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OK!

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LISA SNOWDON

EXCLUSIVE INTERVIEW & PICTURES

ON SURVIVING THE MENOPAUSE, HER RELATIONSHIP WITH FIANCÉ GEORGE SMART AND THE IMPORTANCE OF ME-TIME

'I FELT ANGRY AND LOST FOR YEARS – LIKE I WAS GOING MAD'

'GEORGE HAS BEEN A GODSEND – I'M SO HAPPY'

'SELF-CARE IS A GAME CHANGER, MENTALLY AND PHYSICALLY'



ROYAL BIOGRAPHER
ANDREW MORTON EXCLUSIVE



'THE QUEEN'S SWAN SONG COULD LAST ANOTHER DECADE BUT SHE KNOWS THE CROWN IS SAFE WITH WILL AND KATE'



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AJ ODUDU

'I NEED TO LISTEN TO MY BODY MORE AND BE KINDER TO MYSELF'





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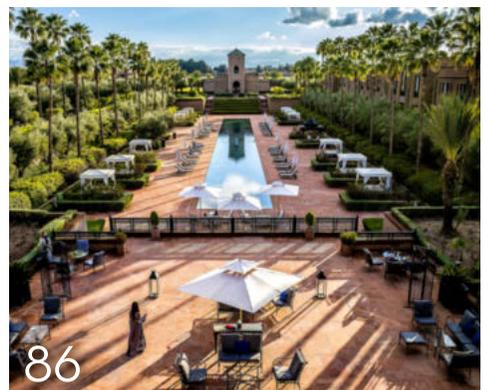
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'I FELT COMPLETELY LOST... I DON'T WANT OTHERS TO SUFFER IN SILENCE'

TV PRESENTER **LISA SNOWDON** ON HOW HER RELATIONSHIP SURVIVED THE MENOPAUSE, HER MODELLING DAYS AND THE IMPORTANCE OF ME-TIME AS SHE UNVEILS HER OK! BEAUTY BOX

When we meet Lisa Snowdon, we're hoping she's just as lovely as she appears on screen.

The bubbly TV presenter comes across as warm and down-to-earth, and has a knack of making us feel like we've known her for years. Thankfully, she doesn't disappoint.

A real girl's girl, Lisa talks openly about body hang-ups, beauty routines and a topic she's been particularly passionate about in recent years – the life-changing effect that going through the perimenopause in her early forties had on her. It's this genuine warmth that made her a hit with Capital FM listeners when she co-presented the breakfast show between 2008 and 2015, *Strictly Come Dancing* voters (she finished third in 2008) and now *This Morning* viewers, who love her regular fashion segments.

Lisa turned 50 earlier this year, and it's clear she couldn't be happier with life. Her eyes light up when talk turns to her fiancé, entrepreneur George Smart (not to be confused with another famous George, who she had a highly-publicised relationship with in the early 2000s).

"He's the most supportive person," she gushes. "I'm so happy I'm not with a selfish person who's just looking out for number one."

Following her menopause

struggles, Lisa knows the importance of taking care of herself. It's this passion for self-care, as well as a genuine love of all things beauty, that led her to create her own OK! Beauty Box, a limited-edition box packed full of Lisa's all-time favourite products at a fraction of their usual price. We caught up with her after our exclusive photoshoot to find out more...

Lisa, you turned 50 earlier this year. How did you celebrate?

George and I went to Reykjavik, just the two of us. It was fabulous. We had delicious food, and we went to the Sky Lagoon where we soaked, bubbled and steamed in the sauna. George has really got me into city breaks – I used to be such a beach girl.

Over the last few years you've spoken openly about your menopause experience. Talk us through it...

In my early forties I started developing an out-of-control feeling, and felt very low and anxious. I couldn't pinpoint why. I was prescribed antidepressants, but they didn't feel like the answer. Looking back, that was the start of my perimenopause, but I didn't know about it at the time. Over the next few years more symptoms developed, and I went to a few >



doctors. Then last year I met Dr Naomi Potter, who I now do my *Midweek Menopause Madness* series with on Instagram Live. She got me on the right HRT, and it's been a game changer. I've got my brain back and I can sleep again. It's something that I couldn't be without. That's why I'm so passionate about discussing it – I want women to recognise what's happening and make informed decisions.

How did the changes make you feel?

I felt completely alone and lost. It was years of feeling awful and angry and sleep deprived, with skin, hair and body changes. I ended up putting on quite a bit of weight, and when you don't know what's happening, you feel like you're going mad.

What was the response on social media when you started talking about your experience?

I was being very honest on social media throughout that time, and my followers and I DM each other all the time – they all feel like friends now. That makes it a less lonely time.

Did putting on weight affect your confidence at all?

I've always had a pretty positive body image, but when I put on weight I was

a little bit broken when nothing in my wardrobe fitted me – that's a really hard thing for us girls. I remember sitting on the floor and just crying. That was a bit of a turning point for me. But I had to take some responsibility for that too – yes, HRT has been amazing for me, but I also realised I had to watch the food and drink I was consuming and I needed to do more exercise.

What types of exercise do you do?

I've started doing more strength training, which burns fat and creates muscles and strong bones. I get a big serotonin boost from working out, which makes me feel much more body positive.

Do you eat healthily?

Most days I'll have three healthy meals and try not to snack in between. And if I'm going out for dinner I might not eat as much during the day. I try to eat lots of healthy proteins and vegetables. I like to keep it fun and varied, though.

What's your guilty pleasure?

Just food in general! I love potatoes, I love pasta, I love chocolate, I love crisps, I love wine, I love beer. I just love eating with friends and George. I don't see it as a guilty pleasure – it's just pure pleasure. Food brings me so much joy. >









Lisa with fiancé George

What changes did you notice in your skin?

It became much drier, and I had lots of really big, angry pimples around my chin. The muscle tone and the bounce also changed, and it just didn't have that glow any more.

What advice would you give to anyone struggling with the menopause?

Write down your symptoms in a diary, because they come and go. There are over 60 different symptoms – not just night sweats but also things like joint aches, skin rashes, food intolerances and urinary infections. Take these to your doctor – if you're over 45 they can

prescribe HRT without doing a blood test. And if they won't prescribe it to you, then ask to be referred to a feminine health specialist. You have to push back.

Did this time affect your relationship with George?

Oh my God, he's a saint! We got back together at the time when I was hitting my perimenopause madness, so he was like, "Whoa!" Some days I'd be happy then the next day I'd turn into the devil. We'd be having a great night out then all of a sudden I would just flip. It was the hormones, combined with perhaps that third glass of wine. White wine just sent me cuckoo. Now I'm back on the wine, but I definitely don't drink as much as I used to. I know that the menopause can cause relationships to break down but I'm lucky that George came into my life at that time. For me, it was a godsend. For him, it was challenging. We laugh about it now – he'll say, "You were a nightmare!" But he was very patient and loving, and he could see that something else was happening to me. I'm genuinely so happy.

You and George had a brief romance years ago. Talk us through how you got back together in 2015...

We first met when I was on MTV 20 years ago, then we got back together through a dear friend of mine, Amanda Grossman [who did Lisa's make-up for this shoot]. She asked if he was interested in anyone, and he said, "There's this girl I used to date, and I'd love to take her out again – her name's Lisa Snowdon." So she gave him my number. We met for dinner and as we walked towards each other our smiles just got bigger and bigger. We immediately got back into that familiarity, and we'd both made all the mistakes in life we needed to. And the rest is history!

You were 19 when you started modelling. Did you have to develop a thick skin?

Definitely. It's a career where you're being judged on your looks so it can be hard, especially as a teenager. There were times where I didn't get the job or didn't fit the clothes, but you have to see yourself as a product and not take it personally.

Did you enjoy the work?

Yes, I did – I still do. I was lucky that my work was always varied, from TV





‘I FEEL REALLY POSITIVE ABOUT BEING 50. LIFE IS GOOD’

commercials and high-end editorial to catalogue trips. I’ve got great memories from my modelling days.

What’s the weirdest thing you’ve ever had to do on a modelling job?

I once had to carry a live baby goat on my shoulders, on a shoot in Morocco. I never saw the pictures, but I’ll never forget that.

You look amazing in our shoot. Do you enjoy getting glammed up for photoshoots?

Absolutely! This was such a great day. I love being on set, working with amazing make-up artists, hairdressers, stylists and photographers, and seeing how it all comes together.

Have you any beauty tips from sitting in the make-up artist’s chair?

Good skincare as your make-up base is really important. If your skin’s well hydrated, you’re not going to need as much make-up. Also always curl your lashes before adding mascara. It really opens the eye up.

Have you always been into beauty?

I really have, from such a young age. My auntie used to work at a department store and would bring me back samples from a brand called Kanebo, and I always used to raid my mum’s make-up bag. When I was 11 I found her tweezers and restyled my brows... The next day I had my passport photo taken, so these very skinny brows lasted in my passport for 10 years! Luckily they grew back.

Has your skincare routine changed much in recent years?

My skin needs a lot of moisture now, and

I need products for my neck, because I’ve noticed the loss of collagen there. I always take make-up off at night and do lots of massage when I apply products.

What are your make-up must-haves?

I use concealer under my eyes, under my brows and around my nose. I’ll comb through my brows, then curl my lashes and add lots of mascara, a little bronzer and a pinky blush. I’ll use a smudgy kohl eyeliner if I want to add drama, and a bit of lip liner and gloss if I’m going from day to night. I think dewy, shimmery make-up is really flattering.

You’ve put together lots of your beauty heroes to create your OK! Beauty Box. How did you decide what to pick?

There were certain products I’ve loved for ages, like the Emma Hardie Moringa Cleansing Balm – it’s a real hero product of mine. It’s multi-purpose, too. If I ever burn myself it helps to heal the skin, and I use it as a mask overnight. I wanted to add some great hair products, and Living Proof is a brand I love as it’s backed by science and silicone-free. With that shampoo, you don’t have to wash your hair as often because it cleans it really well without stripping it. I wanted a good eye cream in there too, so we’ve got a full-size Murad Youth Renewal Retinol Eye Serum – this is a nice introduction to retinol. I wanted to include some gorgeous body care as well, as skincare doesn’t stop at your face, and the Prai product is amazing for the “neck and dec”. Then there’s the Ciaté eyeshadow for a little shimmer-shimmer. I wanted an all-round beauty capsule collection that will make you see and feel a difference. And the price is >



DRESS BY RIVER ISLAND

 The OK! Beauty Box by Lisa Snowdon costs £45 and is worth over £200. Buy it at okbeautybox.co.uk



unbelievable – it’s £45 but worth over £200! I’m so excited about it.

You run a series on Instagram called *Self-Care Sunday*. What does self-care mean to you?

Having rituals like having a bath, lighting candles, doing your facial massage and using pillow spray can be a game changer, mentally and physically. It doesn’t have to take hours – it can just be five minutes – but it’s so important. That’s one of the great things about my OK! Beauty Box – you can use it to take that moment before bed to

apply all your creams and give your skin a nighttime treat.

Do you have any tips for quick self-care steps if people don’t have much time?

Apply serums and moisturisers in bed, as you’re winding down, or while you’re sitting in front of the TV. If you can find the time to watch a cheeky box set, you can find the time to do a quick facial massage.

What are your views on tweakments?

I personally think having a little line here and there just shows your experience, but

people should do what they want to feel their best self.

What are your goals for the rest of 2022?

I feel really positive about being 50. I’ve joined a campaign called the Menopause Mandate to make change happen. And I want to do a book at some point. Life is really good. 

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'THE HOUSE OF CAMBRIDGE WILL CARRY THE MONARCHY GOING FORWARD'

AS THE JUBILEE CELEBRATIONS DRAW NEARER, OK! TALKS TO ROYAL BIOGRAPHER **ANDREW MORTON** ABOUT HOW THIS IS SUCH AN IMPORTANT TIME FOR THE QUEEN AND HER FAMILY



When the Duke and Duchess of Cambridge stepped out at the *Top Gun: Maverick* premiere last week, there was no doubting the future of the monarchy is in safe hands. Kate was the picture of elegance in a monochrome Roland Mouret dress, while dashing William looked full of admiration for his wife as they posed together on the red carpet in London's Leicester Square.

The royal pair were joined by a very glamorous wingman – the film's

star Tom Cruise. Ever the gentleman, Tom, 59, offered his arm to the duchess as she struggled with the steps at the cinema. Tom even opened up about all he has in common with William during the evening. "We both love England and we're both aviators – we both love flying," he said.

And in a nod to the much-loved *Top Gun* films, William even wore a pair of aeroplane embroidered velvet smoking slippers.

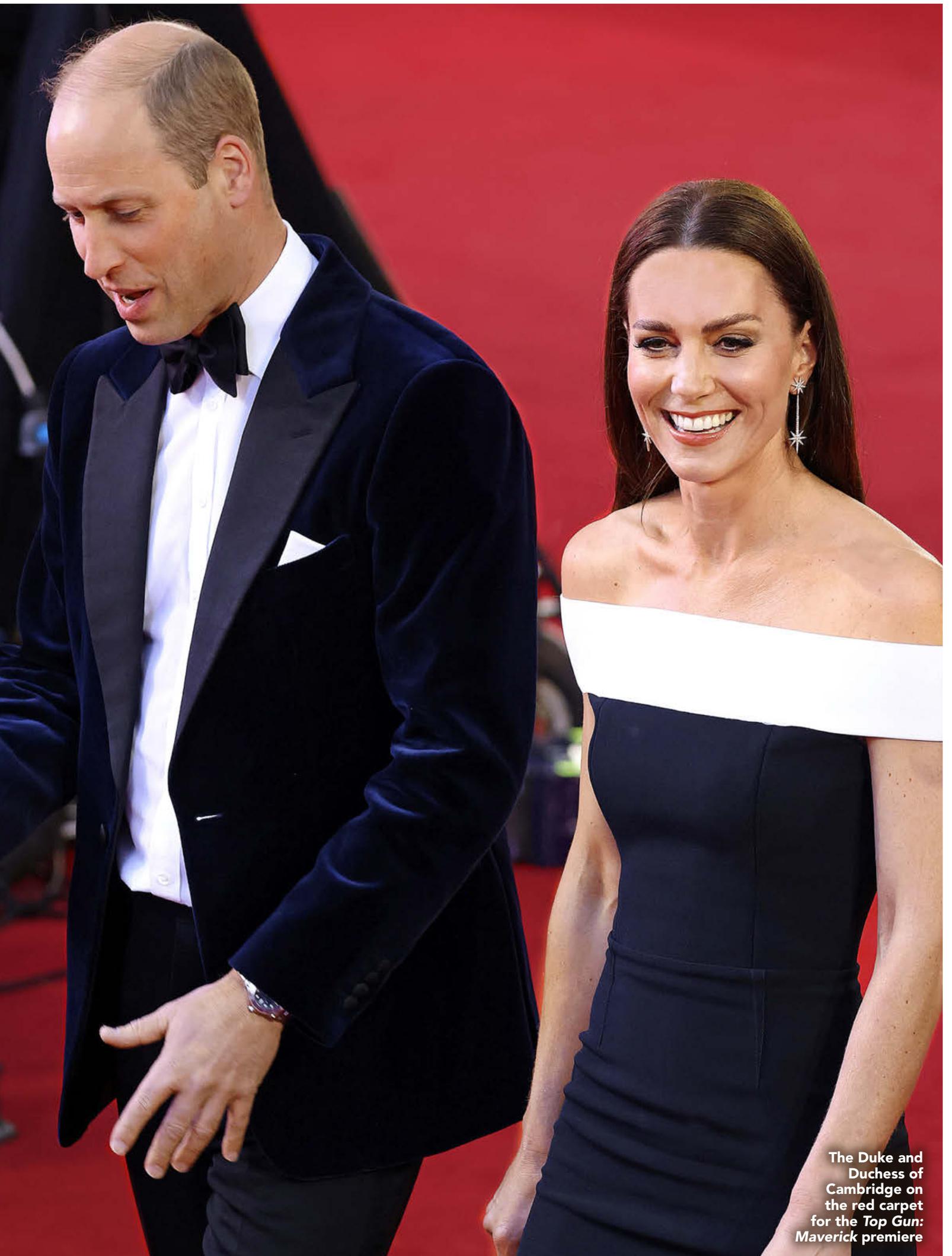
Kate and William's rapturous

reception came days after the Queen herself made a surprise appearance at Paddington

Station to see the completed Elizabeth Line, named in her honour. There had been increasing fears for Her Majesty's health after she was unable to give the Queen's Speech in the House of Lords earlier this month. But, dressed in canary yellow and sporting a jaunty hat, the >



The Queen on a surprise visit to the opening of the new Elizabeth Line



The Duke and Duchess of Cambridge on the red carpet for the *Top Gun: Maverick* premiere

Prince Charles speaks during a welcoming ceremony at the start of his Canadian tour



Canadian Prime Minister Justin Trudeau attends a reception with the Duke and Duchess of Cornwall





monarch was all smiles as she and the Earl of Wessex met Prime Minister Boris Johnson and London Mayor Sadiq Khan at the station. While frail, she was walking with the aid of a walking stick and seemed in good spirits.

