but some women do find it very unpleasant.

Doctors can apply local anaesthetic gel or spray and we always advise women to take anti-inflammatories like ibuprofen or aspirin beforehand; these do help but often aren't enough. If you're uncomfortable or anxious, say you want to stop. Doctors might seem intimidating and you don't want to feel like you're wasting their time, but your health and wellbeing are more important.

GET OTHER OPINIONS
I think the coil is a good, safe form of contraception, so it is a

THE Boost

SMALL CHANGES MAKE A BIG DIFFERENCE

ADD YEARS TO YOUR LIFE BY EATING HEALTHY FATS

Need another nudge to eat oily fish (like mackerel, salmon, anchovies or sardines) twice a week, or at least to take an omega-3 supplement if you aren't keen on fish?

New research has shown that upping your intake of these good fats has the equivalent health benefits to quitting smoking. The researchers have been monitoring 2,240 people for 11 years, and found that having higher levels of fatty acids in their blood, thanks to regularly eating oily

fish, increased people's life expectancy by almost five years. Being a regular smoker, on the other hand, takes 4.7 years off a person's life expectancy.

The researchers said that "small changes in diet can have a much more powerful effect than we think, and it is never too late or too early to make them".

For vegan sources of omega-3, make sure to eat things like walnuts and chia seeds, but also to take a vegan DHA+EPA supplement, which is derived from algae.

WORTH TRYING

A spray to prevent a cold before it strikes!

It briefly stings as you squirt it up your nose, but Cold & Flu Guard (RRP £9.99, oraldent.co.uk) creates a barrier to cold viruses if you use it when first exposed, or at the first sign of a sniffle.



Life balance



YOUR GUIDE TO EMOTIONAL ISSUES AND FAMILY LIFE WITH PSYCHOLOGICAL THERAPIST EMMA KENNY

ALL ABOUT YOU

DON'T JUDGE OTHER PEOPLE'S CHOICES

With social distancing and mask wearing now a personal option in many settings, here's how to handle potential conflict

I have been very fortunate to have been treated respectfully

throughout the pandemic, but I know of many who haven't. It's horrible to be on the receiving end of another person's judgement or anger, so if you find yourself in a situation like this, stay calm. Walking away and ignoring your antagonist

perhaps help you manage the situation, and if needs be, get off at the next stop. Your safety is more important. Judgements may also come from closer to home. Many families have felt divided over the way that certain relatives have chosen to deal with the pandemic. You might carry on wearing masks while some of your nearest and dearest don't or vice versa, and this may infuriate you. It may be tempting to lecture them about why they're wrong, but while it could give you short-term satisfaction, it could damage the relationship. People will regain confidence at their own pace. The key is to act in a compassionate

and understanding manner, where you appreciate that the way you live your life is your business, as is the case for others. You can only ever control your own behaviour, so concentrate on living your truth and afford everyone else the same privilege.



is the easiest way to manage this type of interaction. Sadly, this strategy isn't possible when you are in a confined space, say travelling on the bus to work. Should this type of altercation occur, try not to engage. If you can, make the driver aware, so that they can



WOULD LIKE TO MEET...

Closer's dating expert, Rebecca Twomey, on handling rejection and how apps aren't entirely to blame for the increase in ghosting and no-shows

I f I've learned anything in all my years of dating, it's that you're going to be rejected more times than you're accepted.

That's not me thinking negatively. It's actually how I make sense of ghosting, dumping and everything else us singles suffer. It's all about averages and, as the old saying goes, you've got to kiss a lot of frogs before you find your

prince or princess. Rejection is hard to take, no matter how confident you are - but I may have wrongly blamed apps for facilitating and enabling it. As I've recently discovered, ignoring people doesn't just happen in the dating world.

In a bid to be more social post-lockdown, I signed up to Bumble BFF - the dating app's friendship option. Making friends online seems to be

FAMILY MATTERS

HOW TO TEACH YOUR KIDS BODY CONFIDENCE

During the summer, we're bombarded with images of 'perfect' bodies on social media and TV that can make us all feel insecure, including our children. You can help them rise above it

Putting on a bikini or a pair of shorts can make many of us feel vulnerable and exposed. These feelings are often compounded at this time of year, when we feel pressure to be "beach body" ready. Comparison can be especially hard when we're younger, so how can we teach our kids to deal with it?

BE A ROLE MODEL
Body-positive attitudes start at home. If your kids see you struggling with your body, or pick up on you being afraid of other people's opinions about the way you look, they may become more conscious of their body, too. For this reason, pay attention to the way you talk about yourself in front of your little ones. Ninety-seven per cent of women have at

least one negative thought about their bodies every day. Learning to challenge them is key to changing negative thought patterns. Write a list of 10 positive affirmations about your body to repeat every time a pessimistic thought creeps in. Also, rather than trying to love everything about your body, aim for body acceptance and appreciation. For example, if you have stretch marks after giving birth, see them as a reminder of the incredible thing your body did. They are normal and positive.

FOCUS ON HEALTH AND HAPPINESS

If your child expresses concerns about their body, listen to their insecurities, but bring the emphasis back to the importance of being healthy and happy, rather than a certain shape or

size. If someone compliments you in front of your children, thank them and accept it gracefully. Too often we bat these away without realising that we're teaching our kids to do the same.

EASE OFF INSTAGRAM

Social media isn't real life, but if someone is looking at photos of other people's supposedly flawless selfies all day, it can affect their self-worth. If your child uses online platforms, talk to them about digitally-altered images. Encourage them to follow a diverse range of people. Digitally detoxing is useful too, so agree to switch off phones at the beach or park. Urge your kids to do activities that make them appreciate their body, whether that's sport, dancing or yoga - and join in.

PHOTOS: SHUTTERSTOCK, GETTY IMAGES



pretty similar to meeting dates. I matched with lots of people, exchanged a few messages, only for the majority to stop replying.

I had arranged to meet someone in person, but she cancelled a few hours before, which is something I've found pretty common in the dating world, too. Sure, I could take this personally, but it seems silly to do that when people have only a few pictures, a one-

sentence profile and three messages to go on.

Instead, the online friendship experience boosted my confidence with dating. I realised that having your messages ignored is just the nature of modern living and how we now communicate.

It now seems totally acceptable to stop replying to someone, to cancel last minute, and to generally be non-committal, whether you're looking for someone to be mates with or the person you want to marry.

However, just like with dating, finding friends via an app takes patience, perseverance and just a little bit of positivity.



CELEB PICK-ME-UP

SMALL CHANGES MAKE A BIG DIFFERENCE



KISS FM PRESENTER HARRIET ROSE, 31, ON HOW SHE LOOKS AFTER HER BODY AND MIND

MY MORNING ROUTINE DETERMINES MY DAY...

I have a Lumie alarm box, which wakes me up with a bright light. I always wake up with at least an hour to get ready. I'll listen to a podcast and it'll get my mind in gear.

LOOKING AFTER MY SKIN IS GOOD FOR MY MENTAL HEALTH...

The ritual of cleansing and moisturising my face gives me a chance to put my phone down and focus. I have Sarah Chapman facials and use a gua-sha [massage crystal] every morning and night.

HORROR FILMS HELP ME RELAX... as they don't mirror real life. I've been known to watch all five *Scream* movies in one day to switch off.

I LOOK AFTER MY BODY... by taking echinacea from Holland & Barrett. I find it helps me stave off illness when I'm feeling unwell. I don't think I've ever taken a sick day.

● Harriet hosts the KISS Breakfast Show weekdays from 6am. Visit kissfmuk.com or follow her on Instagram @iamharrietrose

THE
Boost

YOUR GUIDE TO MONEY CHANGES

Coming out of lockdown and the end of government support means this could be a scary time for many. Here's the latest expert advice



After months of furlough, self-employed grants, stamp-duty holidays and topped-up benefits, many worry what's to come now that the lockdown restrictions have been lifted. Our money expert Jasmine Birtles explains these changes in the new financial landscape.

ON FURLOUGH? STAY IN TOUCH

The government is currently paying 60 per cent of salary to furloughed workers compared to 80 per cent at the start of the pandemic, with the scheme to end completely at the end of September. Sadly, it's predicted that this will create a "significant risk" of redundancies. "Keep in touch with your employer to see what they are planning," advises Jasmine. "If you are made redundant, you have the same rights that you had outside of furlough." Check gov.uk to see what you can expect. "Sign up for Universal Credit as soon as you know that you could be laid off, as it can take a few weeks to process the payments."

SELF-EMPLOYED? FIND NEW AVENUES

Work for yourself? The SEISS (Self-Employment Income Support Scheme) Grant

also finishes at the end of September. "If you're in a sector that is still struggling, now would be a good time to find a new outlet or look for a full-time job," says Jasmine. "Hospitality has a lot of vacancies, as does the healthcare sector, including care-home assistants, nurses, doctors and all types of support workers, while the technology industry is crying out for people with coding skills, sales, design and more – with impressive salaries," says Jasmine. "For many self-employed people, having a 'portfolio career' with two or more regular gigs brings in enough income to have a good standard of living."

THREE KIDS? CHECK YOUR ELIGIBILITY

"In April 2017, a new ruling meant that tax credits and

Universal Credit only applied to the first two children in a family," says Jasmine. "If you're struggling to pay the bills, go to Turn2Us.org.uk and use their benefits calculator to see if you are eligible for other payments or grants." According to Turn2Us, half a million households are missing out on unclaimed Child Benefit, 399,000 on Child Tax Credit, 211,000 on Working Tax Credit and 1,000,000 on Universal Credit – so it's worth checking.

ON UNIVERSAL CREDIT? GET EXTRA HELP

"During lockdown, people on Universal Credit were given an extra £20 a week, but this will be withdrawn by early October," says Jasmine. "As we are coming into a period of rising inflation and the possibility of higher

unemployment, this is going to be tough for a lot of families." Again, check Turn2Us.org.uk to see if you could get more benefits or a free grant. "There is help available if you're struggling to feed the family," Jasmine says. "Start with your local council, as many of them have grants and vouchers they can give out. You could be eligible for Guardian's Allowance, free school meals, help with the costs of childcare, school clothing, school travel costs, healthy start food vouchers or the Sure Start maternity grant." Meanwhile, in Scotland there are Best Start food vouchers, Best Start Grant, and Scottish Child Payments.

WANT TO BUY? ACT NOW

The Stamp Duty Holiday has a current tax-free threshold for properties worth up to £250,000. "From October, rates will return to normal and the point homebuyers pay stamp duty will go back to £125,000," says Jasmine. "If you're planning on buying a property, try to complete the sale before October to make the most of the current rates." There's also a change to the Mortgage Guarantee Scheme. Jasmine says, "In lockdown, nearly all the 95 per cent mortgages were pulled. Now the government is guaranteeing 20 per cent of



Cash point

HELPING YOU SPEND WISELY, SAVE MORE AND EARN BETTER



SMALL CHANGES
MAKE A BIG
DIFFERENCE

THE Boost

4 SIMPLE WAYS TO IMPROVE YOUR FINANCES FOREVER

Sam Beckbessinger, author of *Manage Your Money Like A F*cking Grown-Up*, shares her straight-talking money tips.

BECOME ALLERGIC TO DEBT

Never borrow money to fund your lifestyle. If you're in debt over clothes, holidays, food and parties, you need a drastic rethink. Cut up your credit cards. Avoid store loans and payday loans like you would avoid an awful ex.

MAKE SAVINGS AUTOMATIC

Don't try to rely on willpower and penny pinching. Just set up an automatic payment to make sure you save immediately after you get paid.

DON'T KEEP UP WITH THE JONESES

Spend mindfully on things that add something to your life, and avoid the trap of buying things just because other people around you have them.

INSURE AGAINST THE BIG STUFF

You want to be insured against becoming very unwell or injured, not losing your phone, for example.

the loan, lenders are happier to offer 95 per cent mortgages again without charging too high an interest rate. As a first-time buyer, you have until the end of next year to get a five per cent deposit together, so do what it takes, including moving back in with mum and dad for a while." Are you under 40? "Set up a Lifetime ISA; you can put up to £4,000 a year into it and you get another 25 per cent added in by the government," Jasmine says.

NEED A LOAN? GO TO FAIR LENDERS

"For many years, people who couldn't get cheap loans from banks and other lenders had to

resort to high-cost lenders like Provident Personal Credit," says Jasmine. The company went into administration in March and is now advising former customers to consider credit unions and affordable credit providers like FairForYou.co.uk. "These organisations help people with savings and loans, particularly if you are on a low income," Jasmine says. "They're like not-for-profit banks but, unlike banks, they will lend small amounts to their members at reasonable rates." Citizens' Advice, StepChange, Community Money Advice or National Debtline will all point you to fair lenders.

Style alert

CELEBRITY INSPIRATION
TO UPDATE YOUR WARDROBE

GET HER
LOOK

SARAH JESSICA PARKER

Anybody else counting the days until SATC returns to our screens? Sarah Jessica Parker has been spotted filming in New York and she looked so Carrie in this bubblegum-pink shirt dress with a flirty hem. Her belt and green bag made perfect finishing touches. Want in? Here's our high-street recreation...

LOVISA £16.50

ZARA £59.99

ASOS £14

SHEIN £10.49

RIVER
ISLAND £40



SHORTS, MANGO
£19.99

ALICE EVE



DRESS, ZARA
£29.99

I WANT
WHAT
SHE'S
GOT!

FASHION

STRIPE
OUT



Vogue Williams

Vogue stays cool in the midst of the heatwave in a strappy, striped midi dress. The radio host keeps her accessories minimal and ties her hair back in an updo to let the smock frock do the talking.

LIME
LUST



Olivia Culpo

Providing some serious summer inspiration, Olivia gives us all the holiday vibes in her lime skirt and matching mules. The star adds an extra style note with a super-sized top.

IN THE NEWS...



BLAZER, FOREVER UNIQUE £59.99

KATIE PIPER



HAT, £15,
T-SHIRT £18

BUCKET HATS ARE BACK!



FEEL GOOD, DO GOOD!

Nasty Gal has joined forces with FVCK CANCER – an amazing UK head-coverings brand working to help those struggling with hair loss due to chemotherapy. The collaboration, which launches in August, features '70s-inspired headbands and hats, plus cool graphic tees. Prices start from £10, with 100 per cent of profits split between charities Teens Unite Fighting Cancer and Pink Ribbon Foundation.



£18

WORTH TALKING ABOUT!



FANCY FLORALS

Millie Mackintosh
Former *MIC* star Millie is a pro when it comes to bump dressing. The star looks fabulous at a family wedding in this stunning floor-length gown with statement sleeves.



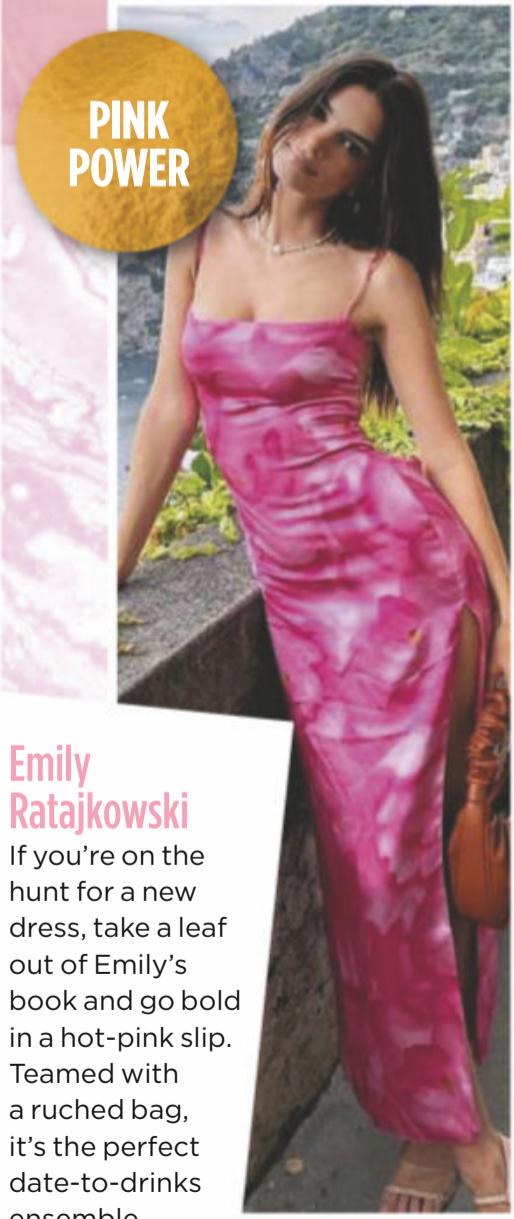
SPOT ON

Margot Robbie
Polka dots never go out of style and Margot looks ultra-chic in this mini dress by Magda Butrym. The puff sleeves and ruffle front make it a classic you can dress up or down with lace-up flats.



SUIT UP

Kate Beckinsale
We've fallen head over heels for all things lilac, so we are loving this outfit from Kate. The actress looks gorgeous in the PJ-style two piece – extra points for the jumbo clutch!



PINK POWER

Emily Ratajkowski
If you're on the hunt for a new dress, take a leaf out of Emily's book and go bold in a hot-pink slip. Teamed with a ruched bag, it's the perfect date-to-drinks ensemble.

MATCHING TWO-PIECE

Wear the timeless trend to the power of two with a matching co-ord. This fine-knit combo looks great together and each piece can be worn with other items for extra wardrobe mileage.

CARDIE, OASIS £45

DRESS, OASIS £49

EARRINGS, OASIS £12



CHECK MATES

THE RETRO GINGHAM PRINT IS BACK FOR THIS SUMMER AND IS LOOKING CHICER THAN EVER

MUST-HAVE MIDI

A fuss-free cotton midi dress is a staple. Add pops of colour for a summery feel and team with boots and a chunky cardigan come autumn.



DRESS, NEXT £45
BAG, M&S £25

NEW NEUTRALS

Multiple shades of beige will fast-track an outfit into high-fashion territory. Pair checked shorts with summer knits and add statement accessories for weekend wow.



KNIT, WAREHOUSE £32, BODY, PRIMARK £6, SHORTS, RIVER ISLAND £36,
HAT, PRIMARK £4, NECKLACE, NEW LOOK £5.99

PINK PAIRING

Baby pink always feels ultra-feminine, but when a flash of red is mixed in, it has a pretty-yet-modern vibe.



DRESS, OASIS £59, BOW, PRIMARK £2,
BAG, NEXT £22

VERSATILE ONE-PIECE

Printed pieces can be layered over other items to give a variety of different looks. Details like a jumbo collar add oomph to pastel shades.



BLOUSE, WAREHOUSE £45, JUMPSUIT, NASTY GAL £40,
EARRINGS, OASIS £12, BAG, NEXT £22

NEW EPISODES AVAILABLE NOW!

GRAZIA BEAUTY LIFE LESSONS

From savvy make-up tricks to smart skincare finds and relatable wellness advice, our expert guests share their best beauty life lessons...



Grazia beauty director Joely Walker gets foolproof tips and brilliant product recommendations from Trinny Woodall (far left), Emma Dabiri and many more in-the-know guests.



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UPDATE YOUR SUMMER LOOK!

Refresh your wardrobe with accessory add-ons to take things up a notch – from just £3!

SUNNIES WITH SASS

Eyewear chains aren't just for your grandparents – the retro accessory is big news again. Channel this season's styles with colourful beads or thick, chunky chains, which can double-up as a necklace, too. They will also stop you from losing your sunnies – practical and pretty!

CAN BE
ADDED TO
FACE MASKS



SUNGGLASSES £35
CHAIN £20
BOTH DUNE

PRIMARK, £3

BUCKETS OF STYLE

Want to solve unruly hair and tick off a huge accessory trend in one? Go for a bucket hat. The playful style has appeared on the catwalks of Versace and Celine, so it's time to follow suit. Beat the heat (or the rain) and use the throw-on-anytime hats to liven up everything from slip dresses to shorts and shirts.

MARKS & SPENCER,
£15



REVERSIBLE

HAT £8
DRESS £18
BOTH GEORGE AT ASDA



STREET-WISE SANDALS

Chunky boots have been big for ages, but as temperatures rise, make the switch to the summer version – stomper sandals. Loved by the fashion elite, platform styles have reached new heights, with everything from luxe, quilted pairs to '90s-esque flatforms taking the limelight. The stylish sandal is almost like wearing proper heels, and will soon become your go-to with everything from smock dresses to wide-leg trews.

Myleene Klass

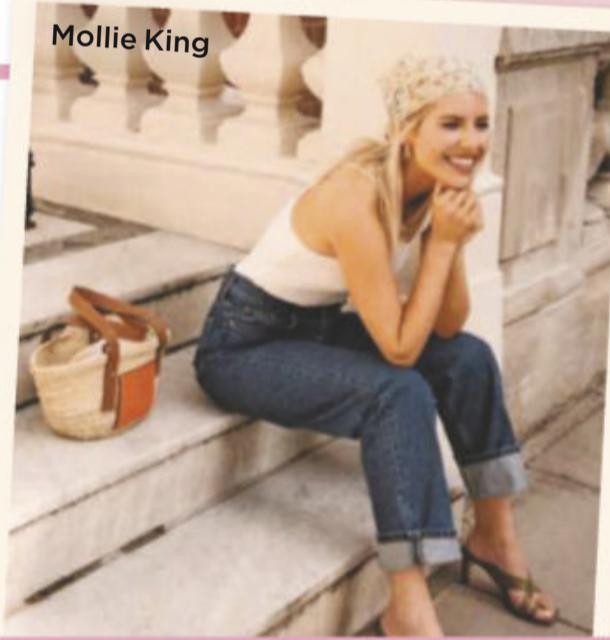


MARKS & SPENCER,
£35



NA-KD, £32.95

Mollie King



BEACH BASKET MULTITASKER

The straw bag is not just a holiday staple. With designer styles from Loewe and Jacquemus being big (literally) news on the fashion circuit, high-street shops are mirroring the hero bag. Roomy enough to hold everything from spare sandals to sanitiser, it'll give the simplest of looks a summer vibe with low effort. Pops of colour and print will add fun.

