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UNMISSABLE
17-PAGE TV
& FILM GUIDE

NO HOLDING BACK LISA'S DIVORCE DIARIES

ISSUE 1079 7-13 MARCH 2020

BECKHAMS
LATEST



**COLEEN'S
BABY DILEMMA:
'I CAN'T
COPE WITH
ANOTHER
BOY'**



**Jac's vow renewal
and Caitlyn's the
maid of honour!**



**Posh's relief
as David says:
'I need you'**



HARRY & MEGHAN BETRAYAL

**ACCUSED OF HURTING QUEEN...
BUT ARE THEY THE REAL VICTIMS?**

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PINK**

**20%
OFF**

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*T&CS APPLY

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heat

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Who needs a porter when you have Net-a-Porter?

TOMMY AND MOLLY-MAE...

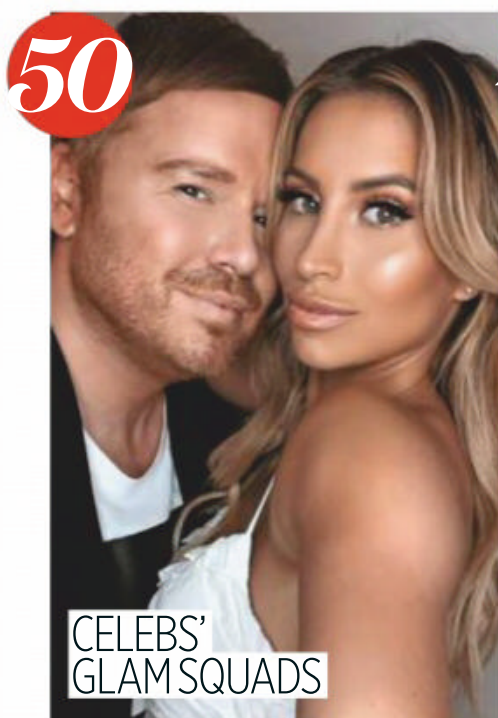
FOR SHOWING US HOW TO DO BUDGET TRAVEL

Travelling long haul can be so expensive, right? We always go rogue at duty free pre-flight, before buying yet another adaptor, 15 magazines (obvs) and five packs of Polos. But after seeing Tommy Fury and Molly-Mae Hague touch down at Heathrow Airport, we've realised we really need to up our game. The lovebirds landed back in the UK from Las Vegas

last week dripping in enough designer cogs to fill Mariah Carey's wardrobe. Together, they covered all the bases – Gucci, Balenciaga and Louis Vuitton – racking up a total of £11k worth of clothes and accessories between them. With spending like that, their duty-free spree will have been a bargain in comparison. Budget travelling at its finest.

Celeb
EMPLOYEE OF THE WEEK

Every issue, we award a star this prestigious honour for services to celebrity that go above and beyond the call of duty...



CELEBS' GLAM SQUADS



HEAT CHATS TO DR RANJ



THE ISLANDERS RETURN HOME



FANCY A FAMOUS PT?

THE WEEK MEGxit REALLY KICKED OFF

Harry and Meghan under fire for 'disrespecting' the Queen



versince Prince Harry and Meghan Markle announced they were quitting their lives as senior royals, it's been a

bumpy road. But last week, Megxit reached breaking point after it was revealed the Queen banned them from using the word "royal" in their Sussex Royal branding. Harry and Meghan released a statement angering many with their wording, which appeared to include a thinly-veiled dig at the Queen.

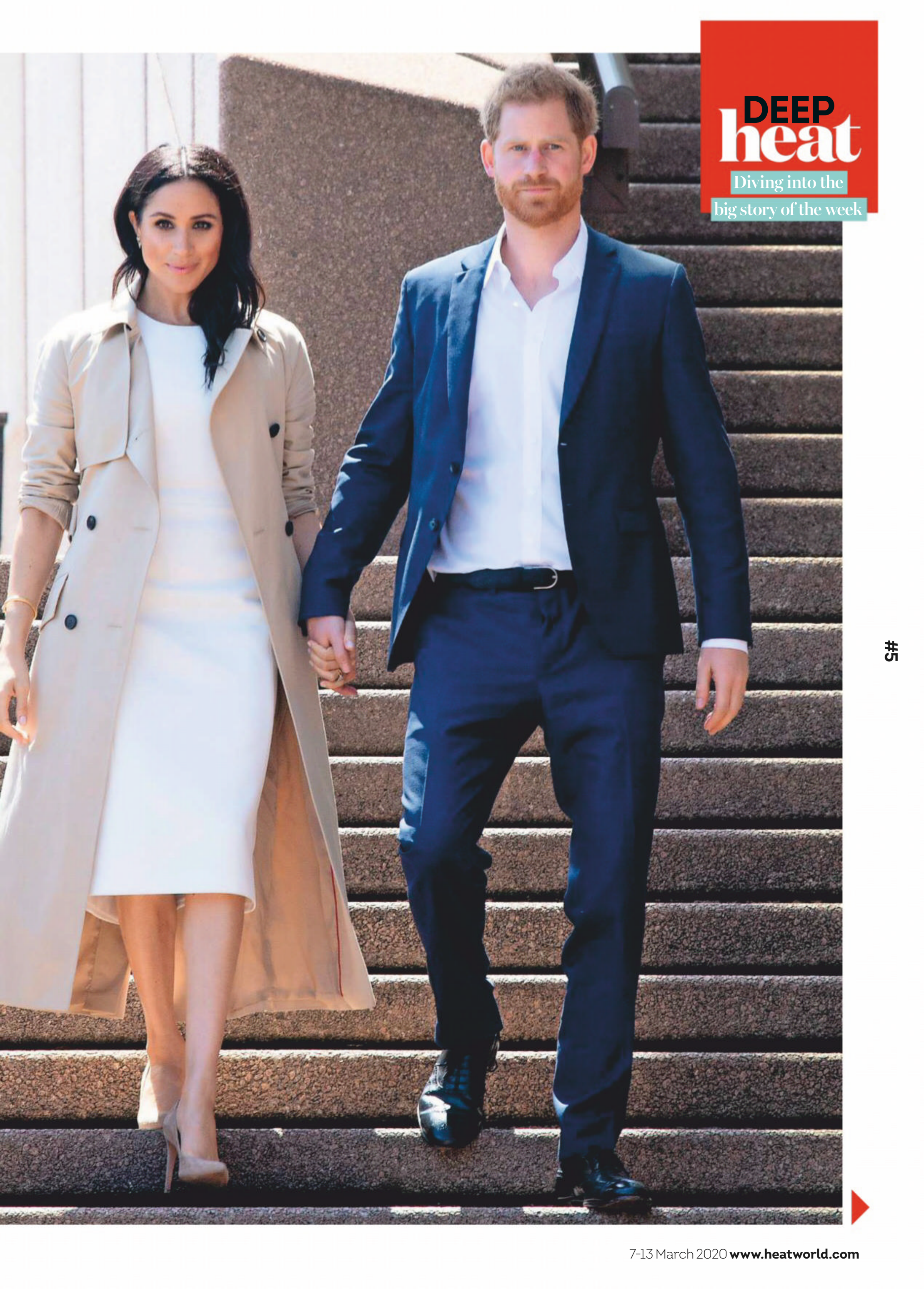
In a statement on their website, they said pointedly, "While there is not any jurisdiction by the monarchy over the use of the word 'royal' overseas, the Duke and Duchess of Sussex do not intend to use any iteration of the word 'royal' in any territory."

They also appeared to complain the palace was treating them differently to other family members. "While there is precedent for other titled members of the Royal Family to seek employment outside of the institution, for The Duke and Duchess of Sussex, a 12-month review period has been put in place. Per the agreement The Duke and Duchess of Sussex understand that they are required to step back from royal duties and not undertake representative duties on behalf of Her Majesty The Queen."

Their words did not go down well with thousands of Brits who took to the internet in their droves, with many branding them as "selfish", "disrespectful", "petulant", "rude" and viewing it as "the ultimate betrayal" against the Queen



Looks like Kate and Wills could be the Queen's new faves



DEEP heat

Diving into the
big story of the week

#5

They want to be the best parents possible to Archie



Back in happier times



Last week, he said he should just be called "Harry"

and the royal family.

However, Meghan, 38, reportedly told friends that it's she and Harry, 35, who should feel angry, as they are the ones who've been betrayed. She apparently believes the couple – who are parents to nine-month-old son Archie – are being “picked on” and the restrictions being placed on them are “payback” for wanting to be independent.

A friend of hers told a newspaper, “Meghan said that [she and Harry] were left with no choice but to make a public statement. She said if anyone should feel insulted, it should be them. They never intended to capitalise on the word royal, and to insinuate they were somehow abusing their privileges is absurd... She said she and Harry will continue to rise above jealousy and pettiness and focus on the good they are creating and on being the best parents to Archie. She said she will continue to champion Harry because out of

everyone, he has the most integrity and loyalty.”

In their statement Meghan and Harry – who say they will split their time between the UK and Canada once they officially leave their roles on 31 March – also spoke about the need for them to be protected by security, although now there is a huge question mark over who will be funding the bill. Since relocating to Canada in November, the Canadian

government (ie Canadian taxpayers)

has paid for it, but last week it announced that will end once they leave the frontline of the royal family this month.

“The Duke and Duchess of Sussex choosing to relocate to Canada on a part-time basis presented our government with a unique and unprecedented set of circumstances,” said Canada’s federal Public Safety Minister Bill Blair. “The RCMP has been

engaged with officials in the UK from the very beginning regarding security considerations. As the duke and duchess are currently recognised as Internationally Protected Persons, Canada has an obligation to provide security assistance on an as needed basis. The assistance will cease in the coming weeks, in keeping with their change in status.” So, it is unclear who will pay the estimated £20million a year, with a large swathe of the British public objecting to paying if the Sussexes are no longer representing the country.

Last week, Harry came back to the UK for his Invictus Games



Harry never intended to upset the Queen



Charles, Wills, Kate and Camilla have stepped up royal duties

commitments and insisted he should just be called “Harry” rather than Duke or Prince. At the time of going to press, Meghan was expected to be in London to carry out her final royal duties and attend Commonwealth Day at

happy-go-lucky guy he was a couple of years ago. He seems to have this ultra-earnest, rather brow-beaten energy around him now. He used to always be laughing and joking and it says a lot that he’s just not like that any

on this different life path. They have a list of people, and anyone who’s not supported them has a giant cross against their name. Harry doesn’t really talk to anyone who’s not on this list, and every morning, he will discuss with Meghan what he’s doing for the day ahead. His schedule and meetings are all cross-checked, and any meetings or trips away are discussed in advance, too. He loves his wife deeply and every decision is made with her in mind his whole life is now about doing what will make her happy.”

While Harry will always put the happiness of his wife and son

above everything, we’re told he does feel sad for what has happened and is now very distant from his dad Prince Charles and brother Prince William.

“It was never their intention for it to play out the way it has,” our source adds. “They both felt they needed to step away to gain proper happiness, but it has come at a cost. Harry has always been very close to the Queen and he would hate to think of her as upset. He also didn’t want all the resentment and anger from the public. But he also feels he could’ve been given more support from his family. It was such a hard decision and only time will tell if it was the right one.” ■

‘Harry’s whole life is now about making his wife happy’

Westminster Abbey on Sunday 9 March. Then they properly start their new life and *heat*’s insiders say it’s definitely Meghan who is calling the shots.

“Harry is such a different person now from the laid-back,

more,” our source says. “He’s constantly focussing on what Meghan wants and asks for her input on everything in his life, from business decisions to what he eats or wears and, of course, who he associates with now he’s

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The STAR Exchange

Whose stock is rising and falling in the celebrity market in this week

▲ SAFE BET

POP BANGERS

Lady Gaga finally gave her fans what they've been wanting for (literally) years – a classic Gaga pop banger – in new single *Stupid Love*. That, along with a video in which she prances around as a space punk, makes us very, very happy.



CASHING IN

▲ STOCK RISING

INSTAGRAM SLEUTHS

Holly Willoughby must be so grateful for her 6.4m followers after they managed to track down her daughter's lost Arsenal teddy bear. It was left at members-only luxury retreat Soho Farmhouse, as you do...



▲ BUY! BUY! BUY!

LATIN TALENT

Sofia Vergara has been announced as a judge on *American's Got Talent* joining Simon Cowell, Heidi Klum and co. She said she is "extremely proud to be the first Latin judge on the show".

▲ WORTH AN INVESTMENT

GENIUS OFFSPRING

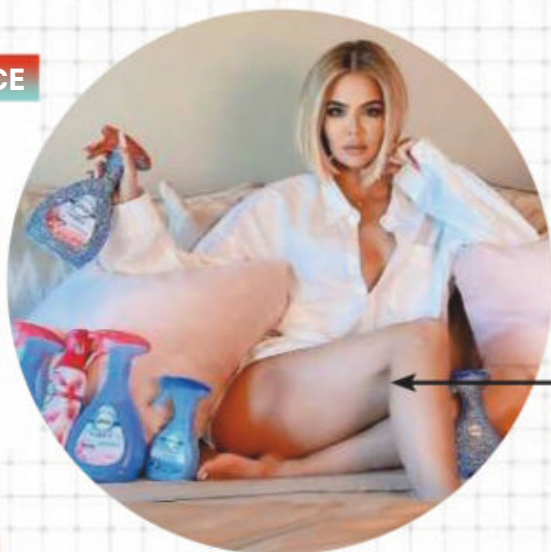
Rachel Riley posted about her return to work last week, sharing that baby Maven had already had her first taste of *Countdown*. The 11 week old best get practising her sums if she's going to keep up with Mum.



▶ GOOD PERFORMANCE

HOUSEWORK

Chores just got glam, as Khloé Kardashian showed us in a bizarre #spon post on Insta that we can now get a rhinestone bottle of Febreze. Fabulous!



▼ STOCK FALLING

UNDERACHIEVERS

He already has his own record label – SyKids – so it's no surprise six-year-old Eric Cowell has now signed a seven-book deal with his dad, Simon. The father-son duo's *Wishfit* series will centre around magical and unusual creatures. Can't wait.



CASHING OUT

▼ GOING DOWN

FEMININE CHARMS

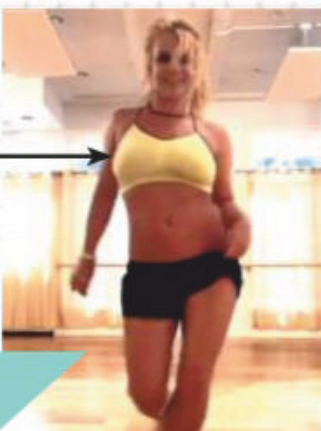
Taylor Swift completely transformed into a big ol' sleazy man for the video to her new single, er, *The Man*. It took six hours in the make-up chair to achieve the scarily authentic look. Is he single?



▼ SELL! SELL! SELL!

UNWANTED SURPRISES

We all thought we were watching a fun Insta video of Britney Spears dancing around in a studio, but it turned out the singer wanted to share the exact moment she broke her foot. Not for the faint-hearted.



#9

This week
**WE'RE
OBSESSED
WITH...**

VB's feeling
chuffed right now

Becks
with team
Inter Miami



Homesick David's big show of love

He's realised he needs his wife more than ever

Over the past few years, David Beckham has shied away from public declarations of love for his wife Victoria, especially compared to the way she gushes about him. But as he finally launches his own football team in Miami, he's been speaking more about Victoria and how much she means to him. During an appearance on a US talk show, David lovingly spoke about how they first met after he had played a match back in March 1997, while Victoria was in the Spice Girls.

"She'd had a couple of drinks, so I decided, 'Why not?' I'd try to get her number," he said last week. "We talked for about an hour in the players' lounge. And she'd actually got the train up that day, so she wrote her number down on her train ticket, which I still have."

It came after Victoria posted a throwback video of them in 2000 when she interviewed him for a TV show, and he spoke about how much he loved her and they hugged and kissed. Underneath she wrote, "So sweet! I love u @davidbeckham"

When they first got together,

David – who has children, Brooklyn, 21, Romeo, 17, Cruz, 15, and eight-year-old Harper with Vic – was very public in his declarations of love for her, but in recent years he's been rather less vocal.

However, our source says he's done a U-turn thanks to a new appreciation of his wife, who was offering support as the family enjoyed a skiing holiday in Canada last week, before David flew to Miami.

"David has been gushing about Victoria a lot lately, because he knows that him achieving his dream of Inter Miami is largely down to her support," our insider says. "She was always there for him, pushing him on when things got tough. This is going to be David's crowning glory and he knows it's down to his wife and her ambition and vision. And

Posh's
throwback vid



Cool headgear,
man



Wish our family photos looked like this

Say cheese



Fam goals

right now, he's in awe of her! He can't believe he has achieved all of this and he knows that it's because she believed in him, encouraged him and was always there to support him. David has hinted that he nearly walked away from it a few times because it was so hard."

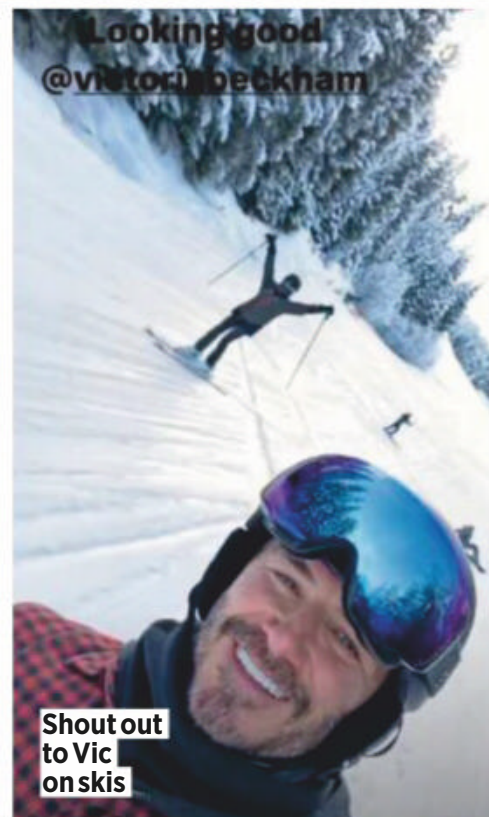
Speaking about launching Inter Miami, who played their first match at the weekend, David admitted he "didn't realise how big a challenge it was going to be" to establish the team as the latest Major League Soccer club. He added, "It has been a long journey. But I always knew it would be worth it."

As *heat* has reported, David, 44, has always appreciated having time to himself during his frequent work trips to Miami, and he's now keen to have Victoria 45, by his side as he gets the club established.

'He's in awe of her! She believed in him'

"He's told her how great it would be to have her there, and for them to enjoy the social scene together as much as they can

– live it up a little," our source adds. "As the new club owner, he's got to really have a presence in Miami to get as much publicity for the club in order to fill seats, and so he's going to have to be at all



Looking good @victoriabeckham

Shout out to Vic on skis

the events there – so he's telling her it would be great if they can do it as a couple. Usually it's been [his friend] Dave Gardner who he's done that with, as Dave is also involved in the club, and Victoria has always felt left out. It doesn't help that she knows David has women throwing themselves at him, which makes her really insecure. She's thrilled that David now wants her there, even though it will be difficult to work out logistically with her business and the kids." ■ KATE RANDALL

This week
**WE'RE
OBSESSED
WITH**

It's exactly what an ex-husband dreads – a tell-all book detailing all their worst habits and all their secrets. Luckily, that's exactly *not* what Lisa Armstrong, 43, is planning with her new book deal, according to an insider.

“Lisa wants to inspire women who've had experiences like hers to move forwards not backwards. She doesn't want to fight with Ant any more, she wants to make a fresh start in a positive fashion by writing a self-help book for women that will give advice



Lisa opens up: **'How I've coped with heartbreak'**

She wants to empower other women

and tips about self-confidence and getting over hardships.”

Following their split at the beginning of 2018, Lisa and Ant McPartlin have spent the last couple of years battling over their divorce settlement, with Lisa often expressing her heartbreak and frustration on Twitter via her own tweets and by liking others'. But now, with the divorce over, we're told that she's ready

to share her experiences.

“Since the split, Lisa has been inundated with offers to tell her side of the story. When things got really tough with all the mudslinging going on, especially from Ant and [his girlfriend] Anne-Marie, Lisa was obviously tempted to really go for it and say what she really thought about it. But recently she's come to her senses and realised that it's not worth causing herself any more pain and heartbreak, and the best thing she can do is learn a lesson from it all and share that knowledge.”

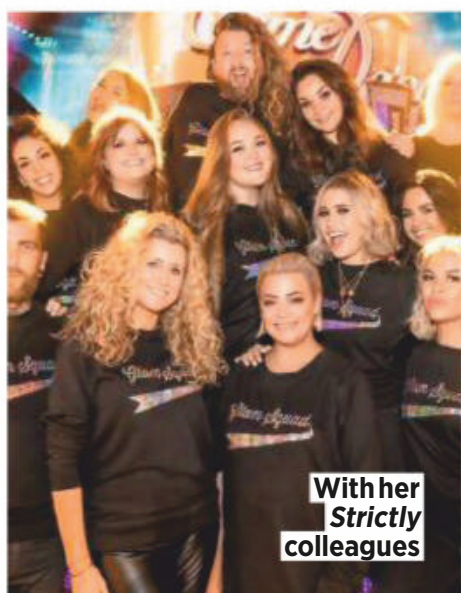
The make-up artist has been praised for her strong and positive attitude throughout, which we're told is down to “a lot of soul-searching, meditation, yoga and having fun with her girlfriends”. Now, our source says she wants to share tips with women who have been in similar situations.

“Lisa has decided the best thing

she can do is lead by her own example and inspire other women by putting something out there that deals with self-confidence, how to have a positive outlook, staying away from negativity, and surrounding yourself with good friends,” our source says. “It's going to be part self-help book, part memoir of all her best celeb anecdotes and the life lessons she has learned along the way.

“Ant needn't sweat about it, because Lisa wants to avoid any bitterness. Even though some of her friends have said she should ‘let him have it’, she has said that she doesn't want that kind of bad karma following her around any more. She's in a better headspace and just wants to take her mind off all the negativity.” ■ KATIE HOLLOWAY

**'Ant needn't sweat
– Lisa wants to avoid
any bitterness'**





She's got the sass
back in her step



The boys are
back on telly
in *Takeaway*

Ant: 'It's OK to ask for help'

THE TV PRESENTER GETS CANDID

We saw a different side to Ant McPartlin last week when the 44 year old bared his soul in an interview, admitting he believed “to feel love and give love” is the meaning of life.

Asked about his greatest love, Ant was keen to celebrate his life with his new partner Anne-Marie Corbett and her daughters, saying, “My family, my partner, her girls, our dogs... and Newcastle United.”

And while Ant & Dec are usually known for

their upbeat, comic personalities, Ant wasn't afraid to get candid in the interview, admitting that the hardest lesson he has learned was that “it's OK to ask for help. I think men, especially, struggle with that a lot.” He also revealed that he would choose to be respected over being liked, explaining, “We struggle so much with wanting everybody to like us, we weaken ourselves at times.”

After returning to his presenting duties on *Britain's Got Talent* and *I'm A Celeb* last year, Ant's TV comeback is finally complete with the new series of *Saturday Night Takeaway*. In classic Ant & Dec style, they ended the first show of the series in their pants, after joining in with The Pussycat Dolls' saucy performance. And it's clear their fans have missed them, as they pulled in their best viewer ratings for 15 years, with 7.3million viewers. ■



Ant and
Anne-Marie with
her daughters

This week
**WE'RE
OBSESSED
WITH**



She's wrapped
filming on *The
Greatest Dancer*

The baby prep's started for Cheryl

She knows the score: fail to plan and you're planning to fail

#14

She's been open about her desire to have a second child sooner rather than later, revealing earlier this year that she'd already started looking into using a sperm donor from "abroad". And it seems like Cheryl's really pressing ahead with her plans by making sure that everything is ready for a mini arrival. That means winding down her work commitments, prepping son Bear (who turns three this month) for life as a big brother, and expanding her

'Liam has said he will help her out'

support network. And, of course, fitting in all the luxurious bubble baths she can get before she's a busy mother of two.

"Cheryl knows how much tougher having a newborn will be this time around, without the support of a partner," says an insider close to the 36-year-old singer. "She's trying to get her life in order to make it as smooth as possible. Firstly, she knows she wants to ring fence a good

few months off work in order to devote herself fully to Bear and the new baby. She's also making sure that Bear is happy in nursery school, and mixing with other toddlers, too. She's been reading books about how to prepare kids for the arrival of a sibling, because she doesn't want him getting jealous."