Meanwhile, over in Canada, the Prince of Wales was carrying out a three-day tour with Camilla, the Duchess of Cornwall. The pair met with Prime Minister Justin Trudeau and visited Newfoundland and Ottawa as part of their trip to celebrate the Platinum Jubilee.

On Wednesday, Kate and Sophie, Countess of Wessex stood in for the Queen at a Buckingham Palace garden party, showing once again how Her Majesty is

increasingly relaxed about letting senior royals take the strain for her. Kate even looked like she was channelling her style in a coral coat dress by Emilia Wickstead.

After a difficult couple of years, during which the pandemic

two weeks' time, when the nation will spend a long weekend celebrating 70 years of the Queen's reign.

Andrew Morton, author of new biography *The Queen*, tells OK! we are getting a sense the

Queen is "enjoying her swan song". She and those around her may be mindful of her mobility issues and are picking and choosing the events she attends but, most importantly, when she does get out and about, she's "having a good time".

Andrew is the author of *Diana: Her True Story – In*

Her Own Words, which was first released in 1992. He shook the monarchy to the core with his book, which was written in collaboration with the Princess of >

'THE QUEEN IS RELAXED ABOUT SENIOR ROYALS TAKING THE STRAIN'

prevented the royal family getting out and about, it's a relief to see The Firm back in the full swing of things. Now, they are gearing up for the main event in just under



Charles and Camilla visit the historic fishing village of Quidi Vidi



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Kate and Sophie stand in for the Queen at a Buckingham Palace garden party

Wales herself. Diana recorded secret tapes detailing her life in the House of Windsor and these were then smuggled out of Kensington Palace to Andrew, a royal reporter.

While he may have been a thorn in the Queen's side then, the author will have redeemed himself with this biography of Her Majesty. The impeccably researched book covers the Queen's life, from her childhood to the present day, and explains how she has kept the monarchy standing amid numerous scandals and political upheaval.

In this interview, Andrew reveals the Queen's hopes for the House of Cambridge, why she will still be proud of grandson Harry despite that Oprah Winfrey appearance and looks back over the highs and lows of our monarch's reign...

We've seen how the Prince of Wales and the Duke and Duchess of Cambridge are stepping up to assist the Queen as she scales back her duties. What do you think she is putting in place for the future and to protect her legacy after she's gone?

She's spent a lot of time with Prince William and with Catherine and I think she sees them very much as the future. She's no fool – she knows Prince Charles is going to be an interregnum, like Edward VII, so the family that will carry the burden for ▶

Andrew says the Queen sees William and Kate as the future of the monarchy





The couple's romance began at university in St Andrews

the monarchy going forwards is the House of Cambridge.

Has William been included in conversations about the future of the monarchy as well as Charles?

Of course he has – he's a central player. Obviously, Prince Charles is the next in line, but even he would acknowledge that everyone sees William as the future of the crown and the popular future – despite being booed at Wembley!

Why do you think that happened?

I think it was Liverpool supporters who feel let down by the government and it just so happened Prince William was there. If there had been another member of the royal family, they would have got the same thing, as a symbol of the Establishment.

You mention in your book how happy the Queen was at Kate and William's wedding. Do you think she sees them – and particularly Kate – as a safe pair of hands?

The thing about Kate is the Queen was impressed she

adored and loved William for himself, not for his title. She spends a lot more time supporting and nurturing the relationship between William and Catherine than she did with Charles and Diana. It's pretty clear she wasn't going to make that mistake again. Everything that happened in [Kate and William's] relationship was quite strategic, quite thought through, after a period of time. In the beginning, nobody in the royal household expected for a second that the university romance with Catherine and William would continue for any time after they graduated, like most college romances which disintegrate under the intense scrutiny of jobs and geography. After he left college, William was doing all kinds of jobs, to get a sense of the Britain he will take over. Catherine was left to go her own way, but she survived.

Will the Queen approve of William and Kate's relaxed approach?

Yeah. I mean, she's not of that generation, [not] as touchy-feely. Diana very much was, that was part of her character and nature instinctively, but the Queen is still the ▷



Diana, Princess of Wales



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The Queen unveils a plaque at Paddington Station to mark the opening of the new line



All smiles as one of her ponies picks up a prize at the Royal Windsor Horse Show earlier this month

Queen after all. Certainly, as she said herself, lessons had to be learned after the death of Diana. I think we've seen her gradually breaking free from the past. The monarchy to me now seems more of a relaxed institution than it's ever been and I think that's down to the Queen. There is still formality there, but it's much more relaxed than it was 50 years ago.

The Queen made an appearance at Paddington Station. Do you think we all feel a sense of relief when we see her looking fit and well?

It's not just a sense of relief, but also an appreciation that she looks so relaxed and convivial. You don't want to see her out and about and struggling. Obviously, everyone wants her to appear at the Jubilee celebrations. We've had a bit of time to reflect on what it's going to be like without Her Majesty. You saw Prince Charles delivering the Queen's Speech and William was there, so you do get the glimpse into the future.

Will it be reassuring for her to see the continuity that's going to come after her?

Continuity is the chief job of the monarch



She has given her blessing for Camilla to be Queen Consort



The Queen's relationship with Charles is said to be better than it has been in decades

– to make sure they pass on the throne in safe hands to the next one who comes along. Given George VI's ill health, given the abdication of Edward VIII, you've got to go a long way back since the throne passed on in such an orderly and measured manner.

Will she feel like it's a job well done?

I think so. The fact it's going to be an orderly transition, the fact that you get a sense of her enjoying her swan song – and it may be that it's a swan song that lasts for another decade, by the way. It could be a Ken Dodd-type swan song, "Oh give me five minutes, give me 10," you know.

Health-wise, do you think there's not that much wrong with the Queen apart from back and mobility issues?

I measure the Queen's health by my mother's because she's the same age and they both have similar mobility issues. They both have their marbles and I think the fact the Queen is in reasonable health for her age, and is still undertaking the occasional royal engagement, is amazing.

It was recently announced that Camilla would be the Queen Consort. How is the Queen's relationship with Charles now?

It's better than it's been in several decades because he's ▶

resolved his private life and Camilla has proved herself an able and diligent consort. The conflicts with the Queen and Prince Philip were because their son's marriage was in trouble and because he was in love with another man's wife. If the Queen had taken a tumble on her horses, then we might have a very different scenario.

Would she feel guilty for having taken so long to accept Charles and Camilla's relationship?

No, because it didn't just affect the Queen as a mother, it affected the Queen as a sovereign and the monarchy as an institution. People forget there was a lot of criticism of the monarchy – that debate about Prince Charles being the next king is a debate that was started by Diana and has continued on and off ever since. The Queen, by saying she would like Camilla to be named Queen Consort, shows that the Establishment has accepted that relationship. It was not a flash in the pan, it has endured.

Do you think that's the secret to her having accepted Camilla, that she could see how much she loved Charles?

The Queen had known Camilla for many years, but she didn't like the situation that she and Charles had got themselves into. It was nothing personal against her, it was that it was damaging the monarchy.

Now the Queen also has to deal with a tricky situation in relation to Harry and Meghan. What do you think she makes of their decision to relocate to the States?

I think there's an awful lot of negativity that's come out of their decision to go to California, but frankly it's not totally different from what happened with the Queen when she was first married and she went off to Malta for a couple of years with Prince Philip. What does the Queen make of it? I think she's relaxed about it. It's not like they are the Cambridges. It's someone who's

Andrew believes the Queen is relaxed about Harry and Meghan's move to the States



The Queen and Prince Philip enjoying their diamond wedding anniversary in 2007



The royal family watching the flypast at Trooping The Colour in 2018

sixth in line to the throne and who will go down the pecking order. It would have been Diana's wish that Harry would be William's right-hand man. But what Harry's doing with his Invictus Games is entirely laudable.

So he's just finding his place...

One of the things people fail to understand is that the Queen and Prince Philip let their children choose the charities that they wanted to spend time with and it was their decision. So Princess Diana and Save The Children, Prince Charles and the Prince's Trust, the Duke of Cambridge and mental health and Prince Harry and the Invictus Games – something that is entirely his baby and he's very proud of it. I think the Queen will be very proud of the fact he's done that.

How do you think the Oprah Winfrey appearance went down with the Queen?

She was mortified at Diana's interview with Bashir, she was mortified at her son's interview with Dimbleby, especially as it overshadowed the first-ever tour of Russia with the Queen >



A young Princess Elizabeth
with her fiancé, Lieutenant
Philip Mountbatten

and Prince Philip. What Harry had to say was a direct assault on the values of the monarchy so I'm sure she wasn't exactly thrilled that one of her own was putting the boot into everything she's done over the last 70 years.

How do you think the royal family will be feeling as Harry and Meghan prepare to fly over for the Jubilee?

I'm sure that everybody will be on their best behaviour. The whole point is it's not about Harry and Meghan, it's about the Queen. It will be all smiles. Although when Harry brings out his book in October, it'll be interesting to see if they're still smiling then...

Do you think they will feel they have to be guarded with Harry?

I think they will not be articulating what they really feel. The royal family are a very well-bred family and they are used to making small talk, and smiling, carrying on and just getting on with it. Just as Prince Charles had to do with the Camillagate tapes. The royal family are adept at masking their feelings.

Do you think the Queen feels sad she hasn't got to know her namesake Lilibet yet?

She's a great-grandmother, of course she wants to see them. Any grandparent does. Her great motto was that she wanted to live in the countryside with dogs and horses and children. She's always been a family person and not to see her namesake in a difficult year... it's nice to see new life in a year when you are saying your final goodbyes to your companion since 1947.

How will she be feeling now without Philip by her side?

It was a very loving and robust relationship because it lasted for all those years, but they lived quite separate lives in many respects. Philip had his own life and his own world and was often out in the evening, although obviously they did many thousands of engagements together, especially on the world tours.

What was the secret to their long marriage?

They were always interested in one another and what the other was doing. Philip was one of the few people on the planet who was able to treat the Queen as a woman, as a human being. It's difficult when everybody is treading on eggshells and on their best behaviour. It's just [having] someone who can say to you, "Oh don't talk tosh."

During her reign, the Queen has presided over a number of scandals. How do you think she has guided the monarchy through them?

Her basic policy has been to kick the can down the road, with Princess Margaret, with the Charles and Diana scenario when she asked them to give it a real go, with the Duke and Duchess of York. I found it very significant that



The Queen attending a wedding with Prince Harry in 2019



Princess Margaret at a film premiere in 1960

the Queen's attitude to Harry and Meghan when they wanted to be half in half out of the monarchy was pretty robust. She'd learned kicking the can down the road and letting things linger was not good for the monarchy.

And what about the situation with Andrew?

It was a legal case and the presumption of innocence was on Andrew's side. Once the court mechanism moved into gear, they had to make a decision – do we have a messy court case with lots of mudslinging or do we pay-off?

What do you think the Queen's greatest strength has been?

Her stoicism. She's phlegmatic, she's a woman of strong emotions but she keeps them in check because that's what she's been trained to do and that's second nature to her. I think her finest hour was the speech she made in regards to Covid. It was her reminding the British people that they'd shown stoicism and resilience in the past and could do so again. **OK!**



THE QUEEN BY ANDREW MORTON IS OUT THIS WEEK, PUBLISHED BY MICHAEL O'MARA BOOKS (HARDBACK, £20)

WORDS: LEBBY EYRES PHOTOS: CLARENCE HOUSE/GETTY, STEPHEN LOCK/I-IMAGES, PA PHOTOS, SHUTTERSTOCK

Anything

but ordinary





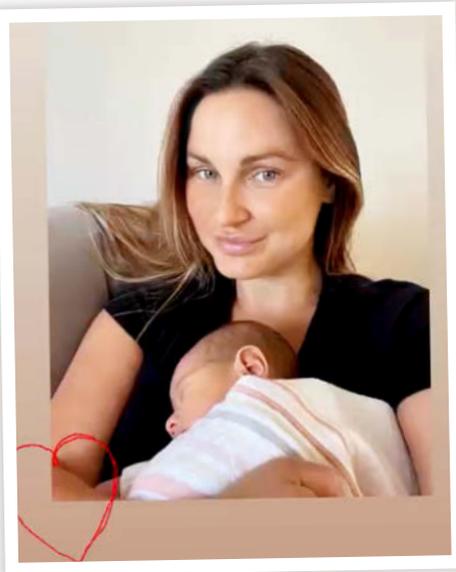
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HERE COMES THE SON

'MY HEART IS SO FULL RIGHT NOW'

FORMER *MUMMY DIARIES* STAR
SAM FAIERS WELCOMES HER THIRD CHILD
AND REVEALS SHE IS 'TOTALLY BESOTTED'



Looking the picture of happiness, a radiant Sam Faiers shared the first snap of herself cradling her baby son last week, revealing that she was "soaking up every second of newborn loveliness".

The reality TV star and podcaster, 31, welcomed her third child, an as yet unnamed boy, just days before,

and it was clear that she was still very much in the newborn 'baby bubble'.

"My heart is so full right now. I'm totally besotted with our baby boy and seeing Paul and Rosie with him is just the most precious thing in the world," she wrote on Instagram.

Sam and her long-term partner, property developer Paul Knightley, have two older children, Paul Jr, six, and four-year-old Rosie. The new addition will already share a very special bond with his big brother and sister as they were there when he came into the world.

Proud Sam shared a beautiful and candid montage of the baby's birth at the family's Surrey house. Moving clips show Sam during labour in a birthing pool while Rosie holds her mother's hand and Paul Jr kissing his new brother once he arrived.