H&M,
£22.99



NEW LOOK,
£17.99



COOL COLLARS

This summer, no outfit can be too OTT, so statement is key – especially giant collars. We're used to dressing from the waist up by now and necklines are still stealing the show. Choose a T-shirt, shirt or dress with collar included, or let the detachable versions be your summer saviour. Tie over any top and it'll sparkle.



MONKI, £20



WAREHOUSE, £20

MATALAN,
£16





APPEAL

A small act of kindness can make a huge difference to families in need in our communities

In response to the impact of Coronavirus, Hits Radio Cash for Kids has launched an appeal to help the families that need it most.

Right now, those on low incomes who are living in or on the brink of poverty will really be feeling the pressure, and this will have an impact on their children.

The Cash for Kids Appeal will build a fund from which grants will help families with children cover basics such as food and heating.

**You can donate any amount online, or text
APPEAL to 70905 to give £5***

Visit the website to find out more.

hitsradio.co.uk/appeal

HOW TO GLOW LIKE A PRO

Creating a sunkissed complexion doesn't have to be daunting – founder of Green People and skincare expert Charlotte Vøhtz talks us through the perfect at-home tan



Tanning our body might be a breeze, but faces can be trickier. Here's how to make bronzing woes a thing of the past and look like you've been somewhere exotic – we won't tell if you don't!

BE PREPARED

Charlotte explains, "Tanning products darken the top layer of skin cells, so facial self-tan is best applied to skin that has been cleansed and exfoliated. This will create a smooth base for product. Use a gentle scrub first and then rinse with a foam cleanser before applying colour."

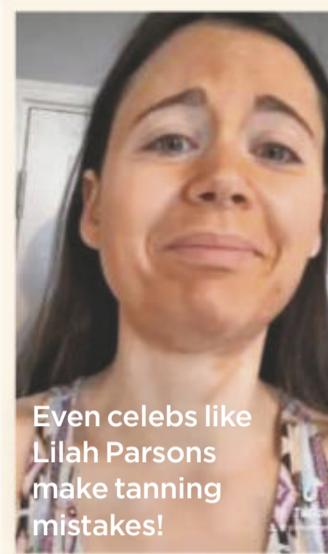
FIND THE RIGHT PRODUCT

Charlotte tells us, "If you're confident at tanning but short on application time, look for dihydroxyacetone, which is a non-streaky tanning agent that works with the amino acids in your skin to create an even glow. If you're new to tanning, use slow-build products that offer more control over the depth of colour. A mist can end up patchy, so only use once

you've mastered every step." Tempted to use the same product for your face and body? Charlotte explains, "When applying a face tan, it is important to have control over the volume of product you use, and facial tan products come in pump or drop formats that prevent overloading. They also may also be lighter on skin, less likely to clog pores, and contain active ingredients that will help concerns like spots or fine lines."

TAKE TIME TO APPLY

Don't rush your facial tanning, as this will lead to streaks and missed bits. Charlotte advises, "Tanning agents can easily stain fabrics, so if you tan at night, allow your skin half an hour to dry before getting into bed. For a non-streaky tan, apply smoothly and evenly, blending from the middle of your face outwards. If applying tan with the hands, the colour may stain palms, so apply product using a tanning mitt. Exposing the skin to moisture may interfere with colour, so to prevent streaks, apply it to bare skin and avoid washing your face until your tan starts to develop."



KEEP IT GOING

Once you've got your glow, extend it by following Charlotte's advice. "The best way to keep your tan fresh is keeping skin hydrated and avoiding exfoliating. Apply another layer of product every few days, but as your tan will take several hours to develop, wait at least 24 hours before adding a second layer," she says.

DON'T PANIC ABOUT STREAKS

If you have a tan disaster, try a tan-removal product to avoid invasive scrubbing. Charlotte tells us, "Most self tans will last between three to five days, and regular bathing and exfoliating your face will help the skin shed its surface cells quicker, but may irritate sensitive skin. To avoid this, use a grit-free exfoliator that contains glycolic acid, and use a moisturiser that contains hero ingredients like hyaluronic acid to support the skin's barrier."

CLOSER'S TOP TANNING PICKS



Massage a few drops of this serum onto clean skin and a gentle glow will develop within four hours.

SCIENTIA SKINCARE TANNING SERUM £21

Nourish, hydrate and add buildable colour with this aloe vera day cream. **SKINNY TAN FACE GRADUAL TANNING MOISTURISER £14.99**

Mix a little of this unscented liquid with moisturiser – it'll blend and absorb easily into skin and build tint. **GREEN PEOPLE AGE DEFY+ LIQUID GOLD TANNING DROPS £35**



Glycolic acid breaks down tan, so apply and rinse after five minutes. **TANOLOGIST SELF TAN ERASER £9.99 AT SUPERDRUG**



A mini applicator makes tricky areas, like under the eyes or nose, a doddle to sort. **SUPERDRUG SOLAIT MINI FACE TANNING MITT £1.49**



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ALOE, ALOE!

The prickly plant is naturally a mega-hydrator that soothes sunburn and overhauls a thirsty complexion. Get your best-suited aloe fix here...



CHOOSE A PLASTIC-FREE OPTION

Swapping to solid skincare can help save tonnes of plastic as it cuts down on unnecessary packaging. This kind-to-skin option uses aloe and almond milk to gently clean away make-up and grime, without stripping skin. Lather up and apply to skin, massaging before rinsing away.

FOAMIE CLEANSING FACE BAR £5.99

TRY A GENTLER CLEANSER

Garnier's micellar water is a cult beauty buy for a reason. This hugely popular product has won a huge army of fans who use it as part of their daily cleansing routine – so much so, that one bottle is sold every two seconds! The newest formulation contains calming aloe vera, making it ideal for those with sensitive or dry skin. Apply to a reusable cotton pad and sweep over face and neck.

GARNIER MICELLAR HYALURONIC ALOE WATER £6.99

COOL BITES AND BURNS

If you've overdone it in the sun, this gel will come to the rescue. It'll instantly cool down and soothe any irritation burns and insect bites while also hydrating. It's really gentle so it's suitable for sensitive skins – we like to keep ours in the fridge on hot days for an extra-cooling hit. Massage onto the affected area – it works on face and body.

HOLIKA HOLIKA ALOE 99% SOOTHING GEL £8.95



QUENCH AND PREP

Create the perfect base for your foundation or tinted moisturiser with this multi-tasking primer. It'll help make-up last longer without sliding off, while also hydrating dry skin and leaving it looking glowing and bouncy.

REVOLUTION HYDRA QUENCH BOMB PRIMER £15

CALM PROBLEM SKIN

Complexions can become angry in the summer – due to hayfever, sweat or sticky sun cream. Calm things down speedily with this sheet mask, which uses aloe and cucumber to moisturise and pacify skin – it takes just 15 minutes to get to work.

THE BODY SHOP ALOE CALM HYDRATION SHEET MASK £4



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STAYCATION MUST-HAVES

WHATEVER HOLIDAY YOU HAVE PLANNED THIS SUMMER, MAKE SURE YOU STOCK UP ON ALL THE ESSENTIALS AHEAD OF YOUR TRIP

CAMPING CLUB

Everything you need to stay comfortable for a weekend sleeping under the stars

RECYCLED MATERIALS

A fun sleeping bag will keep kids cosy all night long. It packs into a neat bag, too. **NEXT £30**

You'll find all the essentials you need for alfresco eating in this colourful bamboo set. **AMAZON £34.99
28 PIECES**

Perfect for chilly evenings sitting outside, this jumbo throw promises to keep the whole family warm. **GEORGE AT ASDA £15**

CAMPING CLUB

Everything you need to stay comfortable for a weekend sleeping under the stars

Relax on this jungle-print foldable chair. It's a bargain and comes with a carry bag and cup holder. **ARGOS £10**

This clever portable speaker also acts as a night light and a power bank for your charging needs. Handy! **AMAZON £39.99**

Providing up to 12 hours of light, this battery-operated lantern is a no-brainer for a middle-of-the-night toilet trip. **GO OUTDOORS £6**

Keep food and drink chilled for hours with this cool bag – it's roomy and comes on wheels! **JOHN LEWIS £40 25L**

**TENT £300
INFLATABLE CHAIRS £40
GAMES TABLE £50
ALL REGATTA**

ICE PACKS NOT INCLUDED

This kit has six outdoor games to ensure the ultimate family digital detox. **WATERSTONES £24.99**

FUN IN THE SUN!

All of your sandy staples to enjoy a day at the beach

**BEACH TOWEL,
ZARA HOME
£25.99**

No trip to the seaside is complete without a bucket and spade, and your little one will love all the tools in this set. **JOHN LEWIS £9**

Make sure nobody gets sunburn – this bargain pack contains SPF30, SPF50, and an insect-repelling aftersun. **BOOTS £16**

A towelling poncho helps kids dry off after a splash in the sea and will keep them warm. **TU AT
SAINSBURY'S FROM £9
AGES 1-10 YEARS**

This bargain buy is a chair but also a sun lounger and folds into a carry bag. **AMAZON £18.99**

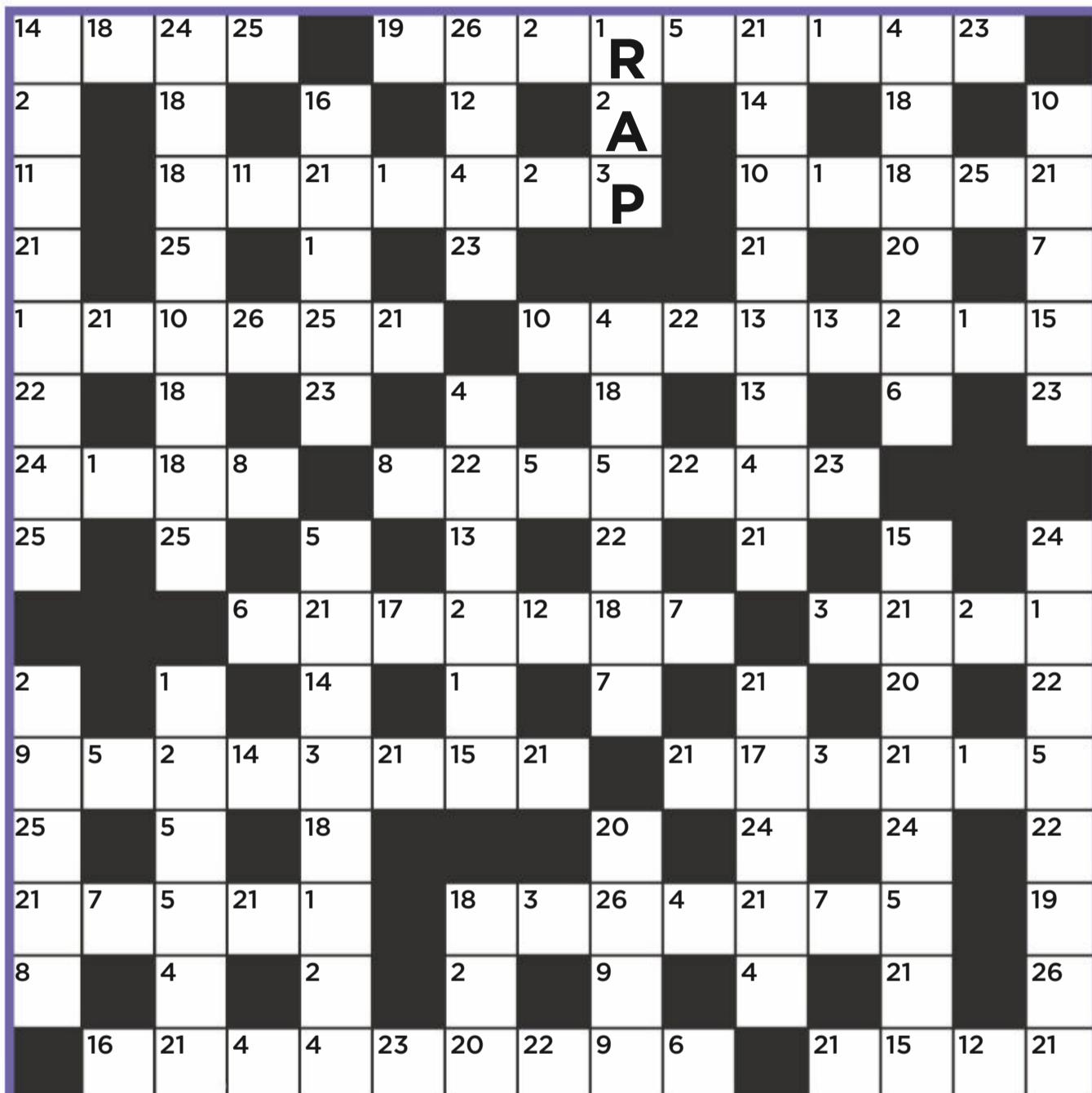
Always need a trusty fan? Throw a pocket-sized breeze booster in your bag for a hot-weather crisis. **M&S £5**

COMPILED BY: ANNIE MILROY

Puzzles

CODE CRACK

Every number in the grid stands for a different letter. We've given you the word RAP to get you started. Fill in all the 1s, 2s and 3s and you'll be able to start guessing other letters. All 26 letters of the alphabet appear at least once. Cross off the ones you've used on the list below



KEEP TRACK OF YOUR LETTERS HERE:

A
B
C
D
E
F
G
H
I
J
K
L
M

1	R	14
2	A	15
3	P	16
4	Q	17
5	R	18
6	S	19
7	T	20
8	U	21
9	V	22
10	W	23
11	X	24
12	Y	25
13	Z	26



GUESS THE FILM STILL...



Colin Firth and Helena Bonham Carter starred in this talkative royal drama



Lily Collins played the title role in this rom-com based on a Cecelia Ahern novel

NAME THE STARS

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

1 TV presenter and host of a show with a giant coin-filled machine

BED HARPS HEN

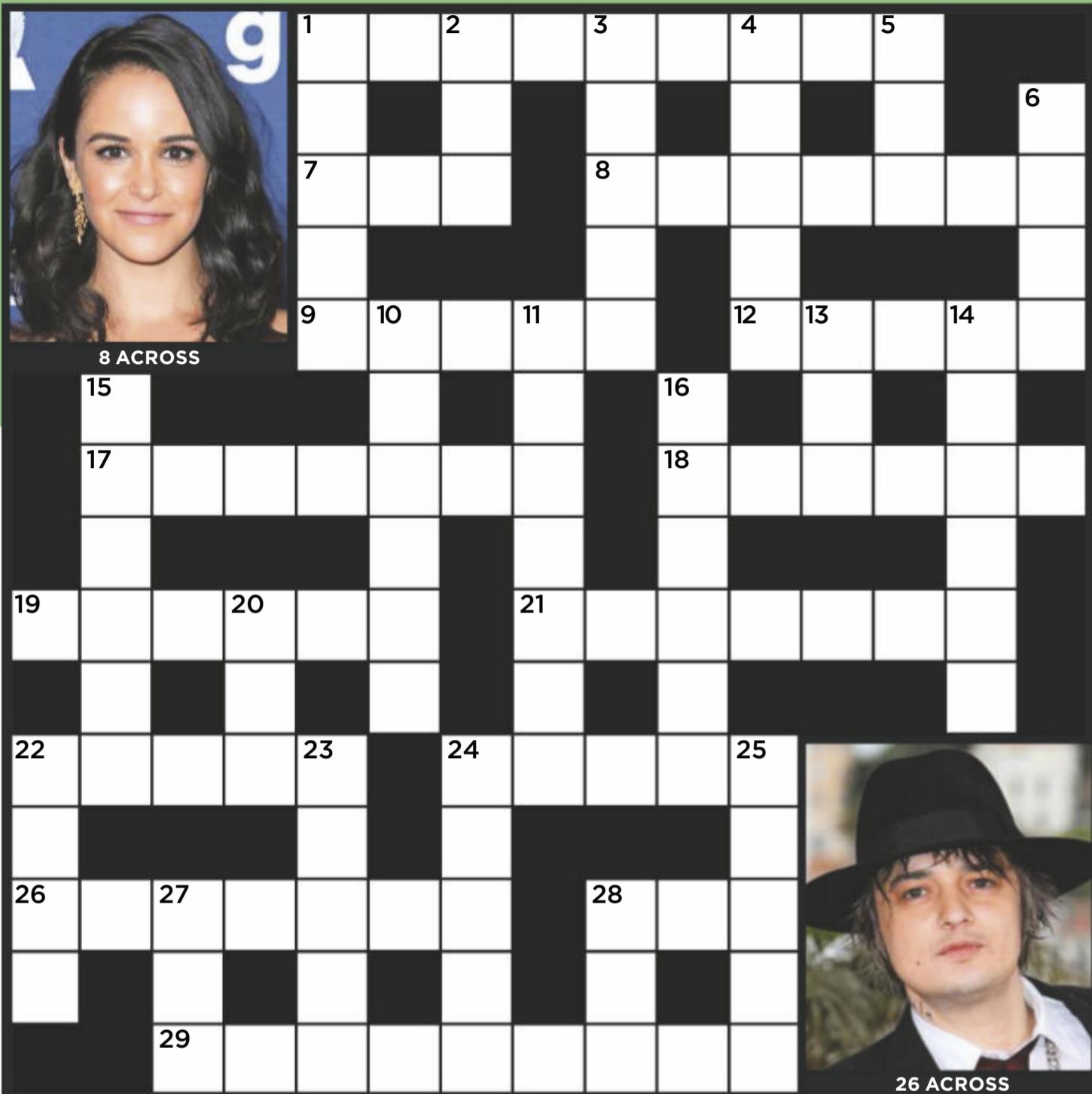
2 *It's All About* this novelist, podcast host, rock-star wife and winner of last year's *I'm A Celeb*

NOVEL ACHE RAFTING

THE BIG CROSSWORD



8 ACROSS



26 ACROSS

ACROSS

- 1 Fast rate of shooting 5, 4
- 7 Former MP, --- Widdecombe 3
- 8 --- Fumero, *Brooklyn Nine Nine's* Amy Santiago 7
- 9 Warm and stifling 5
- 12 Teenager 5
- 17 Native of Tel Aviv? 7
- 18 Napping 6
- 19 Regional dialect 6
- 21 Highest 7
- 22 Indira Gandhi's son 5
- 24 Houston's state 3
- 26 Pete ---, Libertines singer 7
- 28 Indian holiday destination 3
- 29 Cage pet 6, 3

DOWN

- 1 Kingdom 5
- 2 Metal fastener 3
- 3 Ventriloquist's doll 5
- 4 Hebridean island 5
- 5 Ernie ---, golfer 3
- 6 Alan Alda's comedy series 4
- 10 Edgy 6
- 11 Tough bit of meat 7
- 13 North Sea fuel 3
- 14 Number of quires in a ream 6
- 15 Albanian capital 6
- 16 Black ---, Scarlett Johansson film 6
- 20 French word for "yes" 3
- 22 Travel by bicycle 4
- 23 Giuseppe ---, Italian composer 5
- 24 Culinary herb 5
- 25 Jargon 5
- 27 Tight embrace 3
- 28 Breach in a wall 3

Night before	Liable to change		Chest muscles?	Glide over snow		Overweight		Printing error?	Cairo's river	Irritates	
►	▼		Boring	Yul ---, bald actor	►			▼			▼
Busy	►					Caper about		Coaches		Long adventure film	
►			Least favourable	Clean, pure	►			▼			
Irish Gaelic			Terri ---, British TV presenter	►			Agent	►			
►				Zodiac sign	Alias indicator (1, 1, 1)	►		Notice		Towards the rear	
Proportion			Man-made fibre	►		Judas ---, Biblical betrayer	►			Charged particle	
►				Roadwork indicator	►			Plants of a region	►		Price label
Part of a contract			Robbed	►		Badger's burrow	►		Berate, henpeck	►	

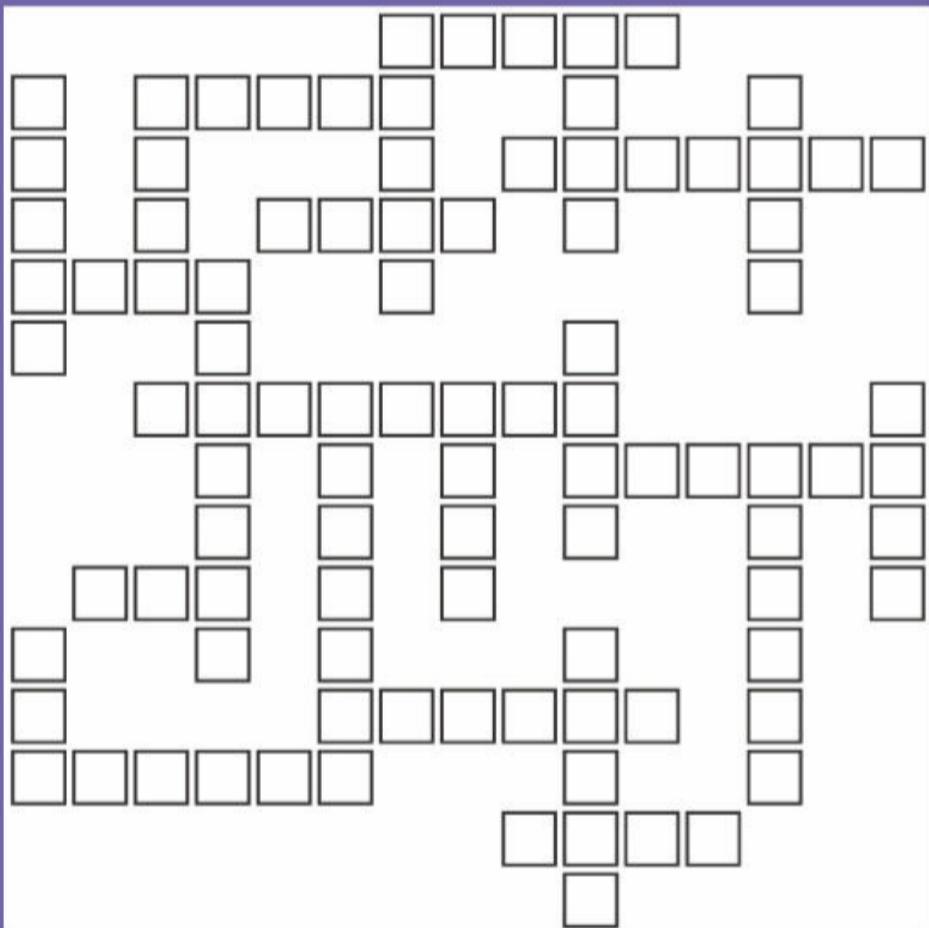
CLUES & ARROWS

Fill in the grid using the clues provided

Puzzles

CRISS CROSS

Strike it rich with this wealth of gold items!



