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**'I think she
did really,
really well'
Dame Jessica
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EXCLUSIVE AT HOME



**MILLIE
MACKINTOSH
SHARES BABY
SECRETS WITH
HER MUM
AND UNVEILS
THE NEW
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THIS WEEK

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'The nursery theme is really cute... We want to give our baby an interest in outdoors and nature'



(LEFT) DRESS: LOVESHACKFANCY AT MYTHERESA.COM. NURSING CHAIR & STOOL: MAMAS & PAPAS



Former *Made in Chelsea* stars Hugo and Millie, who have only been in their beautiful new home for six weeks, recently had fun on a babymoon in Florence (right)



EXCLUSIVE INTERVIEW AND PHOTOS

WITH MOTHERHOOD AROUND THE CORNER MILLIE MACKINTOSH WELCOMES US INTO HER STUNNING NEW HOME - AND TELLS OF THE CLOSE BOND SHE SHARES WITH HER OWN MUM



Millie and her mum Georgina pose (above) in the gorgeous animal-themed nursery. Millie and her husband Hugo Taylor are excited that they will soon be first-time parents; they've completed the nursery in their West London home and already had the pram delivered

Unsurprisingly for someone who has spent the best part of the last decade in the spotlight, Millie Mackintosh is a natural in front of the camera. But today, there's someone else on our **HELLO!** photoshoot who could teach her a thing or two about striking a pose.

"Mum's really showing me up – I don't know what's going on," laughs the star, as she and her beloved mother Georgina team up for our exclusive photoshoot – Millie's first at the beautiful West London home she and husband Hugo Taylor moved into just six weeks ago, in preparation for the arrival of their first-born.

Their baby girl isn't due until May but super-organised Millie has already put the finishing touches to the

nursery, had the pram delivered and made their new house the perfect home to start a family.

And, like any new mum-to-be, she's relying heavily on her own mum as she prepares to welcome her baby in just two months' time.

"My mum has been great and is a sounding board when I'm having a moment of worry. She's so wise and I really value all her advice. She has really helped me get organised – she's a planner like me," smiles the 30-year-old, placing a protective hand on her bump as she speaks.

"We have a spare room so I hope to rope her in to come and help out a lot!" Millie says. "It's really special to have that relationship and be able to have your mum around to help.

"We've always been really close but especially so in the last ten years. I was a rebellious teen but now we speak pretty much every day, just for a catch-up. We'll WhatsApp back and forth with pictures of our days and there are often phone calls when I need her kitchen expertise. We can chat about anything and me being pregnant has brought us even closer together.

"Now I start to understand what she went through when she had me, the love you feel for your child – even though my daughter isn't here yet."

CATERING FOR MOTHERHOOD Georgina, who lives in Bath with Millie's father Nigel and their pet pug (an important member of the family), is even planning a cooking day to

whip up plenty of home-cooked food to fill Millie's freezer, ready for when the baby arrives. If the delicious chocolate pram-shaped cookies and lemon drizzle cake she baked for the **HELLO!** shoot team are anything to go by, Millie and Hugo certainly won't go hungry as they get to grips with life with a newborn.

The baby will be the first grandchild on both sides of the family, and Millie's mum will be known as GG. "I can't imagine calling you Granny – you're too young," Millie tells her.

"I'm so looking forward to the baby arriving. It's a real blessing," adds the grandmother-in-waiting, who says that Millie will be "a lovely mum".

'The walls might not be white for long with a baby! But I'm so happy with how the whole house is looking. It's lovely to actually show it all off'

"We want to be able to teach our daughter the names of animals," says Millie of the nursery, already stocked with soft toys (below and below right). "The theme is calming but with a sense of adventure"



The pregnancy has brought former *Made in Chelsea* stars Millie and Hugo, who tied the knot in a beautiful English country garden ceremony covered exclusively by **HELLO!** in June 2018, even closer.

"Pregnancy is an amazing bonding experience. We feel like a family unit already. I talk to the baby a lot and Hugo does from time to time, but I think it's harder for guys – it's a very different experience for them, and I think their connection comes once the baby arrives.

"But Hugo has started to have really vivid dreams so he's picking up on pregnancy symptoms from being around me. He has also had back pain – but that's more to do with helping lift me up from the sofa!"

UNFAZED BY FATHERHOOD

Hugo will be a "great dad and he's really excited it's a girl – he loves the idea of that", says Millie. "He's got such a big family and he's used to being around babies and young children. He's not fazed by changing nappies."

She adds that her old nanny, who has known her since she



Millie, who says she suffered from "severe anxiety" earlier in her pregnancy, spends a lot of time in the nursery, relaxing and meditating. "It's a happy and calm space for me," she tells us

'Hugo's really excited it's a girl. He's not fazed by changing nappies'

was 13 months old, will be “coming to support us in the first few weeks”, too. “She’s a doula so she’s going to help us settle in, get into a routine and fill us with confidence so that we know what we’re doing.

“She knows my whole family so it’s lovely to have someone you feel comfortable with. I feel very lucky.”

Family is clearly very important to Millie; her bond with her mother is obvious, while framed black-and-white wedding photos of both sets of her grandparents are on display in the living room. She speaks proudly of the baby having five great-grandparents in total. No wonder

she has put so much of her focus on creating the perfect family home.

ANIMAL SANCTUARY

Their Victorian terrace is beautifully decorated and furnished, as you’d expect from someone with such an innate sense of style as Millie, but the pièce de résistance is the nursery, soon to be home to her baby girl.

With an entire wall covered in animal wallpaper featuring a giraffe, an elephant and a flamingo against a jungle backdrop, and shelves of children’s books, the bright, sunny room is perfect for an infant.

“We want to be able to teach

DRESS: MILLIE MACKINTOSH X PITUSA. PITUSA.CO



8 Millie wearing one of her own designs from her new range (out on 1 April). “The Pitusa dresses don’t have zips and aren’t super fitted,” she says. “I can wear the collection all the way through my pregnancy”





'We wanted something where we could move in and make it our own with decorating and furniture'

'Now I start to understand what mum went through when she had me, the love you feel for your child'

her the names of animals as she grows and give her an interest in outdoors and nature. The theme is calming and really cute," says Millie, who describes decorating the nursery as a highlight of her pregnancy so far.

Also on view in the nursery are some of her daughter's first outfits. "I love imagining her in them. I knew that I would be entering a whole new world with this little one.

"I really have to restrain myself as there's just too much gorgeous stuff out there. I was introduced to Childrensalon, which is great as it has lots of brands – I could literally lose hours on there."

Millie, who says she suffered from "severe anxiety" earlier on in her pregnancy, says that has thankfully abated now. She has found spending lots of time in the nursery, where she goes to relax and meditate, has helped. "To have a mindful moment

and breathe. It feels like a happy and calm space. Mind you, it won't feel as calm when she's had a poo-explosion nappy! But I'm making the most of it for now."

A PLACE TO CALL HOME

The rest of the house is exactly what she hoped for, too. "I wanted something with an open-plan feel that's good for cooking and entertaining, and we spent about two months looking for the right property.

"It was a building site when we first looked round, being newly refurbished – we didn't want to take on a big project, just something where we could move in and make it our own with decorating and furniture. I worked with Ventura interior design, who created some bespoke upholstered furniture for us and helped me to source the right pieces to bring it all together."

The walls are all crisp white –

"They might not be white for long with a baby around!" she laughs – but they want to live in the property for a while before they decide on paint colours. "Perhaps more forgiving colours to hide mucky fingerprints and whatever else.

"But I'm so happy with how the whole house is looking. It's lovely to actually show it all off," she says, adding: "But I am a bit knackered!"

No wonder Millie is so tired. In addition to being in her third trimester, moving house and nesting, she has two major work projects on the go. "I'll work up until a couple of weeks before the baby's due. I've been working with Pitusa, a Miami-based brand that makes gorgeous resort wear on a collaboration that launches on 1 April and is inspired by my love of travel, gorgeous trims and pastel colours."

It's the first time in two years that Millie has dipped her toe



(ABOVE LEFT) MILLIE'S DRESS: FILLYBOO.COM. GEORGINA'S DRESS: THE WHITE COMPANY



Millie and Hugo's immaculate living room of 11 their Victorian terrace in West London is beautifully decorated and furnished

'Pregnancy is an amazing bonding experience. We feel like a family unit already'



Millie has sized up in her favourite brands rather than buying special maternity dresses. "I wanted to still feel like me and found maternity wear in general was somewhat limited"



back into designing since having to close her beloved fashion line, but she had no nerves about embracing a new venture in the industry.

"It felt like the right time to do it. I always get asked when the fashion element of my brand will be back. Clara [Lago, the founder of Pitusa] and I have a really lovely synergy and I felt I could bring my experience, and all I learnt from running my own studio, to the table. It was great to be back in that creative space."

Millie, who rather than buying maternity clothes has just been sizing up in her favourite brands, loves wearing the Pitusa creations. "The dresses don't have zips and they're not super fitted, so I can wear the collection all through my pregnancy and beyond."

She also reveals she has filmed a prenatal workout video with celebrity trainer Simone de la Rue (aka Body by Simone), which she has been hinting about on Instagram for months. It will be available from 18 March. "It's both of us showing different workouts you can do that are pregnancy-safe," she says. "There's a real gap in the market in terms of exercises you can do when pregnant. For ▶

"I wanted something with an open-plan feel that's good for cooking and entertaining," says Millie (below, chatting to Georgina in the kitchen). She and Hugo (below left on their wedding day, covered exclusively by HELLO!) spent two months looking for the right home



BODYBYSIMONE.COM



'My mum and I chat about anything. Being pregnant has made us even closer'

me it was important to keep up some sort of exercise to help strengthen my body and also help with the recovery process. I wanted to find a way of sharing what I've learnt."

A SPECIAL MOTHER'S DAY

Now, with Mother's Day around the corner, Millie is looking forward to celebrating. "Not long after Mother's Day we've got my baby shower," she says of the low-key gathering she's planning at her house for 25 close friends and family, including Vogue Williams and Rosie Fortescue, that will double up as a girly house-warming lunch with champagne, rosé and gifts.

The following day, along with her sister Alice, who's getting married in August, and her mum, she will indulge in some pampering with a spa day. "Mother's Day will feel very special this year," she smiles. "After that, I'm going into hibernation."

She won't rush back to work after the birth. "I want to take time out from the outside world to focus on that special time to just bond with her, and spend time as a family and try to figure it all out."

Sounds like Millie has everything all planned out. "But I know that life will change massively once she arrives," she smiles. "You can only prepare so much."

INTERVIEW: ALEXANDRA WILBY
PHOTOS: DAVID VENNI

STYLIST: JANE TAYLOR-HAYHURST
HAIR: CHERYL MUNOZ USING KERASTASE
MAKE-UP: CHRISTINE LUCIGNANO USING SPACE NK

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Mother and daughter look forward to celebrating Mother's Day before indulging in some pampering at a spa. "After that I'm going into hibernation," says Millie. "I want to take time out from the outside world to focus on that special time to bond with the baby"



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EXCLUSIVE SHOOT AND INTERVIEW WITH THE 'STRICTLY' STARS ALJAZ SKORJANEC AND JANETTE MANRARA ON PARTYING WITH THE PROS AT THE RIO CARNIVAL



The *Strictly Come Dancing* couple embrace the carnival spirit at a party (left). Millions of people throng Rio's streets for the annual celebration, in which samba schools perform in spectacular costumes and dance in the Sambadrome (below). "It left us speechless," said Janette of taking part





'Carnival is one of those bucket-list things you dream of doing. When we found out we were going, I had to pinch myself'

Janette

Aljaz and Janette take in the views and sites of Rio de Janeiro, including the mighty Christ the Redeemer statue (left), before getting their Carnival outfits on (below) to parade with one of the city's oldest samba schools

They may be used to performing on live TV and on stage, but for *Strictly Come Dancing* professionals Aljaz Skorjanec and Janette Manrara, samba dancing in the Rio Carnival was the ultimate showdance.

The married couple joined the parade at the world-famous event, dancing behind one of the colourful floats as millions of people partied on the Brazilian city's streets.

"It was really surreal and special, one of those bucket-list things that you dream of doing but never imagine you will ever be a part of," Janette tells **HELLO!** as they exclusively share photos from their time in Rio de Janeiro. "I'm Latin and grew up in Miami, so Carnival was one of the biggest things everyone talked about. When we found out we were actually going to be in it, I had to pinch myself.

"It is almost a spiritual feeling," she says. "There is this essence of unity, community, love and appreciation for one another as human beings. You can almost feel the vibrations from the drums, music and singing going through your veins."

Adds Aljaz: "We're so lucky to dance in arenas and theatres but this was on another level. The whole city breathes with Carnival and you can feel the energy wherever you turn. It was overwhelming."

The couple were invited to Rio by American Airlines, which arranged for them to join the parade with the Mangueira samba school, Rio's oldest and a 19-time winner of the Carnival champion title.

Staying near Ipanema Beach, they also found time to take in the sights, including the giant Christ the Redeemer statue, and danced the night away in the Rio Scenarium, an enormous samba club.

BUSINESS TIME

"We travelled business class and they really looked after us – it's a very easy thing to get used to so it's going to be hard going back to economy," says Aljaz, who celebrated his 30th birthday last month with a Valentine's Day party in London attended by family and friends, then flew to his native Slovenia to spend his birthday with family.

"I'm really happy with how my 20s went and where life is taking me, and I have told myself that in my 30s I want to spend more quality time with the people I love: Janette and my family and friends."

The couple also hope to have a family of their own before too long.

"Aljaz and I are really looking forward to becoming parents," says



**'The whole city
breathes with
Carnival and you
can feel the
energy. It was
overwhelming'
Aljaz**

Aljaz and Janette (below, in *Strictly* mode) are in the thick of the action (also below right) with the Mangueira samba school, who chose to make a political statement through this year's performance, with the theme "The truth will set you free"



Janette, 36. "We love kids and family is really important to us so, fingers crossed, if all goes well, we will have children at some point. It's something we've talked about a lot and we both want in the future, so we just can't wait for when that time comes."

SOLO STEPS

In the meantime, this year is shaping up to be a busy one, with the couple's touring dance show *Remembering the Oscars*, which celebrates films from Disney to contemporary Hollywood, starting on 22 March.

The duo will then be apart over the summer as Aljaz tours with former *Strictly* pro Pasha Kovalev in *Here Come the Boys* and Janette teams up with *Strictly*'s Nadiya Bychkova and Katya Jones in *Viva la Divas*. After that, *Strictly* rehearsals start again.

"We have such an intense schedule and working together makes it easier and a lot more special," says Aljaz. "It's going to be so hard being apart. I'm just going to cry and get through it with tears." **H**

INTERVIEW: TRACY SCHAUVERIEN

Aljaz and Janette were hosted in Brazil by American Airlines; visit americanairlines.co.uk.



Geri & Donna, Prince's Trust graduate.

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ENJOYING A ROMANTIC BREAK IN HOLLYWOOD

MICHELLE KEEGAN AND MARK WRIGHT

SHOW THEIR EXTRA SPECIAL FORMULA FOR LOVE

He quit his job in Los Angeles to spend more time with his wife Michelle Keegan, so when Mark Wright returned to Hollywood temporarily to do some work for US TV show *Extra*, it was only natural he would want to bring his better half with him.

The couple, who have been married for nearly five years, enjoyed a romantic day out last week exploring trendy Abbot Kinney Boulevard near Venice Beach. Wearing a floral dress from her forthcoming collection for Very, which drops this month, Michelle strolled in the sunshine alongside the former *The Only Way is Essex* star, who sported smart shorts and a cream polo shirt.

Mark, 33, announced in February last year that he was leaving his job at *Extra* to spend more time with his family. "It just feels like the right time to come back to the UK and live here with my wife and family," he said. "I'll always be grateful to the show *Extra* for the amazing opportunity they gave me."

CHANGING TIMES

However, Mark recently returned to the show in a temporary capacity, interviewing stars including Usher, while Michelle, 32, recently announced that she was quitting her role as British army medic Georgie in hit drama *Our Girl* as she wanted to spend more time in the UK. The BBC show is filmed on location in South Africa, Nepal and Malaysia.

Clearly happy at the chance to spend more quality time together, the pair recently submitted plans to build their dream home in Mark's native Essex. The couple want to knock down their farmhouse and replace it with a Georgian-style mansion complete with a gym, study, outdoor swimming pool and ground-floor bar. **H**

REPORT: LAURA BENJAMIN



Sunny delights: Michelle and Mark are all smiles on a day of retail therapy as they check out boutiques in LA (right)

Denise & her god-daughter, Reese.

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ROYAL JOY IN THE ALPS

AS THEY SHARE THEIR SKI, SUN AND SNOW SNAPS

ZARA AND MIKE TINDALL

Gazing (left) at husband Mike – braving the Alpine temperatures in just a T-shirt – Zara was a picture of devotion on the Italian pistes. The couple recently returned from a half-term break with friends in the resort of Bormio near the Swiss border, with Mike documenting the trip on Instagram. Captioning a series of photos (below), he wrote: “Great trip to #bormio3000 watching the #englishskichampionships. Lots of laughs and good times!” Northern Italy has seen the majority of the country’s coronavirus cases, but a spokeswoman said the Queen’s granddaughter and her husband would not self-isolate after returning as they were not displaying any symptoms.



CROWN PRINCESS MARY OF DENMARK

The Crown Princess looked limber (left) in Verbier in the Swiss Alps in photos posted on the Danish royals’ Instagram account. Mary has based herself in Switzerland while her children Prince Christian, Princess Isabella, Prince Vincent and Princess Josephine are enrolled for 12 weeks at an international school. Their father Crown Prince Frederik has joined them when duties allow – but last month injured his shoulder in a skiing accident. Also along for the adventure is beloved dog Grace, who was adopted in 2017. Captioning a snap of young Vincent, nine, with Grace (above), Mary wrote: “A greeting from Switzerland where Grace enjoys life in the mountains and snow.”



PRINCESS MARIA-OLYMPIA OF GREECE

When you're one of the most stylish royal influencers on social media, only the chic Swiss resort of St Moritz will do. Olympia (top) was joined there by friends including Greek shipping heiresses Electra Niarchos and Alexia Mavroleon. The 23-year-old Princess – the daughter of Crown Prince Pavlos and Crown Princess Marie-Chantal – shared fun images (above) on Instagram, including a restaurant visit and a stylish après-ski outing. It wasn't her first visit to the glitzy resort this year – she recently attended the wedding there of Dasha Zhukova and Stavros Niarchos, with fellow guests including Orlando Bloom, Katy Perry and Princess Beatrice.



THE DUTCH ROYAL FAMILY

Clearly enjoying her family's snowy break in the Austrian resort of Lech, Queen Máxima of the Netherlands wore her trademark smile as they posed for photos. She was accompanied (above) by her husband King Willem-Alexander and (left) by their three daughters – the Princess of Orange, Catharina-Amalia, 16, and Princesses Ariane, 12, and Alexia, 14 – and the family were also joined on their trip by Willem-Alexander's mother Princess Beatrix, 82, and his brother Prince Constantijn, along with Constantijn's wife Princess Laurentien and their children, Eloise, 17, Claus-Casimir, 15, and 13-year-old Leonore. The family have made their trip to Lech an annual tradition since the Second World War.



Oh Canada! The Beckhams take to the snow (above) in Whistler, with Brooklyn, Harper, Romeo and mum Victoria on skis and dad David and Cruz opting for snowboards. The Rocky Mountains resort in British Columbia has long been a favourite of the sporty family

FEELING ON TOP OF THE WORLD THE BECKHAMS ARE ON PEAK FORM AS THEY SHARE FAMILY PHOTOS FROM THE SLOPES



'The kids hit the slopes in true "Beckham style"' Victoria

In a winter wonderland surrounded by fir and pine trees and powdery white snow, team Beckham were on top of the world as they enjoyed a family holiday at the celebrated ski resort of Whistler in Canada.

David and Victoria and their sons Brooklyn – 21 this week – Romeo, 17, and Cruz, who turned 15 in February, and daughter Harper, eight, were in high spirits as they honed their skiing and snowboarding skills over the half-term break, sharing the highlights of their trip with a series of fun snaps on social media.

Alongside a photo the couple posted on their respective Instagram accounts of them with their happy brood, former England footballer David, 44, wrote: "So happy to be back in Whistler," and his 45-year-old fashion designer wife wrote: "Kisses from us all!!!"

Victoria also shared a photo of her children in their ski gear next to a "Slow" sign on a mountain with the jokey comment: "The kids hit the slopes in true 'Beckham style'."

BOARD APPOINTMENT

Fresh from showcasing her latest collection at London Fashion Week last month, Victoria cut a stylish figure in a monochrome ski suit – a Peak Performance co-ord featuring a Scoot jacket and Lanzo trousers – which prompted David to add the words "Happiness" and "Great outfit" over a photo he posted of her.

There were compliments all round as Victoria praised her husband's snowboarding skills, writing alongside a collection of three photos of him on his board: "Is there anything you can't do?!? I'm impressed."

Cruz proved himself adept at the sport, too, skilfully executing a jump for the camera.

Taking a break from the action, the teenager joined his dad for an alfresco plate of waffles at a mountaintop restaurant.

"Lovely lunch With a view," wrote David over a snap of the lookalike pair.

The doting dad also shared footage of Harper skiing down a gentle incline without her poles, and a photo of them sitting side by side in the snow, to which he added the caption: "Daddy & Harper ready to go."

David pauses for a mountaintop snap (left) with Romeo, 17, and Cruz, 15; and Romeo lives up to his name (below), sharing a romantic Instagram selfie with girlfriend Mia Regen





That's my boy: David and Victoria pose in Whistler's award-winning pizza restaurant, Creekbread (above) with eldest son Brooklyn, 20. Back on the slopes, Cruz catches some serious air (below left), Harper is the winner in Daddy's eyes (below centre) and David catches an edge (below right). He still impressed his wife, however. "Is there anything you can't do?" asked Victoria on Instagram

In another snap, David, the president of Inter Miami football club, posed with Romeo in matching Inter woolly hats. The new Major League Soccer franchise, which has been David's dream for several years, last week signed a £180m sponsorship deal with Qatar in time for the team's first MLS match last Sunday.