Sam also had her partner Paul on hand to support her during the home birth, which was filmed to the sound of Yael Naim's *New Soul* covered by Louis III. She captioned the touching video, "No words can describe how in love we are with you baby boy. I honestly can't explain my feelings right now." She added, "Mummy loves you more than you could ever imagine."

In the week following the newborn's arrival, Paul celebrated his 34th

birthday. To mark the occasion, Sam shared an adorable image of him tenderly kissing his baby son's forehead. "The best birthday present ever," Paul wrote when he posted the same snap.

The couple's friends and family were quick to offer their good wishes.

Sam's former *TOWIE* co-star Lucy Mecklenburgh, 30, who herself was just days away from welcoming her second child, commented, "Congratulations he's just gorgeous."

Meanwhile, Lydia Bright, 31, wrote, "The most beautiful baby," while Sam's sister, Billie Shepherd, 32, said, "So incredibly proud of you, love you all so much. Another beautiful nephew to love forever."

At the time of going to press, Sam and Paul still hadn't announced what they've chosen to call their new bundle of joy. However, some fans think that they may have figured it out.

On the Instagram page for Sam's collection of children's bath products, Knightley Adventures, Sam shared that her "new little cub" had arrived alongside a lion image, leading eagle-eyed fans to believe she may have opted for the name Leo.

Huge congratulations to you all! **OK!**

The couple with Paul Jr and Rosie



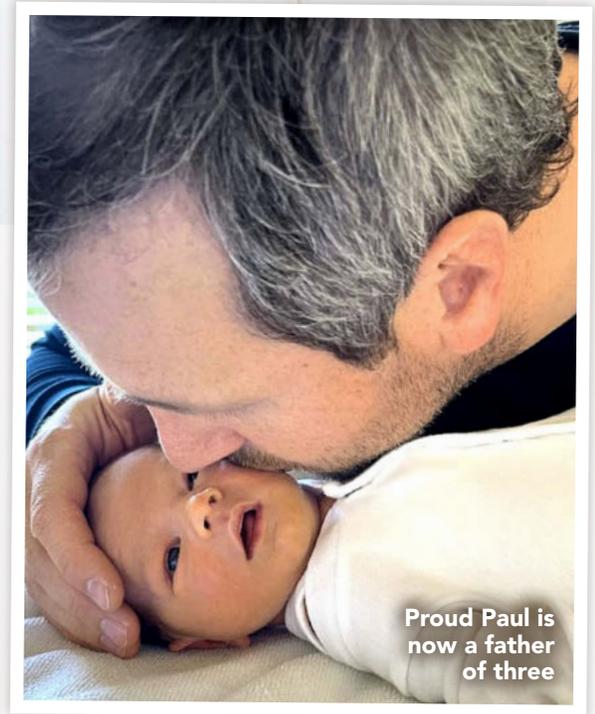
WORDS: CLARE FISHER
PHOTOS: LORNA ROACH



Little Paul with his new baby brother



Rosie held her mum's hand during labour



Proud Paul is now a father of three

FOR THE FAMILY YOU CAN CHOOSE

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AND PATCHES, FOR
PETA





I'M STILL ON SUCH A HIGH!

OUR COLUMNIST DISCUSSES HER CLOTHING LINE, THE "WAGATHA CHRISTIE" TRIAL AND WHY BLACK PEOPLE ARE MORE LIKELY TO FEEL LONELY

STYLE QUEEN

I'm still on such a high from my Very clothing line launch party last week! It was amazing to have my Loose Women girls there and my family and friends. It's such a monumental moment for me to have my own clothing range and to see people wearing things I've designed.

I also did my first-ever live shopping event on Thursday. It was great to work with the models, Trina

Nicola and Queen MoJo. Styling them and speaking to them about the different issues with clothing – like getting the right top to cover your chest or back – and being able to share experiences that put you off wearing particular clothing was great.

We've all been through it. But now there are clothes and styles out there for everyone.



HEARTBREAK IN BUFFALO

Another white supremacist has gone on a shooting spree in the US, this time in a Black neighbourhood in Buffalo. The main comment, apart from sadness and hurt, is the outrage over the peaceful arrest of the killer.

So many Black people have been killed by the police when either



The Black victims of police brutality include George Floyd

unarmed or wrongly arrested and stopped. My heart goes out to the families and the Black community again.

So much has changed over the past two years amid the global Covid pandemic and yet somehow war, poverty and racism have not.

We long for the day that brings peace to us all.



WAGS AT WAR!

I've been seeing the fallout of the "Wagatha Christie" trial between Coleen Rooney and Rebekah Vardy. It's sad that this is being aired on the news when there's lots going on in the world.

It seems like there was an issue in their friendship before this but they never addressed it, and it's led to the point that Coleen had to see if her friends were selling stories about her. It's OK to end a friendship so that it doesn't get to this stage. Let's be honest, neither of these women are winning in this whole madness!

FIRST AFRO HAIR ADVERT

I keep seeing an advert on TV for AfroCenChix – it's the first Black hair product that's been advertised in the UK. I can't believe it! It's quite shocking, considering I've lived here all of my life.

It's great to see it but I'm not going to lie, I was so shocked. I screamed and I was recording it and sending it to people.

It makes you realise how much we've seen subliminal messages and have just seen it as the norm. This is why representation really matters.



TACKLING BLACK LONELINESS

Data from the Mental Health Foundation suggests that Black people are more lonely than the general population, which is concerning and sad.

Black people have faced segregation and racism, and constantly have to have this conversation. But still today, some people will say, "I don't understand how Black people are discriminated against." All of these factors and social inequality can cause isolation, mental health issues and loneliness.

Unfortunately, the systemic issues of racism stop many Black people seeking help. Fortunately, there are podcasts and other creative groups trying to open spaces to spread #BlackJoy and #Blackexcellence, without having to explain why. I'd encourage anyone feeling lonely to find a safe space that allows you to speak your truth and be supported. **OK!**



'BECOMING A DAD SHIFTS YOUR PRIORITIES'

LOVE ISLAND'S IAIN STIRLING OPENS UP ABOUT HIS LIFE AS A DAD, WHAT'S IN STORE FOR THIS YEAR'S ISLANDERS AND HOW HE ALWAYS MAKES SURE HE STAYS GROUNDED

With all his successes, you'd forgive Iain Stirling for being just a little smug. At 34, the Scotsman is without doubt one of the most celebrated comedians of his generation and has built up an almost cult status doing the voice-over for *Love Island*.

But before the new series kicks off next month, he has been busy with other commitments – not least his biggest stand-up tour to date, which ended in Dublin in April. He's also about to start his sixth series hosting madcap entertainment show *CelebAbility*.

As if that weren't enough, he's co-written his own sitcom, *Buffering*, and penned a book called *Not Ready To Adult Yet*, which was accompanied by a podcast of the same name.

And just when you thought he could barely squeeze anything else in, he's now going global. This week, he releases his first Amazon Original stand-up special, *Failing Upwards*, to over 200 countries and territories.

Yet for all he has going on, Iain is unflappably cool when we catch up with him. And that, in part, is to do with becoming a dad to a gorgeous baby daughter last year, he tells us.

Iain and his Irish presenter wife Laura Whitmore – who fronts *Love Island* – welcomed their first child in March 2021.

"It just shifts your priorities," he says, when we touch on how life has changed since. "It's a really good way of helping you realise what's important.

"I worry less about stuff. Like, if I was doing a gig, I would worry about the lighting, or maybe being late, and you just leave behind all those little niggles now."

Both Iain and Laura are notoriously private about family life – choosing not to share their daughter's name or images of her face. Yet it's clear that becoming parents has been incredibly satisfying and is a priority, despite their hectic careers.

Earlier this month, Laura, 37, shared a sweet Instagram video apparently showing the 14-month-old having her feet measured

for shoes – but was careful again not to show her face. A few weeks earlier, the couple took their toddler to laid-back 49th birthday drinks held in London's Primrose Hill for Laura's *Celebrity Juice* pal Leigh Francis.

But Iain won't be drawn on the highs and lows of parenthood. "I don't really

just really lucky, I guess. I am just a very happy man," says Iain.

He landed his big TV break on CBC in 2009 – performing alongside puppet sidekick Hacker T Dog – after being heralded as one of Scotland's top talents while gigging at the Edinburgh Fringe.

Five years later, in 2014, he was

nominated for a Bafta for best children's presenter after hosting the off-the-wall kids' quiz show *The Dog Ate My Homework*.

From there, the work came flooding in and he moved to "grown-up TV" – albeit shows requiring his sharp humour and playful personality.

Unsurprisingly, he says his biggest work achievement to date is *Love Island*.

"None of us expected it to become so big, so the fact that we had so much fun making it and then all of a sudden it is everywhere, that makes me really proud," he adds.

Given its whopping success – it has regularly attracted three million viewers – he's understandably confident that

the hotly anticipated eighth series is going to be a cracker.

And this year's singletons will experience a new Majorcan home, which is currently under construction and set to be the grandest yet.

"I've not seen the villa. I like to wait and see it on the first day and meet the Islanders for the first time, so I'm like a viewer seeing it for the first time, too. That's my vibe... Or maybe it's just me being a little bit lazy," he jokes.

"I know it's got a fire pit because I talked about that in the trailer and I imagine if there's more working-out space it'll be the sexiest series we've ever had."

The rumours about the latest batch are rife, with everyone from Zara McDermott's brother Brad to former WAG Sophie Draper being suggested.

But who would he love to coax into the villa? "I really want Helen Mirren," he says. "I just think she's a really good actor and



Laura and Iain are deeply in laugh

want to get into that," he says, politely. "But being a dad has been great fun. I've just really been enjoying it."

And it's clear Iain's a very hands-on dad. "Touring, I'm not actually away from home as much as you imagine," he says. "My tour manager and I have a rule of thumb that if we're less than two-and-a-half hours away, I'll go home. So it's nice to still be really involved at home."

When it comes to his relationship with Laura, the couple – who are believed to have met at an ITV party in 2016 – are equally tight-lipped.

They married in secret in 2020, with the low-key wedding taking place in Dublin just weeks before they announced they were expecting.

Iain has referred to Laura as his "sunshine", with the couple often recording fun TikTok dance routines for their social media fans. "We just enjoy each other's company and are great friends, and I am



I admire her. Maybe she could go in with Billy Connolly? He's a legend."

After 224 singletons, countless hook-ups, tears and bust-ups, he's not too worried about running out of material for his sharp-witted commentary.

"Every season there have been some absolute blinders – like after *Casa Amor* when Shaughna told Callum 'Congrats, hun' after he recoupled with Molly. Or with the 'Who kissed who?' debacle between Georgia and Jack. I'm always confident there will be great moments."

But Iain still takes little for granted. His comedy entertainment show *CelebAbility* will enjoy its sixth series this summer.

"For any panel show to last so long feels crazy. And I guess I've never done grown-up telly properly before this, although I suppose it's not that far removed from kids' TV," he says.

"We just have a laugh and it's fun – like a little holiday. And it's getting better all the time.

"I think the celebrities understand it more than ever and the prizes are better this year. One is a year-long beer subscription."

And his show for Amazon, recorded at London's Alexandra Palace Theatre, will now put him on a global stage.

"It was ace," he says. "There's a guy called Richard who got up to go to the loo when I was performing and he actually becomes part of the stand-up.

"They were a lively audience – I had to tell them to calm down but the whole thing was just really exciting."

Iain puts his level-headed outlook and lack of ego down to his grounded Scottish upbringing and years of working on the comedy circuit.

"I've got my mum and dad back home and friends there keeping things normal. I also think my stand-up has helped. It's nothing like being a celebrated actor. It keeps you grounded. It keeps you humble.

"I've had people shouting at me, I've had people leaving. I've had a man dry-humping me!

"But that's just life – you've got to take the rough with the smooth. I just want to keep improving myself. I like all the things I do, so all I can do is ask myself whether I can do any of it better.

"And I've got no shame any more because I've experienced everything." **OK!**

IAIN STIRLING'S AMAZON ORIGINAL STAND-UP SPECIAL *FALLING UPWARDS* LAUNCHES ON PRIME VIDEO ON 27 MAY AND *CELEBABILITY* PREMIERES ON ITV2 ON 16 JUNE. *LOVE ISLAND* RETURNS ON ITV2 IN JUNE

WORDS: EMMA PRYER PHOTOS: BBC, SHUTTERSTOCK



BUILDING BRIDGES

'I'M NOT COMPLETELY UNBREAKABLE'

PRESENTER **AJ ODUDU** ON THE CHALLENGES OF BEING A BLACK WOMAN IN THE INDUSTRY AND HOW EMBRACING HER LATEST ROLE WAS THE PERFECT CONFIDENCE BOOST

She's one of our rising talents having won over audiences with her down-to-earth presenting skills as well as her impressive stint on *Strictly*, yet AJ Odudu still finds herself having to work twice as hard as anyone else.

The 34-year-old has previously said how being a Black woman has meant she hasn't had the same opportunities as white female hosts, and she feels she continually has to prove herself.

She has said, "Even if you don't get told (that you need to work harder to get half as far as white peers), you feel it. The opportunities you get and the things that you do, you know in your heart of hearts that you've had to jump through many more hoops than your counterparts."

Commenting on the struggles she has experienced during her career, Blackburn-born AJ tells us, "The world isn't fair and life isn't fair, and even though we don't say it, we feel it and we know it.

"The facts are the facts but hopefully people will continue to make a lot of progressive change. I'm aware that change will take a very, very long time and I wish it would hurry up, but we are where we are."

While hopeful for change, AJ's approach has always been to make the most of every opportunity. And this has definitely been the case with her latest role, as she is about to front a new series of Channel 4 challenge show *The Bridge*. Here, two teams go head-to-head to build a bridge in just 12 days to win a £200,000 cash prize.

The show is also set to appear in the US on HBO Max. So does she dream of joining the Brit pack, along with the likes of James Corden and Cat Deeley, who have carved out careers in the States?

"To be totally honest with you, it's not something I had ever thought of, mainly because of my accent," she says. "I think it's too daunting. I'm just excited to see what happens. One thing I've really learnt to do, probably because of some of the setbacks I had early in my career, is to just take everything as it comes. Regardless of the outcome of the show, it's a show I love and I'm really proud of it."

And after the painful ankle injury she sustained during training for *Strictly*, which forced her out of the final of the dance competition last year, she tells us this gig "couldn't have come at a better time". >



'I APPRECIATE THINGS
MORE BECAUSE I
KNOW HOW HARD
I'VE WORKED'



Hosting *The Bridge* with Aldo Kane



"What happened on *Strictly* made me realise that I'm not invincible and I'm not completely unbreakable. It knocked my confidence," she tells us. "When you feel strong mentally and something happens and you're not physically able to do something, I felt like my body had let me down. I felt like I'd let so many people down."

"*The Bridge* helped me get my head back in the game and regain my confidence," she continues.

"It was amazing to be out in Vietnam doing this incredible job. I just thought, 'What an incredible opportunity for me to take on a new role and a new challenge in such a gorgeous location.'"

AJ admits she initially turned down the presenting gig due to her commitments to the *Strictly Live Tour* – but when she had to pull out due to her injury, her agent got back in touch with the producers.

"It was perfect serendipity that this job held out for me. The timing was spot on. It's a brilliant show full of adventure, drama and an incredibly tough challenge and I'm so glad I did it," she comments.

