



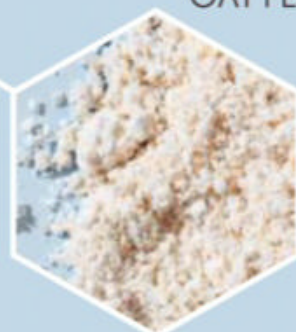
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BIGAMY SHOCK

'I'm friends with my husband's other victims'



CHANELLE:

'Diets ruined my hair so I've had a painful transplant'



EXCLUSIVE!

ROXANNE ON MARRIAGE

'All the heartache led me to the love of my life'

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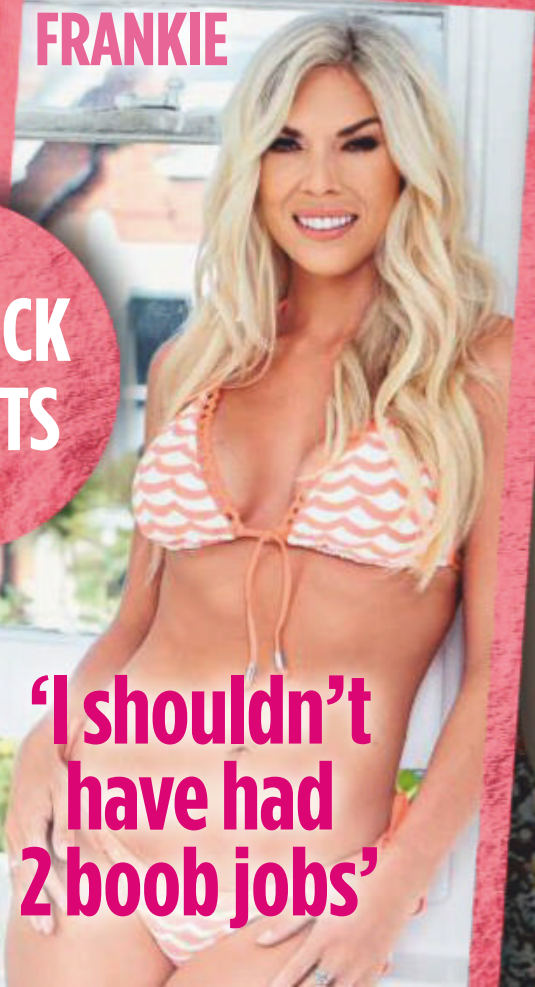


BRAD TELLS JEN:
'It's time to get back together'



WHY MEGHAN & POSH HAVE HEALED THEIR FEUD

FRANKIE



'I shouldn't have had 2 boob jobs'

AMY



'I was addicted to surgery – now I love my mum body'

NIP/TUCK REGRETS

ISSUE 893

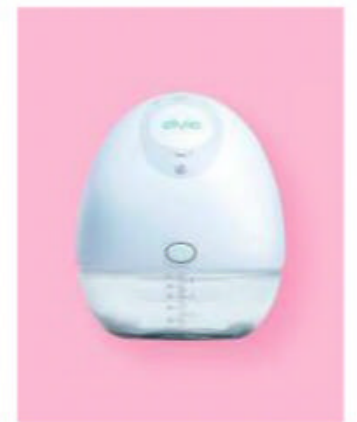
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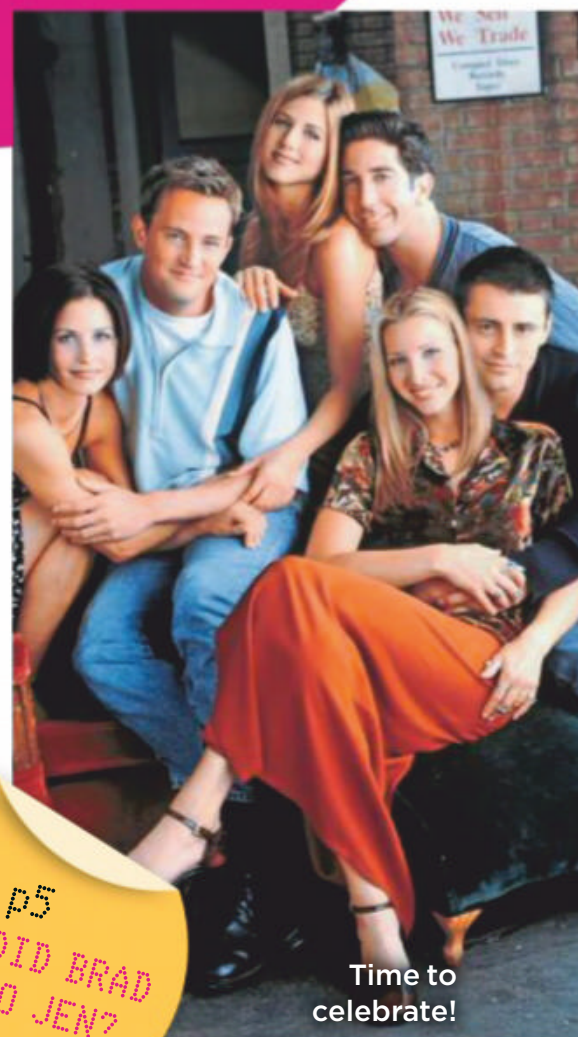
Welcome to Closer

'I'll be there for you...'

Could there BE any better news? The *Friends* reunion is officially on, and it turns out it could even have been Brad Pitt who gave his ex Jennifer Aniston the nudge to help make it happen. Her character, Rachel Green, and the gang were the poster generation for flat-sharing in your twenties, but as they - and their devoted viewers - got older, the idea naturally lost its appeal and family homes were the goal. Now, though, sky-high house prices and the break-up of relationships mean some people are moving full circle and are on round two of the flat-share trend. But it's not all doom and gloom. Far from it! This week, on p18, we meet the mid-life housemates who say it's the best thing ever... without so much as a passive aggressive Post-it note about stolen milk in sight!

LISA BURROW, EDITOR

hri



Time to celebrate!

p5
WHAT DID BRAD SAY TO JEN?

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10 MAR

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WAS BRAD BEHIND THE FRIENDS REUNION?

As excitement grows about the long-awaited one-off *Friends* special, insiders reveal it was Brad Pitt who helped make it possible by encouraging his ex-wife Jennifer Aniston to sign up

The cast have been dropping hints for months. But last week, *Friends* fans were finally put out of their misery when the six main cast members – Jennifer Aniston, Courteney Cox, Lisa Kudrow, David Schwimmer, Matthew Perry, and Matt LeBlanc – confirmed on Instagram that they’d all signed up for a one-off unscripted reunion show, saying, “It’s happening”.

And insiders tell *Closer* that Jen’s ex Brad Pitt – with whom she’s formed an increasingly close friendship since their reconciliation at her fiftieth birthday bash in February last year – played a major role in convincing her to commit.

A source says, “There had been so many meetings trying to get

the *Friends* gang back together over the years. Courteney was at the centre of trying to push things forward, but Jen had always been the most resistant, as she wanted to focus on her movie career and not look backwards.

“But after reuniting with Brad at her birthday last year, she

‘EVERYONE IN THEIR CIRCLE IS HOPING THAT, ONE DAY, THEY MIGHT GET BACK TOGETHER’

asked him for advice. He said he thought it would be a great idea to honour their success and that fans still hold the show in such high regard. He told her it feels like the right time to get back together and encouraged her change of heart. He advised her

to say ‘yes’ when everyone got together in October to celebrate the show’s 25th anniversary.”

Jen, 51, and Brad, 56, broke up in 2005, after rumours he’d become close to his *Mr. & Mrs. Smith* co-star Angelina Jolie, with the pair going on to marry.

Following Brad’s split from Angelina, 44, in 2016, and

Jen’s divorce from Justin Theroux, 48, in 2018, the pair sparked rumours they were about to get back together after meeting up at the Sunset

Tower Hotel in LA last year.

And although Jen was recently connected to film director Will Speck, while Brad has been linked to numerous women, including actress Alia Shawkat, rumours of romance have persisted. The speculation



Brad has been supportive of Jen

reached a peak earlier this year when they put on a very public display of affection at the SAG Awards in January, with reports that Brad could not tear his eyes away from his ex-wife as she accepted her award for Best Female Actor. Sources say the former couple – who used to run their own successful production company, Plan B, when they were married – still trust each other’s professional judgement and have missed working with one another.

RECONNECTING

The source continues, “Brad has been telling Jen about all the movies he’s got in the pipeline with his production company,



They were snapped looking close at the SAG awards



The former couple in 2000



The cast posted a reunion selfie on Instagram

because he's always respected her opinion. She has loved them reconnecting and talking over ideas for new projects. Brad knows how special *Friends* was to Jen, and she feels he's part of the history of the show after he made a cameo appearance towards the end. Having Brad's support for the reunion meant a lot to her.

"As it stands, they just have a close friendship – but everyone in their circle is hoping that, one day, they might get back together, because the bond between them seems stronger than ever."

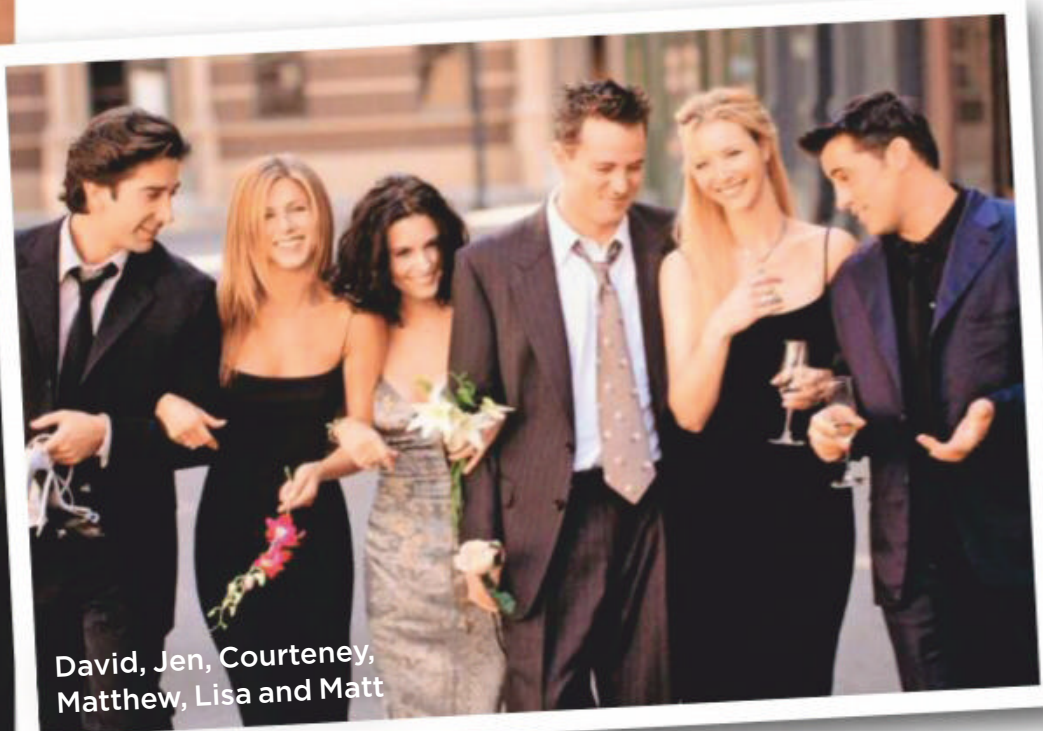
The one-off special of the sitcom – which originally aired from 1994 until 2004 – will be available on HBO Max in May. It'll be filmed at Stage

24 at Warner Bros Studio in California, where the original series was made – although it doesn't appear the group will be in character.

SHOW SECRETS

The source adds, "At this stage, it's just going to be the cast getting back together, giving in-depth interviews and revealing secrets from the show that fans will love. There may even be some fun skits involved. But the door is now wide open for filming new episodes once they see how this goes. Despite her initial concerns, Jen is thrilled it's happening, and she's grateful to Brad for encouraging her to do it."

By Daisy McLure



David, Jen, Courteney, Matthew, Lisa and Matt



Meghan in Cape Town last year

POSH'S RELIEF OVER TRUCE WITH MEGHAN

Following their reported shock 'fall out', the designer is rebuilding her friendship with the Duchess

She's faced a series of blows recently, and more came last week when Victoria Beckham's husband David headed to Miami in the run-up to relocating there with his Major League Soccer team Inter Miami CF – amid reports she was concerned she'd be lonely without him.

BREAKING THE ICE

The news followed reports that fashion designer Stella McCartney had cut ties after Posh, 45, hired her fellow designer's nanny – with the pair later unfollowing each other on social media.

The alleged spat came hot on the heels of details resurfacing of another shock "fall out" between Meghan and Posh, over allegations the mum of four had leaked stories about the Duchess.

It reportedly sparked a row between pals Prince Harry and David, with sources telling *Closer* that Posh was "shocked and hurt" about the furore.

But now, in a positive turnaround, insiders reveal that Meghan, 38, has reached out to Posh during the Beckhams' family ski trip to Canada, where the former royal couple recently made their home.

An insider reveals, "Vic has been having a tricky time over the last few weeks, so it was really nice for her to hear from Meghan, who wanted to break the ice and heal their feud. Initially, she asked how she was and how the half-term break was going with her family. They then talked things out and it was a relief to clear the air."

The Beckhams and the royal couple have had a long-standing friendship, with the prince forming a close bond with David, 44, during their work on the Olympic Games in 2012. Posh and David were guests at their Windsor Castle wedding in 2018, while Posh was later rumoured to be helping Meghan "spruce up" their Frogmore Cottage home in Windsor.

SUPPORT

The source says, "Meghan made it clear she knows how much Harry values his friendship with the Beckhams, and both women understand what it's like to feel under scrutiny and pressure. It's hard to find people you can trust and connect with when you're as famous as the two of them, so they value each



David and Prince Harry in 2010



Victoria attended the royal wedding

other a lot."

Harry, 35, and Meghan have faced an onslaught of criticism after announcing they were "stepping back" from royal life in January and moving to

World Cup for kicking out at Argentina's Diego Simeone. An effigy of David was hung outside a pub and he received death threats. Speaking about the impact it had on them in

‘BOTH WOMEN UNDERSTAND WHAT IT'S LIKE TO FEEL UNDER SCRUTINY AND PRESSURE’

Canada with their 10-month-old son Archie. They're now said to be focused on their non-profit organisation, Sussex Royal, although they have been told they can't use the term "royal" in their branding moving forwards.

The Beckhams have also faced their fair share of criticism. After Posh's glory days in the Spice Girls, David received a huge backlash when he was sent off during the 1998

2003, David said, "Living through that was really difficult... It's hard for me to talk about in general because it was such a difficult time, not just for me as an individual but

for my family." He went on to praise his wife's support.

And insiders say Posh has made it clear she's there for Meghan whenever the going gets tough.

The source adds, "Vic really feels for her as she understands some of the stress she's under. She's told Meghan she's there for her and wants to support her. She's happy they're back in touch and friends again."

By Daisy McLure

The goal is to tackle homelessness



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'I'm so proud of the changes I've made'

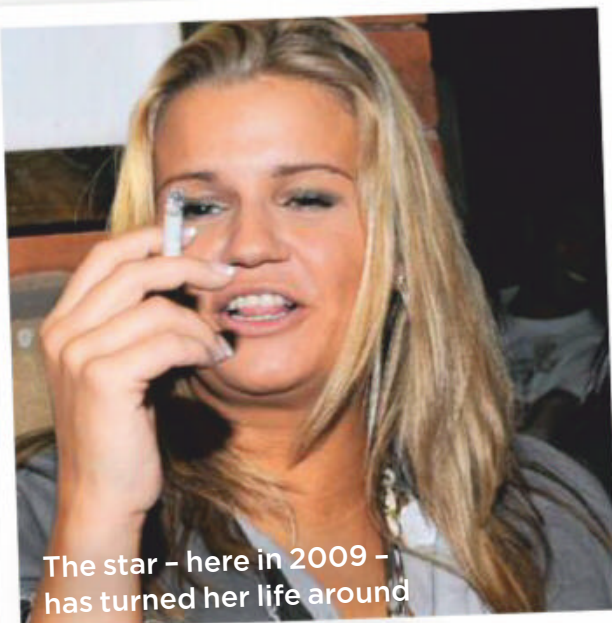
Kerry Katona completes her incredible transformation as she's pictured looking healthier than ever amid studying to become a counsellor

She has lived a roller coaster life of ups and downs – including taking drugs at the age of 14, battling mental health issues and overcoming bankruptcy. But Kerry Katona has not only transformed her life, she is now determined to help others by embarking on a new career as a counsellor.

CHARITY WORK

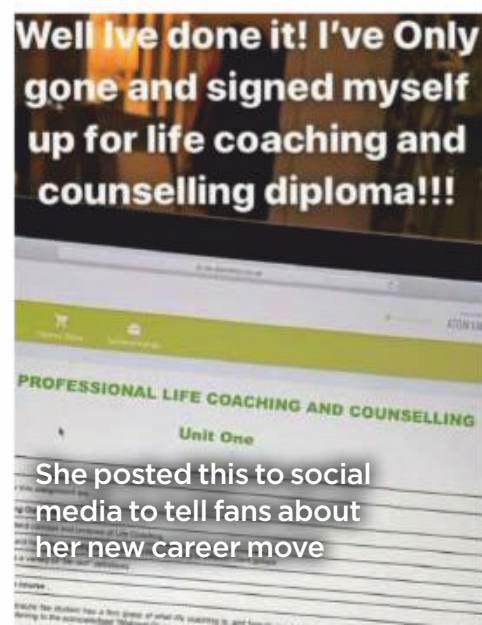
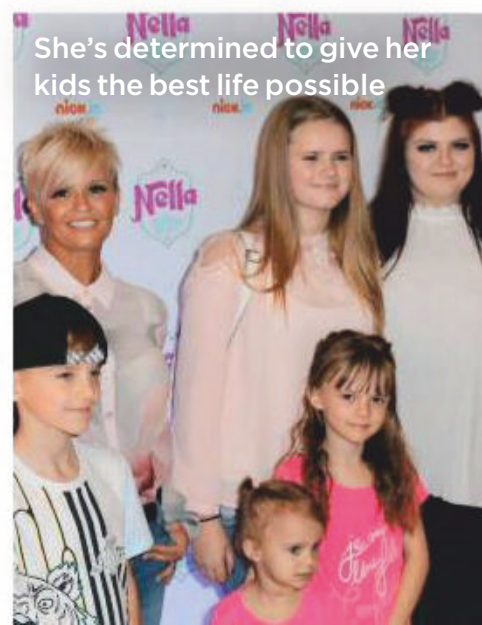
The former Atomic Kitten singer gave up drinking last year and has been clean from drugs for ten years. Kerry – who has spoken openly about her struggle with bipolar disorder – is now a regular church-goer and is also supporting vulnerable kids in her new role as ambassador for the Frank Bruno Foundation charity, which seeks to break down the stigma around mental health.

A source says, "Kerry loves helping others and seeing them



The star – here in 2009 – has turned her life around

become better people because of her influence. She has really thrown herself into her charity work, studies and reading the Bible. She is so proud of the changes she has made in her new life and so are her family. Kerry's priority has been turning her life around so she can always be there for them. She didn't have the easiest childhood and is determined that she will give her kids the best life possible."



'SHE LOOKS IN THE MIRROR AND LIKES THE PERSON STARING BACK AT HER'

Kerry, 39, has spoken about how she was just 14 when she was first offered drugs by her mum, Sue. The star later suffered a long-term addiction to cocaine before going sober in 2010. Kerry has also endured a string of

turbulent relationships. Her first marriage to Westlife's Brian McFadden – with whom she has daughters Molly, 18, and Lily-Sue, 17 – ended in 2004, leaving her heartbroken. She then went on to marry cab driver Mark Croft in 2007 – dad of Heidi, 13, and Max, 11 – but their marriage was a controversial one. During their time together, Kerry, who was once worth £6.8m, was declared bankrupt. The pair split in 2010, and in 2012 she started dating ex-rugby player George Kay. They had daughter Dylan-Jorge in 2014 and married shortly afterwards. But after a stormy relationship, they eventually split in 2017. George sadly passed away last summer aged 39, after a drugs overdose. And Kerry was devastated last week when his dog Paddy – who she had kept after George's death – died.

Now, Kerry seems to have

finally found happiness with personal trainer boyfriend Ryan Mahoney, 30 – whom friends credit for her new clean-living lifestyle. "Ryan is a great influence," says the source. "He encourages her to look after herself, both physically and mentally. He makes sure she keeps active and eats well, and they do yoga together in the mornings, which is great for Kerry's wellbeing. She has also turned away from any negative influences, which could potentially lead her astray again."

CLEAN LIVING

Her positive mindset has helped her maintain a healthy body, too. After years of yo-yoing, the 5ft 2 singer now weighs a healthy 9st and is a toned size 8. Last month, Kerry – who also quit her 10-a-day cigarette habit this year – showed off her enviable figure as she told *Closer*, "I feel better than ever and actually think I look s**t hot right now! I'm so proud of my figure, and Ryan thinks I look great." The source adds, "Kerry feels fantastic. She looks in the mirror and likes the person staring back at her and that is all the motivation she needs. She's a new woman."

The goal is to tackle poverty



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LISA'S SHOCK U-TURN OVER ANT

After two years of animosity, Lisa Armstrong seemingly calls a truce with her ex, Ant McPartlin, so they can move on with their lives

Their divorce was finalised in January, following a public and often acrimonious break-up.

But despite the feud between exes Ant McPartlin and Lisa Armstrong since he announced their split in early 2018 – with Lisa openly venting her frustration and heartbreak on her Twitter feed – the make-up artist seems to have offered an olive branch by liking a tweet by Ant's best pal and co-presenter Dec Donnelly from his and Ant's joint account.

STARK CONTRAST

After the return of their popular show *Ant & Dec's Saturday Night Takeaway*, Dec wrote, "Thanks for all the lovely messages, we're so happy you enjoyed... It's great to be back!"

Lisa's apparent show of support by liking the tweet is in stark contrast to her previous social media posts about Ant, 44, and his girlfriend Anne-Marie Corbett, 43, who was previously Ant and Lisa's personal assistant.

After Ant confirmed his relationship with the mum



Ant with girlfriend Anne-Marie

of two in June 2018 – five months after the breakdown of his marriage – Lisa, 43, posted heartbreak emojis, before tweeting one fan, "To think she was MY friend!"

She's since made her feelings clear about Ant's conduct in the aftermath of the split by liking tweets from fans, including one that described his behaviour as "sh***y" and "spineless".

Ant initially thanked Lisa for her help during his secret addiction to painkillers, after a botched knee operation. However, in January 2018, he ended their 12-year marriage.

Two months later, Ant was pictured out with Anne-Marie. By the summer, he called her his "rock", after her support during his drink-driving conviction and second rehab stint.

Lisa was then reportedly axed as the make-up artist on *Britain's Got Talent* – which Ant and Dec co-host – with sources claiming her position working alongside her ex was "untenable". Lisa then

went on to like tweets saying it was "unjust and unfair" and "took the p***".

Last summer, the pair were reportedly at loggerheads after Lisa allegedly refused him entry to their marital home, after he arrived to pick up belongings.

FRESH START

But in a dramatic U-turn, sources recently told *Closer* that Lisa is now keen to put animosity behind them so she can move on.

Last week, she kept a dignified silence after Ant called Anne-Marie his "greatest love" during an interview. She was also said to have been the "peacemaker" during the divorce settlement, which reportedly saw her receive half of Ant's £62 million fortune and shared custody of their labrador Hurley.

She is also apparently looking to sell the former couple's £5

million marital home, in a bid for a fresh start. With Dec and his wife Ali Astall – who works with Anne-Marie – living nearby, sources reveal the move will mark the beginning of a "new life" for Lisa, with "no reminder of Ant and Anne-Marie".

Meanwhile, she has thrown herself into a thriving career, which has seen her launch a lipstick range with Avon, scoop the prize for Best Make-Up Design at the Royal Television Society Awards for her work on *Strictly Come Dancing*, as well as being approached to work in LA.

And despite refusing to sign the non-disclosure agreement that Ant had reportedly requested in the settlement, Lisa has refrained from badmouthing him – instead encouraging her Twitter followers to "be kind".

By Daisy McLure



Their beloved dog Hurley

antanddec @antanddec · Feb 22
Thanks for all the lovely messages, we're so happy you enjoyed #SaturdayNightTakeaway tonight, we had enormous fun (even tho I thought it was #imACeleb at the end! 🤔 2)
It's great to be back! D x

CHANELLE:

‘I’m getting myself ready to find love’

The mum of two opens up to *Closer* about her life and body makeover – and why her recent hair transplant is just the start before she begins the search for The One

She’s had a turbulent few years, with the father of her baby walking out on her just two months after she gave birth, as well as struggling with her weight and body image.

But Chanelle Hayes insists that she will get herself into a good place this year and is focusing on her health, happiness and confidence to get in the right mindset to find love.

The reality star, 32, had a hair transplant last month, and says that the procedure is just the beginning of her journey. She reveals, “It’s been really painful, and my head has swollen to the size of a hot air balloon, but it’ll

be so worth it. I’ve hated my hairline for years and I wanted to do something about it. Hopefully, this time next year, I’ll have a great head of hair and feel more confident about myself.”

CHANGING MINDSET

Since rising to fame on *Big Brother* in 2007, Chanelle – who is mum to sons Blakely, nine, and Frankie, two – has been open about fluctuating between a size 6 and 20 over the years. She has always embraced her curves, whatever her size, stripping off for *Closer* on several occasions, confidently showing off her body on naked photoshoots.

After giving birth to Frankie, in 2017, she was a size 18 and previously told *Closer* that weight gain had left her with serious health issues, including back problems and knee joint pain, and was even warned by doctors that she was likely to become diabetic if she didn’t adopt a healthier lifestyle.

Chanelle says that years of yo-yo dieting also took a toll on her hair, which was thinned and weakened. She says, “I always hated my forehead, but my weight gain and loss has really receded my hairline and thinned out my hair. Gaining weight also changed my face. So this transplant is just one thing to get me on my way to feeling better about myself.”

Last year she vowed



The star had a hair transplant last month

to slim down – and she did, dropping to a size 12-14. She previously told *Closer*, “I’ve done every diet under the sun, but this time it’s been about changing my mindset towards food and having a balanced way of living.”

While she has accepted that her weight may always fluctuate, 5ft 2 Chanelle’s main goal is looking after her health, and she’s set herself fitness goals to get herself active. She says, “I think my weight will always go up and down, but I’ve learned now that my health is paramount. I want long-lasting results, not just a quick-fix. I’m currently focusing on healthy eating and lots of protein. I had problems with my back when I was bigger, so I’m now exercising in a low impact way, like walking. I’m training to do the 100km Lake District Walk later this year for charity.”

REGAINING HER CONFIDENCE

Chanelle’s had a spotlight on her love life ever since her romance with *Big Brother* housemate Ziggy Lichman dominated the storyline of her series in 2007. But the pair split not long after the show ended, and she embarked on a short-lived romance



Photographed for a *Closer* shoot in 2014 when she was a size 10...



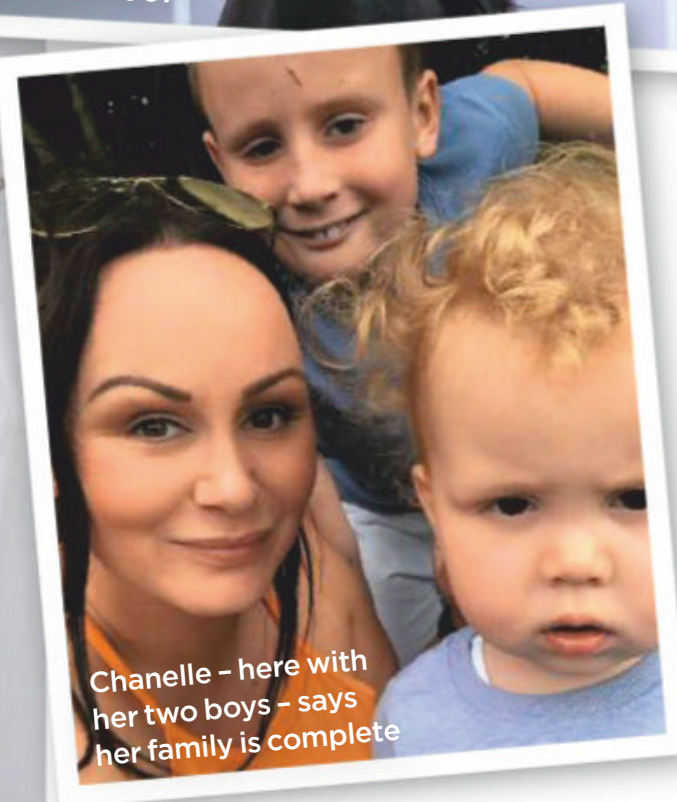
... and in 2016, feeling confident with her curves



She shot to fame on *Big Brother* in 2007



Chanelle - here with her two boys - says her family is complete



'I'm taking this year to focus on feeling good again'

with footballer Matthew Bates in 2011 – with whom she shares Blakely. In 2016, Chanelle went public with PE teacher Ryan Oates and gave birth to their son Frankie a year later. She announced her split from Ryan just a few weeks afterwards, although the pair are on amicable terms. Chanelle admits she feels her family is

complete and she says she won't be looking for love until she's feeling happy and healthy in her own skin. She says, "I'd never have any more kids now – I've been there, done that. And I'd love to find love again, but not any time soon. If the right person comes along, then great, but I'm taking this year to figure myself out and feel good again."