Joining in the family fun, Romeo's girlfriend Mia Regen flashed a dazzling smile as the couple posed

for a snap on the slopes. "So much fun skiing," Romeo wrote alongside the picture. The couple, who enjoyed trips to Paris and Cornwall last year, have been dating since last summer.

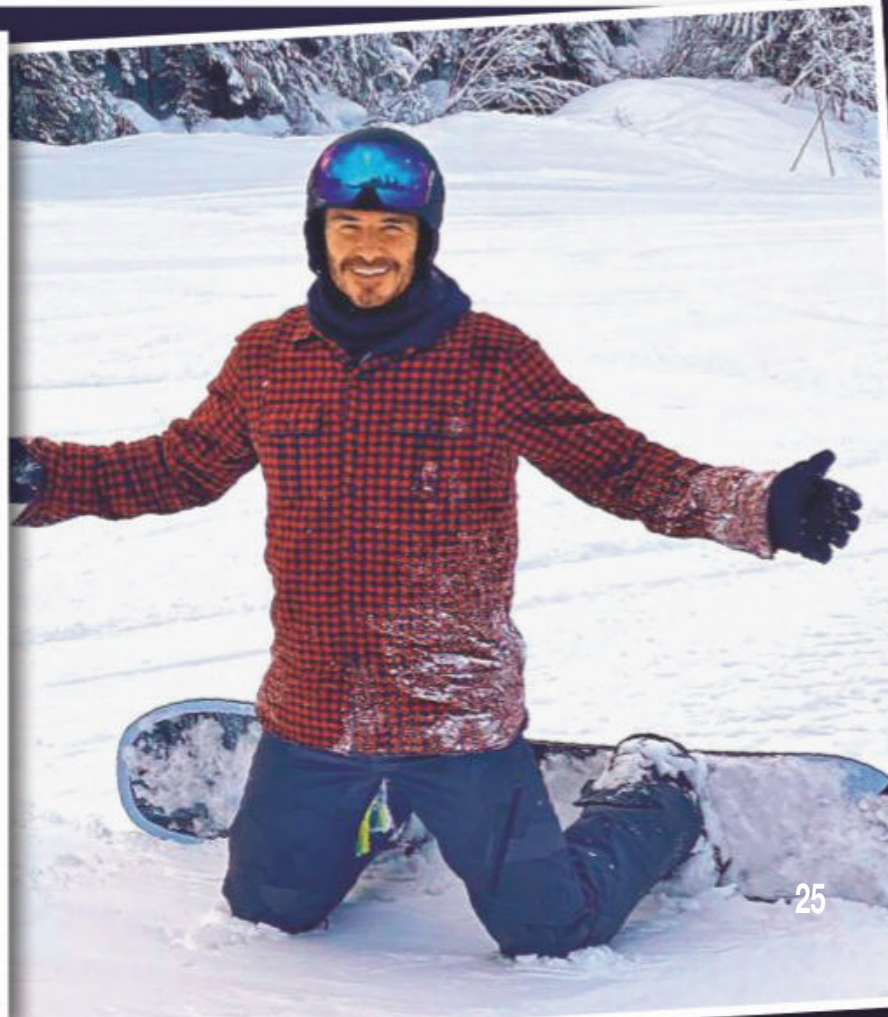
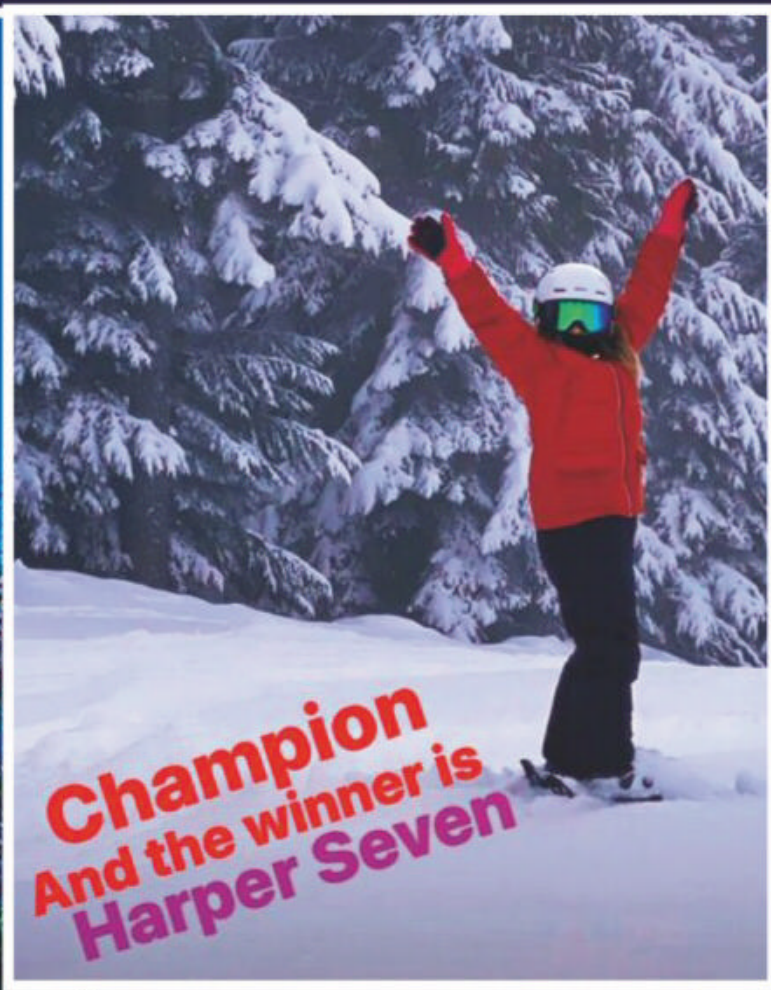
Meanwhile, one of keen tennis player Romeo's Instagram posts from the snow drew a comment from tennis star Dominic Thiem, wondering whether the family were in his native Austria.

Romeo and his younger siblings were in the

front row for mum Victoria's recent London Fashion Week show. Having missed out on that, Brooklyn enjoyed spending time with his parents in Whistler, joining in the wintry fun and sharing a meal with them, later posting a snap of them all on Instagram with the comment: "Love you mum and dad so much."



REPORT: SALLY MORGAN



'Harry always needs to be happy. We love him and he's an amazing person'



FRIEND TO THE ROYALS DAVID BECKHAM 'PROUD' OF ROLE MODEL PRINCE HARRY

It is the friendship that combines football royalty with actual royalty, best illustrated when David Beckham was among the A-list attendees at the Duke and Duchess of Sussex's fairytale wedding in May 2018.

And last week the former England captain took the opportunity to heap praise on Prince Harry, saying he was "proud" of the royal for being the person that "every father wants to be".

Speaking in New York to *Entertainment Tonight*, David, who is dad to Brooklyn, who turns 21 this week, Romeo, 17, Cruz, 15, and eight-year-old Harper – his children with wife Victoria, 45 – said: "Every father wants to be loving to their children and that's what I see with him."

"I think he's enjoying being a young father for the first time and that's what we always spoke about. When you are a parent, it changes everything for you. He always needs to be happy. We love him and he's an amazing person."

Now co-owner of US Major League Soccer franchise Inter Miami, he said that Harry, Meghan and their ten-month-old son Archie are "all invited" to come to a match at the team's Fort Lauderdale stadium.

Asked if he has discussed Harry's recent decision to step down as a senior royal, David, 44, said: "I haven't spoken to Harry about him moving. We speak as friends and that's the most important thing for me."

DREAM TICKET

David also opened up about his own family life on US chat show *The Tonight Show with Jimmy Fallon*. Reminiscing about the early days of his relationship with then Spice Girl Victoria, David revealed he has kept a special memento from the second time he met her, after a match during his Manchester United playing days.

"She got the train up that day, so she wrote her number down on the train ticket – which I still have," he smiled. **H**

REPORT: LAURA BENJAMIN

David and Victoria at the 2018 wedding of the Duke and Duchess of Sussex; David with Harry (top right) at the 2010 World Cup in South Africa; and (right) talking to Jimmy Fallon



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Sainsbury's

JOINING POP ROYALTY AT THE FAMOUS ABBEY ROAD STUDIOS IN LONDON

THE DUKE OF SUSSEX

IS IN FINE VOICE AS HE MEETS THE INVICTUS GAMES CHOIR AND SHARES THE MIC WITH JON BON JOVI



It's one of rock's iconic images and last week the Duke of Sussex helped recreate The Beatles' *Abbey Road* album cover on the world's most famous zebra crossing with a little help from music legend Jon Bon Jovi.

The pair met up at London's Abbey Road studios to listen to a special performance of the Invictus Games Choir.

The Bon Jovi frontman welcomed Prince Harry—whom he affectionately

dubbed “the artist formerly known as Prince”—to the studios after speaking of his “immense respect” for the royal family.

Harry was making one of his last appearances as a senior member of the family before he steps down on 31 March, and fittingly it was supporting the Invictus Games, an international sports competition for wounded, injured and sick service personnel, which he founded in 2014. The next

Games are being held in the Netherlands, in The Hague this May.

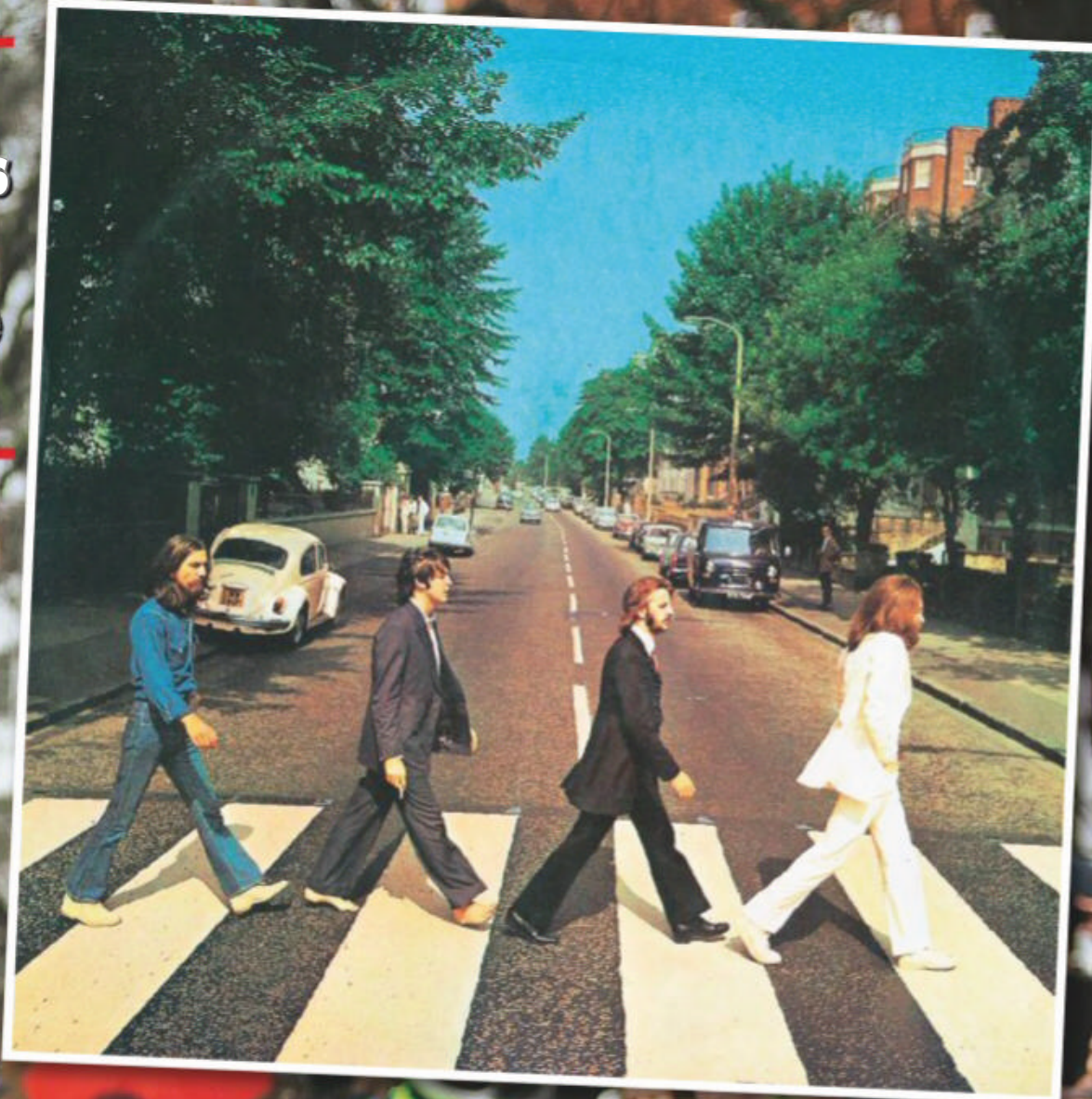
Before their meeting, the *Livin' on a Prayer* singer said: “In light of everything that's going on right now, I'm happy he could take the time to be here for the choir and make it happen.

“As an American I'm further removed, but [have] immense respect for the family and for his brother and himself, his wife, his father, his grandmother, his grandfather.”

Asked if he sympathised with Harry's desire for more privacy, he replied: “I can understand completely, sure. When we see things like Harry and Meghan have gone through, we turn the channel off and things are over with. You don't know what it's like to walk in anyone else's shoes.”

Jon explained how he originally wrote *Unbroken* for a documentary about soldiers suffering from post-traumatic stress disorder (PTSD), but

'I don't know what it's like to walk in Harry's shoes. In light of everything that's going on right now, I'm happy he could take the time to be here. I have immense respect for the royal family' Jon Bon Jovi



Prince Harry helps recreate the *Abbey Road* album cover by The Beatles (above) with singer Jon Bon Jovi and Invictus Games Choir members Susan Warner and Andy Mudd. The choir was at the famous studios to record a song written by Jon, to raise funds for Invictus



wrote to the Duke in August to suggest giving it to the Invictus Games Choir.

"In my letter I said: 'I've met your brother – he's sung with me. I've met your father, your grandmother. I've met your grandfather. I've performed for all of them!'

"We performed at the Royal Variety Show for the Queen. I've met Prince Charles at an event at Hyde Park and William jumped on stage with me at Kensington Palace and sang *Livin' on*

a Prayer." Asked about the Duke of Cambridge's voice, the singer replied: "It was actually quite good. Really good, he sang great."

GAME ON

Explaining how the new recording came about, Jon said: "I didn't know him – I sort of held up the letter to the wind: 'Somebody come and get this!' I knew the Invictus Games had a choir, I knew that the lyric could

touch a lot of people and also [it was] a way to give back to the people of the UK, who have given me so much love and affection for nearly 40 years. The Invictus folks responded and said yeah."

Jon said of the choir: "I spent all day with them yesterday just getting them comfortable and confident.

"They're singing for the artist formerly known as Prince," he joked.

"These people were from different

branches of the military at different times, but they've come together, and singing moves us as people.

"You sing in a choir and you have camaraderie and the history in the military that brings you together and you feel good."

The rock star and the Prince looked around the control room of Studio Two – where The Beatles, Pink Floyd and Ed Sheeran have recorded – as the choir warmed

Abbey Road Studios



The Duke and Jon leave Abbey Road Studios (above left) after touring the engineering room of Studio Two (below) while the choir recorded *Unbroken*. "It would be great to hear it performed in a stadium," Harry said. @SussexRoyal Instagram teased followers that he would lend his vocals to the track (below left)



'It sounds amazing, it really does. You guys have made it happen' Prince Harry



Harry chats with members of the choir. "You've all got amazing voices. Especially the ladies... I'm not sure about you guys," he joked. Earlier in the week, the Duke was at a sustainable tourism summit in Edinburgh, where he got a warm welcome (below)

up in the studio below. The Duke and Jon listened before joining the singers in the studio.

Harry was reunited with Michelle Turner, whose daughter Maya, now nine, stole the show at the Toronto Games in 2017 when she read out a letter she had written thanking the Prince for helping her mother.

RAF sergeant Michelle, from Wigan, has a heart condition that causes her to collapse, but she was selected for swimming and rowing in Toronto and is an ambassador for the Invictus Games Foundation.

She said of seeing Harry again: "Straight away he came to me and asked, 'How's Maya?'"

FITTING TOGETHER

Addressing the choir, the Duke said: "Singing individually is one thing. Singing in the bath – we all do that. When you're singing together, is that just completely a different experience?"

He was told they were "a family", and, referring to Jon's song, veteran Andy Mudd said: "We are Unbroken. We are not all broken or damaged."

"That's a dangerous narrative that has spun out over the years," agreed Harry.

"It sounds amazing, it really does," he said of the song. "Jon wasn't sure it was going to work. But between you guys you have made it happen."

"Once served, always serving," he continued. "And not just in the military. Remember the experience you guys have had and continue making a massive difference. You were given a better toolbox to deal with what you have than the vast majority of civvies."

"There is this vast responsibility [that] stays with you for the rest of your life when it comes to mental health."

Harry then lined up on the famous road crossing to cheers from fans gathered outside.

After a few minutes of posing in the rain, he hugged the veterans and thanked Jon before heading to his car to leave.

"Good luck in Canada!" shouted someone from the crowd.

David Wiseman, former Invictus UK Team captain, said of Harry: "He's always on great form with the veterans. That's no secret. He always said he could be just Harry when he was in the army."



REPORT: EMILY NASH



HARRY AND MEGHAN TO LOSE CANADIAN SECURITY PROTECTION

'The assistance will cease in keeping with their change in status'



The Canadian government has said that it will no longer provide security for the Duke and Duchess of Sussex when they step down as senior royals this month.

The Royal Canadian Mounted Police (RCMP) has been providing protection to the couple and their ten-month-old son Archie on an intermittent basis since they moved to a rented property in Vancouver Island last November. Canada has a legal obligation to guard "Internationally Protected Persons", but Harry and Meghan's status will change when they end their royal duties on 31 March and start to pursue commercial careers.

"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," said the office of Public Safety in a statement to CBS News. "At the request of the Metropolitan Police, the RCMP has been providing assistance to the Met since the arrival of the Duke and Duchess to Canada intermittently since November 2019. The assistance will cease in the coming weeks in keeping with their change in status."

PRICE OF FREEDOM

The statement comes after recent polls found that only one in five Canadians believes paying for the couple's security is an appropriate use of state funds.

Prince Harry, 35, and Meghan, 35, addressed the concern of their security costs on their website, saying that they would "continue to require effective security to protect them and their son", citing Harry's public profile "by virtue of being born into the royal family" his military service and Meghan's own "independent profile".

There is now intense speculation as to whether UK taxpayers will be expected **H** to foot the bill.

Harry and Meghan will lose the protection provided by the Canadian authorities at their home on Vancouver Island (right) when their royal status ends on 31 March





'It was heartening to see the brothers both connecting with people'

TWO BROTHERS, TWO DESTINIES

OUR ROYAL EDITOR EMILY NASH ON DIVIDED LOYALTIES BUT A SHARED ABILITY TO CONNECT WITH PEOPLE



“They are two brothers on two different paths, but last week it was business as usual for the Duke of Cambridge and the Duke of Sussex – for now.

As the pair carried out visits to highlight some of the issues they care most about, William and Harry showed no signs of any strain caused by the drama playing out behind the scenes

in the royal family.

Harry has just a handful of engagements remaining before he steps down as a senior member of the family on 31 March.

But while I watched him in action with the remarkable Invictus Games Choir and Jon Bon Jovi at Abbey Road Studios last week, it was clear that his commitment to supporting veterans and sick and injured military personnel is unwavering.

And while so much coverage has focused on the relationship between the brothers and their very

different destinies, it was heartening to see them doing what they do best – connecting with people on a personal level and making them feel heard.

As William prepares for his future role as Prince of Wales and, eventually, King, he was happy to get his hands dirty, donning a hard hat and hi-vis jacket to try spreading asphalt at the Tarmac National Skills and Safety Park in Nottinghamshire.

And stepping down from an excavator simulator, he added: “I need something to show George I’ve been on a digger.”

It was not the most glamorous of outings, but his visit will have meant a lot to the young apprentices training there, just as it did to the homeless people he met at the Beacon Project, a drop-in centre in Mansfield.

Similarly, Harry’s hugs for old friends and new faces involved in the inspiring Invictus Games story showed that while their lives are moving in different directions, the brothers still share a natural ability to relate to people from all walks of life and help tell their stories to the world.”



The Duke of Cambridge stands out in a bright hi-vis jacket at the Tarmac National Skills and Safety Park where he took charge of a paver to lay asphalt (left) and met young apprentices. He had earlier joined business leaders to discuss social mobility and training for young people – like his father, focusing on opportunities for the next generation. William had also chatted to people at the Beacon Project, a homeless drop-in centre in Mansfield



KATHERINE JENKINS ON SONG WITH A CHORUS OF MOVIE STARS



Film fans attending the world premiere of *Minamata* at the Berlin Film Festival could not fail to take note of classical singer Katherine Jenkins, who walked the red carpet wearing a stunning black Rasario gown (left) before joining co-stars Johnny Depp and Minami

(above) for a group shot. The award-winning mezzo-soprano makes her film debut in the fact-based environmental drama, which was directed and co-written by husband Andrew Levitas.

Sharing a series of photos taken on the night, Katherine called Andrew “my hero” and added in her Instagram post: “To say I’m proud of this man is an understatement!

Congratulations on an incredibly beautiful and inspirational movie.”

The couple have been married for five years and have two children: four-year-old Aaliyah and Xander, who turns two in April. Speaking to TV’s Lorraine Kelly, she described acting alongside Johnny and fellow star Bill Nighy as “such an amazing experience”.