3 LETTERS

FOB
PEN

4 LETTERS

COIN
FISH
FOIL
LEAF
MACE
ROSE
STAR

STUD
TAPS

5 LETTERS
CHAIN
CHARM
CLOCK
MEDAL
TOOTH

6 LETTERS
ANKLET

BANGLE
CHOKER
LOCKET

7 LETTERS
CHALICE
EARRING
FILLING

8 LETTERS
BRACELET

SUDOKU

Complete the grid with the numbers 1 to 9 so that each row, column and 3x3 block contains the numbers 1 to 9 only.

LEVEL 1: EASY

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

LEVEL 2: MEDIUM

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

Win!

A TASTER PACK OF
FENICE WINE PREMIUM
PROSECCO!

Fenice Wine is a small maker of premium Prosecco that works with historic vineyards with a shared passion for making the best wine possible. Win a taster pack including the Rive Di Manzana Brut and Millesimato Extra Dry. Head to winit.closeronline.co.uk to enter.*



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life on the go!



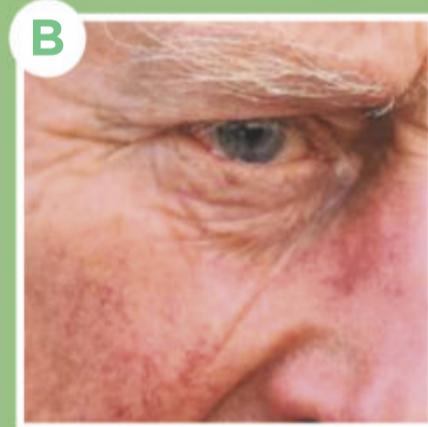
SPOT THE DIFFERENCE

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



GUESS THE CELEB

Can you name these stars from looking at just one part of their famous faces?



WORD LINK

Fill in the blanks to find a word that will make sense when placed at the end of the first word, and the start of the second word.

A LIFE ----- ROOM

D LEAP ----- MAN

B TIP --- NAIL

E GRAND ----- ECLIPSE

C APPLE ----- HOUSE

F SCRATCH ----- TRICK

See p88 for all puzzle solutions

WORD SEARCH

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

H	E	A	V	Y	I	S	T	H	E	H	A	D	D	
N	V	J	N	A	D	N	O	R	B	U	R	Y	J	P
O	P	W	S	D	B	L	X	D	S	D	O	N	P	I
T	U	G	L	A	S	T	O	N	B	U	R	Y	T	H
T	E	W	R	R	T	Q	T	C	C	Y	R	A	C	S
H	S	O	K	Z	I	G	R	I	M	E	I	I	T	R
A	I	L	E	L	Y	T	S	E	E	R	F	P	A	A
T	R	F	R	A	P	P	E	R	K	Y	R	O	U	L
D	L	Y	I	N	U	K	I	T	F	E	S	B	D	O
E	E	E	G	G	O	Q	L	W	F	I	V	I	A	H
E	S	L	I	O	E	D	N	L	N	W	H	S	C	C
P	S	I	B	C	D	U	Y	W	E	D	Y	S	I	S
H	O	W	R	O	U	Q	L	O	O	T	C	O	T	P
D	N	T	Q	B	D	Q	S	E	R	Q	V	Y	K	
K	S	Q	R	B	K	C	M	O	I	C	C	X	I	D

AUDACITY	GLASTONBURY	RAPPER
COLD	GRIME	RISE UP
CROWN	HEAVY IS THE HEAD	SCARY
CROYDON	LESSONS	SCHOLARSHIP
DUDE	NORBURY	VOSSI BOP
FREESTYLE	NOT THAT DEEP	WILEY FLOW



STORMZY

KISS

BREAKFAST

WITH JORDAN
& PERRI

SPONSORED BY



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MORNINGS

ALTER



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Closer

UP TO DATE

TV WEEK: 7-13 AUG

What to watch

THE SHOWS EVERYONE WILL BE TALKING ABOUT



DECEIT
TRUE CRIME SERIES
ABOUT THE RACHEL
NICKELL MURDER



GHOSTS
THE HUGELY POPULAR
COMEDY RETURNS



CELEBRITY MASTERCHEF
ANOTHER STARRY LOT BRAVE
THE KITCHEN. LET'S COOK!



ALEX POLIZZI:
MY HOTEL NIGHTMARE
THE TABLES ARE TURNED!



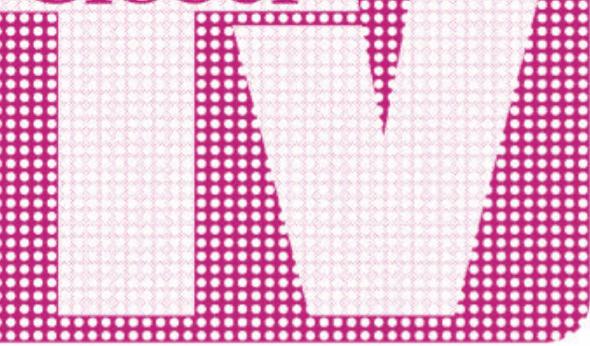
POSE
THE FAB THIRD AND
FINAL SEASON IS HERE



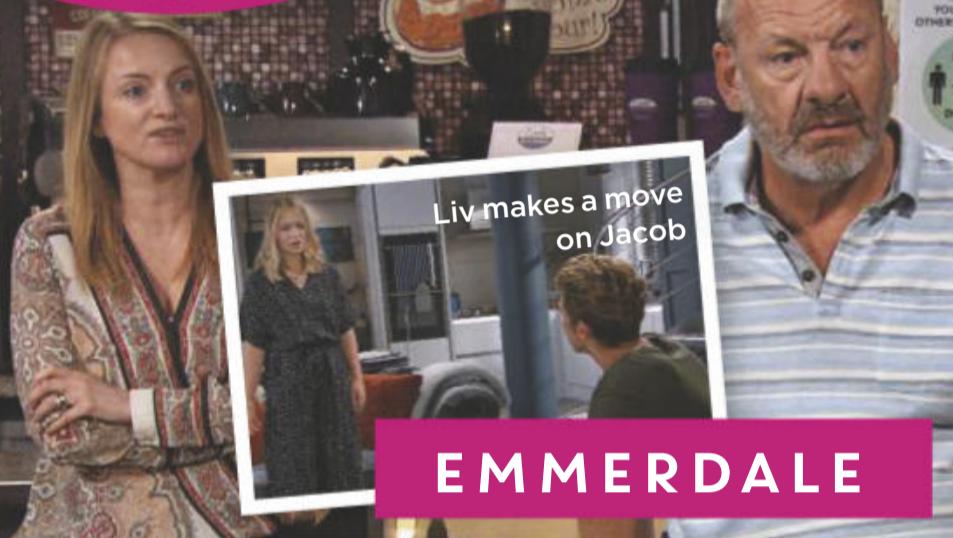
MODERN LOVE
CUPID'S ARROW
STRIKES YET AGAIN...

PLUS: 7-DAY LISTINGS, CELEB CHATS & SOAPS





THIS WEEK'S TOP STORIES



EMMERDALE

MOVING BACK IN

The shortest soap split in the world award could be sitting proudly on Jimmy and Nicola's mantle any time soon, as a Juliette-shaped bombshell knocks them for six – with Nicola telling Jimmy that he'll have to move back in! Jimmy is hopeful, but this is just meant to be for Carl, so we're spared any saucy dress-up shenanigans for now. Phew! Over at Liv's, she knocks back the voddy after Vinny says they can only be friends, and then she makes a move on (wait for it...) Jacob! Aaron walks in on them, Liv's horrified – and he chucks her out. It's only Ben who starts to fret about Liv sleeping out in cold planet earth overnight...



HOLLYOAKS

ELLA COMES HOME

Four months after Mandy's daughter Ella was outed as the person who stabbed Jordan on New Year's Eve, the teen is back and there's not a "Welcome Home" banner in sight! Nancy tries to keep her return hush-hush – and there's all sorts of drama over Charlie not being allowed to see her. Elsewhere, Summer makes out to Sienna that Brody's attacked her before and is coming back for more.

Soap spotlight!

EASTENDERS

Good things come to those who wait, or rather those used to getting their own way – and it seems Chelsea has Gray firmly wrapped around her bling-heavy finger. It's slightly awks when Karen gets wind of the name Chelsea has for her grandkids (it's not flattering), and then Gray's at the receiving end of an ear-bashing from Karen at Mia's birthday bash (if Gray was the Hulk we'd be expecting full shirt-ripping antics at this). Meanwhile, in Dotty's world, it's all about the guilt over sleeping with Keegan – especially now Tiff is out of hospital. She tells Keeg she's not comfortable with lying about what they did...

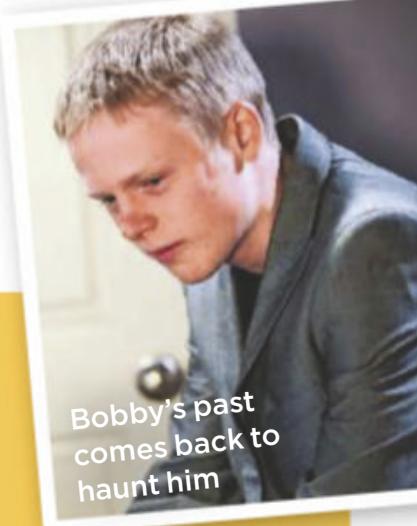


Chelsea's pleased with herself (again)...

WHAT THEY REALLY, REALY WANT...

ALSO THIS WEEK:

- Rocky casually mentions to Dana's dad Harvey that Bobby converted to Islam in prison, where he was banged up for killing his sister. Kathy is appalled – could the romance be doomed?
- Ruby's post-op follow-up appointment looms, and she goes about trying to put "good vibes" into the universe. This involves her making a huge confession...
- Kat's chuffed when Phil asks her to house-sit while he goes to visit Louise, but her mood sours when she discovers something worrying on her phone.



Bobby's past comes back to haunt him



FOLLOW OUR LIVE
TWEETS OVER AT
@CloserOnline



Todd ends up
in hospital

CORONATION STREET

TODD MOWED DOWN

Shock news over at the Platt residence when Shona confesses that she went to move David's car – hitting something in the process, but then she panicked and drove off. David's appalled, but let's face it, he's had worse dramas – and there's nothing to be seen where it happened so they just ask Abi to mend the dent in the side of his motor and soon the whole thing is forgotten. That is until Eileen tells Billy about Todd being the victim of a hit and run, and how he's in hospital! Shona begs Abi not to go to the police, but will David have more luck with the injured party when he heads off to see just how much Todd can remember? Bet Shona's wishing she'd never picked up that can of shaving foam now... Elsewhere, relations are thawing between Fiz and Tyrone – who are still frantically trying to protect Hope, and Alina goes all Miss Marple trying to find out who started the fire that almost killed her. When it turns out Fiz isn't staying with Cilla like she's making out, Tyrone crumbles and admits everything – and the cops are called on Fiz! Meanwhile, Daisy's not impressed with Ryan's latest DJing gig, instead setting her sights on Daniel when he turns up brandishing a bottle of Champers to say his mum has given him a house. Run for the hills!



Tyrone
confesses
all to Alina



Daisy's not
happy with
Ryan



Watch out,
Dan, Daisy's
got her eye
on you



Jennie's been in
Corrie for 20 years

'TAKING THE RAP'

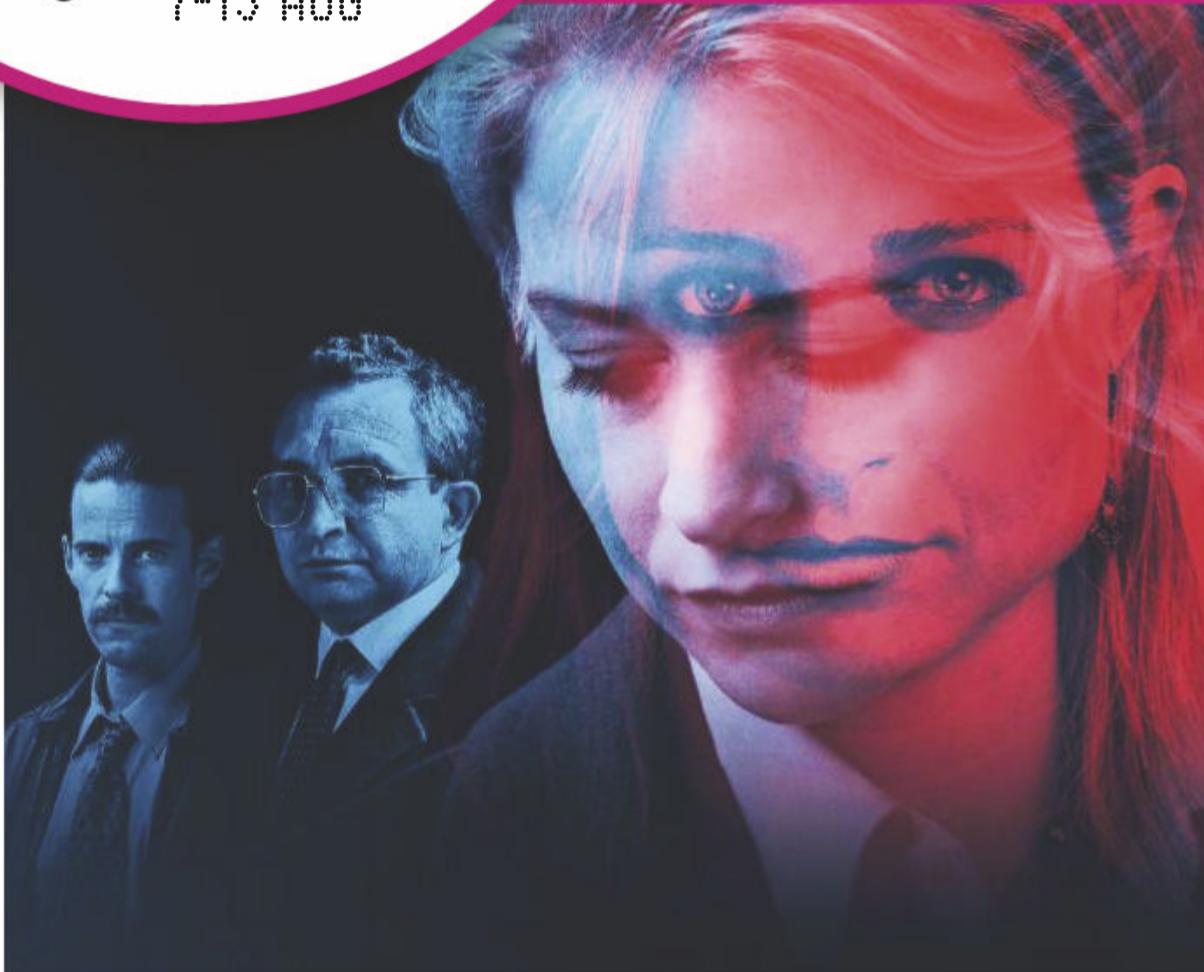
Jennie McAlpine, 37, has played the much-loved Fiz-bomb since 2001...

Has Fiz been aware of Hope's worrying behaviour?

I think she's taken her eye off the ball a bit where Hope is concerned. She's been putting herself first for once and as a consequence she hasn't noticed how Hope has been feeling.

Is she about to make the ultimate sacrifice for her daughter?

I do think she is capable of that. She may feel if she can stop Hope's life from being completely ruined by taking the rap herself, then this could be the way to stop feeling like she has failed Hope in some way.

TV WEEK:
7-13 AUGTUNE IN TO CLOSER'S PICK OF THE TELLY EVERYONE'S
TALKING ABOUT WITH TV EDITOR HANNAH WRIGHTTOP 20
tv pic

DECEIT

NEW SERIES

1

RACHEL NICKELL DRAMA

FRI 13 AUG, 9PM, C4

In July 1992, 23-year-old Rachel Nickell was brutally murdered on Wimbledon Common in front of her two-year-old son. This gripping new drama takes a look at one of the UK's most catastrophic police operations, examining their obsession with the wrong man. Niamh Algar plays the undercover officer sent in as "bait", attempting to indulge Colin Stagg's darkest fantasies...

FACTFILE

Rachel's killer, Robert Napper, was free to attack and murder Samantha Bissett and her young daughter Jazmine when Colin Stagg became the sole focus of the investigation.



2

JONNIE'S BLADE CAMP

TWO-PART DOCUMENTARY

TUE 10 AUG, 10PM, C4

Champion Paralympic 100m sprinter Jonnie Peacock helps five young amputees to realise their sporting potential – meeting the kids and putting them through their paces at a year-long training camp.

THE BOLEYNS: A SCANDALOUS FAMILY

HISTORY LESSON

FRI 13, 9PM, BBC2

Filled with intrigue, sex and drama, this three-part saga sees historians chart the rise and epic fall of one of the most notorious families in history. It takes an inside look at the backstabbing and power games that happened at the Tudor court, where the right move could make you the most powerful dynasty in England...

3
NEW SERIESTHE QUEENS OF
POP: VIVA LA DIVA

A CELEBRATION

SAT 7 AUG,

9.30PM, BBC2

Scissor Sister Ana Matronic honours five legends (Cher, Beyoncé, Grace Jones, Madonna and Mariah Carey). All unique goddesses.



5

JIMMY SAVILE: THE
PEOPLE WHO KNEW

GETTING AWAY WITH IT

SAT AUG 7, DISCOVERY+

To the public, Jimmy Savile appeared to be eccentric "Mr Top Of The Pops" who raised millions for charity – but in reality he was a sexual predator who preyed on young and vulnerable people over his 50-year career. This revealing documentary looks into how he got away with his crimes, asking "Could he have been stopped?" and "What lessons have we learned?" Tough viewing.

CELEBRITY MASTERCHEF

CORKER OF A STARRY SPECIAL

MON 9 / TUE 10 / FRI 13 AUG,
9PM, BBC1

Another celeb special lands and truly some great names have signed up to take on the culinary challenge. Providing the chuckles in Heat One is most definitely Su Pollard, of '80s sitcom sensation *Hi-de-Hi*. Though she's not exactly Su-perb (sorry) in the kitchen and she's got stiff competition in the form of "rice queen" Rita Simons, Duncan ("I'm winging it") James, comic Munya Chawawa and Happy Mondays' Bez, who does get to utter the line, "You're twisting my melons". Fab.

NEW
SERIES



6

SU POLLARD:

'Going on MasterChef is heart attack material!'

Actress, singer and national treasure Su Pollard, 71, on trying to keep her cool cooking for Gregg and John...

S

o, why *MasterChef*?

I've never been a great cook. But when they asked me, I thought, "Why not?" It proved to be enjoyable, but scary!

How was it cooking for the judges Gregg Wallace and John Torode?

Very surreal – because I've only ever watched *MasterChef* from the comfort of my own living room, feeling grateful that I'm not there doing it! When you're there in the kitchen, it feels unreal – and it's nerve-wracking!

If you were cooking at home?

I have to follow a recipe. I can do a nice piece of fish – usually with cherry tomatoes – and my dish was called "Pollard's Pollock". I practised it five times before I went on the show. It's all about preparing, and getting the timings right – because suddenly they're going, "You've got 30 minutes left!" and your stress levels go up another notch, it's heart attack material!

Did they like it?

I think it was very well received, to be fair. They said, "We really like your flavours!" I did learn a lot, like how not to cook! I'm so glad that I did it.

Was anyone in your heat any good?