Looking back on what could have been a missed opportunity, AJ adds, "I loved being a dancer for all those weeks but being a presenter is my first and forever love."

While her *Strictly* experience may not have panned out how she hoped, there were ▶



some valuable lessons to take away from her time on the BBC series.

"It's made me realise I need to listen to my body more and be kinder to myself," she tells us. "I get so frustrated with myself and I am the most competitive person, but it made me realise I need to sit back and not be so hard on myself. Regardless of how my time played out on *Strictly*, I still had the most incredible experience."

And it seems like she's found a friend for life in her professional partner Kai Widdrington, who she hails as "so supportive". When it comes to his new romance with fellow professional Nadiya Bychkova, AJ tells us she is happy for him.

"I will always be his first dance partner on *Strictly* and we will always have those incredible dances together to look back on and celebrate. It's really great that I got to go on that journey with someone as talented as him," she adds.

AJ is grateful for the podium *Strictly* has given her – as well as *The Bridge*, she co-hosted The BAFTAs red carpet coverage with comedian Tom Allen, and recently had an audience of millions when she revealed the jury vote for the UK at the Eurovision Song Contest.

"I pinch myself all the time. I'm really lucky to have friends that I've had since I was young and I'm really close to my family. In the moments where I do get lost they say to me, 'Oh my God remember when you said you wanted to do that and now you're doing it?' Even all the things I'm doing now are so exciting.

"It makes me sit back and celebrate all of my achievements. I appreciate things more because I know how hard the industry is and how much hard work it's taken me to get here. All the setbacks I had earlier in my career have made me appreciate things more."

When it comes to matters of the heart, AJ, is happily putting all her energy into her career, rather than looking for love.

"But if I meet the right guy then I'm open to it!" she adds.

Perhaps a stint on *Celebs Go Dating* might be on the cards?

"No," she laughs. "It's not for me.

Honestly, I love love, but I think I'm going to keep all of that private. Dating life is something private for me. I've already done a documentary with my mum – that was enough for me!" **OK!**

THE BRIDGE RETURNS SOON TO CHANNEL 4

WORDS: KIRSTY HATCHER PHOTOS: NATHAN GALLAGHER, GETTY





'I NEED TO LISTEN
TO MY BODY MORE
AND BE KINDER
TO MYSELF'



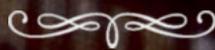
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THE QUEEN'S PLATINUM JUBILEE



OK!

8-PAGE PULL-OUT GUIDE ▶

Across the UK, from 2 to 5 June, thousands of Brits have signed up to have street parties as royal mania sweeps the nation.

It's estimated the country will spend more than £823 million marking Her Majesty The Queen's 70 years of service to the people of the UK, the Realms and the Commonwealth.

Members of the military, key workers, volunteers and the biggest stars from across the globe will come together for this unprecedented anniversary.

But of course the jewel in the crown of all the festivities will be the Queen herself – the first British monarch to celebrate a Platinum Jubilee.

Here, we highlight the events to look out for, and the Queen's former press secretary – royal commentator Dickie Arbiter – explains their relevance.

All you need to do now is roll out the bunting, wave a flag and raise a toast...



2 JUNE



TROOPING THE COLOUR

With Prince Charles at the event in 2019



Set against a backdrop of Buckingham Palace, the Trooping the Colour birthday parade will comprise over 1,200 officers and soldiers, 400 musicians and around 240 horses. Starting at 11am, the grand procession will make its way between the palace and Horse Guards Parade, along The Mall. Thousands are expected to line the route and, although seated tickets for the event are sold out, huge screens will be erected around St James's Park in the capital for royal fans to watch the action up close. It will also be broadcast live on the BBC and Sky.

The Queen is expected to watch from the balcony of Buckingham Palace, but the overall number of royals has been reduced to members of the family who are "currently undertaking official public duties", meaning the Duke of

York and the Duke and Duchess of Sussex are excluded. A Royal Gun Salute will also be fired.

The long established tradition, which has run for over 260 years, is set to be even more spectacular in the wake of the pandemic, says royal expert Dickie Arbiter. "It will be the first time this has happened properly since 2019 because of Covid. And 2 June is also the 69th anniversary of the Queen's coronation, so there's even more reason for a big, full-blown parade," he adds.

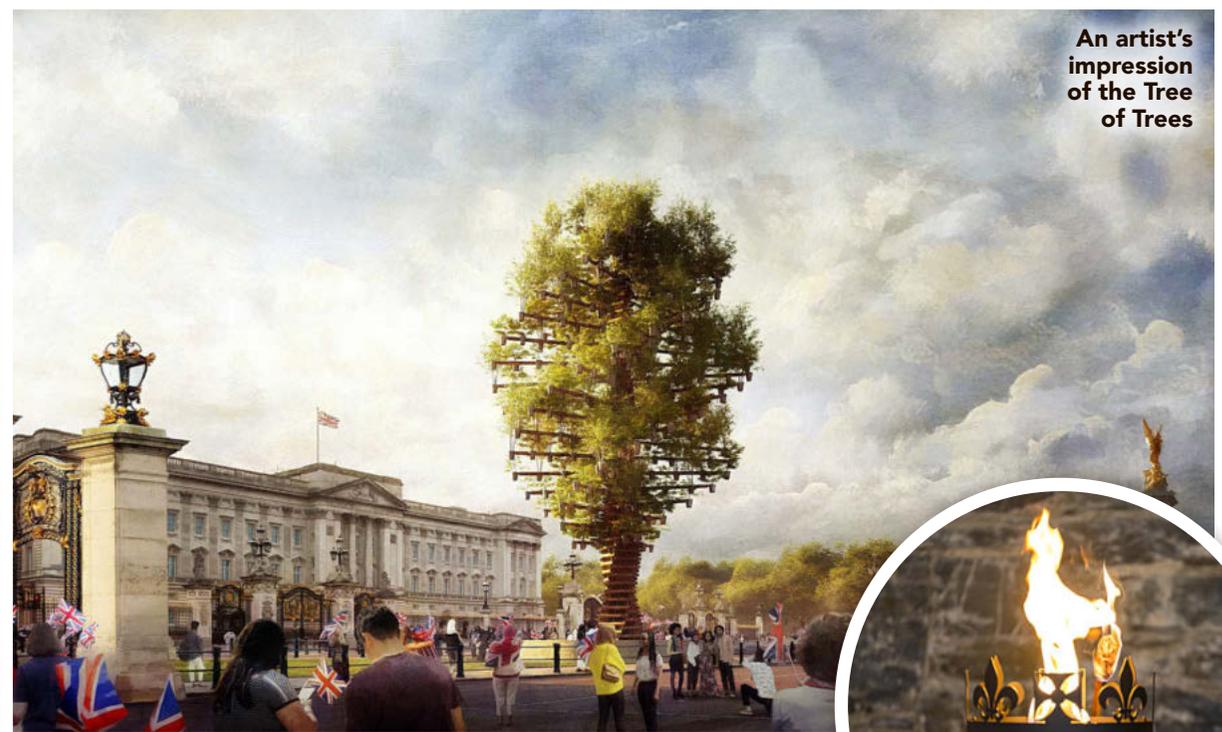
Proceedings will draw to a close with a jaw-dropping, six-minute flypast made up of more than 70 aircraft from the Royal Navy, Army and Royal Air Force. The display of three times as many aircraft as appeared in the Queen's last birthday flypast in 2019 will include an aerobatic performance courtesy of the Red Arrows.



The Red Arrows will take part in the flypast



Musicians and soldiers rehearsing for the spectacle in 2019



An artist's impression of the Tree of Trees



3 JUNE



The sculpture, seen under construction here, features 350 native British trees

PLATINUM JUBILEE BEACONS

We'll be looking skywards again as fireworks whizz overhead and more than 1,500 community and commonwealth beacons are lit, in a long-held tradition of celebrating royal jubilees, weddings and coronations. A string of beacons will light up the night skies throughout the UK, Channel Islands, Isle of Man and UK Overseas Territories, as well as one in each Commonwealth country's capital.

The lighting the beacons ceremony will begin on Thursday evening. The principal beacon involving the Tree of Trees – a 21-metre high living tree sculpture made up of 350 smaller trees – will be lit up in a special ceremony at Buckingham Palace. Expect a real night-time spectacle, with projections onto the front of the palace, too.

Members of Girlguiding will light a further 70 beacons up and down the country, while former servicemen and women from Walking With The Wounded will light theirs at the top of the highest peaks in each of the UK's four nations.

Many more community beacons will be lit by different groups throughout the country and around the world, including 54 in the Commonwealth's capital cities. "This is the first time the beacons will also be lit in capital cities of the Commonwealth, so it's very significant," says Dickie.

At sunset, pipers across the world will unite to play *Diu Regnare*, a tune specially composed for the jubilee.

FOR MORE DETAILS, VISIT QUEENSJUBILEEBEACONS.COM

SERVICE OF THANKSGIVING

Held at St Paul's Cathedral in London, around 2,000 dignitaries, royals, political and religious leaders from across the Commonwealth are expected to attend. The ceremony dates back to Queen Victoria's Diamond Jubilee in 1897.

Dickie says, "The service of thanksgiving is always a must on such a special occasion, bringing together so many different people with links to the monarch."

Great Paul, the largest church bell in the country, will be rung for the service. It was made in 1882, but fell silent in the 1970s due to a broken mechanism. Now restored, this is the first royal occasion where it will chime.

3 JUNE



A thanksgiving service was held at St Paul's for the Queen's 90th birthday in 2016



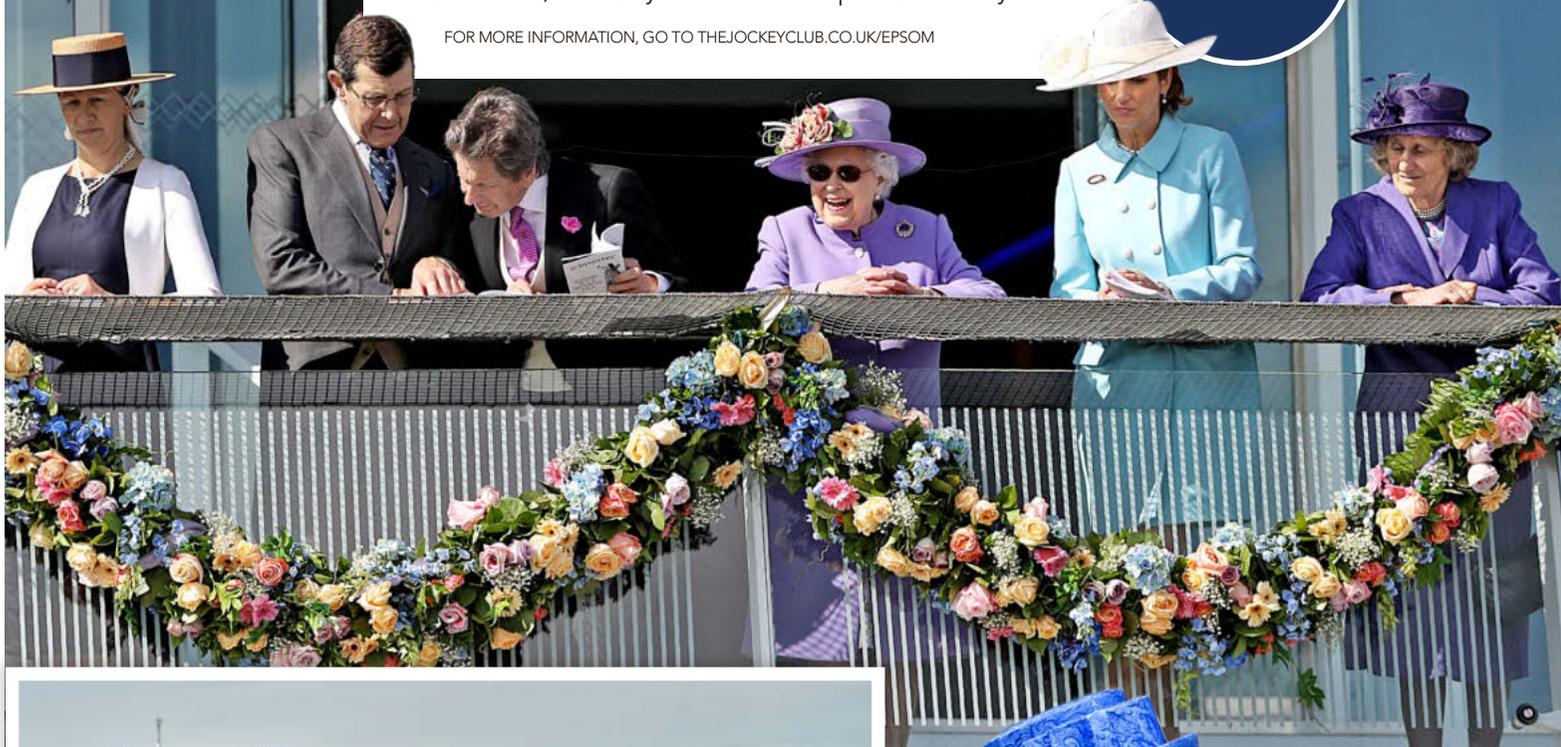
THE DERBY AT EPSOM DOWNS

Having always loved horse racing, it's hoped the Queen will grace the royal box during the Derby at Epsom Downs Racecourse – one of the world's best-known events. She's never had a winner in the race, and sadly her horses have pulled out this year.

FOR MORE INFORMATION, GO TO THEJOCKEYCLUB.CO.UK/EPSOM

4 JUNE

At the Epsom Derby in 2017



It's one of the world's best-known horse races



Watching the action from the royal balcony in 2019



4 JUNE



PLATINUM PARTY AT THE PALACE

Get ready to turn up the volume on your TV and dance. Hosts Kirsty Young and Roman Kemp will lead live coverage as performers take to three stages and 3D projections light up the front of Buckingham Palace.

The epic gig will air live on BBC One, BBC iPlayer and Radio 2. It will see famous faces brought together for a night of musical tributes and celebration. They will include Queen + Adam Lambert, George Ezra, Sir Elton John, David Beckham, Sir David Attenborough, Ellie Simmonds, Diversity and Eurovision's Sam Ryder.

There will be 22,000 people in attendance, including 10,000 picked in a public ballot and 5,000 tickets for key workers.

FOR DETAILS, GO TO [PLATINUMJUBILEE.GOV.UK/ EVENT/PLATINUM-PARTY-AT-THE-PALACE](http://PLATINUMJUBILEE.GOV.UK/EVENT/PLATINUM-PARTY-AT-THE-PALACE)



Roman, Elton and George will entertain us



5 JUNE



Joan and Shirley are expected to take part

THE PLATINUM JUBILEE PAGEANT

Commemorating the most significant and joyous moments of the Queen's reign, the carnival-style pageant will feature marching bands and circus performers, as well as horses and corgis to represent her lifelong love of the animals.

The pageant is based on a story by children's author Sir Michael Morpurgo and it has been organised into four acts – For Queen And Country, The Time Of Our Lives, Let's Celebrate and Happy And Glorious. Among the 10,000 people involved are military personnel, figures from music, film, sport and the arts, volunteers and key workers.

A fleet of Dames in Jags including Joan Collins, Arlene Phillips and Lesley Lawson, better known as Twiggy, are expected to join other women honoured by the Queen as they travel in Jaguars down The Mall as part of the event, also dubbed the People's Pageant. Holly Willoughby and Shirley Ballas are also understood to be taking part.