As for being directed by Andrew, she joked: “This was his one chance to boss me around.”

The star has had her share of costume dramas recently, after performing as the Octopus in hit reality show *The Masked Singer*. And right now she has her tentacles full: along with promoting the film, she also has a new album, *Cinema Paradiso*, due out in April, with plans for a tour next year.

Katherine’s first record in more than two years features songs from classic films including *A Star is Born* and *West Side Story*. “The last few albums I’ve made have been inspired by what’s happening in my own world,” she said. “Having played my first movie role last year, it felt like a natural transition for me.”

'FRIENDS' CAST ALL ON BOARD FOR A REUNION TRIP DOWN MEMORY LANE

They are Friends for life and now Jennifer Aniston, Matt LeBlanc, Matthew Perry, Courteney Cox, Lisa Kudrow and David Schwimmer will once again be there for each other in a one-off special of the hit 1990s comedy.

Ending months of rumour, five of the six stars posted the same promo shot on their social media pages (right) with the words: "It's happening..." Matt, meanwhile, shared a shot of another ensemble cult comedy, *M*A*S*H*.

Speaking about the unscripted reunion, expected to air on US TV in May, Courteney said she was "so excited". Explaining the premise, she told Kevin Nealon: "We're going to have the best time. We really haven't all... actually sat there and talked about and reminisced about this incredible experience that we had."

The series, which originally aired from 1994 to 2004, celebrated its 25th anniversary last year. In 2016, five of the original six (minus Matthew, who was rehearsing a play in London) took part in a TV tribute to the show's director James Burrows.

Off screen, too, there have been a number of mini get-togethers in recent months, in the wake of the *Friends* stars selfie with which Jennifer made her Instagram debut last October. "When we get together... it's just the most fun," Courteney explained. "We laugh so hard."

That certainly appeared to be the case in photos of Jennifer, Courtney and Lisa, which the former uploaded to Instagram in January. "Hi from the girls across the hall," her caption read.



LEWIS HAMILTON RACE ACE SHARES TRACK WITH PIANO STAR LANG LANG

Lewis Hamilton hit all the right notes as the reigning Formula 1 world champion enjoyed a play date with virtuoso Chinese pianist Lang Lang (right and above).

The celebrated racing driver showed that the piano is also his forte as he impressed Lang Lang with a performance of Adele's 2011 hit *Someone Like You*, before being treated to Beethoven's Moonlight Sonata by the pianist.

Lang Lang, who married Gina Alice Redlinger in Paris in a fairytale wedding

exclusively covered by **HELLO!**, said: "I played some really fast pieces for him and he said: 'Oh wow, your fingers are really fast.' Which is funny coming from him."

Discussing their unlikely friendship, he added: "I love Formula 1 and I especially love the way Lewis drives. I know that Lewis likes piano so we've been trying to meet up to play some music together for about three years."

The sports star first turned to the piano to help him relax away from the racetrack.



THE QUEEN A LICENCE TO THRILL ON VISIT TO SPY HQ



Staff at MI5 did not have to work too hard to spy a very special arrival at the agency's headquarters in London. With excitement building for the release of the latest 007 film, their very own "Q" praised the "remarkable resolve" of those involved in keeping the country safe.

And the Queen made no secret of her admiration in a speech. "On each of my visits to MI5 I have been impressed by the way that you have adapted to the changing threats to our nation," she said. "Whether responding to the threats from the Nazis or the Cold War, domestic terrorism or the cybersphere, you have always demonstrated the utmost commitment to your motto '*Regnum Defende*' [defence of the realm]."

Her Majesty was all smiles (left) as she was welcomed to Thames House by MI5 director-general Sir Andrew Parker, before the pair posed for photos in front of a stylised crest that was commissioned when the Internal Security Service moved into the building in 1994 (above right).

And it was a case of For Your Eyes Only when the royal was shown artefacts relating to D-Day in the agency's private museum (right) and heard how her father George VI had played a key role in the Second World War, helping to deceive the Nazis about the invasion's location.



REBECCA LONG-BAILEY CHILDHOOD DIANA DATE WAS A LABOUR OF LOVE



Long before she held aspirations of being the red queen, Labour party leadership hopeful Rebecca Long-Bailey (above) had an encounter with the people's Princess. More than 30 years ago, Rebecca won a raffle in which the prize was the opportunity to present a bouquet of flowers to the Princess of Wales (left).

Diana was on an official visit to Ellesmere Port in Cheshire to open an oil refinery on the Manchester Shipping Canal, where Rebecca's father Jimmy Long worked as a docker. "It was a huge deal and my mum made me wear rollers the night before," she revealed to the *Daily Mirror*.

The Shadow Business Secretary is hoping to prove victorious in the leadership contest, too, as the battle to take over from Jeremy Corbyn heats up. The 40-year-old former solicitor is polling behind the frontrunner, Shadow Brexit Secretary Sir Keir Starmer, 57, but, if successful, has promised to spearhead a "green Industrial Revolution" in response to the climate crisis.



BEN STOKES FUN ALL ROUND AS CRICKET HERO NETS ROYAL HONOUR

There was no need to ask Howzat after cricketer Ben Stokes collected his OBE from the Duke of Cambridge at Buckingham Palace – his face said it all (above). The current BBC Sports Personality of the Year was recognised for his heroics as the England one-day team triumphed in last summer's World Cup, and proudly showed off his new trophy (below).

Ben was accompanied on his capital day out by his wife Clare and their children Layton, seven, and Libby, five (together right), with their proud mum declaring the pair the “two best-dressed people at Buckingham Palace”. Also sharing the big day with Ben was his cricketing pal and a fellow member of the national squad, Jos Buttler. The batsman was made an MBE.

Bowled over by his latest honour, Ben, 28, uploaded a series of photos to Instagram, including one of himself and Jos posing with some Beefeaters. “Having my family here with me was so so special,” he wrote. “And to share it with @josbuttler and his family was great as well.”



LYDIA BRIGHT LOVE'S GOT A HOLD OF NEW MUM



THE **INSIDE** STORY

It looks like Lydia Bright has her hands full right now – not that she minds. The TV star recently gave birth to her first child and celebrated the occasion by posting a photo of a tiny hand cradled in hers (right).

“My darling girl has arrived,” the 29-year-old told her 1.2m followers on Instagram. “I am so overwhelmed with love, she is absolutely perfect.”

Lydia revealed last summer that she was expecting and said she was more than ready for motherhood, despite having split from the baby’s father, Lee Cronin.

“I know this baby will be the best thing that’s ever happened to me,” she told **HELLO!** in our exclusive interview and photoshoot (left). “I’m where I want to be in my life, financially and career-wise. It just feels like the right time for it all to happen to me.”

The former *The Only Way is Essex* star has certainly had plenty of practice with children and babies. Lydia is one of four siblings and her mother Debbie and father Dave have fostered hundreds of children.

Shortly before saying hello to her own daughter, the family said goodbye to their latest foster



child, a little girl who had stayed with them for a year, from the age of six weeks until she was adopted.

Posting a letter written by Debbie to the youngster, Lydia wrote: “Adoption day, it’s always bitter sweet. My heart is aching and I miss you so much already.”

And she urged others to follow her mum’s example: “Consider fostering because these children need love more than you need to protect your heart. Consider adoption because every child deserves a forever family.”

SHERIDAN SMITH SWELL TIME WITH FIANCE JAMIE ON CHARITY DATE NIGHT

She has kept her changing shape under wraps – even joking “What baby bump?” on social media – but mum-to-be Sheridan Smith threw fans a curveball when the actress attended a charity concert in aid of Leukaemia UK with her fiancé Jamie Horn.

Sharing a comic gif on Twitter beforehand, the *Mrs Biggs* star wrote: “Currently getting ready for a night out with my beau... nothing fits and I’m hot.”

But despite Sheridan’s wardrobe woes, the star of stage and screen looked happy and healthy in her all-black outfit as she posed alongside insurance broker Jamie in the foyer of the London Coliseum (left), ahead of the special performance of musical *The Pirate Queen*.

Tweeting about the “amazing” show, Sheridan wrote: “My baby kicked like mad throughout. Will either be a performer or a footballer!”

News of the Bafta-winning star’s pregnancy surfaced in October, after Sheridan reportedly told an audience: “I’ve got a baby on board,” while performing in the Stages Musical Theatre cruise. She and Jamie later revealed that their baby was a boy and last month looked closer than ever in a selfie uploaded to Instagram (below).



REPORTS: EMILY STEDMAN, KATHRYN WILSON. PHOTOS: GETTY IMAGES, LYDIA BRIGHT, MALALA YOUSAFZAI, NICKY JOHNSTON, RACHEL RILEY, REUTERS. SHERIDAN SMITH: SWNS

RACHEL RILEY MULTIPLYING LOVE BY THE POWER OF THREE

The Countdown to Rachel Riley's return to the her role on the popular daytime TV show is nearly over for fans. Last in front of the camera when she was still carrying her baby, the maths whizz was back on set treating contestants and crew to their first look at baby daughter Maven Aria, just 11 weeks after she was born.

Along with her new addition she was also accompanied by her regular plus-one – husband Pasha Kovalev – the pair appearing to be delighted to show Maven around the show's base in Manchester.

Documenting the day on Instagram, Rachel uploaded a photo of Pasha holding their daughter in front of the iconic *Countdown* board, on which she had spelt out her name and birth date (main photo).

"First block back at work done and dusted and I can still sum... phew!" she wrote. "Mave was busy melting hearts and Pash is a hero... Now back to family time for us, we're really loving it."

The *Countdown* trip was the family's second adventure in the week, coming days after they enjoyed a family outing to Manchester United's Old Trafford ground (right), where keen Man U fan Rachel had dressed her little striker in a Red Devils romper.



GRETA THUNBERG LEADS CLIMATE PROTESTS IN BRISTOL FASHION



Greta Thunberg brought Bristol to a standstill as she joined fellow teen activists at the city's Youth Strike 4 Climate event. Addressing global leaders in her speech (above right), the 17-year-old said she would "not be silenced when the world is on fire".

The Swedish eco-warrior was met with chants of "Greta, Greta" as she

spoke to the 20,000-strong crowd, mostly made up of children. Young climate-change crusaders had skipped school, braved heavy rain and battled thick mud to join the day of action in the city centre (main image).

Urging her audience to continue on their planet-saving mission, Greta said: "World leaders are behaving like

children, so it falls on us to be the adults in the room."

Greta also met fellow female activist Malala Yousafzai, the youngest ever winner of the Nobel Peace Prize, on a visit to Oxford University days earlier, where the teen talked about issues including voting and protesting in a wide-ranging discussion with students.

Human rights campaigner Malala, 22, commemorated their meeting by posting a photo (above left) on Instagram of herself and Greta with the caption: "She's the only friend I'd skip school for."

Showing the feeling was mutual, Greta tweeted: "So... today I met my role model. What else can I say?"

EXCLUSIVE INTERVIEW AND PHOTOS

SMILING AGAIN, 'DANCING ON ICE' STAR HAMISH GAMAN AND FIANCEE AMELIA HUMFRESS SHARE HAPPY NEWS OF THEIR ENGAGEMENT AND REVEAL PLANS FOR A WINTER WEDDING

Hamish and fiancée Amelia cuddle up as they share their happy news and show off the moonstone engagement ring (inset below). It is "unique for a unique person", says Hamish (above, in action in *Dancing on Ice*)

Emerging from what he describes as the darkest time of his life, *Dancing on Ice* star Hamish Gaman exclusively reveals to **HELLO!** that he and his partner of four years, Amelia Humfress, have some joyful news to share: the couple are engaged and, fittingly, they are planning a winter wonderland-themed wedding for December this year.

"We're so incredibly happy and excited," says Hamish, as the duo share for the first time the details of the proposal, which took place on a romantic break at a rustic cottage in Cornwall.

Presenting Amelia with a beautiful moonstone and diamond ring, the professional ice skater went down on one knee as they relaxed after an exhilarating coastal hike, before cracking open a bottle of chilled champagne.

"I'd been waiting for the perfect moment all day," he recalls, as Amelia says: "I had no idea he was going to propose. I was so shocked at first that I couldn't speak. Then I gave my answer: a definite yes."

As his fiancée proudly shows off her exquisite engagement ring, Hamish says: "Amelia is a unique person so I wanted to give her a unique ring. Moonstone is thought to be a lucky gemstone that brings strength to relationships, and it must work because throughout all of this, Amelia and I have come out stronger than ever."

ICE STORM

He is referring to the recent storm around his professional life. The couple's happy news comes after the announcement in mid-January that Hamish, a *Dancing on Ice* favourite who has been competing in the show since 2018, was no longer taking part in the competition amid reports that his relationship with his celebrity skating partner, Caprice Bourret, had irretrievably broken down.

He remained on the show to skate in the group dances – but, soon after, in February, took to Instagram to tell his followers: "I'm sad to say that I've pulled out of appearing on *Dancing On Ice* tonight. The past three-and-a-half months have been the worst





'Amelia has been my rock. She makes me feel as if I can do anything. With her I feel complete'

Professional ice skater Hamish and illustrator Amelia have much to look forward to as they 41 plan a winter wedding after he proposed in Cornwall in October

'I've been in a dark place. Planning our wedding together has brought light to the darkness'
Hamish



Zana the Pomeranian (on Amelia's lap, above) has helped Hamish on the road to recovery. "Zana senses how I've been feeling and snuggles up. We call her our therapy dog," says Hamish. With Akira the Akita (joining in, left), the dogs are "the heart of our family – they go everywhere with us"



of my life, and I'm struggling. It might look like things have been calming down, but they aren't."

Overwhelmed with emotion, Hamish – who says he has been in therapy since mid-January – pauses to compose himself as he speaks for the first time about his ordeal and how his caring fiancée, whom he met in March 2016 on Tinder, helped him through.

"When you're in the public eye, you expect to read and hear gossip about yourself, but I never thought it would affect my mental health as much as it did. I found it hard to sleep and eat, and would wake up with anxiety," he says.

"Amelia has been my absolute rock. When I walked through the door, she'd give me a hug and words of encouragement. She knew instinctively when it was best to say nothing, too, and would suggest taking the dogs for a walk to take my mind off things."

Weekly therapy sessions have helped the healing process, with a recent return to *Dancing on Ice* for a showdance with fellow pro, Vanessa Bauer, watched by the ITV show's five million viewers.

"The many kind messages from the British public have helped me, too; I've read them all. You never really know how anyone feels inside, but a kind word or gesture goes a long way towards making someone feel better."

SUPPORTIVE FRIENDS

Hamish says he has been showered with kindness by his *Dancing on Ice* family, with contestants Saara Aalto, James Jordan, Joe Swash and Kevin Kilbane – who recently announced his engagement to his ice partner, skating pro Brienne Delcourt – all offering their support. "To be back on the ice is like therapy, too," he says.

Hamish spoke to **HELLO!** after a spokesperson for Caprice said she has been left "deeply distressed" by her stint

'I had no idea he was going to propose. I was so shocked at first, I couldn't speak'

on *Dancing on Ice* and the model and businesswoman herself accused ITV of having "no duty of care" in an interview with *The Sun*.

The TV channel told **HELLO!**: "We take our duty of care very seriously. We have always been fully committed to ensuring that everyone involved on *Dancing on Ice* is fully supported and keep a close eye on everyone's wellbeing throughout the series."

WINTER WEDDING

By Hamish's side all the way is his devoted fiancée. Which is why, after the October proposal, a long engagement isn't on the cards. "I've known for a long time that I want to spend the rest of my life with Amelia," he says. "But what I've been through made me keen to make that commitment to her sooner than we'd anticipated."

"For the past few months I've been in a dark place, which I couldn't have got through without her. Recent events have made me realise just how much I love her. Planning our wedding together has brought light to the darkness."

In her beautiful ivory gown, 30-year-old illustrator Amelia already resembles a radiant winter bride as she shares with **HELLO!** her vision of the big day.

"I'd like it to feel warm and cosy in a magical country setting, with lots of twinkling lights and beautiful white flower arrangements," she smiles. "It will be wonderful, saying we love each other in front of all of our family and friends."

Among their guests will be friends from *Dancing on Ice*, including head coach Karen Barber, who has mentored Hamish, and his 2019 skating partner, Finnish singer Saara, who will be his "best woman".

Amelia's younger sister Eve will be bridesmaid, and there is a role, too, for the couple's beloved dogs: three-year-old Pomeranian Zana, and Akira, a ten-year-old Akita, who follow Hamish and Amelia around throughout our shoot.

But most important is Amelia, whom Hamish describes as his "secret weapon". "She makes me feel as if I can do anything. She's like a beautiful ship gliding on the water. I'm in awe of everything she does," says Hamish, who proudly displays a picture of her artwork as his mobile phone screensaver. **H** "With her I feel complete."

INTERVIEW: SALLY MORGAN
PHOTOS: NICKY JOHNSTON

STYLING: ALEXANDRIA REID AT FRANK AGENCY
HAIR & MAKE-UP: CLAIRE RAY AT CAROL HAYES MANAGEMENT

 To see a behind-the-scenes video of our exclusive photoshoot, visit hellomagazine.com.

(RIGHT) HAMISH'S BLAZER, WAISTCOAT & TROUSERS: TOPMAN. T-SHIRT: RIVER ISLAND. SHOES: DANIEL FOOTWEAR. AMELIA'S DRESS: CHARLIE BREAR. EARRINGS: SIF JAKOBS. ADDITIONAL PHOTO: REX FEATURES



Hamish only has eyes for his love and support, Amelia, who says of their December wedding: "It will be wonderful, saying we love each other in front of all our family and friends"

NEW SINGING SENSATION BAILEY TOMKINSON ON HITTING THE HIGH NOTES AGAINST THE ODDS



She's the 20-year-old Cornish singer-songwriter who has risen to the top against the odds, without a record deal or management team.

Bailey Tomkinson is blazing a trail through the music industry, soaring to No. 2 in the official iTunes video charts with her single *I Wish (It Didn't End Like This)* placing higher than best-selling global stars including Dua Lipa, Camila Cabello and Sam Smith, with only The Pussycat Dolls pipping her to the top spot.

"It's a dream come true. Being charted between Dua Lipa and The Dolls is not an everyday situation – it's crazy," Bailey tells **HELLO!** in an exclusive interview.

Having first released music at the age of 18 while still at college, Bailey has taken on the might of superstars and record labels with just her friends and family for support.

"My family has been my rock," she says. "Because I don't have management or a record deal, they've helped me a lot. My dad is really good at communications, so he helps with that. My mum was a singer when she was younger, so she has knowledge of the industry."

"I've never wanted to do anything else. I've been singing my whole life – I pretty much came out of the womb singing," laughs Bailey.

She has a publishing deal with German indie label FBP that allows her to release music on a record-by-record basis. "I've had knockbacks. I hadn't spoken to record companies about signing previously, but since my latest single charted, I've had some interest, which is positive. It's all very exciting."

(WEST) COUNTRY SINGER

The rising star, who hails from the picturesque seaside town of St Ives, describes her sound as "country-influenced but more Americana". Bailey regularly racks up tens of thousands of monthly listeners on music platform Spotify and her track *Movie Scene* has been streamed more than 170,000 times.

She plays gigs and festivals up and down the country and has been compared to international pop-country sensation Taylor Swift.

"What a massive compliment – she's an amazing artist and writer,"

says Bailey. "Taylor is partly why I wanted to start songwriting. I was the biggest Taylor Swift fan at school."

"In fact, I was nicknamed 'Bailor Swift' because I had curly hair like her and wrote songs about all the boys I fancied!"

Like Taylor, Bailey's main musical inspiration is love.

"I mostly write about personal experiences. I think it's important, when you're growing up, to be able to express yourself. Lots of teenagers struggle with that," she says.

"I was quite shy in secondary school and I didn't know how to tell boys that I liked them, so I'd write a song about them and hope they got the message."

In fact, Bailey's first song, *Hey Ace*, written when she was 15, was about a crush.

"He definitely got the message – when it got into the charts, he told everyone it was about him," she laughs.

It's only March, but 2020 has already been a "whirlwind year" for Bailey, and there are more exciting times on the horizon.

"I'll be playing at lots of festivals in the summer, including Boardmasters in Cornwall, and there are some big announcements to come," she says.

With busy times ahead, the young star values her Cornish home more than ever.

"St Ives keeps me grounded. It's a small town so nothing has changed, and that's nice," says Bailey, who lives with her parents. "I'm very lucky to call this place home. There's a sense of community, people are supportive and the beach is on your doorstep."

She is also cheered on by her boyfriend of six months, Jordan Lee Collins, a fellow singer-songwriter and guitarist. They met at Cornish grassroots music festival PandaFest, which Jordan founded.