Munya [Chawawa – who's made his name on YouTube] was excellent. His presentation and everything were just delightful, and Duncan James from Blue was terrific as well – very meticulous. Rita [Simons] has been cooking all her life and was marvellous, and of course there

was Bez from Happy Mondays, and he knew his flavours!

Were there any mishaps?

I think everybody at some point made a little bit of a boo-boo. I chopped something up, then it flew off the preparation table – and I dropped an egg. Duncan forgot to put one of his ingredients in a dish, but it didn't seem to matter – John and Gregg still said it tasted nice.

Will we see any of your famously flamboyant outfits?

You'll certainly get a glimpse of the trousers and the head gear. And I usually love a long, flowing sleeve, but we were warned not to wear anything like that because we might catch fire...

You ARE a legend – was anybody starstruck to meet you?

I'm about 280 years old, but people were very kind and some of the crew even asked me for an autograph. Mostly I get asked to say, "Don't tell Miss Cathcart!" (Su's famous line on *Hi-de-Hi*)

about her bad-tempered boss)

– but I don't mind, it makes me laugh! I spoke to Ruth Madoc (Gladys Pugh in the sitcom) last week actually; she's a good cook – she makes a lot of nice stuff.

What was the food like on *Hi-de-Hi*?

We never had to cook for ourselves! We were always on location, and I remember the food was almost like restaurant cuisine – we even had lobster on some occasions. It was terrific, we were extremely well looked after. We'd have afternoon tea as well, and then in the evenings we'd go out to a restaurant – we were stuffed!

What would it mean to make the *MasterChef* finals?

I'd be thrilled to bits, and so pleased with myself. It would be a tremendous confidence booster. If I got to take home a *MasterChef* apron? I'd put it in a glass case! We can dream, can't we?

By Hannah Wright





TOP 20 tv picks



ALEX POLIZZI: MY HOTEL NIGHTMARE

TABLES ARE TURNED THU 12 AUG, 9PM, CHANNEL 5

For years Alex "Hotel Inspector" Polizzi has been traipsing up and down the country, giving short shrift to hotel owners whose businesses don't quite meet her high standards. But what if the shoe was on the other foot, eh? In an inspired new series, Alex is about to embark on a brand-new venture of her own - yes, running a hotel! Along with her mother, Olga, she attempts to transform a historic, Grade II listed building in the Suffolk Downs into a place where you might want to stay (complaint free, and perhaps longer than one night). First is the small matter of converting 37 bedrooms into 28 to give guests the luxurious experience they're after... Here's a clue - it's a complete nightmare!

10



THE SECRET WORLD OF CHOCOLATE

ODE TO THE BROWN STUFF

SUN 8 AUG, 8PM, C4

Dawn French narrates this fun docu all about rival chocolate bars (Aero versus Wispa/Penguin versus Club...). Another episode about crisps (Wotsits/Quavers) will go onto All 4 after this, and we challenge anyone to step away from the snack drawer.

LIVING WILD: HOW TO CHANGE YOUR LIFE

INSPIRING TWO-PART DOCU

SAT 7 AUG, 8.30PM, C4

TV presenter Sophie Morgan meets folk determined to live their "best lives". There's Elizabeth the shepherdess, plus a couple who gave up their jobs to travel the world by boat, and a Londoner running a farm in Wales.



NEW SERIES

MODERN LOVE



NEW SERIES

8

SECOND SEASON HERE

FRI 13 AUG, PRIME VIDEO

Amazon's anthology series returns - with a load of new guest stars. Hello Kit Harington, Tobias Menzies and Minnie Driver.

HIT COMEDY RETURN

MON 9 AUG,
8.30PM, BBC1

The ace comedy is back, starring loads of the *Horrible Histories* gang - with Charlotte Ritchie and Kiell Smith-Bynoe as the owners of Button House, where the peace is constantly being interrupted by all the needy ghosts who live there too. Expect LOLs aplenty.

POSE

NEW SERIES

FAB DRAMA RETURNS

SUN 8 AUG, 10PM/
10.50PM, BBC2

The new series of the addictive drama set in the drag-ballroom scene kicks off in 1994, with the AIDS epidemic continuing to devastate the community. Catch up with the show's well-loved characters, as Pray Tell struggles with a drink problem, Lemar has struck out on his own, and Angel's modelling career isn't quite going to plan. All episodes are available on BBC iPlayer.



SHOP WELL FOR LESS?

BREAKING BAD HABITS

THU 12 AUG, 8PM, BBC1

Joanna Page and Melanie

Sykes are heading up this brand-new series, replacing Steph McGovern (who's joined Channel 4), and *The One Show*'s Alex Jones (currently pregnant with her third child). They're in Kent with the Katnoria family - who all like to treat themselves, with a house fit to bursting with branded trainers and tracksuits, designer fragrances and expensive make-up. Mel is "keen to share ideas that will make your money go further" but, well, you'll be waiting a while before you hear them. It's an hour-long show with maybe just a little bit too much time spent with the families and less on actual tips for viewers at home.

NEW SERIES

9



5 MINUTES WITH...

Gavin & Stacey star Joanna Page, 44 – taking over presenting duties on the show helping families to save money through shopping habit tweaks...

If the money's not in the bank, don't buy it.

Tips on unwanted clothes?

Make do and mend, instead of always buying new. Anything in your wardrobe that you haven't worn in a year, sell online – you won't miss it and you'll make yourself some money. For the kids, go to a toy exchange and do a swap.

How do you think lockdown changed the way people shop?

It made us all shop online – which can make you spend more!

Did you enjoy filming the series?

I loved it. I'm a naturally curious person and it was so interesting to meet different people and find out about their lives and how we could help them, also helping ourselves save at the same time. Melanie was great to work with – she's so down to earth and we were laughing most days.

13

GHOSTS



NEW SERIES



NEW SERIES

THE SECRET LIFE OF THE ZOO

ASTONISHING ANIMALS

TUE 10 AUG, 8PM, C4

Ever since it first aired in 2016, viewers have gone mad for C4's ground-breaking documentary series that captures the goings-on of Chester Zoo's inhabitants. Happily, it's back, in the attraction's 90th year!

12

FACTFILE:

Joanna's tip for online shopping, "I put everything in the shopping basket and then leave it a day to see if I still need or want what's in there."

12





TOP 20 tv picks



WHY WOMEN KILL 15

EXPLORING NORTHERN IRELAND WITH SIOBHAN MCSWEENEY

GORGEOUS TRAVEL SHOW

THU 12 AUG, 9PM, MORE4

Derry Girls star Siobhan McSweeney explores the beauty of a country she's fallen in love with, lacing up her walking boots to hike, kayak and camp. "Life's too short to sit indoors," she says.



DON'T DIET, LOSE WEIGHT

POWER OF THE MIND

THU 12 AUG, 10PM, C4

Two people who've tried and failed on the dieting front now attempt to shift the pounds through a brain-training experience, guided by experts. It's got to be worth a shot!



GONE FOR GOOD

HARLAN COBEN THRILLER

FRI 13 AUG, NETFLIX

Harlan Coben (*The Stranger*) teams up with Netflix for another addictive thriller, set in Paris (it's French subtitled) and following a man who's devastated after losing first his girlfriend then his brother. Ten years on, his new partner disappears - leading to a whole new nightmare...



DAISY MASKELL: INSOMNIA AND ME

CAN'T GET NO SLEEP

TUE 10 AUG, 10.35PM, BBC1

The 23-year-old breakfast radio DJ investigates her own insomnia, digging deep into the roots and causes. She explains how insomnia cases have risen during lockdown - and looks at treatment and cures.



KURUPTING THE INDUSTRY: THE PEOPLE JUST DO NOTHING STORY

A COMEDY SPECIAL

WED 11 AUG, BBC THREE

The cast return to reflect on the popular mockumentary series, which first started in 2012. Famous fans including Martin Freeman, Dizzee Rascal, Clara Amfo and Craig David also discuss their love of the show.

WITH A BRAND-NEW CAST
THU 12 AUG, 9PM, ALIBI
Ten more episodes of the dark comedy from *Desperate Housewives* creator Marc Cherry, with the action taking place in '40s Los Angeles suburbia - revolving around "frumpy" Alma (Allison Tolman), who sets her sights on joining an exclusive gardening club for (thin) well-heeled ladies. "There's a little bit more murder throughout," teases Cherry. He wanted Eva Longoria to play the part of Alma's sworn enemy Rita, but Eva hooked him up with actress Lana Parrilla, as she was busy directing a movie. Nick Frost plays Alma's husband.

TV TALK

STARRY DRAMA

Filming is underway on new BBC crime drama *Sherwood*, inspired by real events and starring David Morrissey, Lesley Manville and Joanne Froggatt.



READ WITH JAY

The Repair Shop's Jay Blades will face his "toughest challenge" yet in *Learning To Read At 51* - revealing the literacy struggles he once kept secret.





Saturday 7 August

* CLOSER PICKS

BBC1

6am Olympic Breakfast. Dan Walker and Sam Quek introduce coverage as diver Tom Daley hopes to challenge for a medal in the 10m platform final. **9.0** Olympics 2020 Live. Hazel Irvine and Gabby Logan introduce action from the penultimate day of the Tokyo Olympic Games. **1.0** BBC News. **1.05** Olympics 2020 Live. **3.0** Olympics 2020. A chance to catch up with events. **5.45** BBC News. **5.55** BBC Regional News; Weather.

6pm **6.05 Take Off With Bradley & Holly** Bradley Walsh and Holly Willoughby host the game show. (S)

7pm **7.0 Olympics 2020: Today At The Games** Clare Balding and Alex Scott present highlights and key moments as 23 gold medals were handed out on the penultimate day of the Tokyo Olympics. (S)

8pm **8.30 Michael McIntyre's The Wheel** The comedian hosts the Saturday-night game show. With Sue Perkins. (S)

9pm **9.30 Casualty** Ethan and Fenisha both have pause for thought in the run-up to the wedding. Last in the series. (S)

10pm **10.10 BBC News** (S) **10.30 Olympics 2020 Live** JJ Chalmers introduces coverage from the 16th and final day of the Olympics Games, as the track cycling draws to a close. (S)

4.0 Olympics 2020 Live.



8.30pm The Wheel, BBC1

BBC2

6.40am Wild & Weird. **6.55** The Dengineers. **7.25** Marrying Mum And Dad. **7.50** Blue Peter. **8.20** What's Cooking Omari? **8.30** Deadly Dinosaurs With Steve Backshall. **9.0** Monkey Planet. **10.0** Saturday Kitchen Live. **11.30** A Cook Abroad: John Torode's Argentina. **12.30** Nature's Miracle Orphans. **1.30** Reel History Of Britain. **2.0** Living Famously. **3.0** FILM: High Society (1956) ★★★★ 4.40 FILM: Meet Me In St Louis (1944) ★★★★

6.30 BBC Proms 2021 Katie Derham presents an evening of musical hits as the BBC Concert Orchestra and Richard Balcombe are joined by West End and Broadway stars Louise Dearman, Katie Hall, Nadim Naaman and Jamie Parker to perform classic songs from Broadway's Golden Age at the Royal Albert Hall. (S)

8.30 Olympics 2020: Extra Highlights of day 15, including the men's football final at International Stadium Yokohama. (S)

*** 9.30 The Queens Of Pop: Viva La Diva** Ana Matronic explores the key elements that have shaped the identities and sounds of pop superstars Beyoncé, Cher, Grace Jones, Madonna and Mariah Carey. (S)

10.30 Queens Of Song At The BBC A selection of songs by female artists. (S)

11.30 FILM: Grace Jones: Bloodlight And Bami (2017) ★★★ 1.30 Cricket: Today At The Test. **2.35** BBC News.



9.30pm Viva La Diva, BBC2

ITV

6am CITV. **8.25** ITV News. **8.30** Martin & Roman's Weekend Best! **9.25** James Martin's Saturday Morning. **11.35** Cooking With The Stars. **12.30** James Martin's Islands To Highlands. **1.0** ITV News; Weather. **1.10** A Year In The Beacons. **1.40** The Greek Islands With Julia Bradbury. **2.10** Midsomer Murders. **4.05** ITV News; Weather. **4.20** ITV News London. **4.30** FA Community Shield Live.

7.30 The Void A stunt woman, a boulderer and a solicitor take part. (S)

8.30 Who Wants To Be A Millionaire? Jeremy Clarkson gives six new contestants the chance to win a fortune. (S)

9.35 Quiz Charles, Diana and Tecwen head to court. (S)(R)

10.35 ITV News; Weather (S)

10.50 FILM: The Fast And The Furious: Tokyo Drift (2006) ★★ Action adventure, starring Lucas Black and Nathalie Kelley. (S)

12.45 Shop: Ideal World. **3.0** FYI Extra. **3.15** ITV Nightscreen.



8.30pm Millionaire, ITV

C4

6am Everybody Loves Raymond. **8.0** The Simpsons. **11.20** FILM: Edward Scissorhands (1990) ★★★★ 1.25 Four In A Bed. **3.55** George Clarke's Amazing Spaces. **5.0** Location, Location, Location: 20 Years And Counting.

6.0 News (S)

6.30 Grand Designs Building a home on a minuscule 38-square-metre plot in London. (S)(R)

7.25 Matt Baker: Our Farm In The Dales Matt plans to build a new road around the farm. (S)(R)

*** 8.30 Living Wild: How To Change Your Life** Part one of two. Sophie Morgan meets people building new lives around the things they love. (S)

9.30 The Queen And Her Prime Ministers Declassified documents recording the Queen's meetings with various prime ministers. (S)

10.30 International Rugby Union South Africa v British & Irish Lions. (S)

11.30 FILM: Pacific Rim: Uprising (2018) ★★★ 1.25 The Lateish Show With Mo Gilligan. **2.20** Ramsay's Kitchen Nightmares USA. **3.10** Hollyoaks Omnibus. **5.10** Location, Location, Location.



8.30pm Change Your Life, C4

CHANNEL 5

6am Milkshake! **10.0** SpongeBob SquarePants. **10.10** SpongeBob SquarePants. **10.25** Entertainment News On 5. **10.30** Friends. **11.0** Friends. **12.35** Friends. **1.0** Friends. **1.35** Friends. **2.0** Friends. **2.30** FILM: Dirty Dancing (1987) ★★★★ 4.35 FILM: Father Of The Bride (1991) ★★★★

8.0 When Fergie Met The Monarchy The experiences of royal life for Sarah Ferguson and her family. (S)(R)

9.30 John Travolta: Dancefloor Star, Comeback King A profile of the actor, from his breakthrough in Saturday Night Fever to worldwide fame in Grease, before falling out of fashion until he was cast Quentin Tarantino's Pulp Fiction. (S)

11.0 FILM: Saturday Night Fever (1977) ★★★★ 1.10 The 21.co.uk Live Casino Show. **3.10** Bargain-Loving Brits In The Sun. **4.0** GPs: Behind Closed Doors. **4.45** Wildlife SOS. **5.10** House Doctor. **5.35** Thomas & Friends: Big World! Big Adventures! **5.45** Fireman Sam.



Jimmy Savile, Discovery+

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6pm Outnumbered. **8.0** Gavin & Stacey. **10.0** Louis Theroux: Dark States - Murder In Milwaukee. Gun crime in the US city. **11.0** Louis Theroux: Gambling In Las Vegas. **12midnight** One Born: What Happened Next? **1.0** Disaster DIY. **1.25** Disaster DIY. **2.0** Disaster DIY. **2.25** Disaster DIY. **3.0** Teleshopping.

MTV

6pm Catfish: Creeps. **7.0** Catfish: Should've Swiped Left. **8.0** Catfish UK. **9.0** Catfish UK. **10.0** Catfish UK. **11.0** Catfish UK. **12midnight** Tattoo Disasters: What Were You Inking? **1.0** Tattoo Disasters: What Were You Inking? **2.0** Ridiculousness. **2.50** Ridiculousness. **3.40** Ridiculousness. **4.0** Teleshopping.

ITV2

5.05pm FILM: Despicable Me 3 (2017) ★★★ 6.50 FILM: Rampage (2018) ★★★ 9.0 Love Island: Unseen Bits. **10.05** Buffering. **10.35** Buffering. **11.05** Family Guy. **11.30** Family Guy. **11.55** American Dad! **12.25am** American Dad! **12.55** Apocalypse Wow. **1.55** Don't Hate The Playaz. **2.40** Totally Bonkers Guinness World Records.

TLC

6pm Say Yes To The Dress: Bridesmaids. **7.0** Say Yes To The Dress: The Big Day. **8.0** Dr Pimple Popper. **9.0** Embarrassing Bodies. **10.0** Hoarding: Buried Alive. **11.0** My Extreme Excess Skin. **12midnight** Dr Pimple Popper. **1.0** Embarrassing Bodies. **2.0** Hoarding: Buried Alive. **3.0** My Extreme Excess Skin.

E4

6.10pm The Big Bang Theory. **6.40** FILM: Home Alone 2: Lost In New York (1992) ★★★★ 9.0 Celebrity Gogglebox. **10.0** Gogglebox. **11.05** Gogglebox. **1.10am** Rick And Morty. **2.10** Rick And Morty. **2.35** Celebrity Gogglebox. **3.30** Gogglebox. **4.25** The Big Bang Theory. **4.50** Ramsay's Kitchen Nightmares USA.

SKY ONE

6.20pm The Simpsons. **6.45** The Hundred Live. Southern Brave Men v Northern Superchargers Men (Start-time 7.00pm). **10.0** FILM: Beverly Hills Cop III (1994) ★★ 12midnight S.W.A.T. **1.0** The Force: North East. **2.0** Road Wars. **3.0** Brit Cops: Frontline Crime UK. **4.0** Send In The Dogs. **5.0** Send In The Dogs.

ITVBE

6pm The Only Way Is Essex. **7.0** Dinner Date. **8.0** Celebrity Dinner Date. **9.0** Botched. After saving Lucy's life, Paul is given the go-ahead to finally fix her nose. **10.0** Ibiza Weekender. Jordan tries to win Isobel back. **11.0** Ibiza Weekender. **12midnight** The Real Housewives Of Atlanta. **12.55** ITVBe Nightscreen. **1.0** Teleshopping.

SKY ATLANTIC

6.45pm The Sopranos. **7.50** The Sopranos. **9.0** Game Of Thrones. Ned investigates rumours about the Lannisters. **10.10** Game Of Thrones. Ned confronts Cersei about Jon Arryn's death. **11.20** Game Of Thrones. **12.30am** Game Of Thrones. **1.40** Game Of Thrones. **2.50** Californication. **4.0** Urban Secrets.

E!

6pm Keeping Up With The Kardashians. **7.0** Keeping Up With The Kardashians. **8.0** FILM: Just Go With It (2011) ★★ 10.30 Dating: No Filter. **11.0** Temptation Island. **12midnight** Temptation Island. **1.0** Temptation Island. **2.0** Teleshopping. **2.30** Teleshopping. **3.0** Wags: LA. **4.0** Total Bellas. **5.0** Teleshopping.

SKY WITNESS

6pm Nothing To Declare. **6.30** Nothing To Declare. **7.0** Blue Bloods. **8.0** Blue Bloods. **9.0** The Equalizer. **10.0** Law & Order: Special Victims Unit. **11.0** Law & Order: Organised Crime. **12midnight** Law & Order: Special Victims Unit. **1.0** Law & Order: Special Victims Unit. **2.0** Blue Bloods. **4.0** Nothing To Declare.

BBC1

6am Olympic Breakfast. **9.0** Olympics 2020 Live. **11.0** Olympics 2020 Review. **11.40** BBC News. **11.55** Olympics 2020: Closing Ceremony. The Tokyo Game comes to a spectacular end with the traditional Closing Ceremony and handover to Paris, ahead of the French capital hosting the Games of the XXXIII Olympiad in 2024. **3.0** Money For Nothing. **3.30** FILM: Muppets Most Wanted (2014) ★★★ **5.05** Spy In The Wild.

6pm **6.05 BBC News** (S) **6.20 BBC Regional News; Weather** (S) **6.30 Countryfile** Joe Crowley and Charlotte Smith visit a 100-acre rewilding site near Loch Ness. (S)

7.30 Olympics 2020: Today At The Games Clare Balding and Alex Scott introduce highlights of the 16th and final day in Tokyo, with boxing, handball, volleyball and water polo all reaching their conclusions. (S)

9pm **9.0 Baptiste** Kamilla and her husband lead Julien and Emma to a dramatic discovery. (S)

10.0 BBC News (S) **10.20 BBC Regional News; Weather** (S) **10.30 FILM: The Client** (1994) ★★★★ A boy with information about a politician's disappearance hires a lawyer to protect him from the Mafia. Courtroom thriller, starring Susan Sarandon, Tommy Lee Jones and Brad Renfro. (S)

12.30 BBC News.



7.30pm Today At The Games, BBC1

BBC2

6.35am Britain In Bloom. **7.05** Gardeners' World. **8.05** Countryfile. **9.0** Weatherman Walking: The Welsh Coast. **9.30** Beechgrove. **10.0** Saturday Kitchen Best Bites. **11.30** My Million Pound Menu. **12.30** Best Bakes Ever. **1.15** Songs Of Praise. **1.50** FILM: This Beautiful Fantastic (2016) ★★★ **3.15** Killer Bees Of Africa: Natural Worl. **4.15** Fake Or Fortune? **5.15** Flog It!