And Chanelle – who has had a boob job and liposuction over the years – adds that she may have more surgery to help get back her confidence. "I want to have my boob implants taken out this year," she adds. "I had them done when I was young and flat-chested, but now I don't need them, and I don't want any foreign things in my body any more."

By Lily Smith

SHERIDAN:

‘Pregnancy has given me a new lease of life’

Loved-up Sheridan Smith is looking and feeling better than ever, as she prepares to become a first-time mum

Cradling her baby bump on a rare night out in London last week, a glowing Sheridan Smith appeared happy and healthy as she cosied up to her fiancé, Jamie Horn.

Fans quickly complimented the 38-year-old actress – who looked stylish in an all-black outfit – on social media, with one writing, “She looks so different! Pregnancy suits her,” while another posted, “Gorgeous. She’s obviously looking after herself.”

ENGAGED

Her happiness comes four years after she took a hiatus from the spotlight following a mental breakdown in 2016, sparked by the death of her beloved father Colin from cancer.

After previously saying that “her life fell apart”, she since became engaged to City worker



Performing in *Funny Girl* in 2015

‘SHE AND JAMIE ARE GREAT TOGETHER AND SHE FEELS SO LUCKY TO HAVE FOUND HIM’

Jamie, 28, just three months after meeting on Tinder in May 2018, and has moved to the countryside and ditched booze. She’s now told friends that pregnancy has been the icing on the cake.

A source says, “Sheridan is in the best place she’s been in a long time, both mentally and physically. Going sober, giving up smoking, and being so loved-up has helped turn her life around.”

“She regularly tells friends she can’t believe how lucky she is and that she feels she’s been given a new lease of life.”

“She had a little morning sickness, but she’s been eating well, taking long

walks with her dogs, doing pregnancy yoga, and meditating.”

The BAFTA and Olivier-award winner was at the peak of her career when she was forced to take a two-month break from her West End show *Funny Girl* in 2016, following reports she was drunk on stage – something she vehemently denies – admitting the pressure of fame combined with her father’s death contributed to her breakdown.

Opening up about her tumultuous 12 months – which saw her battle anxiety and depression – in 2017, she said, “When you have that degree of anxiety, you just can’t pull

yourself together and you can’t explain it. It just snowballs until it’s out of control.”

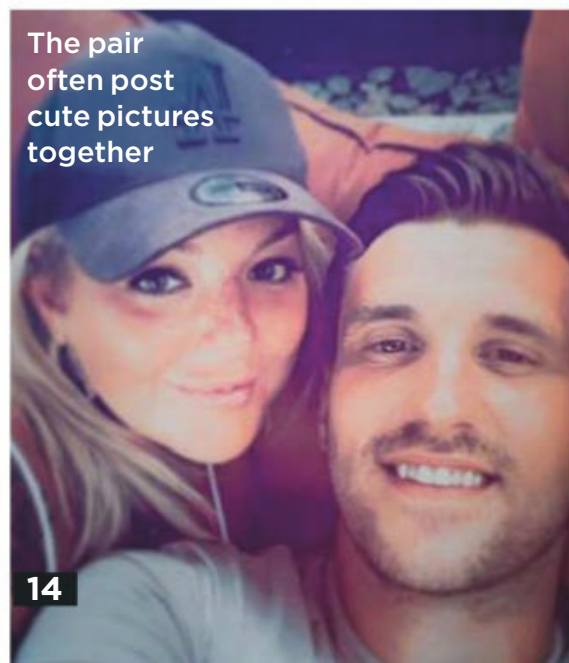
But pals say, after moving to a rural “safe haven”, she’s firmly on the up and feeling positive.

DREAM LIFE

The source adds, “Sheridan finally has her dream life and has everything she ever wanted. She’s loving this period of nesting and getting everything ready for the baby.”

“She and Jamie are great together and she feels so lucky to have found him. They’re in no rush to marry and are just enjoying the final few months before they become a trio – they’re so excited for the future and becoming a family.”

By Daisy McLure



The pair often post cute pictures together

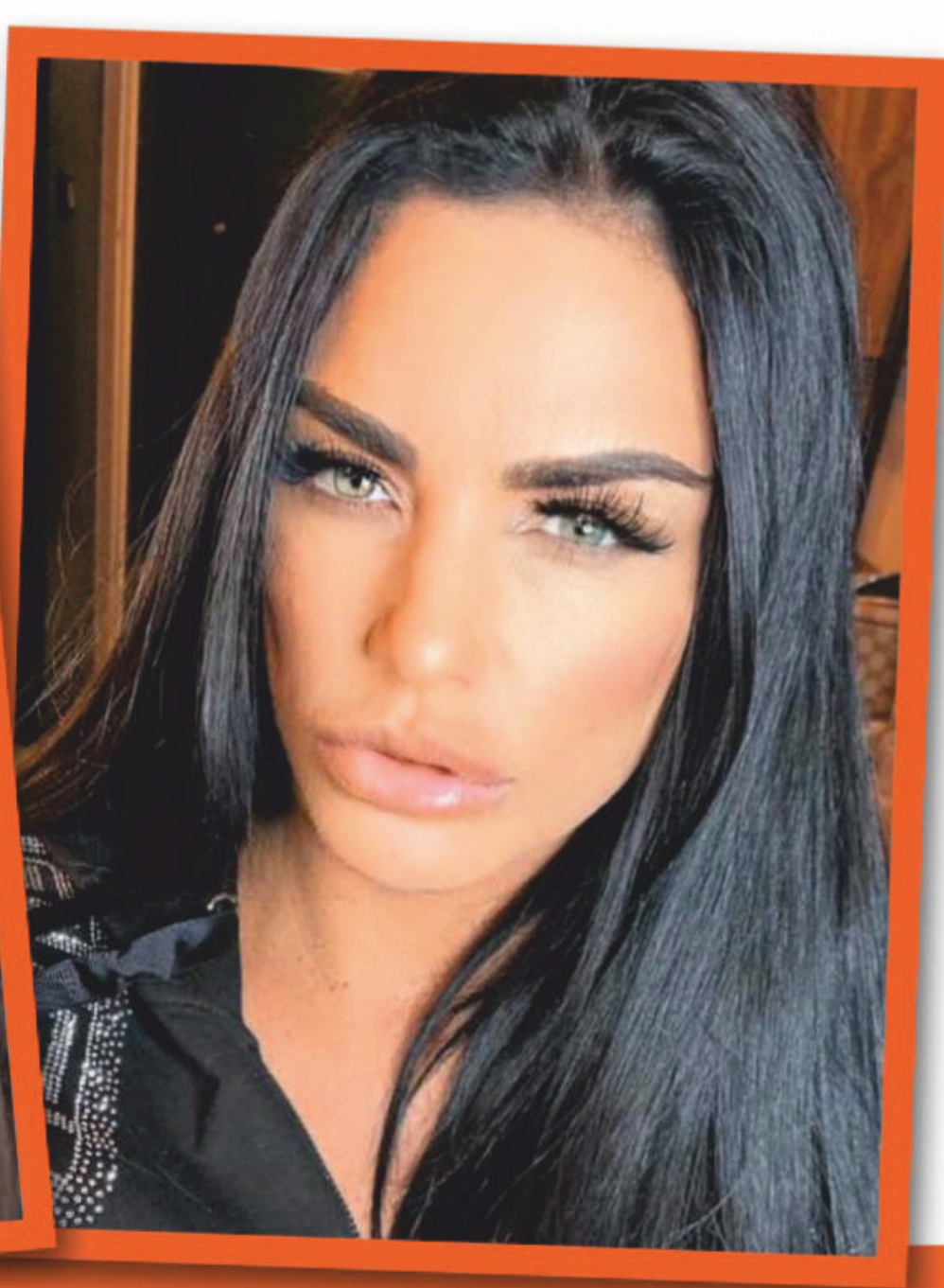


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WHY LAUREN WANTS TO BE THE NEXT JORDAN

Former TOWIE star Lauren Goodger makes a bid for glamour model stardom by emulating her close pal in a series of lookalike images on social media

They've been friends for years, with Lauren Goodger being one of the few famous faces who attended Jordan's wedding to Kieran Hayler back in 2013.

And now it seems Lauren is morphing into the former page 3 pin-up – real name Katie Price – after dyeing her long hair extensions dark and striking similar sexy poses on Instagram.

The ex-TOWIE star appears to be taking her cue from her model pal – who has been

there and done it all before.

There are remarkable similarities between the pair in the images, ranging from naked shots in the bath to sexy belfies (bum selfies) in their bedrooms.

BOOST

Responding to one particular raunchy shot uploaded last week, a fan told Lauren, "Thought you were Katie Price then, you look just like her."

And a source tells *Closer* that Lauren is emulating her idol in a bid to launch a career as an Instagram glamour

model – and she is enjoying the attention that comes with it.

A source says, "Lauren really admires how Katie built an empire from flaunting her body. She has all the attributes and sees herself as having a successful career doing the same thing."

"She gets a thrill from all the adoring messages she gets from men when she posts photos online. Lauren has struggled with body insecurities in the past, but these lookalike shots give her a much-needed boost – she's never felt sexier than she does now."

And the similarities between the two single women don't end there. Both have admitted to being fans of cosmetic procedures, with Lauren showing off the results of her £6k boob job – taking her cleavage to a 34E cup – in a series of busty selfies. She's also previously had a nose job and a fat-melting liposuction treatment to get rid of her "lumps and bumps" – though she insists her bum is natural, claiming she's always had a voluptuous behind.

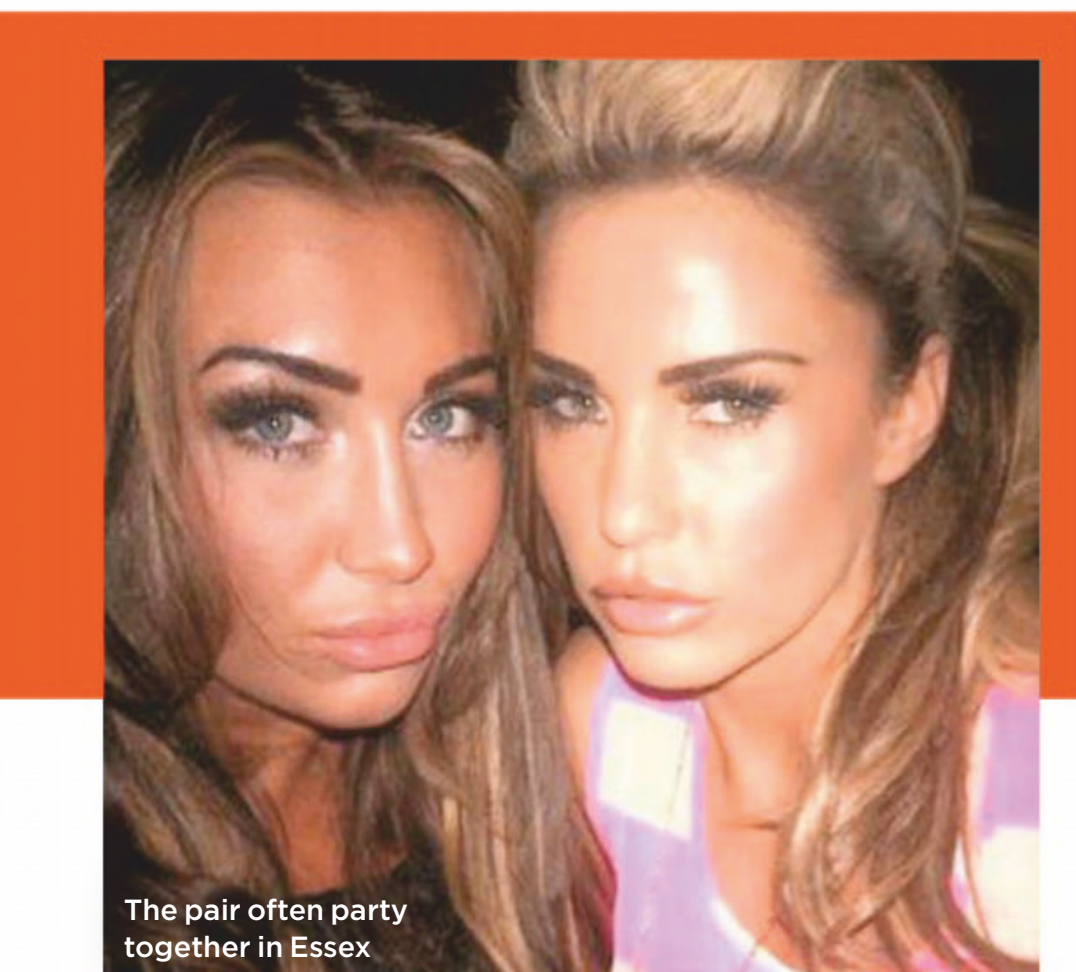
Meanwhile Jordan, 41 – who recently revealed she



Lauren (left) poses for a bathroom 'belfie' like Jordan's



Pulling off the sultry exotic look



The pair often party together in Essex



Flaunting her toned body in a pose reminiscent of Jordan's Thai holiday shot



wants to revive her glamour career by posing for *Playboy* again, 17 years after she last appeared in the magazine – has been open about the work she's had done, undergoing "about 11" boob jobs, along with three facelifts, a bum lift, liposuction, fillers and Botox.

GIRL CODE

The friends are often seen together on the party circuit in Lauren's home county of Essex, with Jordan tweeting

the reality star "miss you" in 2017 after a short spell apart.

Lauren even hit back at claims she was romancing her pal's former fiancé Kris Boyson recently, insisting, "There is no way I'd break girl code and date one of her exes."

The source adds, "Katie's aware Lauren's following her example and finds it flattering. They're friends, so she doesn't view it as any kind of threat to her glamour model crown."

By Daisy McLure



Lauren leaves little to the imagination in the tub



WHAT IT'S REALLY LIKE TO

With a five-fold increase in middle-aged flat-sharers over the past ten years, Closer examines the trend and meets two women who say it's been a huge success

**Grin and share it: the
of the midlife house**

When Armandine Gaulin, 34, split up with her partner and father of her six-year-old daughter Mia in 2018, she ended up living with him for a year afterwards because she couldn't afford to move out.

Now, however, home is a spacious, four-bedroom Victorian house with a garden, just round the corner from her old flat in Brighton. But it was only possible through an arrangement she made with fellow single mum Sonja de Rooij, 41, who has two children, Milla, five, and Jake, four.

'MUM-MUNE'

The two women met when their daughters, who are at school together, had a play-date in October 2018 and hit it off.

Armandine, who is a hairdresser and sings in a band, explains, "It started off as a joke, saying we ought to start a 'mum-mune'. But gradually, we became more serious about it as we met more often with our daughters. We were both still living with our exes, which was not ideal. But neither of us could afford to rent or buy a similar-sized property on our own.

"In December, we started looking around for rental properties, and in March 2019, we moved in together – and I couldn't be happier. I live in a beautiful house with loads of space. It has worked brilliantly – there literally isn't a downside. We get on well, we support each other with childcare and emotionally,

but as we've each got our own living room and bathroom and two bedrooms each, we still have our own space."

And living arrangements like Armandine and Sonja's are set to increase. According to the Institute for Fiscal Studies, house prices have risen at seven times the rate of wages in the UK in the past 20 years, meaning the chances of buying a property have more than halved.

A survey published in 2015 showed the number of house-sharers aged 35 to 44 rose 186 per cent in just five years. And last year, the flat-share website SpareRoom reported that searches by people aged 35 to 54 had increased five-fold over the past ten years.

Matt Hutchinson, a spokesperson for SpareRoom, explains, "The trend is largely about affordability. Rents are going up and single people simply can't afford them.

"We find that people fall into three groups – those who have split up from a long-term relationship or lost their job; people who have never wanted to own a property; and older homeowners who might have an 'empty nest' and want extra cash from renting out a room or who would like the company of someone else in the house.

COMMUNICATING

"We advise people to check they have similar lifestyles to each other prior to moving in together – obviously, someone who's chronically

messy wouldn't be a good match with a neat freak. And the most vital part of sharing is communicating with each other about niggles before they turn into issues.

"Flat-sharing is something that people often do through necessity and not by choice – but actually they can end up really taking to it and enjoying the experience."

That's certainly the case for Armandine and Sonja. After a year of successfully living together, they want to continue to do so.

Sonja, a marketing director, says, "When we started talking about it seriously, we discussed

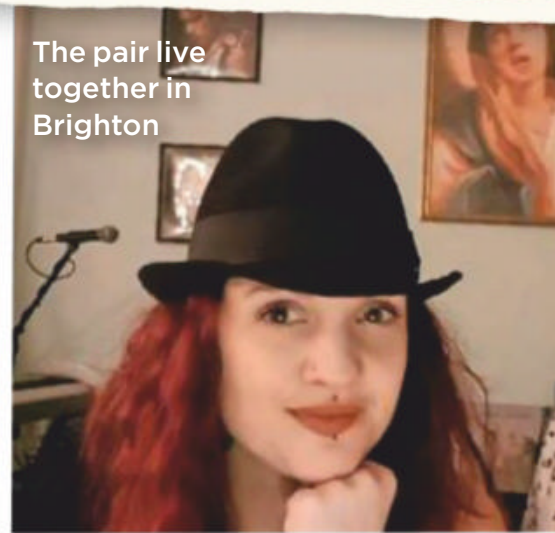
**'WE SUPPORT EACH OTHER
WITH CHILDCARE – BUT ALSO
HAVE OUR OWN SPACE TOO'**

how it would work on a practical level. We were both clear that we needed our own space, and you should always knock on a closed door before entering. I was honest – I don't like cleaning, but I like a clean house, so we'd need a cleaner.

"I'm single at the moment, but we agreed we would only introduce established boyfriends into the household. Armandine is now seeing someone seriously, and he stays over – and that's fine. We also discussed the impact it might have on the children if it didn't work or when we moved out. We went into it very consciously."

And so far, it's been very

The pair live together in Brighton



positive for the children, too.

Armandine explains, "Mia is an only child, so it's great for her to have other children to play with. Of course they have their spats, but they're very close. And it's good for us, too, as we can help each other out with childcare.

"We originally said we would have a weekly meeting to iron out any problems that might arise, but we've never needed to have one. It just works.

"We also eat together if we feel like it. If one of us has made a big curry,

for example, we would offer to share it. We do the occasional outing together, too – we went to Stonehenge at half-term.

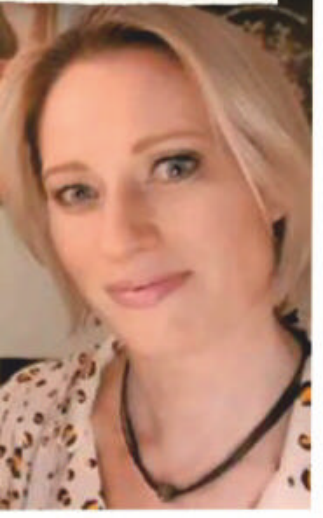
"It's nice, as a single mum, to know that when you get home, there will be an adult there to off-load if you've had a bad day.

"Friends and family were quite surprised at first. But now they've seen where I'm living and how well it works, they're really happy for me. We want to show everyone that you don't have to end up in a tiny flat because of financial constraints – there is another way and we're proof that it can be a huge success."

By Kristina Beanland

FLAT-SHARE IN MIDLIFE

the rise
of the flatmate



Armandine
with her
daughter Mia



Sonja with
her kids
Milla and Jake



'IT'S BEEN A POSITIVE EXPERIENCE'



Software manager Nitzan Marinov, 50, is single and lives in London. She has been renting out her spare room for 12 years and says it works for her. She says, "When my ex and I split up and he moved out,

I wanted to stay in the flat, but the only way it made financial sense was to take in a lodger.

"At first I was concerned, as it felt like I was going backwards – I hadn't shared with anyone apart from a partner for over 15 years, and I felt like I was losing my privacy.

"But it's mostly been a positive experience.

It has given me extra money and hasn't impinged much on my life.

"I'm careful about safety, fitting locks on my bedroom door, but once I'm used to someone, I don't tend to use them.

"I keep a spreadsheet with everything spent on cleaners and bills and split it exactly. I make the spreadsheet available to my lodger so it's all transparent. I find it's important to set out things from the beginning and stick to it.

"I have had negative experiences, like with someone who was very lazy and didn't do their share of sorting out things like cleaning.

"But generally, though, it has worked very well for me. I would encourage people to at least contemplate having a lodger, rather than struggling financially."

HOW TO MAKE IT WORK

Suzanne Noble, 59, has set up a flat-sharing website for the over-50s (Silversharers.com), connecting long-term renters to home owners. She says, "Sharing a living space can work really well. But you need to understand what you're looking for and what your boundaries are. You need to set out whether you see it as a social arrangement or just sharing a space for convenience – both situations work as long as you're on the same page. The biggest areas of contention are cleanliness, noise, and partners coming to stay. Set out your boundaries on those and stick to them."

‘I never thought I’d smile again – but I feel stronger after finding love’

In a candid and moving interview, newly married Roxanne Pallett opens up about rebuilding her life and meeting The One after finding herself at rock bottom

Her life came crashing down two years ago following *Celebrity Big Brother*’s infamous “punch-gate”. But despite previously feeling that she’d become “the most hated woman in Britain”, Roxanne Pallett now tells *Closer* it’s been the making of her. She’d faced a huge public backlash after accusing former *Corrie* star Ryan Thomas of punching her with malicious intent in the ribs during a play fight on the show in August 2018. While the incident became one of the most talked about TV moments, she admitted she had “got it wrong”. In the months that followed, the beleaguered star “went off the grid” as she underwent counselling and CBT and EMDR therapy for post-traumatic stress and panic disorder, took time out in America and slowly tried to rebuild herself.

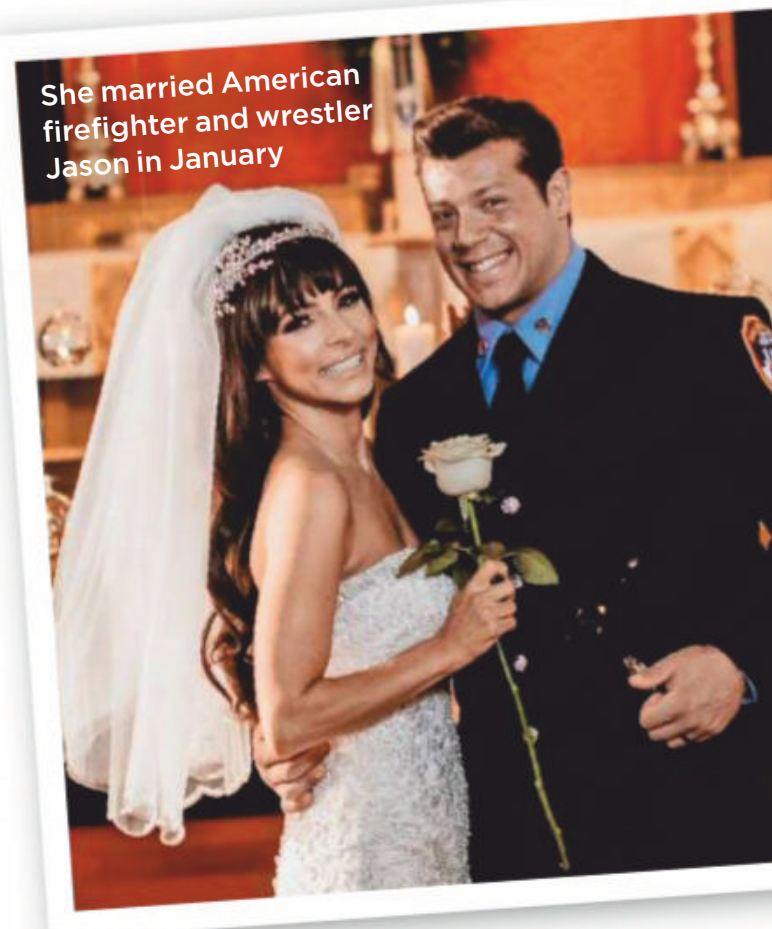
TESTING TIME

While she’s led a relatively low profile existence since then, much has changed for Roxanne. In less than a year, she’s found love with firefighter and wrestler Jason Carrion. The pair wed in January in front of ten guests in New York, after just nine months together, and she insists she’s “never felt happier”. In fact, reflecting on the most testing time of her life, she can’t believe how her fate has changed. “I never thought I’d be smiling again,” Roxanne, 37, tells *Closer*. “I’ve met the

love of my life and I feel mentally stronger. I truly believe all the negativity I went through pushed me to this point. In a way, I’m grateful for all that went wrong, even though it was brutal. It was worth all the heartache because now I’m living my best life.”

Roxanne and Jason met in a chance encounter when the actress needed directions in New York. He’d filed for divorce from wife Cortney Hendrix at the end of 2018 after being separated for four years following their wedding on the US version of *Married At First Sight* in 2014.

After Jason came to Roxanne’s aid, the pair instantly struck up a connection and spent hours getting to know each other. She says, “I got out of a cab and there he was! An hour later we were having coffee, which turned



She married American firefighter and wrestler Jason in January

into brunch, which led to a three-hour walk around Brooklyn. We shared stories we’d never told others – it was magic.”

SHARED EXPERIENCES

Roxanne’s childhood was marred by tragedy after being trapped in a house fire aged 16, then losing her grandmother, who she lived with and who raised her, not long after to cancer, and her best friend to suicide. And Roxanne explains that the pair bonded over similar traumas. “We both share the same regrets of hiding struggles and forcing smiles for the cameras, so we could relate to one another. He wasn’t fazed at all by anything I’d been through,” she reveals. “The fact that Jason is a firefighter means he understands my PTSD. Like me, his dad left when he was little and he was raised by his mum, who he then lost to cancer. He’s been through a hell of a lot and those experiences bonded us on a deep level we’ve never found in anyone else.”

And she admits she had no qualms about explaining her past – including the CBB



Breaking down in tears on *Celebrity Big Brother*

‘Now I’m living my best life’

controversy – to Jason and even encouraged him to Google her. “He knows everything,” she says. “I don’t hide anything from him, I’m so transparent. I urged him to go on the internet and read for himself, because I joked it would take forever to tell him. There’s no stone unturned – I wanted to be completely honest as I’ve had years of pretending and it was draining. I’ve told him my regrets, my truths, and the weight of being in the public eye for the last 15 years. He wasn’t fazed at all – he’s intelligent and compassionate and his nature is to run towards those in need of help, which is why he’s an incredible firefighter.”

STARTING A FAMILY

And Roxanne, who ended her whirlwind engagement to one of her Instagram followers, Lee Walton, a few weeks after leaving the reality show, admits her relationship with Jason is a world away from her previous ill-fated romances. She says, “For the first time, I’m with a man who sees me and not the perks of my fame. Jason is only interested in me for who I am, not what TV show or magazine I’ve been in. I always had one foot out the door with my exes because I never fully trusted their agenda, and I was never the real me. But I love who I am with Jason.” Looking to the future, Roxanne readily admits she’d love to start a family. “When I met Jason, I knew instantly he would be the father to my kids,” she says. “We laugh, because on one of his first calls as a firefighter, he had to deliver a baby in a NYC subway, so when we do have kids, I know he’ll be prepared. We both want it to happen, but we’re leaving it to fate.”

And Roxanne dismisses concerns that her engagement and wedding happened quickly. She says, “When you’re older, you’re wiser. You know what you want and what you won’t put up with. It didn’t take me long to figure out Jason was The





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A RANGE OF
MEALS
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‘I feel sorry for people who still target me’



One – and my mum and friends adore him! It’s been the best year of my life and that’s down to who is beside me.”

After leaving *CBB*, she was diagnosed with complex PTSD. She claimed she had been hiding a huge “breakdown” for years after being involved in a car crash two weeks before the show, triggered “erratic behaviour”. But the star – whose weight plummeted to a size 4 in the aftermath, and who admitted to feeling suicidal at her lowest – believes time away from the spotlight has helped repair her mental and physical health. While she still has therapy for “maintenance”, she feels a world away from that troubled time.

‘BULLETPROOF’

She says, “Three years ago, I was making terrible decisions – but who hasn’t screwed up? I’m proof that you can make a mistake, break, fall from grace, then get yourself back up. It all fell through for me and I never thought I’d smile again or leave my house without my hood up. It’s taken a long time, and a lot of strength, but I’ve rebooted my life and I think so much more clearly.

“I’ve spent the last year fundraising for Cancer Research and helping with mental health campaigns, and that’s what I’m continuing to focus my time on. I think taking a step away from showbiz has been the biggest

saving grace for me as it’s brought better people into my life and given me a healthier perspective on what’s important.”

And while she still receives vicious online comments, these days she’s emotionally equipped to deal with trolls. She says, “My management and close friends screen most of the abusive messages, but every now and again I have to look for legal reasons. I’ve had messages urging me to die and threatening to hurt my loved ones. Before, that would have floored me, but now I’m bulletproof. I used to feel sick or cry but now I feel sorry for those people who still target me. They must be struggling to carry that much hostility.”