Huge puppets – including giant corgis – will be paraded along the route, which stretches almost two miles. Acrobats and BMX stunt cyclists will also perform along the way.

Meanwhile, a giant dragon with a wingspan as wide as The Mall will pull in the crowds, and 200 flags designed by schoolchildren will be carried as a River Of Hope, to the accompaniment of a 100-strong brass and percussion band.

Fittingly, a special Thank You dance will also pay tribute to key workers during the pandemic, as well as young people and volunteers.

Dickie says, "Many Commonwealth countries will take part in the pageant, too, so it's not just a big celebration for the UK."

Giant TV screens will be erected across the country for people to watch the pageant, which is expected to draw around a billion viewers around the world. The celebration will culminate with Ed Sheeran leading a singalong finale.

The Jubilee Pageant will be only the eighth such pageant in history. The first was held for King George III in 1809.

FOR MORE INFORMATION, GO TO PLATINUMPAGEANT.COM

OTHER KEY EVENTS

THE BIG JUBILEE LUNCH

More than 60,000 people have registered to host a Big Jubilee Lunch during the celebrations, with events ranging from world record attempts for the longest street party to back garden barbecues and everything in between.

Across the UK, more than 10 million people are expected to get involved in the festivities, sharing friendship, food and fun as part of this nationwide act of community friendship.

People around the world are also joining in with more than 600 international lunches being planned throughout the Commonwealth and beyond – from Canada to Brazil, New Zealand to Japan and South Africa to Switzerland.

FOR MORE INFORMATION, GO TO THEBIGJUBILEELUNCH.COM

ALL
ACROSS
THE BANK
HOLIDAY

Millions of us
will tuck in



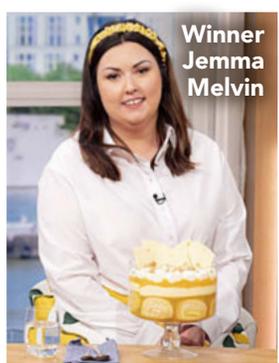
Diamond Jubilee celebrations in 2012



pudding judges
Mary Berry
and Monica
Galetti



Winner
Jemma
Melvin



TV JUBILEE SPECIALS

The occasion is being marked by a host of specials including *The Jubilee Pudding: 70 Years In The Baking*, *Bargain Hunt* with a regal twist and *Songs Of Praise*.

CBBC will also be celebrating with a *Blue Peter* jubilee takeover special at 5pm on Friday 3 June, as well as other jubilee specials on Saturday 4 and Sunday 5 from 9am.

Bargain
Hunt's
Charlie
Ross



DESIGN A FLAG

Schoolchildren have been busily creating flag designs representing their hopes and aspirations for the future of the planet over the next 70 years. Two hundred have been chosen to be turned into silk flags and flown during the Jubilee Pageant.



Children have been designing flags



Prince Charles and the Queen plant a tree in Balmoral as part of the initiative

THE QUEEN'S GREEN CANOPY

With people across the UK urged to plant a tree for the jubilee, it's estimated that if every household with a garden did so, there would be 22 million more trees in the country, making Britain greener than ever.



The Queen's coronation dress

JUBILEE EXHIBITIONS

A series of special exhibitions exploring the Queen's long reign will be held at her official residences from July onwards. In the State Rooms at Buckingham Palace, the public can view portraits of the Queen by photographer Dorothy Wilding. And in the palace's Royal Mews, some of the royals' historic carriages will be on show.

At Windsor Castle, the Queen's coronation dress and Robe of Estate will be on display, and other outfits she's worn at previous jubilee events will be unveiled at Edinburgh's Palace of Holyroodhouse.

FOR MORE INFORMATION, VISIT RCT.UK



WORDS: ANNA POINTIER, EMMA PRYER. ON DUTY WITH THE QUEEN BY DICKIE ARBITER (BLINK PUBLISHING, £20) IS ON SALE NOW. PHOTOS: CAMERA PRESS/YOUSUF KARSH, GETTY, HEATHERWICK STUDIO FOR THE QUEEN GREEN CANOPY/PA WIRE, PA, REX/SHUTTERSTOCK



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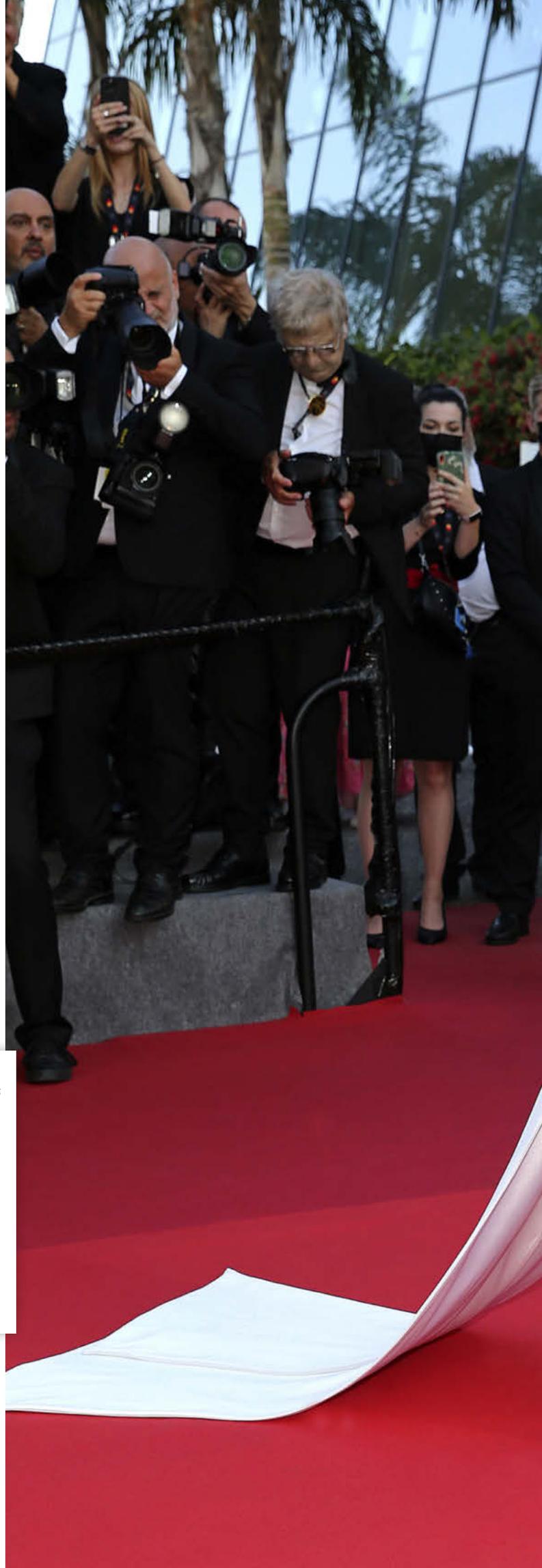
MOVIE MAGIC

YES, WE CANNES!

THE STARS FLOCKED TO THE FRENCH FILM FESTIVAL TO CELEBRATE THE BEST IN CINEMA AND FLAUNT THEIR SHOW-STOPPING OUTFITS



Desperate Housewives star Eva Longoria, 47, looked magical in a sheer black Alberta Ferretti ruffled dress at a screening of *Final Cut* (*Coupez!*).





Anne Hathaway, 39, made her Cannes debut in a glittering white two-piece Armani Privé gown, saying, "You can never go wrong with a little sparkle."



Anne was accompanied by her husband Adam Shulman, 41, who also wore Armani.



Supermodel Alessandra Ambrosio, 41, wore an attention-grabbing ballgown by French designer Stéphane Rolland to the *Armageddon Time* premiere. ▶



Julia Roberts, 54, flashed her megawatt smile at the *Armageddon Time* premiere. The star opted for a Louis Vuitton suit accessorised with strappy heels.

Take That's Howard Donald, 54, Gary Barlow, 51, and Mark Owen, 50, went for retro chic while promoting the film *Greatest Days*, in which they have a cameo.



Singer Tallia Storm, 23, dazzled on the red carpet in striking yellow and pink at the *Final Cut* screening.





Oscar winner Julianne Moore, 61, wore black Bottega Veneta and let her jewellery do the talking with an eye-catching emerald choker.

Kylie Minogue, 53, looked angelic in a white maxi dress at the Magnum bash. **OK!**

WORDS: CLARE FISHER
PHOTOS: AVALON, GETTY

'THERE WERE TIMES I FELT EMOTIONAL'



TOM CRUISE, JENNIFER CONNELLY, MILES TELLER AND JON HAMM WOW THE CROWDS AT THE UK PREMIERE OF *TOP GUN: MAVERICK*

Hollywood A-listers upped the glamour stakes to make it a night to remember at the UK premiere of *Top Gun: Maverick* last week. Stars of the film, including Tom Cruise, Jennifer Connelly, Jon Hamm and Miles Teller, stepped out on a mini runway, complete with a model Eurofighter Typhoon jet! The Duke and Duchess of Cambridge were also in attendance at London's Leicester Square to celebrate the long-awaited sequel of the hit 1986 movie. Tom, 59, who reprised his leading role as Pete "Maverick" Mitchell, spoke of the "many times" he found himself feeling emotional during filming.

"I kind of didn't think about it, I'm

very much a guy who's in the present and working toward the future," he said. "But approaching this movie, there were times, many times, where I felt [emotional]."

"And also, just the pressure to really make it right, to not do a cover of the original but to honour the original."

"I always wanted it, as the people who love *Top Gun*, they could pull that off their shelf and then say, 'OK chapter two' and they pull off *Top Gun: Maverick*."

Other stars at the event included Denise Van Outen, Carol Vorderman and Anton Du Beke and his wife, Hannah Summers. **OK!**

WORDS: ELLIE KIRWIN-JONES
PHOTOS: GETTY, SPLASH NEWS



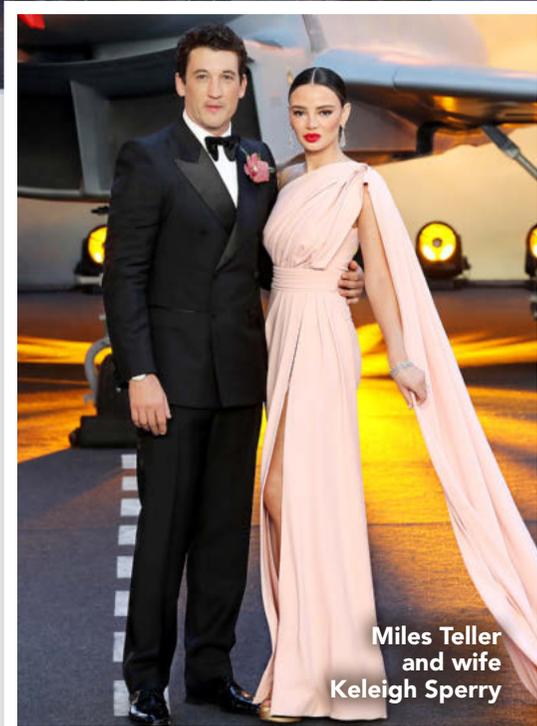
Tom Cruise at the premiere of *Top Gun: Maverick*



Denise Van Outen goes for all-out glam



Carol Vorderman dresses the part



Miles Teller and wife Keleigh Sperry



Anton Du Beke with his wife Hannah Summers

'I WAS NEVER FEARFUL – I HAD A LOT OF LIFE EXPERIENCE'

THE TOUGH BEGINNINGS OF TALENTED WRITER AND DIRECTOR **KAY MELLOR** LED TO HER INCREDIBLE ACHIEVEMENTS. HERE, WE DELVE INTO WHAT MADE HER WORK SO RELATABLE

Celebrated TV screenwriter, director and actor Kay Mellor had a special gift for capturing the emotional nitty-gritty of everyday life. And she certainly lived through enough tough experiences of her own to colour her influential work.

The talented star became pregnant at 16 and fought hard to raise a young family while following her dreams.

Kay, who died suddenly on 15 May at the age of 71, was best known as the creator and writer of hit TV series *Band Of Gold*, *Fat Friends*, *Girlfriends* and *The Syndicate*. Her big, warm and sometimes shocking storylines delved into families and relationships, especially the strong bonds between women.

The star and her two brothers were raised by their "affectionate and loving" mother, Dinah, on a Leeds housing estate. Of her parents' marriage, Kay told *The Big Issue*, "It was a very violent break-up. Those images don't go away, ever. You will remember them all your life. When my dad came back into my life when I was 21, I found it difficult to make a relationship with him."

Kay's hard-working mother was a huge inspiration, making her daughter believe she could achieve anything she wanted, but that didn't include either drama school or having a baby at the age of 16.

When Kay became pregnant while still studying at secretarial college, her mother fully supported her decision to keep the child and marry her 17-year-old boyfriend Anthony Mellor in 1968.

In an interview last year, she recalled how catastrophic the whole thing felt at the time. "We'd been going out for about 18 months. We had no money. He

was optimistic, ecstatic that I was pregnant and having a child. But I remember feeling, this is terrible, this is the end of my life," said Kay.

But she kept her promise to Dinah that she would go back to her studies when she was able. When her two now incredibly successful daughters – actress and TV producer Yvonne Francas, 55, and actress Gaynor Faye, 50 – went to primary school, Kay attended university.

Meanwhile, Anthony was working hard to pay the bills and, as Kay confessed, at one point they were drifting apart until he followed her lead and went back to education.

She told *The Big Issue*, "God bless Anthony, he knew that if we were to sustain our marriage, he would have to change. So he went to Stockport College and got a degree."

After graduating in 1983, Kay – a natural creator and entertainer – began to explore drama and co-founded the Yorkshire Theatre Company.

She began her writing career on soaps, including *Corrie* and *Brookside*. Kay's creativity began to fly when she co-created the Bafta-award winning children's drama *Children's Ward* in the late 80s and the early 90s soap *Families*.

Never afraid to stick her head above the parapet, Kay put forward the idea for *Band Of Gold*, following the lives of sex workers in Yorkshire, which ran for three series. She said, "I had a lot of life experience at a young age. And that meant I was never fearful. When you've given birth at 16, when you don't know where your next penny is coming from, you're not afraid of saying things."



She was made an OBE in 2010

Kay soon became a household name as her ideas kept on flowing, spawning an incredible body of acclaimed TV shows. For *Fat Friends*, Kay insisted on using larger actors so they could bring their genuine experiences of trying to lose weight to their roles. The series brought together James Corden, Ruth Jones, Alison Steadman and Sheridan Smith for the first time – leading on to the sitcom *Gavin & Stacey*.

The Syndicate – the ever-popular series about what happens to ordinary groups of people who get rich quick by winning the lottery – was her longest-running show, screened on BBC One from 2012 to 2021.

Her other notable works include *Playing The Field* for the BBC, *The Chase*, *Strictly Confidential*, *In The Club* and *Girlfriends*.

Kay's one-off two-part drama, *A Passionate Woman*, was inspired by the affair her mother had with another man while unhappily married to her father, a secret Dinah kept for three decades.