6.0 Tropic Of Cancer With Simon Reeve Simon explores parts of India rarely visited by tourists. (S) (R)

7.0 Cricket: Today At The Test England v India. (S)

8.0 Inside Monaco: Playground Of The Rich A tour of an extraordinary new home. Last in the series. (S) (R)

9.0 The Misadventures Of Romesh Ranganathan The comedian visits Haiti. (S) (R)

* **10.0 Pose** New series. The return of the American drama, starring MJ Rodriguez. (S)

* **10.50 Pose** Pray Tell's friends resolve to make him confront his drinking problem. (S)

11.45 FILM: The Workshop (2017) ★★★★ **1.35** Sign Zone: Blind Ambition. **2.35** Sign Zone: Holby City. **3.15** This Is BBC Two.

10/10.50pm Pose, BBC2

ITV

6am CITV. **8.25** ITV News. **8.30** Martin & Roman's Weekend Best! **9.25** Love Your Garden. **10.25** The Masked Singer US. **11.25** The Void. **12.25** You've Been Framed! Goes Savage! **1.30** ITV News: Weather. **1.45** FILM: Dr No (1962) ★★★★ **3.55** Tipping Point: Lucky Stars. **4.55** The Chase Celebrity Special.

6.0 ITV News; Weather (S) **6.15 ITV News London** (S) **6.25 FILM: Harry Potter And The Order Of The Phoenix** (2007) ★★★★ The wizard forms his fellow pupils into a secret army to battle the resurrected Lord Voldemort. Fantasy adventure sequel, starring Daniel Radcliffe, Emma Watson, Rupert Grint, Gary Oldman, Michael Gambon and Alan Rickman. (S)

9.0 Professor T The academic helps investigate the disappearance of a six-year-old girl. (S)

10.05 ITV News; Weather (S) **10.20 Undercover Big Boss** The nation's biggest business leaders go undercover at their own companies, beginning with Alfie Best. (S) (R)

11.15 Craig And Bruno's Great British Road Trips. **11.45 Joanna Lumley's Postcards**. **12.10 Shop: Ideal World**. **3.0 FYI Extra**. **3.15 Motorsport UK**. **4.05 ITV Nightscreen**. **5.05 Tipping Point**.



6.25pm Harry Potter: Phoenix, ITV

E4

5.40pm Wipeout USA. **6.40** Lego Masters Australia. The eight teams compete in a space-themed challenge. **8.0** The Great Celebrity Bake Off For Stand Up To Cancer. **9.0** FILM: Baywatch. (2017) ★★ **11.20** Gogglebox. **12.25am** Batwoman. **1.25** The Big Bang Theory. **2.25** Wipeout USA. **3.15** Hollyoaks Omnibus.

SKY ONE

3pm The Hundred Live. **6.30** The Simpsons. **7.0** The Simpsons. **7.30** The Simpsons. **8.0** MacGyver. **9.0** S.W.A.T. **10.0** An Idiot Abroad 3. **11.0** Prodigal Son. **12.00midnight** NCIS: Los Angeles. **1.0** The Force: North East. **2.0** Road Wars. **3.0** Brit Cops: Frontline Crime UK. **4.0** Highway Cops. **4.30** Highway Cops. **5.0** Highway Cops.

C4

6.05am Kirstie's House Of Craft. **6.15** Everybody Loves Raymond. **6.40** Everybody Loves Raymond. **7.05** Everybody Loves Raymond. **7.30** Everybody Loves Raymond. **8.0** Everybody Loves Raymond. **8.25** International Rugby Union. **9.30** Sunday Brunch. **12.30** The Simpsons. **1.0** The Simpsons. **1.30** The Simpsons. **2.0** FILM: Teen Wolf (1985) ★★★ **3.50** FILM: Teenage Mutant Ninja Turtles: Out Of The Shadows (2016) ★★

6.0 The Secret Life Of The Zoo Series highlights. (S) **6.30 News** (S)

7.0 Escape To The Chateau Dick Strawbridge attempts to make sloe gin. (S) (R)

* **8.0 The Secret World Of Chocolate** A look at rivalry between chocolate manufacturers. Featuring contributions from the brains behind the brands. (S)

9.0 The Handmaid's Tale June confronts Fred and Serena in court and challenges Emily to face a painful reminder of her Gilead past. (S)

10.10 FILM: The Girl On The Train (2016) ★★★ Thriller, starring Emily Blunt and Rebecca Ferguson. (S)

12.20 FILM: Miss Sloane (2016) ★★★★ **2.35** Ramsay's Kitchen Nightmares USA. **3.25** Undercover Boss USA. **4.10** Snackmasters: Quality Street Festive Special. **5.05** Location, Location, Location.



9pm Professor T, ITV

ITVBE

6pm Dinner Date. **7.0** Dinner Date. **8.0** Celebrity Dinner Date. **9.0** Botched: Most Outrageous OMG Patients Countdown. **9.30** Botched. **10.0** The Real Housewives Of Atlanta. Porsha and Dennis fall out over their living arrangements. **10.55** Atlanta Plastic. An actor goes to see Dr Crawford for a full body lift. **11.50** Vanderpump Rules.

SKY ATLANTIC

6.45pm The Sopranos. **7.50** The Sopranos. **9.0** FILM: Bessie (2015) ★★★★ Biopic, starring Queen Latifah. **11.15** In Treatment. **11.50** In Treatment. **12.30am** Six Feet Under. **1.40** Six Feet Under. **2.50** Californication. **3.25** Californication. **4.0** Richard E Grant's Hotel Secrets. **5.0** Richard E Grant's Hotel Secrets.

CHANNEL 5

6am Milkshake! **9.55** SpongeBob SquarePants. **10.10** SpongeBob SquarePants. **10.20** Entertainment News On 5. **10.25** Friends. **10.55** Friends. **12.25** Friends. **1.0** Friends. **1.30** Friends. **2.0** Friends. **2.30** FILM: Hello, Dolly! (1969) ★★★★ **5.25** 5 News Weekend. **5.30** World's Busiest Hotel.

6.30 Mile High Meals: Plane Food Secrets (S)

8.0 All Creatures Great And Small Siegfried applies to become attending vet at Darrowby racecourse. (S) (R)

9.0 Hot Tub Brits: More Bubbles Please! Part two of two. Rachel brings in the experts to move her tub to her new house. (S)

10.0 When TV Goes Horribly Wrong Jennifer Ellison narrates a compilation of moments that soap stars would rather forget. (S)

1.0 The 21.co.uk Live Casino Show. **3.0** Entertainment News On 5. **3.10** Bargain-Loving Brits In The Sun. **4.0** Fare Dodgers: At War With The Law. **4.45** Wildlife SOS. **5.10** House Doctor. **5.35** Thomas & Friends: Big World! Big Adventures! **5.45** Fireman Sam.



10.10pm The Girl On The Train, C4

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W

6.20pm Outnumbered. **7.0** Inside The Ambulance. **8.0** Inside The Ambulance. **9.0** Louis Theroux: Dark States – Murder In Milwaukee. **10.0** Louis Theroux: Gambling In Las Vegas. **11.0** The Baby Has Landed. **12midnight** One Born: What Happened Next? **1.0** Disaster DIY. **1.35** Renovate My Home: Leave It To Bryan.

MTV

6pm Catfish: The TV Show. **7.0** MTV Cribs. **7.30** MTV's Living The Dream. **8.0** Amy Winehouse & Me: Dionne's Story. **9.0** Geordie OGs. **10.0** Catfish UK. **11.0** Siesta Key. **12midnight** Jersey Shore Family Vacation. **1.0** 16 And Pregnant. **2.0** Ridiculousness. **2.50** Ridiculousness. **3.40** Ridiculousness. **4.0** Teleshopping.

ITV2

5.55pm FILM: Shrek 2 (2004) ★★★★ **6.40** FILM: Get Smart (2008) ★★ **9.0** Love Island. **10.0** Love Island: Aftersun. **11.05** Family Guy. **11.35** Family Guy. **12midnight** American Dad! **12.30** American Dad! **12.55** Crossing Swords. **1.25** Crossing Swords. **1.55** Shopping With Keith Lemon. **2.25** The Emily Atack Show. **3.05** FYI Extra.

TLC

6pm Unexpected: Teenage & Pregnant. **7.0** Say Yes To The Dress: Lancashire. **8.0** Seeking Sister Wife. **9.0** Dr Pimple Popper. **10.0** My Feet Are Killing Me. **11.0** Life After Lockup. **12midnight** Seeking Sister Wife. **1.0** Dr Pimple Popper. **2.0** My Feet Are Killing Me. **3.0** Life After Lockup. **4.0** Say Yes To The Dress: UK.

E4

5.40pm Wipeout USA. **6.40** Lego Masters Australia. The eight teams compete in a space-themed challenge. **8.0** The Great Celebrity Bake Off For Stand Up To Cancer. **9.0** FILM: Baywatch. (2017) ★★ **11.20** Gogglebox. **12.25am** Batwoman. **1.25** The Big Bang Theory. **2.25** Wipeout USA. **3.15** Hollyoaks Omnibus.

SKY ONE

3pm The Hundred Live. **6.30** The Simpsons. **7.0** The Simpsons. **7.30** The Simpsons. **8.0** MacGyver. **9.0** S.W.A.T. **10.0** An Idiot Abroad 3. **11.0** Prodigal Son. **12midnight** NCIS: Los Angeles. **1.0** The Force: North East. **2.0** Road Wars. **3.0** Brit Cops: Frontline Crime UK. **4.0** Highway Cops. **4.30** Highway Cops. **5.0** Highway Cops.

ITVBE

6pm Dinner Date. **7.0** Dinner Date. **8.0** Celebrity Dinner Date. **9.0** Botched: Most Outrageous OMG Patients Countdown. **9.30** Botched. **10.0** The Real Housewives Of Atlanta. Porsha and Dennis fall out over their living arrangements. **10.55** Atlanta Plastic. An actor goes to see Dr Crawford for a full body lift. **11.50** Vanderpump Rules.

SKY ATLANTIC

6.45pm The Sopranos. **7.50** The Sopranos. **9.0** FILM: Bessie (2015) ★★★★ Biopic, starring Queen Latifah. **11.15** In Treatment. **11.50** In Treatment. **12.30am** Six Feet Under. **1.40** Six Feet Under. **2.50** Californication. **3.25** Californication. **4.0** Richard E Grant's Hotel Secrets. **5.0** Richard E Grant's Hotel Secrets.

E!

6pm Keeping Up With The Kardashians. **7.0** Keeping Up With The Kardashians. **8.0** True Hollywood Story. **9.0** The Bradshaw Bunch. **9.30** The Bradshaw Bunch. **10.0** Meet The Frasers. **10.30** Dating: No Filter. **11.0** Flip It Like Disick. **12midnight** DR. 90210. **1.0** Botched By Nature. **2.0** Teleshopping. **3.0** Wags: LA.

SKY WITNESS

6pm Nothing To Declare. **7.0** Caught On Dashcam. **8.0** New Amsterdam. **9.0** 9-1-1. **10.0** 9-1-1: Lone Star. **11.0** Law & Order: Special Victims Unit. **12midnight** Law & Order: Special Victims Unit. **1.0** Chicago Med. **2.0** Chicago Fire. **3.0** Chicago PD. **4.0** Nothing To Declare. **4.30** Nothing To Declare. **5.0** Nothing To Declare.



Monday 9 August

* CLOSER PICKS

BBC1

6am Breakfast. **9.15** Animal Park. **10.0** Homes Under The Hammer. **11.0** Wanted Down Under Revisited. **11.45** Caught Red Handed. **12.15** Bargain Hunt. **1.0** BBC News At One; Weather. **1.30** BBC Regional News; Weather. **1.45** WPC 56. **2.30** Home Is Where The Art Is. **3.0** Escape To The Country. **3.45** My Unique B&B. **4.30** The Bidding Room. **5.15** Pointless.

6pm **6.0** BBC News At Six; Weather (S)

6.30 BBC Regional News; Weather (S)

7pm **7.0** Rip Off Britain Businesses targeted by ransom. (S) (R)
7.35 Cameron And The Missing Billions - Panorama Investigation into David Cameron's role in the Greensill Capital scandal. (S)

8pm **8.05** EastEnders Harvey is shocked to learn the truth about Bobby's past. (S)
*** 8.30** Ghosts New series. A historical documentary team films at Button House. (S)
*** 9.0** Celebrity MasterChef New series. Su Pollard, Rita Simons, Duncan James, Bez and Munya Chawawa compete in the first heat. (S)

10pm **10.0** BBC News At Ten (S)
10.25 BBC Regional News; Weather (S)

10.35 Jerk Tim is asked to run a disability workshop. (S)
10.55 Jerk Tim is welcomed into a religious community determined to save his soul. Last in the series. (S)

11.15 Have I Got A Bit More News For You. **12.05** BBC News.



8.30pm Ghosts, BBC1

BBC2

6.30am A Matter Of Life And Debt. **7.0** Celebrity Antiques Road Trip. **8.0** Sign Zone: Fake Or Fortune? **9.0** BBC News At 9. **10.0** BBC News. **1.0** Letterbox. **1.30** Egheads. **2.0** Make Me A Dealer. **2.45** Great British Menu: The Finals. **3.45** Rick Stein's Seafood Odyssey. **4.15** Gordon Buchanan: Elephant Family & Me. **5.15** Flog It!

6.0 Richard Osman's House Of Games With Chizzy Akudolu and Tom Allen. (S) (R)
6.30 The Farmers' Country Showdown John and Ed head to Moseley Farmers' Market. (S)
7.0 Great Australian Railway Journeys Michael Portillo travels by rail from Newcastle to Brisbane. (S) (R)

8.0 Only Connect Muppets verses Discotheques. (S)
8.30 University Challenge Queen Mary University of London take on Oxford Brookes University. (S)
9.0 The Riots 2011: One Week In August The disorder that swept across the UK a decade ago. (S)

10.30 Newsnight Presented by Kirsty Wark. (S)

11.15 Secrets Of The Museum. **12.15** Sign Zone: Countryfile. **1.10** Sign Zone: Secrets Of An Isis Smartphone. **2.0** Sign Zone: Murder, Mystery And My Family: Case Closed? **2.45** This Is BBC Two.



9pm Celebrity MasterChef, BBC1

ITV

6am Good Morning Britain. **9.0** Lorraine. **10.0** This Morning. **12.30** Loose Women. **1.30** ITV Lunchtime News. **1.55** ITV News London. **2.0** Dickinson's Real Deal. **3.0** Tenable. **4.0** Tipping Point. **5.0** The Chase.

6.0 ITV News London (S)

6.30 ITV Evening News (S)

7.0 Emmerdale Mandy warns Liv to stay away from Vinny. (S)
7.30 Coronation Street David awakes to a crisis of Shona's creation. (S)

8.0 James Martin's Islands To Highlands James visits the Peak District. (S)
8.30 Coronation Street David works hard to hide his and Shona's secret. (S)
9.0 Long Lost Family A woman who she has not seen since he was 10 days old. (S)

10.0 ITV News (S)
10.30 ITV News London (S)
10.45 Heathrow: Britain's Busiest Airport Vietnam Airlines are battling baggage woes. (S) (R)

11.15 Junk And Disorderly. **12.05** All Elite Wrestling: Dynamite. **1.0** Shop: Ideal World. **3.0** FYI Extra. **3.15** Lingo. **4.05** ITV Nightscreen. **5.05** Tipping Point.



9pm The Riots 2011, BBC2

C4

6am Countdown. **6.40** Mike & Molly. **7.05** Mike & Molly. **7.25** Everybody Loves Raymond. **7.50** Everybody Loves Raymond. **8.15** Everybody Loves Raymond. **8.40** Frasier. **9.10** Frasier. **9.40** The Big Bang Theory. **10.10** The Big Bang Theory. **10.35** The Simpsons. **11.35** The Simpsons. **12.05** Channel 4 News Summary. **12.10** Junior Bake Off. **1.10** A New Life In The Sun. **2.10** Countdown. **3.0** Find It, Fix It, Flog It. **4.0** A Place In The Sun. **5.0** Come Dine With Me. **5.30** The Simpsons.

6.0 The Simpsons The dogs of Springfield assert their dominance. (S) (R)
6.30 Hollyoaks Nancy and Darren go to extreme lengths to help their son Charlie. (S) (R)
7.0 News (S)

8.0 How To Save A Grand In 24 Hours Anna Richardson helps out a self-employed couple left with no income by Covid. (S)

9.0 Guy Martin: The World's Fastest Electric Car? Guy Martin tries to set a new world record for the fastest road-legal electric vehicle. (S)

10.30 24 Hours In Police Custody: The Home County Cartel The covert team tries to find the true identity of Jaguar Palace. (S) (R)

12.0 24 Hours In A&E. **12.55** Ramsay's Kitchen Nightmares USA. **1.45** Couples Come Dine With Me. **2.40** Undercover Boss USA. **3.30** The Handmaid's Tale. **4.30** Location, Location, Location. **5.25** Food Unwrapped. **5.50** House Of Craft.



9pm Long Lost Family, ITV

CHANNEL 5

6am Milkshake! **9.15** Jeremy Vine. **11.15** Room To Improve. **12.20** 5 News At Lunchtime. **12.25** Ben Fogle: New Lives In The Wild. **1.15** Home And Away. **1.45** Neighbours. **2.15** FILM: Sinister Surrogate (2018) ★★★ 4.0
Bargain-Loving Brits In The Sun. **5.0** 5 News At 5. **5.30** Neighbours.

6.0 Home And Away Ari and Mia take Chloe home. (S) (R)

6.30 5 News Tonight (S)

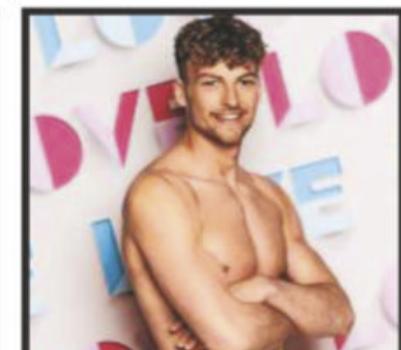
7.0 Traffic Cops Two wanted suspects go on a violent rampage while on the run for four weeks. (S) (R)

8.0 Police Interceptors The knife crime team arrests a suspected drug dealer. (S)

9.0 Call The Bailiffs: Time To Pay Up Chris and Gavyn track down a chef with an unpaid bill. (S)

10.0 Casualty 24/7: Every Second Counts Barnsley Hospital faces a record-breaking number of patients. (S) (R)

11.05 Ambulance: Code Red. **12.05** I'm 20 But Look 60. **1.0** Live Casino Show. **3.0** Entertainment News. **3.10** Bargain-Loving Brits In The Sun. **4.0** Britain's Greatest Bridges. **4.45** Wildlife SOS. **5.10** House Doctor. **5.35** Thomas & Friends: Big World! Big Adventures! **5.50** Fireman Sam.



9pm Love Island, ITv2

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W

6pm Property Brothers: Forever Homes. **7.0** MasterChef Australia. **8.0** Inside The Ambulance. **9.0** The Baby Has Landed. New parents Mo and Syler get to grips with round-the-clock feeding and sleep deprivation. **10.20** Children's Ward. **11.0** One Born Every Minute. **1.0am** Renovate My Home: Leave It To Bryan.

MTV

6pm Catfish: The TV Show. **7.0** Rich Kids Go Skint. **8.0** MTV Cribs. **8.30** MTV's Living The Dream. **9.0** Catfish UK. **10.0** The Challenge: Spies, Lies & Allies. **11.0** Tattoo Disasters: What Were You Inking? **12midnight** Ridiculousness. **1.0** Geordie Shore. **2.0** Geordie Shore. **2.50** Teen Cribs. **3.40** Teen Cribs. **4.0** Teleshopping.

ITV2

6pm Celebrity Catchphrase. **7.0** Superstore. **7.30** Superstore. **8.0** Bob's Burgers. **8.30** Bob's Burgers. **9.0** Love Island. **10.05** The Emily Atack Show. **10.50** Family Guy. **11.15** Family Guy. **11.45** American Dad! **12.15am** American Dad! **12.45** Crossing Swords. **1.40** Bob's Burgers. **2.30** Superstore. **3.20** ITV2 Nightscreen.

TLC

6pm 7 Little Johnstons. **7.0** Little People, Big World. **8.0** Doubling Down With The Derricos. **9.0** Say Yes To The Dress: In Sickness And In Health. **10.0** Dr Pimple Popper. **11.0** Seeking Sister Wife. **12midnight** Doubling Down With The Derricos. **1.0** Say Yes To The Dress: In Sickness And In Health. **2.0** Dr Pimple Popper. **3.0** Seeking Sister Wife.

E4

6pm The Big Bang Theory. **7.0** Hollyoaks. **7.30** The Big Bang Theory. **8.0** Below Deck: Mediterranean. **9.0** Celebrity Gogglebox. **10.0** Rick And Morty. **10.30** Harley Quinn. **11.0** Duncanville. **11.30** Naked Attraction. **12.35am** Gogglebox. **1.40** Rick And Morty. **2.55** Harley Quinn. **3.20** Naked Attraction. **4.15** How I Met Your Mother.

SKY ONE

6pm Futurama. **6.30** The Simpsons. **7.0** The Simpsons. **7.30** The Simpsons. **8.0** Rob & Romesh Vs Usain Bolt. **9.0** FILM: Saving Private Ryan (1998) ★★★★ 12.10am Manifest. Ben and Saanvi join forces with Vance. **1.10** The Force: North East. **2.10** Hawaii Five-O. **3.05** Hawaii Five-O. **4.0** Highway Patrol. **5.0** Magnum P.I.