Last week, the singer wrapped filming on series two of *The Greatest Dancer*, which has been her biggest work commitment over the past few months. She also announced she'll be headlining Birmingham Pride in May, as well as performing at London's Mighty Hoopla in June, but has otherwise kept her diary relatively clear for 2020.

According to our source, Cheryl's focusing her attention on getting her mind and body fighting fit for raising two little ones, and reaching out to friends with families to ensure she won't feel isolated along the way.

As *heat* recently told you, Cheryl's ex, Liam Payne, has reassured her that, as Bear's dad, he'll be there to support her and the new baby. Last week he was reported to have split from

girlfriend Maya Henry after a rocky few months reportedly not helped by his closeness to Cheryl but a friend of the couple denied the claims.

"Although Liam has said he'll help Cheryl out, he won't always be around, and she wants all the support she can get," says the source. "She's been trying to build up her own circle of friends with kids, so that she has other families to do fun things with, like day trips, lunch dates and even holidays. It's good for the kids, but it's also good for her."

The source adds, "She's also being doing a lot of self-care lots of yoga, exercise and long baths. She wants to be at her absolute best for this new adventure." ■

CHARLOTTE OLIVER



Cheryl when
she was pregnant
in 2016

"Hmm, wonder if that guy has decent swimmers?"



Petra looking blooming lovely for her party

Tamara with her mini me, including matching lippie



Tamara goes extra for her sis

Here's how you do a billionaire baby shower

You know you're in for a treat when Tamara Ecclestone, the undisputed doyenne of overblown parties, is throwing a do. And she didn't disappoint last week, putting on the most sumptuous pink-themed party for her sister Petra, who's awaiting the arrival of her fourth child. Rest assured, the event had it all including a love-heart-themed photo booth, a decadent lunch, and enough pink lighting to illuminate a life-sized Barbie palace.

Proving you can't keep a party planner down for long, Tamara, 35, opened the doors of her £70million London home, just over two months after burglars broke into the mega-mansion and stole £50million worth of jewellery. Posing for photos with her five-year-

old daughter Sophia, the Formula 1 heiress told followers she was ready for an "afternoon full of love... celebrating mummy Petra", who arrived sporting some fabulous Minnie Mouse ears, obviously.

Proceedings kicked off with guests tucking into Dover sole, chicken Milanese and Laurent-Perrier Champagne, before heading to the dessert station (with a four-tiered cake). If that wasn't enough, they knuckled down for a bit of fun-filled nappy changing

practising on dolls before Petra (or the nanny) is doing it for real.

It's an exciting time for the socialite, who's expecting her first child with fiancé Sam Palmer. The 31 year old is already mum to three children, daughter Lavinia, six, and four-year-old twins Andrew and James, who she shares with ex-husband James Stunt, who she split from acrimoniously in 2017. If her baby shower's anything to go by, the future's oh-so-rosy for Petra and her growing brood. ■ **CHARLOTTE OLIVER**



Just a casj dinner party

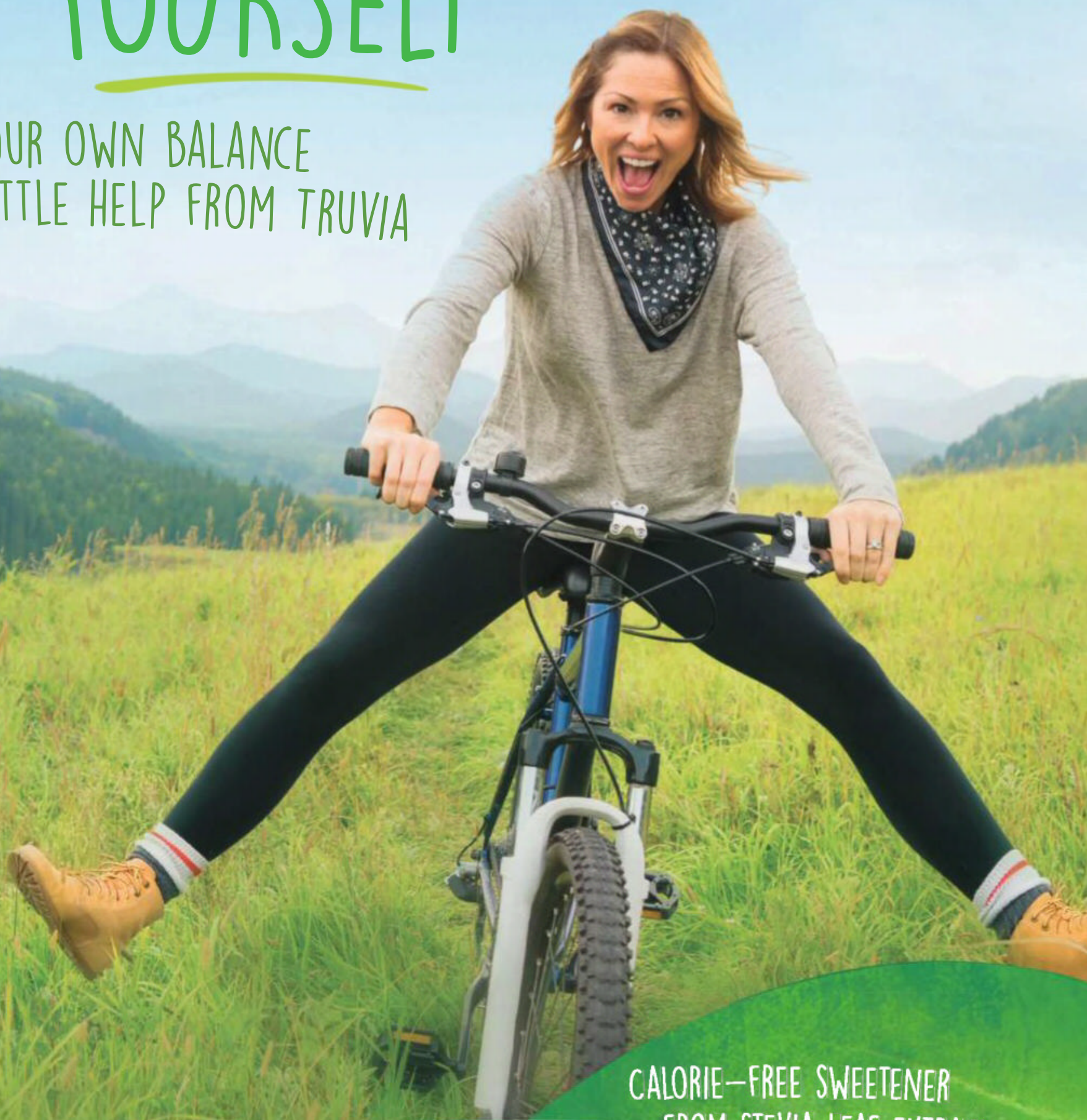


Petra with Tamara's daughter

I couldn't bear not to have a sibling

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Duffy: 'My heart was broken... but slowly it unbroke'

The singer returns to public life to reveal her horrific rape story

Whatever happened to Duffy? It's a question that has been asked frequently since the singer disappeared from the limelight a decade ago. But last week, the singer revealed the terrible reason behind her decision to put her promising career on hold almost ten years ago. Posting on Instagram, the 35-year-old told her followers that she'd quit singing after being "raped and drugged and held captive over some days", adding that, for a long time, she "did not want to show the world the sadness in my eyes".

The Welsh singer, who found fame in 2008 with the release of her smash-hit song *Mercy*, explained that, over the years, she'd constantly thought about telling fans about her horrific experience, but that "now is the right time". She explained, "Many of you wonder what happened to me, where did I disappear to

and why... The truth is, and please trust me, I am OK and safe now, I was raped and drugged and held captive over some days. Of course, I survived. The recovery took time. There's no light way to say it. But I can tell you in the last decade, the thousands and thousands of days I committed to wanting to feel the sunshine in my heart again, the sun does now shine."

Following the release of her debut album in 2008, Duffy was the biggest female artist in the UK, but in 2011, it was announced she'd be taking a break from music. One insider revealed at the time, "She wants to have a quiet life and start over." Since then, she largely remained quiet up until last year, when she posted a picture of herself to her Facebook page with the caption "#2020". Speaking about her retreat from

'The recovery took time. There's no light way to say it'

fame in her revelatory post last week, the singer said, "I asked myself, 'How can I sing from the heart if it is broken?' And slowly it unbroke".

She didn't reveal any more details of the harrowing incident that derailed her life, but revealed she would be giving a "spoken interview" in the next few weeks, in which she'd answer all her fans' questions. She also paid tribute to her followers for their "kindness over the years". She added, "You have been friends. I want to thank you for that." ■ CHARLOTTE OLIVER

This week
**WE'RE
OBSESSED
WITH**

Bey and Blue:
dynasty goals



MOVE OVER, MUM!

Blue Ivy's set to steal Beyoncé's crown

She might not have reached 40 yet, but we're told Beyoncé is already thinking about retirement and is lining up daughter Blue Ivy to follow in her footsteps. The global superstar is hoping the eight-year-old will become one of the most-talked-about singers in the world, and has already mapped out a plan for her.

"Blue is already showing the potential for becoming the next big diva in pop music," an insider tells *heat*. "Bey has considered the possibility of taking a back seat with her own career, so Blue can have her time to shine."

Beyoncé, 38, recently won a whopping six gongs at the NAACP Image Awards, but Blue is already snapping at her heels having shared one of the awards. As she featured on *Brown Skin Girl* from *The Lion King* soundtrack, Blue received the Outstanding Duo or Group award, along with her mega-famous mother.

And with Bey—who's also mum

to two-year-old twins Rumi and Sir—keen to step into more of a managerial role for her daughter, it is ever so useful that husband Jay Z has his very own record label to start her on her way. "Blue is already signed to Roc Nation with an eight-album deal in place, and has recorded over 100 songs for her debut," our source tells us. "She's raring to go, but Bey and Jay are thinking that she will at least finish elementary [primary] school first, before she releases anything and goes on tour." ■ KATIE HOLLOWAY



Blue flexing her
diva skills at the
2018 Grammys



#18

GETTYIMAGES.COM



Husband and wife workouts



Kate: 'I became addicted to the gym'

The ex-TOWIE star on workouts with Rio and beating anxiety



With the family

#19

Chatting to Kate Ferdinand, *heat* is happy to discover she has got a weakness – it's Chinese takeaway, crispy chilli beef to be precise. After marrying footballer Rio and slotting into family life with his three kids – Lorenz, 13, Tate, 11, and eight-year-old Tia – it's easy to think the 27-year-old has the perfect life. But she has had her own ups and downs, too.

Last month, she and Rio starred in the documentary *Becoming A Stepfamily*, sharing

'I was too hard on myself, and really beat myself up'

how difficult it can be living in a blended family. Kate always tries to be candid with fans, and that applies to her health and fitness, too. Teaming up with Dare 2b on her own gym wear edit, Kate chats to us about how exercise has vastly improved her mental health...

How has exercise helped with your mental health?

I am a creature of habit, and structure really helps my anxiety. If something breaks that structure, then I struggle. But exercise really just calms my mind. It's an hour of being in the gym and not thinking about anything other than getting through the workout.

You've said you suffered badly from anxiety as a teenager – how did fitness help?

I started going swimming with my mum before school and just really loved it. I did feel better when I left the gym, but I was addicted when I was younger, I had to go every single day. I thought, "If I don't go, I'm not going to feel good." It became an obsessive thing, whereas now – only in the last six months – I've realised I can not go to the gym and still feel OK.

What advice would you give to your teenage self?

Be easy on yourself. I was so hard

on myself and really beat myself up. Learn to love yourself. I compared myself to everyone constantly, and it's the worst thing you can do.

Do you like working out with Rio?

It's good to have a gym buddy. I enjoy working out with Rio – we push each other. We have a laugh and him being there, maybe doing an extra press-up, makes me think, "Ooh, I'd better do another one!" I mean, I'm never going to have the arms that he has, but I think it's good motivation.

Do you look forward to doing nothing on a cheat day?

I don't think it's ever doing nothing – I wish it was! I love just sitting on the sofa in my PJs with the family. That's what I look forward to. ■

Kate's Dare 2b edit is available now at Dare2b.com

This week
**WE'RE
OBSESSED
WITH**

**Coleen and
all her boys**



#20

Coleen's baby dilemma

The WAG's not sure about a five-a-side team of Rooney boys

There's no denying she loves being a mum to her four boys, but as Coleen Rooney contemplates having another baby, she's not sure she can cope with another Rooney boy in the house. The 33-year-old WAG has Kai, ten, Klay, six, Kit, four, and two-year-old Cass with husband Wayne and, as *heat* has reported, they would love another baby soon, with Coleen desperate for it to be a girl.

"Cass is now two, and Coleen has been feeling a little broody, as she loves babies," an insider tells us. "But she really wants a girl she's already got four boys and sometimes she can feel a bit outnumbered. She absolutely loves them, but looking after them can be very full-on. They're all so boisterous and she's just not sure she would be able to handle another one. She thinks a daughter might help calm the house down.

But, we're told, there's one

problem. "She's really torn about getting pregnant again she's convinced that she would have another boy. Of course, she'd adore any baby regardless, but she's got her heart set on a little girl, so she doesn't know what to do."

The insider adds that, while Coleen is enjoying getting her life back more now that she doesn't have a small baby to deal with, she would really like one more. Her

**'In her heart, she's desperate
for a little princess'**

relationship with Wayne is also stronger than ever, following more than two years of his drunken misdemeanours, which threatened to end their marriage. But, we're told, she can't help but feel as if something is missing from their family life.

"On the one hand Coleen says she's fine that it's time to work on her career and start putting herself first, but then, whenever





"My swimmers only seem to do boys, babe"



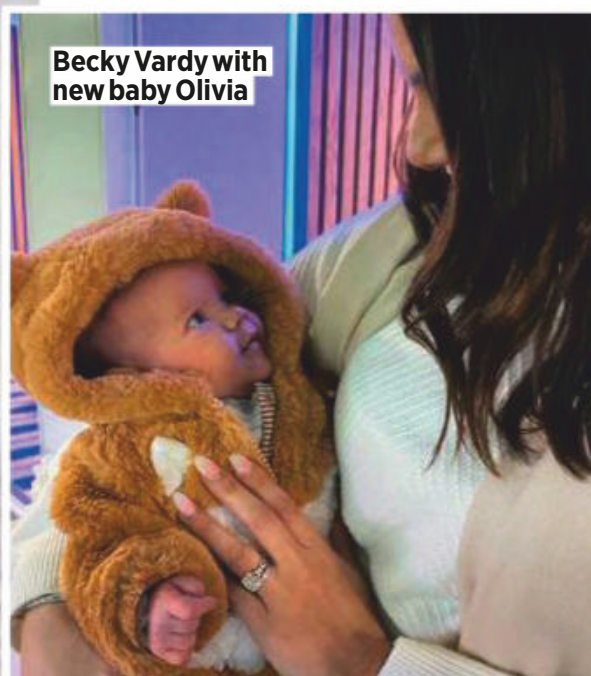
A pregnant Coleen in 2017

she's with pregnant friends or friends with little girls, she gets all broody – in her heart, she's desperate for a little princess," says the insider. "She's still really young in terms of fertility, and knows she easily has time to have another one or two. But she has to decide if she wants a baby or just a baby girl. She's told friends that, as perfect as all the boys are, her family won't feel complete unless

she has her own mini-me."

We're told Coleen's keenness for a girl has increased in recent weeks. Her WAG rival Rebekah Vardy had her fifth child – and third daughter – in December, and has been gushing about her baby girl in public ever since. "Coleen's looked into options, she's read everything you can about what diet and vitamins can do, but she knows it's all down to genes and Wayne seems to only make boys," our source says.

The insider adds, "She can feel a bit envious sometimes, when she sees mums with their daughters, but Coleen is determined when she puts her mind to something and, while she knows Wayne is happy with their family now, she also knows she can sway him – if it's what she really wants, then he will likely go along with it to make her happy. She knows a baby girl will complete them and really cement them as a family." ■ **KATERANDALL**



Becky Vardy with new baby Olivia

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Let's feel good

This week
**WE'RE
OBSESSED
WITH**

Gigi Hadid



Olivia Palermo



Kim Kardashian



Bright side

Sherbet lemon

shades are in

The sun might not be out just yet, but these stylish celebs are warming up their wardrobes with bright buttercup pieces. The best bit? This vibrant hue is the perfect transitional shade to see you through to summer.

If you're crushing on canary, check out these high-street buys. ■ **LUCY ADDICOTT**

Rihanna



Irina Shayk



#23

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This old coat?
I've had it for years



7-13 March 2020 www.heatworld.com

This week
**WE'RE
OBSESSED
WITH**

Second chance wedding for Jac & Dan

And Caitlyn Jenner's in charge of the hen do!

She's been riding high since being crowned Queen of the Jungle in last year's *I'm A Celebrity... Get Me Out Of Here!*, and Jacqueline Jossa has been looking happier than ever. After going through several rocky patches in her marriage to ex-*TOWIE* star Dan Osborne, we're told the actress wants the couple to renew their vows to prove to everyone they're "back on track".

An insider tells *heat*, "Jac and Dan have been discussing the idea of getting their wedding vows renewed since last year, but now she feels as though they are finally back in a good place and can start planning it for this summer. Jac doesn't want this to be just a small thing – she wants to go big. She feels like she has got a point to prove after all the nasty stuff that's been said about them. She wants to show everyone that she and Dan have a strong and committed relationship."

The couple – who have been married since 2017 and have two daughters together – have been rocked by multiple cheating allegations. Dan was rumoured to have had a fling with ex-Love Islander Gabby Allen in 2018, and last year his fellow *Celeb Big Brother* star Chloe Aylings said he'd had a threesome with her and co-star Natalie Nunn. Natalie later backed up Chloe's claims, although Dan has denied all cheating allegations.

In an interview following her jungle win, former *EastEnders* actress Jacqueline said she wanted "to hit a restart button" on their relationship, adding that they were "fine". So fine, we're told, that she wants to throw a big party to celebrate – with a special guest. "Jac wants to make a statement with the



renewal, with loads of their celeb friends. She's asked Caitlyn Jenner to be maid of honour. She has a genuine friendship with Cait from their time in the jungle. They've spoken a lot about everything from Jac's career to her family life with Dan. Other guests will include the likes of [*Enders* co-stars] Jake Wood and Jo Joyner, plus people she knows from the jungle, like Kate Garraway, Nadine Coyle and Ant & Dec. She's been looking at venues and dresses and wants to do something special."

The source adds that some of Jac's friends think she should just concentrate on their relationship rather than throwing a big, fancy event,

'Jac wants to show everyone Dan's changed'

but we're told, "This is exactly why Jac wants to make such a big deal of their vow renewals – she wants to show everyone how much Dan has changed. She hates the idea that people still might think of her as a fool for taking him back and that's the perception she wants to change." ■ KATIE HOLLOWAY





Jac and Dan:
in a good place
right now



Jac and Dan with
their daughters
and hisson



Keeping Up
With Kimye?

#25

GET READY FOR KIMYE TV

Another step towards global domination

Music, fashion, religion they've already got their fingers in so many pies, it shouldn't really come as much of a surprise that Kim Kardashian and Kanye West are now hoping to launch their very own television network.

While *Keeping Up With The Kardashians* and its spin-offs still dominate reality TV, *heat* has been told the globally famous couple are planning on starting with a talk show and building up to launching their own channel. "They're talking about creating a new talk show to interview celeb friends and other important people in their lives," says our insider. "They have so much money to spend and tons of things they'd love to give exposure to, but social media can only promote so much. The TV channel option makes a lot of sense, and they're

keen to build on the model that worked so well for the likes of Oprah [who has her own network], while taking it up a level with their own personal touch."

Unsurprisingly, it seems TV executives in the US are falling over themselves to help out with the project, especially as, we're told, "Everyone knows it'll be a slam-dunk success story, particularly because Kim and Kanye are prepared to front up their own money for it."

Khloé did have her own talk show, *Kocktails With Khloé*, back in 2016, but Kimye are adamant their effort will be on a whole other level. We're told, "Kim thought that was such a missed opportunity, so instead of a cheesy format like Khloé's, she and Kanye want something that's fun, but also thought provoking and with depth behind it." ■



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Weinstein outside the court



Mimi Haley speaks after the verdict

Guilty! Time's up for Weinstein

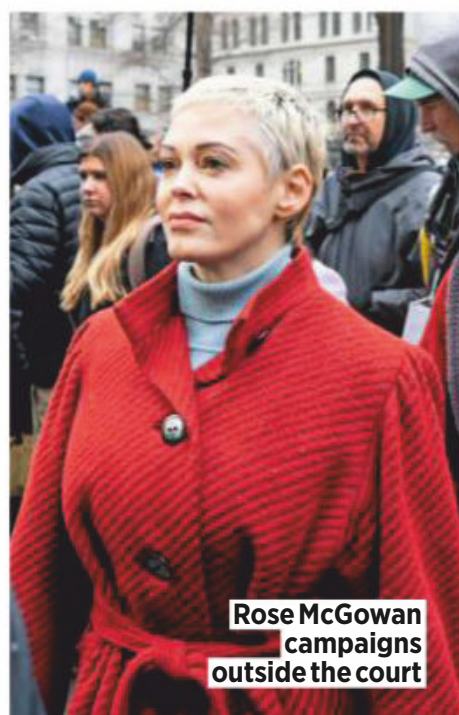
For the #MeToo movement, justice has been served

His fall from grace has rocked Hollywood to its core marking a descent from industry power broker to predator and social pariah, while signalling a watershed moment for rape victims worldwide.

So, last week's news that Harvey Weinstein had been convicted of rape and sexual assault was monumental. "This is the new landscape for survivors of sexual assault in America, I believe, and it is a new day," said Manhattan's district attorney Cyrus Vance Jr, who had been prosecuting the disgraced film mogul. Actress Ashley Judd, one of Weinstein's many accusers, echoed his sentiments, telling those who'd testified against him that they "did a public service to girls and women everywhere. Thank you."

After five days of deliberations at his trial in New York City, the jury found Weinstein guilty of raping

actress Jessica Mann in a hotel room in New York in 2013, and sexually assaulting production assistant Mimi Haley in 2006. These convictions could together potentially carry up to 29 years in prison although the 67 year old won't be sentenced until 11 March.



Rose McGowan campaigns outside the court

But, despite his victims' celebrations, there was some outrage, as the same jury found him not guilty on the most serious charges levied against him: two counts of predatory assault, which could have seen him receive a life sentence.

Weinstein heard the verdict before being taken back into custody, where he'll stay until his sentencing. According to reports, he's since been admitted to a prison hospital, after suffering chest pains and palpitations. The former film producer, who's been accused by over 90 women of sexual misconduct, is still waiting to face charges of rape and sexual battery in Los Angeles.

Weinstein's reckoning began two-and-a-half years ago, after an exposé in *The New York Times* accused him of 30 years of

sexually predatory behaviour against actresses and female staff who worked for him, paying many off to keep quiet. Among the famous names who came forward were Heather Graham, Léa Seydoux and Angelina Jolie, who said she'd had a "bad experience" with the filmmaker. Gwyneth Paltrow remembered feeling "petrified" when, aged 22, she'd declined his advances.

Last week, as news of the guilty verdict spread, Rose McGowan, one of Weinstein's first and most vocal accusers, spoke for his many victims when she said, "Today is a powerful day and a huge step forward in our collective healing."

■ CHARLOTTE OLIVER



Actress Jessica Mann arriving in court to testify

#27

This week
**WE'RE
OBSESSED
WITH**

Taking her
bump out
last month

**STATUS
UPDATES**

Pretending to
be responsible
adults

Sheridan's healing holiday

#28

What do you call a post-baby babymoon?

Sheridan Smith has had her ups and downs over the years, but as she counts down the days until she welcomes her baby with fiancé Jamie Horn, it seems she's currently on cloud nine. And how better to celebrate starting a family than jetting off on vacay together? Well, an insider tells *heat*, the actress is eager to go on a "luxury healing holiday" once the baby has been born.

"Sheridan is so grateful that she's had the opportunity to become a mother," says our source. "But she had a rocky few years before she met Jamie and got pregnant, and she's a little worried about the challenges that motherhood brings. So, she and Jamie are booking a healing holiday after the birth, so they can both chill out and just enjoy some time together as a family."

The 38-year-old actress announced her pregnancy back in October, and is expected to give birth to a baby boy in the next few weeks. Sheridan has enjoyed sharing pregnancy updates with

her fans on Instagram, and posted a snap of her with Jamie, 30, at Christmas captioned, "Us pretending to be responsible adults ready for whatever life throws our way."

The TV-and-stage star hit a rough patch after losing her father over three years ago, and admitted to battling with alcohol issues and mental ill health in the past. She has credited getting her life and career back on track to her fiancé, who she met on Tinder in 2018.