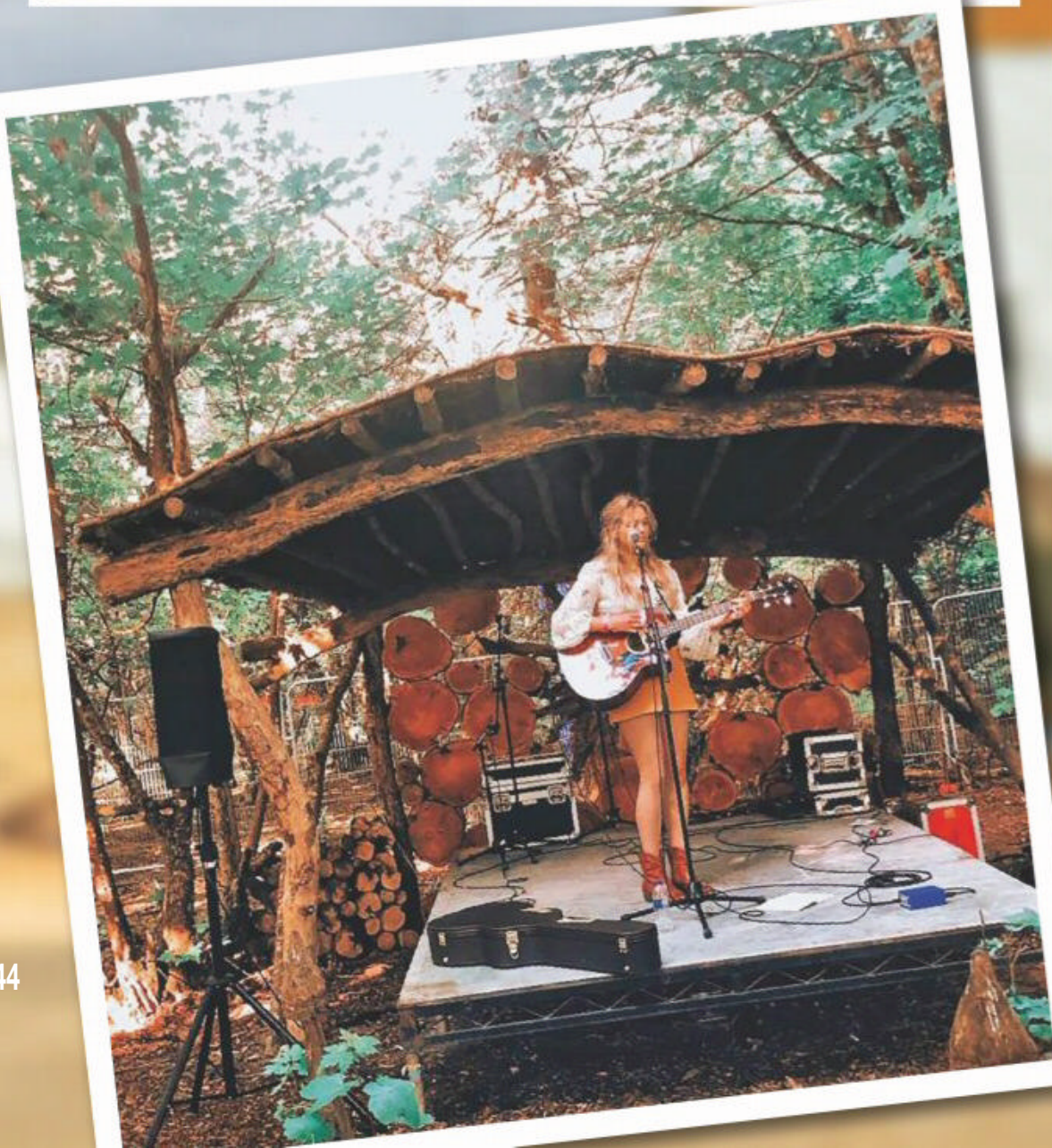
"It's great that we're both musicians because we understand each other well. We perform together and write together. It's like the happy side of *A Star is Born*," she laughs.

Now, Bailey is looking ahead to a bright future and aiming for the stars.

"In ten years, I'd love to be playing amazing venues and travelling the world with my music," she says. **H** "It's every musician's dream."

INTERVIEW: EMILY HORAN

'I pretty much came out of the womb singing'



Bailey performs regularly at gigs and festivals around the country, including The Great Estate grassroots festival (left), but she still lives with her family in the Cornish holiday haven of St Ives (above left)



'In ten years, I would love to be playing amazing venues and travelling the world'

Bailey hopes to travel around the world with her music, but St Ives 45 will always be home. "Living here keeps me grounded," she says. "And the beach is on the doorstep"

BLACK BEAUTY

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7 DAYS

A ROUND-UP OF NEWS REPORTS

MARIA SHARAPOVA

Former tennis world No. 1 retires



Maria Sharapova has retired from professional tennis at the age of 32. The decision by the former world No. 1 and five-time Grand Slam champion, who won the Wimbledon ladies' singles title in 2004 aged just 17, follows years of chronic shoulder problems and a two-year doping ban (reduced to 15 months on appeal) after testing positive for meldonium at the 2016 Australian Open.

Announcing the news in an emotional essay in *Vanity Fair* magazine, Maria wrote: "How do you leave behind the only life you've ever known?... I'm new to this, so please forgive me. Tennis – I'm saying goodbye."

BILLIE EILISH

Singer breaks records with 007 track



American singer Billie Eilish is the first female artist – and the youngest – to achieve a UK No. 1 with a James Bond theme song. Her song *No Time to Die*, which is also the title of the 25th 007 film, picked up 90,000 chart sales and 10.6 million streams in its first week. It was written by the 18-year-old and her older brother Finneas O'Connell.

British singer Sam Smith is the only other artist to score a UK No. 1 with a Bond song, for 2015's *Writing's on the Wall*. Adele's *Skyfall* in 2012 reached No. 2.

STORY OF THE WEEK

Harvey Weinstein found guilty of rape



Disgraced Hollywood film producer Harvey Weinstein has been found guilty of rape and a criminal sex act in a landmark case that inspired the #MeToo movement.

The former movie mogul, who turns 68 this month, was convicted of sexually assaulting a former production assistant in 2006 and raping an aspiring actress in 2013. He was acquitted of three further charges. He is now awaiting sentencing on 11 March and

faces up to 25 years in prison. He also faces additional charges in Los Angeles for the alleged sexual assault of two women in 2013 and is also being investigated by London's Metropolitan Police.

He intends to appeal the guilty verdict and his lawyer Donna Rotunno announced that "the fight is not over".

Since accusations about his sexual misconduct were made public in 2017, more than 80 women, including Gwyneth Paltrow, Uma Thurman and Britain's Kate Beckinsale, Lysette Anthony and Cara Delevingne, have come forward with their own stories of his inappropriate sexual behaviour.

AMIR KHAN

Boxer welcomes his third child



Boxer Amir Khan has announced the arrival of his third child, a boy, with wife Faryal Makhdoom (together left). Sharing a photo of the new addition on Instagram, he wrote: "My beautiful Son Muhammad Zaviyar Khan was born today 22/02/20 weighing 7lbs 12oz." He and Faryal share daughters Lamaisah, five, and Alayna, who turns two next month.

● Filmmaker **Quentin Tarantino** and his Israeli singer wife Daniella Pick have welcomed their first child together, a boy, who was born in hospital in Tel Aviv.

KIRK DOUGLAS

Late actor's fortune left to charity



Hollywood legend Kirk Douglas, who passed away in February aged 103, has left the majority of his \$61m (£48m) fortune to charity. Around \$50m will be

distributed to various causes through The Douglas Foundation, which was set up by Kirk and his wife Anne in 1964 to help "those who cannot otherwise help themselves". It has been reported that Kirk's sons Michael, Joel and Peter and his seven grandchildren have not been left anything.

SIMON COWELL

Father and son release book series



Simon Cowell and his son Eric, six, have teamed up with Hachette Children's Group to launch a new children's book series called *Wishfits*, which features a group of hybrid animals

the pair dreamt up when discussing the sort of pets they would like to have – including the snog (snail/dog, combining the speed of a snail with the enthusiasm of a dog).

"To be able to write a series of books with my son has been magical," said the 60-year-old music mogul.

The first three books in the seven-book series will be published in spring 2021. A portion of the proceeds will go to children's charities Shooting Star Children's Hospices and Together For Short Lives.

THE PRINCESS ROYAL

Royal saddened by death



The Princess Royal has paid tribute to her former dog breeder, who was shot dead in February. A spokesperson said: "The Princess Royal is saddened to hear

of the death of Mrs Debbie Zurick. She will be sorely missed as secretary of the Working Clumber Spaniel Society, of which Her Royal Highness is patron." Debbie was reportedly shot by her husband, John, who later died of shotgun wounds having apparently turned the gun on himself.

VICK HOPE

Presenter leaves Capital Radio



Capital FM's Vick Hope has left the station's breakfast show and the station after three years. The former *Strictly Come Dancing* star, 30, who presented alongside Roman

Kemp and Sonny Jay, shared the news on Instagram, writing: "It is time to move onto pastures new."

DUFFY

Singer reveals rape ordeal



Singer Duffy, whose single *Mercy* topped the UK charts for five weeks in 2008, helping her secure three Brits and a Grammy, has revealed she was "raped and drugged and held captive over some days", leading her to withdraw from the spotlight.

The 35-year-old broke the news on Instagram and said she was moved to make the announcement after speaking to a journalist last year. She will be posting a spoken interview on the subject in "the following weeks", she said, adding: "I can tell you... the sun does now shine."

For the latest celebrity news, visit hellomagazine.com

Quotes of the week



'I think their instincts are absolutely right, and I applaud them for it. Hugely actually. Of course, it is complicated'

Dame Helen Mirren (left) lends some Queen-ly support to the Duke and Duchess of Sussex

'He is an angel. He is the kindest man I've met. His temperament is very chilled, and he would be an amazing father'

Stacey Dooley admits to feeling broody with *Strictly* partner Kevin Clifton

'The word celebrity really grates on me. Because I think there are people who are celebrities who are just celebrities, that's what they do. It's not what I do, it's not what a lot of actors do'

So don't call *Flesh and Blood* actress Imelda Staunton a celebrity

'I used to shoplift in a desperate attempt to be caught. I was stuffing bras – I am talking size 46 – into my school rucksack, trying to

catch the eye of the assistants and they did not notice'

Anneka Rice owns up some criminal Treasure Hunting in her youth

'I want to wear a tux. I want to go as Bond'

Fleabag star and 007's latest screenwriter Phoebe Waller-Bridge wants to get into character at the *No Time to Die* premiere

'Why should I put up with some bloke grabbing my bum when I am 19?'

Actress Dame Kristin Scott Thomas remembers her own early waitressing #MeToo moment



RIHANNA SHINES BRIGHT AT AWARDS

Rihanna earned a rapturous reception at the 51st NAACP (National Association for the Advancement of Colored People) Image Awards. The singer and fashion and make-up mogul looked effortlessly stylish in a vibrant purple Givenchy dress as she accepted the prestigious President's Award.

In her speech, the singer (above) spoke about her charity, which helps fund education and emergency responses around the world. "I'm lucky I was able to start the Clara Lionel Foundation in 2012," she said. "If there's anything I've learnt, it's that we can fix this world together. We can't do it divided. We have been denied opportunities since the beginning of time, and still we prevail. Imagine what we could do together."

Lizzo was awarded Entertainer of the Year, picking up her prize in a graphic Mary Katrantzou gown emblazoned with her own name, and later posing for photos with actress Janelle Monáe, who wore a striking Balmain gown (right). British actress Cynthia Erivo (left) also wowed on the red carpet in a mint-green Prabal Gurung creation.





MARCHING TO THEIR OWN BEAT

Dame Kristin Scott Thomas and Sharon Horgan shimmered on the red carpet as they posed together at the premiere of their latest film, *Military Wives*. In the movie, released in the UK this week, they play two characters inspired by the real-life wives of soldiers serving in Afghanistan, who formed a choir ten years ago – many of whom were guests at the gala screening.

Choirmaster Gareth Malone, who formed one of the early choirs on hit BBC series *The Choir*, was invited to attend the premiere, posing with military wives outside the cinema.

Kristin, whose own father was in the Royal Navy, recently told an interviewer how much she enjoyed filming on sets with several female co-stars. “You feel a kind of camaraderie and sisterhood, which is really nice,” she said. “It’s fun doing ensemble pieces like this one, *Four Weddings and a Funeral* and *Gosford Park* – you can really have a great time.”

Sharon said that she hoped the movie would make more people aware of the difficulties faced by the families of servicemen and women who serve abroad. “It gave me a massive understanding of a world I had no clue about before,” she said. “I hope the film will do the same thing with a wider audience, because their stories need to be told.”

Dame Kristin Scott Thomas and Sharon Horgan on the red carpet (right) for the London premiere of *Military Wives* and (top) joining other cast members. The real *Military Wives* Choirs, which inspired the film, were co-founded by choirmaster Gareth Malone, who poses (below) with choir member Samantha Stevenson



STEPPING OUT ON THE RED CARPET

THE COUNTESS OF WESSEX

IS ALSO ON POINTE AS SHE SUPPORTS BALLET TALENT

The Countess of Wessex ramped up the glamour last week as she mingled with British acting talent at a film premiere in London's Mayfair.

Slipping into a figure-hugging emerald satin dress by UK label Galvan London, the 55-year-old mum of two walked the red carpet at the world premiere of *Sulphur & White* in aid of the NSPCC, joined by one of the film's stars, Anna Friel.

The stylish Countess completed her evening look with taupe velvet Jimmy Choos and an embellished black clutch, her blonde hair in her trademark chic chignon.

Also opting for glamorous green was Anna, 43, who turned heads in a vibrant satin Victoria Beckham gown.

The film, which also stars *Game of Thrones* actor Mark Stanley and *Daphne* star Emily Beecham, tackles the difficult topic of child abuse. It is

based on the true story of City executive David Tait, who survived horrific abuse as a boy but has gone on to raise more than £1m for the NSPCC, of which Sophie is patron.

It was an emotional evening for Sophie, who was brought to tears when she first saw the film with David at her Bagshot Park home, it was revealed by David last month.

"This film spotlights the important issues of child abuse, mental health and how love can heal," Anna said.

'A DREAM COME TRUE'

Earlier in the day, Sophie had paid a visit to the Central School of Ballet to open its new studios, named in her honour.

With perfect poise to rival that of the ballerinas she met, the Countess's style was again on pointe as she met dance stars of the future at the new

The Countess and Anna Friel, who stars in the film, both look striking in figure-hugging green satin (below) – Sophie in a £1,350 emerald dress by Galvan London, and Anna in a £2,300 Victoria Beckham creation



PHOTOS: GETTY IMAGES. PA PHOTOS. REX FEATURES

**'If you see
someone dancing,
you just have to
stop and watch.
It's a wonderful
experience'**

premises on London's South Bank, wearing an elegant red patterned dress by Azzedine Alaïa.

"It's really a dream come true," said Sophie, as she unveiled a plaque to officially open the Countess of Wessex Studios.

Adding that she was "excited for the students here to move in and breathe life into this building", the royal explained how the studios offered a new outward-facing view. "It's wonderful that people walking past will be able to see what you are doing. Ballet is impulsive and if you see someone dancing, you just have to stop and watch. It's a wonderful experience."

Sophie was speaking from the heart as she is a keen dance fan, and was seen with daughter Lady Louise Windsor in the audience for *Strictly Come Dancing* in 2018.

FULL PROGRAMME

It was a busy week for the Countess, who had a string of engagements. She and other royals have become more visible since the Sussexes announced plans to step down from royal duties.

Sophie also hosted a reception for the Central School of Ballet at Buckingham Palace; met members of the Queen Alexandra's Royal Army Nursing Corps, of which she is Colonel in Chief and patron; and sat for a portrait for St John Ambulance, of which she has been grand president since 2004. **H**

REPORT: EMILY HORAN



Sophie is presented with a bouquet by a young ballerina as she opens the new Countess of Wessex Studios at the Central School of Ballet (left, meeting some of the pupils)

BAA-CK TO THE COUNTRYSIDE THE CAMBRIDGES ENJOY THEIR HALF TERM DOWN ON THE FARM



The Duke of Cambridge kisses youngest son Prince Louis in a photo with Princess Charlotte and Prince George taken by his wife the Duchess in Norfolk last year

The Duchess of Cambridge has said she's happiest when with her family "outside in the countryside and we're all filthy dirty".

So she was no doubt in her element as she and her husband the Duke took their children Prince George, Princess Charlotte and Prince Louis to see newborn lambs during the half-term holidays, spent at their Anmer Hall home in Norfolk on the Queen's Sandringham Estate.

Prince William revealed what the family had been up to while he was on a visit to Cardiff to watch Wales take on France in the Six Nations rugby union tournament.

"We've been lambing with the children this week," William told Rhian Roberts, who is supported by the Welsh Rugby Charitable Trust since suffering spinal damage during a game in March 2018.

The trust, of which William is a patron, supports those in Wales who

have been severely injured while playing, along with their families.

"Charlotte wasn't sure at first but George was straight in there," William said. "Louis loves the tractors.

"They love seeing the lambs and feeding the lambs."

Rhian, 34, told the Duke she married into a dairy farming family, to which he replied: "Dairy farming – you are all seriously tough."

The primary school teacher described William as "down to earth" and said he took a real interest in farming. "He said they've been lambing this week up in Norfolk. They want the children to see the country way of life as well as the city way of life."

AT HOME ON THE FARM

The Duke has been learning more about the Sandringham estate in recent years, as well as the Duchy of Cornwall, which he will one day inherit from the Prince of Wales. In

2014 he completed a ten-week agricultural management course at Cambridge University to help prepare him for the future.

Meanwhile, the Duchess has long promoted the positive impact the outdoors can have on children's development and physical and mental health, and co-designed the RHS Back to Nature garden at the Chelsea Flower Show last year.

Of her own children, she said Louis "loves smelling the flowers", while his older siblings enjoy spider hunts in the garden at home.

"Rain or shine, they're dragged outside," she has said of them.

"It's great. It encourages creativity, confidence, and even a short amount of time – ten or 15 minutes – makes a huge difference to physical wellbeing but also to our mental wellbeing."

Kate also talked about the role of the outdoors in making memories with her young brood when she

appeared on the Happy Mum, Happy Baby podcast last month.

She told host Giovanna Fletcher: "Those moments with me as a mother, but also the family going to the beach, getting soaking wet, filling our boots full of water: those are what I would want them to remember. Not a stressful household where you're trying to do everything and not really succeeding at one thing."

And on a visit to the Evelina Children's Hospital in London in January, the Duchess said the family's trips to Norfolk provide just such opportunities for relaxation.

Danielle Morton, the mother of a patient at the hospital, said: "I said to her: 'Can I just ask whether you can have normal days and just be you?'"

"And she said: 'Oh yes, when we are in the countryside with the kids, yes we do.'" **H**

REPORT: EMILY NASH



Prince William sings the Welsh national anthem before the match against France (left), and (right) meets injured players at the Welsh Rugby Charitable Trust, including (below) Rhian Roberts



**'Louis loves the tractors.
They love seeing the lambs
and feeding the lambs'
The Duke of Cambridge**



**Pint-sized: The Duchess
feeds a resident of the 53
Wick Court Farms for
City Children property in
Gloucestershire in 2017**

TAKING THEATRELAND BY STORM ON A DATE NIGHT WITH HER PRINCE

THE DUCHESS OF CAMBRIDGE

IS ON SPARKLING FORM AS SHE LIGHTS UP THE WEST END



The Duchess of Cambridge dazzled on a night out in London with her husband the Duke last week, as the pair took their message on mental health to the West End.

Prince William and Kate were at the Noël Coward Theatre to watch acclaimed musical *Dear Evan Hansen* in a special performance staged to raise funds for their Royal Foundation.

The Duchess looked stunning in a black bouclé dress by Eponine London, which she accessorised with Romy glitter pumps and an Ellipse glitter clutch, both from Jimmy Choo, and the Queen's diamond chandelier earrings.

In the theatre foyer, the royal couple chatted to the musical's writer Steven Levenson and composers Justin Paul and Benj Pasek. The show, about an anxiety-ridden boy struggling to connect, opened on Broadway in 2016; in 2017 it picked up six Tony Awards.

It has been credited with helping parents and their children discuss the mental health difficulties experienced by many young people.

"Ten years ago, do you think this play would have been here?" the Duke asked them.

"I don't think it would have even existed," replied Benj.

Proceeds from the performance will support some of The Royal Foundation's campaigns, including Heads Up, which encourages football fans to open up about their struggles, and crisis text messaging service Shout 85258. Along with Young Minds, The Mix and Speak Your Mind, Shout 85258 is one of four charity partners for the show's London run.

WORKING WONDERS

Since launching the Heads Together campaign with the Prince Harry in 2016, William and Kate have championed work to improve mental health. In the past two years they have taken

Kate and William arrive (left and below) at the Noël Coward Theatre, where well-wishers broke into cheers as they emerged from their car



**William and
Kate champion
work to improve
mental health**



Kate wears the Queen's diamond chandelier earrings, which she first wore in 2011. As she often does when wearing statement pieces such as these, she opted not to overload the look with a necklace



Following the special performance, Kate and William pose (above) with the cast, including lead actor and HELLO! Rising Star of 2020 Sam Tutty (beside the Duke), and chat to members of the crew (left) about the staging of the production. They had met the creative team behind the show beforehand in the theatre foyer (below)



'We are pleased that *Dear Evan Hansen* is helping to start important conversations' The Duke of Cambridge

the conversation into education via the Mentally Healthy Schools initiative, into the workplace with the Mental Health at Work online gateway, and onto the football terraces with Heads Up.

The Royal Foundation is also supporting efforts to provide children with the best possible start in life, and Kate's 5 Big Questions survey into early childhood saw her visit a farm, a nursery, a children's centre, a café and a prison.

This is the first time the couple have taken their cause to the theatre. In a programme note, William wrote: "Catherine and I are delighted to join you this evening for a special charity performance... One of the issues that we care passionately about is mental health and we are pleased that *Dear Evan Hansen* is helping to start important conversations between parents and teenagers about this important subject.

"Through initiatives including Heads Together and Heads Up, the Royal Foundation is helping tackle the stigma and change the conversation around mental health.

"As we look to the future, we will continue to deliver ambitious change and genuine, sustainable solutions to some of the biggest challenges we face – including the environment and ensuring young people get the best possible start in life."

STAR TURN

After the show William and Kate headed backstage to meet the cast, including Sam Tutty, who plays the lead and is one of **HELLO!**'s Rising Stars of 2020.

The couple congratulated the actors on their performance. The Duke, in particular, was impressed with their American accents, telling them: "Your accents are incredible... Even when you were singing – it must be quite difficult to keep the twang going, to keep the accent going."

He said he and Kate had wondered how the play would handle the serious issues of social anxiety and suicide.

"It could go either way. It can either be too serious and everyone goes: 'Oh my God, this is quite intense,' or it's too sort of thin."