ITVBe

6pm Buying And Selling. **8.0** Dinner Date. Matt from Somerset looks for love. **9.0** Totally Unbelievable: Celebrity Holiday Hotspots. **10.0** The Real Housewives Of Orange County. Elizabeth opens up about her past to Emily. **10.55** Don't Be Tardy. **11.55** The Only Way Is Essex. **12.45am** FYI Extra. **1.0** Teleshopping.

SKY ATLANTIC

5.40pm The Sopranos. **6.45** The Sopranos. **7.50** Game Of Thrones. **9.0** In Treatment. Brooke recounts a traumatic experience from her childhood. **9.35** In Treatment. Rita encourages Brooke to spend more time accepting the present. **10.10** Britannia. **11.30** Oz. **1.40am** True Blood. **2.45** Californication.

E!

6pm Temptation Island. **7.0** Keeping Up With The Kardashians. **8.0** Keeping Up With The Kardashians. **9.0** Meet The Frasers. **9.30** Dating: No Filter. **10.0** DR. 90210. **11.0** The Bradshaw Bunch. **12midnight** Botched. **1.0** Kourtney And Kim Take Miami. **2.0** Teleshopping. **3.0** Wags: LA. **4.0** Total Bellas. **5.0** Teleshopping.

SKY WITNESS

6pm Nothing To Declare. **7.0** Nothing To Declare. **8.0** Blue Bloods. Frank puts Jamie under house arrest. **9.0** 9-1-1. The 118 spring into action when a drunken driver causes a smash. **10.0** 9-1-1: Lone Star. **11.0** FBI. **12midnight** FBI. **1.0** The Equalizer. **2.0** The InBetween. **3.0** Blue Bloods. **4.0** Road Wars. **5.0** Brit Cops: Law & Disorder.



Tuesday 10 August

* CLOSER PICKS

BBC1

6am Breakfast. **9.15** Animal Park. **10.0** Homes Under The Hammer. **11.0** Wanted Down Under Revisited. **11.45** Caught Red Handed. **12.15** Bargain Hunt. **1.0** BBC News At One; Weather. **1.30** BBC Regional News; Weather. **1.45** WPC 56. **2.30** Home Is Where The Art Is. **3.0** Escape To The Country. **3.45** My Unique B&B. **4.30** The Bidding Room. **5.15** Pointless.

6pm **6.0** BBC News At Six; Weather (S)

6.30 BBC Regional News; Weather (S)

7pm **7.0** The Merthyr Mermaid - Our Lives Documentary following ice swimmer Cath Pendleton. (S)

7.30 EastEnders Karen confronts Gray for neglecting his children. (S)

7.50 Holby City Hanssen attempts to block Jac's plans for AAU. (S)

8.30 Not Going Out Lee and Lucy discover a neighbour's embarrassing package. (S)(R)

*** 9.0** Celebrity MasterChef The contenders make a dish from Nisha Katona's restaurant menu. (S)

10.0 BBC News At Ten (S)
10.25 BBC Regional News; Weather (S)

*** 10.35** Daisy Maskell: Insomnia And Me The radio presenter tries to get a good night's sleep. (S)

11.35 Bates Motel. **12.20** Bates Motel. **1.10** BBC News.



9pm Celebrity MasterChef, BBC1

BBC2

6am A Matter Of Life And Debt. **6.30** Animal Park. **7.15** The Bidding Room. **8.0** Sign Zone: Great British Railway Journeys. **8.30** Sign Zone: The Yorkshire Dales. **9.0** BBC News At 9. **10.0** BBC News. **1.0** The Super League Show. **1.45** Eggheads. **2.15** Great British Menu: The Finals. **3.15** Rick Stein's Seafood Odyssey. **3.45** Rick Stein's Seafood Odyssey. **4.15** Gordon Buchanan: Elephant Family & Me. **5.15** Flog It!

6.0 The Hundred Manchester Originals v London Spirit (Start-time 6.30pm). Isa Guha presents live coverage of the latest match in the men's tournament, held at Old Trafford. Manchester Originals boast overseas spin stars Mitchell Santner and Imran Tahir in their squad. They will face a London Spirit side who can call on England captain Eoin Morgan and 90mph fast bowler Mark Wood. (S)

9.30 Secrets Of The Museum Items kept behind closed doors at the V&A museum in London. (S)

10.30 Newsnight (S)

11.15 Yorkshire Firefighters. **12.15** Sign Zone: Uprising. **1.15** Sign Zone: Uprising. **2.15** Sign Zone: Murder, Mystery And My Family: Case Closed? **3.0** This Is BBC Two.



10.35pm Insomnia And Me, BBC1

ITV

6am Good Morning Britain. **9.0** Lorraine. **10.0** This Morning. **12.30** Loose Women. **1.30** ITV Lunchtime News. **1.55** ITV News London. **2.0** Dickinson's Real Deal. **3.0** Tenable. **4.0** Tipping Point. **5.0** The Chase.

6.0 ITV News London (S)

6.30 ITV Evening News (S)

7.0 Emmerdale Liv confronts Vinny. (S)

7.30 Wild China With Ray Mears The presenter explores one of China's most famous landscapes, Karst country. (S)

8.0 Love Your Garden Alan Titchmarsh and the team create a cleverly designed family garden. (S)(R)

9.0 Cooking With The Stars The remaining four celebrities battle it out for a place in the final. (S)

10.0 ITV News (S)

10.30 ITV News London (S)

10.45 Unbelievable Moments Caught On Camera A couple caught on camera as one of them suffered a heart attack. (S)(R)

11.40 The Motorbike Show. **12.30** Shop: Ideal World. **3.0** FYI Extra. **3.15** ITV Nightscreen. **5.05** Tipping Point.



7.30pm Wild China With Ray, ITV

C4

6am Countdown. **6.40** Mike & Molly. **7.05** Mike & Molly. **7.25** Everybody Loves Raymond. **7.50** Everybody Loves Raymond. **8.15** Everybody Loves Raymond. **8.40** Frasier. **9.10** Frasier. **9.40** The Big Bang Theory. **10.10** The Big Bang Theory. **10.35** The Simpsons. **11.35** The Simpsons. **12.05** Channel 4 News Summary. **12.10** Junior Bake Off. **1.10** A New Life In The Sun. **2.10** Countdown. **3.0** Find It, Fix It, Flog It. **4.0** A Place In The Sun. **5.0** Come Dine With Me. **5.30** The Simpsons.

6.0 The Simpsons Homer learns a distressing fact about his schooldays. (S)(R)

6.30 Hollyoaks Mandy avoids telling Ella the truth. (S)(R)

7.0 News (S)

*** 8.0** The Secret Life Of The Zoo New series. The keepers suspect a Malayan tapir may be eating for two. (S)

9.0 24 Hours In A&E A man is rushed in after crashing his car on the motorway. (S)

*** 10.0** Jonnie's Blade Camp Part one of two. Jonnie Peacock helps five young amputees realise their sporting potential. (S)

11.05 The Devil's Throat. **12.05** Ramsay's Kitchen Nightmares USA. **12.55** Couples Come Dine With Me. **1.50** Undercover Boss USA. **2.40** This Way Up. **3.05** The Handmaid's Tale. **4.10** Can I Improve My Memory? **5.05** Location, Location, Location.



8pm Secret Life Of The Zoo, C4

CHANNEL 5

6am Milkshake! **9.15** Jeremy Vine. **11.15** Room To Improve. **12.20** 5 News At Lunchtime. **12.25** Ben Fogle: New Lives In The Wild. **1.15** Home And Away. **1.45** Neighbours. **2.15** FILM: Stalked By My Mother (2016) ★★★

4.0 Bargain-Loving Brits In The Sun. **5.0** 5 News At 5. **5.30** Neighbours.

6.0 Home And Away Jasmine's memory issues continue. (S)(R)

6.30 5 News Tonight (S)

7.0 GPs: Behind Closed Doors A diabetic patient whose blood sugars have risen to dangerous levels visits the surgery. (S)

8.0 A Country Life For Half The Price With Kate Humble The presenter meets a family moving from London to rural Gloucestershire. (S)

9.0 Our Family Farm Rescue With Adam Henson Adam visits the Jeans family at Bohetherick Farm. Last in the series. (S)

10.0 Michael Palin In North Korea Michael leaves Pyongyang and is put under the protection of armed guards. (S)(R)

11.05 FILM: Unknown (2011) ★★★ **1.15** The 21.co.uk Live Casino Show. **3.15** Bargain-Loving Brits In The Sun. **4.0** Get Your Tatts Out: Kavos Ink. **4.45** Wildlife SOS. **5.10** House Doctor. **5.35** Thomas & Friends. **5.50** Fireman Sam.



10pm Jonnie's Blade Camp, C4

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W

6pm Property Brothers: Forever Homes. **7.0** MasterChef Australia. **8.20** Children's Ward. **9.0** DIY SOS: The Big Build. The experts adapt the Torquay home of a man with multiple sclerosis. **10.20** Emma Willis: Special Births. **11.20** One Born Every Minute. **12.20am** Inside The Ambulance. **12.50** Renovate My Home: Leave It To Bryan.

MTV

6pm Catfish: Teams. **7.0** Rich Kids Go Skint. **8.0** It's Your Fault I'm Fat. **9.0** MTV Cribs. **9.30** MTV's Living The Dream. **10.0** Geordie OGs. **11.0** Teen Mom 2 Uncut. **12midnight** Ridiculousness. **12.30** Ridiculousness. **1.0** Geordie Shore. **2.0** Geordie Shore. **2.50** Teen Cribs. **3.15** Teen Cribs. **3.40** Teen Cribs. **4.0** Teleshopping.

ITV2

6pm Celebrity Catchphrase. **7.0** Superstore. **8.0** Bob's Burgers. **9.0** Love Island. **10.05** Shopping With Keith Lemon. **10.35** Family Guy. **11.30** American Dad! **12midnight** American Dad! **12.30** Bob's Burgers. **1.25** Superstore. **2.20** Totally Bonkers Guinness World Records. **3.15** ITV2 Nightscreen. **3.30** Teleshopping.

TLC

6pm Curvy Brides Boutique. **7.0** Say Yes To The Dress. **8.0** SMothered. **9.0** Virgin Diaries. **10.0** Life After Lockup. **11.0** Dr Pimple Popper. **12midnight** SMothered. **1.0** Virgin Diaries. **2.0** Life After Lockup. **3.0** Dr Pimple Popper. **4.0** Say Yes To The Dress. **4.30** Say Yes To The Dress. **5.0** Say Yes To The Dress: Lancashire.

E4

6pm The Big Bang Theory. **7.0** Hollyoaks. **7.30** The Big Bang Theory. **8.0** Below Deck: Mediterranean. **9.0** FILM: Mechanic: Resurrection (2016) ★★★ **10.55** Naked Attraction. **12midnight** Gogglebox. **1.05** First Dates. **2.10** Rick And Morty. **3.0** Gogglebox. **3.55** How I Met Your Mother. **4.20** How I Met Your Mother.

SKY ONE

6pm Futurama. **6.30** The Simpsons. **7.0** The Simpsons. **7.30** The Simpsons. **8.0** Supergirl. **9.0** Karl Pilkington: The Moaning Of Life. **10.0** A League Of Their Own. **11.0** Prodigal Son. **12midnight** MacGyver. **1.0** Road Wars. **2.0** DC's Legends Of Tomorrow. **3.0** Hawaii Five-O. **4.0** Highway Patrol. **4.30** Highway Patrol. **5.0** Magnum P.I.

ITVBE

6pm Buying And Selling. **8.0** Dinner Date. **9.0** The Real Housewives Of Orange County. Shannon gets her eldest daughter Sophie ready for college. **10.0** The Real Housewives Of Orange County. The ladies get together when Emily throws a beach party. **11.0** The Real Housewives Of Atlanta. **11.55** The Only Way Is Essex.

SKY ATLANTIC

5.40pm The Sopranos. **6.45** The Sopranos. **7.50** Game Of Thrones. **9.0** Save Me Too. Nelly's promise to protect Grace takes him to Gideon's old addresses. **10.05** Britannia. Aulus sends envoys to parley with the tribes of Britannia. **11.05** Britannia. **12.05am** True Blood. **2.15** Californication. **4.0** Urban Secrets. **5.0** Urban Secrets.

E!

6pm Temptation Island. **7.0** Keeping Up With The Kardashians. **8.30** Meet The Frasers. **9.0** E! True Hollywood Stories: Harry & Meghan. **10.0** Dating: No Filter. **10.30** Nightly Pop. **11.0** Botched By Nature. **12midnight** Botched. **1.0** Kourtney And Kim Take Miami. **2.0** Teleshopping. **3.0** Wags: LA. **4.0** Total Bellas. **5.0** Teleshopping.

SKY WITNESS

6pm Nothing To Declare. **6.30** Nothing To Declare. **7.0** Nothing To Declare. **7.30** Nothing To Declare. **8.0** Blue Bloods. **9.0** The Equalizer. **10.0** FILM: Changing Lanes (2002) ★★★ **12midnight** New Amsterdam. **1.0** The InBetween. **2.0** Law & Order. **4.0** Road Wars. **5.0** Brit Cops: Law & Disorder.



Wednesday 11 August

* CLOSER PICKS

BBC1

6am Breakfast. **9.15** Animal Park. **10.0** Homes Under The Hammer. **11.0** Wanted Down Under Revisited. **11.45** Caught Red Handed. **12.15** Bargain Hunt. **1.0** BBC News At One; Weather. **1.30** BBC Regional News; Weather. **1.45** WPC 56. **2.30** Home Is Where The Art Is. **3.0** Escape To The Country. **3.45** My Unique B&B. **4.30** The Bidding Room. **5.15** Pointless.

6pm **6.0** BBC News At Six; Weather (S)

6.30 BBC Regional News; Weather (S)

7pm **7.0** Life On A High Wire - Our Lives High-wire walker Chris Bullzini faces his biggest challenge yet. (S)(R)

7.30 The Bidding Room

Items include decorative perfume bottles. (S)(R)

8.0 The Repair Shop Jay

Blades and the team restore a Victorian automaton that can play the piano. (S)

9pm **9.0** Fake Or Fortune? A painting believed to be by celebrated Victorian artist Edwin Landseer. (S)

10.0 BBC News At Ten (S)

10.25 BBC Regional News; Weather (S)

*** 10.35** Kurupting The Industry: The People Just Do Nothing Story The success story behind People Just Do Nothing. (S)

11.20 Michael McIntyre's The Wheel. **12.25** BBC News.



10.35pm Kurupting Industry, BBC1

BBC2

6am A Matter Of Life And Debt. **6.30** Animal Park. **7.15** The Bidding Room. **8.0** Sign Zone: RHS Flower Show Tatton Park. **9.0** BBC News At 9. **10.0** BBC News. **1.0** Letterbox. **1.30** Eggheads. **2.0** Make Me A Dealer. **2.45** Great British Menu: The Finals. **3.45** Rick Stein's Seafood Odyssey. Catching turbot off the Cornish coast. **4.15** Animals With Cameras. **5.15** Flog It!

6.0 **The Hundred** Southern Brave v Welsh Fire. Isa Guha presents coverage of the latest match in the men's competition, held at Ageas Bowl in Southampton. Brave boast an impressive squad, stacked with the likes of David Warner, Jofra Archer and Andre Russell. They face a Fire side who could feature Australian duo Steve Smith and Mitchell Starc, along with England one-day opener Jonny Bairstow. (S)

9.30 **Inside The Factory** Gregg Wallace visits a liqueur factory in Ireland producing 540,000 bottles a day. (S)(R)

10.30 **Newsnight** (S)

11.15 FILM: The Bling Ring (2013) ★★★ **12.35** Sign Zone: Beechgrove. **1.05** Sign Zone: Secrets Of The Museum. **2.05** Sign Zone: Murder, Mystery And My Family: Case Closed? **2.50** This Is BBC Two.



9pm Love Island, ITV2

ITV

6am Good Morning Britain. **9.0** Lorraine. **10.0** This Morning. **12.30** Loose Women. **1.30** ITV Lunchtime News. **1.55** ITV News London. **2.0** Dickinson's Real Deal. **3.0** Tenable. **4.0** Tipping Point. **5.0** The Chase.

6.0 **ITV News London** (S)

6.30 **ITV Evening News** (S)

7.0 **Emmerdale** Liv's behaviour upsets Aaron. (S)

7.30 **Coronation Street** Todd asks David for a favour he cannot refuse. (S)

8.0 **Craig And Bruno's Great British Road Trips** The duo embark on a westward circuit from Kendal to Keswick. **8.30** **Coronation Street** Alina faces her past. (S) **9.0** **Lucan** Conclusion. A national manhunt is launched for Lord Lucan. (S)(R)

10.20 **ITV News** (S)

10.50 **ITV News London** (S)

11.10 **Britain's Tiger Kings - On The Trail With Ross Kemp**. **12.05** British Touring Car Championship Highlights. **1.20** **Shop: Ideal World**. **3.0** FYI Extra. **3.15** **ITV Nightscreen**. **5.05** Tipping Point.



8pm Great British Road Trips, ITV

C4

6am Countdown. **6.40** Mike & Molly. **7.05** Mike & Molly. **7.25** Everybody Loves Raymond. **7.50** Everybody Loves Raymond. **8.15** Everybody Loves Raymond. **8.40** Frasier. **9.10** Frasier. **9.40** The Big Bang Theory. **10.10** The Big Bang Theory. **10.35** The Simpsons. **11.35** The Simpsons. **12.05** Channel 4 News Summary. **12.10** Junior Bake Off. **1.10** A New Life In The Sun. **2.10** Countdown. **3.0** Find It, Fix It, Flog It. **4.0** A Place In The Sun. **5.0** Come Dine With Me. **5.30** The Simpsons.

6.0 **The Simpsons** Principal Skinner rediscovers the joy of teaching. (S)(R)

6.30 **Hollyoaks** Damon touches a nerve when he questions Sienna's priorities. (S)(R)

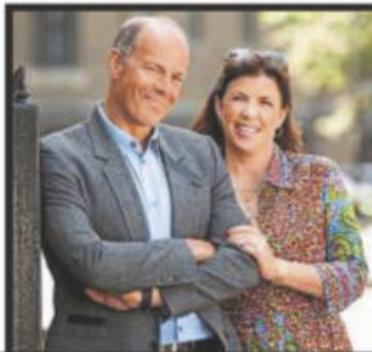
7.0 **News** (S)

8.0 **Kirstie And Phil's Love It Or List It: Brilliant Builds** Kirstie Allsopp and Phil Spencer look back at two of their biggest builds. (S)

9.0 **George Clarke's Remarkable Renovations** A couple renovating a 200-year-old barn in North Yorkshire. (S)

10.0 **This Way Up** Vish suggests adoption to Shona. (S) **10.30** **Gogglebox: The Best Bits** Memorable critiques delivered by the armchair critics. (S)(R)

11.35 Naked Attraction. **12.35** Ramsay's Kitchen Nightmares USA. **1.25** Couples Come Dine With Me. **2.15** FILM: Regression (2015) ★★ **4.05** George Clarke's Amazing Spaces. **5.0** Location, Location, Location. **5.50** Kirstie's House Of Craft.



8pm Brilliant Builds, C4

CHANNEL 5

6am Milkshake! **9.15** Jeremy Vine. **11.15** Room To Improve. **12.20** 5 News At Lunchtime. **12.25** Ben Fogle: New Lives In The Wild. **1.15** Home And Away. **1.45** Neighbours. **2.15** FILM: Evil Intent (2019) ★★★ **4.0** Bargain-Loving Brits In The Sun. **5.0** 5 News At 5. **5.30** Neighbours.

6.0 **Home And Away** Justin begs Leah to stay with him. (S)(R)

6.30 **5 News Tonight** (S)

7.0 **Shoplifters: At War With The Law** Documentary following shopping centre security teams. (S)(R)

8.0 **Car Pound Cops: Give Me My Car Back!** (S)

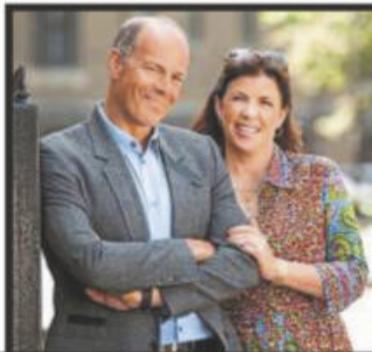
9.0 **Casualty 24/7: Every Second Counts** A 58-year-old woman is rushed to A&E after having a life-threatening allergic reaction to nuts. Last in the series. (S)

10.0 **Ambulance: Code Red** Paramedic Jack attends the scene of a double stabbing in Birmingham. (S)(R)

11.05 999: Critical Condition. **12.05** Call The Bailiffs: Time To Pay Up. **1.0** The 21.co.uk Live Casino Show. **3.0** Entertainment News On 5. **3.10** Bargain-Loving Brits In The Sun. **4.0** Get Your Tatts Out: Kavos Ink. **4.45** Wildlife SOS. **5.10** House Doctor. **5.35** Thomas & Friends. **5.50** Fireman Sam.



9pm Casualty 24/7, C5



SATELLITE | DIGITAL | CABLE LISTINGS

W

6pm Property Brothers: Forever Homes. **7.0** MasterChef Australia. **8.20** DIY SOS: The Big Build. The experts adapt the Torquay home of a man with multiple sclerosis. **9.40** Stacey Dooley Sleeps Over. **11.40** Who Do You Think You Are? USA. **12.40am** The Secrets In My Family. **1.30** Renovate My Home: Leave It To Bryan. **3.0** Teleshopping.