While she’s been a regular on our TV screens, appearing on *Emmerdale* and *Waterloo Road*, Roxanne no longer speaks to any of her former co-stars. In fact, she admits she doesn’t have any celebrity friends, and no longer cares about fame. She says, “I didn’t like who I was when I was in showbiz. For ten years I was on a treadmill of validation and vanity. I had a lot of disposable friendships. After *CBB*, I was ghosted and blocked by people who I’d had dinner with two weeks earlier. When you’re winning at life, you’re surrounded by everyone, but when you’re not, they disappear. The friends I’ve made in America don’t care about my past or the headlines, they like me for who I am today.”

Though Roxanne does reveal she’s forged an unlikely friendship with Piers Morgan. She admits the *GMB* presenter – who is notorious for his divisive opinions – became one of her closest allies in the aftermath of *CBB*. She explains, “Piers has always been supportive and kind to me and I respect his honesty. He was sending me encouragement and checked in with me every week to see how I was at my lowest point, while others in the industry were publicly shaming and ridiculing me.”

SYMPATHY FOR MEGHAN

Roxanne went travelling across America last year to clear her head and because she felt unwanted in the UK. “I didn’t feel welcome in England. I was hounded, ridiculed and vilified for over a year,” she says. “I felt like the country was against me. For a long time, I felt exiled and was being told to disappear by online bullies.” Drawing on recent events, she admits she can identify with Meghan Markle and Prince Harry, who decided to leave their home in the UK to start a new life in Canada. She adds, “In a way, I can understand why Meghan left. I’m so happy she’s had the inner strength to say, ‘I’m not happy here, let’s make a change.’ I’d encourage anyone who is going through a tough time to have faith that things can turn around as they have for me.”

By Neeru Sharma

TAMZIN CELEBRATES HER AGE-GAP ROMANCE

Love dramas

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

She revealed her split from husband Tom Ellis had left her “brutally broken” – but Tamzin Outhwaite last week opened up about how she’s since found love and happiness again with toyboy Tom Child.

The *EastEnders* actress, 49, has been dating Tom, 28, since 2018 – and revealed that she’s happier than ever with him, and that their age gap isn’t an issue.

She said, “He’s rather lovely. He really is... It does work. It’s about energy and about connection, I think. It doesn’t matter how much you fight it – there’s 20 years between us.”

During the interview, Tamzin added she laughs off any comments about the age gap between her and her new man, saying, “I tell you what it is, when you get to this age, you stop caring what people think, and I think that’s a really important place to get to. Because now the only opinions that matter are my two girls, and if they adore him, which they do... that’s all I need.”

Tamzin started dating actor and personal trainer Tom

after her split from *Miranda* star Tom, 42, who she married in 2005 and was with for nine years. The couple have daughters Florence, 13, and Marnie, eight, but split in 2014 – with Tom allegedly admitting to cheating on her with his *Once Upon A Time* co-star Emilie de Ravin, 38.

At the time, she said she would eventually have to talk to her daughters about the split, alluding that Tom had been unfaithful, saying, “I will tell them exactly what happened and it will come from me. He’s still their dad and they still have a relationship.”

While Tom went on to marry American screenwriter Meaghan Oppenheimer, 33, Tamzin met Tom Child in 2015, but only started to date him two years ago.

Tamzin regularly posts sweet comments about her new love on social media, saying last year that she was “the happiest [she’s] ever been” and posting one addressed to him, which read, “Thank you for making our little family more heavenly”.



PHOTOS: GETTY, INSTAGRAM, MEGA

MARK & MICHELLE SPARK BABY RUMOURS

Talk has been swirling that Mark Wright and Michelle Keegan have been getting ready to start a family, and last week, the couple were pictured together for the first time since they both confirmed they’d quit their jobs abroad and were moving back to the UK.

The couple looked happy as they went shopping in sunny LA, grinning and laughing as they spent quality time together.

Mark, 33, and Michelle, 32, have spent the last few years largely

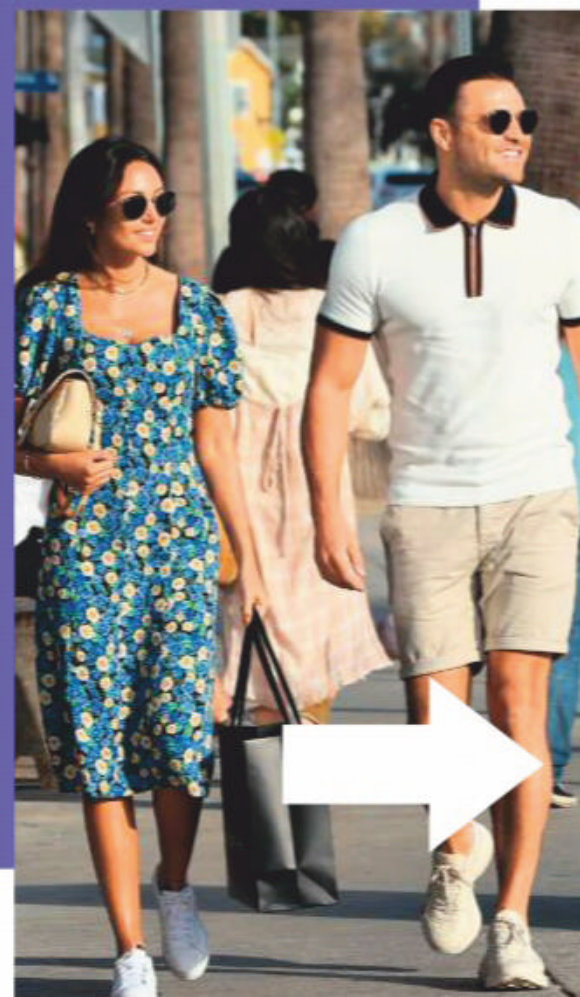
living apart, with Mark working on entertainment show *Extra* in LA and Michelle filming war drama *Our Girl* in South Africa.

But Mark confirmed he’d left his presenting job, while the former *Corrie* actress quit the BBC drama – leading fans to speculate whether the pair would now be trying for a baby after settling in the UK.

Reports also emerged that the pair are planning to build a “family friendly” mansion in Essex.

Mark told *Closer* last month, “I’m excited to just be at home with Michelle, rather than constantly waiting for the next time we have to leave each other. We are in a great place right now. We’re busy with the house and we’re enjoying each other like honeymooners again!”

He added his mum Carol was desperate for the couple to start a family, saying, “My mum can’t wait to have grandkids. I’ve had to tell her to calm down on a couple of occasions.”



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LYDIA BECOMES A FIRST-TIME MUM

She's been gearing up to welcome her first child, and has been open about the struggles of being single while pregnant – and now Lydia

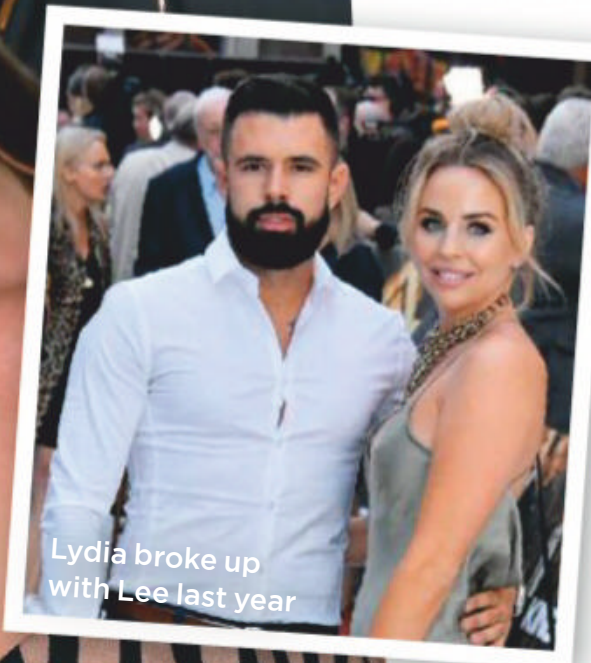
Bright has become a mother.

The former *TOWIE* star, 30, revealed the happy news on social media, posting a picture of her new daughter's tiny toes and captioning it, "My darling girl has arrived. I am so overwhelmed with love, she is

absolutely perfect."

Lydia – who announced her split from ex Lee Cronin when she revealed she was expecting last August – has not yet revealed her daughter's name, but had referred to her as Dinky during her pregnancy in tribute to her late grandmother.

She previously revealed to *Closer* that she and Lee – who dated for two years – are still on good terms, and that he has been involved with her pregnancy. The pair attended scans and antenatal classes together. Discussing becoming a mother and her situation with Lee, Lydia said, "It's not ideal... But I know being a mum will be the best thing that's ever happened to me."



Lydia broke up with Lee last year

LUCY-JO'S LITTLE BOY 'COMPLETES' HER FAMILY



WE ARE SO IN LOVE WITH OUR BABY BOY!!! OUR FAMILY IS NOW COMPLETE!

Love you @lewisdevine



She's already mum to six-year-old daughter Sienna with her ex-husband and *Corrie* co-star Alan Halsall, but last week marked more happiness for Lucy-Jo Hudson, who is now dating Lewis Devine.

Lucy, 36, announced the news on Instagram last week, saying, "We are so in love with our baby boy!!! Our family is now complete," before posting a sweet message to her partner, writing, "Love you."

Lewis, 37, also shared the news on social media, with photos of him, Lucy and Sienna, captioning the snap with, "Our Sienna is delighted and is already making the best big sister, just like I knew she would."

LACEY'S JOY AFTER PREGNANCY HEARTBREAK

She welcomed her first child last summer – now Lacey Turner has movingly revealed how she "felt numb" about her pregnancy during the early stages, having suffered the tragedy of two previous miscarriages.

The *EastEnders* actress, 31, gave birth to daughter Dusty last July, whom she shares with husband Matt Kay, but says losing two babies prior to that had made her too anxious to get excited about her pregnancy before the 25-week mark.

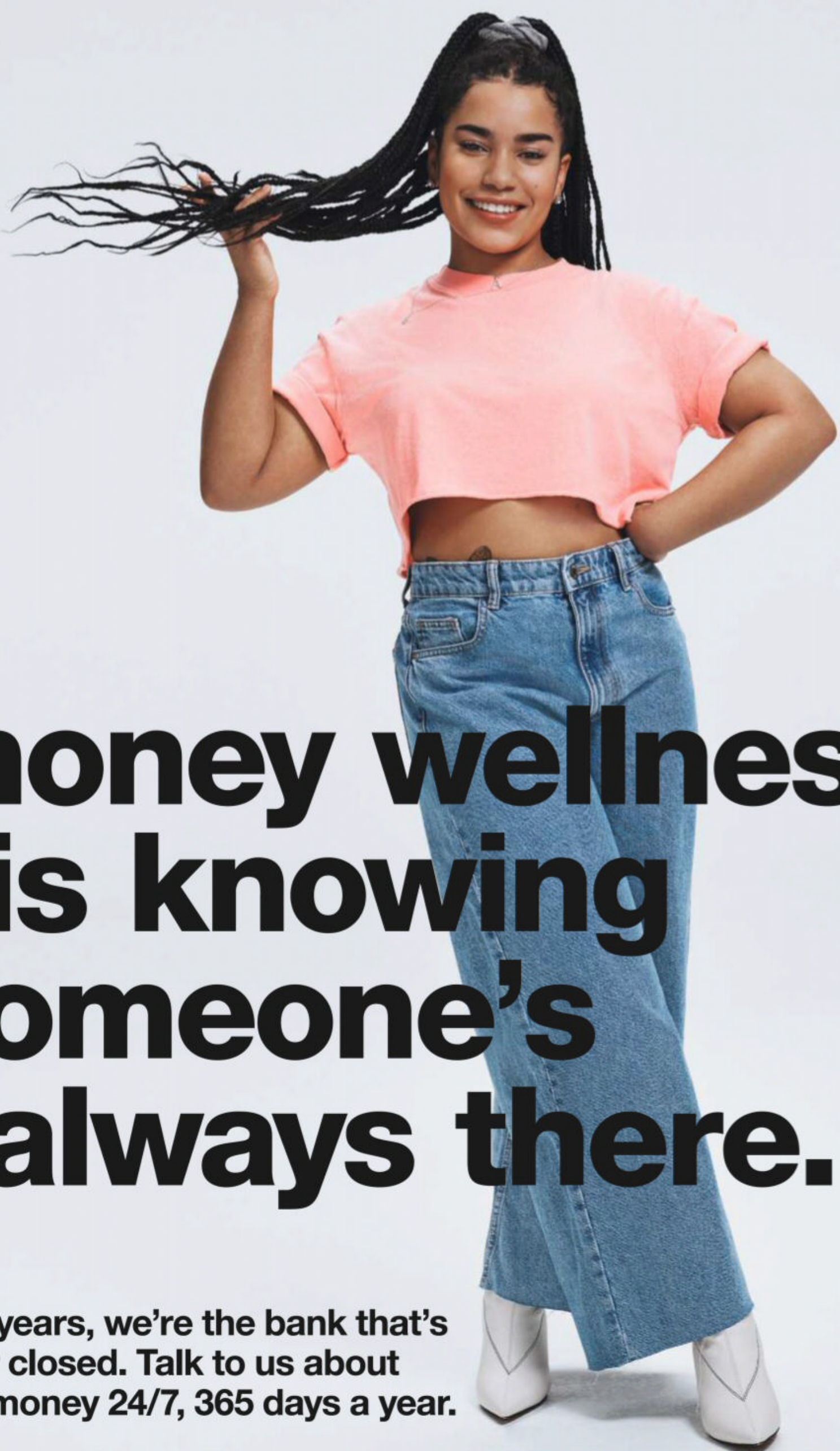
She said, "I was so scared. Until you feel kicking, you don't know if anything is actually there. I always thought, 'This might not work'... I just felt numb to the whole thing."

Lacey added that she and Matt had been close to giving up their dream of becoming parents, before she unexpectedly fell pregnant for a third time.



Lacey with her family

She revealed, "It took us ages to get pregnant. I put so much pressure on myself to fall pregnant and it wasn't happening. It got to the point where I said to Matt, 'Let's just forget it. We'll get a puppy'. As soon as we'd said that, we fell pregnant."



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HOW CAN THE ISLANDERS HANDLE INSTANT FAME?

As the latest batch of contestants leave the Love Island villa hoping to become huge celebrities and make their fortune, four stars give their advice on coping with life after reality TV



PHOTOS: REX/SHUTTERSTOCK, GOFF GETTY

CHLOE:

‘Be fussy about the work you do’

After appearing on the third series of *Love Island*, Chloe Crowhurst hosted a slot on *This Morning* and appeared on *Love Island: Aftersun*, but took a break from the spotlight when she felt the pressure got too much.

Chloe, 22, says, “When I left, I was advised that I had a ‘time limit’ and encouraged to do everything while I was still in demand. I ended up feeling like I couldn’t say no or I’d be letting myself down and miss opportunities. I started to get ill – I was getting tonsillitis a lot and feeling anxious and stressed. I was pleasing other people and putting a smile on my face, just because I felt I had to.

“In the end, for my own sanity, I decided to take a step back. In 2018, I quit social media after it all got too much. I’ve come back to it now, and it’s still my career, but I’ve learned it’s okay to take it slow and be fussy with what I do.

“My advice to this year’s Islanders is to pace yourself and adjust to the new world of fame – or you can damage your health. Don’t just say yes to everything – you’re not defined by what projects you take on or what you achieve.”

GAZ:

‘You’ve got to accept it if it goes wrong’

With almost 10 years in the public eye, former *Geordie Shore* star Gaz Beadle knows the pitfalls of reality TV. Now a father of two, Gaz, 31, says, “It’s different now to when I was on *Geordie Shore*. I had to ring my mum halfway through the first series asking for £100, because I was running out of clothes for filming. At the end of the series, I signed back on the dole. Things started to change after series three or four, when it took off and went mad. There were PAs, interviews and opportunities to work with brands, and the money came in. I think the trouble now is that people think they’re automatically going to be successful, but there shouldn’t be an expectation that your whole life will change when you come out and you’ll have money, fame and success. I was lucky that I can make a living off the fame, the shows and social media. But with these reality shows, you might be able to become an influencer after a year, but you might not be. If it all goes wrong, and it fails, you’ve got to accept it – and that it’s not a bad thing.”

● *Geordie OGs* airs every Wednesday at 9pm on MTV



GEORGIA:

‘You need a fallback plan’

She was famed for her catchphrase, “I’m loyal babe”, while on *Love Island* in 2018. And since the show, Georgia Steel – who has amassed an impressive 1.6m followers on Instagram – has starred on *Celebs Go Dating* and *Ex On The Beach*. Georgia, 21, says, “There’s so many Islanders now, so I think it’s harder to be successful. I feel very lucky I did the show when I did – I’ve been able to establish myself in the public eye and can make money from it. But before [*Love Island*], I was at university, studying drama, and that was going to be my path – I was never desperate for this lifestyle. I’d advise people not to go on the show if they just want the influencer life. You need to have a fallback plan, or you could put too much pressure on yourself, and the consequences can be serious.”



ARABELLA:

‘It can be really full-on’

She turned heads on last summer’s *Love Island*, but is now dating 2018 star, Wes Nelson. Model Arabella Chi, 28, who has designed a sports clothing range since leaving the show, says, “Your life changes so much – the outside can be really full-on. You get offered so many opportunities. It can be overwhelming or difficult to know what to take. I don’t think it matters that there are so many Islanders. It won’t affect their success. You all become a family – everyone boosts each other up, and you work with people from different series. My advice would be to just be patient and sensible about what you do. Be you!”

● Arabella’s Boux Avenue sports range is available at Bouxavenue.com and in stores now



WHAT YOU NEED TO KNOW



The UK is on high alert, as the coronavirus continues to spread across the globe, with schools closing, shoppers stockpiling food, and stores selling out of surgical facemasks and hand sanitisers.

Since the first reported case in Wuhan, China, in December 2019, the COVID-19 bug has spread to over 45 countries. As *Closer* went to press, the virus had infected 82,000 people, killing

more than 2,800 – with 19 confirmed cases in the UK.

Despite a growing sense of panic, experts have been quick to warn that the risk to life is relatively low, and the Foreign Office has only advised against travel to highly-affected areas.

Closer speaks to Dr Margaret Harris, a spokesperson for the World Health Organisation and a member of its coronavirus team, to separate fact from fiction about the virus that's dominating headlines...

'It's very contagious, but we should remain calm'



WHAT ARE THE SYMPTOMS?

It starts with extreme exhaustion, sometimes aches and pains, and more than 80 per cent of patients so far have reported a fever – a temperature above 37.5°C. It may be that you get spikes in temperature, rather than a prolonged fever, and a headache, too. The virus then travels quickly to the lungs, which will cause a dry cough. For the majority of people, they may not experience any other symptoms, but for those who already have underlying health conditions – such as lung disease or diabetes – it could progress to shortness of breath

and pneumonia. In a worst-case scenario, this could then lead to multi-organ failure and death.

HOW DOES IT SPREAD?

It's usually passed on via droplets from coughing. An infected person will cough, a droplet of saliva lands on a surface, which a healthy person then touches. That person will then touch their mouth, nose, or eyes, and the infection will enter their system. The virus also binds itself to cells in the gut, so it could be spread by poor toilet hygiene, too.

WHO IS MOST AT RISK?

Coronavirus is very contagious, so everyone is equally likely to catch it. But people who are at

risk of an extreme form – and more likely to die from the virus – are the very old, and those with existing lung and heart diseases, diabetes or other serious illnesses such as cancer.

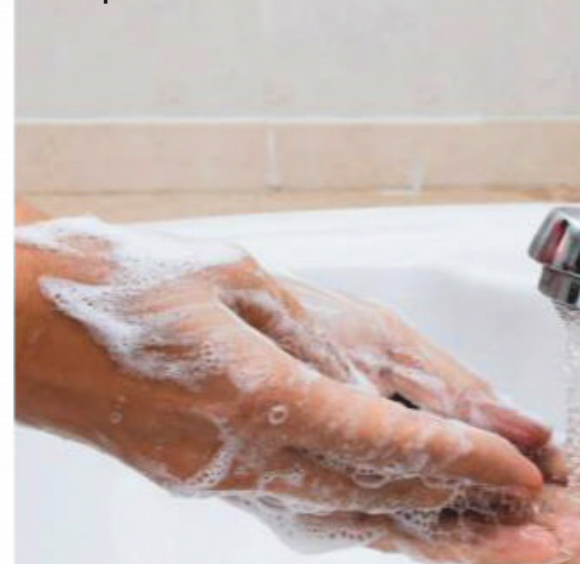
HOW IS IT DIFFERENT FROM TYPICAL FLU?

Coronavirus doesn't tend to cause a runny nose or sneezing, unlike the flu. Both viruses cause a cough, but this will be particularly bad with corona. And both viruses will make you feel very unwell.

HOW CAN I KEEP SAFE?

Washing your hands well and often is the best way to protect yourself. You should wash your hands for the amount of time it

Hand washing
can help halt
the spread



**'YOU ONLY NEED TO
AVOID CROWDS IF
PEOPLE ARE AFFECTED
IN YOUR COMMUNITY'**

WHAT ABOUT CORONAVIRUS



A coronavirus pod in a hospital in Oxford

takes to sing 'Happy Birthday' twice, and be careful not to miss the back of your hands and in between your fingers. Hand sanitiser works when on the move, too. It's also good to

keep your distance from people when out and about – but, obviously, this isn't always easy. Try to avoid kissing or shaking hands to greet someone – I've done a lot of work in Ebola affected areas, and we used to bump elbows as a way to say hello!

WHEN SHOULD I SEEK HELP?

If you suspect you have coronavirus, if you've travelled to an infected area, or you've been in contact with someone who has, you should contact the NHS on 111. In the meantime, self-isolate. That means stay at home and try to avoid having any visitors. If you live with others, stay in your own, well-ventilated bedroom, with the door shut. Don't share towels and toiletries, and clean your toilet often.

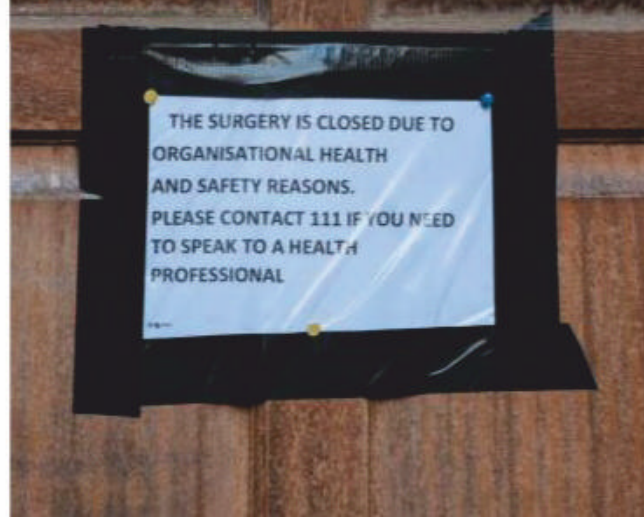
HOW ARE PATIENTS TREATED?

There is currently no vaccine, treatment or cure for coronavirus – it's down to the body's immune system to kill it. But the NHS has a long history of treating lung conditions and pneumonia, so is well-equipped to support patients who are experiencing symptoms.

WILL WEARING A MASK HELP?

It will protect others if you already have the virus, but it won't stop you from catching it. Even with a mask on, you're still likely to adjust it, which will involve touching your face, nose and mouth, meaning the virus can still be spread.

A surgery in Brighton was suspected to have shut because of the disease



IS THE UK PREPARED?

The government has said it is prepared for all scenarios – including a “reasonable worst-case scenario”, which could see 80 per cent of the UK population affected. All hospitals have set up isolation pods, in case infected patients are admitted, and they may start cancelling routine treatments to free up space. New legal powers have also been issued to allow the government to keep people suspected of having the virus in isolation. The Health Secretary, Matt Hancock, has sent guidance to employers, saying that those that have to self-isolate are entitled to take the time off as sick leave. The government could close schools, shut down public transport and stop mass gatherings – such as football matches and concerts – to protect the public, although this has not always been proven as a successful way of halting the spread of disease.



Coaches carrying people returning from China

SHOULD I KEEP MY KIDS OUT OF SCHOOL, OR AVOID PUBLIC TRANSPORT?

Schools will make their own decisions about whether to close, but you only need to avoid crowds or communal areas if people in your community are affected.

SHOULD WE REMAIN CALM?

Yes. For the majority of people, coronavirus is not deadly – but it can be fatal for more vulnerable people, which is why it needs to be contained. It's up to all of us to do our bit to look after everyone else.

By Kristina Beanland

GET HELP

If you think you may have coronavirus, call 111, the NHS helpline. Do not go to a GP surgery, pharmacy or hospital, as you may spread the virus. Stay indoors, and avoid close contact with other people.

If you're about to go on holiday, check the list of places the Foreign Office has advised against visiting.

Throw tissues away after use, and make sure you cover your mouth when coughing and sneezing.

‘I love our big family – it’s like a party every day!’

The star reveals how she juggles her hectic home life with a successful career in modelling and fashion

She’s known for her ridiculously toned physique and her down-to-earth personality, but she’s also a busy working mum of four, having welcomed youngest son Jack last summer.

Abbey Clancy – who has been married to former footballer Peter Crouch for 14 years – juggles being mum to Sophia, eight, Liberty, four, two-year-old Johnny and nine-month-old Jack, with her career as a model and her fashion range with Lipsy. And Peter – who retired from football last year – is just as busy, having recently released his third book *I, Robot* as well as fronting his chart-topping podcast, *That Peter Crouch Podcast*.

Abbey, 34, says, “It’s all go in our house, all the time. It’s basically like a party every day because there are so many people in it and we’re all so busy all the time!”

PRESSURE

“It’s such a great environment because once the kids have their friends round, there’s a gang everywhere you go. I just love that. I love having a big family.”

The star is set to feature with daughter Sophia in a mum-and-daughter modelling campaign with Lipsy later this year – but Abbey insists she won’t push any of her children towards a particular career path, as she wants them to enjoy a full and rich childhood.

She says, “Sophie is an amazing swimmer and great at tennis, and she loves music and fashion. I support anything my

kids are into – but they’re still children. I wouldn’t want to put pressure on any of them to follow in anyone’s footsteps. My main aim is making sure they’re happy and well-mannered.

“But saying that, I do enjoy working with Sophia. It’s funny because she started out wanting to be a princess, then she turned into Sporty Spice, then it was Vicky Pollard – but now she’s coming back round to being a princess again!”

Abbey’s second daughter, Liberty, is also starting to experiment with fashion. “She’s got the most beautiful clothes, yet she puts on the most wacky combinations,” Abbey laughs. “She absolutely loves putting her school tights on with every outfit. Then, to get out the door every day is like a huge battle. Now I just go with the flow and let them wear whatever they want, even if it is the most ridiculous combination. I kind of like it, in a weird way, because it shows they’ve got character and personality.”

HAPPY MARRIAGE

Abbey and Peter got together in 2006 when she was a contestant on *Britain’s Next Top Model* – which she then went on to host in 2016 – and Peter, now 39, was playing for England and Liverpool FC. The couple wed in June 2011, just three months before Sophia was born.

They continue to delight fans with their funny, easy-going relationship, with Peter – who stands at 6ft 7 – joking that he’s “punching above his weight” with



the model, and previously revealing that Prince Harry even asked him how he managed to “bag” Abbey.

Abbey once teased, “Pete is hopeless at housework and it wouldn’t be safe to let him cook. The only thing he’s good at with his height is changing light bulbs.”

Alongside her happy marriage and modeling career, the Liverpoolian star is known for her amazing physique – she stands at a statuesque 5ft 9 and is a toned size 8. But Abbey modestly insists her figure is down to genetics, crediting her glamorous lookalike mum Karen,



Pregnant with son Jack in February last year

‘Having four kids is enough exercise for anyone’

59, as well as chasing after her family.

She tells *Closer*, “I think having four kids is enough exercise for anyone. I’m constantly on my feet and running around doing school runs, after-school clubs, tennis, swimming.

OUTDOORS LIFE

“We live in the countryside, so we end up going with the kids to the farm up the road and just being outdoors. I do enjoy going to the gym, but that’s more for me to feel energised and sets me up for the day with blood rushing around the body and releasing good endorphins.”

And she hopes her latest Lipsy range can help other women from all walks of life feel confident about their bodies.

“Sometimes, I’ll just be in my pyjamas all day with no make-up on,” she explains. “Then when I do have somewhere nice to go, I like to pull on something dressy because it makes me feel more special and confident about myself. I hope I can pass that on to other busy mums, too.”

By Rebecca Greenow

● The Abbey Clancy x Lipsy collection is available at Next.co.uk/lipsy now. Her dress, left, is part of her range

BIGAMIST SHOCK:

'I'm best friends with my husband's other women'

Mary Turner Thomson was stunned to discover that she was married to a bigamist – but now the women he targeted have formed a close bond...

After four years of marriage and two children, Mary Turner Thomson's world was torn apart when she discovered that her husband not only had another wife, but was also engaged to five other women – and had fathered a staggering 13 children.

But in an attempt to rebuild her life, Mary, 54, bravely forged friendships with her husband's other women.

The group of wives, fiancées, and girlfriends have become each other's support systems, and Mary now counts some of them as among her best friends.