Our source tells us, "Sheridan really wants to take stock of everything she's been through and make sure she is back on the right path. She wants to close a chapter on so many of her demons, and she's planning to do that by embracing motherhood."

And while she has had a few run-ins with Jamie's family – she once accused his mum of killing one of her dogs, calling her a "nut job", and more recently made a dig at her in-laws over Christmas – our source tells us, "Sheridan's friends say she's in a better place than ever." ■ **KATIE HOLLOWAY**

Back in her
partying
days

Sam's wedding U-turn

She's had a change of heart



Paul and Sam CBA to get hitched

If there's one question that Sam Faiers is sick of by now, it must be 'When are you getting married?' The reality star has been asked it ever since she got together with her partner Paul Knightley in 2014, and even more since having their kids, Paul, four, and two-year-old Rosie. And it looks like all the enquiring has finally got to Sam – in fact, it's put her off marriage altogether.

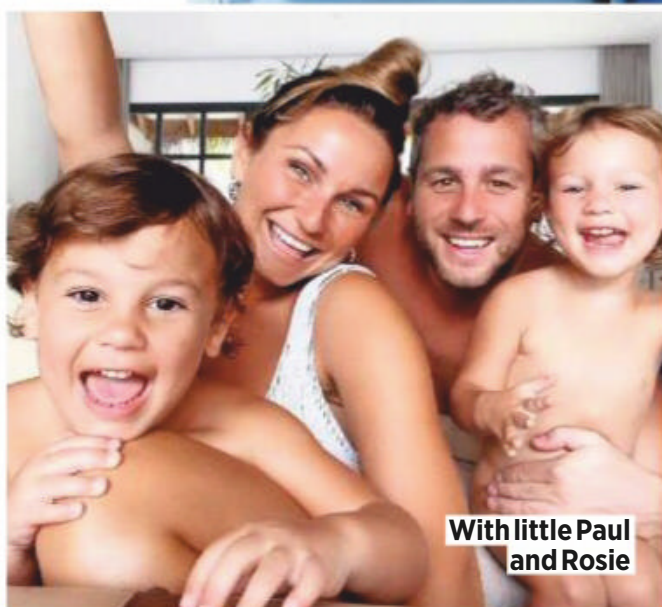
Last week, the reality star said in an interview that she and Paul had no plans to get engaged as they already have "a lot going on". Speaking about their upcoming big move to Surrey, the 29 year old shut down any talk of weddings. "Probably not," she said. "Everyone always asks, but we'll be moving this year to a completely different county, little Paul goes to school, and it's my 30th." She then added, "I don't want the gap to be too

big between the kids with having another sibling... So, maybe next year we would have another baby."

This leaves little space for getting married, despite Sam previously saying she wanted to walk down the aisle before having another child. In 2017, before Rosie was born, she said, "We would love to be married before we have another baby. It's Paul's call, not mine, but we always talk about marriage.

Paul's just waiting for the right moment."

Last year, she also said that she wanted to get married "when I'm 30", but has now apparently changed her mind. Not that it will stop everyone asking, obviously. ■



With little Paul and Rosie

#29



Ryan: "You're one fussy MF"

BRADLEY'S A-LIST MATCHMAKERS

You wouldn't think an A-list hunk like Bradley Cooper would have difficulty getting a date, but after splitting with baby mama Irina Shayk last year, he's apparently not been having much luck in his love life. So, who better to ask for help than

Hollywood couple goals themselves, Blake Lively and Ryan Reynolds?

"Bradley is having a tough time being a single dad and needs all

the help he can get," a source tells *heat*. "He's a difficult guy to date due to his prickly personality, which is why he's got Blake and Ryan scouting a list of potential prospects."

Bradley and Irina have two-year-old daughter Lea together, but split last year, amid rumours Bradley's chemistry with his *A Star Is Born* co-star Lady Gaga put pressure on their relationship.

So, if you're hoping to land yourself the difficult role of Brad's girlfriend, our insider says Blake and Ryan's criteria for their pal is, "A girl who's smart and sexy, with a great sense of humour, and a strong sense of self". ■



We want to marry both of them

CAPITAL PICTURES; FAMEFLYNET; GETTY IMAGES.COM; SHUTTERSTOCK/REX; THE MEGA AGENCY

This week
**WE'RE
OBSESSED
WITH**

Caps can't
disguise you
now, guys

**LOVE
ISLAND**

After spending weeks soaking up the South African sunshine and pulling each other for chats, the class of the first ever winter *Love Island* have finally returned home. And, after readjusting to wearing clothes all the time and the joys of social media, the couples are already looking to the future.

Winners of the series, Paige Turley and Finn Tapp were



#30

It's back to reality for the Love Islanders

But they're all still floating on cloud nine

discussing moving in together before the show had even finished. The commute between Milton Keynes and Glasgow seems a bit too much for the loved-up couple and so they've decided on Manchester to set up home.

"I think Glasgow might be a bit rough for Finn. They'd eat him alive!" Paige said after winning the show, with Finn agreeing Manchester is the "middle ground". But, before they can choose a swanky pad with their £50k winnings, Finn has a job to finish. Having been signed as a football player for Oxford City, last week the club's commercial director revealed that Finn had gone AWOL in January to join *Love Island*, and that the 20-year

old is in breach of his contract. "He has a contract, so he has to finish the contract he has with the football club," the director said. Adding, "I can assure you that [with] all new players we sign from now on, we will be putting clauses in their contracts. I think we're going to have to."

Fan favourites Siánnise and Luke T have also already been on Rightmove (probs), as they're planning on moving to Windsor of all places. "I'm from Luton and Siánnise is from Bristol," Luke said in a recent interview. "We're thinking we'll move to wherever is in the middle. We think the middle is in Windsor."

The pair have even gone as far as discussing marriage and babies

although Siánnise wasn't planning on using the leap year to her advantage. "There's no proposal up my sleeve just yet. I don't know if I'm going to be able to top the fairy tale he did for me when he

**'Luke T can't
be away from
Luke M'**

asked me to be his girlfriend." Fairy-tale wedding or not, the couple are hoping for a big family. "We want four kids," Luke admits. "We've said once we're stable financially, and in our relationship, I think we'd do it."

While the Islanders were all

thrilled to get back to their families, having spent weeks away with no contact, Siánnise is already worried about Luke missing his villa BFF – Luke M. "We said we'd go and visit him, because I know Luke can't be away from him for too long," she said. "I've started to get jealous. I was looking at them the other day I thought, 'I think you love Luke M more than you love me.'"

Luke M and Demi Jones are taking things slowly – although they've said they're "exclusive" – while Jess and Ched say that going official is still "on the cards". Ched will have to decide if he's happy to move in with Jess and her twin, Eve, first. What's a guy to do, eh? ■ **KATIE HOLLOWAY**

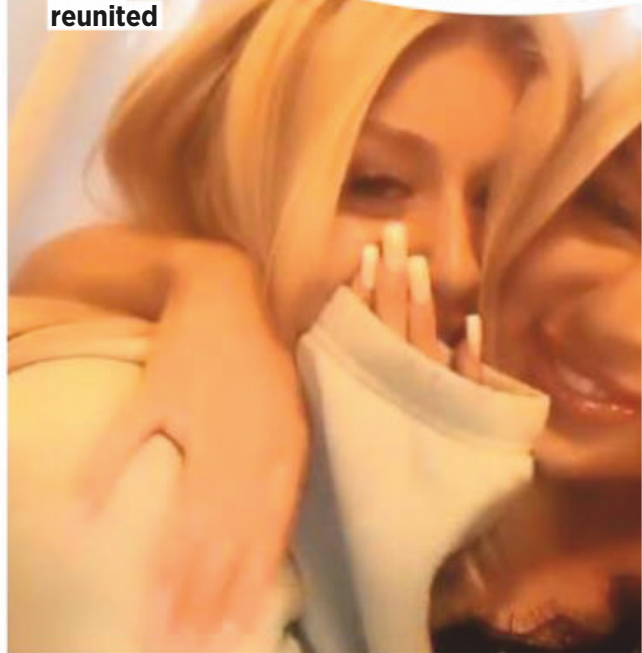


Ched seems unsure of his new surroundings

Luke T and Siânise are already planning to have four kids



Twins reunited



Paigey baby heads straight for the hotel room



#31

LAURA AND IAIN COUPLE UP ON HOLS



Safari so goodie

It's been an emotional series for the both of them, so you can be sure that Laura Whitmore and Iain Stirling were in serious need of a break by the time that filming wrapped on *Love Island*. Lucky, then, that they were already in paradise. Last week, the couple (and colleagues) settled into their very own *Love Island* villa, where they got busy posing by the pool, practising their silly salmon diving, and heading out on some epic safaris.

Despite working on the show together for the first time this series, the happy couple—who have been together for three years and share a home in London—have spent the past six weeks largely

apart, as Iain's been constantly based in South Africa, while Laura's commuted back and forth from the UK. But judging by their cosy snaps, they more than made up for lost time.

Rocking her skimpies on Instagram, Laura asked, "Anyone else's arse constantly trying to eat your bathingsuit?" All the time, Laura... but we can think of worse problems to have. ■



Ready to salmon dive

This week
**WE'RE
OBSESSED
WITH**



Brad's mum: 'Don't mess it up with Jen'

Jane says what we're all thinking

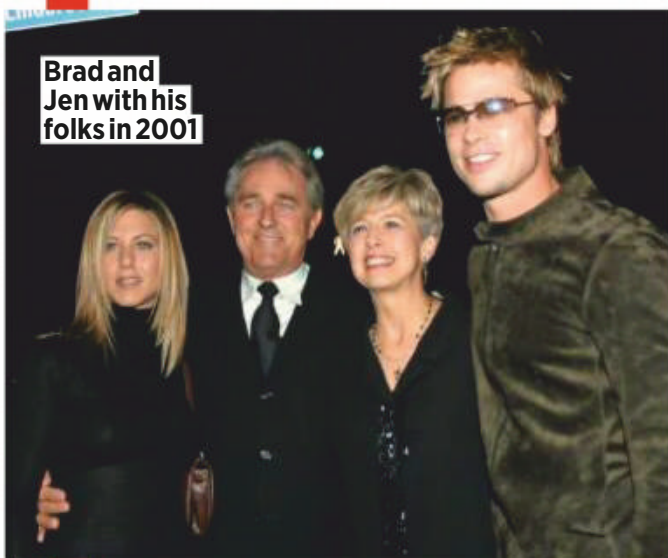
It's a universal truth that mums know best, especially when it comes to matters of the heart. So, Brad Pitt would be wise to listen to mum Jane, who's been giving him an earful over his budding reunion with ex-wife Jennifer Aniston.

According to insiders, Mama Pitt has always been close to Jen, who was married to Brad for five years, before they split in 2005. And now that they're apparently testing the waters of a full-blown romantic reconciliation, Jane's got stern words for her son. Namely, don't f**k it up.

"Jane's so happy to see Brad and

Jen on great terms again. She won't stop telling Brad not to mess things up like he did before," says a source close to the reunited exes, who have both been through second divorces since parting ways. "Jane and Jen always got on well, and kept in touch, even when Brad was married to Angelina [Jolie]. She's now convinced it was written in the stars for them to have another chance of happiness. Brad appreciates where his mum is coming from, but this has touched a raw nerve, because it's still early days and both he and Jen are finding all the attention stressful. He's already dealing with so much unwanted advice from his Hollywood friends the last thing he needs is his mum butting in on his love life."

The exes haven't been pictured together since THAT epic love-in backstage at the SAG Awards in January, but have reportedly been spending more time together in private. And, just like us, Jane's got her eyes set on long-term love for the pair and she's not letting him forget it. Atta girl. ■



CAPITAL PICTURES: EYEVINE.COM; GETTYIMAGES.COM; SHUTTERSTOCK

TB to when they first became Friends

FRIENDS REUNION

THE ONE WHERE THEY CAN'T AGREE

The special's on... but what happens next?

We love a big Instagram reveal – but six simultaneous posts released to announce the biggest telly comeback of our lifetime is unprecedented. Unsurprisingly, the world had a collective coronary last week, after the *Friends* cast made our wishes come true and confirmed that they would be reuniting.

Posting on social media, Rachel, Monica, Phoebe, Chandler, Ross and Joey (OK, the lesser-known alter-egos of the actors who play them) shared a classic photo of the gang (apart from Matt Le Blanc, who jokingly posted the wrong pic) alongside the immortal line, “It’s happening.” Soon enough, HBO announced that the six stars will be reuniting for an unscripted special in May. Cue mass hysteria.

But while the news was met with all the fanfare of a national

holiday – not least because it proved that the world’s most famous on-screen besties were still as united as ever – we’re told that there’s still a bit of apprehension behind the scenes. Apparently, each actor had their own reservations about signing up and, even though they’re all on board, there’s still some lingering tension. And that’s before they even get talking about what to do after the special has aired.

“The one-off show is on, but that doesn’t mean that everyone is up for a full reboot,” says an HBO insider. “This is basically a trial run. A few of them are keen for an entire series, but the others are anxious. Lisa [Kudrow] has been pushing for this for years and Jen [Aniston] and Courteney [Cox] are all for it, too, even though they don’t need the money. But Matt Perry and David [Schwimmer] needed convincing, and Matt

LeBlanc in particular is worried about getting typecast again. Ultimately, the money’s too much to resist, plus the opportunity to give the fans what they want. At this point, everyone’s cautiously optimistic.”

It’s been 16 years since the *Friends* finale aired which makes it precisely 16 years since fans started praying for a reunion. For a long time, it seemed our hopes would never be realised, but last October, the rumour mill went into overdrive, after Jennifer joined Instagram and subsequently broke the internet by posting a photo of the big six together, alongside the caption, “And now we’re Instagram FRIENDS too.” Since then,

This had made our day, our week, our month and even our year



Will Ross and Rachel still be together or on a break?

the gang have been continuously teasing us with various snaps of mini-reunions before hitting the

nuclear button last week with their ground-breaking reveal.

According to insiders, each actor is set to make £2million each for the one-off special, which is just a taster of what they could rake in if they decide on a full-on reboot. Whether that happens or not is still up for debate, but needless to say, we couldn’t be more excited. ■ CHARLOTTE OLIVER

What about me?

The goal is to tackle homelessness



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Sainsbury's

This week
**WE'RE
OBSESSED
WITH**

Ben and his
Jens

Ben in trouble over **TOO MANY JENS**

Aniston, Lawrence and Love Hewitt, look away now

#35

He's been on a voyage of redemption since giving his most honest interview ever recently, in which he blamed alcohol for the breakdown of his marriage to Jennifer Garner, and called it "the biggest regret of my life". But Ben Affleck might now be wishing he hadn't been quite so chatty, after upsetting his former wife over comments he made in the same interview about the other Jennifer of his past: his ex-fiancée Jennifer Lopez.

In outtakes from last month's *New York Times* feature released on the writer's Twitter, Ben called J-Lo "the real thing," adding, "I keep in touch periodically with her and have a lot of respect for her." He also slammed the fact that she wasn't Oscar nominated for her role in *Hustlers*. But according

to insiders, Ben's warmth towards his ex, who he was with for two years before ending their engagement in 2004, has gone down like a lead balloon with the other Jen in his life,

'Ben's really messed things up this time'

despite his best efforts to make amends with her.

According to insiders, Jennifer Garner often felt overshadowed by her romantic predecessor whose public relationship with Ben saw them famously labelled "Bennifer". Despite Jen G marrying Ben in 2005, and having three children with him - Violet, 14, Seraphina, 11, and Samuel, seven - before

splitting in 2015, She's often struggled with the fact that she's the second Jennifer to win Ben's heart, and their moniker Bennifer II was a constant reminder of that fact. Now Ben's comments have stirred up old insecurities.

"When they first got together, Jen hated being compared to J-Lo," says a source close to the actress, who's supported Ben throughout his struggles with alcoholism, despite divorcing him in 2018, three years after their split.

"Ben's really messed things up by talking so passionately about his previous relationship. He really wants to win Jen back, but she feels like he's never going to change and thinks he can't contain himself, even when he's being interviewed about his

personal life. Ben had hoped she'd be touched by his comments about regretting their divorce, but now it's all ended up backfiring on him. Jen's told him she just wants to keep co-parenting the kids harmoniously and leave it at that."

Sadly, despite his best intentions, it looks like Ben's back to square one. Best steer clear of Jennifers, Ben. ■ **CHARLOTTE OLIVER**



He tried to date
me in the '90s



7-13 March 2020 www.heatworld.com

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Quote UNQUOTE

They talk. We listen
(sometimes)

"IT WAS
SO BAD"

**CHARLOTTE
CROSBY**

reflects on her
past sex life with
ex-boyfriend
Gaz Beadle

"NEW BOOTS
AND PANTIES"

A NOEL FIELDING

family shopping trip
can be a real thrill

"YOU DEFINITELY
WANT SOMEONE
TO BE LIKE, 'HEY
MAN, GOOD
WORK', NOT, LIKE,
'HEY, NICE DICK'"

PETE DAVIDSON

comes up with a
perfect humble
brag about his
manhood

"F**KING HATE CORIANDER.
IT'S A C**T'S TRICK"

You don't even want to know
what **LIAM GALLAGHER**
thinks about parsley

"WHEN IT'S YOUR
TIME, IT'S YOUR TIME"

Who knew **GEMMA
COLLINS** was such
a fatalist?

"SOMETIMES, YOU
GOTTA BE A BEAUTY
AND A BEAST"

That's how we justify
not shaving our legs,
too, **BLACCHYNA**

"UGH, I JUST HAD
THE BEST IDEA,
BUT FORGOT IT"

MARIAH CAREY,
ladies and gents.
Almost one of the best
thinkers of all time

the week in PICTURES

Like Shakira's hips,
our lens doesn't lie

But which one
can lick their
privates?



MILAN, 23 FEBRUARY

#38

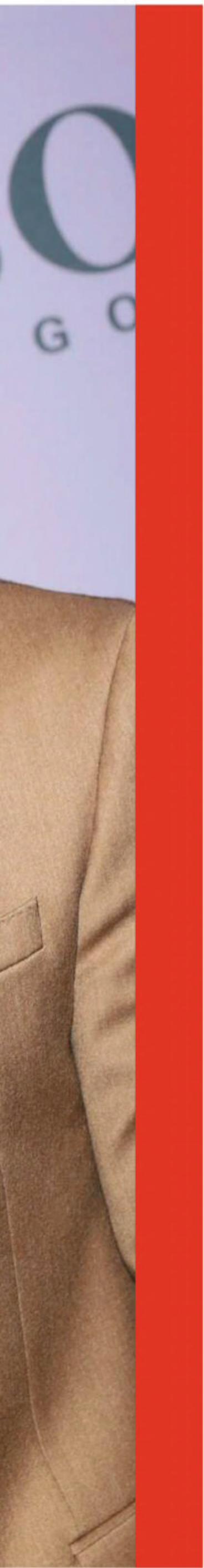
Orlando's dog: 'When did we become so beige?'

WHERE? The BOSS catwalk show.

WHAT? When he burst onto the scene as Legolas in *The Lord Of The Rings*, Orlando Bloom lit up Hollywood. Then *Pirates Of The Caribbean* happened, and then another one, and another... and then Orlando was standing at the premiere of his fifth *Pirates* film wondering when his bright shining star had dimmed. Even his dog looks embarrassed to be seen with him. "Put me down, Orlando, your mediocre talent is humiliating."

SO? Only joking, you big hunk of neutral-coloured gorgeousness. We love you and all of your not-so-critically-acclaimed films.





Did she borrow
one of Harry's
suits?



LONDON, 25 FEBRUARY

'Rochelle, love, someone's nicking your car!'

WHERE? ITV Studios, White City.

WHAT? Getting a snap of her outfit to show off to all her online followers is a very important part of Rochelle Humes' day, so other important things can sometimes slip her mind. Like taking the keys out of her car, or closing the driver's side door of her car, or locking her car. Y'know, those kinds of things.

SO? How fun that her friend (*This Morning's* Alison Hammond FYI) managed to document the moment she went from beaming smile to pure rage.

#39



"You open your
gob like nobody
else..."



NEW YORK CITY, 26 FEBRUARY

Harry succumbs to his tight trousers

WHERE? The Today show studio.

WHAT? You have to suffer for your beauty, and no one knows that more than singer and bona-fide fashionista, Harry Styles.

SO? He went too far this time, though – his pastel pink trews were cutting off the blood supply to his legs, sending him crashing down to the ground. Fans captured the humiliating moment, obvs.

tworld.com



Down it, down it,
down it...



QUEENSLAND, 21 FEBRUARY

Charlotte's last shot at fame

WHERE? Surfers Paradise resort.
WHAT? Charlotte Crosby's been plugging away at the fame game for years now, but she never gets bored. Not when she's invited to so many swanky showbiz parties. She doesn't even get offended by the fact that she's the only one who's served a thimble of alcohol.
SO? Giving up isn't in her vodkabulary.



He's our kiltly
pleasure



BERLIN, 23 FEBRUARY

Gerard's got specs appeal

WHERE? The 70th International Film Festival.
WHAT? How do you make Gerard Butler even more attractive? Put some flip-up glasses on him plus a bow-tie and a kilt and call it a day. Honestly, James Bond could do a lot worse than ditching his humdrum look and following suit.
SO? The only thing better would be Gerard Butler in the Buff. Bit pervy? Soz.



"Pull my finger...
Jinx!"



NYC, 25 FEBRUARY

Leo gets his Duke of Edinburgh award

WHERE? The West Village, Manhattan.
WHAT? He might have finally nabbed his long-awaited Oscar four years ago, but there's one, far more important trophy that's always eluded Leonardo DiCaprio and he's finally decided to right the wrong. Grabbing a mate, a map and a compass (on his phone, because it's 2020), he headed for the Peak District.
SO? Don't ask him if he'll be getting on a boat as part of the expedition. Sore point.



"If didn't win, I was going to have you all beheaded, FYI"

LONDON, 26 FEBRUARY

Kate wins the sports day mum's race

WHERE? Stratford.

WHAT? Kate Middleton really is just like us: she wears the same clothes more than once, she does the school run, and she's an absolute monster when it comes to sports day. Sure, she waffles some nonsense to the kids about it being all about the taking part, but she knows the truth: winning is everything.

SO? Paying attention, Meghan? This is how you keep your title.



"I've actually got really pretty hands"



LA, 21 FEBRUARY

Bebe gets a boo-boo

WHERE? The street near her gym.

WHAT? It's a jungle out there, even for pampered pop stars. Singer Bebe Rexha learnt this the hard way when her rather heavy-handed manicurist accidentally scuffed her pinky finger. But she handled it like a trouper.

SO? You've already injured yourself once, Bebe. Put some shoes on before you step on a nail.



"Knowing my luck, there'll be no paper"



LA, 22 FEBRUARY

Hilary Duff's feeling pooped

WHERE? A sports field.

WHAT? One minute, you're downing a cuppa, playing around in a field without a care in the world; the next, you're clenching your sphincter with all your might, praying to the toilet gods to get you to the bog in one piece.

SO? We've never known such a relatable celeb.



SPOTTED!

Seen a celeb in the wild? Tweet us with your sightings #Spotted

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Send your UNPOSED
celebrity snaps to
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OUT & ABOUT



Singer and actor Justin Timberlake signing autographs for fans near Oxford Circus, central London.
Spotted by Arnold



PARIS HILTON

SPOTTED Life is suite for you, Kerry Erskine, thanks to this snap of the hotel heiress in Topshop in central London.

#42



Newsreader and *Dancing On Ice* star Lucrezia Molinari on a train heading into London Bridge Station.
Spotted by Narinder

SPOTTED Hollywood couple **ASHTON KUTCHER** and **MILA KUNIS** having dinner together at Saddle Ranch restaurant on Sunset Boulevard in LA.

Seen by Georgie
SPOTTED Don't Start Now singer **DUA LIPA** and her boyfriend **ANWAR HADID** on a flight from Gatwick Airport to Nice in France. **Seen by Emily**
SPOTTED Singer **ALICIA KEYS** getting into a people carrier near Hyde Park Corner in central London.

Seen by Pamela
SPOTTED Actress and model **LILY COLLINS** taking pictures of the Eiffel Tower in Paris, France. **Seen by Natalie**
SPOTTED Actress and singer **HAILEE STEINFELD** having dinner with a small

group of friends at Nobu in London's Mayfair.

Seen by Mia
SPOTTED Model **KATE MOSS**, her boyfriend **NIKOLAI VON BISMARCK** and her daughter **LILA** having lunch together at Soho Farmhouse in the Cotswolds. **Seen by Lucy**
SPOTTED Model **LARA STONE**, looking gorgeous without make-up, in a café in Primrose Hill, north-west London. **Seen by Debs**
SPOTTED Coronation Street actress **BROOKE VINCENT** shopping in Harvey Nichols in Leeds, Yorkshire. **Seen by John**
SPOTTED *Grand Tour* presenter **JAMES MAY** smoking with a group of blokes outside an office building in Camden, north London. **Seen by Katie**



Party ANIMAL

EVA ZAPICO

SPOTTED The *Love Island* star was on a night out at Rosso restaurant in Manchester.