In 2010, Kay won special recognition for her services to drama and was invited to Buckingham Palace to be presented with an OBE award by the Prince of Wales – a scenario a million miles away from the tough beginnings in Leeds that Kay never forgot or shied away from. **OK!**



Fat Friends brought together much of the cast of Gavin & Stacey



One of Kay's dramas was Girlfriends

WORDS: KIRSTY HATCHER
PHOTOS: GETTY, ALAMY, REX





DECISION TIME

GET YOUR VOTES IN!

THE NTAS ARE BACK AND YOU CAN NOW PICK YOUR FAVOURITE SHOWS AND TV STARS ONCE AGAIN

Joel Dommett is getting his favourite suit pressed as he prepares to take the helm as host of the NTAs after smashing it at last year's event.

The ceremony, which is in its 27th year this September, is coming to the OVO Arena Wembley for the first time ever

and will see some of our telly favourites walk away with their much-deserved awards.

But they'll only be in with a chance of winning if you get voting, so go to nationaltvawards.com now for a complete list of the contenders. Here's our pick of the nominees...

TALENT SHOW JUDGE

Oti Mabuse – *Dancing On Ice*
Motsi Mabuse – *Strictly Come Dancing*
Anton Du Beke – *Strictly Come Dancing*
Simon Cowell – *Britain's Got Talent*
will.i.am – *The Voice*
Rita Ora – *The Masked Singer*



NEW DRAMA

A Very British Scandal – BBC One
Landscapers – Sky Atlantic
Pam & Tommy – Disney+
The Thief, His Wife And The Canoe – ITV
Vigil – BBC One
Holding – ITV
The Responder – BBC One
Conversations With Friends – BBC Three
The Tourist – BBC One



TALENT SHOW

Strictly Come Dancing – BBC One
Dancing On Ice – ITV
The Masked Singer – ITV
Starstruck – ITV

STREAMERS

Clarkson's Farm – Amazon Prime
Heartstopper – Netflix
Moon Knight – Disney+
Slow Horses – Apple TV+
F1: Drive To Survive – Netflix



TV PRESENTER

Alison Hammond
Ant and Dec
Bradley Walsh
Graham Norton
Holly Willoughby
Joel Dommett



COMEDY

Derry Girls – Channel 4
After Life – Netflix
Ghosts – BBC One
Sex Education – Netflix
Ted Lasso – Apple TV+
The Outlaws – BBC One

QUIZ SHOWS

The 1% Club – ITV
The Weakest Link – BBC One
Ant & Dec's Limitless Win – ITV
University Challenge – BBC Two

AUTHORED DOCUMENTARY

Julia Bradbury: Breast Cancer And Me – ITV
Ashley Banjo: Britain In Black And White – ITV
Tom Parker: Inside My Head – Channel 4
Ellie Simmonds: A World Without Dwarfism? – BBC One
Will Young: Losing My Twin Rupert – Channel 4
Joe Wicks: Facing My Childhood – BBC One

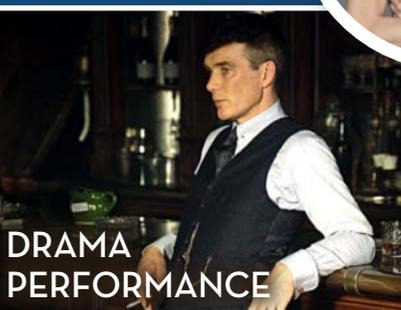


BRUCE FORSYTH ENTERTAINMENT AWARD

Rob And Romesh Vs – Sky One
Freeze The Fear With Wim Hof – BBC One
The Games – ITV
I'm A Celebrity... – ITV **OK!**

RETURNING DRAMA

Bridgerton – Netflix
Gentleman Jack – BBC One
The Split – BBC One
Killing Eve – BBC One
Manhunt – ITV



DRAMA PERFORMANCE

Cillian Murphy for Peaky Blinders
Jodie Whittaker for Doctor Who and Annika
Suranne Jones for Vigil and Gentleman Jack



Joe Locke – *Heartstopper*
Kit Connor – *Heartstopper*
Arin Smethurst – *Casualty*
Alison Oliver – *Conversations With Friends*



SERIAL DRAMA

Coronation Street – ITV
Emmerdale – ITV
EastEnders – BBC One
Neighbours – Channel 5

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- ALL VOTES MUST BE IN BY 11PM ON MONDAY 6 JUNE 2022.
- THE NTA SHORTLIST WILL BE REVEALED IN AUGUST WHEN THE FINAL ROUND OF VOTING BEGINS. WINNERS WILL BE ANNOUNCED AT THE CEREMONY ON ITV ON 15 SEPTEMBER 2022 (SEE FULL TERMS & CONDITIONS AND PRIVACY NOTICE AT NATIONALTVAWARDS.COM)

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SUMMARY TERMS: FIRST-STAGE VOTING OPENS AT 12:01AM ON TUESDAY 24 MAY 2022 AND CLOSES AT 11PM ON MONDAY 6TH JUNE 2022. VOTES RECEIVED OUTSIDE OF THESE TIMES WILL NOT BE COUNTED. RESTRICTIONS ON MULTIPLE VOTING APPLY. FOR FULL TERMS & CONDITIONS AND PRIVACY NOTICE, SEE NATIONALTVAWARDS.COM.

DANCING FEAT

'I WANT TO BE WITH JOE FOREVER'

PROFESSIONAL DANCER **DIANNE BUSWELL** ON HER RELATIONSHIP WITH JOE SUGG, HOPES FOR MARRIAGE AND HER FUTURE ON *STRICTLY*

The *Strictly* curse has quite a reputation, but there have been some real love stories to come out of it. Dianne Buswell and her partner Joe Sugg are proof that things definitely can work off the dance floor!

The couple met four years ago when they were partnered on the BBC One show, coming second to Stacey Dooley and Kevin Clifton – another *Strictly* love story. And when we catch up with Dianne, 33, it's clear

her relationship with Joe is still going from strength to strength.

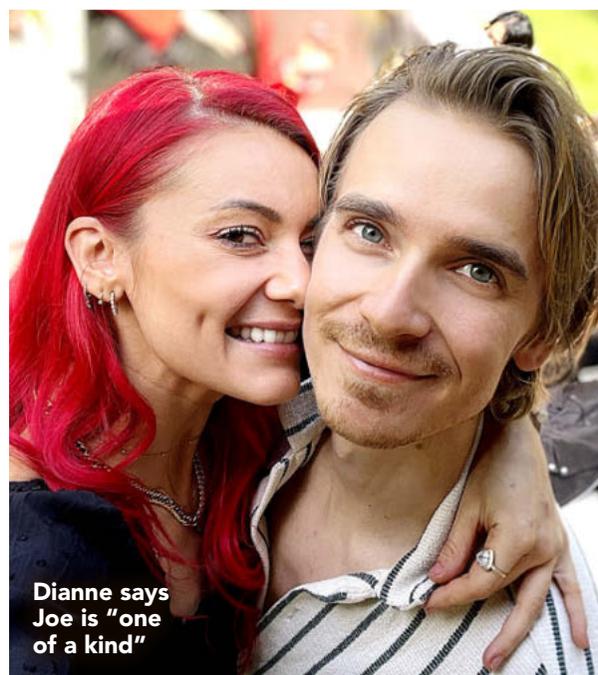
Describing him as "one of a kind", she gushes, "Joe's like my little rock. He's so supportive – we're each other's rock. He's so busy with his work and I'm so busy with mine, but when we're finally together after our crazy days, it's so lovely."

And Dianne says that despite their hectic work schedules, they always make time for each other. "Even though sometimes it might be weeks when we're apart because of me touring or him working, we both have so much respect for each other's jobs that it's so easy and so chilled," she says. "He's amazing, I couldn't do it without him, and vice versa."

So how do they keep their spark alive? It's all down to date nights, Dianne tells us. "We make sure our times together are always scheduled, so that we know when we'll be together again," she says. "He always says absence makes the heart grow fonder – and it really does."

When we quiz Dianne on whether she could be expecting an engagement ring any time soon, she tells us, "That's not for me to answer!" However, it's clear she's in the relationship for the long-run. "Obviously, I'd love to be with Joe forever so whether we get married or not, as long as we're together then I'm happy," she says.

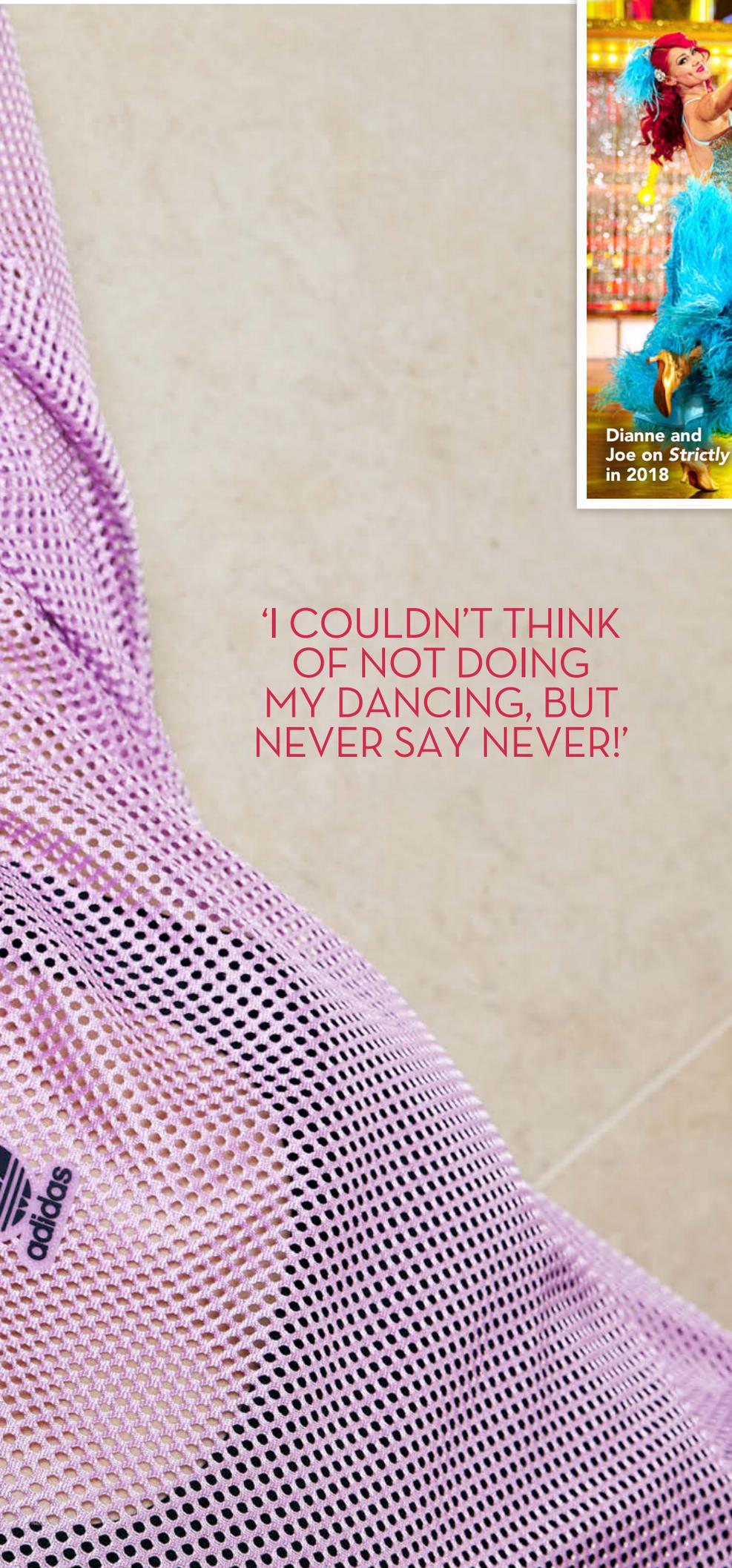
Dianne is currently busy working on the *Strictly* tour – and she tells us >



Dianne says Joe is "one of a kind"







'I COULDN'T THINK OF NOT DOING MY DANCING, BUT NEVER SAY NEVER!'



Dianne and Joe on *Strictly* in 2018

it's "amazing" to be back in front of an audience.

"The *Strictly* cast have been like my family since I moved over here," she says. "I sometimes can't believe how close we are."

And it isn't just the professionals who are passionate about the show – four years on, Joe still loves dancing.

"He [Joe] actually came to the *Strictly* tour the other night, and in the interval, I caught him in the dressing room with his arms up into his ballroom hold, and I was like 'Are you practising your dancing in front of the mirror?!' He was like, 'Yeah, does it look good?' It was so funny," Dianne laughs.

"So, we still do dance, especially when we're watching dancing together. He does love it and he's very good at it, I must say. His ballroom has improved

leaps and bounds."

On whether they would like to partner up again on any future projects, Dianne says, "Yeah, we definitely have lots of ideas in the pipeline. It's just finding the time for us at the moment. But there are definitely ideas there."

Last year, Dianne was paired with *Peep Show* actor Robert Webb. But their journey on the competition was sadly cut short as Robert had to pull out for health reasons. Looking back, the Australian native says, "You never want to leave when you're in a competition – you want to stay until the end. But obviously Robert had to look after himself and it was an absolutely valid reason that he left the show."

Dianne now "has a fire in her belly" for the next series. "One thing I've learned with *Strictly* is you just never know what partner you're going to get, you never know what's going to happen, what the audience will love and what they maybe don't take to as much. You just have to take the good with the bad with *Strictly* and enjoy every single week as it comes," she admits.

While she's looking forward to returning as one of the professional dancers, she says she's open to new opportunities in the future.

"I would love to do some other, brand new stuff," she admits. "Don't get me wrong, I'm really happy continuing on with *Strictly*, but I do love trying out new things."

"At the moment, I'm really happy with where I am and what I'm doing, I couldn't think of not doing my dancing, but never say never!"

Proving that she's open to a challenge, Dianne has just teamed up with deodorant brand Sure, which saw her and her partner Pasquale La Rocca dancing nonstop for 12.6km over two hours and 12 minutes and setting a new Guinness World Record for the furthest distance danced by a couple.

"I found the research on how many people get put off exercise because of sweat and smell worries really interesting. And it's amazing that the Sure 72Hour Nonstop Protection stops people from feeling self-conscious," she says. "If it can give someone a bit more courage to get out there and get moving, as well as get them feeling happy in their own skin, then I'm all for that!" **OK**

DIANNE RELIED ON SURE'S NEW 72H NONSTOP PROTECTION ANTIPERSPIRANT TO KEEP HER PROTECTED FROM SWEAT AND ODOUR THROUGHOUT HER RECORD BREAKING ATTEMPT.

WORDS: ELLIE KIRWIN-JONES AND RHIANNA BENSON
PHOTOS: CAMERA PRESS/MATT MONFREDI

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OK! FASHIONISTA

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Earrings **M&S** £12.50
Necklace **Estella Bartlett** £22
Bag **Jigsaw** £120

FASHION STYLIST: KATY GALE FASHION ASSISTANTS: GRACE SALMON, OLIVIA NEVIN PHOTOGRAPHER: EUAN DANKS
HAIR AND MAKE-UP: CAROLINE PIASEKI USING URBAN DECAY MODEL: JENNIFER KOCH AT LINDEN STAUB



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OK! LOVES

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MOOD



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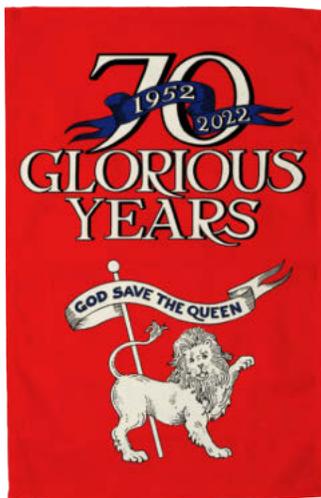
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WITH OK! FASHION EDITOR LAUREN GOODWIN-GRAFTON

FUN IN THE SUN

Whether you're planning a jolly British staycation or jetting off to tropical climes F&F have all your family's beach needs covered. Modelled by ambassador Abbey Clancy and her six-year-old mini-me daughter Liberty, the collection is full of stylish swimwear that has the "made mindfully seal of approval".