KINDRED SPIRITS

Mary, who lives in Edinburgh, says, "These women completely understand what I'm going through. They're my kindred spirits. We support each other in moving on with our lives, whether that be dating again or learning how to be happy alone."

Mary first met William Allen Jordan, 54, in November 2000, when he messaged her on a dating website. At the time, she was a single mum to

Robyn, now 21.

She says, "We clicked straight away and talked every day for two weeks. When we met up for our first date, at Pizza Hut, it was perfect. William liked all the same books and films as me and was incredibly charming."

CONVINCING

Their relationship moved quickly and, after six months, the pair got engaged.

Two months later, Mary fell pregnant, later giving birth to Eilidh, now 18. In October 2002, Mary and William married, and their second child Zach, now 14, followed in 2005.

William often worked away, claiming he was an IT specialist for the CIA. The couple only spent seven consecutive days with each other in the six years they were together.

Mary says, "William was a brilliant dad and husband when he was around. He'd

always do the cleaning and cooking and the kids adored him. I never once doubted that he loved me and was faithful."

But unbeknown to Mary, when William was away, he wasn't working, but visiting his other wife and fiancées.

She says, "William was very convincing, so I never felt suspicious. One time, he told me he was working in a war zone in Palestine for three months – he sent me photos."

LIES

But in April 2006, Mary received a phone call from a woman claiming to be "the other Mrs Jordan".

She says, "One of his fiancées had called the police when he'd fraudulently used her credit card. The police found him at a local garage and arrested him. Inside his car, they found wedding certificates, and arrested him for bigamy."

"The other wife had been notified and told me that she and my husband had been married for 14 years and had five children together."

"She went on to say William

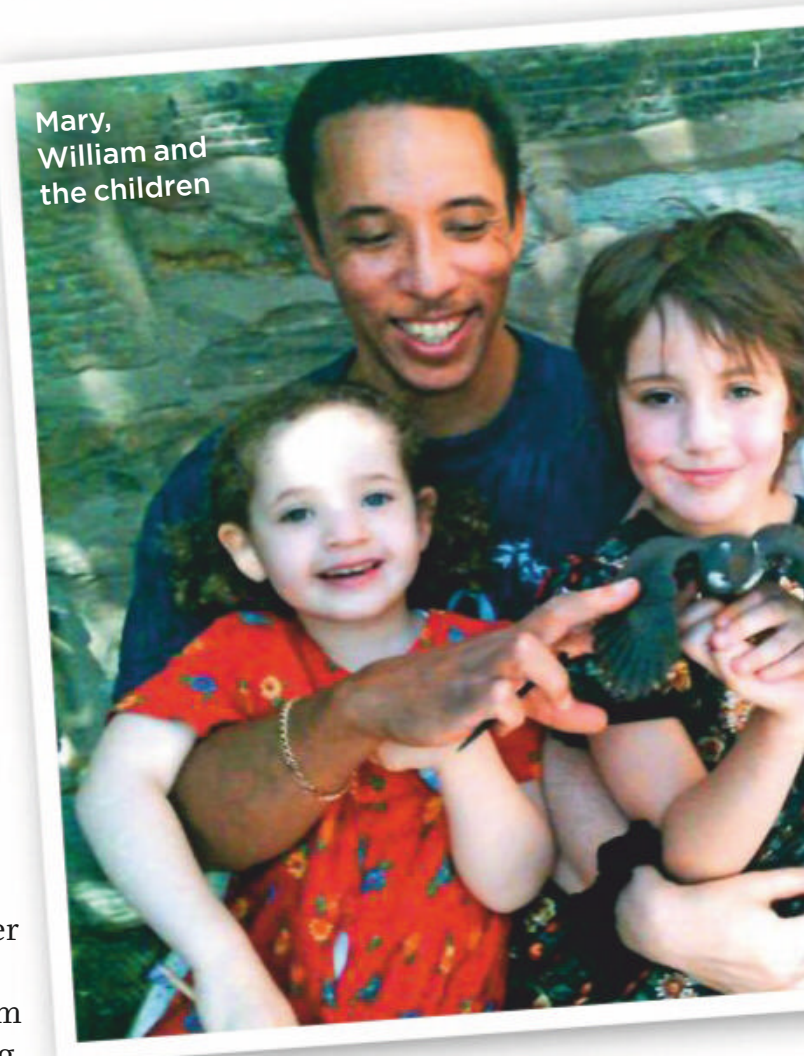
had had numerous affairs and even fathered two children with her nanny. It meant that we'd all been pregnant at the same time.

"I couldn't believe what I was hearing – my whole life was a lie. There was so much evidence I knew it had to be true."

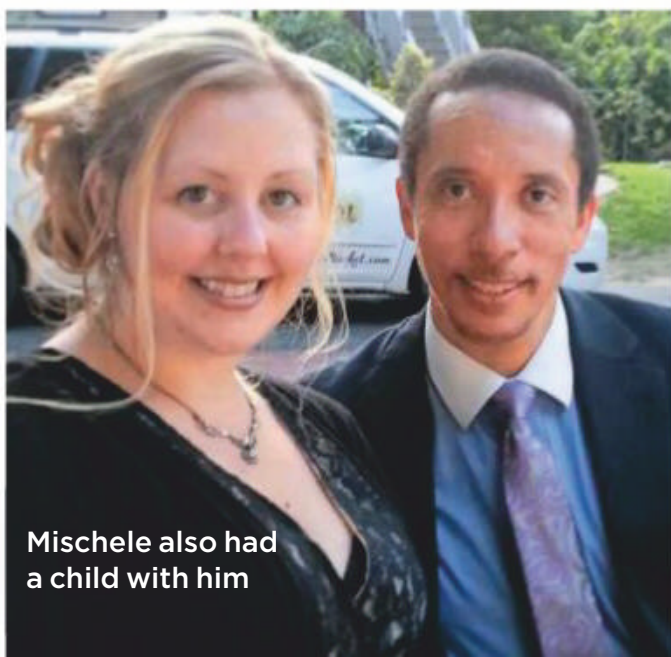
Mary realised her relationship with William was over, and explained to her children that their daddy had married another lady, and wasn't coming home.

She says, "They were devastated. We spent a long time crying while trying to process what had happened."

Police began an investigation and William was sentenced to five years in prison for bigamy and fraud in December 2006. He served two and a half years,



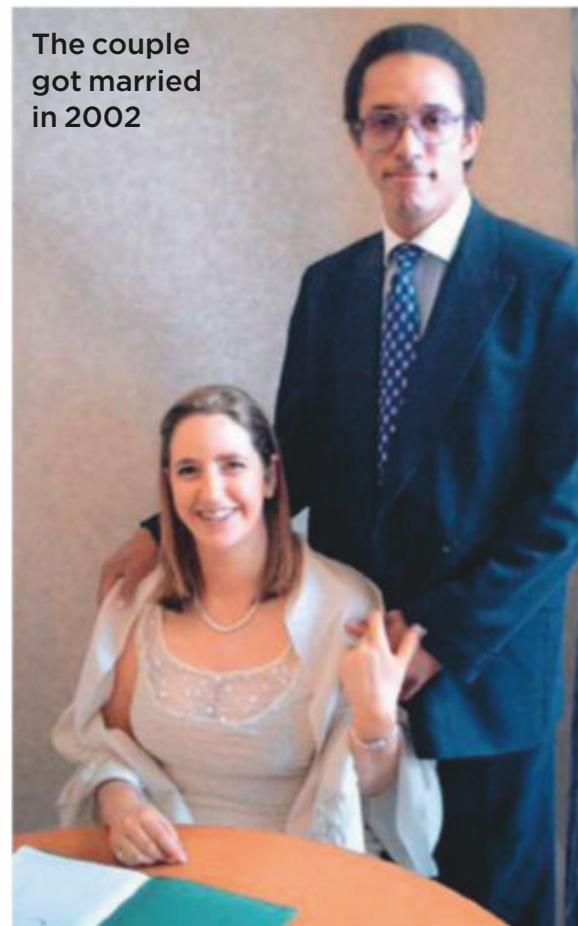
Mary, William and the children



Mischele also had a child with him



The couple got married in 2002



for us all to talk about how we're feeling. We live across the world, so haven't met up in person yet, but it's great to know I have so many people who understand what I've been through. Being married to a bigamist was traumatic, and I still have down days, but these women support me.

"Some are embarking on new relationships, which can obviously be hard for them, but we're all there to give advice."

Mary is close to Mischele, saying, "We talk all the time, and I hope to go to the States to meet her in person soon." Now, Mary continues to rebuild her life. She

says, "I haven't had another long-term partner since William and I split, but I'm not interested in finding love – I'm happy and confident by myself. And through the wonderful women I've met, I've been able to turn what I've been through into something positive."

Mischele Lewis, 42, was in a relationship with William for 15 months. She says, "Without Mary's guidance, love, and support, I would have turned into a wreck. She saved me. Now, our group provides support and coping techniques to the ever-growing community of women who have been affected by William."

By Kristina Beanland

● *The Bigamist* by Mary Turner Thomson is out now

before being deported back to America, where he is from.

Mary says, "After his trial, I began sharing my story with the press, and then I wrote my book.

"I soon started getting messages from other women who'd been involved with William. I wasn't shocked – I expected there might be more of us. It helped to know I wasn't alone.

VICTIMS

"Then, in 2014, I got a message from a woman called Mischele. She was living with William in America and was expecting his baby, but after reading my book, she'd discovered the truth.

"Her strength amazed me,

‘BEING MARRIED TO A BIGAMIST WAS TRAUMATIC – I STILL HAVE DOWN DAYS, BUT THE OTHER WOMEN SUPPORT ME’

and I supported Mischele in getting another fraud conviction against William, for which he served three years."

The pair became close and decided to start a Facebook group for William's victims.

Mary says, "There are about 20 victims so far, but I think that's just the tip of the iceberg.

"It's weird when one member of the group realises that William was actually with another group member when he

said he'd been away with work.

"Most recently, a 19-year-old woman in America contacted us – she's just had William's 14th child – and had split from him after learning the truth. We all support her as we're the only ones who know how she feels.

"A lot of us in the group have children, and obviously they share the same father. My own kids are in touch with some of their half-siblings.

"The group is a safe space

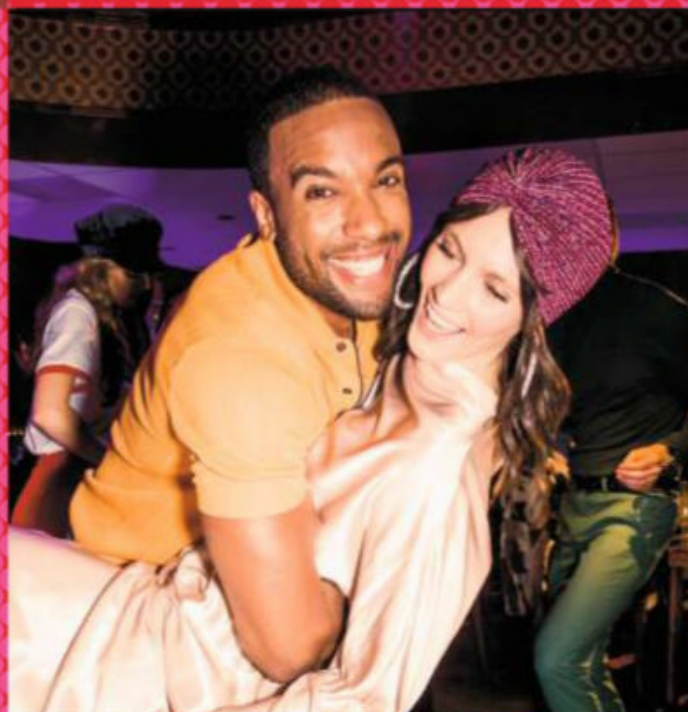
**THE
GOOD
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**SOUND
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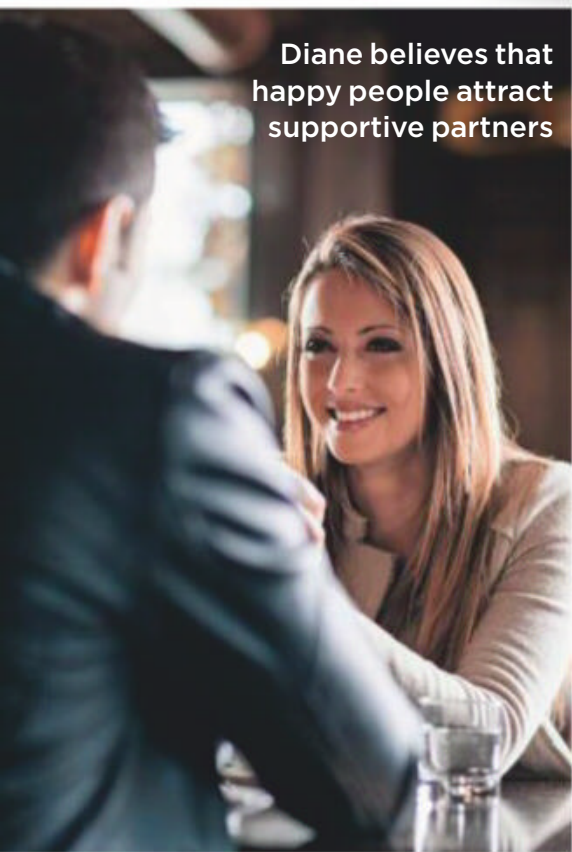
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DIANE YOUNDALE

THE EX-GLADIATORS STAR, 50 – ALSO KNOWN AS JET – SHARES HER OPINIONS... AND HER LIFE

Diane believes that happy people attract supportive partners



‘You’ve got to love yourself and be confident before dating!’

A recent survey by the dating app Lumen revealed that 70 per cent of over-50s polled want to get fitter, and are putting their love lives on hold until they shape up. This doesn’t surprise me – many people find that staying fit and in shape was easy in their younger years, while after 50 life gets in the way.

And I can see why people feel like they want to hold off on dating if they aren’t feeling confident in themselves. I believe that you attract what you have on the inside – so, if you’re feeling low and lacking in confidence, you’re likely to attract people who may endorse that. Whereas, if you’re feeling confident and happy – which fitness and exercise often bring – you are more likely to attract someone who will

boost you. It’s a cliché, but you really have to love yourself before you love anyone else.

I’ve been married, and I’m now divorced and single – and though I’m fit, this year I just want to focus on myself and my loved ones. I’m not in the mindset for dating, so I’ve put it on hold for now, and that’s OK. Dating these days is exhausting – it requires a lot of time and energy, so make sure you are feeling good in yourself and in your mind before you look to welcome anyone else into your life.

My advice to anyone wanting to get fitter would be to find something they love doing – whether that’s fitness classes, online workouts or simply walking more regularly.

MY TYPICAL DAY:

‘Exercise is great for my body & mind’



MOST DAYS, I’M UP AT AROUND 7.30AM, and I’ll have a good breakfast – I prefer savoury food, so

it’ll usually be eggs and avocado on toast with a cup of tea or coffee, and then I’ll feed my two gorgeous ragdoll cats.

MY MANTRA IS ‘EAT, SLEEP, MOVE’, so exercise is important to me. I’ll usually do something in the morning – either a gym class like Zumba, a HIIT (high intensity interval training) session or just exercising outdoors. It does wonders for the body, but equally so for the mind – it makes me happy.

I’M A QUALIFIED PSYCHOTHERAPIST. It was something I was always interested in, so when I left *Gladiators* – which was more than 20 years ago – I trained to become one. So my days are spent either seeing clients in London, in a clinic in Wales where I also work, or over Skype.

I LOVE HELPING PEOPLE. When I see I’ve helped someone, I’m reminded why I do this job – it’s the best feeling. In my spare time, I love drawing and painting portraits of pets. I’ve always been arty, but I’ve picked it up again recently. It’s so relaxing to do – I’ve done my own cats, and many family and friends’ pets too.

I’M TRYING TO EAT MORE PLANTS AND LESS MEAT. I listen to my body, so if I want meat, I’ll have it, but I’m trying to be more plant-based after learning about the impact of the meat industry on the environment and the cruelty to animals. I’ll then head to bed around 10pm.

● *Diane has teamed up with dating app Lumen to help those aged 50+ reach their fitness goals. For more information, visit [Lumenapp.com](https://lumenapp.com)*



She loves exercising outdoors



Diane as Gladiator Jet

‘WE NEED TO FIND HAPPINESS FROM WITHIN’

We’re in the midst of a mental health crisis in the UK, and I think this is largely due to our society’s dependence on external validation – with Instagram likes, retweets and comments. I’m a psychotherapist and we have a concept called internal locus, a belief that you can control your life from within, and external locus, a belief that life is controlled by outside factors, and I believe too many people are focusing on the latter. Everyone needs to spend less time on social media and more time with oneself – on a walk or a relaxing bath, listening to your internal voice rather than other people’s. Try it for a week to see how you feel.



IF I RULED THE WORLD...

I’d make everyone be kind... If everyone was a little kinder, the world would be a happier place.



...and I’d ban all plastic and invent a sustainable alternative. We are ruining our planet and we need to take action.



'I spent 13 years trapped in a prison – now I want to help others'

To mark Eating Disorder Awareness Week, Closer speaks to actress Gemma Oaten about her personal struggle and how she now strives to help other sufferers

Eating disorders have the highest mortality rates of any mental health issue – and former *Emmerdale* actress Gemma Oaten knows this fact only too well.

The star – who is 5ft 4 – has battled anorexia since her teens. At one point, she was so dangerously underweight she was just 5st, risking death.

DEVASTATING EFFECTS

But two decades on, she's doing all she can to raise awareness of the devastating effects of the condition, and offers support to those struggling with it through her parents' charity, SEED (Support and Empathy for people with Eating Disorders), which aims to help sufferers.

Gemma, 37, has been open

about her illness, which led to her being hospitalised on multiple occasions, prompting fears she could die.

Bravely recalling her trauma, Gemma tells *Closer*, "I lost my periods, I was tired all the time, I was at death's door. At one point, doctors told my parents that if I didn't eat or drink anything in the next 24 hours, I would die. But I just couldn't and didn't want to.

"It wasn't a life I was living. I look back and I feel like I spent 13 years trapped in a prison. It was hell, but I'm grateful I'm where I am now and I want to help others."

Gemma first recalls getting in the grips of the eating disorder when she was 13 years old, after being cruelly bullied

and taunted at school. She says it was a "control tactic" at first, rather than to do with her body image, but it manifested into being more about how she looked in her teens.

She says, "I was a carefree, happy young girl, but the anorexia began when I started getting bullied. It was almost like I thought that if there was less of me, there would be less for the bullies to say about me. It was also around the time puberty hit – I became aware of my body in a different way

'I TOLD MYSELF I'D GET BETTER FOR MY PARENTS, NO MATTER WHAT'

and I wanted to stay small."

Gemma battled the illness for 13 years. She reveals the turning point for her was seeing the impact her suffering was having on her parents, Marg and Dennis, who set up SEED, an eating disorder support service, after Gemma's experience.

She says, "It was like, 'Who do I love more? This eating disorder and this control thing, or my parents?' And of course it's always my parents. They were devastated, seeing me slowly killing myself. So I told myself I'd get better for them, no matter what.

"It had to come from me – after realising how much it

was affecting my loved ones, something clicked and I knew I had to get better. I then had intense therapy three times a week, and that really helped me. So help, combined with my own drive to get better, aided my recovery.

"Eventually, by the age of 25, I finally started living. But the disorder took so many years of my life, and I have so many regrets over how it affected my loved ones."

When she's not performing or acting, Gemma is a patron of SEED. She visits schools and gives talks to raise awareness, and hosts workshops.

BRAVE

And for anyone struggling with an eating disorder, Gemma offers some advice. She says, "Reach out for help as soon as possible, and share your struggles with those who love you. The sooner you can, the sooner you'll work towards getting better.

"It's hard and you have to be brave, but it'll be so worth it to get your life back."

By Lily Smith

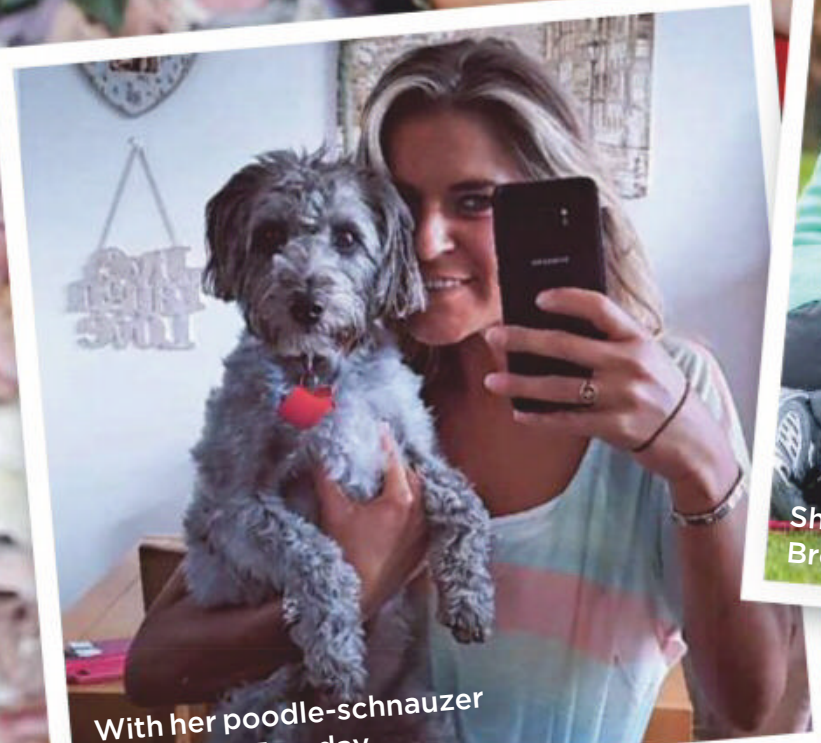
● To find out more, visit Seedeatingdisorders.org.uk



Gemma with her parents, Marg and Dennis



She played Rachel Breckle on *Emmerdale*



With her poodle-schnauzer dog, Ruby Tuesday

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HOMELESS PETS NEED LOVE TOO

REAL LIFE



Animal lover Michelle Clark supports animals who are sleeping rough

When Michelle Clark saw a homeless man and his dog camped outside her local supermarket, she wanted to help. She returned with blankets and dog food, and although the owner was thrilled, she knew more needed to be done to assist homeless people and their pets.

Michelle, 50, says, "I was



Michelle founded DOTS in 2017

They provide help for dogs 24/7



Poppy sparked the creation of the charity

'Dogs are crucial for wellbeing'

TOWIE star Pete Wicks, 31, is a patron for Dogs on the Streets. He says, "Dogs are crucial for an owner's mental wellbeing. My rescue dogs, Eric and Peggy, are like my kids – it would kill me if we were ripped apart."

"The precious bond between dogs and humans needs to be valued more, and procedures need to be put in place to ensure people don't get separated from their pets. Michelle's work makes a real difference to the homeless community."

Pete says he's "really proud" to be a patron



worried about the dog's health and wondered when he'd last been seen by a vet."

So, soon after, Michelle, who owned a pet accessories and supplies business, began to aid more animals who are sleeping rough with their owners.

And in 2017, she set up her own charity, Dogs on the Streets (DOTS), which helps provide veterinary care to dogs with homeless owners, as well as essentials such as food, coats, leads and collars.

She says, "I wanted to do whatever I could to help."

SANCTUARY

Now, Michelle provides support for many dogs and their homeless owners across the UK – and even runs an animal sanctuary, with 64 kennels and three acres of land, just outside of London.

She says, "We've helped hundreds of animals, one of whom was a seven-year-old Staffie, Poppy, who had lived with her homeless owner for her whole life."

"Poppy's owner had to go into hospital, as he was seriously ill.

But he was so distressed at the thought of leaving her that he even considered abandoning hospital treatment in order to stay with her."

Luckily, Michelle was on hand to take the dog into her home. Michelle says, "I took care of Poppy. Soon, via word of mouth, people knew they could come to me for help."

"People on the streets build amazing bonds with their pets, who are loyal and protective."

"When you've got so little, a dog is more than a furry companion – they're your lifeline and family."

Now, seven days a week, Michelle and her team help hundreds of homeless animals across the country, and work around the clock providing care to the pets.

DIFFICULT DECISIONS

Michelle says, "Many owners are faced with difficult decisions if they need to go into hospitals or temporary accommodation, where dogs aren't accepted."

"We help them liaise with councils and pathway services

to find somewhere suitable for them that will take in their pet too. And if a rough sleeper needs to go into hospital, we foster their dog in our sanctuary until they're better."

DOTS also provides free veterinary care, via a custom-made mobile veterinary vehicle. Michelle says, "It's important the dogs are checked over in a safe, clean environment. Our technology can provide dogs' blood test results in less than five minutes. As little as £5 could pay for vaccinations. The small donations do go a long way."

By Bella Evennett-Watts

TO DONATE

To make a donation to help Britain's homeless dogs, visit Dogsonthestreets.org/donate. Just £5 can help with vaccinations and buy dog food.

PHOTOS: MIRRORPIX

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surgery'**

ADVICE

HOW TO BE HAPPIER AT WORK

PHOTOS: DAVID CUMMINGS, LIZ GREGG, NASSIMA ROTHACKER



Style alert

CELEBRITY INSPIRATION
TO UPDATE YOUR WARDROBE



GET HER
LOOK

GIGI HADID, 24

We're loving model Gigi's gorgeous off-duty get-up this week. The rust tones are low-key but lovely, while mock-croc boots and a sequined bag give a touch of glam. A slick of red lippie and sunnies and you're sorted.

QUAY £40



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BILLIE FAIERS, 30

JUMPSUIT, NUTMEG
AT MORRISONS £25



LILAH PARSONS, 32

I WANT
WHAT
SHE'S
GOT!

FASHION

DOTTY
DARLING



Lucy Hale, 30

Lucy commands attention in this vibrant get-up. The rainbow polka-print is so on trend, while the actress' matching shoes and coat keep things grown-up and put together. We love!

SHIRTY
STUNNER



Kate Bosworth, 37

Always one to nail it in the style stakes, actress Kate oozes effortless cool in this classic white dress. The collar adds a touch of sophistication, while a soft wavy hairstyle ties it all together.

SPOTLIGHT ON...

GIRL POWER GLAMOUR

International Women's Day is 8 March, so make sure you look the part for the annual celebration with these empowering buys – with all proceeds going to brilliant causes. Treat yourself or gift an inspirational lady in your life.



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ZAGNOLI CORAL LIP
PROTECTANT £20

DRESS, SILKFRED
£38

AMY HART, 26

WORTH TALKING ABOUT!

FLASH DANCE



Janelle Monáe, 34

The singer's jewellery is very cool – and we love her up-do – but we're undecided about Janelle's cut-out outfit. Although the peek-a-boo design does show off her enviable figure.

MISMATCHED



Brie Larson, 30

The actress' loose waves and fresh-faced make-up look is *Marvel*-lous, but it doesn't quite suit her dress, which is just too busy. We're not a fan of the sheer gloves, either. Sorry, Brie.

METALLIC BLUES



Tallia Storm, 21

This is a fierce look from singer Tallia – possibly a little too fierce. Those shoulder spikes look like they could do some serious harm! This isn't our favourite look, but the metallic blue hue does suit her.

SHINE ON



Logan Browning, 30

This tiered dress looks gorgeous on actress Logan. The ruffles and embellishment make this gown super-feminine, while the colour suits her perfectly. What a beaut!



PICK OF THE BUNCH

FLORALS WILL FOREVER BE ON
TREND, SO GET READY TO BLOOM IN
THESE BRIGHT AND BOLD STYLES

HEAVY PETAL

Steal the show at an upcoming spring soirée with this gorgeous jumpsuit, which is super flattering thanks to the tie-waist detail. Pair with matching heels.

JUMPSUIT ASOS £52

EARRINGS NEW LOOK £2.99

SHOES EGO £39.99

RETRO BLOOMS

This versatile high-neck top is both pretty and prim. Layer under dresses and pinafores or tuck into paperbag jeans for a laid-back, '80s-inspired look.

TOP **V BY VERY** £18

JEANS **MISS SELFRIDGE** £42

EARRINGS **NEW LOOK** £2.99



PRETTY PRIMROSE

You can't beat a floral dress, and the graphic print on this number gives the tea style a modern update. Keep it fresh and wear with barely-there heels.

DRESS **OLIVER BONAS** £69.50

EARRINGS **NEW LOOK** £3.99

BAG **NEW LOOK** £15.99

SHOES **DUNE** £65



DENIM DAZE

Update your jeans with a dose of blossom. A wide-leg cut flatters all shapes, helping to slim and lengthen legs.

SHIRT **RIVER ISLAND** £35

TROUSERS **ASOS** £38

EARRINGS **PRIMARK** £2

BAG **NEW LOOK** £15.99

TRAINERS **DUNE** £85



SWEET PEA

Lilac and green make for one cute colour combo. Give your skirts a casual spin with a sporty sweater and finish off with chunky boots for a tough edge.