But William told the cast: "You nailed it with the humour and the normalisation of it, and you also had the sincerity and the authenticity. There are so many emotions and feelings – you had every spectrum of it."



REPORT: EMILY NASH

Kate adds sparkle in her Jimmy Choo Romy glitter pumps (below) and Ellipse glitter clutch (right) and the Queen's diamond chandelier earrings (below right)



ON YOUR MARKS, GET SET, GO THE DUCHESS OF CAMBRIDGE PACKS A PUNCH AS SHE MEETS BRITISH OLYMPIC HEROES AND HOPEFULS



She has always loved sport, and the Duchess of Cambridge proved she was on fighting form last week as she tried out taekwondo moves and took training tips from top athletes including Dame Jessica Ennis-Hill.

With the Tokyo 2020 Olympics just months away, Kate returned to the London Stadium that hosted the 2012 Games to meet future sports stars – and their parents.

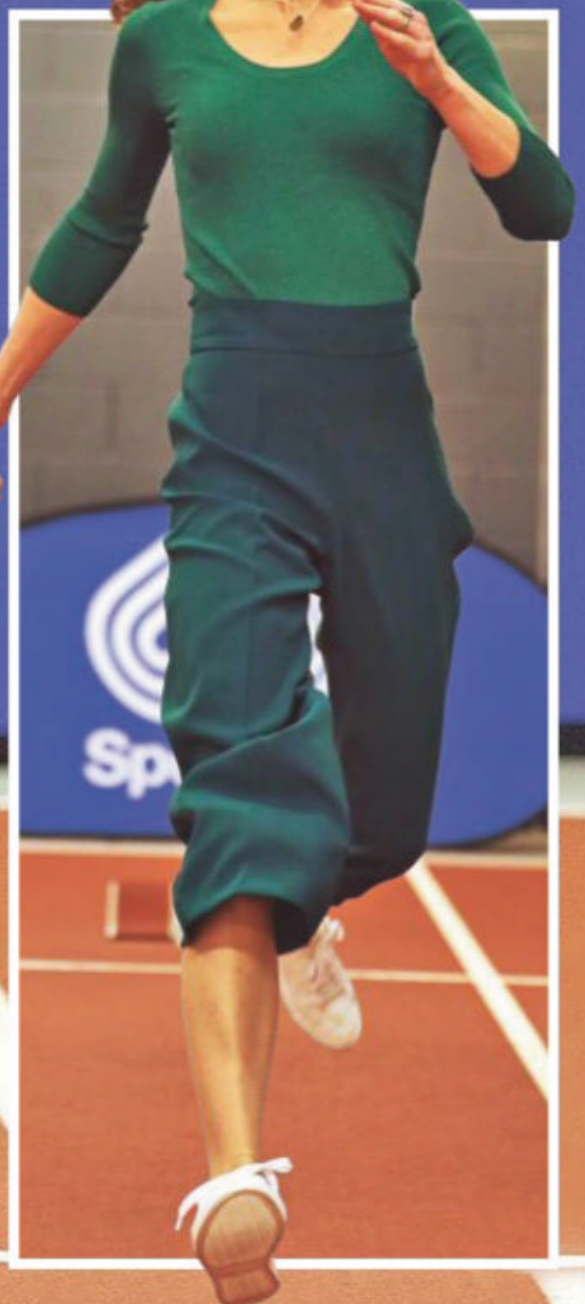
And the Duchess was quick out of the starting blocks as she praised families for supporting Britain's most talented young athletes to realise their dreams.

With her hair tied back out of the way, Kate, who wore racing green Zara culottes, a matching ribbed top and trainers from Marks & Spencer, lined up alongside Olympic gold-winning heptathlete Dame Jessica, para-athlete sprinter Emmanuel Oyinbo-Coker and wheelchair racer Danny Sidbury on the indoor track.

And after a bit of guidance from Emmanuel's coach Coral Nourrice, the Duchess got off to a flying start, roaring with laughter as she pulled up at the finish line.

"I think she did really, really well," said Jessica, 34, one of the heroines of London 2012.

"I felt really nervous. I hadn't been in a pair of blocks for years." ►



Kate is quick out of the blocks (above right) after preparing to race against Dame Jessica Ennis-Hill (far right)

**'I think she
did really,
really well'**

**Dame
Jessica Ennis-Hill**





Kate watches taekwondo training (right) and gets some tips from Olympian Lutalo Muhammad (with the Duchess, above left), then prepares to punch pads held out by her sparring partner (left and below). “Her right hand was mean,” said Lutalo. “Trust me, that was a hard punch... I’m glad I didn’t let her punch me”

Tokyo Paralympics hopeful Emmanuel, 18, agreed. “Not bad for a rookie,” he said. “I didn’t want anyone to see her beat me.”

Coral, who gave Kate some tips on pushing off from her more powerful right foot to improve her start, said: “I think she enjoyed it. You could see by her face. She wasn’t fazed at all.”

The Duchess also tried her hand at taekwondo, throwing a punch into some pads after a few minutes of coaching from Olympian Lutalo Muhammad, who hopes to add a gold medal in Tokyo this summer to the silver he won in Rio in 2016 and bronze at London 2012.

“Her right hand was mean,” he said. “Trust me, that was a hard punch. It was better than expected. “She passed with flying colours... I’m glad I didn’t let her punch me.”

SPORTING CHANCE

Kate was at the stadium, now home to football team West Ham United, to highlight the crucial role parents and carers play in supporting the next generation of champions.

She met young athletes backed by SportsAid, of which she has been patron since 2013, and chatted to them and their families about the pressures and sacrifices involved in competing at an elite level.

In a speech, the Duchess told

them: “It’s been fascinating to speak to so many of you here today and also to hear, just now, about some of the experiences you all have, as young athletes and as parents.

“SportsAid are a shining example of how organisations can reach out and listen to families and provide the best support possible to enable their children to flourish.”

The charity supports more than 1,000 athletes aged 12-18 each year with typical grants of £1,000 to help with training, competition and equipment costs, and offers advice on nutrition, sport-life balance, seeking sponsorship and other issues. Of Team GB’s 214 medal winners at the 2016 Rio Olympics and Paralympics, 150 received support from the charity.

Kate also emphasised “the crucial role that parents and caregivers play in our children’s lives”.

“For all of you here, you go – and have gone – above and beyond the call of duty; you’ve committed your time and devotion to nurturing your children’s exceptional talents.

“And as a parent, I have a huge admiration for you and I know just how complex and time-consuming your role is.

“You are simultaneously the transport and logistics managers, nutritionists, laundry service,



'You all go above and beyond to nurture your children's talents. As a parent, I have huge admiration'

The Duchess of Cambridge

psychologists, financiers and, crucially, the ones that provide love, support and encouragement when things are tough.

"You may not always feel appreciated, or sometimes even noticed on the sidelines, in the car park or sitting high in the stands. But I am so proud that SportsAid recognises how key your role is and that they understand the challenges and worries you face."

Kate also met Olympic gold-winning swimmer Rebecca Adlington and boxer David Haye, the former world heavyweight and cruiserweight champion. Both received grants from SportsAid early in their careers.

PARENT POWER

David, 39, is now an ambassador for the charity and also knows the sacrifices that parents make for their children's sporting ambitions.

His son Cassius, 11, is a promising tennis junior and the retired boxer drives him to competitions and training events across the UK.

"It's the circle of life," he said. "I'm here as an ambassador but I am also getting advice from some of the parents who are in a similar position to me."

Dame Jessica, whose son Reggie is five and daughter Olivia two, said the event had helped her appreciate just how much her parents had sacrificed for her to succeed as an athlete.

"I have a lot of respect for what my parents did for me, how they nurtured me," she said. "They provided everything I needed but had very little [themselves]."

H

REPORT: EMILY NASH

PHOTOS: PA PHOTOS



The Duchess arrives in a Smythe blazer, Zara culottes and her Daniella Draper necklace, engraved with the letters G, C and L – for Prince George, Princess Charlotte and Prince Louis – and with three diamond stars

PROVING THAT THREE CAN BE COMPANY KATE, ROMAN AND MYLEENE TALK MUSIC, FRESH CHALLENGES AND HITTING THE RESET BUTTON

It's been nearly three months since TV and radio presenter Kate Garraway bade a fond farewell to the jungle in ITV's *I'm a Celebrity... Get Me Out of Here!*, and the experience is having a long-lasting effect.

"It's like a big jolt and a big boost, and you come out and you refocus a little bit – press the reset button," Kate tells **HELLO!** as she poses in our exclusive photoshoot alongside Capital FM presenter Roman Kemp and her fellow Smooth FM presenter Myleene Klass, with whom she will host 2020's Global Awards this week.

"It pares everything right down and so you appreciate things a lot more. I definitely feel like I want to tackle things more. I am trying to do lots of different things and taking

time for things that are important."

One thing that hasn't changed for the ITV *Good Morning Britain* presenter, though, is her 2am start.

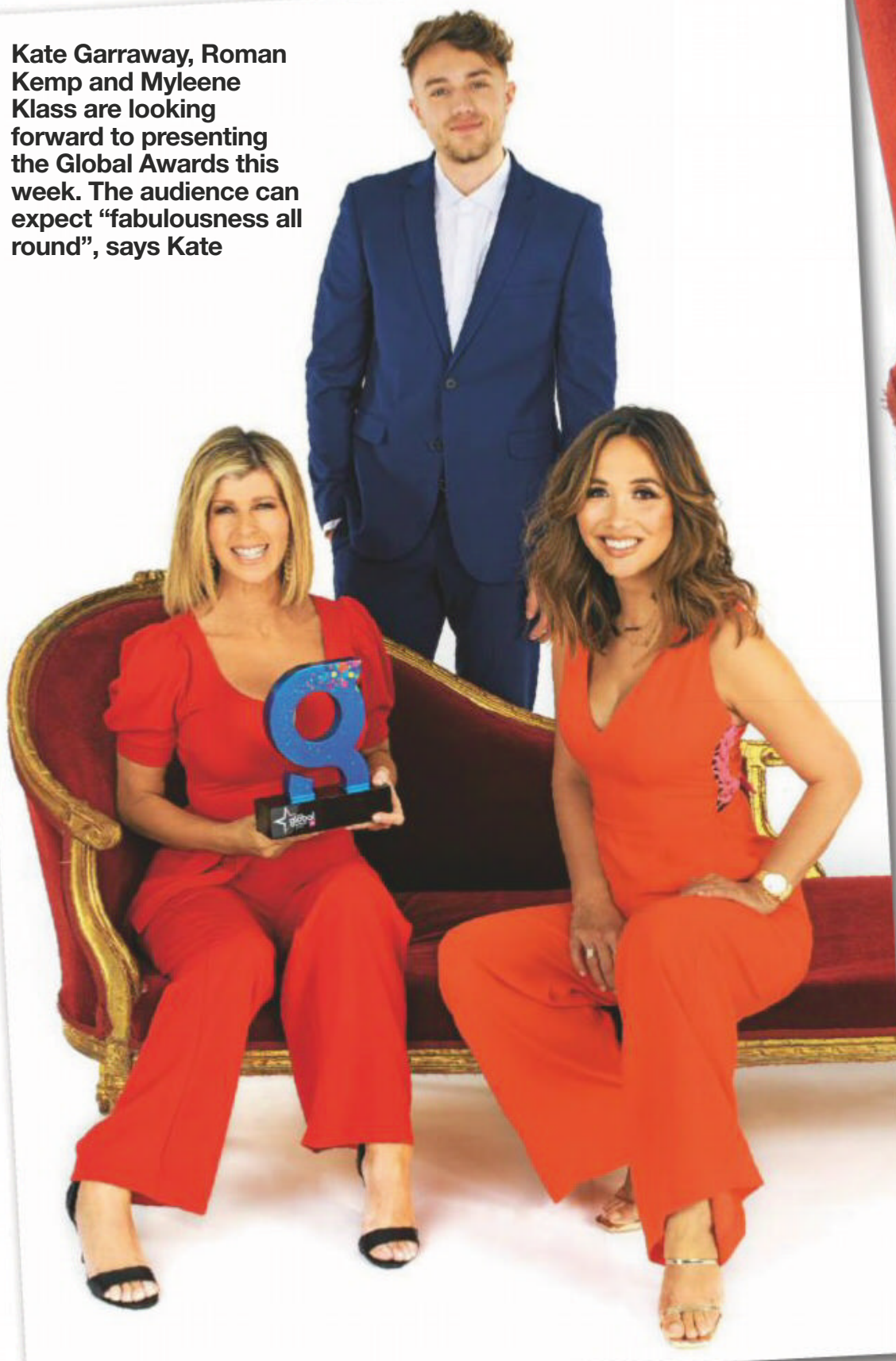
"Sadly, I've not managed to hit a reset button on my alarm for any later in the day," laughs Kate, 52.

Her appetite for new challenges is already bearing fruit, with the announcement last week that she has landed her own Saturday morning chat show on ITV, *Breakfast at Garraway's*, which will start in April.

First, though, she will be joining Roman and Myleene on stage at Hammersmith's Eventim Apollo for the Global Awards, which



Kate Garraway, Roman Kemp and Myleene Klass are looking forward to presenting the Global Awards this week. The audience can expect "fabulousness all round", says Kate





Kate, Roman and Myleene enjoy a catch-up ahead of this year's Global Awards. This will be Kate's first time presenting but she feels in safe hands with her co-hosts, who have been hosts since the event's inception in 2018



As well as being presenters on Global radio stations, the terrific trio (above) also share the experience of having been on *I'm a Celebrity... Get Me Out of Here!*, with Myleene (left) coming second in 2006, and Roman and Kate (below) coming third and fourth respectively last year



celebrate the biggest stars in music from around the world, in genres including pop, hip-hop and classical, and reflect the output on Global's radio stations, which include Capital, Smooth, Heart and Classic FM.

Among those scheduled to perform are the Stereophonics, Ellie Goulding and classical crossover duo Aled Jones and Russell Watson.

"I am very excited. It's a very cool event and I will be there mainly as [Roman's and Myleene's] mother," jokes Kate, who has a daughter, Darcy, who turns 14 next week, and ten-year-old son, Bill, with her husband Derek Draper.

New to hosting the awards, she feels in safe hands with the "brilliant" Myleene, 41, and 27-year-old Roman, who have presented them since the event's debut in 2018.

"The Global Awards, they are so much fun," says Roman, whose breakfast show on Capital attracts an impressive 3.8 million listeners across the UK. "It's a real honour to be able to stand up there and

'I am very excited. The Global Awards is a very cool event and I will be there mainly as Roman's and Myleene's mother' Kate

host it and be alongside these two amazing people, and seeing all the talent collect the awards and perform.

"It gets very messy at the end. Last year Mark Ronson closed the show and I know for a fact that the Capital table stole [his] tequila off his table."

At last year's ceremony Myleene was pregnant with her and her partner Simon Motson's son Apollo, whom she introduced to the world through the pages of **HELLO!** shortly after his birth in August. Apollo is little brother to Myleene's daughters Ava, 12, and Hero, who turns nine later this month, from a previous relationship, and Simon's son and daughter from a previous marriage.

A presenter on both Smooth and Classic FM, Myleene is proud of the musical variety showcased at the event.

"I don't think you get an awards ceremony that covers so many genres," she says. "Plus, you get artists who dip into different bits of their personalities. For example, Ellie Goulding – she's hosted on Classic FM and loves classical music. What's nice about the Globals is that we have that inside information and we use it."

BRAVE NEW WORLD

Although a newcomer, Kate feels at home in the presenting partnership as the three are firm friends. Roman was one of her campmates in *I'm a Celebrity...*, finishing third to her fourth place, and it was in the jungle that their friendship blossomed.

"We obviously chatted before, but it definitely changed when we were in the jungle," says Kate. "We had to put up with each other. He had to put up with me, anyway."

Myleene, who entered the jungle herself in 2006, finishing in second place behind former Busted bassist and singer Matt Willis, was one of the few people who knew Kate was heading into the jungle, as she was lined up to cover her morning show on Smooth. She told Kate and Roman to enjoy their time Down Under.

"It goes so quickly. It's just like camping with your mates. In fact, you just get to regress. You get to go back to being a kid. You haven't got any phones, you've got no responsibilities."

Roman says his time in the jungle has also been life-changing, not just on a personal level but in how he is perceived by the public, too.

"It was the first time in my life where I was known as Roman, not as Roman Kemp or Martin Kemp's son. I went out the other day and someone handed my dad a phone to take a photo of me and them, and that for me was like: 'Yes!'"

Roman will be spending more time with former Spandau Ballet star Martin when the pair team up to present new ITV Sunday morning chat show *Martin & Roman's Sunday Best!* from April.

Kate and Myleene say that working with Roman makes them "cool" to their children.

"If I tell my daughter: 'I'm going to be with Roman today,' she's like: 'What!'" laughs Myleene.

Kate was a fan of Roman's dad growing up and even had a poster of him.

"I did have Roman's dad on my bedroom wall. I got the article out of my *Jackie* magazine. I put it on my wall, and I was destined to marry Martin. I did tell Roman this in the jungle, which was a tiny bit uncomfortable," she smiles.

Any discomfort has since disappeared, and all three presenters are looking forward to working together at the Global Awards. What can the audience expect on the night?

"Fabulosity all round," laughs Kate.

INTERVIEW: EMILY STEDMAN
PHOTOS: MATT CROSSICK

Styling by [very.co.uk](#), headline partner of The Global Awards.



Nearly three months after leaving the Australian jungle, where she was scared of pretty much everything, a reinvigorated Kate is hatching new plans, 65 among them a Saturday morning chat show on ITV. "I can't wait to get going," she says

SHARING HER LAVISH CELEBRATION

PETRA

ECCLESTONE

IS SHOWERED WITH LOVE BY SISTER TAMARA

It won't be long before she welcomes her Minnie-me and Petra Ecclestone was treated to a lavish baby shower in London by her sister Tamara last week.

The younger daughter of billionaire Bernie Ecclestone is expecting her fourth child – her first with fiancé Sam Palmer – and got into the spirit of the occasion at the Belvedere restaurant in Holland Park by wearing Minnie Mouse ears with a pink floral silk gown and silver boots.

Inside, Petra posed for pictures with her sister, who had brought along her five-year-old daughter Sophia to join in the celebrations.

Posting one of the pictures on Instagram, Petra wrote: "Thank you so much to my beautiful big sister for making me feel so loved and special."

Later that day, Tamara, who first confirmed that her younger sister was pregnant in November, also posted a selection of pictures from the event, which showed a pink colour scheme in the opulent decor and table settings – a heavy hint that the baby may be a girl.

Tables were laid with gold-

edged menus, which gave a choice of Dover sole or chicken Milanese, washed down with champagne, while the sweets selection was described as "sugar and spice and all things nice".

Among some of the activities on offer were a painting station where guests could personalise their own pair of Converse shoes.

Describing the baby shower as "an afternoon of love", Tamara praised the "most beautiful mumma to be".

MATCHMAKER

In fact, it was Tamara who played Cupid and first introduced Petra, who has three children with her ex-husband James Stunt, to gallery director Sam, who is a close friend of Tamara's husband Jay Rutland.

"None of us thought it would be a match made in heaven – or a match at all, to be honest!" Tamara told **HELLO!** last year of the couple, who got engaged on New Year's Eve.

"We were shocked when it happened – but the best things in life are unexpected."

Recently, Sam, 36, shared his joy at the upcoming birth of his first child, writing on Instagram: "The baby is kicking hard tonight. It's all getting very real. **H** Cannot wait to meet you."

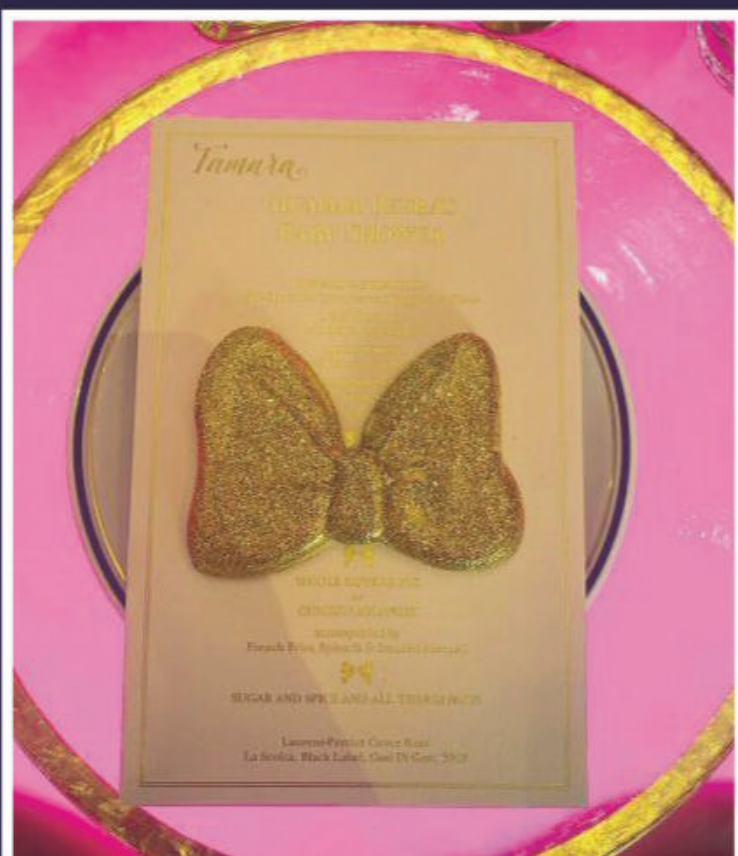
In the pink: Petra, who is expecting her fourth child, arrives at the baby shower organised by sister Tamara (right), who embraced the pink theme with daughter Sophia



**'Thank you
so much to
my beautiful big
sister for making
me feel so loved
and special'
Petra**



Tamara hosts a special party for her sister Petra. The pink theme extends to (below from left) the menus, a love-heart message board and the table decorations





Girls' night out: Myleene Klass, host Cassandra Gracey from Sony and Ellie Goulding



Gone girl: Singer Gracey

POP'S NO.1 LADIES STRIKE A CHORD

Who: Ellie Goulding, Paloma Faith, Myleene Klass.
Where: Annabel's, London.