*£100 IS FOR UNPOSED CELEBRITY PICTURES ONLY. TOP CRAP OR REGULAR SPOTS ARE NOT ELIGIBLE. WINNERS MAY BE CONTACTED AND BANK DETAILS WILL BE REQUIRED. PLEASE NOTE: PAYMENTS MAY TAKE UP TO 28 DAYS TO ARRIVE. PHOTOS: BACKGRID; GETTY; SHUTTERSTOCK

Torso OF THE WEEK

Who's showing up the rest
of mankind this week?



Give the rest of us
a chance, guys

HUSBAND GOALS #177

JOE MANGANIELLO

✓ He famously played the multifaceted role of Big Dick Richie in *Magic Mike*, so for that reason alone, Joe Manganiello gets a free pass onto this page. After all, we hate to point out the glaringly obvious, but the man mountain incarnates everything we look for here at heat HQ – namely, a massive personality.

✓ The 43 year old may be 97 per cent muscle, but he's also a romantic, brooding soul. When he's not flexing his acting chops, he's busy flexing his mind with a cheeky bit of transcendental meditation. Still, iron doesn't pump itself, so Joe likes to keep it old school in the gym, sticking to the snatch, clean and jerk. If it ain't broke...

✓ In 2015, the actor married *Modern Family* actress Sofia Vergara – who is pretty much his female equal when it comes to utter sexiness. Seriously, the pheromones around those two create their own force field. Potent stuff.



#43

Dr Ranj WILL SEE YOU NOW

The happiest doctor on the planet talks drag queens

and singing about poo with *Katie Holloway*

We begin our chat with Ranj Singh – aka Dr Ranj – by discussing the old adage that doctors make the worst patients. Poor Ranj has spent the night feeling less than perky, and tells us he’s a “very miserable, moany patient”, before asserting, “A lot of men are, really!” But he assures us he’s feeling well enough to chat about his new show, *Dr Ranj: On Call*, which will see him dispensing advice for our health and wellbeing, as well as celebrating the work of the NHS. It’s easy to forget that Ranj still works as an NHS doctor – mainly on weekends – alongside his role as *This Morning*’s resident medic and the numerous other strings to his bow. When we quiz the 40 year old on his seemingly unending list of jobs, he tells us it’s because, “I don’t want to miss out on anything.” All the better for us, because without his FOMO, we never would have got the chance to see that sensational salsa on 2018’s *Strictly*...

Was *Strictly* something you’d ever envisaged doing in your career?

No! It was a pipe dream. I’d been a fan of the show for

years. And then it just ended up happening. It changed my life in so many ways. I learned a completely new skill. I actually do dance as exercise now. I’ve done three Zumba classes this week – I’m a bit sore, but I love it so much. I actually recommend dance as a form of exercise to patients, because I hate going to the gym. I tell them to find an exercise that you love, because I’ve found one and I’ve never been fitter. It’s been really good for my mental health, too, because it’s helped me deal with things like stress and anxiety. And I’ve got this whole new *Strictly* family and bunch of friends that I never had and I’m still really close to them.

Do you miss the outfits?

I’ve kept some of them – they’re up in my wardrobe!

When are you planning on getting those out?

One of my outfits has made several appearances on a couple of *Strictly* cruises I did. And then on my birthday – as a fun surprise – Janette [Manrara, his pro partner] and I did our salsa routine in our costumes. It just keeps coming back. I think I may have finally put it away now – it’s been over a year since I finished the show. But it will always be there as a reminder. I’ve got my very first costume, my very last one and my favourite one.

Tell us about your new show, *Dr Ranj: On Call*...

It’s a dream come true for me. It’s an opportunity for me to bring my day job to life, to take it to a completely new



#45

platform and help people in their daily life with health information. That's what I do on screen already, and that's what I want to do on a bigger platform. Imagine if you were at home having your dinner and I was sitting on the sofa with you and you could just ask me whatever you want. That's the premise of the show for me to be your medical companion.

And it seems like a love letter to the NHS, too...

Yes, I'm so proud of that. Not only are we trying to bolster the health and wellbeing of the nation, we are celebrating the wonderful work that the NHS are doing right now and the innovations that are just around the corner. We want to show people how lucky we are and how good we've got it. I'm still an NHS doctor, and I'm really proud to be showcasing some of the things we do.

Do people stop you more to talk about *Strictly* or medical issues?

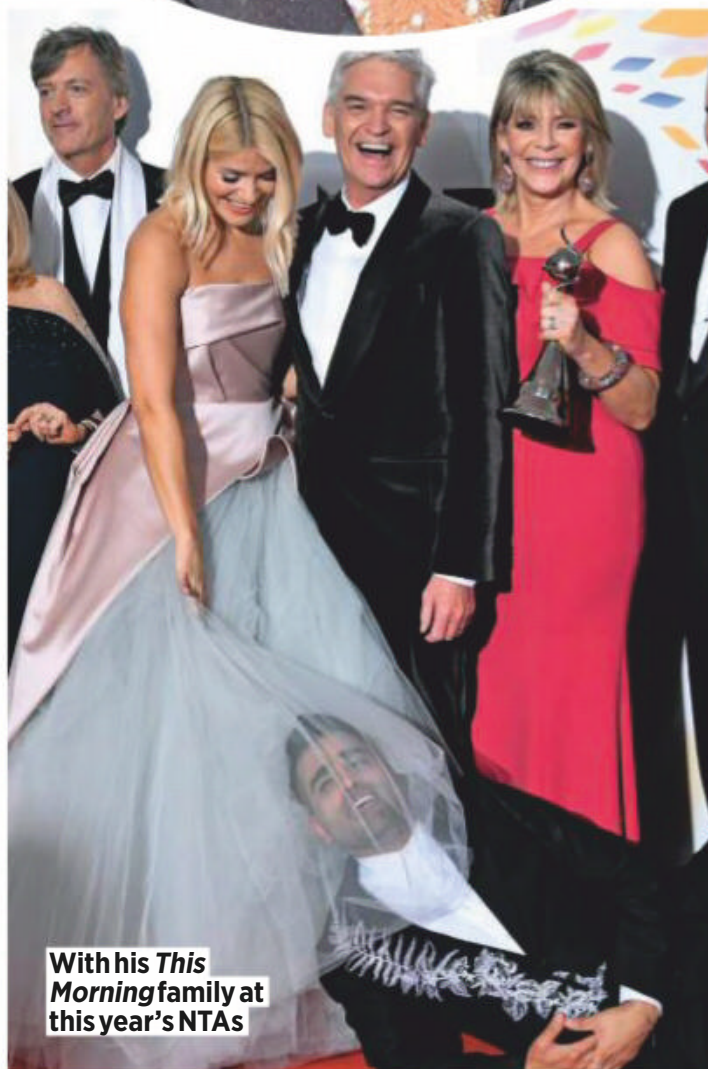
It's a mix, really. It's a funny thing, because I still work in the NHS and the most common question I get at work is, "Are you a real doctor?" Which is ironic, because I've been doing that for a lot longer. When I get stopped out and about, it's for various reasons – but it's always really lovely to hear from people. I get messages every day from families who've either seen me on something and have enjoyed it, or they've seen me talk about something and they've found it really useful – particularly the children's TV stuff that I've done. I've got to admit, as NHS doctors, we don't get very much praise. We do get a lot of criticism, and that's important, because we can learn from it and change things, but now and again, it's so lovely to hear positive feedback.

Do your celeb friends ask you for health advice?

All the time! I don't mind, to be honest. Gok Wan texted me pictures of his ankle while we were doing panto, and Holly Willoughby messages me pictures of her children when they've got



Brow down, bitches...



With his *This Morning* family at this year's NTAs

various rashes... I get all sorts! But it's great, because then I can ask them for advice, too.

Do you give out any advice that you're not very good at taking yourself?

Uh, yes. Slow down! I tell a lot of people to pace themselves, to look after themselves, don't take too much on, learn how to say no to things, give yourself a break and take space to breathe every now and again. I say that a lot, but at the same time, I'm often running around like a headless chicken doing three different jobs. And that's because I get really bad FOMO. My friends are always



constantly like, "How are you doing this? What are you running on?" And I'm running on FOMO.

Do you manage to sleep well, at least?

Oh, that's one thing I can manage really easily. I pay a lot of attention to it, because I love my sleep. I make sure my room and my bed are as comfortable as possible – like a little sanctuary. You've got to be able to have that time and space where you can just rest. **Your CBBC show – *Get Well Soon Hospital* – had you singing educational songs with puppets. Do songs like *Where Does Poo Come From?* get stuck in your head?** I can't get away from that one in particular. Do you know what?

I am glad people remember it. As funny as that song is, it actually has helped children who struggle to go to the toilet. It is funny as hell, though. I remember when we were having to record it in front of the green screen, I have never felt more embarrassed or self-conscious. It was one of the first things I'd ever done, and I was the only person singing and dancing about poo in front of about 20 people watching me. **We've also been told that you sing in a choir – is that true?**

Yes! I did it up until I started *Strictly*, and then I had to take a bit of a step back, because I was so busy. But I still do it – I'm in an adult *Glee* choir, basically. Singing is something that I've always loved since I was a kid, and as I got older, it became one of my stress-coping mechanisms. Plus, I've been able to do amazing things, like sing in



Salsa-ing into our hearts on *Strictly*



Doing what he does best: working for the NHS



Finding out where poo comes from on *Get Well Soon Hospital*

the Royal Albert Hall. It's been really good fun – definitely something I want to do more of. **We reckon this makes you a great candidate for *The Masked Singer*...** I would LOVE to do that show. I don't think people would be able to guess it was me. **You're welcome, ITV...** [Laughs.] Yes, send that one to the bosses!

'If I ever did drag, my name would be Curry Bradshaw'

And there's another show we reckon you'd love to be a part of... I know what you're going to say... ***RuPaul's Drag Race*?** Oh my gosh, yes. I'm a massive fan. It was my specialist subject on *Celebrity Mastermind* recently, but they gave me

really hard questions, so we're not going to talk about that. I adore the show, I adore what it stands for, I adore the fact that it celebrates diversity. It's all about an LGBT+ subculture that has always been there, but is now really coming into the mainstream. It's all about

celebrating and expressing who you are, and being inclusive, and I love that. Plus, it's hilarious. The comedy is brilliant, the guest judges are great, and we've now got the UK version. It's had its first series and I think they're now in the middle of filming the second, so I'm really looking forward to

that. It's nice to see a bit of LGBT+ culture coming into the mainstream and normalising it for everyone and saying, "Yeah this is a part of everyday life."

Have you ever done drag yourself?

[Laughs.] Nope! I would not make a very pretty woman.

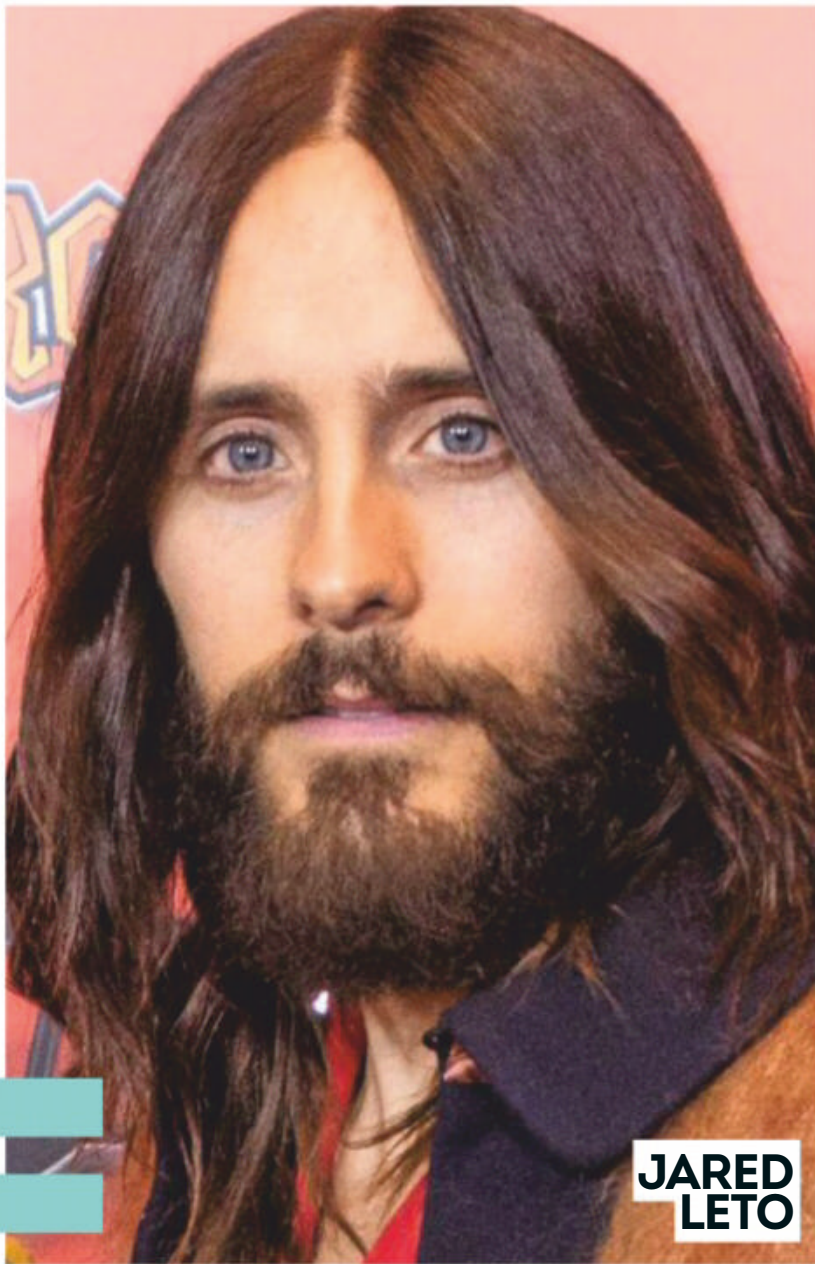
You so would!

I don't think I would, but I do have a drag name. If I ever did do it, it would be Curry Bradshaw. It's got to be! I do like dressing up for fun – fancy dress, Halloween and all that. I'm really into face paint for festivals and things like that. But drag? No, I couldn't. It's just too complicated for me. There are

some technical aspects that I wouldn't be very good at. [Laughs.] Anatomical aspects that are quite tricky... and I'm not sure I could manage that. **Those eyebrows would be very difficult to block...** Right? Can you imagine trying to get rid of these things? I'm not designed for drag, but I love it. **Your eyebrows are iconic. Have they always been amazing, or did you hate them when you were a kid?**

It's funny you should say that, because, growing up, I was teased relentlessly for them. I was this little kid with these huge eyebrows, even my teachers used to make fun of them. It made me very self-conscious. So, for the vast majority of my teens and twenties, I was very paranoid about them. And now the tables have turned – big brows are in! All of a sudden, I'm being complimented on them, and I'm happy to rock a big brow now. I'm very popular in Liverpool. Yeah, you know what? I celebrate them now. I am proud of my brows for the first time in my life. ■

Dr Ranj: On Call starts on ITV, Tuesday 3 March, 7.30pm



CELEBRITY MATHS

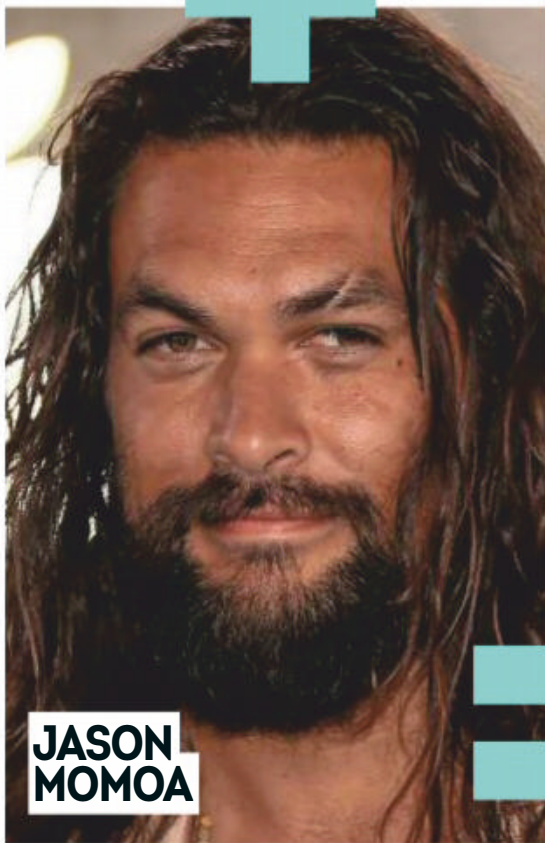
Because adding one famous face to another and getting a third is fun, OK?

Have you ever looked at a famous face and thought, "If I mixed that with another face, it would look like a third celebrity?" Well, here at *heat*, we have taken on the burden of doing it, so that you don't have to. We've called upon some of the best geneticists in the world to analyse these celebrity faces and their DNA in order to create these mind-boggling equations (we haven't). So, grab your pen and paper, and get ready for a very different kind of maths lesson... ■ **KATIE HOLLOWAY**





JULIA ROBERTS



JASON MOMOA



STEVEN TYLER



MARGOT ROBBIE

heat
FEATURE



ALICE DELLAL



EMMA MACKEY

#49



SHANINA SHAIK



NATHALIE EMMANUEL



ZOE KRAVITZ



BILLIE PIPER



KATE MIDDLETON



EMILIA CLARKE

NETFLIX SUPPLIED BY LMK; GETTY IMAGES



Kim K has a slap sesh with Mario Dedivanovic



Celeb hairstylist Carl Bembridge and Mikey Phillips with Mrs Hinch

BEHIND THE FACE, THE

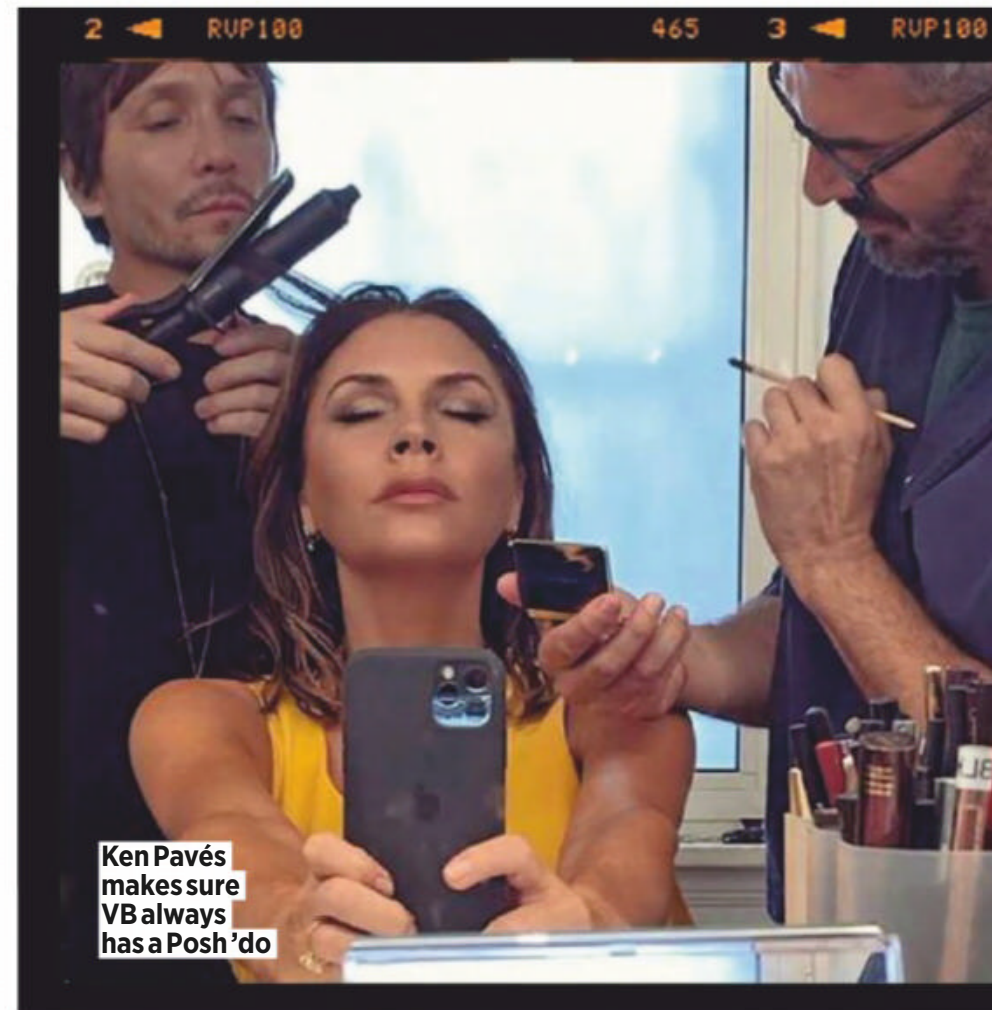
Glam



Jac Jossa glams up



Carl Bembridge gives Billie Faiers' mane a spruce



Ken Pavés makes sure VB always has a Posh'do



The GC gets her diva face on

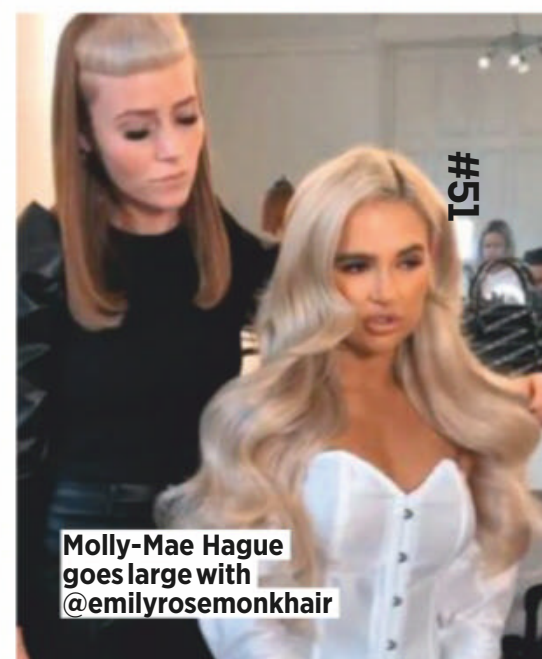


Brooke Simons touches up Laura Whitmore

ERY FAMOUS
HERE'S A

squad

It takes a lot of primer and set spray to keep
a celeb's face, hair and ego in check



Molly-Mae Hague goes large with @emilyrosemonkhair

I

or someone who didn't attend the NTAs this year, Mikey Phillips had a very busy time indeed. "I started working at 5am and had six different clients that day," he tells us. "I was booked up

from September, because the girls know they want a slot, and it's normally first come, first served. They all want to be number one, they all want to be the most special, and they all don't want you to leave. Honestly, the anxiety was real."

In case you're unfamiliar, Mikey is in fact @MakeupbyMikey, the make-up savant, whose artistry adorns the faces of pretty much every reality star worth her Laura Mercier lipliner. You'll know his regulars by their high-res glows, thick set lashes and grade-A selfie game. Think

Ferne McCann, Olivia Attwood and Amber Gill – but honestly, it's harder to find a famous face he hasn't contoured. Speaking exclusively to *heat*, Mikey says his job requires industrial-strength patience and effort – no surprise, when every client wants to be queen bee.

"It's so hard. If I put someone on the Insta and say, 'This is my queen,' then I get messages off the other ones saying, 'No, I'm the queen!'" he says. "Ferne actually gave me a public apology on Insta, because she was such a nightmare at the NTAs. She didn't want me to leave! I can do her face in no time, because I know it so well, but she'll start saying, 'Babe, I feel rushed. Don't compromise the glam.' And she knows I'm going to see someone else. There's a lot of jealousy – they all want to look the best."

It takes an elite force to get a celeb

red-carpet ready, their weapons of choice include everything from primer, bronzer and setting spray to bobby pins and hair pomade. Thanks to the Kardashians, the "glam squad" has become the ultimate posse, a celeb's inner circle, more vital than any PR, agent or plastic surgeon. The squads may vary in size, but at their core is the holy trinity: the make-up artist, the hairdresser and the stylist. They know all of a celeb's angles and their secrets – the squad's raison d'être is making a celeb look picture-perfect, and they live in fear of a bad pappic.