MTV

6pm Catfish: The TV Show. **7.0** Teen Mom 2. **8.0** The Hills: New Beginnings. After a year of lockdowns, the cast of Hollywood's most iconic friend group is reuniting. **9.0** Amy Winehouse & Me: Dionne's Story. **10.0** Catfish UK. **11.0** True Life Crime. **12midnight** Ridiculousness. **1.0** Geordie Shore. **2.50** Teen Cribs. **4.0** Teleshopping.

ITV2

6pm Celebrity Catchphrase. **7.0** Superstore. **8.0** Bob's Burgers. **8.30** Bob's Burgers. **9.0** Love Island. **10.05** Don't Hate The Playaz. **10.50** Family Guy. **11.50** American Dad! **12.45am** Buffering. **1.45** Bob's Burgers. **2.10** Bob's Burgers. **2.35** Totally Bonkers Guinness World Records. **3.0** FYI Extra. **3.15** ITV2 Nightscreen.

TLC

6pm Curvy Brides Boutique. **7.0** Life After Lockup. **8.0** Dr Pimple Popper. **9.0** Seeking Sister Wife. **10.0** I Love A Mama's Boy. **11.0** Return To Amish. **12midnight** Dr Pimple Popper. **1.0** Seeking Sister Wife. **2.0** I Love A Mama's Boy. **3.0** Return To Amish. **4.0** Say Yes To The Dress. **5.0** Say Yes To The Dress: Lancashire.

E4

6pm The Big Bang Theory. **7.0** Hollyoaks. **7.30** The Big Bang Theory. **8.0** Below Deck: Mediterranean. **9.0** Naked Attraction. **10.0** Naked Attraction's Best Naughty Bits. **11.05** Out Of 10 Cats. **12midnight** Gogglebox. **1.05** First Dates. **2.10** Rick And Morty. **2.35** Rick And Morty. **3.0** Naked Attraction's Best Naughty Bits.

SKY ONE

6pm Futurama. **6.30** The Simpsons. **7.0** The Simpsons. **7.30** The Simpsons. **8.0** DC's Legends Of Tomorrow. **9.0** Prodigal Son. **10.0** Greg Davies: Firing Cheeseballs At A Dog. **11.15** S.W.A.T. **12.15am** The Force: North East. **1.15** Road Wars. **2.10** Hawaii Five-O. **3.05** Hawaii Five-O. **4.0** Highway Patrol. **4.30** Highway Patrol. **5.0** Magnum P.I.

ITVBE

6pm Buying And Selling. **8.0** Dinner Date. **9.0** Botched: Most Outrageous Celebrity Patients. **9.30** Botched: Most Outrageous Rejects. **10.0** Botched. **10.55** Chrisley Knows Best. Todd comes close to ruining Chloe's first ever camping experience. **11.25** Chrisley Knows Best. **11.55** The Only Way Is Essex. **12.45am** FYI Extra.

SKY ATLANTIC

5.40pm The Sopranos. **6.45** The Sopranos. **7.50** Game Of Thrones. **9.0** In Treatment. **9.35** In Treatment. Rita encourages Brooke to spend more time accepting the present. **10.10** Britannia. King Pellenor disowns Kerr. **11.10** Britannia. **12.10am** Oz. **1.15** True Blood. **2.20** Californication. **3.30** Californication. **4.05** Urban Secrets.

E!

6pm Temptation Island. **7.0** Keeping Up With The Kardashians. **8.0** Keeping Up With The Kardashians. **8.30** DR. 90210. **10.0** Botched By Nature. **11.0** Nightly Pop. **11.30** Dating: No Filter. **12midnight** Botched. **1.0** Kourtney And Kim Take Miami. **2.0** Teleshopping. **3.0** Wags: LA.

SKY WITNESS

6pm Nothing To Declare. **6.30** Nothing To Declare. **7.0** Nothing To Declare. **7.30** Nothing To Declare. **8.0** Blue Bloods. **9.0** New Amsterdam. **10.0** Blue Bloods. **11.0** FBI. **12midnight** FBI. **1.0** CSI: Crime Scene Investigation. **2.0** Blue Bloods. **3.0** Law & Order: Special Victims Unit. **4.0** Road Wars. **5.0** Brit Cops: Law & Disorder.



Thursday 12 August

* CLOSER PICKS

BBC1

- 6am** Breakfast. **9.15** Animal Park. **10.0** Homes Under The Hammer. **11.0** Wanted Down Under Revisited. **11.45** Caught Red Handed. **12.15** Bargain Hunt. **1.0** BBC News At One; Weather. **1.30** BBC Regional News; Weather. **1.45** WPC 56. **2.30** Home Is Where The Art Is. **3.0** Escape To The Country. **3.45** My Unique B&B. **4.30** The Bidding Room. **5.15** Pointless.

6pm **6.0** BBC News At Six; Weather (S)

6.30 BBC Regional News; Weather (S)

7pm **7.0** Rip Off Britain Gloria Hunniford goes on the trail of some mysterious missing parcels. (S)(R)

7.35 EastEnders Kat discovers worrying videos on the boys' phones. (S)

*** 8.0** Shop Well For Less? New series. Savings advice for a family short of cash for home improvements. (S)

9pm **9.0** Ambulance New series. Storm Christoph and the pandemic batters an already over-stretched service. (S)

10.0 BBC News At Ten (S)

10.25 BBC Regional News; Weather (S)

10.35 The Rap Game UK The artists face the three-beat test before shooting a summer anthem video. (S)

11.35 Take Off With Bradley & Holly.

12.35 BBC News.



8pm Shop Well For Less?, BBC1

BBC2

- 6am** A Matter Of Life And Debt. **6.30** Animal Park. **7.15** The Bidding Room. **8.0** Sign Zone: Gardeners' World. **9.0** BBC News At 9. **10.0** BBC News. **1.0** Letterbox. **1.30** Eggheads. **2.0** Make Me A Dealer. **2.45** Great British Menu: The Finals. **3.45** Rick Stein's Seafood Odyssey. **4.15** Animals With Cameras. **5.15** Flog It!

6.0 Richard Osman's House Of Games With Chizzy Akudolu. (S)(R)

6.30 Richard Osman's House Of Games With Charlie Higson. (S)(R)

7.0 Cricket: Today At The Test England v India. Action from the first day of the Second Test in the five-match series, taking place at Lord's, London. (S)

8.0 Yorkshire Firefighters Crews are tested by a run of incidents at high-rise blocks in Bradford. (S)

9.0 The Watch New series. Terry Pratchett-inspired comedy drama, starring Richard Dormer. (S)

9.45 The Watch Control of a destructive dragon is key to Carcer Dun's plan. (S)

10.30 Newsnight (S)

11.15 The Riots 2011: One Week In August. **12.45** Sign Zone: RHS Flower Show Tatton Park. **1.45** Sign Zone: Gold Town. **2.45** Sign Zone: Wanted: A Simple Life. **3.30** This Is BBC Two.



8pm Yorkshire Firefighters, BBC2

ITV

- 6am** Good Morning Britain. **9.0** Lorraine. **10.0** This Morning. **12.30** Loose Women. **1.30** ITV Lunchtime News. **1.55** ITV News London. **2.0** Dickinson's Real Deal. **3.0** Tenable. **4.0** Tipping Point. **5.0** The Chase.

6.0 ITV News London (S)

6.30 ITV Evening News (S)

7.0 Emmerdale April despairs at finding more hurtful comments. (S)

7.30 Staycations: The True Cost? Tonight Sonali Shah reports on the demand for summer breaks in the UK. (S)

8.0 Emmerdale Sarah makes a plea for secrecy. (S)

8.30 A Year In The Beacons Spring arrives at the Brecon Beacons National Park. (S)

9.0 Undercover Big Boss Featuring Robert Forester, chief executive of Bristol Street Motors. (S)

10.0 ITV News (S)

10.30 ITV News London (S)

10.45 Long Lost Family Helping people to reunite with long-lost relatives. (S)(R)

11.45 Who Wants To Be A Millionaire?

12.35 Shop: Ideal World. **3.0** FYI Extra.

3.15 Martin & Roman's Weekend Best!

4.05 ITV Nightscreen. **5.05** Tipping Point.



10pm Don't Diet, Lose Weight, C4

C4

- 6am** Countdown. **6.40** Mike & Molly. **7.25** Everybody Loves Raymond. **8.40** Frasier. **9.40** The Big Bang Theory. **11.05** The Simpsons. **12.05** Channel 4 News Summary. **12.10** Junior Bake Off. **1.10** A New Life In The Sun. **2.10** Countdown. **3.0** Find It, Fix It, Flog It. **4.0** A Place In The Sun: Home Or Away. **5.0** Come Dine With Me. **5.30** The Simpsons.

CHANNEL 5

- 6am** Milkshake! **9.15** Jeremy Vine. **11.20** Room To Improve. **12.15** 5 News At Lunchtime. **12.20** Ben Fogle: New Lives In The Wild. **1.15** Home And Away. **1.45** Neighbours. **2.15** FILM: The House On The Hill (2019) ★★★ 4.0 Bargain-Loving Brits In The Sun. **5.0** 5 News At 5. **5.30** Neighbours.

6.0 Home And Away Mackenzie seeks forgiveness. (S)(R)

6.30 5 News Tonight (S)

7.0 Secrets Of Your Supermarket Food How the food we eat can affect our wellbeing. (S)(R)

8.0 My Cornwall With Fern Britton Part two of two. Fern delves into the pagan roots of Cornwall. (S)

*** 9.0** Alex Polizzi: My Hotel Nightmare New series. Alex Polizzi and her mother attempt to open their own hotel. (S)

10.0 Fare Dodgers: At War With The Law A ticketless passenger threatens to get the police involved. (S)(R)

11.05 Police Code Zero: Officer Under Attack. **12.05** 999: Criminals Caught On Camera. **1.0** Live Casino Show. **3.0** Entertainment News. **3.10** Ben Fogle: New Lives In The Wild. **4.0** Get Your Tatts Out: Kavos Ink. **4.45** Wildlife SOS. **5.10** House Doctor. **5.35** Peppa Pig. **5.50** Fireman Sam.



9pm Northern Ireland, More4



9pm My Hotel Nightmare, C5

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W

- 6pm** Property Brothers: Forever Homes. **7.0** MasterChef Australia. **8.20** Inside The Ambulance. **9.20** One Born: What Happened Next? **10.20** Inside The Operating Theatre. **11.20** 999 Rescue Squad. **12.20am** Bin There, Dump That. **12.50** Bryan Inc: Find It Fix It, Sell It. **1.40** Bryan Inc: Find It Fix It, Sell It. **3.0** Teleshopping.

MTV

- 6pm** Catfish: The TV Show. **7.0** The Hills: New Beginnings. **8.0** Teen Mom 2. **9.0** Geordie OGs. **10.0** Jersey Shore Family Vacation. Repairing relationships after a disastrous wedding toast is top priority. **11.0** Families Of The Mafia. **12midnight** Deliciousness. **1.0** Geordie Shore. **2.50** Teen Cribs. **4.0** Teleshopping.

ITV2

- 6pm** Catchphrase Celebrity Special. **7.0** Superstore. **7.30** Superstore. **8.0** Bob's Burgers. **8.30** Bob's Burgers. **9.0** Love Island. **10.05** Buffering. **10.35** Family Guy. **11.05** Family Guy. **11.30** American Dad! **12midnight** American Dad! **12.30** Apocalypse Wow. **1.30** Bob's Burgers. **2.0** Bob's Burgers. **2.25** Superstore. **3.20** ITV2 Nightscreen.

TLC

- 6pm** Say Yes To The Dress: In Sickness And In Health. **7.0** Say Yes To The Dress: UK. **8.0** Too Fat To Transition. **9.0** My Extreme Excess Skin. **10.0** Dr Pimple Popper. **11.0** Embarrassing Bodies: Teen Special. **12midnight** Too Fat To Transition. **1.0** My Extreme Excess Skin. **2.0** Dr Pimple Popper. **3.0** Embarrassing Bodies: Teen Special.

E4

- 6pm** The Big Bang Theory. **6.30** The Big Bang Theory. **7.0** Hollyoaks. **7.30** The Big Bang Theory. **8.0** Below Deck: Mediterranean. **9.0** Gogglebox. **10.0** Gogglebox. **11.05** Naked Attraction. **12.10am** Gogglebox. **1.15** Rick And Morty. **1.50** Robot Chicken. **2.0** Robot Chicken. **2.15** First Dates. **3.10** Gogglebox. **4.0** How I Met Your Mother.

SKY ONE

- 6pm** Futurama. **6.30** The Simpsons. **8.0** The Flash. Frost must clear her name after she is framed for a brutal crime. **9.0** FILM: The Losers (2010) ★★★ 10.50 Karl Pilkington: The Moaning Of Life. **11.55** Manifest. **12.55am** Road Wars. **2.0** Hawaii Five-O. **3.0** NCIS: Los Angeles. **4.0** Highway Patrol. **5.0** Magnum P.I.

ITVBE

- 6pm** Buying And Selling. **7.0** Buying And Selling. **8.0** Dinner Date. A woman from Yorkshire chooses three blind dates. **9.0** Vanderpump Rules. Scheana bonds with SUR server Charli over their mutual dislike of Dayna. **10.0** Botched. **11.0** Botched. **11.55** The Only Way Is Essex. **12.45am** FYI Extra. **1.0** Teleshopping.

SKY ATLANTIC

- 5.40pm** The Sopranos. **6.45** The Sopranos. **7.50** Game Of Thrones. **9.0** I Hate Suzie. **9.35** I Hate Suzie. **10.10** Britannia. Cait and her father arrive at the Cantii citadel. **11.05** Britannia. **12midnight** True Blood. **1.05** True Blood. **2.10** Californication. **2.50** Californication. **3.25** Californication. **4.0** Urban Secrets. **5.0** Urban Secrets.

E!

- 6pm** Temptation Island. **7.0** Keeping Up With The Kardashians. **8.0** Keeping Up With The Kardashians. **8.30** Keeping Up With The Kardashians. **9.0** Flip It Like Disick. **10.0** Dating: No Filter. **10.30** Nightly Pop. **11.0** DR. 90210. **12midnight** Botched. **1.0** Kourtney And Kim Take Miami. **2.0** Teleshopping. **3.0** Married To Jonas.

SKY WITNESS

- 6pm** Nothing To Declare. **6.30** Nothing To Declare. **7.0** Nothing To Declare. **7.30** Nothing To Declare. **8.0** Blue Bloods. **9.0** FILM: Prisoners (2013) ★★★ 12midnight Law & Order: Special Victims Unit. **1.0** Law & Order: Special Victims Unit. **2.0** Law & Order: Organised Crime. **3.0** Road Wars. **5.0** Brit Cops: Law & Disorder.



Friday 13 August

* CLOSER PICKS

BBC1

- 6am** Breakfast. **9.15** Animal Park. **10.0** Homes Under The Hammer. **11.0** Wanted Down Under Revisited. **11.45** Caught Red Handed. **12.15** Bargain Hunt: Ceramics Special. **1.0** BBC News At One; Weather. **1.30** BBC Regional News; Weather. **1.45** WPC 56. **2.30** Home Is Where The Art Is. **3.0** Escape To The Country. **3.45** My Unique B&B. **4.30** The Bidding Room. **5.15** Pointless.

- 6pm** **6.0** BBC News At Six; Weather (S)

- 6.30** BBC Regional News; Weather (S)

- 7pm** **7.0** Who Do You Think You Are? Daniel Radcliffe traces his family tree. (S)(R)

- 8pm** **8.0** EastEnders Callum worries when Ben is threatened by a loan shark. (S) **8.30** Would I Lie To You? With Bob Mortimer. (S)(R)

- 9pm** * **9.0** Celebrity MasterChef The contest reaches the quarter-final. (S) **9.30** King Gary Gary and Stuart embark on an orienteering trip. (S)

- 10pm** **10.0** BBC News At Ten (S) **10.25** BBC Regional News; Weather (S) **10.35** FILM: The Peanut Butter Falcon (2019) ★★★★ Premiere. Light-hearted adventure, starring Shia LaBeouf. (S)

- 12.10** BBC News.

BBC2

- 6am** A Matter Of Life And Debt. **6.30** Animal Park. **7.15** The Bidding Room. **8.0** Sign Zone: Australasia: Our Wild Adventures. **9.0** BBC News At 9. **10.0** BBC News. **1.0** Letterbox. **1.30** Eggheads. **2.0** Make Me A Dealer. **2.45** Great British Menu: The Finals. **3.45** Rick Stein's Seafood Odyssey. **4.15** Animals With Cameras. **5.15** Flog It!

- 6.0** Richard Osman's House Of Games With Tom Allen. (S)(R)

- 6.30** Richard Osman's House Of Games With Kate Williams. (S)(R)

- 7.0** Cricket: Today At The Test England v India. Action from day two of the Second Test in the five-match series, taking place at Lord's, London. (S)

- 8.0** Gardeners' World Gardeners who have created some truly unique gardens and made every space count. (S)

- * **9.0** The Boleyns: A Scandalous Family New series. An epic three-part series that charts the rise and fall of the Boleyns. (S)

- 10.0** I'll Get This Diners include Rob Beckett, Martin Kemp and Victoria Coren Mitchell. (S)(R)

- 10.30** Newsnight (S)

- 11.05** The Kennedy Who Changed The World. **12.05** FILM: Just Jim (2015)

- ★★★ **1.25** The Watch. **2.10** The Watch. **2.55** Sign Zone: Cameron And The Missing Billions – Panorama. **3.25** Sign Zone: Wanted: A Simple Life. **4.10** This Is BBC Two.



9pm A Scandalous Family, BBC2

ITV

- 6am** Good Morning Britain. **9.0** Lorraine. **10.0** This Morning. **12.30** Loose Women. **1.30** ITV Lunchtime News. **1.55** ITV News London. **2.0** Dickinson's Real Deal. **3.0** Tenable. **4.0** Tipping Point. **5.0** The Chase.

- 6.0** ITV News London (S)

- 6.30** ITV Evening News (S)

- 7.0** Emmerdale Sarah resolves to do some detective work. (S) **7.30** Coronation Street Evelyn and Alina quiz Tyrone about Fiz. (S)

- 8.30** Endeavour The detective has been assigned to a quiet rural area in 1969, but is reunited with his former CID colleagues when he discovers the body of a missing schoolgirl. (S)(R)

- 10.20** ITV News (S)

- 10.50** ITV News London (S)

- 11.10** FILM: The Bourne Identity (2002) ★★★ **1.05** Shop: Ideal World. **3.0** FYI Extra. **3.15** Martin & Roman's Weekend Best! **4.05** ITV Nightscreen.



8.30pm Endeavour, ITV

C4

- 6am** Countdown. **6.40** Mike & Molly. **7.05** Mike & Molly. **7.25** Everybody Loves Raymond. **7.50** Everybody Loves Raymond. **8.15** Everybody Loves Raymond. **8.40** Frasier. **9.10** Frasier. **9.40** The Big Bang Theory. **10.10** The Big Bang Theory. **10.35** The Simpsons. **11.35** The Simpsons. **12.05** Channel 4 News Summary. **12.10** Junior Bake Off. **1.10** A New Life In The Sun. **2.10** Countdown. **3.0** Find It, Fix It, Flog It. **4.0** A Place In The Sun. **5.0** Come Dine With Me. **5.30** The Simpsons.

- 6.0** The Simpsons Moe joins an online dating agency. (S)(R)

- 6.30** Hollyoaks Brody returns to the village to meet best friend Damon. (S)(R) **7.0** News (S)

- 8.0** Epic Wales: Valleys, Mountains & Coasts A family's flock needs to be brought down from the Brecon Beacons for lambing. (S)

- * **9.0** Deceit New series. Fact-based crime drama, starring Niamh Algar. (S)

- 10.0** The Lateish Show With Mo Gilligan Guests and sketches. (S)

- 11.05** Sarah Millican: Outsider. **12.10** FILM: Action Point (2018) ★★★ **1.35** Come Dine With Me. **3.50** Snackmasters: KFC. **4.45** Food Unwrapped Gets Chocolatey. **5.10** Location, Location, Location.



9pm Deceit, C4

CHANNEL 5

- 6am** Milkshake! **9.15** Jeremy Vine. **11.15** Room To Improve. **12.15** 5 News At Lunchtime. **12.20** Ben Fogle: New Lives In The Wild. **1.15** Home And Away. **1.45** Neighbours. **2.15** FILM: The Husband With Two Wives (2019) ★★★ **4.0** Bargain-Loving Brits In The Sun. **5.0** 5 News At 5. **5.30** Neighbours.

- 6.0** Home And Away Bella struggles with Nikau's controlling management. (S)(R) **6.30** 5 News Tonight (S)

- 7.0** Fishing Scotland's Lochs And Rivers Fern Britton and the celebrities head into the scenic Loch Lomond. (S)

- 8.0** Motorhoming With Merton & Webster Paul Merton and his wife Suki Webster explore the UK. (S)

- 9.0** Ian Hislop: The Trains That Changed The World New series. How four iconic British-built trains revolutionised rail travel. (S)

- 10.0** 1996: The 30 Greatest Hits A look back at the year when the Spice Girls first dominated the charts, and Oasis, Take That and Peter Andre also enjoyed Top 40 success. (S)

- 1.0** The 21.co.uk Live Casino Show. **3.0** Entertainment News On 5. **3.10** Room To Improve. **4.05** Room To Improve. **5.0** Wildlife SOS. **5.25** House Doctor. **5.50** Fireman Sam.