JUMPER **MANGO** £29.99

SKIRT **MARKS & SPENCER** £25

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PYTHON PERFECTION

Neutral tones make snakeskin an easy pattern to work into wardrobes. Slither into these and strut your way from the boardroom to the bar. **HEAD OVER HEELS £48**



HIGH SHINE

Metallic heels will always be our go-to party shoe and the strappy design on this pair gives them a modern update. Summer weddings, sorted. **RIVER ISLAND £40**



ZEBRA CROSSING

Swap black courts for something snazzier! The monochrome palette is super easy to co-ordinate and zebra print adds extra sass. **H&M £17.99**



NEON NIGHTS

These show-stopping stilettos are giving us major holiday vibes. Perfect for tapping into the neon trend, team with your LBD for Friday night cocktails. **ASOS £36**



AHOY, SAILOR

Nod to the nautical trend with these sleek slip-ons. With easy-to-wear kitten heels and a designer-worthy buckle detail, these are a well-priced winner. **TU AT SAINSBURY'S £16**



EASILY SUEDE

Fashionable and functional, summery sling-backs lift any look. With comfortable soft suede, plus a trendy square toe, these'll vamp up your favourite denim. **MARKS & SPENCER £55**



LUXE LOAFERS

The boyish loafer gets a pretty upgrade with this colourful pair. Team with grey trousers and a pussy-bow blouse for a workday get-up with extra pizzazz. **DEBENHAMS £39**



SWEET SHADE

The vintage-style mule goes with everything, from jeans to floaty dresses. Experiment with pretty pastel hues for an instant pick-me-up. **NEXT £25**



SUPERMARKET STEAL

You can't beat a pair of sandals to see you through the warmer months. The low block heel, stylish straps, and bargain price tag make these a top choice. **GEORGE AT ASDA £16.50**



CLEVER CLOGS

Keep things chic in a pair of beige mules. Super versatile, the V-shape cut helps lengthen legs. Wear with tailored trousers for a perfectly-polished finish. **TOPSHOP £39**



LET IT SLIDE

The woven effect and backless detail gives these slipper-style shoes a summery update, perfect for creating an androgynous vibe. **VERY £35**



CRYSTAL CLEAR

A fave with celebs, a transparent choice gives extra style kudos. Team with straight-leg jeans and a slogan tee for a '90s inspired look. **TOPSHOP £32**



HIT THE SPOT

Classy and chic, polka dots have stood the test of time. The bow detail on these beauties adds interest. Wear with a pleated midi skirt. **ZARA £29.99**

THE ULTIMATE EDIT: SPRING SHOES

From classic courts to attention-grabbing mules, step into the new season in style

NEW

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Let's feel good

Beauty edit

WE HAVE THE TIPS, TRICKS AND PRODUCT NEWS TO KEEP YOU LOOKING GORGEOUS

BEAUTY

JUST LANDED



CLEAN BEAUTY BEAUTY LAUNDRETTE BUBBLE SOAK, HEATED EYE MASKS, AND MILKY BODY MOISTURISER

WHAT IS IT?

Fun new company Clean Beauty has released a range of vegan, cruelty-free skincare, bodycare, and bath products – all in retro packaging with a kitsch laundry theme.

WHY WE LOVE IT:

The packaging is irresistible, and the products are genuinely great quality. We loved the luxe warming eye masks, which instantly relaxed us, as well as the lightweight body moisturiser, which hydrates skin without feeling heavy or sticky.



SHAY MITCHELL



MOLLIE KING

GET THE LOOK...

FLAWLESS FINISH

Ensure your make-up lasts as long as possible with these clever sprays, leaving you looking as pristine as Shay and Mollie...

1 FRESH SCENT

3INA THE FIXING SPRAY IN ORANGE BLOSSOM £12.95

After applying foundation, spritz this all over to lock it in and stop smudging or fading. The zingy orange scent is a bonus!

2 POLLUTION PROTECTION

INC.REDIBLE PRIME AND PROTECT GOOD DAY JELLY SPRAY £12

You can use this as a primer as well as a setting spray. It also shields skin from environmental damage, while keeping it hydrated.

3 MATTE FINISH

NIP + FAB OIL CONTROL FIXING MIST £15

Those with oilier skin types will benefit from this mattifying mist, which will keep shine at bay. Use throughout the day to refresh your complexion.

3
OF THE
BEST

1

2

3



CELEB SECRET

Famed for her glossy locks, we've always wanted to know how model Rosie Huntington-Whiteley keeps her hair so healthy, and she's finally let us in on her secret, saying, "I'm a big fan of the Moroccanoil treatment. I apply a few drops to the ends of my hair before blow-drying. It makes it really manageable and shiny." We also love it – the oil nourishes strands without feeling heavy, and can be used on wet or dry hair.



MOROCCANOIL TREATMENT ORIGINAL £13.45



ROSIE HUNTINGTON-WHITELEY

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TOOL SCHOOL

Save time and money with these nifty gadgets for beautiful skin and hair – and get luscious locks like Kate's in no time



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KATE BECKINSALE



REMINGTON CERAMIC STRAIGHT 230
HAIR STRAIGHTENERS £21.99

SIMPLE HAIR STRAIGHTENING

It's hard to find straighteners that do the job without a hefty price tag, so we're impressed with this purse-friendly pair. Heating up in just 15 seconds, with variable temperature settings, the anti-static ceramic plates help protect hair. Glide through for silky, smooth tresses in an instant.

MYLEE PINK UV LAMP
KIT ESSENTIALS £58



DIY NAILS

We love gel manicures, but our bank balance doesn't – so this at-home kit is perfect for cutting down on salon trips. It comes with a UV lamp, four varnishes, and everything you need to become a gel-nail pro. Easy to use, it's well worth the investment.

TRESEMME FAST DRY 2000
HAIR DRYER £12.99



QUICK DRYING TRESSES

This bargain hairdryer has received rave reviews online, and we can see why. It dries locks in no time and has a ceramic coating to add shine and protect from heat damage. It's lightweight and compact, so perfect for packing in your suitcase.

PROFESSIONAL CURLS

Infused with keratin and coconut oils to smooth and reduce hair tear, this curler is so versatile and is suitable for all hair types. With three interchangeable barrels and five heat settings, you can achieve loads of different styles, from loose beach waves to tighter twists.

REVAMP PROGLOSS MULTIFORM
MULTI- STYLER £59.99



MAGNITONE PLUCK
IT SUPERGLIDE
EPILATOR £35

SILKY LEGS

Want to get your skin back to looking silky smooth? This rechargeable epilator contains 32 tweezers that remove hair directly from the root. When used regularly, it reduces regrowth and the need to shave as often – so fewer disposable razors required! Use on legs, bikini line, and underarms.



ALDI VISAGE FACIAL
CLEANSER £12.99

SUPER CLEAN SKIN

Get a healthy glow with this vibrating facial brush. The oscillating head works to gently free your pores of dirt and oil, while buffing away dead skin for a smooth and radiant complexion. It has six different brush heads and one body brush, while the battery lasts up to ten hours.

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HIDDEN HIGH STREET GEMS

IT'S NEVER BEEN EASIER (OR MORE AFFORDABLE) TO FIND NEW PIECES FOR YOUR HOME

SCANDI COOL AT H&M HOME

Their homeware range is hardly a secret, but H&M Home have upped the ante recently, launching Scandi-style furniture (we have our eye on this gorgeous storage unit below, £150) as well as expanding on soft furnishings to include rugs. It's perfect for those with minimalist taste.



LUXE FOR LESS AT ARGOS



Once reserved for picking up electrical appliances, Argos' new homeware range has had a serious revamp, thanks to swanky touches and designer copies. With countless options that are both stylish and good value, there's something here to suit everyone.

KITSCH TRINKETS AT NEW LOOK

We're long-time fans of New Look's clothing collection, but their move into home decor has grabbed our attention. Their latest kitchenware and bathroom accessories, ranging from cute planters to slogan mugs, will instantly brighten any surface. They're great gift options, too.



STYLISH KIDS' PICKS AT ZARA HOME



Offering the best trends in interior decor, Zara is known for being understated, chic and timeless: think natural fabrics, clean lines and muted tones. We've just discovered their lesser-known kids' range, which has some adorable picks that'll please the little ones and no plastic in sight!



WALLPAPER
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AMY:

‘I wish I’d never had work done’

Former TOWIE star Amy Childs on surgery regrets and how motherhood has transformed her life – and body – for the better

She first shot to fame on *TOWIE* back in 2010, as the Essex beautician who was known for her love of cosmetic surgery. But a decade on – and now a mum of two – Amy Childs has a whole new stance on her body image.

The reality star, 29, had her first boob job at the age of just 18, taking her from a 32A to 32D. Five years later, she boosted her implants to an F cup. She also had numerous rounds of lip filler, until her parents told her she had to stop because she was “looking like a freak”.

Now mum to Polly, two, and her one-year-old son, Amy says that seeing her figure change during pregnancy – going up from a size 6 in 2012 to a size 10 – has made her more body confident than ever.

“I’ve been very open about surgery. At one point I got so addicted,” Amy says. “I wish I’d never had it done. Looking back, when I was younger, I’d get offered so many treatments because I was in the public eye. You start playing around with yourself and your body, but I feel like I’ve now taken a massive step back. I love my mum body.”

CARRIED AWAY

Although Amy’s beauty salon featured on *TOWIE* and became synonymous with the noughties boom in “vajazzles” and cosmetic enhancements, the star admits she herself got carried away with Botox and fillers as a result of being in the spotlight.

“I didn’t even need Botox – but I had it done once because it was free,” she reveals. “It didn’t do anything for me. I look back now and think I didn’t need any of it – but it was so easy to go and get it done. With filler especially, you think it’ll make you look perfect – it doesn’t. It makes you look old.”

Last year she told *Closer*, “I went overboard

with my lips and I’ve stopped having fillers.”

And she’s revealed she plans to have a breast reduction when her children are older, after suffering from back problems as a result of her “heavy” FF implants.

Her focus now is on raising her family as a single mum. Amy – who is currently starring on *Celebs Go Dating* – gave birth to Polly in April 2017. She split with Bradley Wright, Polly’s dad, just six weeks later, with the former builder since serving time in jail.

Last August, after nearly two years together, she broke up with her son’s businessman dad, whom she’d previously said enjoys living a private life.

CONTENT

She says now, “I’d rather be in a happy, loving relationship with the right person than in a really miserable one, because it would be miserable for them as well.”

“I’ve only ever been a single mum, and of course it’s hard, but I love it. There are days where I’m knackered, but I look at my two kids and they look so happy to me.”

Despite her romantic ups and downs, Amy insists she hasn’t ruled out meeting somebody new – but for now she reveals she couldn’t be more content.

She says, “If I met the man of my dreams, and he came into my life – well, fair enough! But at this moment in time, I’m not thinking about that. My kids are too young – they’re babies. But maybe I might feel differently in the next couple of years.”

“I love being a mum. I felt I was really going to be a worrier, but I would say I’m actually a very chilled mummy. I’m loving having two children, and I have such a nice age gap between them both. I love my life – I’ve got two great kids who are my everything.”

By Julie Ann Trainor



Her daughter Polly is now two years old

MY VIEW ON A TOWIE REUNION

“If they asked me, of course I would! I’ve heard it’s happening [it’s rumoured *TOWIE* bosses are in talks with original cast members for a one-off ten-year anniversary special]. If it is – amazing! Remember, it was me who invented the ‘vajazzle’, and the saying, ‘Well jel’. I actually saw Mark Wright in [Essex nightclub] Sheesh about three months ago. I just gave him a kiss. It’s so amazing that we did *TOWIE* together – and it’s been such a powerful show.”



Amy with her *TOWIE* co-stars in 2010

SURGERY REGRETS



At a Love
Island party
in 2016



‘Being a
single mum
is hard, but
I love it!’



A collage of various lifestyle and travel images. In the center is a circular logo with a light blue background and a dark blue border. The text "LET'S GET" is at the top, "Flirtify" is in the middle in a large, white, cursive font, and "TOGETHER" is at the bottom with a small red heart above it. The collage includes: a couple holding hands, a couple walking in the rain, a couple sitting by a campfire, a couple in a boat, a couple at a bar, a couple on a gondola, a couple walking on a beach, a couple sitting at a table, a couple walking on a cobblestone street, a couple walking on a wet street, and a couple walking on a beach.

Let's get together.

www.flirtify.co.uk





FRANKIE:

‘I shouldn’t have had two boob jobs’

The ex-TOWIE star reveals why she wishes she’d waited before going under the knife

She was 23 when she first had her cleavage boosted to a 32EE, and the former *TOWIE* star has had three boob jobs in total, including a reduction after her second enlargement – which took her to a 32GG – caused the petite, 5ft 5 star to suffer from severe backache.

She explains, “I didn’t regret my first one, but I shouldn’t have had the second one, which I had a couple of years later. I wish I’d waited until I was a bit older and knew my body better. I should never have considered going under the knife a second time, because my boobs were already massive and hurting my back. When I decided to have the second op, my head was



in a different place and I just rushed into it.”

Frankie, 32 – who recently had her implants reduced to her natural 32DD cup size – experienced a traumatic childhood after her mum tragically took her own life at just 37, following a struggle with depression. Frankie, who was only 13 at the time, has spoken about the “devastating” effects her mum’s death had on her family, and how it led her to suffer from depression herself during her 20s.

CRUEL TAUNTS

She says, “It was everything... My mum, a break-up with an ex-boyfriend, and I lost a lot of friends when I first went on *TOWIE*. I’ve had a bit of a s*** life, but who hasn’t?”

After joining the reality show in 2011, she faced years of cruel taunts from online bullies over her fluctuating weight – as she yo-yoed between a size 8 and 16. She says, “I’ve never switched off the comments on my Instagram, but I’ve deleted a few of the negative ones. I am who I am, but it is hard



when people are commenting on social media, ‘She’s put some weight on again’.

“I’m never going to be stick thin. I lost a lot of weight a few years ago, but I was also going through a very stressful period in my life, suffering with depression. Thankfully, I’m in a really good place now.”

BODY CONFIDENT

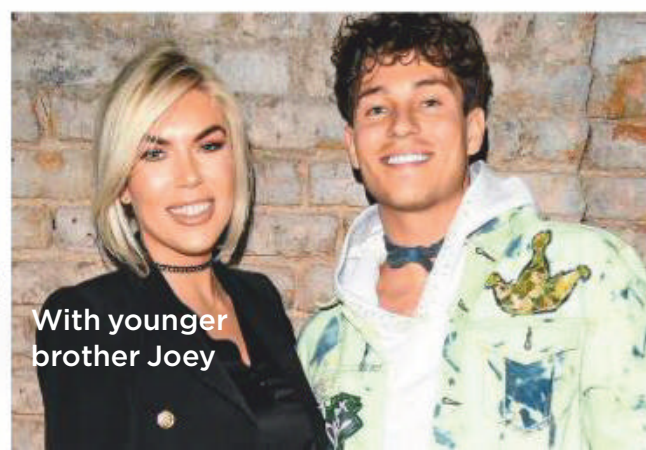
On hand to make sure Frankie, now a size 10-12, always feels happy is her supportive boyfriend Luke, 30 – a personal trainer, whom she credits for making her feel body confident. “We met through a friend of a friend and it went from there. We bounce off each other. I love cooking – I probably eat more healthily than he does,” says Frankie. “Ever since I’ve known him, he’s said I’m body perfect, so I’ve never felt anything but confident when I’m with him. We met before I lost the weight. We’ve nearly moved in together and we’re both so chilled – it’s amazing.”

By Julie Ann Trainor

● Closer spoke to Frankie at the Float Like A Butterfly Ball in aid of disabled children at Grosvenor House, London



She was one of the early *TOWIE* stars alongside Lauren Goodger



With younger brother Joey



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HOLLY:

‘Going under the knife doesn’t make you happier’

Geordie Shore’s Holly Hagan opens up about her nip/tuck journey and says it’s not worth the risk

S

he’s had one of the biggest transformations in showbiz over the last decade. Looking almost unrecognisable from her

debut *Geordie Shore* days in 2011 – when she was famed for her bright red hair and FF boob job – Holly Hagan went on to drop 3st and reduce her implants to a size 32DD.

Holly, 27, has spoken openly about her battle with body image issues and in December revealed how serious things had got when she was labelled “the fat one” on *Geordie Shore*.

DANGEROUS

In an emotional Instagram post, she recalled, “I would resort to making myself sick, fat-freezing and eventually I would risk my life on an operating table because I genuinely believed there was no other option.”

But now the reality star says she’s finally

happy with her curves after going on a health kick – and she credits her personal trainer for helping her become “the best version of me”.

Speaking at the Float Like A Butterfly Ball in aid of disabled children, Holly told *Closer*, “Surgery is a very dangerous game if you’re not careful. That’s why I’m trying to focus on health and fitness, because at the end of the day, you’ll go under the knife and you still won’t be happy. You are essentially risking your life, so it’s more important to do it the right way.

“I’m trying not to focus on my weight as much and focusing more on the fitness side of things. I wouldn’t like to say what size I’m down to now, to be honest – it’s not important.”

And despite many of her *Geordie Shore* pals openly using cosmetic enhancements

SURGERY REGRETS



to change their appearance, Holly says she has stopped having lip fillers.

“I haven’t had lip fillers for two and a half years – and I don’t plan on getting them again,” she reveals. “To be fair, mine have always been quite big. I think it’s a very personal thing – if you want to get it done, get it done. But it’s not really a trend now; it’s kind of died down, hasn’t it?”

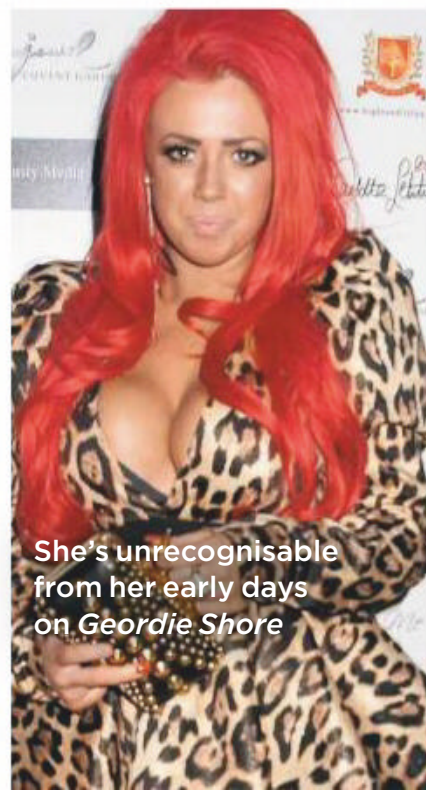
HEARTACHE

It’s not just Holly’s looks that have transformed, but her love life, too. After a failed romance with former *Geordie Shore* co-star Kyle Christie, she’s now happily engaged to footballer Jacob Blyth, and says he’s behind her healthy outlook on diet and fitness.

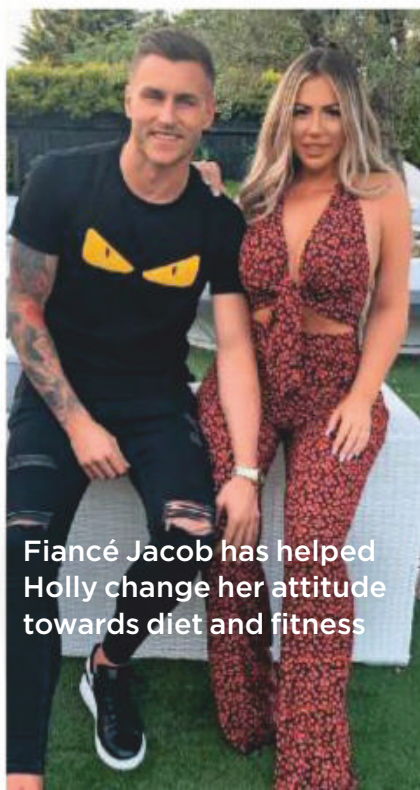
“I kind of wish I’d met him years ago,” she says, “because that could have saved me a lot of heartache and yo-yo dieting. I lost a stone for my engagement party and that was all through diet and training and doing the right thing, so I now know what actually works.”

By Julie Ann Trainor

● Holly stars on *Geordie OGs*, 9pm, Wednesdays on MTV



She’s unrecognisable from her early days on *Geordie Shore*



Fiancé Jacob has helped Holly change her attitude towards diet and fitness



Now she focuses on staying fit rather than maintaining a certain size

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- 2 tbsp olive oil
- 1 small or ½ large leek, chopped
- ½ red pepper, finely diced
- 400g can tinned chickpeas, drained
- 1 tbsp sweet paprika
- 1 pinch chilli flakes
- 100g spinach leaves
- Handful cherry tomatoes, halved
- 2 slices of toast
- 1 avocado, stone removed, sliced



STEP 1 Put a large saucepan over a medium heat and add the olive oil, leek, and pepper. Fry for about 5-10 mins, until soft and lightly browned.

STEP 2 Put half of the chickpeas into a blender and blitz, then add to the pan with the remaining whole chickpeas. Stir well and simmer for another few mins until heated through.

STEP 3 Sprinkle in the paprika and chilli and season with salt and freshly-cracked black pepper to taste. Add the spinach and let it wilt into the mixture.

STEP 4 Serve with the cherry tomatoes, toast, and slices of avocado.

● Recipe from 7 Day Vegan Challenge by Bettina Campolucci Bordi (Hardie Grant, £15)

FOLLOW THESE RECIPES TO CREATE DELICIOUS MEALS AT HOME



SERVES 4

- 1 tsp soy sauce
- 50g butter at room temperature
- 250g rice
- 2 tbsp toasted sesame seeds
- 2cm chunk root ginger, cut into fine matchsticks
- 150g asparagus, cut into bite-sized pieces
- 150g mangetout, halved
- 150g broad beans (defrosted, if frozen)
- 4 garlic cloves, finely sliced
- 4 fresh salmon fillets
- Pinch white pepper

STEP 4 Preheat the grill to hot. Line a baking sheet with foil and grease it lightly with some of the soy butter. Season the salmon with white pepper, place skin-side down on the foil, and top each piece with a small dollop of soy butter. Place under the grill for 3-4 mins, then turn over and grill skin-side up for another 4-5 mins, until the skin is crisp and bubbly.

STEP 5 Serve the salmon on top of the vegetables with the rice on the side. Spoon any extra melted soy butter from the vegetable pan over the fish.

● For more delicious recipes from Tim, visit Kikkoman.co.uk.

TIM ANDERSON'S SALMON WITH SOY BUTTER AND GARLICKY GREENS

STEP 1 Mix the soy sauce and butter until combined.

STEP 2 Cook the rice to the pack instructions. Once cooked, drain, then mix in the sesame seeds and ginger. Keep warm.

STEP 3 Heat a spoonful of the soy butter in a pan on a medium heat. Add the vegetables, cover with a lid, and cook gently until starting to soften. Add the garlic halfway through.

NEW & DELICIOUS

KNORR VEGAN STOCK POTS

(Morrisons, 95p) Add loads of flavour to meat-free meals with these rich and tasty stock pots. They're vegan and gluten-free. Choose from kaffir lime and ginger, smoked chilli and tomato, and sundried tomato.



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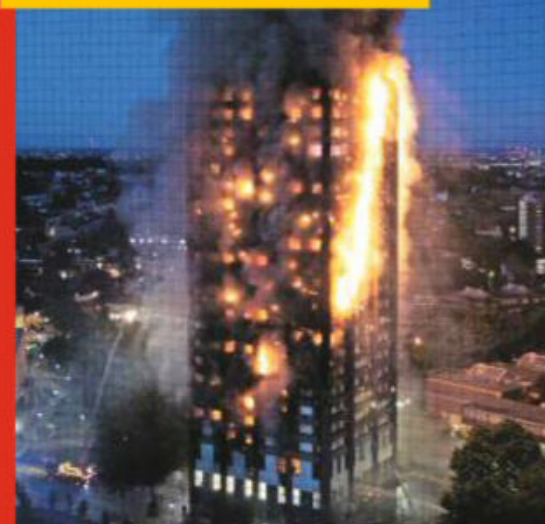
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THE DARKEST CRIMES AND EVIL MINDS

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Fridge raider

AUTHOR GIOVANNA, 35, AND MUSICIAN HUSBAND TOM FLETCHER, 34, ON WHAT'S IN THEIR FRIDGE

"I like cold chocolate, so there's always a bar somewhere"

"The kids love cheese"

INSIDE GIOVANNA AND TOM'S FRIDGE

- Margarine
- Peanut butter
- Avocado
- Pickled onions
- Sliced gherkins
- Chocolate
- Tomatoes
- Smoothies
- Milk
- Yoghurt
- Chilli cheese
- Soft cheese
- Cheddar cheese
- Mozzarella
- Asparagus
- Cucumber
- Cauliflower
- Cod fillets
- Chicken fillets
- Prawns
- Carrots
- Peppers
- Apple juice
- Orange juice
- Coconut milk
- Oat milk
- Almond milk

GIOVANNA & TOM

How much do you spend per week?

Tom: Anywhere from £150 to £200, especially with five mouths to feed [the couple have sons Buzz, five, Buddy, three, and 18-month-old Max]. We'll do a weekly shop in one go at the supermarket, or get it delivered – depending on how organised we are.

Describe your daily diet...

Most mornings, we have granola with yoghurt or coconut milk. Buddy likes it too, whereas Buzz will have fruit. Lunch depends on what we're doing – usually a salad, but Giovanna likes scrambled eggs with avocado on toast. For dinner, the kids usually eat what we do – paella's a favourite. We might have a glass of wine, but usually survive on coffee.

Is there anything you refuse to eat?

I don't like bananas, unless they're frozen and covered in chocolate and nuts. Giovanna won't eat strong-smelling cheese.

What's the strangest thing you've eaten?

I once had five varieties of carrot in Japan with McFly. I didn't know there were so many!

What would you cook to impress?

We love having people over for a sociable pick-and-mix brunch. We'll make loads of stuff for the table like fruit, yoghurt and pancakes, so everyone can help themselves.

Usual takeaway order?

We all enjoy curry, including the kids. We like a vegetable version – they're often tastier.

Naughty but nice?

Peanut butter cheesecake.

● *Tom is an ambassador for the new Danone yoghurt range. Visit Danoneyogurt.co.uk.*



VERDICT

NUTRITIONIST JULIETTE KELLOW SAYS,

"It's great to see Tom and Giovanna enjoying family meals. Studies show children who eat with their parents tend to have better diets. The key to healthy meals is to include foods from the four main food groups – starchy foods, fruit and veg, dairy, and lean proteins. Paellas and curries, with yoghurt for dessert, are great choices."

FRIDGE HEALTH RATING 8.5/10

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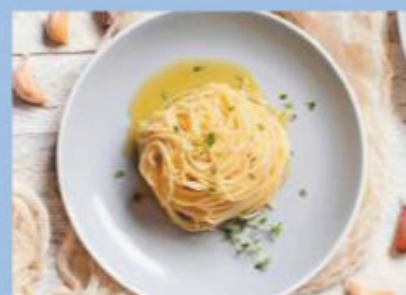
FAVOURITE FAMILY MEAL



TOAD IN THE HOLE

We like to cook one big dish that can feed everyone. This always goes down well.

SPEEDY DINNER



PASTA

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Dr C's check-up

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

'AGE IS NO BARRIER TO CATCHING AN STI'

From chlamydia to genital warts, over-45s are catching more sexually-transmitted illnesses than ever before. Dr C urges caution

I'm not surprised STI diagnoses have gone up among middle-aged and older adults, but it's proof we need better sex education.

KNOW THE RISKS

Many people think, "It won't happen to me". A lot of information around STIs is aimed at younger people, which could play into that assumption. STIs don't care about age, gender, or sexuality – anyone can get anything. Statistically, younger people are more likely to get an STI. This is simply because they are more likely to be having

sex with different people, as they might not be in a longer partnership. However, older people get divorced or go through a break-up, and then also sleep with various partners, putting themselves at risk of STIs. In addition, as people get beyond their thirties, thoughts are more focused on pregnancy, not infections. Either they don't want to get pregnant, so they use the pill but not condoms, or they think they're not likely to get pregnant, so don't use any protection at all.

FIND BETTER CONDOMS

Lots of couples struggle with condoms. If you were married for years and never used them,

but as a newly-divorced person you need to, you might dislike them. People can see them as a passion killer, or find them fiddly to put on, so simply don't bother. However, lots of companies make them in different sizes or in different materials, so if you're finding using condoms difficult, it's worth looking into other options to try.

If you are in a monogamous relationship, it is important you both get tested. If you're clear, you can have unprotected sex with each other, but do have regular check-ups at the sexual health clinic.

The latest figures show that gonorrhoea has gone up

27 per cent in heterosexual women. Syphilis has risen sharply too, going up by 19 per cent in straight women, but STIs are going up and down in all genders and sexual orientations. No infection favours any one group. Many are symptom-free but look out for pain, discharge and bleeding.

DON'T DELAY

They're all treatable, but if left untreated, they can have horrible consequences – from infertility to chronic pelvic pain, while gonorrhoea can cause a nasty type of arthritis. An STI is diagnosed every 70 seconds, so practise safe sex.



BEING BUSY IS GOOD FOR YOUR BRAIN

Enjoying lots of different activities keeps your grey matter healthy

We may dream of leading a simple life, but having plenty to do is great for your memory and is key to good health. Researchers tracked the different activities that 732 people did every day, and after ten years, those who stayed busy and led varied lives had healthier brains. They had better memories and attention spans, and could solve problems more easily. Doing lots of passive things, like binge-watching TV, on the other hand, saw brains get slower. So to stay sharp, enjoy a varied, fun social life.