"I love photo shoots, because you probably have the most control," says Mikey. "You've got retouch, you can use wind machines and you get total control of the images. Red carpets still stress me out – you're always waiting for that



Mikey and Ferne McCann



Olivia Attwood may or may not have woken up like this



Nadine O'Toole adds a bit of Celeb Juiceto Keith Lemon's look



Daily Mail article – do they look good? Has it translated? I definitely feel the pressure. I won't say who, but I once did someone who got the dreaded triangles under her eyes [a concealer trick for making eyes look brighter] in the press pics. It was probably about ten years ago, but it scarred me. I remember, I woke up the next morning to a text from that person with a screenshot. I'd used a new powder and it was such a mistake."

Hair stylist Sophie Sugarman (@themanestyle) can relate. She tells us, "There's always that anxiety until you see the photo."

Whitmore's mane for over a year, always there with emergency shine spray and a toothbrush (trick of the trade) to smooth any strays. She says that, more often than not, it's a getting-ready frenzy. "Personally, I'd like to have around two to three hours for hair, but that doesn't happen," she says. "Hair and make-up often happen at the same time. When you know who you're working with, you know when to stop and

start. It's hard. When make-up is doing eyes, a person's head

needs to be a certain way, but if I'm blow-drying, their head might be facing in a different direction."

As the "squad" moniker attests, it's a group effort, demanding collaboration from head to toe. According to our insiders, the "vision" begins with the stylist, who chooses the outfit, which then

gets passed onto hair and make-up. Then come the Whatsapp messages, the voicenotes, and the endless mood boards, before a final look is decided. Hair and make-up expert Nadine O'Toole (@nadsotoole) works on pretty much every Saturday night show going – *Strictly Come Dancing*, *The Masked Singer* and *Britain's Got Talent*, to name a few. On those shows, she says, it's up to the creative director to create the look – but teamwork is everything. "I love working as part of a team," she says. "We can bounce off each other with ideas, new techniques, discuss new products and catch

up on gossip. It also takes the stress out of packing for a job. If I need an obscure thing that's not in my kit, someone on the team will no doubt have it."

The luxe life of a glam squad member is a major perk of the job, too. Not only do you get backstage access to some of the biggest shows on TV, you're also sent heaps of products and get to work in top studios and hotels. You even get the opportunity to flex your master skills abroad. But, like any celeb job, it can switch from the sublime to the ridiculous quickly.

'Some of my girls sleep in their make-up' Mikey

She cites bad weather as her mortal enemy. "I always check the forecast," she reveals. "It's so daunting, especially if it's really sunny, but then it becomes windy or rainy. Rain can totally change the texture of someone's hair and how it's going to look."

Sophie's been taming Laura

Hair by Sophie Sugarman.
Sass: Laura Whitmore's own



Nadine works on *Strictly* pro Nadiya Bychkova



"I've had jobs on the beach, where it's 50 degrees, I'm in a tent, fighting the elements and half my kit's in the sea," says Mikey. Although, Nadine might just win the award when it comes to most crappy gig. "I once had to paint a prosthetic bottom to look like a person had a messy accident," she remembers.

There's one golden rule when it comes to #squadlife: don't bite the hand that glams you don't even think about messing with the look. "My girls literally won't touch their face," says Mikey.

"Some are so obsessed, they'll sleep in the make-up and then wear it the next day." More importantly, there's a line of respect, and you cross it at your peril. "I always stick to my guns. I know my worth and what I'm willing to do," he says. "If people want to work with me, they know the score. That's why Ferne apologised for getting jealous, and it's why we have such a great relationship. We're probably very similar: we push each other, but there's definite respect."

The big question is, behind all the pouts and poses, who gets the ultimate say? As far as Mikey's concerned, there really is no debate. "I always get my own way," he says. "When Laura Anderson came out of *Love Island*, she was like, 'I love white eyeliner.' I was like, 'No, babes, not on my watch. That is going in the bin.'"

And that's the secret, ladies and gents: behind every pretty face is a glam squad and they're calling the shots. ■ CHARLOTTE OLIVER

WORLD-FAMOUS GLAMMERS



KEN PAVES

If it weren't for Ken, Victoria Beckham would still be sporting her bleach blonde pob of 2007... and nobody wants that. The hair maestro is also responsible for Eva Longoria and Jennifer Lopez's glossy locks.



MARIO DEDIVANOVIC

He single-handedly started the contouring revolution when he first began painting Kim Kardashian's face. It's no surprise, then, that Mario is Kim's favourite man ever. Sorry, Kanye.



JEN ATKIN

Jen's the mane girl when the Kardashians want their barnets attended to, but she also finds the time to tame Chrissy Teigen's tresses. A job to dye for?



Heat radio))

WE LOVE POP!

LISTEN NOW VIA  FREEVIEW 716  HEAT RADIO APP
 HEATRADIO.COM  "PLAY HEAT RADIO"

Wear it's at

The week in chic

Anyone who says you can't buy happiness hasn't read these pages



Matalan's new-season denim range offers up some seriously flattering shapes (from £10)



This bag is (literal) flames (Skinnydip, £32)

THE RADAR

What's making our style senses tingle this week



Issa Rae had us green with envy at the Michael Kors show



In support of International Women's Day, Bobbi Brown and Elizabeth Scarlett have teamed up with Smartworks Charity to create this set (£64)



Heels, £85

NEWS FLASH

GILLIAN ANDERSON X DUNE LONDON

THE ACTRESS IS SLAYING AS THEIR S/S20 AMBASSADOR

Dune London have announced Gillian Anderson as their brand ambassador for this summer, in a campaign shot by renowned photographer Rankin. The "My London" shots feature the *Sex Education* star in a variety of quintessentially London locations, including this lush little café, as well as a host of lust-worthy shoes. Of the campaign, Dune say, "[London's] diversity and energy epitomises our approach." London, Gillian and gorge shoes? What a trio.



Heels, £120

Fashion FOR EVERY BODY

Laura's All Inclusive...

This week, we're taking a closer look at spring jackets. And no matter what your body shape, we've got something for you. So, say goodbye to fashion that makes you feel excluded and hello to fashion for everyBODY...



Wear it's at



£32
River Island

A midi or maxi skirt like this will help to elongate legs



£25
Red Herring

Yasmine Chanel



GOING DOTTY

This classic print is a staple, but give it a new-season refresh by opting for brighter tones. With polka dots on everything from maxi dresses and skirts, to blouses and blazers, you'll be spoiled for choice this spring.



£25
Boohoo



£40
VbyVery



£38
Next

Lucy Hale



PATTERN UP

Make 2020 the year of the print



Wear it's at

*No more
fashion
fomo*



£8
Primark



£59.99
Zara

This belted
dress will
enhance,
or create the
illusion of,
curves



Street style

STRIPE IT LUCKY

Always in style, stripes are great for elongating your shape or emphasising your curves as they do all the hard work for you. So, whether you go for a tailored jacket or shirt dress, these pieces can be worn for months to come.



£24
Next

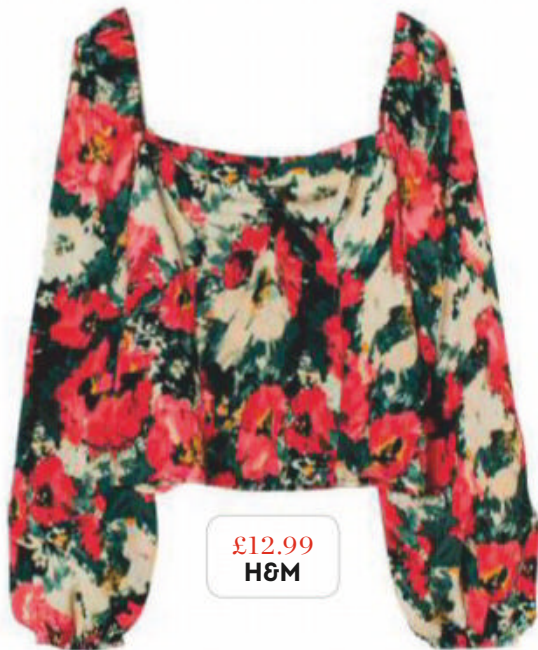


£65
River Island

#57

RETRO REVIVAL

Ditsy florals have had a major comeback, and they're huge news for S/S20. This dense print means the eye doesn't focus on one area, so it's ideal for streamlining your figure. Feeling brave? Mix and match your patterns for a fashion-forward take on the trend.



£12.99
H&M



£35
Monki



£25
Monki

The shape
of this skirt
will define
the waist and
skim hips



£29.50
M&S



£14
Red Herring
@Debenhams



Laureen Uy

ART ATTACK

Abstract offerings are really hot right now, so pay homage to your art teacher with these alternative buys. Think geometric, tie-dye and face prints – anything goes! Play around with different shapes and styles for a fun, quirky look.

Opt for a size up in this jumpsuit for comfort and style – and no camel toe!



£35
Monki



£17.99
H&M



£49.50
M&S



Sofia Richie



Lauren-Nicole

£18
Boohoo



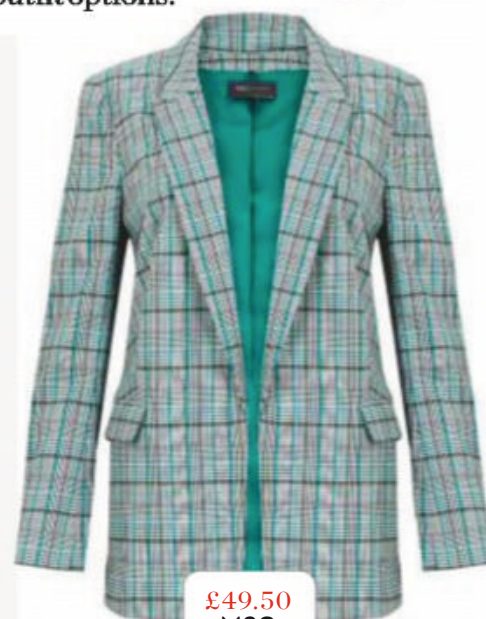
CHECK IT OUT

Checks have been creeping their way back into fashion over the last few seasons, and we're here for it. A matching co-ord is a great investment – wear together or switch them up for plenty of outfit options.

Invest in a blazer for work or weekends – this one is oh-so versatile



£35
Topshop



£49.50
M&S

LAURA'S *ALL INCLUSIVE* WEAR IT, WORK IT... SPRING JACKETS

Style ed Laura on finding what works for you...

With spring right around the corner,

now is the ideal time to think about switching your winter coat for something lighter.

From shorter styles to longer lines, finding the perfect option for you is all about focusing on what you want to achieve from your look, whether that's elongating your frame, showing off your waist or balancing out your shape. The key is to stick to what makes you look and feel good, and remember what you want to emphasise. Don't

be afraid to show off your figure, it's always going to be more flattering than going the other way. Think about proportions, too – if you're bigger on the top half, keep your coat more streamlined to balance things out and vice versa. Petite? Don't underestimate how much little tweaks can make your outfit feel totally tailor-made, whether it's simply turning up the cuffs or shortening a hem.

And with so many varieties available, you can find the ideal spring jacket for you, no matter what your shape or size. So, whether you want to flatter your figure or flaunt it, I've got the tricks and tips to make you look and feel amazing.



Karin Teigl

MIDI MARVELS

Whether you go for a double-breasted blazer, faux leather, a denim shacket, or an oversized option to balance out proportions, mid-length styles (from bum-skimming to knee-length) are everywhere this season. They're really easy to wear and tweak, so they work with any body shape.

£49.99
H&M



This belted number is ideal for highlighting the waist and creating definition

£50
River Island



£49.99
Zara





Wear it's at

Fashion
FOR EVERY
BODY

LONGER LINES

Ideal for creating the illusion of height, longer styles are all about drawing the eye down, making them great for streamlining your shape. Something that hits mid-calf or longer will make you appear taller, floor-skimming maxi lengths are also ideal for this.



£89
M&S



£60
River
Island



£60
Monki

The trench has had a S/S20 makeover – this number is slightly over-sized, so you may want to go down a size to get the right fit



@yoyokulala



£19.99
Bershka



£79.99
Zara

SHORTER STYLES

If you're more petite or shorter in the body, going for something hip-skimming is a good idea. If you want to show off your waist, try a cropped style. A jacket that stops where you would naturally wear a belt will emphasise your shape, not hide it.



£42.99
Topshop

This denim number will look great over tailored trews or a floral dress



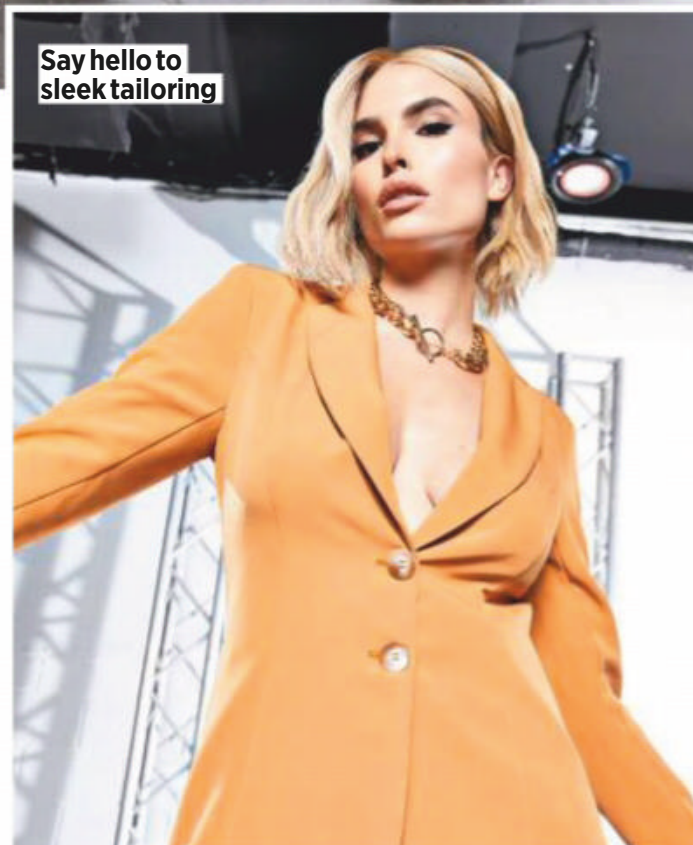
Olivia Culpo

#61

GETTYIMAGES.COM

Going out:
sortedheat
EXCLUSIVE
OFFER20% OFF AT
MISSGUIDEDMatching
pieces available

Get your new season wardrobe sorted in just a few clicks at Missguided. With waist-cinching corset tops, sleek tailored co-ords and lust-worthy dresses, their new collection is a one-stop shop for spring. And if nailing the latest trends isn't enough, these Insta-worthy outfits are also sure to have all those flame emoji comments rolling in. Don't believe us? Just search #babesofmissguided and you'll see. With styles available in sizes 4-28, there's something for everyone. Best of all, *heat* readers can get 20 per cent off at [Missguided.co.uk](https://www.missguided.co.uk) with the code MGHEATMAG until 9 March. So, what are you waiting for? Get shopping! ■

Spring
separatesSay hello to
sleek tailoring

Terms and conditions apply to the "heat magazine exclusive 20 per cent discount promotion" advertised in 3 March 2020 edition of heat magazine sold from 3 March 2020. The promotion entitles you to 20 per cent discount off items purchased from Missguided's UK Website [Missguided.co.uk](https://www.missguided.co.uk) when you purchase heat magazine. UK residents only. The code is valid on full-price items, excluding sale, beauty and unicorn delivery, and will finish on 9 March 2020.

Wear it's at

*No more
fashion
fomo*



1 It may look like a blazer, but this tailored number is actually a dress. Wear alone or over blue jeans. **Pretty Little Thing, £35**



2 Brighten up your arm candy with this bold buy – use it as a clutch or shoulder bag. **Zara, £29.99**



3 The midi dress still reigns supreme for spring, and this slinky option is ideal for streamlining your shape. **H&M, £39.99**



Street style

TOP 10



10 Wear as underwear or nightwear – either way, this silky duo is giving us goddess vibes. We ♥. **M&S, £25**



4 Mules are this season's must-have, so step into the trend in these fuchsia beauts. **Topshop, £69**

5 Dress up this blazer with jeans, or wear with a floral smock dress for an easy, chic look. **Miss Selfridge, £59**

9

Wide-leg trousers are making a comeback for S/S20. This smart high-waisted pair will make legs look longer. **Zara, £29.99**



7

This fitted lace tunic will look equally as good with ankle boots as it will with trainers. **Lush. River Island, £55**



6 These shorts match the blazer above – wear together for maximum style points with minimum effort. **Miss Selfridge, £35**



8

Jazz-up any look with this belt – wear over your fave polka-dot dress or a classic beige trench. **ASOS, £12**



Hot Pink

It's not just for Wednesdays

BROW GAM STRONG

How to ensure your arches are on fleek...

Repairing

If you suffer from sparse brows that just won't grow, or you just want to give them a little TLC, we've got you covered. Applying a serum while you sleep will nurse brows back to health while you get a little shut-eye. Look for formulas that contain ingredients such as biotin to ensure you're getting the best brow fix. Or, for a celeb-worthy look, try castor oil, a fave trick of stars like Charlize. Simply apply directly onto brows with a brush, massage in and let it get to work. Winning!

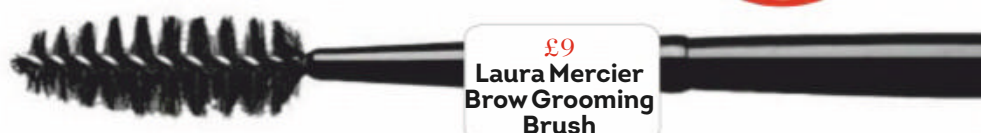


£37
RapidBrow
Eyebrow
Enhancing
Serum



£9.99
Pukka
Castor Oil

Charlize
uses castor
oil on her
hair as well



£9
Laura Mercier
Brow Grooming
Brush

Charlize Theron

Grooming

There are many different methods to keep your brows in check, and which one is right for you will depend on your desired shape and finish. Want to achieve that defined Instagram brow? Threading or waxing will create neat edges, perfect for a Kardashian-inspired look. Just be sure to apply a dab of aloe vera to the area following treatment to calm any redness. Or, if full bushy brows are more your thing, use a pair of slanted tweezers to pluck any stray hairs, being sure to keep the edges a little uneven. For longer hairs, simply brush your brows up and trim the ends of any that reach above the natural brow line. Hello, brows that wow.



£15
The Body Shop
Aloe Multi-Use
Soothing Gel



12.50
Lilly Lashes
Fabu-Lash
Scissors

Priyanka's
secret to
perfectly
groomed
brows

£22
Tweezerman
Slant Tweezer
in Pretty
In Pink

Priyanka Chopra



LET'S TALK BROW LAMINATION...

WHAT IS IT?

"Brow lamination is the process of restructuring the brow hairs to keep them in the desired shape," says Natalie Piper, Brow Lamination International Trainer at Lash Perfect.

WHO'S IT GOOD FOR?

"This is the perfect treatment for anyone whose hairs are irregular in direction or with any gaps."

HOW DOES IT LOOK?

"It'll give the appearance of perfectly groomed, full brows."

ASSISTANT STYLE ED JAZZ PUT IT TO THE TEST

1



My technician started by discussing what I wanted to achieve from my treatment. I struggle with gaps in my brows, and wanted them to appear fuller and more even.

2



She brushed my hairs upwards and applied a fixing lotion. Yes, it looks scary, but by straightening any kinks out of the hairs, you can achieve a fuller finish.

3



The brows are then cleansed before being shaped and tinted. The finished look: Insta-worthy brows that last for six to eight weeks.

Hi Brow Lamination,
Available from Lash
Perfect, £35-£55



Jenna Dewan

Defining

Once your brows are groomed to perfection, it's time for the finishing touch. A good brow product should define your shape, fill in any areas that need extra help, and give a natural yet full finish. For those who are new to filling their brows, a pencil is great, as the buildable formula means you can't go too OTT. Make small strokes that mimic the way your hairs fall until you reach your

desired finish. Want something more defined? Use an angle brush with a gel or cream formula for a more glam look. Then, once you've filled to perfection, use a clear brow gel to hold them in place.



£18.50
Illamasqua
Precision
Brow Gel

£22
Diorshow
Brow Styler



£2.99
Wet n Wild
Mega Clear
Mascara

Jenna uses
a clear
mascara to
set her
brows

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Wear it's at

TRENDING: *Avocado*

No longer just for smashing on sourdough,
this fruit is beauty's new 'It' ingredient

PEEPER PLEASER

Smudge-proof and long-lasting, this volumising mascara contains avocado oil to encourage hair growth while also preventing lashes from becoming clumpy. **MUA Eye Define Nourish & Care, £4**



DREAM CREAM

Suitable for even the most sensitive skin types, this soothing cream allowed us to fake our way to 40 winks by applying it under our eyes pre-concealer. **Kiehl's Creamy Eye Treatment With Avocado, £26**



Vanessa Hudgens

HAIR HERO

Vanessa Hudgens is a fan of this fruity shampoo, and so are we. After use, our stressed-out locks were silky soft and frizz-free. **John Frieda Detox & Repair Conditioner, £5.99**

PRETTY PALETTE

Don't be intimidated as this vivid palette is very wearable. We blended the khaki shades into our brown smokey eye for oomph. **Revolution Tasty Palette Avocado, £10**



#67

SKIN SAVIOUR

Fast absorbing and sweet smelling, this body oil – infused with nine botanicals, including avocado – worked miracles on our dried-out skin. It didn't feel greasy, either. **Decléor Cica-Botanic Body Oil, £37**

NAILED IT

Give your cuticles some extra TLC with this hydrating oil. Massage a few drops directly into your nail beds to soften the skin and encourage nail growth. **Barry M Nail Shot Avocado, £4**



MIRACLE MASK

We were seriously impressed with this sheet mask. Containing both avocado extract and calming lavender oil, it gave us a spa-level complexion from the comfort of our living room. **Holika Holika Pure Essence Mask Sheet, £1.95**



TOP TANNER

Formulated with coconut and avocado oil, this tanning water gave us a natural-looking bronze. We applied before bed and woke up to a streak-free glow – no wonder Lily loves it. **Isle Of Paradise Self-Tanning Water, £18.95**



Lily James



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Life hacks



Travel, food, fitness... Because your Instagram feed won't fill itself

From Famous

Meet the celebrities who've
taken their love for working
out to the next level

TO FIT!

Imagine turning up to the gym to find a famous face telling you how many burpees to do. Well, it's not as strange as it sounds. There are a growing number of celebs who, having spent hours in the gym getting themselves into shape, are turning their passion into a professional qualification in the fitness industry. Sounds tempting? We looked at how they did it and tried it out ourselves.



Sweat it out
with Davina

#69

Giving a live
class



#70

DAVINA McCALL

Davina has been releasing fitness DVDs for over 15 years, so when she decided to start training for a PT qualification, it was a natural progression for the super-toned star. Davina's course was run by LDNM academy (Ldnmuscle.com) and she excitedly posted on social media that she'd successfully passed her practical exam in 2018. However, she did admit to *heat* earlier this year that she has put her PT plans on hold for now, saying, "It's actually quite complicated and I want to make sure I have a decent amount of time to dedicate to it. So I'm settling for being a fitness instructor, and I'll go for the PT side of things when things are a bit



"Hands up if
you're FAF"

quieter. It's on my goal list." However, her recently launched Own Your Goals franchise is already helping thousands of women transform their bodies for the better. She's also launching her own fitness festival, Wellfest (Wellfestuk.com), which takes place in London on 6-7 June, where you can join in with Davina as she instructs a live workout.

KAREN HAUER

We've seen her smash out some serious moves on *Strictly*, but did you know that Karen is also a qualified PT? She posts fitness videos on her YouTube channel and has her own training plan, Hauer Power, which you can download from just £15.

She says, "I was a personal trainer back in the day, when I lived in New York. As well as having a huge passion for dance, I have always loved fitness, from when I was a little girl growing up watching my mom work out... and that's exactly why I created this plan. It's a unique blend of easy to follow dance and bodyweight exercise, designed to get you fit, toned, strong and you'll have lots of fun doing it!"