10pm 1996: Greatest Hits, C5



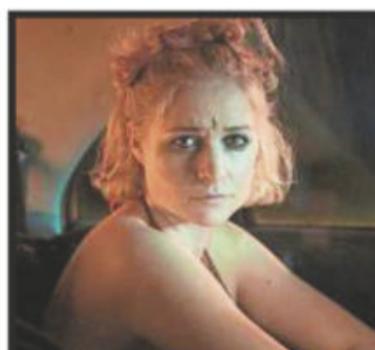
9pm Celebrity MasterChef, BBC1



9pm A Scandalous Family, BBC2



8.30pm Endeavour, ITV



9pm Deceit, C4



10pm 1996: Greatest Hits, C5

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W

- 6pm** Property Brothers: Forever Homes. **7.0** MasterChef Australia. **8.30** Inside The Ambulance. **9.0** Gavin & Stacey. **10.20** Emily Atack: Adulting. **11.20** Celebrity Advice Bureau. **12.20am** One Born Every Minute. **1.20** Bryan Inc: Find It Fix It, Sell It. **2.20** Renovate My Home: Leave It To Bryan. **3.0** Teleshopping.

MTV

- 6pm** My Life On MTV. **6.30** MTV Diary: Pink. **7.0** Storytellers: Taylor Swift. **7.55** The Official UK Number One. **8.0** Catfish UK. **9.0** MTV Cribs. **10.0** True Life Crime. **11.0** Teen Mom 2 Uncut. **12midnight** The Challenge: Spies, Lies & Allies: Launch Special. **1.0** Families Of The Mafia. **2.0** Tattoo Disasters: What Were You Inking?

ITV2

- 6pm** Celebrity Catchphrase. **7.0** Superstore. **8.0** Bob's Burgers. **9.0** Love Island. **10.05** Apocalypse Wow. **11.05** Family Guy. **12midnight** American Dad! **12.30** American Dad! **1.0** Bob's Burgers. **1.50** Superstore. **2.40** Totally Bonkers Guinness World Records. **3.05** FYI Extra. **3.20** ITV2 Nightscreen. **3.30** Teleshopping.

TLC

- 6pm** Say Yes To The Dress: In Sickness And In Health. **7.0** Say Yes To The Dress: Atlanta. **8.0** Say Yes To The Dress: Lancashire. **9.0** Say Yes To The Dress. **10.0** Sister Wives. **11.0** Dr Pimple Popper. **12midnight** Say Yes To The Dress: Lancashire. **1.0** Say Yes To The Dress. **2.0** Sister Wives. **3.0** Dr Pimple Popper. **4.0** Say Yes To The Dress.

E4

- 6pm** The Big Bang Theory. **6.30** The Big Bang Theory. **7.0** Hollyoaks. **7.30** The Big Bang Theory. **8.0** Below Deck: Mediterranean. **9.0** Gogglebox. **11.05** Naked Attraction. **12.10am** Naked Attraction. **1.15** Gogglebox. **2.20** First Dates. **3.15** Naked Attraction. **4.05** How I Met Your Mother. **4.55** Ramsay's Kitchen Nightmares USA.

SKY ONE

- 6pm** Futurama. **6.30** The Simpsons. **7.0** The Simpsons. **7.30** The Simpsons. **8.0** Freddie Fries Again. **9.0** Manifest. **10.0** Rob & Romesh Vs Usain Bolt. **11.0** A League Of Their Own. **12midnight** Road Wars. **1.0** The Force: North East. **2.0** Caribbean Cops. **3.0** Hawaii Five-0. **4.0** Highway Patrol. **4.30** Highway Patrol. **5.0** Magnum P.I.

ITVBE

- 6pm** Buying And Selling. **7.0** Buying And Selling. **8.0** Dinner Date. James from Nuneaton chooses three blind dates from five potential partners. **9.0** Botched. Tiffany "New York" Pollard is back to beat breast implant illness. **10.0** Botched. A British patient seeks help from Terry Dubrow. **11.0** Atlanta Plastic. **11.55** The Only Way Is Essex.

SKY ATLANTIC

- 5.40pm** The Sopranos. **6.45** The Sopranos. **7.50** Game Of Thrones. **9.0** The Pacific. Leckie and his comrades fall ill. **10.05** Britannia. The battle of wills between Kerra and Antedia intensifies. **11.05** Britannia. **12.05am** Oz. **1.10** True Blood. **2.15** Californication. **2.50** Californication. **4.0** Richard E Grant's Hotel Secrets.

E!

- 6pm** Temptation Island. **7.0** Keeping Up With The Kardashians. **9.0** FILM: Just Go With It (2011) ★★ **11.30** Nightly Pop. **12midnight** Botched. **1.0** Kourtney And Kim Take Miami. **2.0** Teleshopping. **2.30** Teleshopping. **3.0** Married To Jonas. **3.30** Married To Jonas. **4.0** Total Bellas. **5.0** Teleshopping. **5.30** Teleshopping.

SKY WITNESS

- 6pm** Nothing To Declare. **7.0** Nothing To Declare. **8.0** Blue Bloods. **9.0** Law & Order: Special Victims Unit. **10.0** Law & Order: Organised Crime. **11.0** FBI. **12midnight** Law & Order: Special Victims Unit. **1.0** 9-1-1. **2.0** 9-1-1: Lone Star. **3.0** CSI: Crime Scene Investigation. **4.0** Road Wars. **5.0** Brit Cops: Law & Disorder.

THE DARKEST CRIMES AND EVIL MINDS

CRIME

MONTHLY

PLUS! 16-PAGE CRIME TV GUIDE



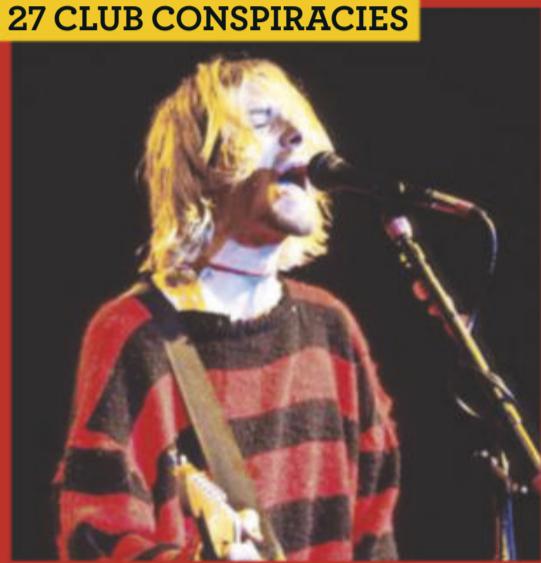
NEW THRILLER:
TRUTH BE TOLD



SARAH
EVERARD:
GUILTY COP'S
SICK PAST
EXPOSED



27 CLUB CONSPIRACIES



ISSUE 29
AUGUST 21

THE DARKEST CRIMES AND EVIL MINDS



SHOCK
TWIST



HORRIFIC
MURDER

EVIL NEXT DOOR

SNATCHED FROM HER GARDEN

FAYE, 6, WAS PLAYING WHEN SHE WAS
ABDUCTED BY 'LONER' NEIGHBOUR



WHO REALLY
MURDERED MOLLIE?
COURT DRAMA
REVEALS NEW
SUSPECTS



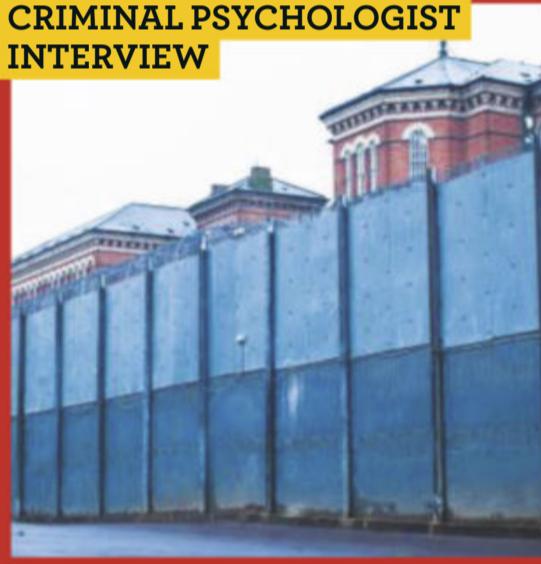
HOLLYWOOD RIPPER:
MONSTER RECEIVES
DEATH ROW SENTENCE



TINDER DATE KILLERS
SYDNEY WAS LURED
TO DEN OF SEX
CULT COUPLE



CRIMINAL PSYCHOLOGIST
INTERVIEW



NEW COLUMbine PODCAST



ISSUE 29 ON SALE 5 AUG

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GREAT NIGHT

CINEMA & ON-DEMAND TV



Vivo

IN CINEMAS NOW AND STREAMING
ON NETFLIX FROM 6 AUGUST

A super-cute kinkajou (a rainforest honey bear) named Vivo lives in the city and spends his days playing music and performing songs for the public with his beloved owner Andres. Vivo's care-free life is turned upside down when Andres passes away suddenly, but the musically-gifted creature decides to honour his friend and deliver a love song from Andres to his long-lost sweetheart. His epic journey is filled with dangers, but thankfully he befriends a young teen, Gabi, who is just as passionate about music as he is, to help him on his quest.



The Last Letter From Your Lover

IN CINEMAS FROM 6 AUGUST

A journalist stumbles across some letters from the past and is determined to find out who wrote them and how it all ended. The passionate notes take us back to the mid '60s and a pair of forbidden lovers desperate to be together. The film flits between then and now to tell their heartbreak story. Shailene Woodley, Felicity Jones and Callum Turner are all cast perfectly for this sweet and romantic adaptation of the Jojo Moyes novel.

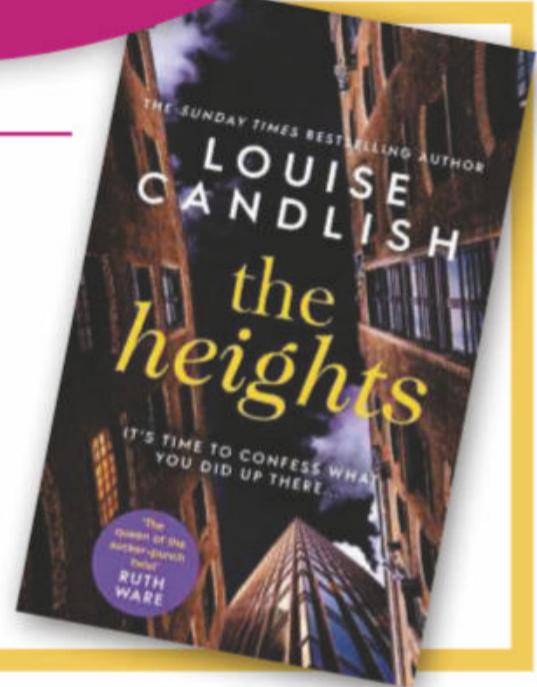
Out this week!

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

MUST READ

The Heights (LOUISE CANDLISH)

When Ellen catches sight of a man on the roof terrace of the apartment building opposite hers, she is stunned. He's older and his appearance has subtly changed, but it's definitely him. Which makes no sense at all to Ellen as he has been dead for over two years – and she knows this for a fact because she was the one who killed him... An edge-of-your-seat read.



BEST DAY OUT

EVERYBODY'S TALKING ABOUT JAMIE NATIONAL TOUR

Yes, theatre is back! And what better way to celebrate than with the ultimate feel-good story *Everybody's Talking About Jamie*. Starring the multi-talented Layton Williams, we follow Jamie New as he navigates life feeling different to his peers and yearning for his place in the spotlight. With special appearances from *EastEnders'* Shane Richie and *RuPaul's Drag Race* winner Bianca Del Rio – in separate performances – this will bring the joy back into your soul. From Sep 2021 to April 2022, visit everybodystalkaboutjamie.co.uk.



TUNE IN



Various Artists NOW THAT'S WHAT I CALL MUSIC! 109

The mighty music compilation series is now up to 109! Featuring 48 of the best hits of the past year, from the likes of Olivia Rodrigo, Mimi Webb, Coldplay, Elton John and Years & Years, we'd better get stuck in! Out now.

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Closer

PUZZLE ANSWERS

CODE CRACK

MOCK	QUARTERLY
A O J G A M O B	
V O V E R L A P	B R O K E
E K R Y E F N	
R E B U K E	B L I Z Z A R D
I O Y L O Z H Y	
C R O W W I T T I L Y	
K K T Z I E D C	
H E X A G O N	P E A R
A R M R N E F I	
S T A M P E D E	E X P E R T
K T O F C C I	
E N T E R O P U L E N T Q	
W L A A S L E Q	
J E L L Y F I S H E D G E	

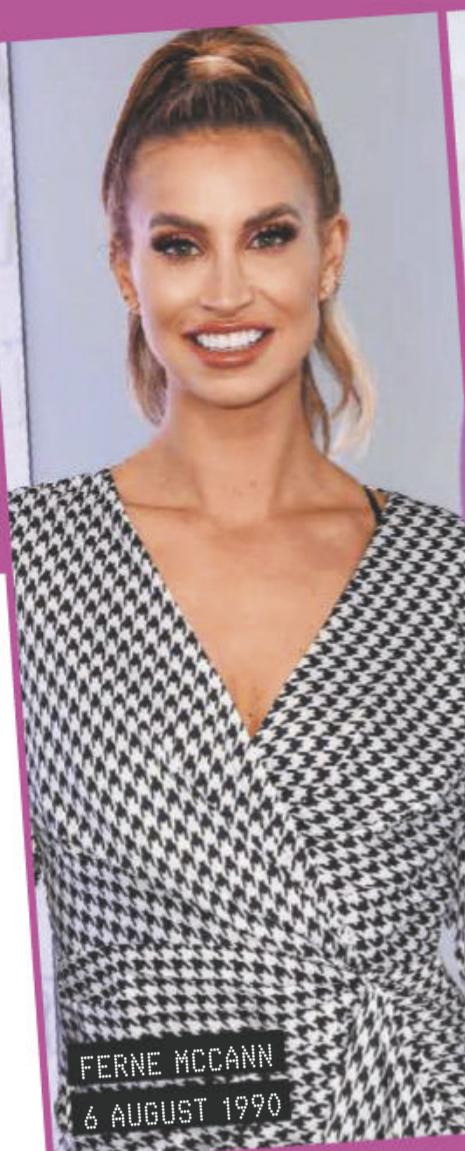
THE BIG CROSSWORD CRISS CROSS

R A P I D	F I R E
E I U S L M	
A N N M E L I S S A	
L M A S	
T M U G G Y Y O U T H	
T N R D I W	
I S R A E L I A S L E E P	
R A S H N	
P A T O I S T A L L E S T	
N U Y L I Y	
R A J I V T E X A S	
I E H L	
D O H E R T Y G O A	
E U D M A N	
G U I N E A P I G	

C L O C K	C L O C K
C T O O T H O F	
H A A F I L L I N G	
A P F O I L N S	
R O S E N H	
M A S	
B R A C E L E T S	
R H E A N K L E T	
I A A A R O U	
P E N L F C D	
F G I M K	
O C H O K E E	
B A N G L D T	
M A C E L	

SUDOKU - EASY

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



FERNE MCCANN
6 AUGUST 1990



MEGHAN MARKLE
4 AUGUST 1981

IF IT'S YOUR BIRTHDAY THIS WEEK

One of the best things you can do for yourself in the year ahead is make sure that you're not allowing yourself the indulgence of knee-jerk reactions. It's a year when you need to live and let live. Allow people to do them, and you do you, as they say.

VIRGO 23 AUG-22 SEP

Honestly, some weeks are made for getting out there and some weeks are just made for staying home and meditating and contemplating. This week falls into the second category. The more time you can spend just taking it easy, away from everyone, the better. It's time for you to rest and revive. Visit yasminboland.com for your daily horoscopes.

LIBRA 23 SEP-22 OCT

The best thing you can do right now is to go with the flow. Don't try to control anyone or anything. Be only as sociable as you want to be. There could be some lovely surprises in store this week. Also, make some wishes on 8 August when they're more likely to come true. Visit yasminboland.com for your daily horoscopes.

SCORPIO 23 OCT-21 NOV

There are times when having crazy Uranus in your Love Zone is a challenge. But it looks like this week won't be one of those times. Rather, it appears that love is in the air for you – you could turn a friend into a lover, or your lover could surprise you beautifully (or vice versa). Visit yasminboland.com for your daily horoscopes.

Your stars WITH YASMIN BOLAND

3-9 AUGUST



THIS WEEK'S CELEB STAR SIGN

LEO

23 JUL-22 AUG

The New Moon this week is in Leo so it's an auspicious time for you. Slough off the old and get ready for something new. If any bad stuff happened in the past 12 months, now's the time to draw a line under it and move on. A new day is dawning. Visit yasminboland.com for your daily horoscopes.

PISCES 19 FEB-20 MAR

Use the energies this week to do what it's going to take to make your life feel more functional and healthier. You get a chance to do this once every year, and this week is it. So don't take it lightly. Think about morning and evening routines that would help, for example. Visit yasminboland.com for your daily horoscopes.

ARIES 21 MAR-19 APR

Here's a tough task for you this week; can you forget any worries you may have and get out there and enjoy yourself? You have really great stars for having fun, especially – but not only – with your children or grandkids. It's also a very good week for any creative pursuits and romance. Visit yasminboland.com for your daily horoscopes.

TAURUS 20 APR-20 MAY

This could be rather an exciting week for you. There might be unexpected developments in your private life that make you very happy. Maybe it's just a one-off or perhaps there's some kind of exciting turnaround, which could leave you feeling like you've been set free from restrictions. Visit yasminboland.com for your daily horoscopes.

GEMINI 21 MAY-20 JUN

You're now in a very busy period. Expect to have lots of places to go and people to see. If you need to have an important conversation with someone, you have great opportunities to do this. Also, overhaul your communication style so you get your message across better. Visit yasminboland.com for your daily horoscopes.

CANCER 21 JUN-22 JUL

All your most important lessons now are about rather thorny subjects: sex and money! So how are you doing with those two? If you want more of either, now is the time to be disciplined about making it happen. Schedule in time for both. And a financial restart beckons. Visit yasminboland.com for your daily horoscopes.



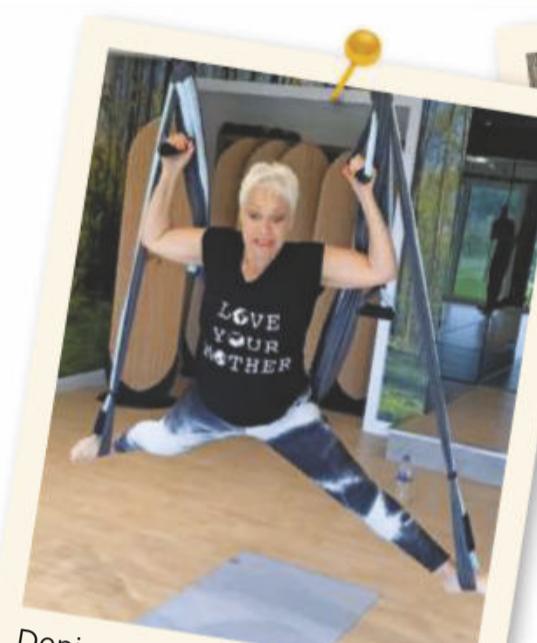
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YASMIN'S WEEKLY FORECAST AND ADVICE

*Landline calls cost just 80p a minute, plus your phone company's access charge. Calling from Republic of Ireland?
Call 1550 500900 (97c per minute). To report a phone-line problem, call 0800 138 9789.

Snaps & Chat!

A FINAL FIX
OF THIS WEEK'S
PICS & TWEETS



Denise is in all sorts of trouble here. That's the last time she tries to put up new roller blinds without someone to help her.



Sly makes a new friend on a visit to his local park. Not sure how they'll get on - he looks like a right Charlie!

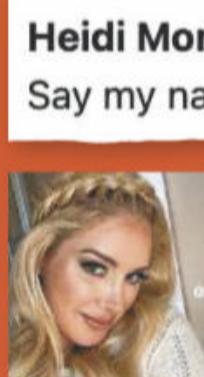


Some people look a bit like their dogs. And then there's Corrie's Jack, who has a pooch that has his exact same laugh!



Charlotte Crosby  @Charlottegshore · 16h
Right. Times going too quick now 😬

Relax, Charl. According to Einstein, time is just an illusion. So kick back, switch on the telly and pour another Baileys!



Heidi Montag  @heidimontag · Jul 27
Say my name say my name

Looks like Heidi has forgotten her name again. That must have been quite a party last night!!



Poor Lily feels exposed down below on a shopping trip after the curtain falls down in the changing rooms. Luckily, she still had her top on!



Memo to self: Keep looking Tom in the eyes. Must. Not. Look. Down. Look him in the EYES!!!

INSPIGRAM



Nice try, Tommy, but no. This week will be filled with rain, bored kids screaming, DIY, more rain and alcohol. But that could just be us...

This Week Is Going To Be Filled With Miracles, Breakthroughs, Good News, Abundance And Love.



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