WORTH TRYING

Fabric plasters to match different skin tones

Tesco plasters now come in light, medium or dark (£1 for 40). We tested medium on Asian skin and dark on black skin, and both looked more subtle. They're water resistant, too.



Life balance



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

ALL ABOUT YOU

HOW TO FEEL MORE CONFIDENT AT WORK

If you feel overlooked, frustrated, or bored in the office, Emma has strategies to help you turn things around for the better

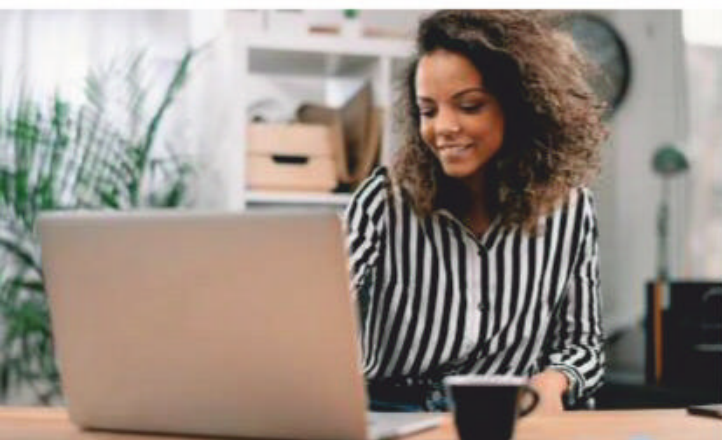
If you want to progress in your career, or feel more well-liked in the workplace, authenticity is key. First, be honest with yourself about your struggles. If you feel you're not taken seriously, ask to meet your boss for a coffee, and discuss your aspirations. Have a list of questions about how they achieved their

and help you see things more clearly. Avoid playing the victim. Instead, try to analyse what you could do differently to achieve your desired results. If you feel like you're treading water and you can't move forward, hone your skills so that you stand out. No one is a mind reader, so ask for what you need if you're not fulfilled. If you feel taken advantage of by your boss,

or that you've been treated badly by a co-worker, calmly express your feelings and ask for what you want to change. Either you'll get what you need, or you'll realise that this is not the best workplace for you. Often, we focus on

success, and ask for tips. This will put you on their radar, and you will leave feeling inspired. If you feel unhappy, instead of moaning to co-workers, find someone who's removed enough to offer an unbiased view. This perspective will make the situation less emotional,

what isn't working rather than what is, so try to be balanced in your attitude by writing down what you like about your work. Finally, know what you want to achieve, because there is no use telling people you are unhappy unless you have solutions. Be strategic to get your needs met.



WOULD LIKE TO MEET...



Closer's dating expert, Rebecca Twomey, questions why chemistry is deemed so important and looks at how we could be reading those sparks the wrong way

How long do you wait to go on a date with someone after you match on an app? A day, a week, a month – maybe even a year? According to new research from Samsung KX, 58 per cent of us singles hold out up to a month before having an IRL (in real life) meet-up. By then, I'd have lost interest. After all, how do you keep the spark alive over WhatsApp for that amount

of time? I'm particular – if I click with someone, I'll meet up that evening, but if we're messaging for longer than two weeks before a first date, I cut it off. Maybe I should give this “slow burner” thing a try – but would there be similar chemistry?

The same survey found that a third of Brits value chemistry as the most important factor on a date, with half claiming it takes less than 30 minutes to know if it's there or not. So why, then, is everyone delaying

FAMILY MATTERS

WHY PRAISING YOUR KIDS REALLY DOES WORK

A study has found that complimenting rather than criticising kids encourages them to achieve more at school. Emma explains how you can embrace positivity and help your children thrive

For every negative comment you receive, you need eight positive ones to redress the balance. The pang of hurt is far more powerful than that of approval, which explains why a study has found praising, rather than punishing, kids makes them up to 30 per cent more focused in the classroom.

IGNORE BAD BEHAVIOUR

When a child thinks they are in trouble, they feel anxious and lose focus. Being repeatedly punished lowers confidence. The key is to ignore bad behaviour, rather than condemn it. If your child is unruly or disobedient at home, starve them of attention around their actions so they don't get any reinforcement, because

young children in particular like negative attention more than no attention. When you feel angered at their behaviour, instead of reacting, refuse to engage with them until they are behaving in a manner you are happy with. This conditions your child to recognise that negative behaviour has little worth. Meanwhile, make a point to notice small positives in your child's behaviour that you may have taken for granted. It may be as simple as them sitting quietly when reading. Noticing these small wins daily helps them build a strong relationship with the benefits of praise.

BE CONSISTENT

Make your comments specific. Telling your child they are fabulous at everything won't have any impact, because they will

know they have their weaknesses. Instead, point out the behaviour you are praising and why. That way, they can focus on and amplify this behaviour. Be consistent, as once your child feels you are paying attention to their positive actions, they will seek approval when acting in similar ways.

RECOGNISE POSITIVES

Some children spend their entire school day feeling less capable than their peers and worrying that they are not good enough. Help them to recognise their individual talents and strengths, to counteract that negative self-image. Praise kindness, generosity, humour, caring towards animals – any of their good traits. The result? Their behaviour will thrive.

PHOTOS: REX/SHUTTERSTOCK

dates? For me, chemistry is a gut feeling. You click with someone, you fancy them, and the conversation flows – it's a rare find, but when it's there you can't deny it.

My issue is, I've been lucky enough to have these feelings multiple times with people over the years, but it isn't really any indicator of where it may lead. I'm often buzzing for the first

few weeks – until the other person loses interest. I'm always left questioning if I read things wrong, and feel like I can't trust my gut.

My solution is always the same, but it's consistent for a reason. I think you should take things slow from that first date. It's great you feel a spark, but chemistry can grow. Some chemical reactions just take longer.

Don't dismiss guys who are shy at first and less expressive. Sadly, some men are good at playing games and can create chemistry, even though they're not being authentic. While it's important, chemistry isn't the only spark you need to make you smile.

CELEB LIFE MANTRA



COMEDY ACTRESS SU POLLARD, 70, REVEALS HER INNER EMOTIONAL SECRETS

I'M PROUD OF... still being in showbiz. It's quite hard, especially for the younger ones trying to make a career out of it. It is difficult to do for a long time, but I've managed it.

I'VE LEARNED... people often just want a bit of kindness. When I was a little girl, I fell over in the playground. One of my teachers was so kind. She gathered me up and took time out to help and comfort me. That stayed with me. A kind word goes a long way.

THE BEST PIECE OF ADVICE I'VE BEEN GIVEN... is to not disregard people, but also listen to yourself – you'll find the right way forward. It's something my dad said to me. He was great – as well as being supportive and encouraging, he was modern and forward-thinking.

MY BIGGEST FEAR IS... something happening to me before I want to go and not being able to do everything I want to – there's a few more things yet! You don't want to fear death, but you've got to be realistic.

● Su Pollard will be appearing in the UK tour of *Harpy* by Philip Meeks

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REAL LIFE SUPERSAVER

'I'VE CUT £44 FROM MY WEEKLY FOOD SHOP'

Savvy shopper Laura Gaga, 39, has gone from a £50-a-week food shop to less than £6! Here, she reveals her secret...

In 2011, Laura Gaga, a civil servant from London, discovered “yellow sticker” shopping – where food that’s approaching its sell-by date is labelled with a cut-price yellow sticker. She says, “My colleague Andy would bring ‘yellow sticker’ food to work for lunch, and I was so impressed by how much he was saving that I started looking for the stickers myself. I was saving up to 90 per cent on fruit and pre-prepared sandwiches. Before, I spent £50 a week on food shopping just for me. I often spent £10 a day at work on lunch, snacks and drinks. My food spend last month was just £23.57 – less than £6 a week – including fresh fruit and vegetables, bread, chocolate, meat substitutes [Laura’s vegan], houmous, coffee and peanut butter. I even buy ‘yellow sticker’ pet food for my cat!”

Laura reveals her best-ever bargains were a bottle of gin reduced from £23 to £2.30, and tubs of Booja Booja ice cream for less than 37p a tub [they’re normally around £5.49].

Stickers aside, Laura also uses food sharing app Olio. “People and companies share food they no longer need, so I get things like grains, beans, nuts and

salads,” says Laura. “I’ve also found local stores that place produce they can no longer sell outside for the taking.

“I routinely take my breakfast, lunch and snacks to work with a reusable water bottle and coffee cup, as well.”

Alongside saving cash, it’s made food more fun for Laura. She reveals, “Buying food from the reduced section has made me experiment more in the kitchen. It’s built up my confidence and improved my awareness of food waste and the social and environmental implications. I’ve started volunteering with food waste charities like The Felix Project – who pick up surplus produce from suppliers and deliver it to charities – and created Instagram account @reduction_raider1 to encourage others to become conscious of their food habits.” It’s helped keep debts at bay, too. “In my twenties I was routinely running up credit card debt. Now I’m able to pay my mortgage and bills and save money, without any outstanding loans or overdrafts”, Laura says. “I’d never go back to buying full-priced food.”

LAURA'S TOP TIPS: TIME IT WELL

“Supermarkets reduce products by around 25 per cent in the



mornings, and this increases throughout the day. Final reductions can be up to 90 per cent off, usually at 7-8pm.”

SHARE FOOD “Use Olio and check local cafés like Pret, who distribute food that would otherwise be wasted”

FREEZE MORE “I had no clue cheese could be frozen; I used to bin it as soon as I spotted mould. Milk, bread, fruit, veg, herbs and cooked meals can all be frozen too.”

WRITE A LIST “Shopping with a list makes you more likely to stick to your expenditure and less likely to buy what you already have or don’t need.”

GET 10% OFF FURNITURE

Cool homeware brand Cult Furniture is offering 10 per cent with code CLOSER10. It can be used multiple times until May, but not with other discounts or promotions, sale items or with a gift voucher.



CREDIT WATCH

TV star Dr Ranj Singh, 45, reveals his last few purchases



£25 for sushi from Deliveroo. I probably order from there seven times a week.

£60 on a beautiful bouquet of flowers from Interflora for my friend.

£10 on magazines from WHSmith. Every week I buy a bunch to find out what’s going on.

£2.60 On a skinny latte from Costa.

£500 For a pair of Alexander McQueen boots that were in the sale. I’m quite short so I like boots with a slight Cuban heel to give me a boost!

● Dr Ranj: On Call starts on ITV at 7.30pm, Tuesdays



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Here for life

ARE YOU ON THE BRINK OF BURNOUT?

More of us are suffering the effects of chronic stress than ever before. Here's how to spot it – and prevent it

Juggling a busy job, family issues, health worries and everything else life throws at you can often feel overwhelming. In fact, three in four of us Brits admit to feeling stressed or unable to cope. But those under excessive and prolonged stress are at risk of burnout – a state of emotional, physical and mental exhaustion, which 41.8 per cent of UK professionals admit to being on the verge of. The World Health Organisation even lists it as a recognised “occupational phenomenon”.

“Burnout comes from a multiple of stressors that build up over a period of time,” explains Rosie Millen, a burnout coach (missnutrionist.com). “For most people, work is one of those things. Other circumstances include being in a toxic relationship, dealing with a difficult family member, being ill, or struggling from the demands of home life and children.” And it's not just the obvious symptoms to look out for – such as exhaustion, anxiety and trouble sleeping. Others linked to stress might surprise you. Rosie, who advocates making changes to diet, lifestyle and mindset, says there are key signs to look out for if you think you might be reaching or at the stage of burnout. They are:

- Finding small tasks challenging
- Frequent illnesses
- Headaches and tummy troubles
- Social interactions feeling like a chore
- Loss of motivation and drive

Here are Rosie's simple steps to help keep stress at bay...

RECIPE FOR RECOVERY

INCREASE YOUR CALORIES

“Most people I see for burnout aren't eating enough,” says Rosie. “Women need 2,000 calories a day, and food is energy, so it's important to fill up on nutritious foods like brown rice, pasta, chickpeas, lentils, lean proteins and vegetables. Fifty per cent of the population is deficient in magnesium, and stress is one of the biggest things that depletes it, so ensure you're eating plenty of nutrient-rich dark green veg like spinach and kale.”

GET AS MUCH SLEEP AS POSSIBLE

“You need to be getting at least eight hours of sleep a night to function properly. The hours of sleep between 10pm and midnight are the most refreshing as your melatonin levels (the sleep hormone) are highest at this point, so getting to bed early is ideal. If you're a parent, this can be difficult, so take sleep where you can and listen to your body. If you need a nap, ask someone to take the children for an hour.”

TAKE SUPPLEMENTS

“Stress is a major robber of vitamins and minerals, particularly B vitamins. Taking a high-quality B complex will help your cells produce Adenosine Triphosphate – your body's energy molecule.”

ELIMINATE STRESSORS

“Find them first – it could be your job, family issues, or a toxic relationship. It could also be a build up of micro-stressors – small day-to-day things. Then sit down and think about how you can eliminate or reduce them in your life.”

TAKE TIME FOR YOURSELF

“It's hard to get into the habit of this and many of us don't allow ourselves space to unwind. The best way to start is to find some time to meet a friend, once a week, to go for a walk in nature for an hour.”

LIMIT SCREEN TIME

“Studies have shown that social media triggers anxiety, so try a digital detox for five days and turn off all notifications. Even after a day, you'll feel refreshed and realise the world still turns if you're not glued to your phone. If you're feeling frazzled, your phone going off will just make it worse.”

ASK FOR HELP

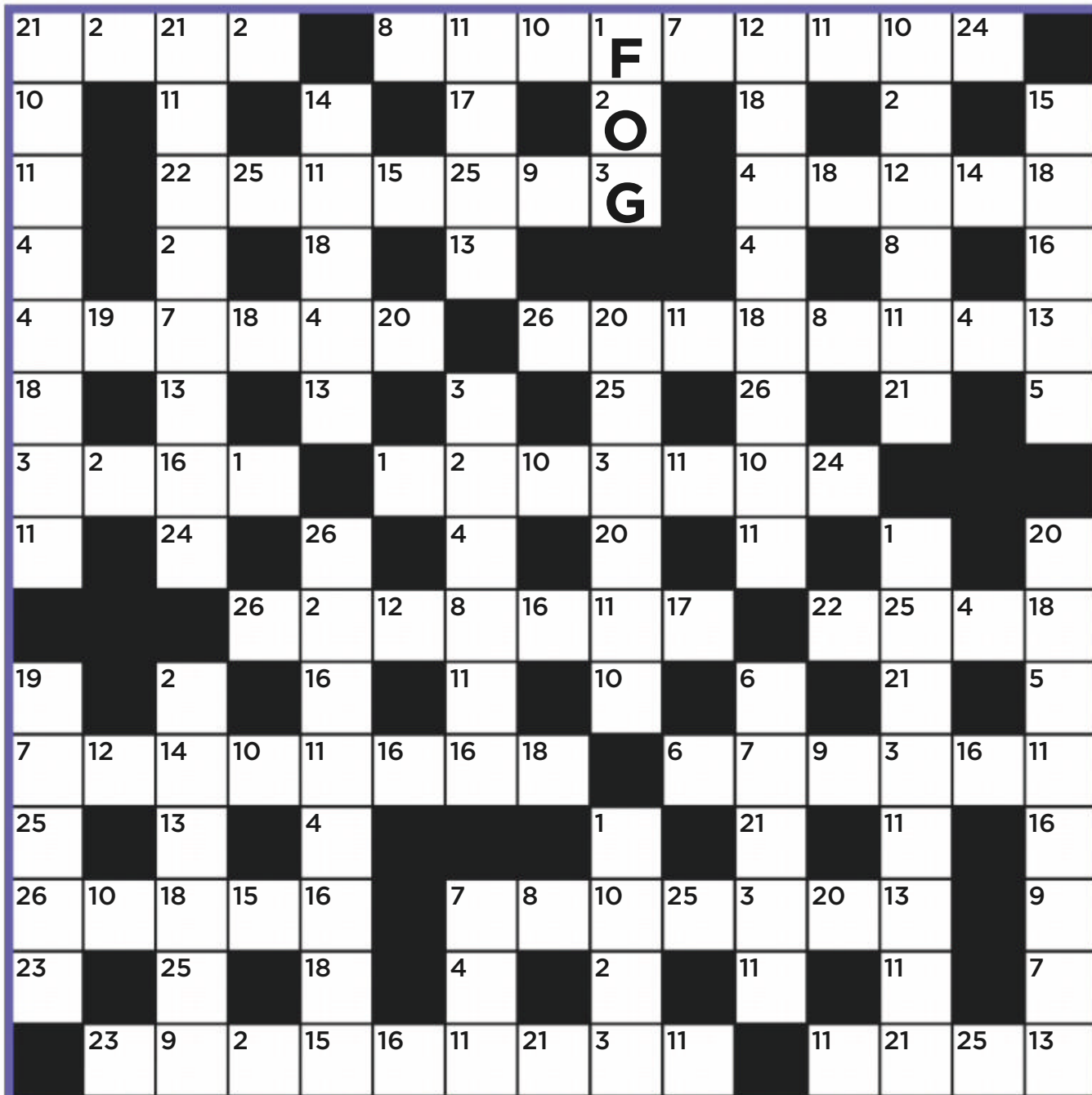
“It's not your job to be everything to everyone – that's a fast-track to burnout. Start by asking someone who is close to you if they have time to lend you a hand. There's no shame in asking for help to take the pressure off yourself or get time for some self-care.”



Puzzles

CODE CRACK

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

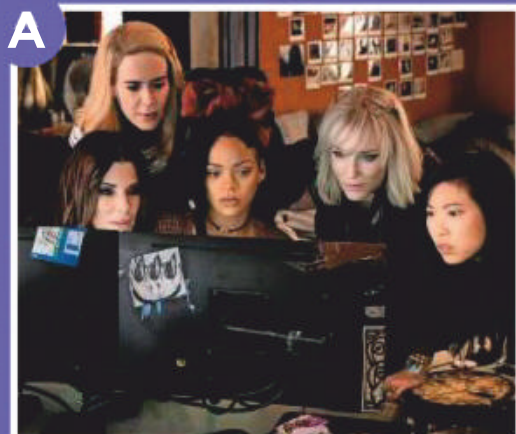


KEEP TRACK OF YOUR LETTERS HERE:

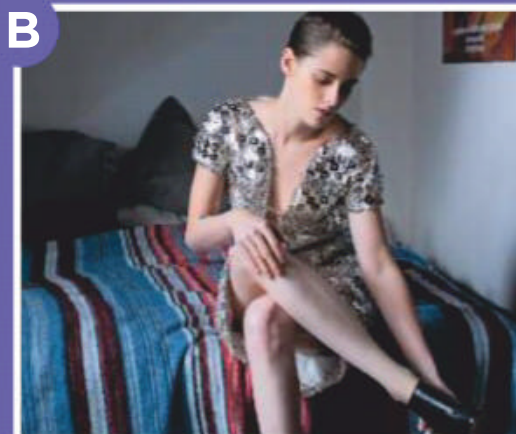
A	N	1	F	14
B	O	2	O	15
C	P	3	G	16
D	Q	4		17
E	R	5		18
F	S	6		19
G	T	7		20
H	U	8		21
I	V	9		22
J	W	10		23
K	X	11		24
L	Y	12		25
M	Z	13		26



GUESS THE FILM STILL



A girl gang get together to steal a really fancy piece of jewellery



Kristen Stewart receives a series of increasingly spooky texts

NAME THE STARS

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

1 This model and actress has some of the most iconic eyebrows ever

EVIL ACNE GARDEN

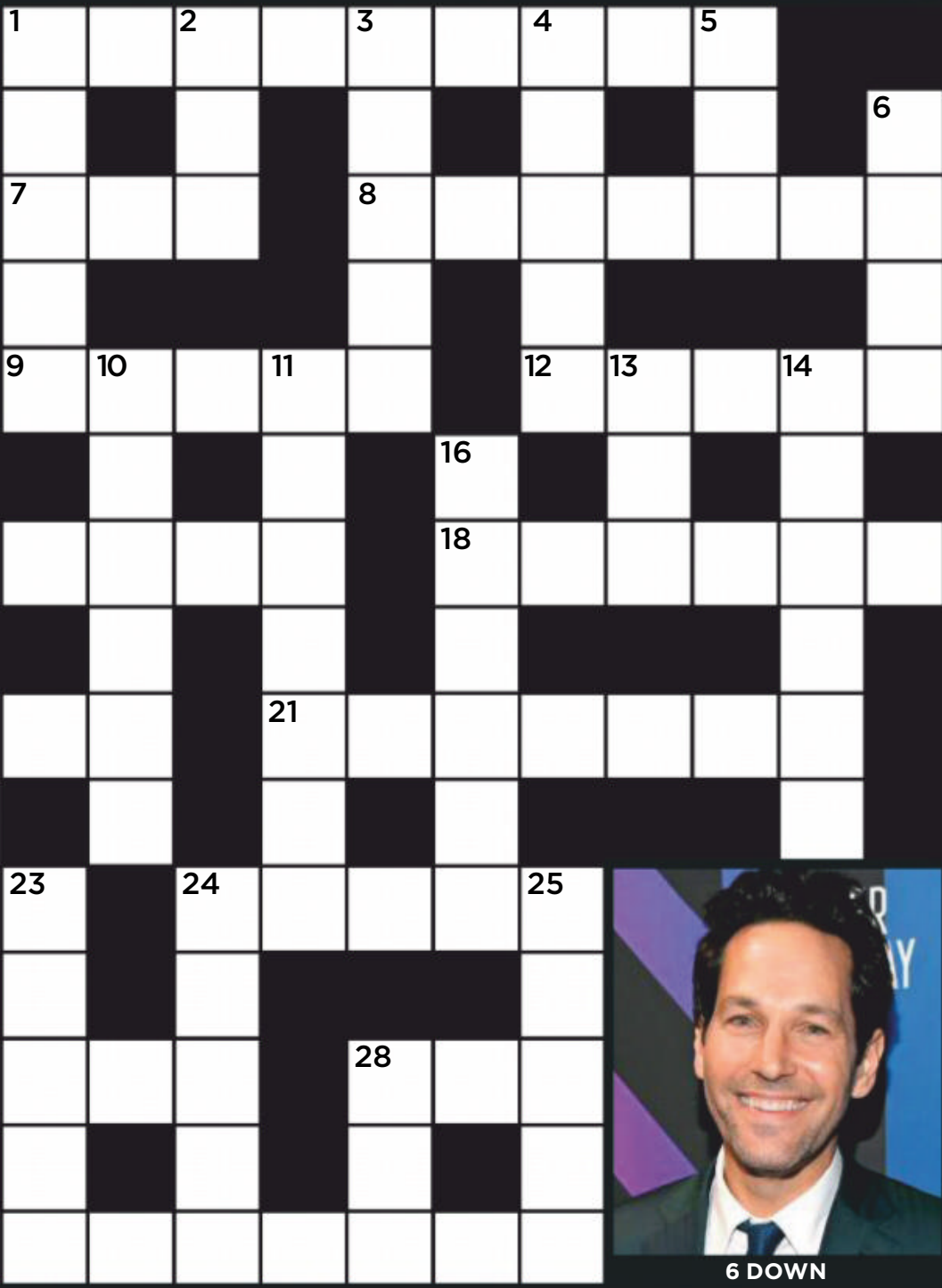
2 There's *No Time To Die* for this writer - she's too busy *Killing* it with her huge *Bag* of acting jobs

BIGHEAD BOW REPELLER

THE BIG CROSSWORD



24 ACROSS



6 DOWN

ACROSS

- 1 Cascade 9
- 7 Languish 3
- 8 Small breed of dog 4-3
- 9 Stairs 5
- 12 Goaded 5
- 17 Person in overall authority 7
- 18 Largest Saudi Arabian city 6
- 19 Drinking cup 6
- 21 Guards 7
- 22 Just right 5
- 24 Jo - - -, sardonic TV comedian See pic 5
- 26 Four-sided stone pillar 7
- 28 Put into service 3
- 29 Sneaky, sly 9

DOWN

- 1 Merchandise 5
- 2 Dynamite 1,1,1
- 3 Romantic flowers 5
- 4 Farewell 5
- 5 Illuminated 3
- 6 Paul - - -, *Ant-Man* star See pic 4
- 10 Formal agreement 6
- 11 Thrive 7
- 13 Beam of light 3
- 14 First born 6
- 15 Donny - - -, singer 6
- 16 Inhabitant of Brittany 6
- 20 Open grassland 3
- 22 Cartoon locomotive, - - - the Engine 4
- 23 Scottish lord 5
- 24 Gerry Rafferty's hit song, - - - *Street* 5
- 25 Fear 5
- 27 Australian bird 3
- 28 New York's country 1,1,1

Tape machine (1, 1, 1)	Devon town	▼	Worry unduly	▼	22nd Greek letter	▼	Aquatic bird	▼	After-bath powder	Gloomy	Orinoco Flow vocalist	▼
▶	▼		Pirate		Ray ---, snooker player	▶				▼		
Say from memory	▶		▼				Counsel		Link together		Paella ingredient	
▶				Islamic name for God	Card game	▶	▼		▼		▼	
Jared ---, Oscar winner		Darted	▶	▼				Kimono sash	▶			Working cattle
▶					Very cold	Computer part (1, 1, 1)	▶			Racket, din		Container
The Sound of Music teenager		Prisoner's excuse	▶		▼			Went before	▶	▼		▼
▶						Grain tower	▶				Stranger	▶
Astrological signs		Poetry	▶					Scottish actor, --- McGregor	▶			

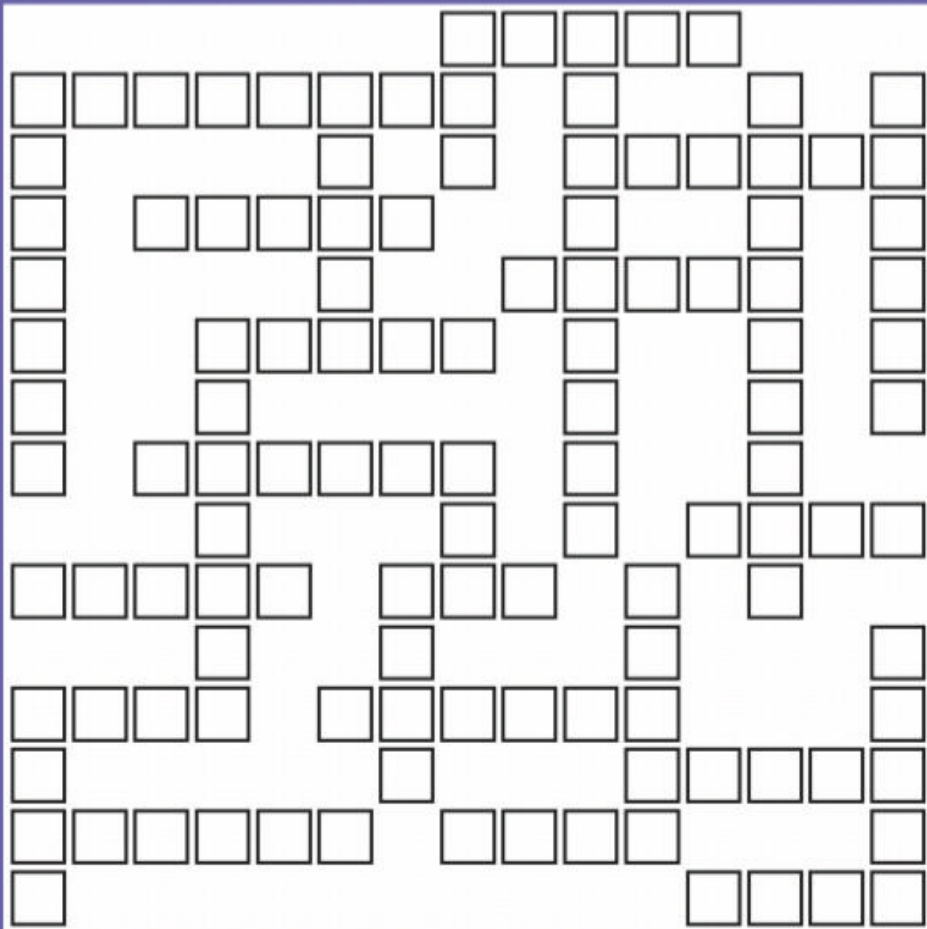
CLUES & ARROWS

Fill in the grid using the clues provided

Puzzles

CRISS CROSS

Stay current with these water features that you might find on a map



3 LETTERS

BAY
FEN
SEA

4 LETTERS

BECK
BURN
LOCH
TARN
WASH
WELL

5 LETTERS

BASIN
BROOK
CANAL
DITCH
FIRTH
INLET
OCEAN
RIVER
SOUND

6 LETTERS

BROADS
RAPIDS

SPRING

STRAIT
STREAM

7 LETTERS

CHANNEL
SALTING

8 LETTERS

SINKHOLE

9 LETTERS

BACKWATER
RESER

SUDOKU

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

LEVEL 1: EASY

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

LEVEL 2: MEDIUM

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

Win!

WIN A FLYMO EASISTORE
LAWNMOWER JUST IN
TIME FOR SPRING!

If you're looking forward to getting back into your garden this spring and you want a perfectly-cut lawn, look no further. We've teamed up with UK gardening Superbrand Flymo to offer one lucky reader the chance to win its brand new Flymo EasiStore 300R Li cordless lawnmower. Visit Closer.co.uk/win*.