There are flattering swimsuits if you are looking for more coverage, as well as high-waisted bikinis that are set to be a big hit. Plus, you'll find chic cover-ups too – the white Brodiere shirt dress could definitely pass as designer. And you only popped in for your weekly shop...

AVAILABLE AT TESCO STORES AND SELECTED STYLES AVAILABLE ONLINE AT NEXT.CO.UK



Black swimsuit £19

Kids spotted swimsuit £4



White beach dress £22
Bikini top £12
Briefs £10



Yellow bikini top £14
Briefs £10

IT'S IN THE BASKET



I am a sucker for a basket bag come summer, which is why I've been drooling over Stone & Mason's latest collection.

The handwoven beach totes come in various sizes (the mini is cute) and the handles come in a host of bright colourways too – in fact, I'm struggling to choose a favourite. As a bonus, this season the brand is also introducing jewellery and bucket hats into the mix. More, please!

CHELSEA TOTE IN 'SUNSHINE', 'NEMO' AND 'PERCY PINK', £175, NECKLACES, £135 EACH, FROM STONE-AND-MASON.COM

ONE-STOP SHOP

JD Williams is back with its fourth campaign starring its lovely brand ambassadors Amanda Holden and Davina McCall. This season features three carefully curated edits appealing to what shoppers will be looking forward to the most this season: staycations, gardening and some family time.

At JD Williams you'll find everything from fashion and beauty to homeware all in one place, which means you won't have to browse the web for hours and can spend more time enjoying the things you love.



SHOP THE COLLECTION NOW AT JDWILLIAMS.CO.UK

BLUSH HOUR

Benefit WANDERful World blushers, £27.50, in 11 new shades and a new look for the iconic Dandelion



Benefit's new WANDERful World collection has no fewer than 12 shades of silky-smooth, ultra-blendable blushers with an airbrushed finish. These beautifully packaged powders all have shades and names inspired by the wonders of nature - so expect to go wild for them.

BODY POLISHES

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Neom Great Day Body Scrub £38



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THE LIQUID NOSE JOB

LOOKING FOR A LESS-INVASIVE
OPTION THAN RHINOPLASTY?
DEPUTY BEAUTY EDITOR ZOE CRIPPS
TRIES A NON-SURGICAL TREATMENT

For as long as I can remember, I've yearned for that perfect "ski slope" nose. I'm talking about the sort that belongs either to the genetically lucky few, or those who have had surgical help.

Supermodel Bella Hadid, 25, recently revealed her beautifully shaped nose was created via rhinoplasty when she was just 14 – which would require a strong case and parental consent in the UK.

While rhinoplasty might be commonplace in Beverly Hills, new figures suggest it's falling out of favour on this side of the Atlantic. According to the British Association of Aesthetic Plastic Surgeons (BAAPS), the number of surgical nose jobs has plummeted from 4,878 in 2013 to 1,330 in 2021.

One reason for this is the so-called "liquid nose job". Aesthetic clinics across the UK are reporting a rise in demand for non-surgical nose sculpting using injections of dermal filler.

These stats tell me that I'm not alone in wanting results but not the downtime, cost or risks that come with surgery. What if the result doesn't suit my face? What if the swelling lasts for months?

I've wanted to refine my nose for years, but after being quoted £8,500 for rhinoplasty, I've decided that the less-invasive option is worth investigating first.

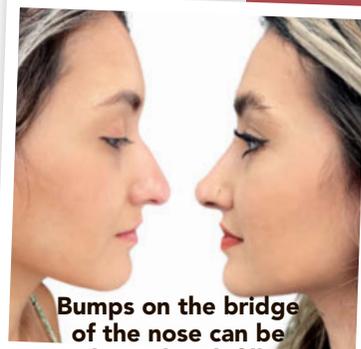
I booked in with Dr Ioannis Liakas, medical director at Vie Aesthetics, and asked him the questions that would help me decide whether to go ahead...

What can a non-surgical nose job do?

"It's perfect for those who want to correct lumps, bumps and nose elevation. It's also commonly used by people who want to see how they might look with a permanent rhinoplasty," says Dr Liakas. "It can't make your nose smaller, per se, but if your nose has lumps and bumps, its profile will appear to be bigger. When those bumps are smoothed and the bridge is straightened, the human brain will perceive the nose to be smaller and slimmer."

Can absolutely anyone have the injections?

"We wouldn't treat anyone with unrealistic expectations," says Dr Liakas. "If someone has a deviation of the septum – when the thin wall between your nasal passages is displaced to one side – they will usually get turned away because they'd need filler on the side of the nose, and that could hit an artery."



Bumps on the bridge of the nose can be adjusted with filler

Is it a painful treatment?

"Some people say the treatment can be a bit uncomfortable, but our fillers are mixed with anaesthetic, so you shouldn't feel much pain," says Dr Liakas. "You can go straight back to your daily life. You might experience a bit of swelling and bruising for a few days, but that's it. The filler sits firmly after a couple of days, so we just ask people not to wear glasses or sunglasses for 48 hours."





‘When bumps are smoothed, the brain will perceive the nose to be smaller’



Would the filler prevent someone having a surgical nose job in future?

“A lot of plastic surgeons will ask for the filler to be dissolved before they operate, which can be done with hyaluronidase injections. Otherwise there’s no issue,” says Dr Liakas.

How long do results last?

“Because the nose is an area we don’t tend to move too often, the filler will last around nine to 12 months. I have a lady who last had it done 18 months ago and she still doesn’t need a top-up,” adds Dr Liakas.

Any risks I need to know about?

“There are lots of little arteries around the sides of your nose that you don’t want to hit, or else it could cause tissue injury and scarring. Go to a good practitioner with the appropriate training,” urges Dr Liakas.



How much does it cost?

“Depending on how much filler is used – usually 1ml – it’s around £375 at Vie Aesthetics,” says Dr Liakas. “That price includes the treatment and a follow-up. We offer clients the option to come back for a top-up once the filler has settled, as you might find you need a little more. Our philosophy is less is more – it’s much easier to add more filler than take it away.”

PUT TO THE TEST

Zoe gives her verdict on the non-surgical nose job

I have a slight dip on the ridge of my nose, which makes its tip look rounder. I was warned that filler wouldn’t make my tip much more refined, but that it could smooth out the bridge of my nose, giving the illusion of more structure. My expectations were managed and I was happy to proceed, mainly because I thought that if I liked the results, it would save me £8,000.

The first injection pinched a little, but after that the anaesthetic kicked in and I didn’t feel much else. The whole process took just 15 minutes from start to finish. Dr Liakas mentioned I’d have a little

bruise, but it was easily covered with make-up.

My nose looked slightly swollen at first, but that went away quickly, along with the bruise. Now, I’m delighted with the results.

I like my new smooth bridge, and I think it’s helped give my face a bit more symmetry.

Can I promise I won’t book in for surgery? No. After I’ve bought a flat and saved up again, I’ll probably be knocking on the consultation room door. But I do think filler is perfect for anyone looking for a less-invasive way to refine their nose.



Before



After

WORDS: ZOE CRIPPS PHOTOS: VIE AESTHETICS, GETTY FOR MORE INFORMATION ABOUT THE TREATMENTS OFFERED AT VIE AESTHETICS, SEE VIE AESTHETICS.COM



BEAUTY EDITOR LAURA MULLEY SHARES THIS WEEK'S MUST-HAVES, TRENDS AND TIPS



1



Top tips

After a six-year absence from the beauty shelves, Lottie London nail polishes are back – 22 fun shades of vegan varnish and a pop at just £3.95 a bottle.

You can embellish your enamel even further with these super-cute nail stickers, at £5.95 a pack and with designs ranging from abstract art shapes to, erm, fried eggs (of course).

The new collection is just the thing to bring a flash of colour to your fingertips – and a smile to your face.



Deodorant. Not exactly something to get excited about, right? However, despite my long-time love for the powerful puff of an aerosol, I've recently fallen a little bit in love with Wild's natural, aluminium-free stick deos, made up of a chic, everlasting case and refills that are plastic-free and 100% compostable.

If these eco credentials aren't enough, the creamy, non-drag texture of the stick and the sophisticated fragrances might just sway you (this Lily & Freesia is a new scent). The case costs £10 and refills are £6 each.

2 Stick with it



3

Heard of Skin + Me? It's the "dermatologist to your doorstep" subscription that creates a customised, prescription-strength skincare dose specifically for your face's needs – I've used it for months and recommend it.

Skin + Me has now launched two simple cleansers and two moisturisers, which you can add to complete your routine. The doser alone costs £24.99, with the two additional products £15 a month.



4 Rosy outlook

What were you doing in May last year? For me, it was finally managing to book in a hair appointment and packing away my winter coat as pubs allowed us indoors again, post-pandemic. If you were Dior, however, you were busy harvesting the Centifolia rose from the Grasse region in France to create this year's perfume vintage, the Miss Dior Rose Essence EDP, £136.

This extra-special scent is light and sparkling, showcasing the whole of the flower and amplifying it with notes of vetiver and patchouli.



5 Blooming marvellous

This summer, I'm all about updating a classic: black oversized sweatshirts for black oversized T-shirts, glasses of white wine for white wine spritzers, the original *Top Gun* movie for the new one (OK, perhaps some classics should just be left alone...).

A staple in my beauty cupboard is getting a seasonal update, too, as Elemis' beloved Pro-Collagen Cleansing Balm has just launched in a limited-edition Summer Bloom fragrance, £46. Inspired by sun-dappled English fields, it'll whisk you off to the great British countryside – as it transports your make-up down the plughole.

Complexion perfection



Purple patch 6

I admit it, I may have squealed a little when I learnt Glossier was launching a new flavour of its best-selling, multi-purpose Balm Dotcom, £10.

I must have one of every scent dotted somewhere about my house/bag/person at all times, and this new addition, lavender in both fragrance and in slight tint, has already made itself right at home.

I also know I won't be able to resist the snapping up the matching lilac Glossier hoodie, too.



MASTER THE ART OF ARGUING

HAVING FIGHTS IN RELATIONSHIPS CAN BE HEALTHY IF YOU LEARN HOW TO HANDLE ROWS PROPERLY

Let's face it – we are a nation addicted to watching other people arguing. The return of *Love Island* next month will have us glued to all the latest fallouts and bust-ups. After all, Faye and Teddy's fiery fight in the villa last summer sparked a record 25,000 Ofcom complaints.

When it comes to problems in our own lives, some of us take the royal family's "stiff upper lip" approach – if we ignore something for long enough, perhaps it'll disappear. Just look at the supposed ongoing feud between Princes Harry and William.

Others, like the Kardashians, seem to revel in confrontation. Who can forget the infamous "slapgate", when Kim and Kourtney's bickering became so heated it turned physical?

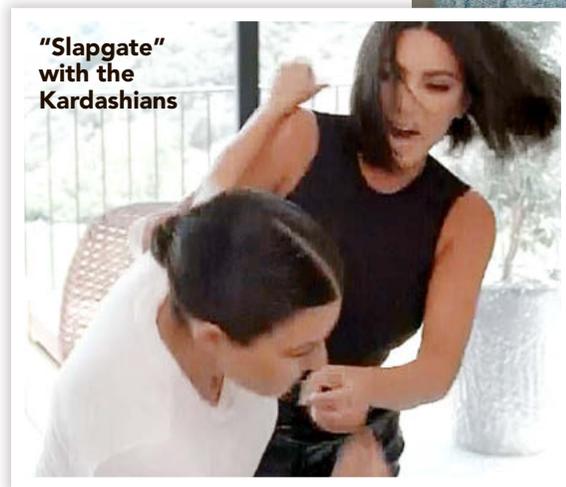
Arguments happen easily, but when not dealt with properly, can lead to simmering tensions and grudges that can last for a long time.

Relationship expert Neil Wilkie, founder of online couples therapy platform The Relationship Paradigm, says that feuds, whether between family,

friends or partners are often triggered by a minor incident.

"The origins of the argument tend to fester and grow, leading to people getting into 'defence' mode, which quickly escalates the row," he says. "It's fight, flight or freeze time – freeze being where the blood supply to the brain and ears is reduced, and the ability to listen and understand is compromised."

Here, Neil reveals six ways you can have a healthy argument and tackle disagreements in an effective manner.



1

CHOOSE YOUR TIME WISELY

"Create a time and space where you'll be listened to and understood. The focus must be on the underlying feelings and blame removed so, in

other words, take your time and try to explain why you're feeling stressed. Perhaps they are upset because you didn't load the dishwasher, or you keep leaving wet towels on the bed. Address this first, as these issues often fester and can be the cause of a major blowout further down the line."

2

SCHEDULE A 'STATE OF UNION' MEETING

"Setting aside an hour a week for a 'state of union' meeting could be a huge help.

Share three good things you've each noticed in the relationship that week and one thing that could be even better. Agree what you're both going to work on the following week."

3

TALK ABOUT THE GOOD THINGS

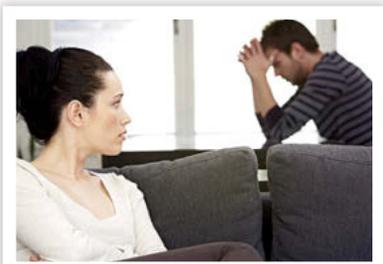
"Every night, share three good things that have happened to you that day. This will get both your subconscious minds into a positive frame before sleeping and allow the subconscious to filter out unnecessary and unimportant differences."



4 TAKE A TIME-OUT

"If you're arguing and feel yourself getting activated, and the adrenaline is flowing, it's handy

to have a 'pause' signal that both sides will recognise. Take a break for at least 20 minutes, then return to the discussion. When you've calmed down, you can process what's being said."



5 EXPRESS YOUR FEELINGS

"Give each other 20 minutes to express your feelings on the subject. Listen intently, mindful of the real feelings. At

the end of 20 minutes say something like, 'I understand that you feel this way about X because of Y.'"

6 DON'T GO TO SLEEP MID-FIGHT

"Going to sleep on an argument isn't productive unless you both agree the discussion will continue after all parties have had a good night's sleep. If the adrenaline is still flowing and you're feeling angry, you're likely to wake up with an even more entrenched position and things will get worse." **OK!**

WORDS: MICHELLE MARTIN
PHOTOS: GETTY



ARGUMENT MYTHS BUSTED

Neil calls out the common misconceptions about disputes

MYTH 1: GET DRUNK TO HELP YOU VENT YOUR TRUE FEELINGS

"It really doesn't help. Many arguments are fuelled by drinking as it loosens inhibitions, but alcohol also disconnects you from logic and emotional intelligence. Many arguments are regretted when sober."