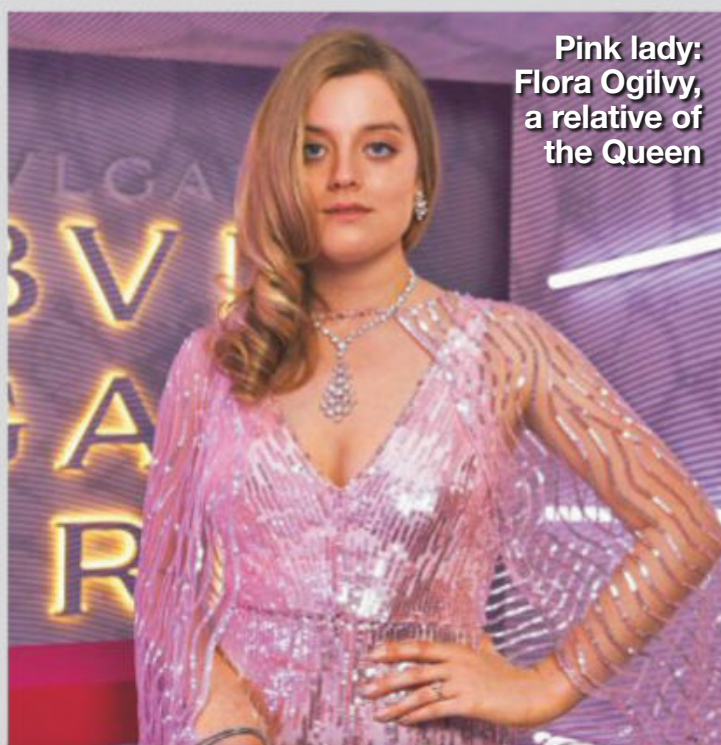
What: Pop singer Ellie Goulding was in fine feather as she joined fellow music stars Myleene Klass, Paloma Faith and *Gone* singer Gracey at a Women in Music gala bursting with girl power. The *Love Me Like You Do* singer topped the style charts in a tailored emerald ensemble with feathered fuchsia bodice as she partied with fellow famous females at the legendary Mayfair nightspot.



Paloma Faith rocks out in Maison Margiela



Dazzling delight: Lady Kitty Spencer



Pink lady: Flora Ogilvy, a relative of the Queen

MILAN OF HOPE AND GLORY

Who: Lady Kitty Spencer, Flora Ogilvy, Sabine Getty.

Where: Bulgari Hotel, Milan.

What: Society belles sparkled in the Italian fashion capital as they bagged an invite to the launch of Bulgari's autumn/winter 2020 accessories collection. Lady Kitty Spencer and Flora Ogilvy were among a clutch of star guests armed with chic Bulgari pieces who danced the night away to a DJ set from Josephine de la Baume.



Picture perfect: Jeweller Sabine Getty



Restaurant Association president Robert Walton with wife Donna Ida



Fantastic four: Star chefs Ainsley Harriott, Antony Worrall Thompson, James Martin and Brian Turner



Table for two: Lisa Snowden with fiancé George Smart



Dinner date: Jodie Kidd and boyfriend Joseph Bates

SERVING UP FUN AT THE SAVOY

Who: Lisa Snowden, James Martin, Jodie Kidd.

Where: The Savoy, London.

What: A good time was on the menu as well as a good cause as foodie VIPs, including famous chefs Ainsley Harriott and Brian Turner, joined the Restaurant Association charity gala dinner at the historic London hotel. Guests sat down to cured Scottish salmon and pine-smoked venison loin at the night, which raised a mouthwatering £25,000 for charity Hospitality Action, with a thrilled Brian being served the award for Services to Hospitality.

Dining out: Singer Paulina Golebiowska and Leander Cadbury



Dessert storm: Skye Gingell with her vanilla pot with prune and armagnac caramel



Rosie Tapner joins chef Raymond Blanc for a feast of fun



FEAST AMONG EQUALS

Who: Raymond Blanc, Rosie Tapner, Eric Lanlard.

Where: Ictank Studio, London.

What: Presenter and model Rosie Tapner was among the celebrities under starter's orders at the Royal Ascot Fine Dining preview. Star chefs dished up gourmet delights that will be served at summer's annual feast of racing, beginning with Raymond Blanc's crab and fennel salad starter. "It is utterly delicious," wrote Rosie on Instagram, before a feast of mains and a dessert finished off with sweet treats from master pâtissier Eric Lanlard.

EXCLUSIVE INTERVIEW AND PHOTOS

NUTRITIONIST TO THE STARS

GABRIELA PEACOCK

ON ROYAL FRIENDS, FOOD FADS AND HER FABULOUS HOME

As the woman credited with transforming the bodies of numerous celebrities and helping the Duke of Sussex and Princess Eugenie look and feel their best on their wedding days, nutritionist Gabriela Peacock might be expected to lead a life of abstinence.

But a visit to the former model's stylish London home suggests otherwise. From the kitchen cupboard full of dark chocolate to the magnums of red wine in the temperature-controlled cellar, it seems that, in this house, diets are anything but dull.

"People should have fun," says Gabriela, 40, as she welcomes **HELLO!** inside for our exclusive interview and photoshoot. "As a nutritionist, I don't believe in

restrictions. This isn't the way I live and it's not the way I think my clients should live. Some clients want a glass of red wine every evening and, if it makes them happy, that's fine with me. I like to drink wine and eat chocolate but there needs to be a healthy balance, and that's what I tell my clients."

WHO'S WHO

Gabriela's refreshing attitude is perhaps the reason her client list reads like a who's who of showbusiness, fashion and high society, with Ellie Goulding, Millie Mackintosh, Donna Air, Anna Friel, Jodie Kidd, Laura Bailey, Tamara Beckwith, James Blunt, Piers Morgan and ▶



DRESS: TEMPERLEY LONDON AT FENWICK. SHOES: JENNIFER CHAMANDI



'Beatrice is one of my closest friends and we're all very excited for her. She's a wonderful girl with an amazing heart, and she and Edo are the perfect match'

Framed by two artificial elephant tusks, Gabriela relaxes in her quirky and stylish townhouse. London has been home to the Czech-born businesswoman since 2000, during which time she has made many high-profile friends including Princess Beatrice (with society friends, inset left, helping Gabriela celebrate her 40th birthday last year)



Son Caspar takes a stand (below) in the formal living room, which features contemporary art, Asian ceramics and stuffed animals, which Gabriela and her children Maia, eight, and three-year-old twins Iris and Caspar (together above) all take in their stride



'Modelling opened up a whole new world to me, but I was very young and naive, so it was a scary time, too'

designers Amanda Wakeley and Patrick Cox singing her praises in glowing testimonials on her website.

Many of her VIP clients attend their consultations at the Notting Hill townhouse she shares with her hedge fund manager husband David, 46, their daughter Maia, eight, and three-year-old twins Caspar and Iris.

Iris's godmother is Gabriela's close friend Princess Beatrice, who is sure to be glowing with good health and vitality when she marries property developer Edoardo Mapelli Mozzi at the Chapel Royal in St James's Palace on 29 May.

"I love to help my friends prepare for big occasions," says Gabriela who, with her husband, was a guest at both Prince Harry's and Princess Eugenie's weddings in 2018.

"Beatrice is one of my closest friends and we're all very excited for her. She's very happy. She's a wonderful girl with an amazing heart, and she and Edo are the perfect match and so in love."

LIFE'S WORK

Gabriela's starry life is a world away from her childhood in Czechoslovakia, where she grew up in a two-bedroom, fourth-floor apartment in a small industrial town east of Prague.

After winning a modelling competition at 15, she was whisked to Paris, then signed by an agency. She spent the next few years being flown around the world to fashion shows and magazine shoots.

"I had never been on a plane before and my parents could never have afforded to give me that experience. Modelling opened up a whole new world to me, but I was very young and naive and I hardly spoke any English, so it was a scary time, too."

Gabriela eventually settled in London and was introduced to David through her friend Lohralee Astor, the model-turned-entrepreneur wife of William Astor, whose family once owned the Cliveden estate.

"We had a couple of dinners and we really got on. We just love spending time together. When you know, you know. I moved into his apartment after a couple of months and he always jokes that I never left."

Inspired by her time as a model and the pressure she felt to follow fad diets, Gabriela completed a degree in nutritional therapy at the University of Westminster seven years ago, then landed a job with the Queen's GP, Dr Tim Evans, at the Grace Belgravia clinic, which is where she met many of her clients.



'I wanted to be more than a pretty hanger for clothes. I needed to use my brain'

Former model Gabriela finds life more satisfying as a nutritionist. Her experiences in front of the camera, where she was told to lose weight and stay slim, fuelled her drive to change tack, she says

'Good nutrition can be managed with small changes and switches'

"When I was 16 and modelling, I was very confused about food. I was told to lose weight and spent a month eating nothing but boiled fish and green beans. These days there is so much conflicting information out there that it's equally confusing."

"As a woman it's difficult to go through the ageing process, and as a model even more so, so I realised I wanted to be more than a pretty hanger for clothes. I needed to use my brain. I find nutrition fascinating. It gives me a level of satisfaction that modelling never did."

CHANGING WAYS

Two years ago, Gabriela launched her own range of nutritional supplements, designed to help people lose weight healthily, detox and sleep better, and nourish skin and hair. She's now writing a book of nutritional and lifestyle hacks.

Her impressive client list has expanded through word of mouth and she devises each person's programme based on blood tests and what they tell her about their goals, diet and lifestyle.

"My clients are very busy, and it's important to know how far I can push them and what they can manage. I'm not the cleverest or the best educated, but I think I'm slightly more realistic than perhaps some of my colleagues are."

"I believe good nutrition can be managed with small changes and switches, and if your diet isn't excellent then you use a good-quality supplement. It's all about setting goals that are manageable and convenient."

"I'm a great believer in intermittent fasting. It's really healthy and extremely ▶

Gabriela stands beside an elegant stuffed white peacock – a nod to the family name. The well-connected nutritionist can count many famous faces among her clients, including James Blunt (seen, inset right, with wife Sofia, Gabriela and her husband David, arriving at the wedding of the Duke and Duchess of Sussex in Windsor in 2018)



Gabriela prepares some fruit (above). While her children eat only “clean” food at home, she lets them have treats when they are out. She’s just as generous with her clients. “I don’t believe in restrictions. This isn’t the way I live and it’s not the way I think my clients should live,” she says. Her contemporary kitchen (below), which leads out into the rear garden, is in stark contrast to the curio-stuffed living area





Gabriela and the kids (above and below left) have fun in the garden. Iris's godmother is Princess Beatrice, who will no doubt benefit from Gabriela's professional advice in the run-up to her wedding in May. "I love to help my friends prepare for big occasions," she says. The nutritionist has been credited with helping Beatrice's sister Princess Eugenie and their cousin Prince Harry look and feel their best on their wedding days



'It's important for my children to understand that a doughnut or croissant is a treat, not food'

effective. But it's not just about losing weight. Balancing blood sugar leads to better energy levels and better sleep, decreased stress and therefore better hormonal balance. Everything is interconnected."

Gabriela's 4:3 intermittent fasting plan supports clients through their healthy weight-loss journey. The 14-day programme, supported by supplements, involves fasting three days a week, on alternate days, and includes a "magic day" on which clients can eat and drink what they like.

Gabriela's healthy eating message extends to her children, who are snacking on goji berries and pomegranate during our shoot.

"At home they have clean food but can eat what they want when we're out," she says. "It's important for them to understand that a doughnut or croissant is a treat, not food, and that every meal should include a good portion of protein and plenty of veggies."

HOUSE WORK

Gabriela and David bought their period house, a stone's throw from fashionable Portobello Road, ten years ago and have injected their

own personal touches with the help of their interior designer friend Peter Mikic.

A quirky mix of modern and traditional, the decor and mood change as you move between the property's five storeys. In the formal living room, huge oil canvases cover the walls and black chandeliers hang from the ceiling, while an antique grandfather clock sits alongside curios, including artificial elephant tusks, from the family's travels to India and the Far East.

Taking pride of place on the landing is an upright prehistoric bear skeleton called Colin. And in the basement, the large playroom has a minimalist feel, while the neon-lit black and gold bar, with its well-stocked drinks cabinet, is perfect for entertaining the couple's friends. The room certainly looks like it hosts some fun evenings – with desserts and wine definitely on the menu.

INTERVIEW: TRACY SCHAUERLEN
PHOTOS: GAVIN SMITH

STYLING: ARABELLA BOYCE
HAIR & MAKE-UP: GIA MILLS USING SKIN IN MOTION AND SEOULISTA BEAUTY

For more information, visit gpnutrition.com.

**'I find nutrition
fascinating. It gives
me a level of
satisfaction that
modelling never did'**



DAVE

Gabriela poses with the other man in her life – Colin, a prehistoric bear skeleton

MOSCHINO



Adut Akech walks the Moschino catwalk in a riot of candy colours, while Irina Shayk (right) is all in black, draped with pearls and chains



At the Fendi show (above), twin musicians Ami and Aya Suzuki flank model Halima Aden



BEAUTY BLOOMS AT MILAN FASHION WEEK

GIGI, BELLA, IRINA AND ADUT WALK TALL

Everything was coming up roses last week as Gigi Hadid ruled the catwalk once more, taking a star turn in the Moschino show during Milan Fashion Week.

The model was greeted with whoops and cheers from the audience as she strutted her stuff in a dress decorated with an extravagant display of roses in hues of red, white and pinks, topped with a Marie Antoinette-style elaborate wig.

Designer Jeremy Scott made the fashions of pre-revolutionary France his theme, with pastel wigs and pannier dresses mixed with 1960s-style miniskirts, gold brocade and toile de Jouy in a riot of candy colours.

"We all need something uplifting," said the designer. "My role on this earth has only ever been to spread joy and bring happiness."

Gigi's sister Bella also stood out at the show in a pink corseted dress with a pannier skirt, with



Rose to the occasion:
Gigi Hadid goes
heavy on florals, 79
while her sister Bella
Hadid (left) channels
Marie Antoinette

MOSCHINO



Jada Pinkett Smith walks the runway for Philipp Plein, while husband Will Smith (right) hits the front row at Moncler



Actress Gemma Arterton (left) is a goddess in green attending the Prada show. Model Iris Law and actress Rainey Qualley (above) in the Missoni front row

white thigh-length platform boots and long evening gloves. Irina Shayk, draped in pearls and silver chains, looked more rock chick in an all-black ensemble; while Adut Akech wowed in a multicoloured gown with pink satin thigh-length boots and cropped jacket.

Dresses in the spectacular finale were shaped like tiered confections in a cheeky nod to Marie Antoinette's supposed declaration: "Let them eat cake."

THE SHOW MUST GO ON

Despite the threat of coronavirus spreading in northern Italy, it was a case of the show must go on as celebrities flocked to the front rows. They included Iris Law, the daughter of Jude Law and Sadie Frost, actress Rainey Qualley, and Will Smith, who was at the Moncler show. Will's wife Jada Pinkett Smith joined Ellen von Unwerth and Olivia Culpo on the catwalk for the Philipp Plein extravaganza, which ▶



ETRO



MSGM



Oversized tweed coats and bold retro accessories lead the way on the MSGM catwalk, while Etro embraces a 81 romantic, bohemian mood, as modelled by Joan Smalls (left)



Versace goes big on metallic minidresses, with Kendall Jenner in silver and Bella Hadid (left) in green



incorporated helicopters, cars, a boat and even a gilded fighter jet.

Other famous faces in town for the shows were Lady Kitty Spencer at Alberta Ferretti; Cara Delevingne and Orlando Bloom – who looked perfectly colour co-ordinated in neutrals with his pet pooch Mighty – at Boss; and David Gandy with model Bianca Balti at Dolce & Gabbana.

The supermodels were out in force at Versace, which featured a dizzying display of bright colours and metallics. Kendall Jenner made a sensational appearance in a tiny chainmail minidress with glitzy heels. Her best friend Bella Hadid looked incredible in a metallic green dress with diagonal stripes, while Kaia Gerber channelled a 1970s vibe in a retro-style tiger-print faux-fur coat, worn over a semi-sheer beaded dress, with oversized tortoiseshell sunglasses.

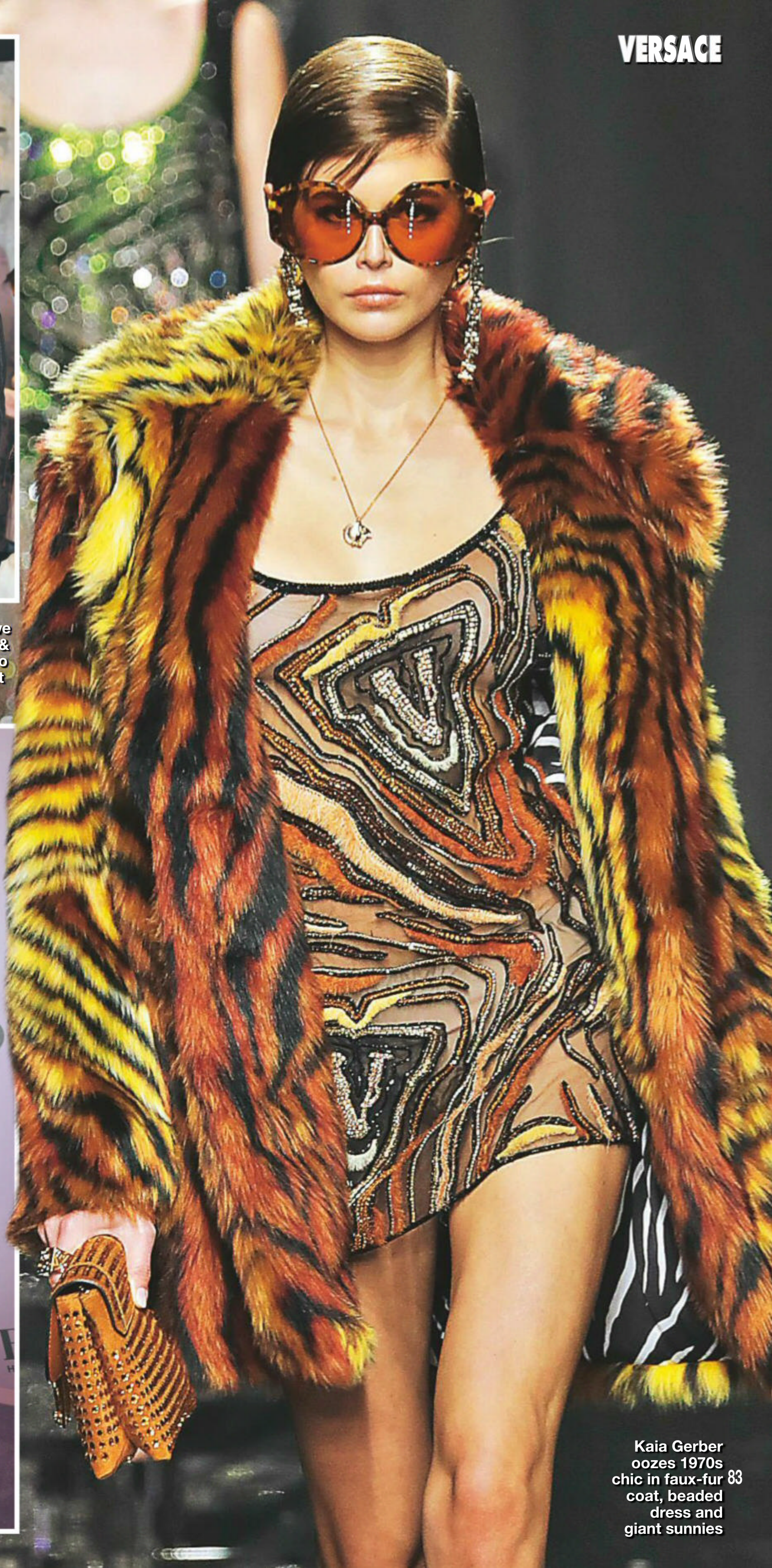
REPORT: ROSALIND POWELL



PHOTOS: REX FEATURES, GETTY IMAGES



Olivia Culpo joins Karolína Kurková at Tod's (above left); Bianca Balti and David Gandy at Dolce & Gabbana (above); Cara Delevingne and Orlando Bloom at Boss (below); and Lady Kitty Spencer at Alberta Ferretti (below left)



Kaia Gerber oozes 1970s chic in faux-fur 83 coat, beaded dress and giant sunnies



WIN A LUXURY THEATRE BREAK TO SEE ‘& JULIET’

Enjoy dazzling entertainment in London’s West End with this chance to win a pair of tickets to the hit musical and an overnight stay for two – or one of four runners-up prizes

Packed with some of the biggest pop anthems, the fun new musical *& Juliet* puts a modern spin on one of Shakespeare’s best-loved works by asking: “What if Juliet’s ending was really just her beginning?”

This fabulously fresh and riotously funny production at the Shaftesbury Theatre in London’s West End follows our heroine as she leaves Romeo and heads to Paris with friends on a whirlwind journey of self-discovery and second chances.

The show is packed with chart hits by Swedish record producer Max Martin, the powerhouse behind some of the biggest hits from Britney Spears, Katy Perry, Ellie Goulding and Ariana Grande. Crowd-pleasers include *...Baby One More Time*, *Roar*, *Love Me Like You Do* and *Problem*.

To celebrate the show’s critically acclaimed run, **HELLO!** is giving away a pair of tickets to one lucky reader to watch the musical at our special VIP theatre club on

Tuesday 24 March. They will also enjoy an overnight hotel stay plus breakfast for two at the Radisson Blu Edwardian, Bloomsbury Street. Four runners-up will each receive a pair of tickets to the same performance.