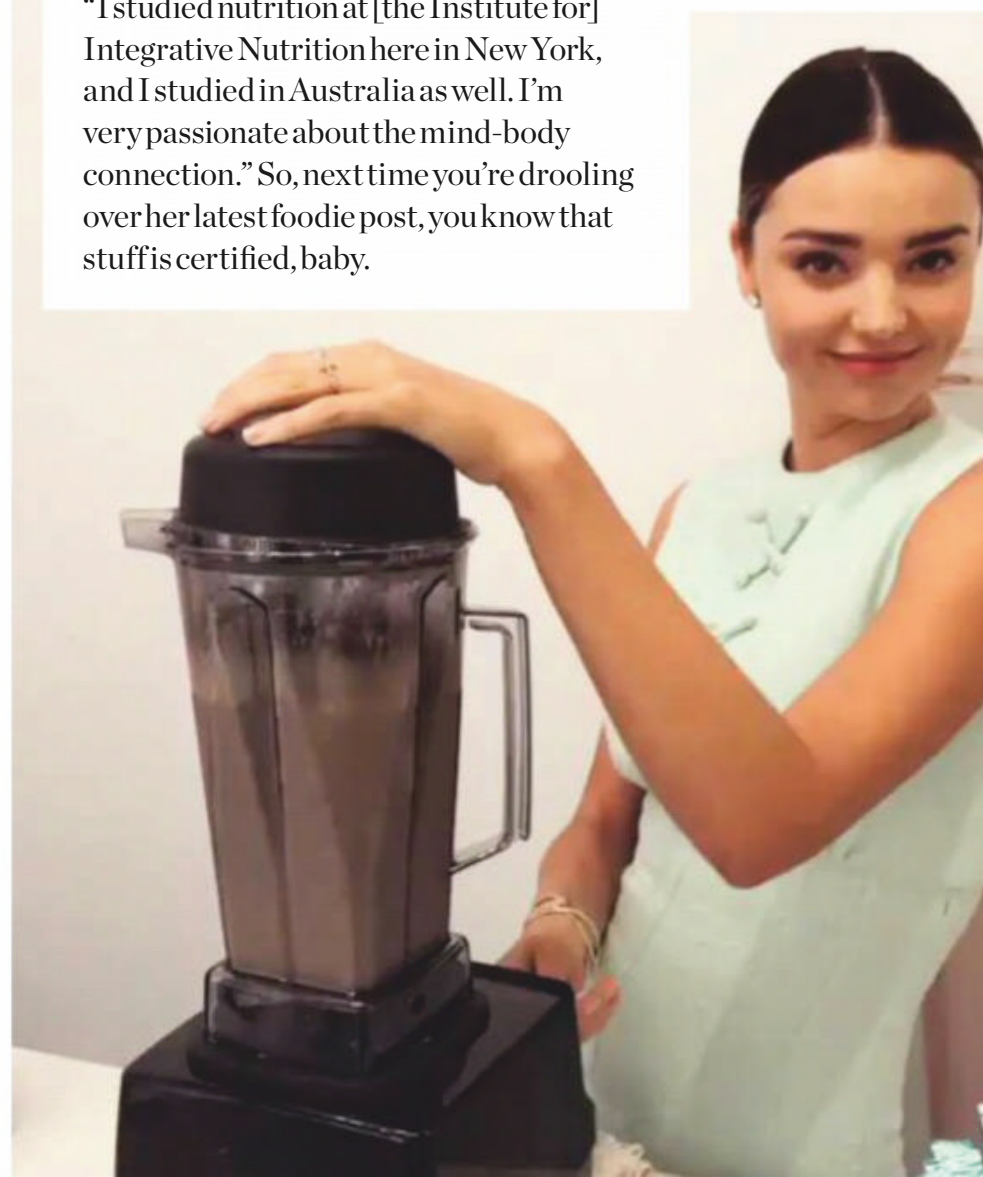


Hauer does
she do that?



MIRANDA KERR

We're always ogling Miranda's Insta to get workout inspo and healthy eating tips, but the Aussie star took things a step further by enrolling in a nutrition course to become a certified health coach. Miranda says, "I studied nutrition at [the Institute for] Integrative Nutrition here in New York, and I studied in Australia as well. I'm very passionate about the mind-body connection." So, next time you're drooling over her latest foodie post, you know that stuff is certified, baby.





The pooch is pooped

MICHELLE HEATON

Former Liberty X star Michelle is now a FETAC-qualified Level 5 personal trainer with qualifications in pre- and post-pregnancy exercise. Michelle did her training in 2011 when she was pregnant with her first child. She said, "With my first pregnancy, I Googled and looked through magazines to find out the best way to work out while pregnant, but there was loads of conflicting information and I didn't know what was right and what wasn't. So I went back to college to educate myself. I got qualified towards the end of that pregnancy, and when I had my second baby, I thought I would love to educate other women." It probably helps that her husband Hugh Hanley is a PT, too...



The Heaton's on...



She swapped her wand for guns

EMMA WATSON

Not content with being an A-list actress, Ivy League University graduate and women's rights campaigner, the *Harry Potter* star also found time to qualify as a yoga instructor, after honing her downward dog as a way to deal with stress and her nomadic life as an actress. "I was like, 'I need to find a way to always feel

safe and at home within myself, because I can never rely on a physical place,'" she has said. "I love having something completely unrelated to the film industry. I wanted to find something that will let me use my brain in another way." She is now a board-two-certified qualified yoga instructor.

#71



Smoothie operator

STUDY TO BE A PT. HOW HARD CAN IT BE?

Lifestyle editor Louise Bennett qualified as an L3 Personal Trainer with Premier Global NASM. She says, "After developing a real passion for fitness a couple of years ago, getting my PT qualification seemed like a great way to learn more about the mechanics behind it. There's a mind-boggling selection of courses, but I wanted one that was well respected and that I could fit in around my job and being a mum to two young children. Premier Global's course delivered

exactly that. I could tune into the webinars live, or catch up with them later. There was plenty of course material and pre-recorded lectures and you're assigned a course tutor. There's also a team of success coaches at the end of the phone if you have questions. I felt like I learned more about the human body in a few weeks than I ever did at school! There are assignments, exams and filmed assessments, so it's essential that you know your stuff. I constantly had my head in a book. The course took

about four months to complete and not only have I learned loads about the OPT Optimum Performance Training model to assist me in creating a bulletproof training programme for myself, I'm also able to create plans for others, too. There's loads of support and advice about entering the fitness industry once you graduate. I definitely feel the real learning is only just beginning." **The Personal Trainer Diploma package (including L2 Fitness instructor and L3 personal training) from Premier Global costs from £1,566.55 or installments of £45 a month. Go to Premiarglobal.co.uk**



heat's Louise

SPLASHNEWS.COM; WENN.COM

A full-page photograph of Ferne McCann, a woman with long, wavy blonde hair, smiling at the camera. She is wearing a light purple, off-the-shoulder cardigan over a dark top and blue jeans. She is holding a purple mug with both hands. In the background, there is a vase of pink and yellow tulips and some blurred kitchen items.

INTERVIEW:

'Bladder leaks made me scared to leave the house'

Ferne McCann talks about the magic

muscle we should all be working

You'd work your abs in the hope of getting a six pack, so why not consider exercising your pelvic floor, so that you don't have an embarrassing incident every time you sneeze? There are many misconceptions about our pelvic floor that you don't need to worry if you've not had kids, or that leaks are just something you need to put up with. But your trampolining days don't have to be over, and strengthening your pelvic floor can improve your confidence and even boost your sex life. We spoke to Ferne McCann, who has experienced bladder leaks herself and wants to encourage women to give their pelvic floor some love.

Why is talking about this so important to you?

I felt it was necessary to get behind this campaign with Always Discreet because, though two-thirds of women experience leaks, so many underestimate the power of the pelvic floor. The perception is that it's just women who have given birth or are a little older who experience leaks, but this isn't the case. I know first-hand how they can make you feel, and doing a few squeezes a day can help prevent and improve the situation.

Have you previously had any embarrassing accidents due to your weak pelvic floor?

I've had bladder leaks out and

'We should be more open about women's health issues'

AM I DOING IT RIGHT?



Rosie Stockley from postnatal wellness company Mamawell (Mamawell.org)

explains how to make sure you're doing things correctly.

1 Squeeze your anus – this cue helps so many people. Just keep your buttocks relaxed and you should feel the internal muscles activate.

2 Don't forget to relax as well as activate. Deep breathing is great for helping this – fully exhale and relax your muscles, then inhale and engage them.

3 Do longer activations for a count of ten, as well as short, sharp squeezing movements as this will train your muscles to engage quickly when you need extra support.

If you still need a nudge to remember to squeeze, try out these virtual pelvic floor PTs:



SQUEEZY APP

NHS-approved app that tells you how and when to do the exercises.

£2.99 on iPhone and Android



MUTU SYSTEM

An online exercise programme aimed at improving pelvic and abdominal symptoms and diastasis recti. **£99, Mutusystem.co.uk**



ELVIE PELVIC FLOOR TRAINER

This device discreetly inserts while you follow the exercises from an app. **£169, Elvie.com**

"I've got the Squeazy app on my phone that reminds you to do it. It's recommended by the NHS. I also went to a mummy MOT on Harley Street with a lady who helps women who have issues with their pelvic floor." Vogue Williams ensured she leak-proofed her pelvic floor soon after she gave birth to her son Theodore.



"I remember being out with some girlfriends, and we were cracking up laughing. We were out having Mexican food, and I giggled and peed a little bit. Well, that's the urinary incontinence!" Former Destiny's Child star Kelly Rowland has spoken about her incontinence issues.



about, of course. At times, I've been nervous about leaving the house, doing cardio exercise or taking long car journeys. I would worry about being anywhere too far from the loo. It really can catch you off-guard, and that's why it is so important that women exercise their pelvic floor regularly.

The beauty is that you can do them anytime and anywhere be that in bed, waiting at the traffic lights or watching TV.

Why is it important for everyone to exercise their pelvic floor – not just women who have had children?

Just because you have a strong core, there's no guarantee that you won't suffer with leaks. Just because you are fit and healthy, it doesn't necessarily mean you have a strong pelvic floor. There are so many reasons why women might have weak pelvic floor muscles.

Lifting weights in the gym can actually contribute to the issue as it increases pressure down there. I hadn't really considered my pelvic floor muscles before I had an issue, but I now know that I could have prevented a whole lot of discomfort.

Why do you think it's important for women to know more about this?

I think we should be more open and honest about women's health issues like this, because it will give people the confidence to seek help and make change. Just a few discreet squeezes a day can make all the difference.

Ferne McCann has partnered with Always Discreet to encourage women of all ages to do their pelvic floor exercises as part of their daily routine to put the squeeze on bladder leaks

Don't forget
22ND MARCH



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 **GREAT
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The latest food news, because it's rude not to share

Love it or lick it

If you're looking for a tasty breakfast with flavour that will really pack a punch while also giving you a big nutritional hit, this recipe ticks every box. It's taken from *The Life Kitchen* by Ryan Riley (£20, Bloomsbury) – a book of recipes inspired by his mum, who lost her sense of taste and enjoyment of food during her cancer treatment. The dishes are not only an amazing legacy for Ryan's mum, they're also scientifically some of the yummiest food you can whip up in your kitchen.

Marmite cream-cheese toast with mushrooms

Ingredients: (Serves 1)

● 4tsp full-fat cream cheese
● ½tbsp Marmite ● Boiling water, from a kettle ● 1 egg ● Olive oil ● 1 large mushroom, thinly sliced ● 1 lemon, zest and juice ● 1 slice of any bread you like (seeded sourdough is a favourite) ● A sprinkling of sumac, to serve (optional)

Method:

1 Mix together the cream cheese and Marmite in a small bowl.
2 Place a saucepan on a high heat and add the boiling water. Allow the water to start bubbling again, then carefully add the egg. Reduce the heat, so the water comes to a gentle rolling boil, and cook

for 6-7 mins – this should give you the perfect soft-boiled egg. Remove from the water using a slotted spoon and set aside.

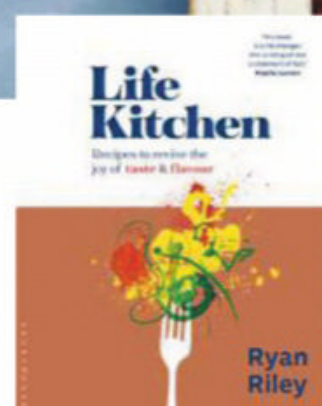
3 Meanwhile, place a fryingpan on a medium-high heat and add a glug of oil. When hot, add the mushroom and fry for 5-6 mins, until crispy and dark. Sprinkle

in the lemon zest and juice and set aside.

4 Shell and halve the egg. Toast the bread to your liking and spread over the Marmite cream cheese. Spoon the mushroom on top and add the halves of soft-boiled egg. Sprinkle with sumac, if you like.



#75



GUIL-TEA PLEASURES

TREATS AND BREWS HAVE HAD A MASH-UP

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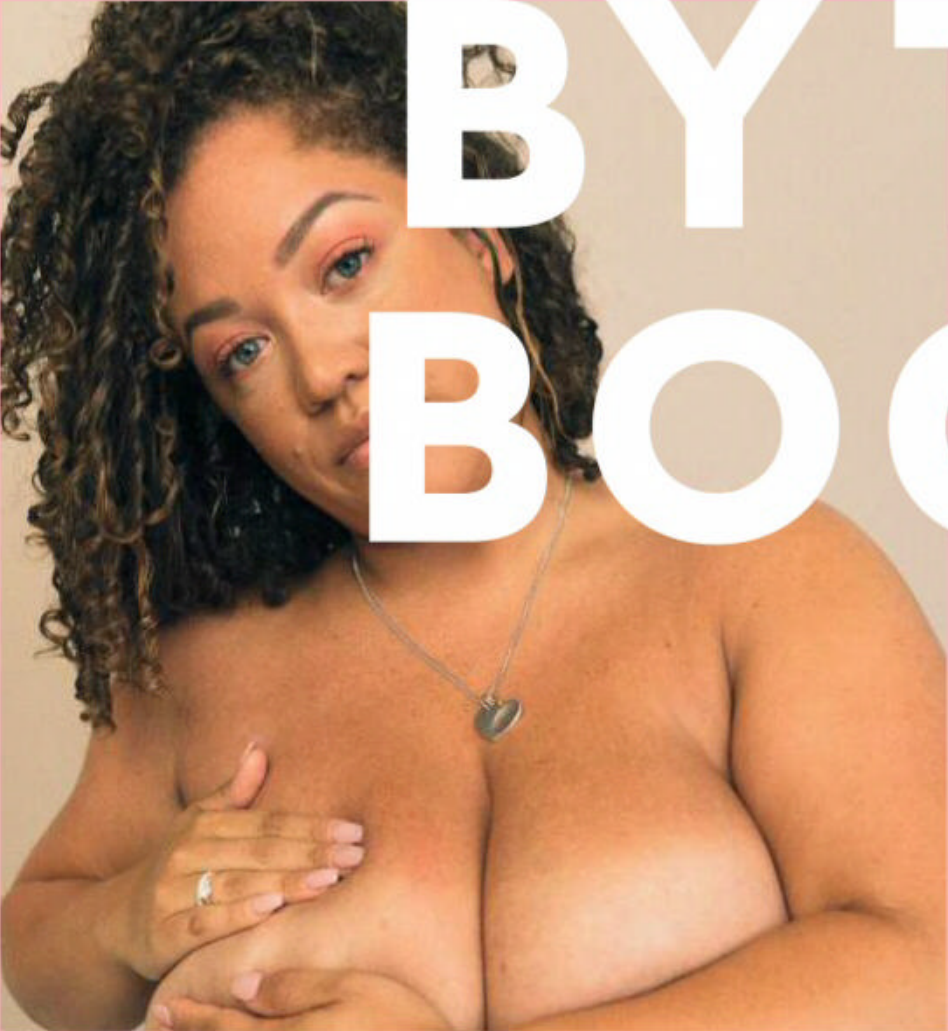


£5.99
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PHOTOGRAPHY: © CLARE WINFIELD



GRAB LIFE



BY THE BOOBS

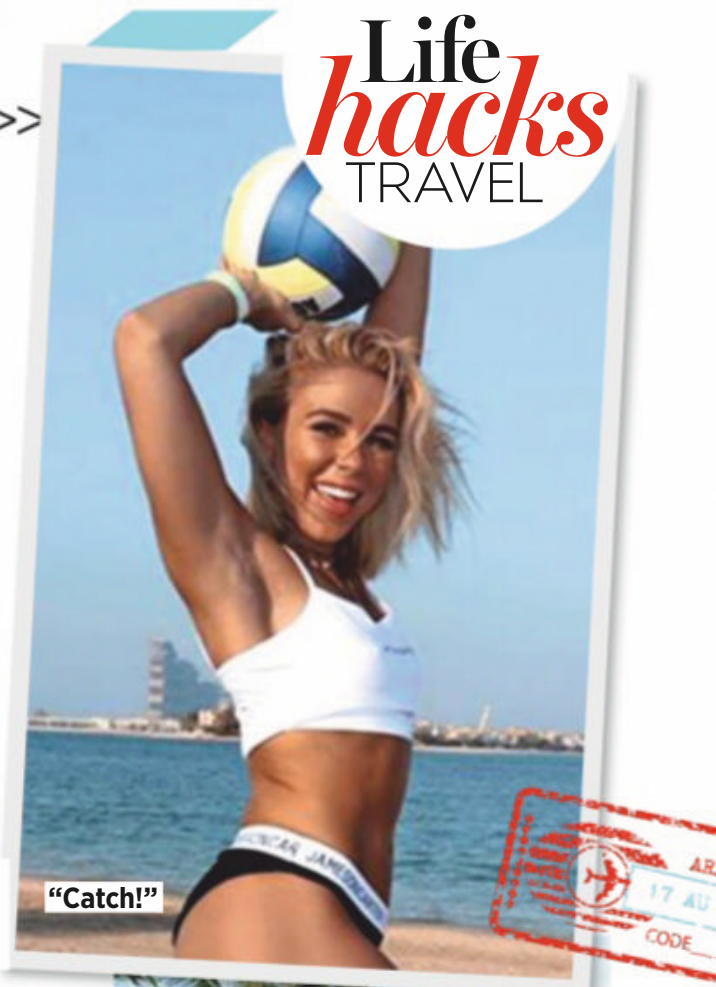
**KNOWING YOUR BOOBS COULD SAVE YOUR LIFE,
SO GRAB ON, AND CHECK REGULARLY**

SEARCH COPPAFEEL GRAB LIFE





NAME:
GABBY ALLEN, 28
PLACE OF BIRTH:
LIVERPOOL
OCCUPATION:
REALITY TELEVISION
STAR AND PT



'I ate a scorpion – it tasted like filth'

Which trip changed your life?

I recently went on a skiing trip in Val d'Isère with Crystal Ski Holidays. We went ice diving, enjoyed plenty of après-ski, and ate the most amazing bread every day. I went paragliding off the mountains, too, which was unbelievable. I even steered the parachute.

Where's the coolest place you've stayed?

There was an amazing hotel called Ammatara Pura in Thailand, which was really old-school and definitely haunted. But every room was a separate villa, so I could sunbathe with my top off.

What's the best bar you have ever been to?

I went to this bar called Potato Head in Bali for New Year's Eve, which was so good. Being around amazing people and drinking is great, but the location of the bar was perfect – the sunset views were unreal.

What's the weirdest thing you've put in your mouth?

I've eaten a scorpion in Bangkok. People say that they taste like chicken, but they actually taste like filth. I had it for the experience more than anything else.

Who's your ideal holiday companion?

My brother Ethan, because we're very similar. We'll go out and have a party, but we also like nice food and chilling out. I can easily tell him if I don't want to go out and drink, whereas I feel peer pressure from my friends, and then three days later, you're still drinking.

Give us a travel tip from your home town...

Everyone needs to go to Dash restaurant in Liverpool and order the scallops as a starter – they are delicious. They have two sides of the menu, so you can have the Italian options or Asian-based dishes. It's my go-to place when I visit home. ■

Gabby went to Val D'Isère with Crystal Ski Holidays (Crystalski.co.uk) and stayed in the five-star catered Chalet Brunswick



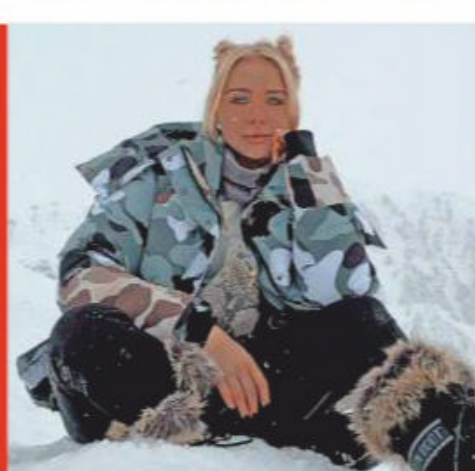
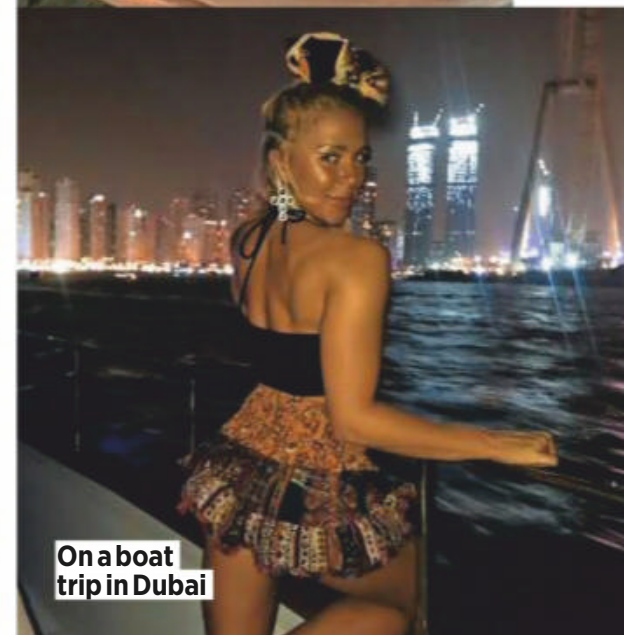
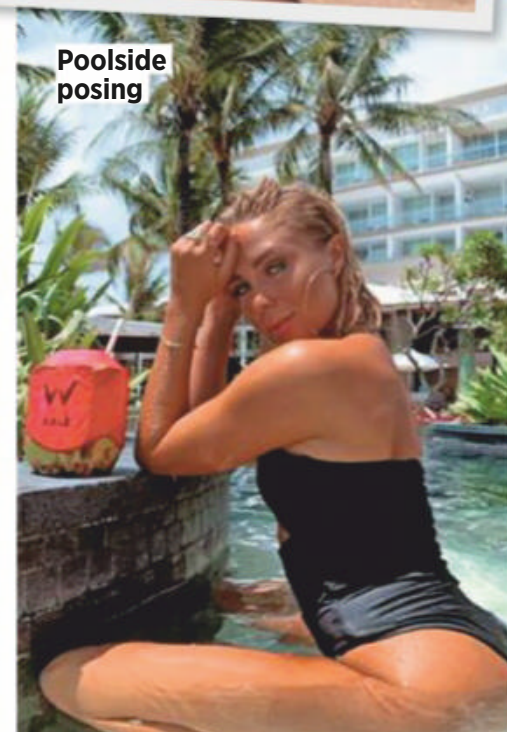
What do you always pack in your suitcase?

Bondi Sands sun cream and body oil. I pack books, but I never read them because I end up being really busy.



What's your biggest holiday mistake?

I got way too drunk one night during my skiing trip, and ended up skiing on my bum the whole way home. The day after, I woke up and my coccyx was killing me. Apparently, I refused to walk and was just sliding home.