MYTH 2: IT WILL ALL BE FORGOTTEN THE NEXT DAY

"No! The brain has an infinite capacity to remember. The subconscious will be processing past arguments and trying to create patterns from them. Arguments need to be calmly discussed in order to understand each other's feelings and see if a resolution is possible."

MYTH 3: PEOPLE WHO REALLY LOVE EACH OTHER NEVER ARGUE

"This isn't the case. If arguments are suppressed, a relationship will wither. If you truly love someone you can be honest with each other and celebrate the differences rather than suppress them."



MYTH 4: THE PERSON WHO SHOUTS THE LOUDEST WILL WIN THE ARGUMENT

"If you have to shout louder to try and win the argument, you need to find a better argument!"

MYTH 5: ARGUMENTS ARE A COMPETITION TO JUDGE WHO'S THE CLEVEREST

"You are in a relationship, not a debating society. There is no right and there are no prizes!"

MYTH 6: EVERYTHING CAN ALWAYS BE RESOLVED

"Seek to understand, not to persuade. This is the key to having healthy discussions and a healthy relationship."

FLY THE FLAG

CROWN THE QUEEN'S PLATINUM JUBILEE WITH A SUITABLY PATRIOTIC SPREAD OF DECADENT TREATS

Union Jack cake

1. Preheat the oven to 180°C/160°C fan/gas mark 4. Butter two 20cm sandwich tins and line with baking paper.
2. In a large bowl, beat the caster sugar, butter, eggs, flour, baking powder and 2 tablespoons of milk together until you have a smooth, soft mixture.
3. Divide the batter between the tins and smooth with the back of a wooden spoon.
4. Bake for about 20 minutes until the sponges are golden and spring back when pressed

- lightly with a finger. Leave to cool fully on a wire rack.
5. To make the icing, beat the softened butter until smooth and creamy. Then gradually beat in the sifted icing sugar and vanilla extract.
 6. Spread the jam over the bottom of one of the sponges and top with half of the butter cream. Spread the remaining butter cream over the top of the second sponge and sandwich the two together.
 7. Arrange the berries on top in a Union Jack design.

SERVES 6-8

INGREDIENTS

- 200g caster sugar
- 200g softened butter
- 4 eggs, beaten
- 200g self-raising flour
- 1 tsp baking powder
- 2 tbsp milk

For the filling and topping

- 200g butter, at room temperature
- 300g icing sugar, sifted
- 1 drop of vanilla extract
- 5 tbsp strawberry jam

To decorate

- 150g strawberries, hulled and halved
- 150g raspberries
- 150g blueberries



MAKES 18 SCONES

INGREDIENTS

For the scones

- 460g self-raising flour
- 50g caster sugar
- A pinch of salt
- 2 tsp baking powder
- 120g unsalted butter, at room temperature
- 2 large eggs
- 150ml whole milk, plus a little extra to glaze

To serve

- 200g clotted cream
- Tiptree Jubilee strawberry jam
- Edible flowers to garnish, optional

Cream tea

- 1.** Line two baking trays with baking paper and preheat the oven to 200°C/180°C fan/gas mark 6.
- 2.** Place the flour, sugar, salt and baking powder in a large mixing bowl and stir. Add the butter in small pieces and rub in by hand until you have a fine crumb texture.
- 3.** In a small bowl, beat together the eggs and add the milk. Slowly add this to the flour mixture, until you have a soft dough.

- 4.** Tip the dough on to a lightly floured surface and knead gently until it's nice and smooth.
- 5.** Then use a rolling pin to roll out the dough until it is roughly 3cm thick.
- 6.** Use a 6cm fluted cutter to stamp out the scones. Place them on the baking trays with a little space between each scone.
- 7.** Knead the offcuts lightly together again and re-roll the dough. Repeat the stamping

out process until you have used up all of the dough.

- 8.** Brush the tops of the scones with a little milk and then place both the trays in the preheated oven. Bake for 15 minutes, until the scones are well risen and lightly golden.
- 9.** Remove from the oven and allow to cool before serving with lashings of clotted cream, strawberry jam, edible flowers if using, and a pot of tea. ▸

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drinkaware.co.uk for the facts
Please drink responsibly

SERVES 6

INGREDIENTS

- 3 large egg whites
- 175g white caster sugar
- ½ tsp vanilla extract
- To serve**
- 300ml double cream, chilled
- 300g strawberries, halved
- 100g blueberries
- Edible flowers to garnish, optional

1. Preheat the oven to 140°C/120°C fan/gas mark 1.
2. In a large, clean mixing bowl, whisk the egg whites to soft peaks.
3. Slowly add the caster sugar, 1 tablespoon at a time. Whisk continuously until you have a stiff, glossy mixture.
4. Add the vanilla extract and mix further to thoroughly combine.
5. Line a baking tray with baking paper.
6. Using a metal spoon, carefully spoon 6 dollops
- of meringue on to the baking paper, spaced well apart.
7. Bake for 1½ hours then turn off the oven. Allow the meringues to cool inside the oven for 4 hours.
8. Just before serving, add the double cream to a clean bowl and whip until it reaches stiff peaks.
9. Serve the meringue clouds with a dollop of whipped cream, dotted with the strawberries and blueberries and garnished with edible flowers, if using.

Meringue clouds

Royal rose margarita

MAKES 2

INGREDIENTS

- 2 tbsp fine salt, for the rims of coupe glasses
- ½ a lime
- 50ml lime juice
- 100ml tequila
- 100ml sparkling rosé wine
- 1 tbsp rose syrup
- Edible flowers to garnish, optional

1. Add the salt to a saucer, then run the wedge of lime around the rims of your two coupe glasses.
2. Place the rim of one glass in the saucer and twist gently to coat with salt. Repeat with the second glass and set aside.
3. Pour the lime juice, tequila, rosé wine and rose syrup into a cocktail shaker and fill with ice. Stir well to mix and strain into the coupe glasses to serve. Garnish with edible flowers, if using. **OK!**

WITH THANKS TO SAMANTHA GIBBS AT THE PERFECT CUPCAKE COMPANY. FOLLOW @PERFECTCUPCAKECOMPANY ON INSTAGRAM



A-LIST BLISS

IT'S LITTLE WONDER THAT THE SELMAN HOTEL IN MARRAKECH IS A BIG HIT WITH THE STARS, OFFERING A SUMPTUOUS FEAST FOR MIND, BODY AND SOUL

HIGH SOCIETY

Marrakech, with its delicious food, colourful souks and tranquil riads, is a magnet for celebs. Madonna rang in her 60th birthday in the Moroccan city, Idris Elba got hitched there and David Beckham celebrated his 40th at the chic Amanjena resort.

OK! stayed at Marrakech's most luxurious resort, the five-star Selman, just outside the old city walls. Designed by French architect Jacques Garcia and just a 15-minute drive from the ancient quarter of the medina, its 50 rooms and five suites have incredible views of the pool, gardens and snow-capped Atlas Mountains.

Feeling really fancy? Book one of five private villas with their own heated pool and lush gardens.

Our 'Prestige' room was the definition of opulence with monochrome mosaic walls and bathroom, burnt sienna furnishings and carved wooden doors. It had a lounge area, a huge bed and even a private terrace.

One of the Selman's stylish suites





The Assyl restaurant

DINING DELIGHTS

There are four restaurants and two bars to choose from within the Selman hotel, offering everything from authentic Moroccan meals to international dishes.

Take a seat inside the plush, velvet-lined Le Selman restaurant or outside with views

of the swaying palm trees. Menu highlights include chicken and green olive tagine, beef medallion and sea bream ceviche. If you're looking for a buzzy venue, it might not be the spot for you, but it fits the vibe of the hotel perfectly and its rich, sumptuous decor is hard to beat.

Enjoy lunch as you soak up rays at the Pool Bar, with choices ranging from sushi to Caesar salads and club sandwiches. And dine at the Assyl restaurant, which apparently has a kitchen staffed solely by women and is where Madonna took pals during her 60th birthday extravaganza in 2018. Note that it is closed on Sundays and Mondays.



The kids' club entertains the little ones

THE KIDS ARE ALRIGHT

If you are on holiday with a young family, you'll be pleased to know children are well catered for. There's a vibrantly decorated kids' club packed with toys and activities for four to 12-year-olds. Baby cots and extra beds can be added to all bedrooms and a babysitting service is available, booked 24 hours in advance.

A USP of the Selman is its Arabian thoroughbred horses, which guests can view in their paddocks or inside the stables, which were also designed by Jacques Garcia. The hotel can also organise horse riding.

And even dogs and cats under 3kg are welcome as guests. Now that's what we call all-inclusive! **OK!**

WORDS: KAT STORR

BODY AND SOUL

The centrepiece is the Selman's 80m pool, which is heated to a perfect 28°C. It's lined with Guatemalan tiles and fringed by palm trees, sunloungers and shady day beds. Staff were unable to confirm rumours that it's the longest pool in Africa – but swimming a dozen lengths is quite a workout!

The hotel's Henri Chenot spa is a joy for the senses with dimmed lights, a quiet, warm atmosphere and an aromatic scent in the air. The decor is extravagant, with pierced metal chandeliers, candlelit lanterns and Zellige tiles. In the middle is a heated, natural pool with seven treatment rooms dotted around the edge.

Using the Chenot Method – which assesses your wellness and then creates a bespoke treatment and diet plan – a three-day programme is available focusing on

eliminating toxins, boosting energy and rebalancing mind and body.

OK! enjoyed an authentic hammam treatment, in which your skin is scrubbed with black soap, leaving it feeling wonderfully soft. This was followed by a thorough massage to knead out any knots.

The spa has four hydrotherapy rooms, a plunge pool, gym, sauna, steam room and a hairdresser's. Treatments range from massages and facials to light therapy and mud wraps.



The Henri Chenot spa

HOW TO BOOK

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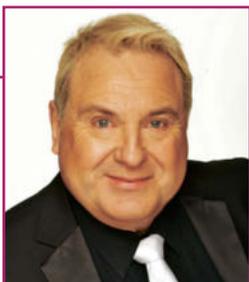
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ARIES

MARCH 21 – APRIL 20



If you can't decide what to begin first, make it a priority to finish what's already been started. Do this before starting anything new or you may never complete projects now waiting for attention. Planning ahead will be key.
STARLINE: 0905 789 4001**

CANCER

JUNE 22 – JULY 23



There is a lot you'd like to do for pleasure and an equal amount you must do out of duty. You won't resent putting work and other responsibilities first if this lets you get on with things you want to do without interruption later.
STARLINE: 0905 789 4004**

LIBRA

SEPTEMBER 24 – OCTOBER 23



Your partner or a housemate shows their stubborn side. They get like this occasionally and with them refusing to make any compromises on plans you are making, you can either be equally as stubborn or just give in.
STARLINE: 0905 789 4007**

SAGITTARIUS

NOVEMBER 23 – DECEMBER 21



Whether it is to begin or complete a creative venture, you could find inspiration via an email, letter or phone call. Subjects that come under discussion will be somewhat unusual and you will want to look into them further.
STARLINE: 0905 789 4009**

AQUARIUS

JANUARY 21 – FEBRUARY 19



Regular arrangements will be cancelled due to delays. You won't mind this as much as others, as you wanted to duck out anyway. Nothing seems to come easy but hard work will bring its just rewards, so persevere.
STARLINE: 0905 789 4011**

TAURUS

APRIL 21 – MAY 21



Someone you work with or a member of a committee is refusing to give information requested from them. If they aren't going to reveal what has been going on, you may have to do some secret delving of your own.
STARLINE: 0905 789 4002**

LEO

JULY 24 – AUGUST 23



Someone who is usually argumentative when things don't go their way is making a serious effort to stay calm. You will admire their self-control and you should tell them so. It will mean a lot to them to know you have noticed.
STARLINE: 0905 789 4005**

SCORPIO

OCTOBER 24 – NOVEMBER 22



A need for action will inspire you to charge into new situations. This will be a totally impulsive move that will lead to exciting experiences. Finding the courage to act on an opportunity will soon put you in the spotlight.
STARLINE: 0905 789 4008**

CAPRICORN

DECEMBER 22 – JANUARY 20



You're tempted to put too much faith in a tip or offer. Wait until you find out more before acting on what you hear. Equally, you should check exactly what might be involved before volunteering for anything.
STARLINE: 0905 789 4010**

PISCES

FEBRUARY 20 – MARCH 20



Difficult situations you tried to avoid will crop up and they cannot be avoided. It might feel as if the stars aren't looking favourably on you. But a tough patch won't last long – you may just have to remind yourself of this.
STARLINE: 0905 789 4012**

GEMINI

MAY 22 – JUNE 21



You are looking forward to starting on a long-term project but there are others around you who aren't as keen. If, for whatever reason, you can't wait to begin on this, make good use of your enthusiasm and get going now.
STARLINE: 0905 789 4003**

VIRGO

AUGUST 24 – SEPTEMBER 23



Don't get too frustrated when things seem to be going wrong. You might instead approach a job from another angle. There is every chance you will make better progress when you are left to get on with some tasks on your own.
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JANUARY TO DECEMBER 2021
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WE NEED TO MAKE HEALTHY FOOD A PRIORITY

OUR COLUMNIST ON TACKLING OBESITY, SPENDING TIME WITH PETE AND PARENTING CHOICES



I went to see Pete in *Grease: The Musical* recently and I loved it. It was so nice to see him doing his thing on stage and he was fantastic. The West End show feels different to the tour, as it's an even bigger production. Amelia and Theo haven't been yet but I'm planning to take them to a matinee performance soon. They do understand what their dad does for a living but at the same time it's a weird concept for them. I understand that as it's a weird concept for me, too, sometimes. To me, he's just Pete! Sometimes



Theo says, "People call Daddy Peter Andre. Why do they do that?" which always makes us laugh. We also made the most of him having some free time between *Grease* shows and went to Alexander House hotel for his belated birthday present. It's near where we used to live, so we used to go all the time and it's really relaxing for us. We had such a lovely time – massages in the spa and an amazing-tasting menu for dinner. We were at the table for three hours and we just chatted the whole time. Luckily, we still make each other laugh after all these years!

STORMI IN A TEACUP

Kylie Jenner and Travis Scott were criticised for the way they dressed their four-year-old daughter Stormi at the Billboard Music Awards, with some people calling her white dress "inappropriate". I actually thought Stormi looked really cute and I didn't think about whether it was an inappropriate outfit. At the end of the day, it's up to a parent how they dress their child and what they think is acceptable. It's also easy to see a snapshot of someone's life and make a judgement or criticise their parenting, but that's not fair. I thought it was so nice that they took their daughter with them to the awards and made her feel special for the evening. Even more so because they recently welcomed their second child and may have not been able to spend as much time with her as before.



OBESITY COSTS

Jamie Oliver is protesting about the Government's decision to make a U-turn on its anti-obesity strategy. It has decided to delay a ban on two-for-one deals on unhealthy food, with Jamie calling the move a "wasted opportunity" to tackle obesity in the UK. The Government said it took the decision because of the cost of living crisis. I have to say I agree with Jamie on this, as it's really important to prioritise tackling obesity. Of course, we also need to think about the cost of living crisis. Everyone is worrying about what is around the corner financially and it can feel like a challenge to cook healthily on a budget. I think we need to prioritise making healthy food more affordable and help families by educating everyone from a young age on how to cook these fresh, healthy meals. **OK!**



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