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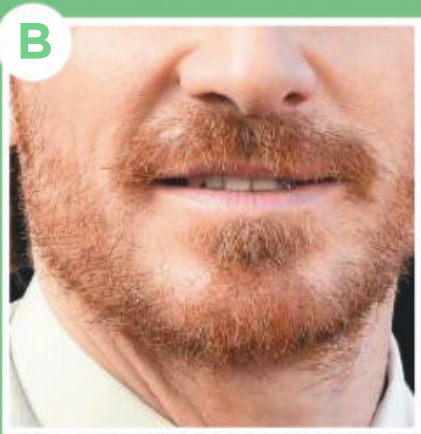
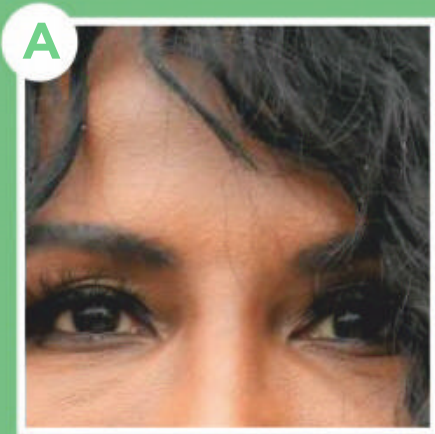
SPOT THE DIFFERENCE

Can you spot the six differences between these two pics of Heidi, Alessandra, Kate, and Lily?



GUESS THE CELEB

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



WORD SEARCH

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

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

ACTRESS
AUSTIN POWERS
BIOGRAPHY
BRITNEY
CHARITY
CROSSROADS

DANCER
DOLLS
FASHION
GRAMMY
INNOCENSE
PERFUMES

POP ICON
SINGER
SONGWRITER
SOPRANO
SPEARS
TEEN IDOL



WORD LINK

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

- A RUNNER ---- BAG

B BLOOD --- HERRING

C HOT ----- ROLL
- D LAST ----- PORTER

E SPIRIT ----- CROSSING

F SORRY ----- VISIT

Closer diet & fitness

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TV WEEK: 7-13 MARCH

What to watch

THE SHOWS EVERYONE WILL BE TALKING ABOUT

THE UNDATEABLES
OUR FAVE DATING
SHOW IS BACK – AND
YES, IT'S BRILLIANT



MIRIAM'S BIG FAT ADVENTURE
PLUS-SIZE DANCE CLASSES AND
'FAT, HAPPY' PEOPLE



**JOANNA LUMLEY'S HIDDEN
CARIBBEAN: HAVANA TO HAITI**
A 1,500-MILE ADVENTURE
WITH THE TV LEGEND



**THE GREAT CELEBRITY
BAKE OFF FOR STAND
UP TO CANCER**
THE STARRY VERSION
IS HERE, ALL FOR A
BRILLIANT CAUSE



SPORT RELIEF 2020
A STAR-STUDDED NIGHT
OF ENTERTAINMENT



LIAR
THE DRAMA CONTINUES,
WITH LAURA ARRESTED



PLUS: 7-DAY LISTINGS, CELEB CHATS & SOAPS





THIS WEEK'S
TOP STORIES

Soap Spotlight!



HOLLYOAKS

TOBY ISN'T HAPPY

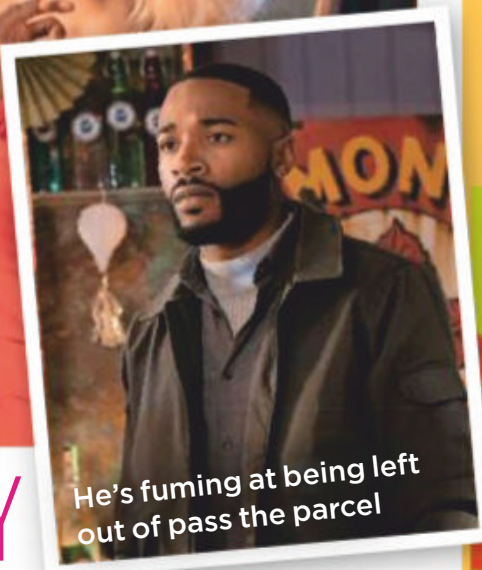
It's Mitchell's birthday, and with Scott in charge of decorations at The Dog, it's a nice, low-key affair. Just kidding! Though it's a memorable occasion, what with Toby planning to reveal his true identity (i.e. he's Mitchell's long-lost twin), but he mostly sits there stewing, watching everyone celebrate his brother's big day. Elsewhere, someone puts a funeral wreath on Mercedes' door (this is after Liam tells her he is "coming for her"), and Juliet goes ahead with her drug-dealing idea.



PLANNING TO PROPOSE...

EASTENDERS

Following Lola's recent bombshell (the 3 March episode reveals all), Jay proceeds with his secret proposal plan, showing Lexi the bling he's got her mum. On Tuesday, he pops the question over a romantic lunch. What will Lola say...? Elsewhere, things are looking up for Mick and Linda (until she catches him checking that she's dumped her secret booze stash and thinks he doesn't trust her), while Gray is fuming when he thinks Chantelle's told the fam about his job situation (she hasn't).



He's fuming at being left out of pass the parcel

CORONATION STREET

Craig heads to the doctors for a wellness check-up (he wants to lose a bit of weight), but the poor lad's barely got started before there's big drama, with Dr Ali suddenly collapsing on the floor in front of him. He's loaded into an ambulance, with Maria and Gary watching on in horror. Gary knows what happened, as he told Sharon to "teach Ali a lesson", but he's terrified the doc is dead, and then Toyah has to confess that Ali may have overdosed on diazepam. Ali *does* come round - but decides to leave the Street...



DR ALI OVERDOSES

ALSO THIS WEEK:

- Aggie collects her Weatherfield Golden Hearts Award, but the day gets chaotic when a reporter asks James about being gay...
- The game looks to be up for Geoff when sharp-eyed Alya spots that a spelling mistake in the new menus he's done for Speed Daal is the same as the one in the bad online reviews.
- A melancholy Ken packs up the last of his things from No 1, and he and Claudia move into 'Stillwaters'.



James' family are worried about him



FOLLOW OUR LIVE
TWEETS OVER AT
@CloserOnline



EMMERDALE

VANESSA'S SECRET IS OUT

Viewers have been floored by vet Vanessa's bowel cancer diagnosis (revealed on-screen by nasty Pierce Harris – who was holding her hostage at the time), but so far only Charity has found out, and Vanessa wants it to stay that way for now. Unfortunately, well-meaning Tracy (in another excellent outfit) decides to host a party for her friend. Excitement levels about the fact that Vanessa is no longer gagged and being forced into an uncomfortable position on a cold kitchen floor are high, and Tracy wants to pop some fizz to celebrate. Naturally, Vanessa isn't in the mood, but Tracy refuses to abandon the idea of a bash – so Charity is forced to blurt out about Vanessa's cancer battle. Tracy is stunned, while Vanessa puts on a brave front to cries of, "Surprise!" – but crumbles when she realises Charity has blabbed to Tracy about what's happening. Argh! Elsewhere, Laurel still hasn't told anyone about Arthur confessing to bullying Archie. She tries to keep schtum, but then there's an incident with Archie getting trapped under a toppled cabinet (with Arthur standing over him) and, thinking he's up to his old tricks again, Laurel tells Jai everything. In love-related news, Dan and Mandy agree to go on a date (brave man), and Luke asks Vic to give their romance another shot...



Tracy could improve on the tactfulness front



Laurel is unsure what that blue drink she ordered is



Will Dan be wined and dined, or declined?



The moment viewers found out

DEVASTATING DIAGNOSIS

Show bosses have been working with Bowel Cancer UK on Vanessa's storyline, which takes place over the coming months. Michelle Hardwick, who's played Vanessa on the show since 2012, said, "They have been enormously helpful to me in researching Vanessa's symptoms and treatment. I hope to do the story justice. I was really shocked to learn that bowel cancer is the fourth most common cancer in the UK, and the second biggest cancer killer – but diagnosed early is treatable."



TOP 20 tv pic



TV WEEK:
7-13 MARCH

TUNE IN TO CLOSER'S PICK OF THE TELLY EVERYONE'S
TALKING ABOUT WITH TV EDITOR HANNAH WRIGHT



NEW
SERIES

THE UNDATEABLES

HEARTWARMING AND MAGICAL

WED 11 MARCH, 9PM, C4

Finding that special someone isn't always as straightforward as it could be, which is where this completely brilliant series comes in – helping extraordinary singletons in the search for true love. Nicholas, 26, could well be our new *Undateables* favourite. An aspiring football commentator from Berkshire, he has Asperger's and is armed with a list of specific criteria for that special someone, along with questions to ask on a date. Meanwhile, "diva" Shantae, 22 – who has Down's syndrome – is a little ball of energy who is "better than Beyoncé" (too right). We also meet 28-year-old Sam who is a big fan of "the Robster" (Robbie Williams, FYI) and – guess what? – his date Jessica likes to put *Angels* on repeat. The full series will be available on All 4 from 11 March (yay!)

1



NEW
SERIES

RACE ACROSS THE WORLD

RUN, FORREST, RUN!

SUN 8 MAR, 8PM, BBC2

Five teams compete to get from the top of Latin America to the bottom, with no smartphones, credit cards or Internet access. Good luck!

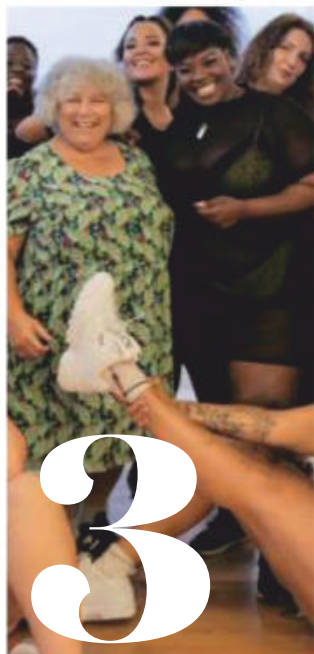
2

MIRIAM'S BIG FAT ADVENTURE

BODY TALK

MON 8/TUE 9 MAR,
9PM, BBC2

Miriam Margolyes travels around the UK in a bid to find out why we're the most overweight we've ever been as a nation. She also meets up with people who are "fat and happy" – something the actress has never been, in all her 78 years – and attends one of the first plus-size dance classes.



3



LIAR

LAURA IN THE NICK

MON 8 MARCH, 9PM, ITV

Laura's been arrested and DI Renton is making life tricky. Then Lor finds out new boyf Ian has been hiding something – nooo!



FINAL

INSIDE NO 9

CREEPY LAST EPISODE

MON 9 MARCH, 10PM, BBC2

Rounding off the latest brilliant series of darkly comic twisted tales is this creepy instalment, with Reece Shearsmith and Steve Pemberton playing two coppers on a night shift. All (as ever) is not what it seems...

5

DID YOU KNOW?

Podcast *Inside Inside No 9* is where Reece and Steve discuss the inspiration behind each story. Visit Bbc.co.uk/programmes/p0824y01

Being vegetarian, Joanna was worried about meal times but says, "It was no problem. I was eating things like deep-fried courgette flowers and bean mash, and everything was just divine."

JOANNA LUMLEY'S HIDDEN CARIBBEAN: HAVANA TO HAITI

AN AB FAB TRAVELOGUE

TUE 10 MAR, 9PM, ITV

Joanna Lumley dons a natty sun-hat and takes off on a 1,500-mile Caribbean adventure. Over the years, Havana and Haiti have been colonised, populated by slaves, and blighted by natural disasters. Both countries may be poor in monetary terms, but they're rich in other ways, with miles of unspoiled coastlines, pristine beaches and lush forests. As ever, Joanna is an amazingly engaging presenter, and falls in love with every place she visits. This runs over two parts.

JOANNA LUMLEY:

'I've come back with a taste for rum...'

The legend that is Joanna Lumley, 73, embarks on her latest travel adventure, where she uncovers 'hidden gems' on a 1,500-mile trip across the Caribbean...

Why Cuba and Haiti?

I wanted to go somewhere where not too many tourists have visited. Cuba is popular, but we went off the beaten track, and very few tourists have been to Haiti as it's still on the Foreign Office list as a country unwise to visit.

What did you notice about the poverty there?

In Cuba, everybody is poor. The average pay is 25 US dollars [£19.40] a month and even doctors are only earning 45 US dollars [£35]. Therefore, everyone has roughly the same income, so there's no envy or possible class system, no snobbery or snootiness – but the downside is that anybody who's got an idea, like an entrepreneur, can't get ahead with it.

You mention the heat...?

It was baking. I've been in hot places before, but we were

almost crying because it was so hot and humid. Sometimes we'd just have to work very early in the morning and take a two-hour lunch break because we couldn't operate. We were literally melting, but of course, we don't show the dirt and sweat on camera, or how the days are terrifically long, which is why people sometimes go, "Wow – you've had a little holiday." Not really!

Was it hard to dress accordingly?

I hate summer clothes anyway, because they are always awful

and don't look right. As a presenter, you dress modestly – and I never show my arms or legs...

Was there anything which made a real impression on you?

It was all terribly beautiful. I thought Santiago was heaven. It's also very hilly, and it has a harbour. It's got a very lovely, buzzy feeling.

Did you see (infamous detention camp) Guantanamo Bay?

It's got a ten-mile exclusion zone, so you can't go into it. Through field glasses you can just make out the nefarious prison camp in the distance. Guantanamo itself is a picturesque small town – it is Guantanamo Bay where the big naval base is.

You experienced your first-ever Piña colada...?

I'd never had one before! I live a very sheltered life [laughs]. I loved it, and I've come back

with a taste for rum, which I've never really liked before. I also sampled a daiquiri [rum cocktail], for research purposes... Souvenirs-wise, obviously you bring back some cigars. Nobody really smokes them, but my husband likes the idea of them. In Cuba, they do little carved hummingbirds on a string, so I brought back some of those, and in Haiti they make peanut butter with chilli in it – though mine was confiscated at the airport...

Would you go back?

On these trips, we don't have time off to wander about or lie in the sun. I would like to go back to Cuba, so I can lie on a bed in the sun until I go black. I want to turn into a crocodile, with crocodile skin and a crocodile face. You can't sunbathe while you're filming, because you can't be white and then brown if you're shooting out of sequence. You long sometimes to swim in the sea, but you get to look at it – and then you're back in the cars...

By Hannah Wright



Joanna meets local boxing stars



NEW
SERIES

THE GREAT CELEBRITY BAKE OFF FOR STAND UP TO CANCER

FAMOUS FACES IN THE TENT TUE 10 MARCH, 8PM, C4

It's the starry version, and first up in the tent is Louis Theroux (who finds being "on location in prison" more relaxing than time spent doing *Bake Off*), plus comics Jenny Éclair and Russell Howard and *Love Island* star Ovie Soko. It's a very entertaining start - Louis reckons he has a "fascination with Paul Hollywood" (his eyes are "like an Arctic fox"), while Jenny is rather competitive. You'll be chortling over her Showstopper, which involves a Choux bun replica of herself "naked from the waist up". Russell is frankly not the best, but he does rustle up a decent biscuit which looks a lot like his dog Archie. Don't forget to donate at channel4.com/su2c

DRAGONS' DEN



8

NEW
SERIES

PITCHES TO RICHES

SUN 8 MARCH, 9PM, BBC2

Kicking off a new series is a beauty entrepreneur who wants a trans community "empowered by make-up" to look their best. It's down to Deborah Meaden and co to open the purse strings!

COULD BE EMBARRASSING...

MON 9 MARCH, 8PM, C4

A special investigation into celebrities charging huge fees to support charities. Reporter Antony Barnett sets up a fake charity, and goes undercover to reveal how some of the most famous people in Britain are profiting from the work they do for a 'good cause' (such as posting on social media and appearing at events). Crikey!



FILM

10

PASSENGERS

SPACE ADVENTURE

SAT 7 MARCH, 9PM, C4

Jennifer Lawrence and Chris Pratt star in this 2016 film about two folk who are on a 120-year journey to another planet, when their hibernation pods wake them up 90 years too early. Awks. Michael Sheen plays the Creepy Android Man.

THE STATION: TROUBLE ON THE TRACKS

BTS WITH RAILWAY STAFF

THU 12 MARCH, 9PM, ITV

This goes behind the scenes at Network Rail, following train manager Adam, who "loves a good prank" (and might let you off a ticket), customer service assistant JJ, who deals with a pregnant lady taking a tumble, and rail engineers in Birmingham facing some Banksy graffiti.

11

NEW
SERIES



FIVE GUYS A WEEK

BRAND NEW DATING SHOW

TUE 10 MARCH, 9.15PM, C4

Forget the "getting to know you" part of a relationship - how dull. This interesting new show (from the *First Dates* people) cuts right to the nitty gritty, with single women inviting five blokes to move in with them - all at the same time. Each day, one man will be asked to leave, until (ideal scenario) the dater is left with 'The One'. Such fun!



9

SPORT RELIEF 2020

STAR-STUDED ENTERTAINMENT

FRI 13 MARCH, 7PM, BBC1

There's loads going on for *Sport Relief*, which is a week-long programme of events, culminating with this celeb-filled night of fundraising. This year's theme is "tackling poverty and injustice", and the starry broadcast live from Media City in Salford will bring together the biggest names in TV for a "huge celebration to raise money for good causes". The likes of Gary Lineker, Paddy McGuinness, Maya Jama, Emma Willis, Rylan Clark-Neal, Oti Mabuse, and Alex Scott MBE will front the main show, crammed with highlights.



5 MINUTES WITH...



Loose Women star Andrea McLean, 50, one of several famous faces taking part in this year's Celebrity Boat Race for Sport Relief...

W

What is the Celebrity Boat Race?

It's basically a load of celebrities [including *Hollyoaks*' star Chelsea Healey, *ITV*'s Dr Ranj and *MIC*'s Jamie Laing] rowing really badly in Manchester with some Olympians shaking their heads on the side-lines, and holding their heads in disbelief that they ever thought this was a good idea. I think that kind of sums up the whole thing...

And you got involved because...?

Sport Relief is such a huge thing. It's about getting people up out of their chairs and thinking of different ways to raise money. I know there are other celebrities who are trekking, cycling, and doing all sorts of things, but for me this was a chance to try something that I've never had a go at before. You don't really think of rowing as being a team sport, but it is. And it's not as easy as it looks!

What training have you been doing?

I've been keeping my general fitness levels up and working on my arms and my core. I did explain to James Cracknell [who's training the team, alongside Olympic rower Helen Glover] that I don't use the rowing machine at the gym, because the last time I did I fainted. I was with a personal trainer at the time and I might've pushed myself a bit too hard...

That bodes well!

I know, but I'm sure it will all be fine. We're all a bit rubbish, but we're all ambitious and we want to win. I'm mostly looking forward to the banter and the atmosphere on the day, and getting stuck in. And if it's pouring with rain and it all goes horribly wrong, then what a brilliant story for the pub – and that's the way you have to look at it!

By Hannah Wright

13



CELEBS FOR SALE: THE GREAT CHARITY SCANDAL – DISPATCHES

12



NEW SERIES



BREEDERS 12

DOING IT FOR THE KIDS

THU 12 MAR, 9PM, SKY ONE/NOW TV
A *Confession*'s Martin Freeman stars as beleaguered dad-of-two Paul in Sky's brand-new comedy about the highs and lows of modern-day parenting. Daisy Haggard (from BBC3's *Back To Life*) plays his equally struggling wife Ally.

NEW SERIES

FACTFILE:

The Boat Race itself happens on Wed March 11. It's pre-recorded, with the winning team announced on the big *Sport Relief* fundraising night – March 13.



THE HEAT IS ON: SPORT RELIEF

15

BATTLING EXTREME CONDITIONS

WED 11 MARCH, 8PM, BBC1

Nick Grimshaw was forced to pull out of this 100-mile trek across the Namib desert after being treated for heat exhaustion, and Frankie Bridge described day two as one of the worst of her life. Respect to the group (which also includes Rob Rinder, Chris Hughes, Samantha Womack, Krishnan Guru-Murthy and CBBC's Karim Zeroual) for taking part in this intense *Sport Relief* documentary, with their goal to break down the stigma of mental health and raise money for mental health services. Over four days, the team are attempting to cross the desert in Namibia by foot, bike and ski (on sand). Just one word: wow.

SHIPMAN: 5 MISTAKES THAT CAUGHT A KILLER

LEAD UP TO
ARREST

16

THU 12 MARCH,
10PM, CHANNEL 5

Dr Harold Shipman was Britain's most prolific serial killer – putting 250 of his patients to death with lethal overdoses of morphine. Tune in to see how 'Doctor Death' got caught...



CHILD OF OUR TIME: TURNING 20

TWO DECADES OF FILMING

WED 11 MARCH, 9PM, BBC2
Now all grown up, we hear from three of the kids featured in the Beeb's long-running documentary tracking the development of 25 British children born in the year 2000. Meet Eve, Jamie and Rhianna.

17



18

HOW HEALTHY IS YOUR GUT?

HAPPY INTESTINES HERE!

FRI 13 MARCH, 8PM, C4

Sabrina Grant meets six contributors putting a plethora of gut health-improving regimes to the test – and we find out which pills and potions for our tummies really can help our overall health.

THE GREATEST DANCER/ DANCING ON ICE

AND THE WINNER IS...

SAT 7/SUN 8 MARCH,
6.30/6PM, BBC1/ITV

In *TGD*, the four acts left go head to head (and viewers at home decide who wins). On ITV, Phil and Holly oversee as the final three celebs battle to be crowned this year's *DOI* champ (glad to still have all their fingers).



FINALS

19

NEW
SERIES

20

HOW TO BEAT... AGEING

BASICALLY, WHAT WORKS?

THU 12 MARCH, 8PM, C4

Kate Quilton and Dr Javid Abdelmoneim tell us how we can bring down our "biological age" – in five weeks. Walking quicker and sleeping better are discussed, along with the usual stuff (a healthy diet) and things like doing good deeds every day.

TV TALK

WHAT KATE DID

Kate Garraway has landed a Saturday brekky show, on ITV from April. She'll team up with her Jungle pal Myles Stephenson.

FANCY A HOL?

For your chance to take part in a new series of Holly Willoughby and Bradley Walsh's *Take Off*, email take-part@hungrybear.tv





Saturday 7 March

* CLOSER PICKS

BBC1

6am Breakfast. **10.0** Saturday Kitchen Live. **11.30** Gareth Thomas' Tour De Trophy For Sport Relief. **12.0** Football Focus. **1.0** BBC News. **1.15** Ready Steady Cook. **2.0** Garden Rescue. **3.0** Money For Nothing. **4.0** Final Score. **5.10** The Repair Shop. **5.40** BBC News. **5.50** BBC Regional News; Weather.

BBC2

6.30am The Dog Ate My Homework. **7.0** The Dengineers. **7.30** Blue Peter: World Book Day & Six The Musical. **8.0** Deadly 60. **8.30** FILM: Strange Magic (2015) ★★ **10.0** Kung Fu Panda: Secrets Of The Furious Five. **10.25** Kangaroo Dundee & Other Animals – Part One: Natural World. **11.30** Lorraine's Fast, Fresh And Easy Food. **12.0** Hairy Bikers' Best Of British. **1.0** All-Star Netball For Sport Relief. **2.0** The £100K House: Tricks Of The Trade. **3.0** Hugh's Wild West. **4.0** Flog It! **5.0** Kangaroo Dundee & Other Animals – Part Two: Natural World. **6.0** **Saving Lives At Sea** The team race to rescue two teenagers. Last in the series. (S) (R)

7.0 **Wild Cuba: A Caribbean Journey** Part one of two. Colin Stafford-Johnson explores parts of Cuba few outsiders have seen. (S) (R)

8.0 **Great American Railroad Journeys** Michael Portillo travels from Springhill Junction to Quebec City. (S)

9.0 **Hilary Mantel: Return To Wolf Hall** Profile of the author as she publishes the final novel in her Tudor trilogy. (S)

10.0 **FILM: Lost Lives** (2019) ★★★★★ A documentary inspired by the book of the same name that records the circumstances of the deaths of every man, woman and child killed during the Troubles. (S)

11.30 FILM: Midnight's Children (2012) ★★★★★ **1.45** FILM: Stations Of The Cross (2014) ★★★★★ **3.30** This Is BBC Two.

ITV

6am CITV. **7.30** Scrambled! **9.25** ITV News. **9.30** James Martin's Saturday Morning. **11.40** Living On The Veg. **12.45** ITV News; Weather. **1.0** ITV Racing: Live From Sandown. **3.30** ITV News; Weather. **3.40** ITV News London. **3.50** Six Nations Live.

7.0 **Ant & Dec's Saturday Night Takeaway** Jax Jones and Ella Henderson perform live. (S)

8.30 **The Voice UK** Emma Willis hosts the third and final episode of the Battle rounds. (S)

9.55 **ITV News; Weather** (S)

10.10 **FILM: Pitch Perfect** (2012) ★★★★★ A new student joins an a cappella singing group made up of social misfits to compete in campus music competitions. Comedy, starring Anna Kendrick and Rebel Wilson. (S)

12.20 You've Been Framed! Gold. **12.50** Ideal World. **3.0** Rebound. **3.50** ITV Nightscreen.

C4

6am Mike & Molly. **6.25** Cheers. **6.50** Cheers. **7.15** Frasier. **7.40** Frasier. **8.05** Everybody Loves Raymond. **8.35** Everybody Loves Raymond. **9.0** The Big Bang Theory. **9.30** The Big Bang Theory. **9.55** The Simpsons. **10.25** The Simpsons. **10.55** The Simpsons. **11.25** The Simpsons. **11.55** The Dog House. **12.55** Four In A Bed. **1.25** Four In A Bed. **1.55** Four In A Bed. **2.30** Four In A Bed. **3.0** Four In A Bed. **3.30** A Place In The Sun. **4.30** Crufts 2020. Clare Balding presents coverage, on the theme of Kids and Dogs.

6.30 **News** (S)

7.0 **Crufts 2020** Clare Balding presents continued coverage from the NEC Birmingham. (S)

* **9.0** **FILM: Passengers** (2016) ★★★★★ Premiere. A spacecraft transporting thousands of people to a distant planet malfunctions. As woken travelling companions Jim Preston and Aurora Lane fall in love, they are soon on a collision course with more technical problems and a dark secret. Fantasy adventure, starring Jennifer Lawrence and Chris Pratt. (S)

11.15 FILM: GI Joe: The Rise Of Cobra (2009) ★★★★★ **1.20** The Last Leg. **2.10** The Big Narstie Show. **3.05** Hollyoaks. **5.05** Location, Location, Location.

CHANNEL 5

6am Milkshake! **9.50** SpongeBob SquarePants. **10.05** The Loud House. **10.15** Access. **10.20** WWE SmackDown Highlights. **11.20** Friends. **11.50** Friends. **12.20** Friends. **12.50** FILM: A Will To Kill: Hailey Dean Mysteries (2018) ★★★★★ **2.40** FILM: A Prescription For Murder: Hailey Dean Mysteries (2019) ★★★★★ **4.20** FILM: The King And I (1956) ★★★★★ Oscar-winning musical, starring Yul Brynner and Deborah Kerr.

6.55 **5 News Update** (S) **7.0** **Royal Doctors: Treating The Monarchy** The role of the medics who look after the royal family. (S)

8.0 **The Royals: A Family In Crisis** A look at issues affecting the monarchy in 2019. (S)

9.30 **Charles And Di: The Truth Behind Their Wedding** Documentary examining the week prior to the Royal Wedding of Prince Charles and Diana Spencer in 1981, which lifted the spirits of the nation during a turbulent time. (S) (R)

11.05 The Carpenters: Their Greatest Hits. **12.05** The Last Hours Of Karen Carpenter. **1.0** The 21.co.uk Live Casino Show. **3.0** Access. **3.10** Our Dream Hotel. **4.0** Billionaire Kids: Diamond Lives. **4.45** House Doctor. **5.10** Nick's Quest. **5.35** Wildlife SOS.



6.30pm The Greatest Dancer, BBC1



9pm Return To Wolf Hall, BBC2



7pm Saturday Night Takeaway, ITV



9pm Passengers, C4



8.30pm The Voice UK, ITV

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W

6pm Tipping Point. **7.0** Inside The Ambulance. **8.0** Inside The Ambulance. **9.0** 999 Rescue Squad. A doctor fights for his life after a head-on collision with a truck. **10.0** 999 Rescue Squad. **11.0** Louis Theroux: Talking To Anorexia. **12midnight** One Born Every Minute. **1.0** Emily Attack: Adulting. **1.50** Code Black.

MTV

6pm Catfish: The TV Show. **7.0** MTV Cribs UK. **7.30** MTV Cribs UK. **8.0** MTV Cribs UK. **8.30** MTV Cribs UK. **9.0** MTV Cribs UK. **9.30** MTV Cribs UK. **10.0** MTV Cribs UK. **10.30** MTV Cribs UK. **11.0** Geordie OGs. **12midnight** Geordie OGs. **1.0** Geordie Shore. **2.0** Geordie Shore. **2.50** Geordie Shore. **3.40** Ridiculousness. **4.0** Teleshopping.