THE DARKEST CRIMES AND EVIL MINDS

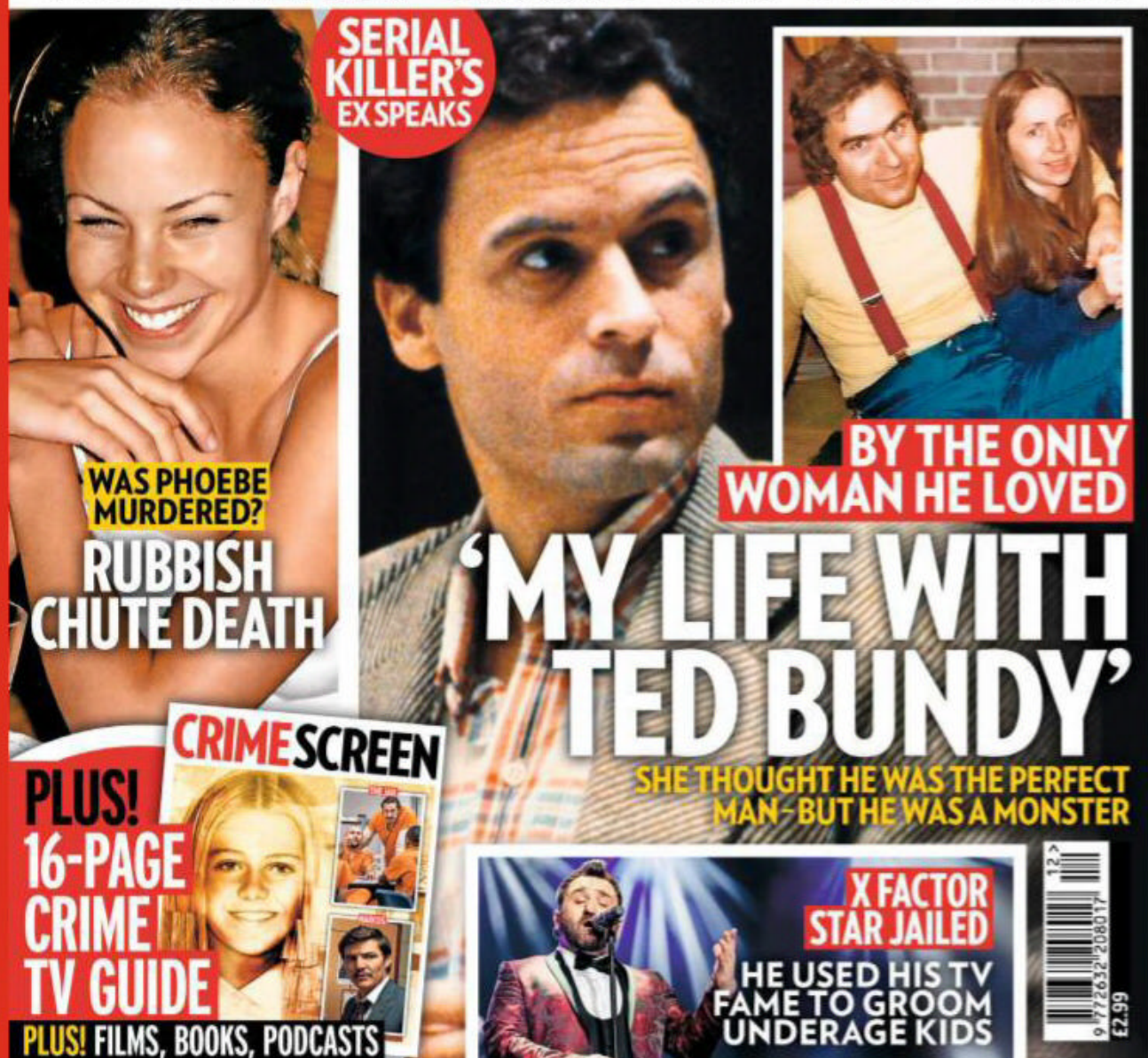
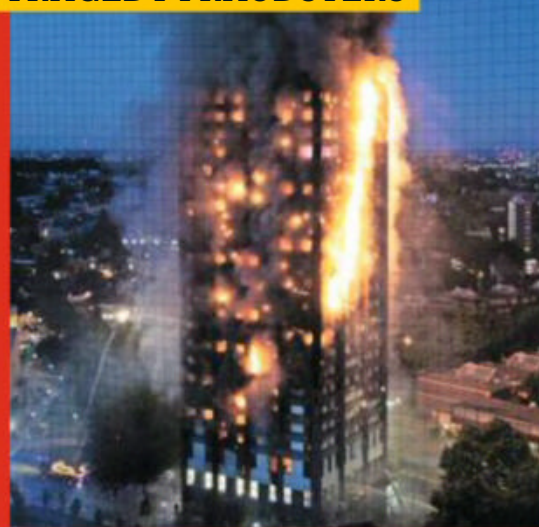
CRIME MONTHLY



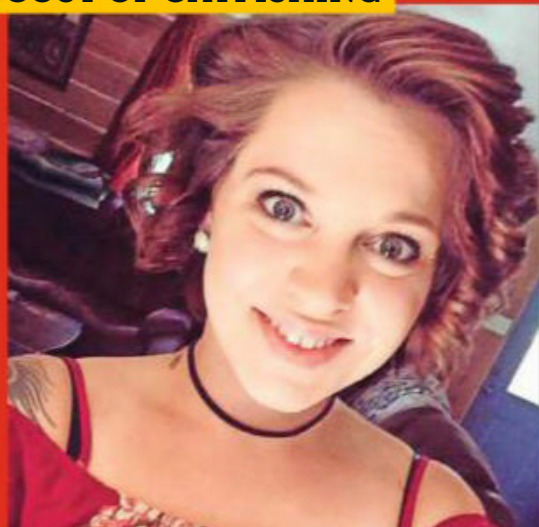
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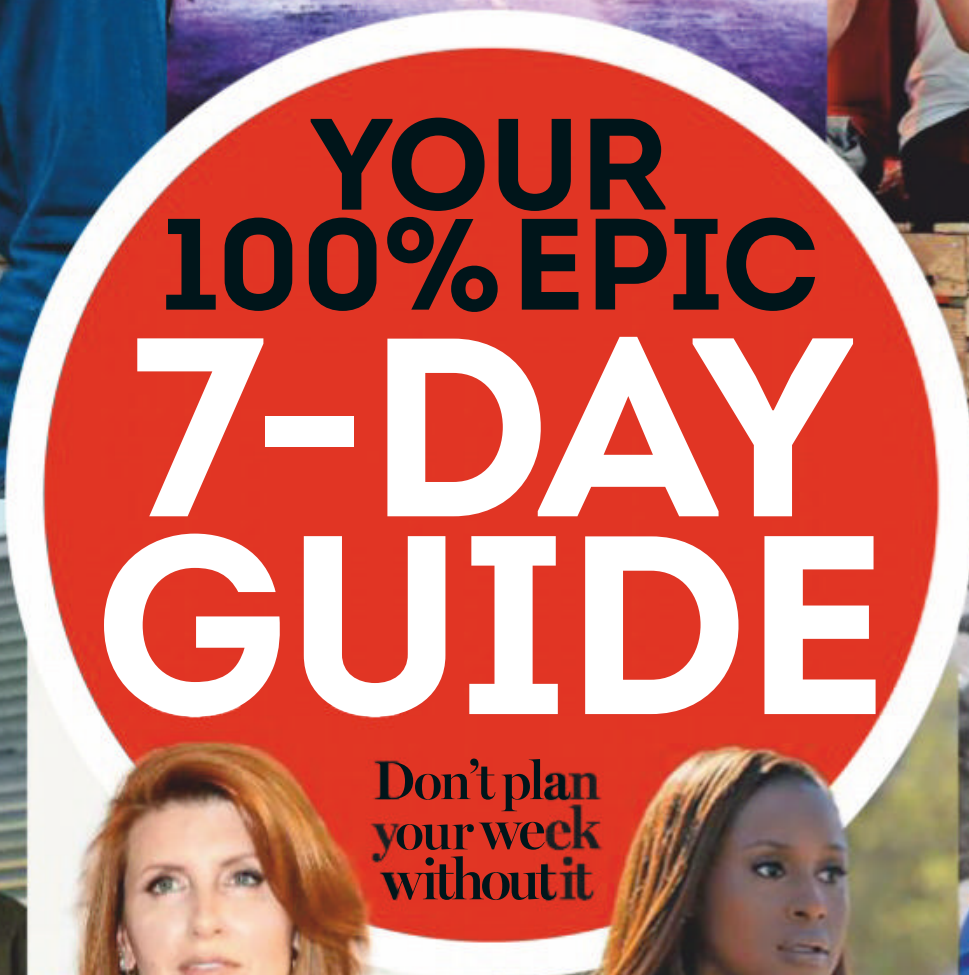
LOUIS THEROUX
JOINS THE GREAT
CELEB BAKE OFF



ONWARD
OUR VERDICT ON THE
NEW PIXAR MOVIE



SPORT RELIEF
THE EPIC EVENT
ARRIVES NEXT FRIDAY



MARTIN FREEMAN
STARS IN NEW
COMEDY BREEDERS



SHARON HORGAN
SINGS IN MILITARY
WIVES



ISSA RAE
FINDS ROMANCE IN
THE PHOTOGRAPH



JOANNA LUMLEY
EXPLORES HER
HIDDEN CARIBBEAN

#79



Can I have some gum, please?

BOYD'S TV LAND

All the week's news, views and erm, things to amuse from Boyd Hilton, **heat's** King of Telly™

MY TOP 3 SHOWS ON TV



Curb Your Enthusiasm

Larry continues his quest to open his own coffee shop purely out of spite in this utterly hilarious tenth season.

Sky Comedy/NOW TV, Tuesday, 9pm



This Country

In this episode of the superb comedy, Kerry discovers a passion for reading and joins the vicar's local book club,

BBC1, Monday, 10.35pm



Noughts + Crosses

Highly effective and thought-provoking adaptation of the young adult novel by Malorie Blackman about a racially divided alternative Britain.

BBC1, Thursday, 9pm

Dun, dun, dun...



MY VERDICT ON...

Liar

ITV, Mondays, 9pm

The common complaint from TV critics is that any hit drama these days shoehorns in a second series, no matter how satisfyingly self-contained the original story was and how tenuous the premise of the sequel turns out to be. ITV's *Liar* might, in theory, be a classic example of this syndrome. It was a massive hit when it aired over two-and-a-half years ago with its tense, taut storyline that kept 9 million viewers on edge about whether charming surgeon Andrew Earlham (Ioan Gruffudd) was a rapist. In fact, he turned out to be a serial sex attacker when his crimes were bravely unearthed by one of his victims, Laura Nielson (Joanne Froggatt). The creators of the series, the Williams Brothers (*The Missing*), could have left the story there, with Earlham's crimes satisfyingly exposed by the heroic Laura. Instead,

they gave us a tantalising final shot of Earlham lying dead in the Kent marshes. But no show with those ratings is ever going to be denied a sequel.

Now, the new series has arrived, and even after watching just the opener, it already feels justified, mainly on the grounds that it's gripping from the off. The writers have cunningly reset the show as a classic whodunnit, with newbie detective Renton (Katherine Kelly) arriving in town to investigate who killed Earlham. Kelly chews the scenery and actual gum at the same time, but her larger-than-life performance somehow fits the show's proudly melodramatic tone. Laura is the obvious suspect, but we keep seeing flashbacks of the build-up to Earlham's murder, which handily establish motives for a gaggle of other characters. Forget tenuous second series syndrome, I'm in.

**IF YOU LIKE...
MIRIAM'S
DEAD GOOD
ADVENTURE
THEN TRY...
MIRIAM'S BIG
FAT ADVENTURE**



In this two-part documentary, the great Miriam Margolyes explores the issue of obesity, which begins with a startlingly honest assessment of her own feelings about her body. BBC2, Monday 9 March, 9pm

"We're not burglars"

CULKIN JOINS AMERICAN HORROR STORY

Home Alone legend Macaulay Culkin will star in the new, tenth season of *American Horror Story*. Ryan Murphy, the creator of the show, announced the news last week, confirming that 39-year-old Culkin will join *AHS* regulars Evan Peters, Sarah Paulson and Kathy Bates in the next, as yet untitled, series.

heat
TV NEWS



"Oi, that's mine"

NETFLIX NABS BLANCHETT'S STATELESS

Netflix has acquired the international rights to acclaimed Australian TV drama *Stateless*, produced by and starring Cate Blanchett. It's about four people whose lives are changed when they visit an Aussie immigration detention centre.

"My legs are killing me"

OCTAVIA UNVEILS SELF MADE

The official trailer for drama series *Self Made: Inspired By the Life of Madam CJ Walker* has been unveiled by Netflix. The show, executive produced by and starring Octavia Spencer, tells the story of America's first self-made female millionaire and how she revolutionised black haircare. The four-parter will launch 20 March.



"Cheers to me"

OH FINDS THE CHAIR

Killing Eve's Sandra Oh is set to star in a new comedy-drama series created by actress Amanda Peet (*Studio 60*). In *The Chair*, Oh will play the, er, chair of an English department at a top university. Peet will be the showrunner for the half-hour series being made for Netflix.



And it's a goal from Murs!

BOLT AND MURS RETURN TO SOCCER AID

Footie charity event *Soccer Aid* will air live on ITV on 6 June. It will take place at Old Trafford and among those taking part are Usain Bolt, Olly Murs, Kem Cetinay and Robbie Williams, while Dermot O'Leary will host. Tickets available at Socceraid.org.uk/tickets.

SCOTT VISITS THIS COUNTRY

American Pie doofus Seann William Scott will star in the US version of superb BBC3 comedy *This Country*. The American adaptation, being made by Fox, will be set in the small Midwest town of Flatch, Ohio, and Scott will play the equivalent of the vicar character called Father Joe.



"I'm a bit overdressed"



**SPOILER
ALERT!**



Ali's in a bad way

When Ali collapses after a diazepam overdose, everyone thinks he's up to his old tricks, but the real reason is far more sinister. And after taking drastic action with Maria (a car's involved), he leaves for good.

#82

**SPOILER
ALERT!**



Gray's well aggro

Suspended from work, Gray's fuming – especially when his company drops Whit's case. He represents her as a way of getting his job back, but later flips out when Mitch offers him money to keep afloat.

**PIC
OF THE
WEEK**



Corrie The Bat Society are begrudgingly impressed by Nina's bat boxes, but later insult her dress sense, so Roy resigns, as does Brian. Nice one, lads.

CORRIE



James gets outed

James' worst nightmare happens next week, when a reporter approaches him at The Weatherfield Golden Hearts Awards (where Aggie is getting her gong) asking him about the online rumours regarding his sexuality. Turns out, Danny's inadvertently outed him, so James goes into full denial mode.

THE CAT'S OUT

And there's no way that

EMMERDALE



Charity's a party pooper

When Charity realises Tracy is throwing a surprise party for Vanessa, she can't help blurting out that Vanessa has cancer, devastating Tracy. Obviously, Vanessa's livid when she finds out Charity's told her sister about her diagnosis. In the end, Charity and Tracy fall out, and poor Ness is stuck in the middle.

HOLLYOAKS



Worst birthday ever

Toby's lips are no longer sealed

It's Mitchell and Toby's birthday, and Celeste's worried Toby is going to blab about his true identity. And it turns out she has every reason to be concerned, as Toby gets increasingly resentful at seeing Mitchell's friends and family celebrate his big day. But will Toby drop the ultimate birthday bombshell on Mitchell?

OUT OF THE BAG

moggy is getting back in



EMMERDALE

Pants on fire

Archie's ouchie

Laurel tells Arthur she can't let Jai move in while concealing that he's been hurting Archie, so Arthur tries to do the right thing and 'fess up but Laurel stops him in time. Later, Archie has an accident with Sandy's ship in a bottle and (wrongly) accuses Arthur of hurting him, and it all comes out in the wash.

ALSO THIS WEEK...

'ENDERS



Double proposals

Rainie's having a tough time after a run-in with Linda brings up stuff from her past, so Stuart – having heard Jay plans to get down on one knee – decides to follow suit to cheer her up. Will either of them get the answer they hope for? Also, Isaac is still giving Patrick grief, so Denise hatches a drink-based plan.

CORRIE



The moment of truth

Yes, Alya, you are the Miss Marple of Weatherfield! Next week, when she spots the same spelling mistake in the new menus as the bad reviews, she realises Geoff is behind both, so confronts him. But will he confess or frustratingly find yet another way to wheedle his way out of trouble? Hurrumph.

EMMERDALE



Don't be rash

Things are looking both good and bad for Dan next week. On the one hand, he has another date with Mandy to look forward to, on the other hand (literally), he has a rash. And the reason why Brenda's looking so concerned is because Dan got it after eating Heath and Cathy's vegan cake and cookies. Uh-oh.

HOLLYOAKS



Just say no, Juliet

Why is Juliet gazing at a tie? She's just weighing up all the ties she's going to wear as camouflage to sell drugs at different schools in the area. Sneaky, huh? Well, not really, because when PC George spots her wearing the uniform of another local school, he's immediately suspicious. D'oh. Elsewhere, Liam shows a disturbed Grace his dartboard of doom.

!The Unmissables REVIEWS

Everything that gets a big yes from us this week



THE CULTURE KEY



TV



MUSIC



FILM



BOOKS



APPS



THEATRE



DVD

#84

SPORT RELIEF

BBC1, FRIDAY 13 MARCH, FROM 7PM

This year's Sport Relief – which alternates every other year with Comic Relief – is a typically star-studded affair with special sketches, celeb challenges, panel shows and a new gaggle of presenters, including ex-Arsenal Women's footballer Alex Scott, Oti Mabuse, Emma Willis, comedian Tom Allen, Maya Jama and Rylan Clark-Neal, joining Gary Lineker and Paddy McGuinness on hosting duties throughout the big night. Here's our pick of the highlights...

THE HEAT IS ON

In the lead-up to Sport Relief night, this hour-long special tells how Nick Grimshaw, Frankie Bridge, Robert Rinder, Krishnan Guru-Murthy, Karim Zeroual, Samantha Womack and Louise Minchin took on the challenge of traversing 100 miles of ice across a Mongolian frozen lake. Except the Coronavirus outbreak meant the celebrities were faced with a last-minute change of plan, and they ended up trying to cross the world's oldest desert in Namibia by foot, bike and skis

in four days. It airs on BBC1, Wednesday 11 March, 9pm.

LINE OF DUTY

Actual *Line Of Duty* writer Jed Mercurio co-created this sketch, presented as an "exclusive 'deleted' scene from the series", in which our anti-corruption heroes DS Arnott, DI Fleming and Superintendent Hastings are interrogating new character DC Taylor (Jason Isaacs), an accused corrupt copper who they suspect knows the identity of the real "H". Unfortunately for DC

Taylor, he's legally represented by crap lawyer David Rickman (Lee Mack). We cannot wait.

KILLING STEVES

Yes, there's a spoof of *Killing Eve*, too, in which a mysterious blonde assassin is killing victims with the first name "Steve". So, expect to see snooker legend Steve Davis, *Corrie*'s Steve McDonald, Olympian Steve Redgrave and presenter and magician Stephen Mulhern all meeting their deaths, in a funny way. But who is killing them?



Celebs are everywhere



"Row, row, row your boat..."



Jennifer and Oti become netball coaches



It's all serious in *Line Of Duty*

ALL-STAR NETBALL

Two teams of celebrity players and sporting legends compete in the first-ever All-Star Netball for Sport Relief. Huge netball fan and comedy legend Jennifer Saunders captains one of the celebrity teams, while the other is led by *Strictly Come Dancing*'s Oti Mabuse, who grew up playing the sport in South Africa.

CLASH OF THE CHANNELS

The Celebrity Boat Race returns, but whereas last time

around, presenters from the BBC took on their counterparts from ITV, this year, there are also competing teams from Channel 4 and Sky. Under the training of Olympic champions James Cracknell OBE and Helen Glover MBE, all four teams battle it out on the waters of Salford Quays. Among the competitors are Louise Minchin, Steve Backshall, Maya Jama, Dr Ranj Singh, Andrea McLean, Jamie Laing, Chelsee Healey and Dermot Murnaghan.

★★★★ **Boyd Hilton**

2



The Great Celebrity Bake Off for Stand Up To Cancer

Channel 4, Tuesday 10 March, 8pm

There is only one thing we love more than *GBBO* – the celebrity version for SU2C. And this year's star-studded line up is no less exciting than previous years'. Among those looking to impress Paul and Prue are presenters Alison Hammond and Kelly Brook, *Queer Eye's* Tan France, singer James Blunt, Judge

Rinder, Scarlett Moffatt and 'Enders' Patsy Palmer. In tonight's opening ep, Louis Theroux, *Love Island's* Ovie Soko, comedian Russell Howard and the aptly named comic Jenny Eclair go to battle. But who will be crowned Star Baker and who will leave with a soggy bottom? Tune in and donate.

★★★★★ **Kay Ribeiro**

#86

Bloody mythical-creature drivers



Onward

Cert U, 114 minutes, in cinemas 6 March

Voices: Tom Holland, Chris Pratt, Julia Louis-Dreyfus Director: Dan Scanlon

THE PLOT In a modern world populated by fairy tale creatures, but where magic has almost been forgotten, shy teenage elf Ian (voice of Holland) is given the chance to spend a day with the father he never knew. But first he and his rambunctious big

brother Barley (Pratt) must complete an epic quest.

WHAT'S RIGHT WITH IT? The second Pixar movie (after *Brave*) to be rooted in fairy tale traditions offers a fun adventure that finally earns its emotional payoff.

WHAT'S WRONG WITH IT?

Initially, the quest tale feels a tad generic.

VERDICT After back-to-back sequels *Incredibles 2* and *Toy Story 4*, the first Pixar original story since *Coco* delivers plenty of magic. ★★★★★ **Charles Gant**



No breeding tonight

4

Breeders

Sky One/NOW TV,
Thursday 12 March, 10pm

Created by *The Thick Of It* alumni Chris Addison and Simon Blackwell, this ten-part comedy is a hilariously no-holds-barred look at the real challenges of parenting in the contemporary world. Martin Freeman and Daisy Haggard (*Back To Life*) play Paul and Ally, a smart, seemingly successful London couple with two kids, and in the very first scene Paul dissolves into a fury of profane rage purely because he's trying to get the children to calm down and sleep. It's a brilliantly shocking opening that sets the tone for a show, which is beautifully observed and very funny. And *Spinal Tap* legend Michael McKean pops up as Ally's dodgy Dad.

★★★★★ **Boyd Hilton**



"This is eating into my porno time, tbh"

5

Mrs Fletcher

Sky Comedy, Tuesday 10 March, 10.15pm

Kathryn Hahn (*Crossing Jordan*) stars in this new series – a “dual coming-of-age story” based on a 2017 novel – by setting out to explore the impact of online porn and social media on ordinary people's lives. Single mum Eve Fletcher (Hahn) finds her nest empty when her only son Brendan leaves

home to go to college, and decides to embrace her newfound freedom. In an interesting twist, it's actually Eve who develops a thing for the sexy stuff. In this season opener, she also has to deal with inappropriate behaviour in the workplace. All the episodes are available from today. ★★★★★ **Jason Arnopp**

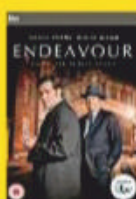
DVD Box Sets



"You're in deep shit"

Endeavour Series 7

DVD, OUT MONDAY 9 MARCH



Morse and co are back in the superior period crime drama, and this time it's 1970. But don't go expecting car chases and everyone running around in flares, it's still the same cerebral mystery cracking as usual. With only three episodes this series, it's short and sweet, but something sinister is afoot in Oxford as women start turning up dead with alarming regularity. ★★★★★ **Lisa Howells**

#88

6



"Who wants to bash the bishop?"

The Young Pope/ The New Pope

DVD/BLU-RAY, OUT MONDAY 9 MARCH



Two series of the dazzling drama created by Italian master Paolo Sorrentino (*The Great Beauty*) and starring Jude Law as Lenny Belardo, aka Pius XIII, the first American Pope. In the sequel season, the Pope is in a coma, and the Vatican Secretary of State brings in the charming English aristocrat Sir John Brannox (John Malkovich) to take the papal throne... ★★★★★ **Boyd Hilton**



"Well, I needed a holiday"

7

Joanna Lumley's Hidden Caribbean

ITV, Tuesday 10 March, 9pm

We're not sure what the commissioning process is for a new Jo-Lum travel documentary, but we hope it's just Jo randomly pointing at a map like Patsy from *Ab Fab* and immediately getting the green light. Frankly, it doesn't really matter where she goes, because the real pleasure is in watching the silky-voiced one discover the hidden gems of a country with breathy

excitement and charming the locals. Saying that, we're pleased that her new two-part series, charting her 1,500-mile Caribbean adventure from Havana to Haiti, will be giving us a much-needed dose of vitamin D. Kicking off her trip in Cuba, Jo will explore the difficult history of the two Caribbean neighbours, before enjoying their natural delights.

★★★★ **Kay Ribeiro**



Race Across The World

BBC2, Sunday 8 March, 8pm

The show that gives us joy is back, and this time, instead of starting the race in London, the five pairs begin their epic journey in Mexico City, before hotfooting it to Ushuaia in Argentina via certain checkpoints. Leaving behind their smart phones and credit cards, they must rely on the kindness of strangers and their street smarts – as well as the cash equivalent of a one-way airfare – to reach the destination first and claim the £20k cash prize. In this brilliant opener, the group meets for the first time and we get to suss out the dynamics and establish our firm favourites. Get ready to become obsessed. ★★★★★ **Kay Ribeiro**



You lot need to get a shift on

Rousing climaxes all round



#89



Military Wives

Cert 12A, 113 minutes, in cinemas 6 March

Starring: Sharon Horgan, Kristin Scott Thomas, Emma Lowndes

Director: Peter Cattaneo

THE PLOT With their partners away serving in Afghanistan, the women at Flitcroft Garrison need something to distract them from worry. A choir is born – but down-to-earth Lisa (Horgan) and posh Kate (Scott-Thomas) have contrasting visions of how to run it. **WHAT'S RIGHT WITH IT?** Following in the tradition of *Calendar Girls* and *Fishermen's Friends*, this inspired-by-true-events tale offers a successful blend of humour and

sentiment, plus a rousing climax that is never in doubt.