A short walk from Oxford Street, Covent Garden and Soho, the Radisson Blu Edwardian, Bloomsbury Street takes inspiration from the area’s literary heritage, with works by Virginia Woolf on display in its spacious lobby. The chic rooms afford views of the London skyline, and the hotel restaurant serves a delicious selection of Mediterranean and Japanese small plates.

Don’t miss your chance to enjoy an evening of high emotion and empowering hits with our exclusive competition.

For information, visit andjulietthemusical.co.uk.



The Radisson Blu Edwardian, Bloomsbury Street (above) makes the perfect base for shopping and sightseeing in the capital, being minutes from Oxford Street, the British Museum, Trafalgar Square, the National Gallery and Covent Garden

FOR YOUR CHANCE TO WIN, VISIT [HELLOMAGAZINE.COM/PRIZE](http://hellomagazine.com/prize)

Terms and conditions: Entries close on Sunday 15 March at 11.59pm. One winner will receive a pair of best available tickets to see *& Juliet* at the Shaftesbury Theatre in London plus an overnight stay for two people in a double or twin room, with breakfast. Four runners-up will each receive a pair of best available tickets to see *& Juliet*. All tickets and elements of the prize are valid for Tuesday 24 March only. The prize must be taken on this day. All elements of this prize are subject to availability at the time of booking. The prize is non-transferable and there is no cash alternative. Winners are responsible for any extra charges incurred in redeeming their prize. Travel is not included. For standard terms and conditions, visit hellomagazine.com/terms.

HELLO!

FASHION



VILLAGE ENCLOSURE

Oleria dress, £2,695, Roksanda; visit roksanda.com
Hat, £2,790, Philip Treacy; visit philliptreacy.co.uk
Shoes, £195, LK Bennett; visit lkbennett.com

WINNING STYLE

Sartorial elegance meets sensational sport at the annual fashion festival that is Royal Ascot. Follow the official style guide to make sure all eyes in the grandstands are on you



When it comes to style, Royal Ascot is *the* summer event by which all others are measured. And Ascot Racecourse continues to

recognise key trends in the ever-evolving world of fashion with the launch of its ninth annual *The Royal Ascot Style Guide*, in association with luxury cruise brand Cunard.

“This year’s team has delivered a strong edit of key looks, which, combined with the best of British millinery, will maintain Royal Ascot’s position as the ultimate fashion event in the racing calendar and continue to shine a global spotlight on summer style,” says Juliet Slot, chief commercial officer at Ascot Racecourse.

For 2020, the Royal Enclosure style guide features British brands, paying homage to the amazing talent from designers such as Mother of Pearl, Suzannah and Temperley London.

Sustainable fashion can be found throughout the guide, from brands that put ethical and green values at the very heart of their business to reselling sites, which are changing the landscape of sustainable style and breathing new life into pre-loved clothes.

“Each year we carefully curate a selection of fashion-forward looks suitable for each of the four distinctive enclosures,” Juliet says. “We’re delighted to have included a number of sustainable labels, in line with the changing face of global fashion, and rental and resale sites that will continue growing in popularity.”

Traditional dress-code requirements remain in place: hemlines can be no higher than just above the knee and straps must be at least one inch wide. Trousers suits are permitted as long as the trousers reach the ankle and both pieces match in material and colour. Hats or headpieces are a must in all enclosures and need to have a solid base of four inches or more within the Royal Enclosure.

This year the rules remain unchanged for women, but navy morning suits are now permitted for gentlemen in the Royal Enclosure dress code.

From exquisite dresses to eye-catching hats, our pick of superbly styled ensembles will ensure a winning look in the style stakes.

Royal Ascot runs from 16 to 20 June. Early-bird tickets are available until 31 March, starting at £32 per person. Fine-dining packages start at £277+VAT per person and private-box packages from £745+VAT per person. To book tickets, visit ascot.co.uk/royalascot or tel: 0344 346 3000.



ROYAL ENCLOSURE

This page

Dress, £590,
Solace London,
from selfridges.com
Hat, £3,420,
Philip Treacy
Yaunde heels, £775,
Manolo Blahnik; visit
manoloblahnik.com

QUEEN ANNE ENCLOSURE

Opposite page

Annabelle skirt, £350,
and **Elaine shirt**, £325,
Mother of Pearl; visit
motherofpearl.co.uk
Feather hat, £785,
William Chambers
Millinery; visit
williamchambers.co.uk
Billie sandals, £139,
Hobbs; visit hobbs.com





ROYAL ENCLOSURE

This page

Angelo sequin dress,
£1,895, Roland Mouret;
visit rolandmouret.com

Pillbox hat, £716, Jane
Taylor London; visit
janetaylorlondon.com

Ticuna sandals, £825,
Manolo Blahnik

**Emerald and diamond
ring**, POA, Garrard; visit
garrard.com

WINDSOR ENCLOSURE

Opposite page

Top, £79, and **skirt**,
£119, Ted Baker; visit
tedbaker.com

Hat, £90, Debenhams;
visit debenhams.com

Billie sandals, £139, and
Olivia belt, £69, Hobbs

REPORT: RACHEL STORY
PHOTOS: CARLA GULER

STYLING: PRUE WHITE
HAIR & MAKE-UP:
DESMOND GRUNDY
AT TERRI MANDUCA

Utility shirt, £36,
Edie jeans, £46,
Frankie x Oasis; visit
oasis-stores.com.
Available 5 March

Leading LADY

Frankie Bridge is on a mission to get people to open up about mental health. As the singer unveils her latest curated collection for Oasis, she explains how fashion can boost confidence and why it's good to talk

Singer and TV presenter Frankie Bridge is well used to life in the spotlight. The 31-year-old has topped the charts with The Saturdays, performed a star turn on *Strictly Come Dancing* and is married to former England footballer Wayne, with whom she has two sons Parker, six, and four-year-old Carter. And now, with her eye for fashion, she is unveiling her second curated collection for high street chain Oasis.

But amid the highs there have been struggles with anxiety and depression – shared in her debut book, *Open*. Frankie's latest challenge, a gruelling 100-mile trek across the Namibian desert for Sport Relief – alongside *EastEnders* actress Samantha Womack, *Judge Rinder* star Rob Rinder and *BBC Breakfast* presenter Louise Minchin – aims to highlight mental health issues and tackle stigma surrounding the issue. Before setting off on her African adventure, Frankie sat down with us to talk about her love of family and fashion and why a Bushtucker Trial would be a challenge too far.

Frankie, this is your second edit for Oasis; how does it compare with your first last year?

"I was nervous doing the first collection as I'd never done anything like it before, so it was nice to feel a bit more confident. We had more time, so I worked more closely with the team to pick the collection. Oasis is quite well known for its print, so there's a little bit of that in there and a pop of coral, which I just love."

And do you have a favourite piece?

"I'm a massive fan of leopard print – it never goes out of fashion. We've gone for a kind of



ditsy leopard and it's one of those prints that just works day and night. There's a dress in that print and a midi skirt, which you can tuck in with one of the knits and put on heels and a blazer to make it smarter."

Do you prefer summer or winter fashion? Which edit has been your favourite?

"It's hard because obviously I love both of the edits. I love dressing for winter because I love layers. I love scarves and I love thick coats and jumpers and things like that. But it's nice in this edit as you're not dressing for the cold as such. There's boiler-suits and a trench coat; it's a happy mix."

In what ways does fashion matter to you?

"It's quite important, especially in the job that I do and obviously people are always looking at what I wear. I think clothes give you confidence, but can easily have the opposite effect if you're uncomfortable in what you're wearing. Oasis knows how picky I am with textures – especially knitwear. I do the cheek test where I put it on my face to see if it feels itchy. And even the other materials have to be soft and comfortable otherwise I wouldn't wear them, so I wouldn't expect anyone else to."

Who would you love to see wearing your edit?

"Anyone that loves it. I just hope it makes other people feel confident. It'll be such a compliment to see people in it. It's exciting when people tag pictures on Instagram and I see how they've put it together. It's a bit like if someone says to you: 'I like your jumper – where's it from?' but on a much bigger scale."

Has your style evolved since The Saturdays?

"I definitely wear more clothes – that's a given. [laughs] I spent a lot of time in The Saturdays wearing next to nothing, which I look back at now and I still wasn't even that body confident then, so I don't know how I managed to pull that off. It makes me sound really old and boring but I am definitely more about comfort now. I suppose now I'm also a parent, so if I'm running around at home, I'm one of those annoying people that just wears gymwear, even if I'm not going to the gym."

Your debut book, *Open: Why Asking for Help Can Save Your Life*, is a memoir that champions awareness of mental health. How important is it to you to share your experiences and get the conversation started?

"Massively. It's something I've always spoken about and I feel like we've come a really long way in that there's not as much stigma around it and people are more open. But I feel like there's still a long way to go. And I just wanted to help people to feel less lonely and to give them hope that today might be a bad day but tomorrow could be better and they can still achieve the things they want to achieve."

You've spoken openly about your struggles with anxiety and depression (Frankie was hospitalised in 2012). What advice would you give to others suffering with similar issues?

"It's one of the hardest things to do, but just to start that conversation with someone will make you feel so much better. I'm years down the line, but if I'm bottling something up, the minute I open up to someone it's a massive relief."

How have your family helped? Have you spoken to your sons about it?

"My family are great, they know now if I've been quiet that maybe I'm feeling a bit rubbish and they just kind of check in; there's no pressure to fix anything or be on top of me about it. With the boys, they're only little still so if I'm having a bad day it's just kind of: 'Oh, Mummy doesn't feel very well today,' and they just give me hugs and leave me to it really."

Your husband Wayne is your biggest champion. He must be extremely proud of the message that you're spreading...

"He's been amazing and he's been through it with me from the start. He's one of the biggest reasons I got help in the first place. It's nice in the book that he gets the recognition he deserves – he doesn't always get that in day-to-day life. But it's also really helped him to open up with how he's feeling. He finds that quite hard and it's only really in the last few years that we're better at communicating in that way. I think it takes a while. Taking that first step can feel like the hardest thing to do, but when you've done it once, it gets so much easier."

Do you feel nervous about your trek for Sport Relief, which will see you scale some of the world's highest sand dunes?

"Beyond nervous! I've been doing my book launch, so I've had no time to train. I feel physically unprepared and now mentally unprepared as I'd kind of psyched myself up for one thing [originally, the challenge was going to be in freezing conditions in Mongolia

'I spent a lot of time in The Saturdays wearing next to nothing, but I wasn't that body confident, so I don't know how I managed to pull it off. I definitely wear more clothes now. I am more about comfort'

but had to change in the wake of the coronavirus outbreak] and now it's completely different. It could not be more opposite. But I'm also really excited. I know we're going to have a laugh, I know it's going to be hard, but I also know we've got a good team and we're all doing it for a good cause so we'll get through it – even if I'm dragged across the end. I don't even like walking across the beach [on holidays] to get a cocktail because that's hard work so this is going to be a nightmare."

You were amazing on *Strictly* (Frankie finished runner-up in 2014) and Wayne has done *I'm a Celebrity... Get Me Out of Here!*. If the roles were reversed how would you both fare?

"I think he thinks he'd be really good at the dancing, but I'm not so sure... He does do a good figure of eight with his hips, so he could be one of those contestants that pulls that out. Whereas me with the jungle – I wouldn't do as well as Wayne. I don't even eat ketchup, so the thought of witchetty grubs or those smoothies would tip me over the edge."

Top left: Ribbed cardigan, £38, Camo textured midi skirt, £39, Feel good trainers, £30
Right: Floral chiffon skater dress, £56



HELLO!

L♥VES

HERE ARE A FEW OF OUR FAVOURITE THINGS

Spend it wisely for women

International Women's Day is on Sunday 8 March, an occasion to celebrate and support women everywhere. This year's theme is #EachforEqual, encouraging us all to champion gender equality. Show your support with our pick of products, from a charm to a balm, that are donating to various women's charities. (Right) **Beautiful & Strong T-shirt**, £65, Ba&sh; visit ba-sh.com. 100% of profits will be donated to Women for Women International, which helps female survivors of war rebuild their lives.





She Said jumper, £295, Bella Freud; visit bellafreud.com. 100% of profits go to the Prince's Trust Women Supporting Women initiative



Peony floral scarf, £22.50, Fat Face; visit fatface.com. 30% of profits from sales on 7 and 8 March go to the Prince's Trust Women Supporting Women initiative



Chakra sequin mini dress, £355, Jasmine Hemsley x Needle & Thread; visit needleandthread.com. A donation to Women for Women International will fund 200 women to train as tailors



Empowered Women fig candle, £34, Rockett St George; visit rockettstgeorge.co.uk. £10 from every sale supports Young Women's Trust



L'Occitane Hibiscus Flower Solidarity Balm, £6; visit loccitane.com. 100% of profits go to the L'Occitane Foundation supporting women's leadership in Burkina Faso



Black Portraits phone case, from £30, Casetify; visit casetify.com. 100% of net proceeds go to Malala Yousafzai's Malala Fund, supporting school education for every girl



We Can Do Anything charm, £45, Pandora; visit uk.pandora.net. £12 from every charm sold goes to Unicef. Available from 5 March



Rose Quartz notebook, £19.99, Papier x Monica Vinader; visit papier.com. 10% of profits go to Women for Women International. Available from 5 March



You Go Girl T-shirt, £95, Isabel Marant, from net-a-porter.com. 100% of proceeds go to Women for Women International



CS1001 watch, £109, Bijou Karman x Fossil Collection; visit fossil.com. 25% of proceeds go to Girl Rising



Flora wicker bag, £235, Beulah x Nannacay; visit beulahlondon.com. 10% of profits go to Beulah London's partners helping vulnerable and trafficked women. Available from 8 March



Avon mark. Epic lipstick in Feisty, £8; visit avon.uk.com. 50% of the sale price goes to Refuge

NEW

AT *Boots*

HUDA BEAUTY

In store | [boots.com](https://www.boots.com) | App

Available in selected Boots stores. Subject to availability.

Boots

Let's feel good

HELLO!

BEAUTY



**Laura Mercier Blush
Colour Infusion in
Ginger**, £24, from
spacenk.com



**YSL Rouge Pur
Couture The
Slim in Rouge
Paradoxe**,
£30; visit
yslbeauty.co.uk



**Delilah Intense
Day-to-Night
Buildable Volumising
Mascara**, £24; visit
delilahcosmetics.com



**Estée Lauder
Futurist Hydra
Rescue
Moisturizing
Makeup SPF45
in Shell Beige**,
£36, from
johnlewis.com

**E.L.F. H2O Proof Eyeliner
Pen**, £6, from Boots



**Benefit Brow Zings Pro
Palette**, £33.50; visit
benefitcosmetics.com



Zoë Kravitz GET THE LOOK

Actress Zoë Kravitz – currently in the UK filming *The Batman*, in which she plays Catwoman – opted for classic Hollywood glam for a recent awards red carpet, teaming softly sculpted eyes with a deep red lip. The YSL beauty ambassador says she loves filling in her eyebrows to give them shape – but her biggest beauty blunder was overplucking them as a 14-year-old. “I came home and my mom was devastated. If you do it too much, they don’t grow back, so I got lucky.”



HERBAL REMEDIES

The initials CBD are suddenly everywhere on the high street, with beauty brands the latest to spot skincare benefits from the plant-based powerhouse

CBD STAPLES

Bona-fide cannabinoid beauty buys to rejuvenate and rehabilitate flagging faces



1. Balance Me Beauty Sleep Hyaluronic Mist, £20; visit balanceme.com

Your moisture levels dip in the night so before you go to bed spritz this onto your face and chest. The essential oils will slow a busy mind while the full spectrum CBD and hyaluronic acid will hydrate.

2. MGC Derma Detoxifying Mask, £55, from harveynichols.com

The CBD water and oil mix draws out impurities and strengthens the skin's moisture barrier. Leave on for 15 minutes and use two to three times a week or, for oily skin types, every day.

3. Chantecaille CBD 300 Face and Body, £120; visit chantecaille.com

Aims to leave skin springy and supple, and studies found this cream decreased trans-epidermal water loss by 17% in a week. Redness and skin sensitivity were also reduced.

4. Dr Kerklaan Natural CBD Skin Cream, €68 (about £57), excluding delivery, from thechillery.com

A doctor-led brand that's a bestseller in the US, this can be used all over or on

targeted patches of skin to relieve irritation. Fast working and contains 120mg of CBD.

5. Kloris CBD Superboost Face Oil, £30; visit kloriscbd.com

A great daily protectant from everyday skin stresses. This organic, broad-spectrum CBD face oil includes cannabis sativa seed oil rich in omegas, cucumber seed oil for cell regeneration and squalene for free radical protection. In Boots stores soon.

6. Perricone MD Cold Plasma Plus+ CBD Advanced Serum Concentrate, £135; visit perriconemd.co.uk

Using 100mg CBD isolate – no other cannabinoids or terpenes are present – this serum also contains copper tripeptide to boost collagen as well as soothing skin. Great if you suffer with rosacea.

7. Beboe High Potency CBD Facial Sheet Masks, €71 for five, from thechillery.com

A powerhouse of ingredients including vitamin C, aloe vera and algae, these super-luxe sheet masks contain 50mg of CBD. Leave on for 30 minutes.

While cannabis may be forever associated with the free-spirited 1960s and '70s, its active ingredient cannabidiol – better known as CBD – is increasingly thought of as a natural wonder in skincare.

CBD by itself does not cause a high and its medicinal use is backed by scientific evidence; so much so that now beauty companies are also embracing its anti-inflammatory qualities. A report published in January predicted the global CBD skincare market will top \$959m (about £740m) by 2024 – a rise of nearly \$250m in just six years.

And you don't have to search far and wide to find it. Boots sells a range online, and in November Selfridges installed a CBD pop-up in its London store.

The CBD used in beauty and health products is derived from hemp, cannabis that is specifically grown for legal and industrial uses. Hemp-derived CBD oil contains almost no tetrahydrocannabinol (THC), or THC (the compound that gives marijuana its psychoactive effects), while marijuana-derived CBD oil contains much higher levels.

FLOWER POWER

Studies show CBD is incredibly anti-inflammatory, full of antioxidants and has the ability to regulate sebum levels. It is also one of the only oils that's non-comedogenic, which means it doesn't clog pores, making it particularly appealing to those prone to acne and blackheads.

There's another bonus, too: the cannabinoids (the chemical substances) in cannabis are similar to the endocannabinoids our own bodies produce, which means our cells recognise them and allow them to start healing the skin quicker. The result is a stronger, more resilient skin barrier that won't fall victim so easily to irritation, dryness and spots.

So far, so good but with the rapid growth of CBD-infused products has come confusion. For example, while products labelled "hemp oil" or "cannabis sativa oil" come from the Cannabis sativa species of plant, their ingredients are extracted from the seeds. CBD, on the other hand, is extracted from the flowers, which is what contains those all-important cannabinoids.

"Many labels are marketed as CBD when, in fact, the product simply contains hemp seed oil. While it's an effective moisturiser and antioxidant, it contains no cannabinoids," explains Marisa Schwab, co-founder of The Chillery, a website dedicated to selling superior CBD products.

Indicators of how effective a product will be are the amount of CBD it contains and its price (CBD is a costly compound). Traditionally, skincare ingredients such as retinol, vitamin C and alpha-hydroxy acids are recognised in percentages, but CBD is normally valued in milligrams (mg).

"It's important to have a sizeable amount of CBD to experience the benefits – in the range of 100-250mg for topical use, although some face oils contain up to 500mg," says Marisa.

It might sound like a lot but don't forget that's divided up by application, so if you're using a product containing only 20mg, your

skin won't reap the rewards. And don't worry that a greater amount may cause irritation.

"Adverse reactions are incredibly rare as [CBD] has zero allergens. If you did have one, it would most likely be from something it was paired with, like essential oils," says Kim Smith, founder of UK-based CBD brand Kloris.

"There are no known contraindications and it works incredibly well with ingredients like retinol as it calms and heals any irritation."

BEAUTY BUZZ

Hot on the heels of CBD is another related plant compound – terpenes.

Aromatic compounds which are produced by a variety of plants, including hemp, when combined with CBD they work together to influence how we feel. But they do more...

"Studies have shown that, beyond the aromatherapy effects, terpenes can promote skin rejuvenation," says Marisa.

There is also discussion about whether they can prevent oxidative damage; if so, they may become a welcome addition to sun creams to help protect skin from UV radiation.

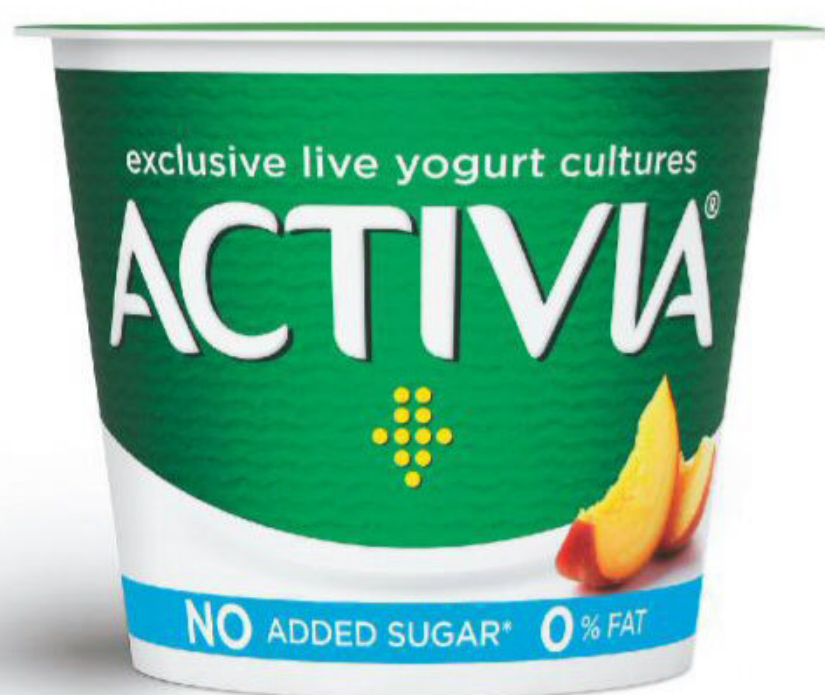
In the meantime, what we do know is that CBD is suitable for all skin types, is easy to slip into your daily routine or keep for one-off flare-ups. Expect to see more formulas fighting for your attention.



HEMP ONLY

New on the market: **Kiehl's Cannabis Sativa Seed Oil Herbal Cleanser**, £24 (visit kiehls.com); **Inc.Redible Hydrating Hemp Hydrogel Under Eye Mask**, £9 (nailsinc.com); **Origins Hello, Calm Relaxing & Hydrating Face Mask**, £25 (visit origins.co.uk); **Burt's Bees Hemp Lip Balm**, £3.99 (lookfantastic.com). All contain cannabis extracts but not cannabinoids. Still valid skin soothers.

SHOW YOUR
GUT
SOME LOVE*



LOVE WHAT'S INSIDE

Activia is
naturally
good for
your gut
health*
with 0% fat
and no
added sugar**

*Activia contains calcium, from milk, which contributes to the normal function of digestive enzymes. Enjoy as part of a varied, balanced diet & healthy lifestyle.
**Contains naturally occurring sugars.



Louise LOVES



1 I've got a major crush on the **Max quilted shell tote**, £255, MZ Wallace, from net-a-porter.com. It's great for the gym as there's space for a change of clothes and small electronics



2 Leggings, bra, tank and trainers – and in two mins I'm good to work out at home. These tanks wash so well and it's great to see your muscles in action. **Muscle printed cotton-jersey tank**, £74, The Upside, from matchesfashion.com



3 These are sublimely soft and sucky-inny, which is wonderful for workouts and dashing around. **Striped stretch Tactel leggings**, £140, Tory Sport, from net-a-porter.com

Health intelligence



Louise Parker talks about the benefits of strengthening exercises and why making them a habit is key

When it comes to achieving a stronger body, now is always the best time to start. Whether you're a beginner or feeling stuck in your current training programme, strengthening exercises – which overload muscles to the point of fatigue, encouraging them to grow and become stronger – give you a great return on your time investment.

When I am physically strong, my exhausting to-do list does not exhaust me, so my focus this month is to invest 30 minutes a day in strength and conditioning. I'm still building up my strength from surgery last year that left me grounded for months, so my pace will be steady and gradual. It's important to make any exercise regime do-able.

'Women say they want to be fit and toned but don't want to be bulky. Please don't worry about this'

As we awaken dormant muscles, our bodies begin to function in a balanced way, our posture improves and our risk of injury reduces. Muscles strengthen and become toned through endurance. Keep the pace up and repetitions on the high side (15 to 20) using lower weights (around 3kg in each hand), and focus on compound moves (exercises that require more than one muscle group, such as squats, deadlifts, lunges and press-ups). Add free weights when you do hip thrusters, and hold them by your side or chest when you do lunges or squats.

This recruits multiple muscle fibres while keeping our heart rate up and nudges our strengthening work into a cardiovascular state, so we're now cardio conditioning, too. Cardio: tick. Strengthening: tick. Muscles burn more calories than fat does, and strengthening boosts the amount of calories your body burns after a workout for the whole day – as opposed to just a few hours after a steady state cardio workout. This is called the afterburn; it also gets a tick.

Muscles are important in shaping our figures. A common concern among women is that, while they want to be fit and toned, they don't want to be bulky. Please don't worry about this – developing muscle mass takes time, it doesn't happen overnight, and when you have achieved the look you like, you can move to a maintenance programme.

Sticking to any exercise regime takes commitment. As you go about injecting some oomph into your conditioning work, make sure you're reality-checking it for the future. You may be happy to put in silly hours for a fortnight, but will you be able to maintain it beyond the spring? Home in on what you can make a habit because consistency wins over severity every time.

With consistency, our bodies respond at an impressive rate; implement changes today and you'll be reaping the benefits in as little as eight weeks. Once exercise becomes part of our routine, we rely less on motivation, making the whole thing a source of pleasure in our lives, not a chore.



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HELLO!

LIFESTYLE

FOOD | CULTURE | REVIEWS | TRAVEL

FOOD FOR THOUGHT

To mark Fairtrade Fortnight, Melissa Hemsley, who is a Fairtrade ambassador, tells us how we can all do our bit to help the farmers who grow our food earn a fair price – and dishes up two delicious recipes using the fairest of ingredients ►



During Fairtrade Fortnight, which runs until 8 March, thousands of individuals, companies and groups across the UK come together to share the stories of the people who grow our food, the ingredients in our drinks, from tea and coffee to wine, and the cotton in our clothes – people who are often exploited and underpaid.

In 2020 the Fairtrade Foundation is continuing to fight for change, particularly in cocoa production, and highlighting how giving female farmers a living income can bring positive change to their communities.

Here, **HELLO!** talks to Melissa Hemsley – one half of food duo Hemsley + Hemsley with her sister, Jasmine – about the importance of Fairtrade, and she shares two dishes from her latest book, *Eat Green*, which “marry UK grown ingredients with delicious Fairtrade ingredients from across the globe”.

Melissa, how did you become a Fairtrade ambassador?

“I have been supporting Fairtrade and getting involved with Fairtrade Fortnight since 2016, promoting the amazing job they do helping farmers across the world get paid a fair price for their goods. It’s 25 years since the Fairtrade mark – that label you see on everything from bananas to avocados to coffee – was launched in the UK. I must have been in my early teens the first time I saw the mark on a banana in the shops.

‘The women I met in Kenya who farm coffee beans told me [Fairtrade has made them] happier and more empowered’

“Two years ago for the Fairtrade #SheDeserves campaign, I visited lots of incredible women in Kenya who farm coffee beans, and saw first-hand the difference Fairtrade has made to their lives and their communities. They had each been given 50 coffee bushes from their husbands – which was a huge decision as their husbands owned all the assets and land and controlled the income. Since then, the women I met have told me they feel more empowered, are happier and have more peace at home for their family alongside a thriving community.

“It really was an eye-opening trip and brought home to me just how much Fairtrade can give back.”

What does your ambassador’s role entail?

“Last year I was pleased to help Fairtrade celebrate its 25th anniversary in the UK. I showcase the farmers’ stories and their products by way of events, recipes and talking about them as much as I can in interviews and, whenever I share recipes, tours of my cupboards and what I buy in shops.”

How important to you are concerns around sustainability, food waste, our carbon footprint and climate change?

“Hugely important. Top of the agenda. Those issues, along with community and openness around mental health, are the focus of my work and life.

“I recently held my own series of community events, The Sustainability Sessions, with guest speakers including TV presenters Fearne Cotton and Anita Rani, journalist and

mental health campaigner Bryony Gordon and food critic Grace Dent speaking on subjects from sustaining our mental health, careers, food and farming to green beauty, fashion, travel and women’s health.

“For each session we gave a third of the ticket price to a different charity, including Beauty Banks, Future Dreams, The Felix Project, Mental Health Mates and the Prince’s Trust’s Women Supporting Women initiative. We can’t do everything but we can all do something.”

How easy is it to incorporate Fairtrade products in our weekly shop?

“It’s hugely important that we vote with our spending power: choosing Fairtrade; choosing seasonal; choosing unpackaged as much as possible; saying no to single-use plastic; and, above all, not wasting. I’m a big believer in sourcing homegrown ingredients from local producers. Not only does this support small farmers, we’re also helping to cut food miles and reduce our carbon footprint. Plus, fruit and veg in season always taste better.

“Having said that, many of us, myself included, really enjoy non-homegrown ingredients like chocolate and bananas, avocados and coconut, coffee and spices.

“I’ve stuffed *Eat Green*, my latest book, with recipes and tips to show how we can eat in a more planet-friendly way, and that includes how to buy responsibly grown and sourced produce, both locally and from further away. I’ve also included a list of my top shopping resources, where you can buy responsibly sourced staples that are Fairtrade, ensuring farmers are paid a fair price.

“We can take plenty of small steps and form positive habits to enhance our lives, enrich our local communities and be kinder to the planet. We can all be activists.”



TAHINI CHOC CHIP COOKIES

Makes **16 cookies** Preparation time **10-15 minutes**
Cooking time **10-15 minutes**

“One of my absolutely favourite recipes. These cookies are flour-free and inspired by easy-to-get store cupboard ingredients like creamy nut butter and tahini – you might have bought some to make homemade hummus or a lovely dip and then wondered what else to do with it – which are mixed with Fairtrade vanilla extract and chocolate. Everyone loves them! For a vegan version, instead of eggs use 1 large mashed banana (Fairtrade, of course), which is a great way to avoid wasting overly ripe bananas.”

INGREDIENTS

- 2 eggs
- 2 tsp baking powder
- 4 tbsp maple syrup
- 2 tsp Fairtrade vanilla extract
- 150g/5oz light tahini
- 100g/4oz smooth nut butter
- 100g/4oz good-quality Fairtrade dark chocolate, broken up into squares, or chips

- 30g/1 ¼oz black and/or white sesame seeds
- A pinch of sea salt

1. Preheat the oven to 190°C, 375°F, Gas 5. Line a large baking tray with reusable baking paper.
2. In a large mixing bowl, whisk the eggs then mix in the baking powder, maple syrup and vanilla extract. Add the tahini and nut butter and mix together until very well combined.
3. Roughly chop the chocolate (if not using chips) and fold through the batter along with the sesame seeds.
4. Measure out 16 balls of the batter, roughly 1 tbsp each, and put on the baking tray. Make sure you leave a little room between each one to allow for spreading. Bake in the preheated oven for 10-15 minutes, until just set. Remove from the oven, sprinkle with a little sea salt and leave to cool on a wire rack before serving.

FRIED CHERMOULA CAULIFLOWER ON HERBY BEAN DIP WITH SLAW

Serves **2 generous portions** Preparation time **15-20 minutes** Cooking time **25 minutes**

"This is great for meat eaters as the cauliflower tastes incredible and it's a satisfying full-flavoured dish."

INGREDIENTS

- 1 medium cauliflower, plus the leaves (about 800g/1 ¾lb)
- 2 tbsp ghee or oil
- Sea salt and freshly ground Fairtrade black pepper

- 1 big handful of a mix of fresh parsley and coriander, leaves and stems roughly chopped separately

For the chermoula spice mix

- 2 tsp ground cumin
- 1 tsp sweet paprika
- Chilli flakes or ¼ tsp cayenne, to taste

- 2 tsp ground coriander

For the slaw

- ¼ red cabbage (150g/5oz), finely shredded
- 1 green apple, cut into matchsticks
- 1 celery stick and leaves, sliced
- 2 tbsp extra virgin olive oil
- 1 tbsp apple cider vinegar
- 1 tsp mustard

For the herby bean dip

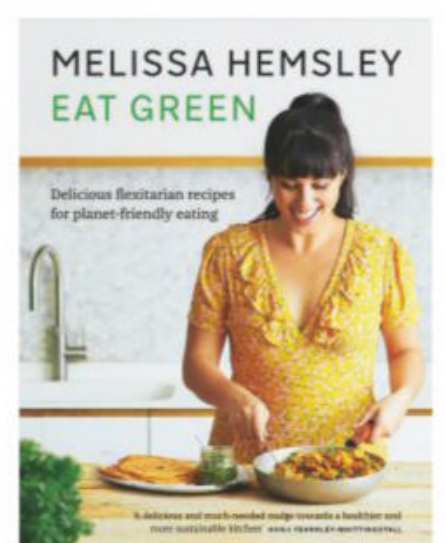
- 240g/8½oz cooked white beans or chickpeas (1 x 400g tin, drained and rinsed)
- 1 clove garlic
- 2 tbsp tahini
- Juice of 1 lemon
- Extra virgin olive oil, to serve

1. Preheat the oven to 240°C, 475°F, Gas 9. Slice two 2-3cm/¾-1¼in-thick steaks off the cauliflower. Chop the remaining cauliflower florets and the leaves.
2. In a bowl, mix together all the ingredients for the chermoula.
3. Put the cauliflower florets in a roasting tray with 1 tbsp of the ghee or oil, half the chermoula, some sea salt and black pepper. Roast in the oven for 15-20 minutes, adding the cauliflower leaves halfway through and tossing everything together.
4. Melt the remaining ghee or oil in a frying pan. Fry the cauliflower steaks for 2 minutes on each side.

- Add the remaining chermoula and turn again, coating the steaks in the spice. Cook for a further 2 minutes until just tender (pop them in the oven to keep warm).
5. For the slaw, mix the ingredients with the parsley and coriander leaves in a bowl. Season to taste.
 6. For the dip, blitz all the ingredients in a food processor with the parsley and coriander stems. Season to taste. Add 2-4 tbsp cold water until thick.
 7. Divide the dip between the plates, drizzle with extra virgin olive oil and top with a cauliflower steak and the florets and leaves. Serve the slaw on the side.



'Roast cauliflower steaks in a gorgeous mix of spices – satisfying and full-flavoured'



FAIR PLAY

Our recipes are taken from Fairtrade Foundation ambassador Melissa Hemsley's latest book, *Eat Green* (Ebury Press, £22).

"The aims of the Fairtrade Foundation – an independent non-profit organisation – are to help build a world in which all producers can enjoy secure and sustainable livelihoods, fulfil their potential and take more control over their lives," says Melissa.

"This is something many of us assume is a basic human right but it's unfortunately not the case for many of these workers producing the foods most of us eat every day."

Buying Fairtrade is easy. There are more than 6,000 Fairtrade products (including vegan), from coffee and tea to cereals and snacks, so look for the Fairtrade mark. Visit fairtrade.org.uk.



TALA GOUVEIA TAKING CHARGE

The rising star shares her joy at landing her breakthrough role as the boss in TV's latest crime-fighting duo and tells of her acting fantasy

When actress Tala Gouveia heard she had won her first major TV role, it was a moment to savour. "My agent told me very subtly," Tala says. "He called about something else and said: 'You've got an audition, but I don't think you need to go because you've just been offered the lead in *McDonald & Dodds*.'"

The part in question is that of the feisty and intelligent Detective Chief Inspector Lauren McDonald in the ITV crime drama. And the show upends the usual police double act formula with Tala's character in charge of older male colleague Detective Sergeant Dodds, played by Jason Watkins, last seen as Harold Wilson in *The Crown*.

"We've had the older man and younger woman partnership before but usually he would be the boss and more paternal," says Tala. "In *McDonald & Dodds*, the younger woman is more maternal towards him. Me being the boss and him being the deputy is quite new – I haven't seen it before," adds the actress, who had a small part in ITV drama *Cold Feet* last year.

"The police, like acting, was originally a white male-dominated industry. I identify with my character's need to carve her way in the world and make sure she takes up her space. She has got a lot to prove," says Tala of Lauren, an ambitious young detective who is transferred from South London to Bath, where she's paired up with the quiet and unassuming DS Dodds.

"Like McDonald, I do a lot of eye rolling and I can be quite impatient. It wasn't hard to find my inner bossiness."

But she and her TV character do have their differences. "She's a lot more bolshie than me. She treads on a lot of toes. I hope I'm more sensitive and diplomatic than that in real life – but it was fun to step into her shoes," she says.



'I identify with my character's need to carve her way in the world and make sure she takes up her space. She has a lot to prove'





An inspector calls: Tala takes the lead as DCI Lauren McDonald with Jason Watkins as her partner in crime-fighting, DS Dodds (above) in *McDonald & Dodds*. The rising star was also in good company with Nitin Ganatra, Les Dennis, director Hannah Price and Blake Harrison in 2018 play *End of the Pier* (far left)

Tala doesn't share her character's knack for crime-solving, either. "I grew up watching detective dramas and I get really drawn in, but I'm not a good detective at home. I never guess who the murderer is. I just don't see it coming," laughs Tala, whose parents are both actors.

"Although I was raised by actors I don't go to them for advice," says Tala, who was born in Nottingham but moved to London aged eight. "I already know all their skills because I grew up around them."

Instead, her inspiration is stage and screen titan Laurence Olivier. "He said: 'Just say the lines, darling. It's only acting.' Whenever I get flustered or stressed, I remember that. Then I think: 'Yeah, I can do this.'"

PRIME SUSPECTS

McDonald & Dodds comprises two cases in two feature-length episodes, full of twists, with a stellar roll call of top-notch TV talent including Bafta-winner Robert Lindsay, *Outnumbered* star Hugh Dennis, *A Very English Scandal*'s Michele Dotrice and *White House Farm* lead Freddie Fox, fresh from his chilling portrayal of convicted murderer Jeremy Bamber in the real-life crime drama.

"It was fabulous working with such amazing guest stars," Tala tells us. "We were lucky enough to work with people with so much experience that they could jump in and get on with it – nobody needed warming up."

The picturesque filming location of Bath – "We were really spoilt for gorgeous settings" – was another bonus and meant that the cast stayed in nearby Bristol, which holds special memories for Tala.

"I went to drama school in Bristol so it was a bit of a homecoming," she grins. "I thought: 'If I could see me now – I've got a job.' It was lovely."

With her first prime-time show now safely under her belt, Tara's star is on the rise, so she can likely expect more casting calls from her agent. But what TV roles would this spellbinding new talent most like to be offered?

"I'd love to do an epic fantasy drama, like *His Dark Materials* or a *Game of Thrones* prequel. My dream fantasy character would be an ethereal witch on a horse," she says. "A good witch, but with a dark side."

INTERVIEW: EMILY HORAN

McDonald & Dodds continues on Sunday 8 March, on ITV at 8pm. Catch up at itvhub.com.

DON'T MISS THIS WEEK...

TELEVISION THE TROUBLE WITH MAGGIE COLE

Dawn French makes a welcome return to TV in this suspenseful comedy drama. She stars as Maggie Cole, a resident of a small coastal town who's interviewed by a radio journalist about local life. But when Maggie says too much about her neighbours, it gets her into hot water – and disrupts the lives of everyone around her. Also starring Julie Hesmondhalgh and Mark Heap (right, with Dawn).

Starts on ITV on 4 March at 9pm.



EVENT WOMEN OF THE WORLD FESTIVAL

Celebrate International Women's Day this weekend at London's Southbank Centre with famous faces including TV's Sandi Toksvig and former Australian Prime Minister Julia Gillard, plus live recordings of hit podcasts *Feminists Don't Wear Pink* with host Scarlett Curtis (left) and *The Guilty Feminist*. From 6-8 March. For info, visit southbankcentre.co.uk.

FILM MILITARY WIVES

Bafta winner Kristin Scott Thomas and *Catastrophe*'s Sharon Horgan (both right) are at the heart of this feel-good story of friendship and support on the home front. With their partners serving in Afghanistan, a group of women comes together to form the first military wives' choir, helping each other through challenging times and becoming a media sensation in the process. In UK cinemas from 6 March.



BOOK NOW FROZEN THE MUSICAL

The magic of Disney animation classic *Frozen* comes to life in London's West End this October. Join Princess Anna and Queen Elsa as they show audiences young and old how to have an ice time, with Oscar-winning *Let It Go* plus new songs, as the Broadway show relaunched the Theatre Royal Drury Lane after a 20-month revamp. Tickets on general sale from 6 March. Visit frozenhthemusical.co.uk.

BOOK THE GUEST LIST

Best-selling author of *The Hunting Party*, Lucy Foley returns with another twisty murder mystery, this time centred on a group of friends who attend a wedding on a remote island off the coast of Ireland. It looks like it should be a perfect day – until a body is found. Which member of the wedding party is responsible? And which of them is guarding secrets they don't want revealed? Out now, published by HarperFiction, £12.99.





STAR ESCAPES

This dramatic Hebridean island is a showcase for Mother Nature in all her glory, and now is the ideal time to visit

Isle of Skye

STAY

At the foot of MacLeod's Tables, the Black Shed (3) is a serene hideaway for two. Heavy on natural materials, it's an excellent jumping-off point for exploring Skye's landscapes. Between rambles, settle into the homey space – warmed by a wood-burning stove and strewn with blankets – with a dram of Talisker. Along with board games and books, there's a pair of binoculars for admiring the scenery. On bright days, sit on the terrace and bask in the Scottish sunshine. It feels cut off, and that's the idea, though Skye's natural wonders are right on the doorstep.

TASTE

Mornings at the Black Shed unfold with tea and toast beside the picture window (2). When it comes to lunch, The Oyster Shed doesn't disappoint, while wholesome hiking fuel, from cockle-warming soups to halloumi ciabattas, is the order of the day at The Dunvegan. At the edge of Loch Harport, opposite the Talisker distillery, wood-clad Caora Dhubh Coffee Company makes a mean flat white, and the five-course tasting menu at Michelin-starred Loch Bay is superb.

INDULGE

Skye is dotted with winsome towns and villages, home to a smattering of independent shops. Browse handcrafted ceramics, delicate jewellery and jauntily printed stationery from local makers at Òr, two small but perfectly formed boutiques in pastel-painted Portree, and pick up fringed throws and blankets woven with woollen yarns from local flocks at Skye Weavers in Glendale.

EXPLORE

All heather-blanketed heights and sparkling lochs, Skye is at its most ravishing at the very beginning of spring, before the crowds descend. The rugged terrain and unpredictable weather means a sturdy 4x4 (like our Volvo XC90) is non-negotiable (1), though it's no exaggeration to say that the walking is some of the finest on the planet. Backed by towering cliffs, Talisker Bay is beyond belief, and the blustery ramble to Neist Point Lighthouse offers terrific views across to the Outer Hebrides.



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Margot Robbie
has spent time on
the Isle of Skye

› The Black Shed sleeps two and is available via Canopy & Stars from £725 per week; visit canopyandstars.co.uk/blackshed. British Airways flies from London to Inverness from £28 one way; visit ba.com.

HELLO! fashion

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