WHAT'S WRONG WITH IT?

It's unashamedly formulaic.

VERDICT You don't have to be a fan of the original chart-topping Military Wives Choir to enjoy this warm-hearted comedy that isn't afraid to confront the painful human cost of war.

★★★★ **Charles Gant**



"Tra-la-la-la-la..."

10

Self-Help TV



Turning 21
again, guys?

How To Beat Ageing Channel 4, Thursday 12 March, 8pm

Although that's quite the seductive title, in reality, we won't be learning how to live forever. Instead, *Food Unwrapped's* Kate Quilton and Dr Javid Abdelmoneim want to find out if making some simple lifestyle changes can knock years off your biological age in just five weeks. Having roped in eight volunteers to be guinea pigs, they launch experiments in such fields as sleep, fitness, dance and good deeds.

★★★★ Jason Arnopp



"We'll probably
be talk about poo.
No giggling"

How Healthy Is Your Gut?

Channel 4, Friday
13 March, 8pm

Thankfully, this documentary won't be presenting the terrible truth about the size of our guts, but rather delving into gut bacteria health. *Supershoppers'* Sabrina Grant sets out to explore whether certain health regimes can increase good bacteria levels. Across a four-week experiment, six volunteers will try out a variety of diets and programmes, from the conventional to the downright wacky. ★★★ Jason Arnopp

11

Vikings

History, Tuesday
10 March, 9pm

Over on Amazon Prime, we're waiting for the second half of season six, which will be the show's final run of axe-swinging madness. Meanwhile, it's History's turn to air this second half of season five, which is also available on Prime. During these ten episodes, Ivar The Boneless (Alex Høgh Andersen) and Queen Lagertha (*The Dark Tower's* Katheryn Winnick) are intent on expanding their power base, and Jonathan Rhys Meyers (*The Tudors*) does tremendous work as Bishop Heahmund. In this season-opening episode, Rollo is welcomed home, while the likes of Bjorn Ironside (Alexander Ludwig) try to flee Ivar's forces. ★★★★★ Jason Arnopp



He looks well
up for some
pillaging

Self-confessed princess Shantae is taking part

12



The Undateables

Channel 4, Wednesday
11 March, 9pm

If we're talking about a top ten of lovely shows on TV, then *The Undateables* surely must rank highly on that list. And now, it's back with more extraordinary single people looking for love. There's 26-year-old Nicholas from Berkshire – a budding sports commentator who has Asperger's – 28-year-old Devon resident Sam, who is a successful horse rider and Robbie Williams super-fan with global learning delay, and 22-year-old Shantae from the West Midlands – a self-confessed princess, shopaholic and Pentecostal church goer, who has Down's syndrome. Will any of their dates go well? The box set is available on All 4.

★★★★★ Jason Arnopp

Films On DVD



13



Doctor Sleep

DVD/Blu-ray, digital download,
out Monday 9 March



Decades after the events of *The Shining*, young Danny Torrance is all grown up – but still troubled by ghosts, and now played by Ewan McGregor. When he forms a telepathic bond with a young girl, she's targeted by a creepy cult-like group. Writer/director Mike Flanagan does a good job with the scares, and it really takes off in the final act. ★★★★★ Liam Wright

Midway

DVD/Blu-ray, digital download,
out Monday 9 March



Roland Emmerich (*Independence Day*) retells the story of how, after Japan's surprise attack on Pearl Harbor, US admirals, fighter pilots and cryptographers joined forces to deal the enemy a decisive blow. Ed Skrein, Patrick Wilson and Luke Evans are all fairly charismatic, and the battle scenes are well executed in what is an unashamedly old-fashioned war film. ★★★ Liam Wright

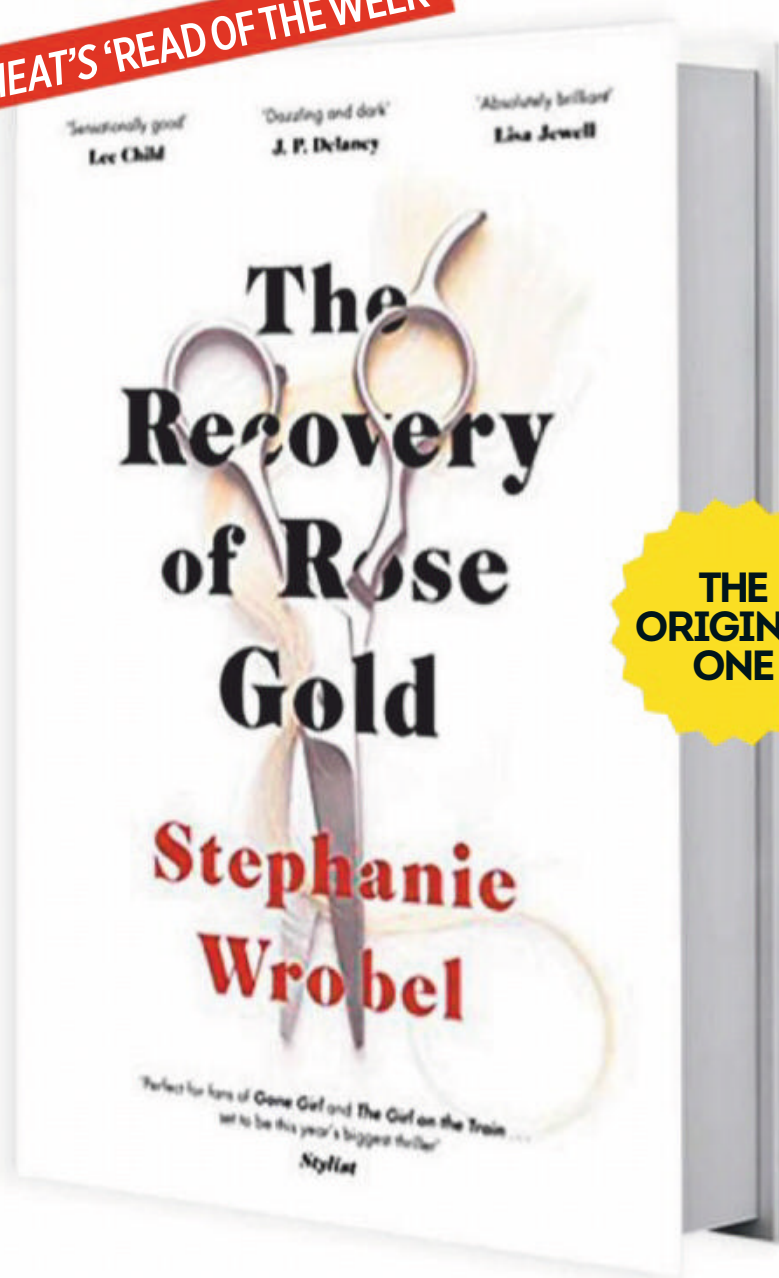


14

The Week's Top New Books

Lose yourselves in these must-reads

HEAT'S 'READ OF THE WEEK'



THE ORIGINAL ONE

The Recovery Of Rose Gold

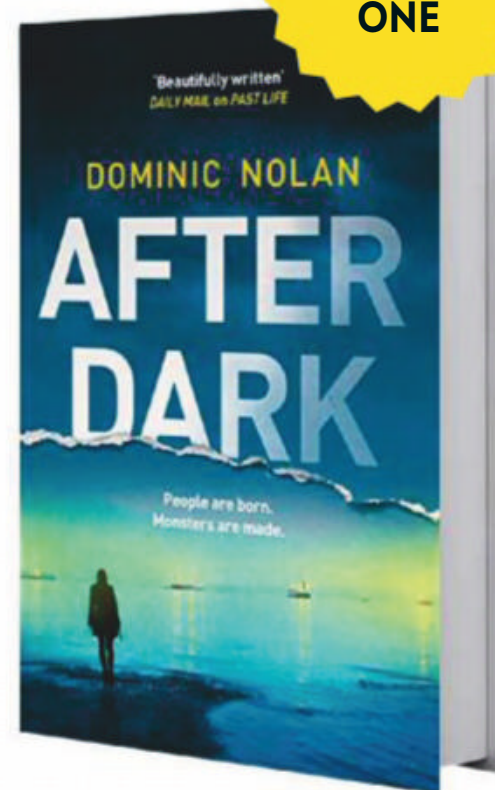
STEPHANIE WROBEL

(MICHAEL JOSEPH, £12.99)

After five years in prison, Rose Gold Watt's mum Patty is free – and moving in with her. Which is pretty decent of Rose Gold, considering Patty was actually locked up for poisoning her. For 18 years, Rose Gold was told by her mum she was seriously ill – everything she ate made her violently sick (thanks to the poisoning), leaving her malnourished and confined to a wheelchair. But Rose Gold – now 23 and with a baby of her own – is willing to give her mum a second chance. So, has Patty really changed? And why is Rose Gold so intent on reconciling with the woman who ruined her childhood? A blackly comic and original novel with a fascinatingly complex heroine in Rose Gold – you will be both horrified by and rooting for her.

★★★★★ Caroline Robb

THE CAPTIVATING ONE



After Dark

DOMINIC NOLAN (HEADLINE, £7.99)

The second in the DS Boone series, this is also a great standalone. It's four years after *Past Life*, and Boone is languishing in prison with retrograde amnesia. On the outside, her old colleague Barb is hunting the criminals guilty of abusing and keeping a young girl captive, and discovers they're closely linked to Boone's incarceration. With Boone out on special release to help, can she seek justice? Tense and thrilling.

One Moment

LINDA GREEN (QUERCUS, £7.99)

Ten-year-old Finn is a quirky, sensitive boy who is very particular about the hygiene rating of the places he eats at. He's also having a tough time at school. Gobby 59-year-old Kaz has a heart of gold and is working in the café when Finn and his mum come in. When a tragedy throws Finn and Kaz together, they find their lives are changed forever. Told from Finn and Kaz's perspectives, Linda shines a light on a range of difficult subjects, from bullying to mental health issues, with a lightness of touch that will make you smile as much as it'll make you blub. Heartwarming and heartbreaking, by the end, you'll want to pluck Finn from the pages and give him a big hug.

★★★★★ Kay Ribeiro

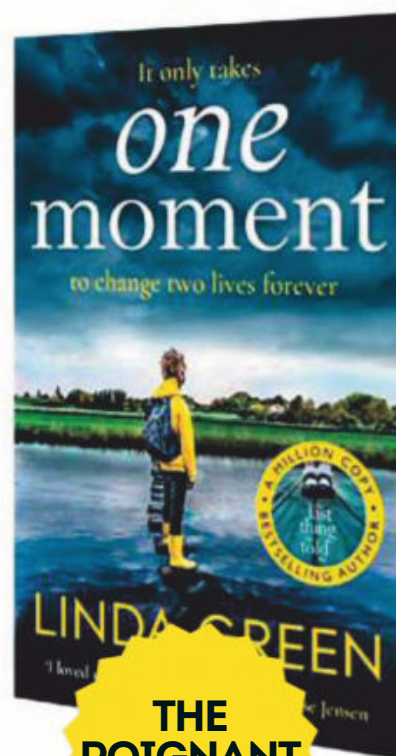
In Five Years

REBECCA SERLE

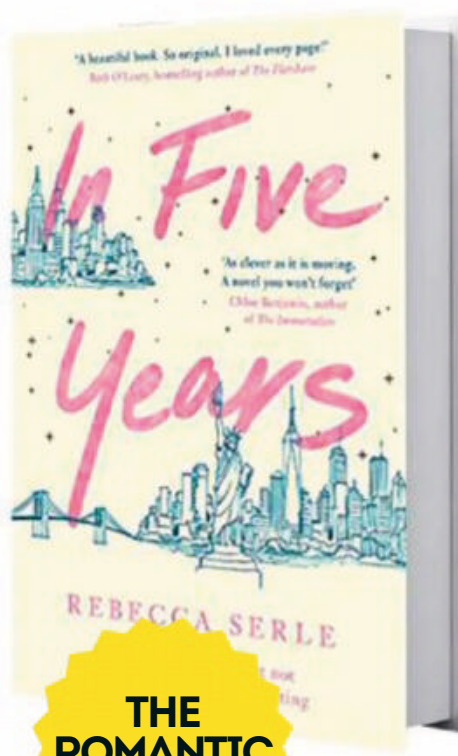
(QUERCUS, £14.99)

Having her life mapped out since she was little, New York lawyer Dannie knows exactly where she'll be in five years' time after getting engaged and landing her dream job on the same day. However, that night, she falls asleep and awakes in a totally different flat, a different ring on her finger and with a different man – and the date is five years in the future. Although she shrugs it off as a dream, Dannie can't help but feel something isn't right as she continues to live her pre-planned life. Full of twists and turns, this is a heartbreaking yet uplifting and unexpected story about love and friendship, and is one of this year's must-reads.

★★★★★ Kate Randall



THE POIGNANT ONE



THE ROMANTIC ONE

15

"Slow down!"

Spenser Confidential

Netflix, from Friday 6 March

The *Spenser* crime novels by Robert B Parker are a bit of a phenomenon. There are 48 of them, and they've influenced and inspired greats such as Harlan Coben and Dennis

Lehane. This new movie, based on one of the novels by Ace Atkins, who took over writing the books after Parker died, stars Mark Wahlberg as the ex-cop turned private detective character who

buddies-up with Hawk, a mixed martial arts fighter, played by Winston Duke (*Black Panther*) to investigate the murder of two of Spenser's colleagues. It's fast, frothy fun. ★★★ **Boyd Hilton**

#93

16

Enterprice

BBC3, Sunday 8 March, from 6am

Here's series two for the hilarious south London entrepreneurs Kazim (show creator Kayode Ewumi) and Jeremiah (Trieve Blackwood-Cambridge). When we rejoin the lads, their delivery service Speedi-Kazz has become more popular, but Kazim's been kicked out of his mum's house, and Jeremiah is struggling to keep hold of his savings. They're forced to make streetwise deals with everyone, including dodgy market stall holders, erratic music producers and overly familiar CEOs. This series also welcomes teen Simi (Fatou Sohna), who divides her time between hustling and revising for her GCSEs. ★★★★★ **Jason Arnopp**

"*Dragons' Den* contestants have nothing on us"

17

Don't mention
Azkaban



Escape From Pretoria

Cert 12A, 104 minutes, in cinemas 6 March

Starring: Daniel Radcliffe, Daniel Webber, Ian Hart **Director:** Francis Annan

THE PLOT In Apartheid-era South Africa, political activists Tim (Radcliffe) and Stephen (Webber) are sentenced to prison for sedition. Together with another prisoner, they plan an ingenious escape.

WHAT'S RIGHT WITH IT? Director

Annan ably amps up the tension as Tim gradually works out how to unlock each door – staying one step ahead of the prison officers.

WHAT'S WRONG WITH IT?

If you've seen, say, *Prison Break* on TV, then you may wonder if this is

a story that really needs to be seen on the big screen.

VERDICT Dan Rad finds one of his better post-Potter roles in a true story that's genuinely gripping, if rather narrow in focus. ★★★ **Charles Gant**

"There were six in
the bed and the
little one said..."



Five Guys A Week

Channel 4, Tuesday 10 March, 9.15pm

18

This new dating series sees single women attempt to speed up the whole process of getting to know people. Even so, there is speeding things up, and then there's deranged behaviour to entertain viewers.

Each week, one single woman invites five guys to move in with her. What could possibly go wrong? Every day, one of them will be asked to leave until the final guy obviously turns out to be The One.

Hmmm. This week, marketing consultant Amy shacks up with the likes of country and western singer Scott, Hollywood stuntman Michael and surfer Trystan.

★★★★ **Jason Arnopp**



One Last Trip

Each month Boyd Hilton picks the hottest must-watch shows from NOW TV



PLUS, DISCOVER EVEN MORE BOX SETS WITH THE NOW TV ENTERTAINMENT PASS

The Trip To Greece

STREAMING WEEKLY
ON NOW TV (SKY ONE)

If you're thinking about a dream spring getaway, you'll find plenty of inspiration from the lush Greek vistas of the fourth and final series of *The Trip*. Yes, Steve Coogan and Rob Brydon have confirmed this will be the last time they embark on one of their delicious escapades, telling us that the four series have a "personal resonance, like a half-fictional, half-real photograph album of our lives." They're certainly bowing out in style as they journey from Assos to Athens, sampling haute cuisine and competing over who does the best Al Pacino impression. A recipe for TV gold.

THE BEST ENTERTAINMENT ON YOUR TELLY

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NOW TV

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The Photograph

Cert 12A, 106 minutes,
in cinemas 6 March

Starring: Lakeith Stanfield, Issa Rae
Director: Stella Meghie

THE PLOT In the present, journalist Michael (Stanfield) and museum curator Mae (Rae) must overcome hurdles for their attraction to blossom into a relationship. In the past, Mae's mother Christina (Chanté Adams) must decide between love and career.

WHAT'S RIGHT/WRONG WITH IT?

In the US, where this was released on Valentine's weekend, *The Photograph* was praised "as a love story that flows like a life-size swoon" (*Variety*). In the UK, Universal seems to have limited expectations – for example, not screening the film in time for *heat* to review it.

VERDICT Probably not destined to set the box office on fire outside the US, *The Photograph* will do best when it transitions to digital and streaming. **Charles Gant**

PREVIEW



Someone bring them
their food already

19

#95

THE UNMISSABLE heatradio)) THIS WEEK...



JORDAN LEE

**WEEKDAYS
4PM-7PM**

He's auditioned for *Britain's Got Talent*, run gym classes for Angie and Calum Best, and even been a ballet dancer! But the best thing on Jordan's CV is playing *heat* bangers to get you home.



LUCY FORD

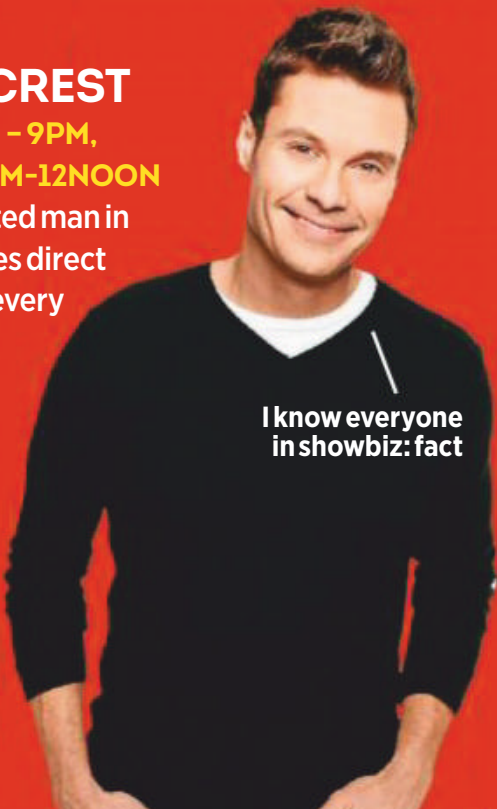
**SUNDAY
10AM-12NOON**

heat's very own entertainment queen (and Reese Witherspoon's No.1 fan), Lucy is here with a weekly round-up of all the best celebrity stories from *heat*.

RYAN SEACREST

**WEEKDAYS, 7PM - 9PM,
SATURDAYS 10AM-12NOON**

The best-connected man in Los Angeles comes direct from Hollywood every weekday with the biggest showbiz stories. With big-name guests including Christina Aguilera, Oprah and JT - there's no one Ryan can't get!



I know everyone in showbiz: fact

heatradio))

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THIS WEEK'S
BURNING
QUESTION
*What's your
favourite
flower?*

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"Can't beat a bunch of spring tulips"

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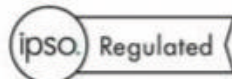
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Heatoscopes

Tuesday 3 - Monday 9 March

The all-seeing *Jan Jacques* tells you what the stars have in store this week

ARIES 20 Mar-19 Apr

Expect the financial unexpected this week. A strong Venus aspect spells more money, new work avenues and possibly even a fresh partnership. Keep an open mind but, as always, ensure you check every detail. At home, make time for a task or duty before it becomes too pressing.

LUCKY WORDS: Job done

TAURUS 20 Apr-20 May

Beware of the bargain that really isn't, as retrograde Mercury may mess with your money this week. Not for long, though, as financial complications should melt away before mid-March. Work-wise, a sweet Venus/Uranus aspect hints at a welcome career chance.

LUCKY MINDSET: Shrewd

GEMINI 21 May-20 Jun

Marvellous Mercury in your career house suggests that you are unstoppable. But he's still retrograde, so there could be some minor complications. Don't be caught out. Elsewhere, be super-sensitive to an unhappy pal. They may be more troubled than you know.

LUCKY QUALITY: Empathy

CANCER 21 Jun-22 Jul

Expect a bit of an *EastEnders* vibe later this week. A Venus/Uranus aspect spells drama in the lives of parents or parent figures. Get ready to do some serious soothing. Work-wise, don't be nervous if the boss is watching it's a positive thing.

LUCKY CREDO: Always listening

LEO 23 Jul-23 Aug

You have unfinished business right now. An erratic Mercury aspect hints at something neglected, which could catch up with you. A little effort and you will fast resolve it. Elsewhere, someone's thoughtfulness may really uplift you. Pay it forward, Leo.

LUCKY INTENT: Persist to succeed

VIRGO 24 Aug-22 Sep

Don't get stressed over a surprise expense. A helpful Venus/Uranus transit suggests that there may be unexpected funds to help, so it will all balance up. Elsewhere, don't be taken in by someone's falseness. You can spot a mile away that they are so fake.

LUCKY DESCRIPTION: All-seeing

LIBRA 23 Sept-22 Oct

Money may work for you in mysterious ways right now. A superb Jupiter/Pluto aspect hints at off-the-cuff ideas and possible success buying and selling. Don't discount anything yet. Health-wise, a scalp and head massage may be especially relaxing.

LUCKY SPIRIT: Entrepreneurial

SCORPIO 23 Oct-21 Nov

If you've been bored at work, take heart. The Sun (your career planet) begins a lovely transit with Neptune, spelling a brighter and lighter interlude now. Elsewhere, tread carefully and calmly with a flustered family member.

LUCKY STATE: Intrigued

SAGITTARIUS 22 Nov-21 Dec

You may get a light-bulb moment when it comes to your finances. An excellent Jupiter/Pluto aspect hints that you could solve a problem painlessly. Elsewhere, however much you want to spoil someone, you don't need to go over the top. Just a gesture will do.

LUCKY EXPECTATION: A brainwave

CAPRICORN 22 Dec-19 Jan

If someone wants to treat you this week, just let them. A gorgeous Jupiter/Pluto aspect hints at generous actions from loved ones. You can always redress the balance later. Money-wise, Mercury still being in retrograde means no big decisions until mid-March.

LUCKY CALL: Caution with cash

AQUARIUS 20 Jan-18 Feb

As someone who prefers stark truth over word salad, this is your week. A fine Jupiter/Pluto transit spells more transparency at work - and more peace of mind for you. Elsewhere, travel may be on the cards possibly work-related, but definitely fun.

LUCKY LIKING: Straight talk

PISCES 19 Feb-19 Mar

Want to learn something new? Stretch yourself, as there's a helpful Jupiter/Pluto aspect suggesting success, and you could make money. Students especially should benefit. Elsewhere, romance beckons, possibly in a spiritual venue.

LUCKY APPROACH: Open-minded

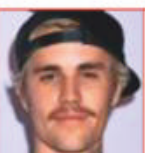
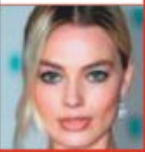


EVA MENDES
5 MARCH 1974

BROOKLYN BECKHAM
4 MARCH 1999

JESSICA BIEL
3 MARCH 1982

A-List

CELEB SUDOKU

Because doing it with numbers is way too easy

Each of the four blocks must contain all the celebs - ie. Justin, Margot, Olivia and Lupita for the A-list grid - within its squares. Each celeb can only appear once in a row, column or box.

Z-List

Welcome to the (looking) Back Page

#98



WALFORD, 7 MARCH 1997

When Bianca and Ricky said 'I Do'

Seriously, name us a more iconic duo than these two. It's been 23 years since Bianca and "Rickaaay" got married, but we remember it like it was yesterday and we're sure we're not the only ones. After all, 22million viewers tuned in to watch the auspicious event, making it one of *EastEnders*' biggest episodes ever. They didn't have the easiest relationship, but there was something endlessly endearing about the dynamic between the hapless, henpecked Ricky Butcher (played by Sid Owen) and the feisty short fuse that was Bianca Jackson (aka Patsy Palmer). Sure, it's been a rocky road for the on-screen pair, with more break-ups and make-ups than a '90s boy band, but word is, Bianca's set to make an imminent return to Walford. No news about Ricky, but we live in hope.

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