ITV2

5.10pm FILM: The Secret Life Of Pets (2016) ★★★★★ **6.55** FILM: Uncle Buck (1989) ★★★★★ **9.0** FILM: Fast & Furious 8 (2017) ★★★★★ **11.35** Family Guy. **12.35am** American Dad! **1.05** American Dad! **1.30** Ibiza Weekender. **2.35** The Stand Up Sketch Show. **3.05** Totally Bonkers Guinness World Records. **3.20** ITV2 Nightscreen.

TLC

6pm Curvy Brides Boutique. **7.0** Say Yes To The Dress: America. **8.0** Hot & Heavy. **9.0** Say Yes To The Dress: UK. **9.30** Say Yes To The Dress: UK. **10.0** Dr Pimple Popper. **11.0** Say Yes To The Dress: America. **12midnight** Hot & Heavy. **1.0** Say Yes To The Dress: UK. **1.30** Say Yes To The Dress: UK. **2.0** Dr Pimple Popper.

E4

5.30pm FILM: Home Alone 2: Lost In New York (1992) ★★★★★ **8.0** FILM: Transformers: Revenge Of The Fallen (2009) ★★ **11.05** Gogglebox. **12.10am** Friday Night Dinner. **12.45** Friday Night Dinner. **3.20** Gogglebox. **4.15** The Big Bang Theory. **4.40** The Big Bang Theory. **5.05** The Big Bang Theory.

SKY ONE

6pm The Simpsons. **6.30** The Simpsons. **7.0** The Simpsons. **7.30** The Simpsons. **8.0** Modern Family. **8.30** FILM: Men In Black II (2002) ★★ **10.15** Strike Back: Vendetta. **11.15** Hawaii Five-O. **12.15am** NCIS: Los Angeles. **1.15** A League Of Their Own. **2.15** The Heist. **3.15** Jett. **4.30** The Real A&E. **5.0** The Real A&E. **5.30** The Real A&E.

ITVBē

6pm The Real Housewives Of Cheshire. **7.0** Dinner Date. **8.0** Dinner Date. **9.0** Botched. Medic Paul Nassif helps a mother out of a "snotty" situation. **10.0** Totally Unbelievable. The most inspiring celebrity bodies. **11.0** Vanderpump Rules. **12midnight** Marriage Boot Camp: Reality Stars. **12.55** Teleshopping.

SKY ATLANTIC

6pm Without A Trace. **9.0** FILM: Real Women Have Curves (2002) ★★★★★ Comedy drama, starring America Ferrera. **10.40** Boardwalk Empire. Pilot episode of the Prohibition-era drama, starring Steve Buscemi. **12.10am** Boardwalk Empire. **1.20** Oz. **2.35** Oz. **3.50** Dolittle: Special. **4.0** Fish Town. **5.0** Fish Town.

E!

6pm Total Bellas. **7.0** Keeping Up With The Kardashians. **8.0** Keeping Up With The Kardashians. **9.0** Botched. **10.0** Very Cavallari. **11.0** Hollywood Medium With Tyler Henry. **12midnight** Flip It Like Disick. **1.0** Botched. **2.0** Teleshopping. **2.30** Teleshopping. **3.0** Keeping Up With The Kardashians. **4.0** Botched. **5.0** Teleshopping.

SKY LIVING

6pm Border Security: Australia's Front Line. **7.0** Blue Bloods. **9.0** Law & Order: Special Victims Unit. **10.0** The Good Doctor. **11.0** Law & Order: Special Victims Unit. **12midnight** Law & Order: Special Victims Unit. **1.0** Law & Order: Special Victims Unit. **2.0** Blue Bloods. **3.0** Blue Bloods. **4.0** Nothing To Declare. **5.30** Nothing To Declare.



Sunday 8 March

* CLOSER PICKS

BBC1

6am

6am Breakfast. **7.30** Match Of The Day. **9.0** The Andrew Marr Show. **10.0** Politics England. **10.30** The Big Questions. **11.30** Bargain Hunt. **12.15** Ready Steady Cook. **1.0** BBC News. **1.15** Songs Of Praise. **1.55** Rugby Union: Six Nations Build-Up. **2.30** Live Six Nations Rugby Union. **5.30** Blue Planet II.

6pm

6.30 BBC News ^(S)
6.50 BBC Regional News; Weather ^(S)

7pm

7.0 Countryfile The team marks International Women's Day on the Holnicote Estate in Somerset. ^(S)

8pm

8.0 Antiques Roadshow Fiona Bruce presents from Salisbury Cathedral, where the experts assess letters from Enid Blyton and an item of Queen Victoria's underwear. ^(S)
9.0 Last Tango In Halifax Alan's new supermarket job brings an unexpected challenge in the form of Harrison. ^(S)

10pm

10.0 BBC News ^(S)
10.20 BBC Regional News; Weather ^(S)
10.30 Match Of The Day 2 Manchester United v Manchester City and Chelsea v Everton. ^(S)

11pm

11.30 Shane Williams: Rugby, Concussion And Me. **12.35** BBC News.

BBC2

6.45am The Instant Gardener. **7.30** The A To Z Of The RHS Chelsea Flower Show. **8.30** Countryfile. **9.30** Beechgrove Repotted. **10.0** Saturday Kitchen Best Bites. **11.30** Natural World: Komodo – Secrets Of The Dragon. **12.30** Triathlon: World Series: Abu Dhabi. **2.0** Lorraine's Fast, Fresh And Easy Food. **2.30** The Hairy Bikers' Comfort Food. **3.15** FILM: 633 Squadron (1964) **★★★** **4.50** Back In Time For The Corner Shop. **5.50** Greg James' Sport Relief Heroes.

6.50 Top Gear Nepal Special The team travels from Kathmandu to the Forbidden City of Lo Manthang. ^(S) ^(R)

*** 8.0 Race Across The World** New series. Five pairs of competitors journey around the globe, with only limited cash and no use of modern technology. ^(S)
*** 9.0 Dragons' Den** Business ideas contest. ^(S)

10.0 Dara O Briain – Voice Of Reason A chance to see the comedian's Voice of Reason live show from 2019. ^(S) ^(R)

11.0 The Ranganation. **11.50** Women's Six Nations Highlights. **12.20** FILM: Up There (2012) **★★★★** **1.35** FILM: Valhalla Rising (2009) **★★★★** **3.0** Sign Zone: Question Time. **4.0** Sign Zone: Fraud Squad: The Hunt. **4.45** This Is BBC Two.

ITV

6am CITV. **7.30** Scrambled! **9.25** ITV News. **9.30** Ainsley's Caribbean Kitchen. **10.30** Living On The Veg. **11.30** Love Your Garden. **12.30** St Davids – Britain's Smallest City. **1.0** ITV News; Weather. **1.10** The Voice UK. **2.30** Ant & Dec's Saturday Night Takeaway. **4.0** FILM: Liar Liar (1997) **★★★★** **5.35** ITV News; Weather. **5.50** ITV News London.

*** 6.0 Dancing On Ice** Phillip Schofield and Holly Willoughby host the final of the skating contest, in which the last two celebrities perform their take on Torvill and Dean's Bolero. ^(S)

8.0 McDonald & Dodds The detective duo investigate the murder of a wealthy patient at a private clinic – an investigation made all the more difficult by the complex relationships of the other residents. ^(S)

10.0 ITV News; Weather ^(S)
10.15 Harry Redknapp's Sandbanks Summer Harry Redknapp welcomes Nick Knowles and Rita Simons. ^(S) ^(R)
10.40 The Trouble With Maggie Cole Drama, starring Dawn French and Julie Hesmondhalgh. ^(S) ^(R)

11.35 Six Nations Highlights. **12.30** Ideal World. **3.0** Australian Wilderness With Ray Mears. **3.25** ITV Nightscreen. **5.05** Judge Rinder.

C4

6am The King Of Queens. **6.25** The King Of Queens. **6.50** Everybody Loves Raymond. **7.15** Everybody Loves Raymond. **7.40** The Big Bang Theory. **8.0** The Big Bang Theory. **8.25** Beat The Chef. **9.0** Beat The Chef. **9.30** Sunday Brunch. **12.30** The Simpsons. **1.0** The Simpsons. **1.30** FILM: Rio 2 (2014) **★★★** **3.25** The Great Pottery Throw Down. **4.30** Crufts 2020 – Best In Show.

6.30 News ^(S)

7.0 Crufts 2020 – Best In Show Clare Balding returns for more coverage from the NEC in Birmingham, and one dog takes the overall winner's crown. ^(S)

9.0 Homeland Carrie gets a surprise. ^(S)

10.05 Gogglebox The households' opinions on recent TV. ^(S) ^(R)

11.0 FILM: Sisters (2015) **★★★** **1.15** FILM: Top Secret! (1984) **★★★★** **2.45** Come Dine With Me. **3.35** Homes By The Med. **4.30** Location, Location, Location. **5.20** Cooking Up A Fortune. **5.50** Countdown.

CHANNEL 5

6am Milkshake! **9.55** SpongeBob SquarePants. **10.10** The Loud House. **10.25** Britain's Greatest Bridges. **10.40** WWE Raw Highlights. **11.40** Friends. **12.10** Friends. **12.45** Friends. **1.10** Friends. **1.45** Friends. **2.15** Nightmare Tenants, Slum Landlords. **3.10** Nightmare Tenants, Slum Landlords. **4.10** Nightmare Tenants, Slum Landlords. **5.10** Nightmare Tenants, Slum Landlords.

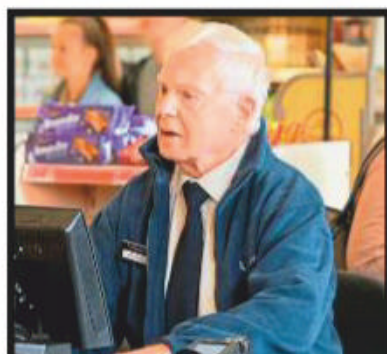
6.05 5 News Update ^(S)
6.10 Building The Billion Dollar Cruise Ship The race to construct the Seven Seas Explore. ^(S)

8.0 The Nightmare Neighbour Next Door New series. Return of the documentary about disputes between neighbours. ^(S)

9.0 Rich Holiday, Poor Holiday A group of wealthy friends heads to Benidorm, while party lovers sample St Lucia. ^(S)

10.0 Secrets Of First Class With Sally & Nigel Nigel Havers and Sally Lindsay explore different standards of plane travel. ^(S) ^(R)

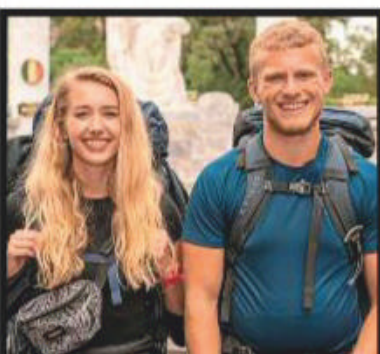
11.05 Shameful! Most Shocking Celebrity Moments. **1.0** The 21.co.uk Live Casino Show. **3.10** Our Dream Hotel. **4.0** Eamonn And Ruth: Blowing A Fortune. **4.45** House Doctor. **5.10** Nick's Quest. **5.35** Wildlife SOS.



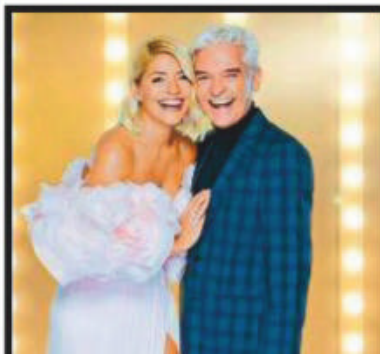
9pm Last Tango In Halifax, BBC1



9pm Dragons' Den, BBC2



8pm Race Across The World, BBC2



6pm Dancing On Ice, ITV



9pm Homeland, C4

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W

6pm The Wedding Fixer. **7.0** Never Seen A Doctor. **8.0** Never Seen A Doctor. **9.0** Stacey Dooley Sleeps Over. Stacey spends time with a couple who believe their children do not need rules. **10.0** Stacey Dooley In The USA. **11.0** One Born Every Minute. **12midnight** One Born Every Minute. **1.0** Emily Atack: Adulthood.

MTV

6pm Catfish: The TV Show. **7.0** Teen Mom: Young & Pregnant. **8.0** Catfish: The TV Show. **9.0** Geordie OGs. **10.0** Celebrity Ex On The Beach. **11.0** True Life Crime. **12midnight** Ex On The Beach USA: Peak Of Love. **1.0** Geordie Shore. **2.0** Geordie Shore. **2.50** Geordie Shore. **3.40** Ridiculousness. **4.0** Teleshopping.

ITV2

5.50pm FILM: Minions (2015) **★★★★**
6.25 FILM: Jurassic Park (1993) **★★★★★** **9.0** Ibiza Weekender. **10.0** Family Guy. **11.25** American Dad! **11.55** American Dad! **12.25am** The Cleveland Show. **12.50** The Stand Up Sketch Show. **1.25** Timewasters. **1.50** Timewasters. **2.25** Don't Hate The Playaz. **3.15** ITV2 Nightscreen.

TLC

6pm I Am Jazz. **7.0** Sister Wives. Kody admits to his friend Kyle that he is beginning to have doubts about polygamy. **8.0** 90 Day Fiance: Before The 90 Days. **11.0** Dr Pimple Popper. **12midnight** 90 Day Fiance: Before The 90 Days. **3.0** Dr Pimple Popper. **4.0** Say Yes To The Dress: Atlanta. **4.30** Say Yes To The Dress: Atlanta.

E4

5.40pm Zoey's Extraordinary Playlist. **6.45** FILM: 27 Dresses (2008) **★★★★** Romantic comedy, starring Katherine Heigl. **9.0** Celebs Go Dating. **10.0** Naked Attraction. **11.05** Star Trek: Discovery. **12.10am** The Big Bang Theory. **1.05** Celebs Go Dating. **2.10** Naked Attraction. **3.05** Star Trek: Discovery. **3.55** Hollyoaks.

SKY ONE

6pm The Simpsons. **6.30** The Simpsons. **7.0** The Simpsons. **7.30** The Simpsons. **8.0** Magnum P.I. **9.0** Hawaii Five-0. **10.0** NCIS: Los Angeles. **11.0** SEAL Team. **12midnight** S.W.A.T. **1.0** The Force: Manchester. **2.0** Caught On Dashcam. **3.0** Caught On Dashcam. **4.0** Air Ambulance ER. **5.0** Air Ambulance ER.

ITVBē

6.15pm The Bachelor. **8.0** Sam And Billie Faiers: The Mummy Diaries. **9.0** Botched. **10.0** The Real Housewives Of Potomac. Gizelle does her best to battle mother nature. **11.0** The Real Housewives Of Orange County. **12midnight** Growing Up Chrisley. **12.30** Growing Up Chrisley. **12.55** Teleshopping.

SKY ATLANTIC

6pm Blue Bloods. **8.0** Blue Bloods. **9.0** Game Of Thrones. Ned confronts Cersei about Jon Arryn's death. **10.15** Game Of Thrones. The Lannisters launch their bid to seize power. **11.30** The Outsider. **12.35am** Oz. **1.50** Dolittle: Special. **2.0** The Outsider. **3.05** The End. **3.40** Californication. **4.15** The British. **5.10** The British.

E!

6pm Keeping Up With The Kardashians. **7.0** True Hollywood Story. **8.0** Keeping Up With The Kardashians. **9.0** Botched. **9.30** Keeping Up With The Kardashians. **10.0** Very Cavallari. **11.0** Meet The Frasers. **11.30** Meet The Frasers. **12midnight** Flip It Like Disick. **1.0** Botched. **2.0** Teleshopping.

SKY LIVING

6pm Border Security: Australia's Front Line. **6.30** Border Security: Australia's Front Line. **7.0** Ghost Whisperer. **9.0** The Rookie. **10.0** Criminal Minds. **11.0** Blue Bloods. **12midnight** Law & Order: Special Victims Unit. **2.0** Ghost Whisperer. **3.0** Ghost Whisperer. **4.0** Nothing To Declare. **5.0** Nothing To Declare. **5.30** Nothing To Declare.



Monday 9 March

* CLOSER PICKS

	BBC1	BBC2	ITV	C4	CHANNEL 5
6am	6am Breakfast. 9.15 Crimewatch Roadshow Live. 10.0 Homes Under The Hammer. 11.0 Dom Does America. 11.45 Saved On Camera. 12.15 Bargain Hunt. 1.0 BBC News At One; Weather. 1.30 BBC Regional News; Weather. 1.45 Doctors. 2.15 A Service Of Celebration For Commonwealth Day. 4.0 Money For Nothing. 4.30 Ready Steady Cook. 5.15 Pointless.	6am Money For Nothing. 6.45 Ready Steady Cook. 7.30 Sign Zone: Best Home Cook. 8.30 The Week In Parliament. 9.0 BBC News At 9. 10.0 Victoria Derbyshire. 11.0 BBC Newsroom Live. 12.15 Politics Live. 1.0 Women's Six Nations Highlights. 1.30 Best House In Town. 2.15 Royal Recipes. 2.30 Terry And Mason's Great Food Trip. 3.0 Red Rock. 3.45 The Great Interior Design Challenge. 4.45 Portillo's State Secrets. 5.15 Flog It!	6am Good Morning Britain. 9.0 Lorraine. 10.0 This Morning. 12.30 Loose Women. 1.30 ITV Lunchtime News. 1.55 ITV News London. 2.0 Judge Rinder. 3.0 Tenable. 4.0 Tipping Point. 5.0 The Chase.	6.30am Cheers. 6.55 Cheers. 7.20 The King Of Queens. 7.45 The King Of Queens. 8.10 Everybody Loves Raymond. 8.40 Everybody Loves Raymond. 9.10 Frasier. 9.40 Frasier. 10.10 Undercover Boss Canada. 11.05 Ramsay's Kitchen Nightmares USA. 12.0 Channel 4 News Summary. 12.05 Come Dine With Me. 1.05 Posh Pawnbrokers. 2.10 Countdown. 3.0 A Place In The Sun. 4.0 A New Life In The Sun: Where Are They Now? 5.0 Four In A Bed. 5.30 Come Dine With Me.	6am Milkshake! 9.15 Jeremy Vine. 11.15 Parking Hell: At War With The Law. 12.10 5 News At Lunchtime. 12.15 Nightmare Tenants, Slum Landlords. 1.10 Access. 1.15 Home And Away. 1.45 Neighbours. 2.15 FILM: Secrets At The Lake (2019) ★★ ★ 4.0 Friends. 4.30 Friends. 5.0 5 News At 5. 5.30 Neighbours.
6pm	6.0 BBC News At Six; Weather (S) 6.30 BBC Regional News; Weather (S)	6.0 Richard Osman's House Of Games With Hugh Dennis, Sarah Greene, Nish Kumar and Holly Walsh. (S) 6.30 Great British Railway Journeys (S) (R) 7.0 Coastal Path Exploring the coastline of southern Cornwall. (S) (R) 7.30 Mastermind Specialist subjects include Jenson Button and Mary, Queen of Scots. (S) 8.0 Only Connect The first of the semi-finals. (S) 8.30 University Challenge The quarter-final matches continue. (S)	6.0 ITV News London (S) 6.30 ITV Evening News (S)	6.0 The Simpsons Homer becomes a boxer. (S) (R) 6.30 Hollyoaks When Warren goes missing, Mercedes worries that she has put him in danger. (S) (R) 7.0 News (S)	6.0 Home And Away Robbo is marched to a cliff edge at gunpoint. (S) (R) 6.30 5 News Tonight (S)
7pm	7.0 The One Show Alex Jones and Matt Baker present. (S) 7.30 Inside Out Regional documentary. (S)		7.0 Emmerdale Vanessa is betrayed by Charity. (S) 7.30 Coronation Street Gary asks Sharon to teach Ali a lesson. (S)		7.0 Gallagher Premiership Rugby Highlights Action from the 13th round of fixtures. (S)
8pm	8.0 EastEnders Jean accuses Suki of lying about her illness. (S) 8.30 The Million Pound Disability Payout - Panorama (S)		8.0 St Davids - Britain's Smallest City (S) 8.30 Coronation Street Gary leaves a message for Sharon telling her that if Ali dies, she is to blame. (S) * 9.0 Liar Laura is left questioning who she can trust when suspicions fall on Ian. (S)	* 8.0 Celebs For Sale: The Great Charity Scandal - Dispatches A report on famous faces charging huge fees to support charities. (S) 8.30 Food Unwrapped (S) 9.0 24 Hours In A&E A 52-year-old cyclist is rushed in after being hit by a car. (S)	8.0 Traffic Cops Ant Horsley and Dan Mitchell are on the hunt for a disqualified driver. Last in the series. (S)
9pm	9.0 MasterChef Six more hopefuls take part in the third week of heats. (S)	* 9.0 Miriam's Big Fat Adventure Miriam Margolyes tries to find out why so many people are overweight. (S)			9.0 Warship: Life At Sea HMS Duncan and her crew face increasing pressure in the Strait of Hormuz. Last in the series. (S)
10pm	10.0 BBC News At Ten (S) 10.25 BBC Regional News; Weather (S) 10.35 This Country Kurtan receives sad news. (S)	* 10.0 Inside No 9 A police community support officer asks awkward questions of a colleague. Last in the series. (S) 10.30 Newsnight (S)	10.0 ITV News (S) 10.30 ITV News London (S) 10.45 Police In Danger: Caught On Camera Footage of police officers coming under attack. (S) (R)	10.0 Baghdad Central Khafaji realises that he must get his family out of Iraq. Last in the series. (S)	10.0 HMS Victory: Nelson's Great Warship The secrets of Nelson's flagship HMS Victory. (S) (R)
11pm	11.05 Young, Welsh And Pretty Minted. 11.35 Live At The Apollo. 12.25 BBC News.	11.15 Hospital. 12.15 Sign Zone: The Farmers' Country Showdown. 1.0 Sign Zone: Countryfile. 2.0 Sign Zone: Secrets Of The Museum. 3.0 This Is BBC Two.	11.45 All Elite Wrestling: Dynamite. 12.35 Ideal World. 3.0 James Martin's French Adventure. 3.50 ITV Nightscreen. 5.05 Judge Rinder.	11.0 Emergency Helicopter Medics. 12.0 Ramsay's Kitchen Nightmares USA. 12.50 Hunted. 1.45 The Supervet. 2.40 Come Dine With Me. 3.35 Grand Designs. 4.30 Location, Location, Location. 5.25 Cooking Up A Fortune. 5.50 Countdown.	11.0 FILM: Con Air (1997) ★★ ★ ★ 1.15 The 21.co.uk Live Casino Show. 3.15 Our Dream Hotel. 4.10 Tribal Teens - Here Comes Trouble. 4.55 House Doctor. 5.25 Great Scientists. 5.50 Access.



9pm MasterChef, BBC1



10pm Inside No 9, BBC2



9pm Big Fat Adventure, BBC2



9pm Liar, ITV



10pm Baghdad Central, C4

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W	ITV2	E4	ITVBe	E!
6pm Tipping Point. 7.0 Property Brothers: Forever Home. 8.0 The Wedding Fixer. 9.0 One Born Every Minute. 10.0 One Born: What Happened Next? 11.0 Inside The Ambulance. 12midnight One Born Every Minute. 1.0 Emily Attack: Adulting. 1.50 Code Black. 2.35 Renovate My Home: Leave It To Bryan.	6pm You've Been Framed! Gold. 8.0 Two And A Half Men. 9.0 Family Guy. 9.30 American Dad! 10.0 The Stand Up Sketch Show. 10.30 Family Guy. 11.30 American Dad! 11.55 The Cleveland Show. 12.25am Two And A Half Men. 1.25 Hey Tracey! 2.05 Plebs. 2.40 Plebs. 3.05 Totally Bonkers Guinness World Records.	6pm The Big Bang Theory. 7.0 Hollyoaks. 7.30 Man With A Plan. 8.0 First Dates Abroad. 9.0 Celebs Go Dating. 10.0 The Sex Clinic. 11.05 The Big Bang Theory. 12.05am Brooklyn Nine-Nine. 1.05 Celebs Go Dating. 2.10 First Dates Abroad. 3.05 The Sex Clinic. 4.0 The Big Bang Theory. 4.50 How I Met Your Mother.	6pm Masters Of Flip. 7.0 Buying And Selling. 8.0 Dinner Date. 9.0 The Real Housewives Of Orange County. 10.0 Botched. Terry Dubrow helps a desperate patient downsize her triple Ds. 10.55 Botched. A transgender woman wants to have her collapsed nose fixed. 11.55 The Only Way Is Essex. 12.40am ITVBe Nightscreen.	6pm Keeping Up With The Kardashians. 7.0 Very Cavallari. 8.0 Botched: Most Outrageous Celebrity Patients. 8.30 Botched. 9.0 Meet The Frasers. 9.30 Keeping Up With The Kardashians. 10.30 The Soup. 11.0 Very Cavallari. 12midnight Keeping Up With The Kardashians. 1.0 Botched. 2.0 Teleshopping.
MTV	TLC	SKY ONE	SKY ATLANTIC	SKY LIVING
6pm Catfish: Biggest Meltdowns. 7.0 Teen Mom: Young & Pregnant. 8.0 Catfish: The TV Show. 9.0 Geordie OGs. 10.0 Ex On The Beach USA: Peak Of Love. 11.0 Celebrity Ex On The Beach. 12midnight Ridiculousness. 1.0 Geordie Shore. 2.0 Geordie Shore. 2.45 Geordie Shore. 3.40 Ridiculousness. 4.0 Teleshopping.	6pm Say Yes To The Dress. 7.0 I Am Jazz. 8.0 Say Yes To The Dress: America. 9.0 Gypsy Brides US. 10.0 Say Yes To The Dress. 11.0 Dr Pimple Popper. 12midnight Say Yes To The Dress: America. 1.0 Gypsy Brides US. 2.0 Say Yes To The Dress. 3.0 Dr Pimple Popper. 4.0 Say Yes To The Dress: Atlanta.	6pm Futurama. 6.30 The Simpsons. 7.0 The Simpsons. 7.30 The Simpsons. 8.0 Flintoff: Lord Of The Fries. 9.0 FILM: Jack Reacher (2012) ★★ ★ 11.25 The Trip To Greece. 12midnight The Trip To Greece. 12.35 Avenue 5. 1.10 Strike Back: Vendetta. 2.10 A League Of Their Own. 3.10 Jett. 4.30 Stop, Search, Seize. 5.30 Futurama.	6pm Without A Trace. 7.0 CSI: Crime Scene Investigation. 8.0 Blue Bloods. 9.0 The Outsider. 10.05 The End. A difficult decision unexpectedly gives Edie a new lease of life. 10.40 True Blood. Jessica's transformation is completed. 11.50 True Blood. 1am The L Word: Generation Q. 2.10 Oz. 3.25 Californication. 4.0 The West Wing.	6pm Nothing To Declare. 7.0 Nothing To Declare. 8.0 Ghost Whisperer. 9.0 Criminal Minds. 10.0 Blue Bloods. 11.0 Law & Order: Special Victims Unit. 12midnight CSI: Crime Scene Investigation. 1.0 The Good Doctor. 2.0 Law & Order: Special Victims Unit. 3.0 Blue Bloods. 4.0 Ghost Whisperer. 5.0 Shades Of Blue.



Tuesday 10 March

* CLOSER PICKS

BBC1

6am

6am Breakfast. **9.15** Crimewatch Roadshow Live. **10.0** Homes Under The Hammer. **11.0** Dom Does America. **11.45** Saved On Camera. **12.15** Bargain Hunt. **1.0** BBC News At One; Weather. **1.30** BBC Regional News; Weather. **1.45** Doctors. **2.15** Five Bedrooms. **3.0** Escape To The Country. **3.45** Money For Nothing. **4.30** Ready Steady Cook. **5.15** Pointless.

6pm

6.0 **BBC News At Six; Weather** ^(S)
6.30 **BBC Regional News; Weather** ^(S)

7pm

7.0 **The One Show** Alex Jones and Matt Baker present live chat and topical reports. ^(S)
7.30 **EastEnders** Jay pops the question to Lola. ^(S)

8pm

8.0 **Holby City** A suspicious Xavier unearths a secret that could ruin Cameron. ^(S)

9pm

9.0 **The Split** The tape of Fi's drunken night with Carrie and Richard is leaked on to the internet. ^(S)

10pm

10.0 **BBC News At Ten** ^(S)
10.25 **BBC Regional News; Weather** ^(S)
10.35 **Beauty Laid Bare** The group of four question the true cost of the beauty industry. ^(S)

11pm

11.20 War On Plastic With Hugh And Anita. **12.20** BBC News.

BBC2

6.30am Bargain Hunt. **7.15** Ready Steady Cook. **8.0** Sign Zone: Spy In The Wild. **9.0** BBC News At 9. **10.0** Victoria Derbyshire. **11.0** BBC Newsroom Live. **12.15** Politics Live. **1.0** The Super League Show. **1.50** Best House In Town. **2.35** Terry And Mason's Great Food Trip. **3.0** Red Rock. **3.45** The Great Interior Design Challenge. **4.45** Portillo's State Secrets. **5.15** Flog It!

6.0 **Richard Osman's House Of Games** With former winners Hugh Dennis and Sarah Greene. ^(S)
6.30 **Great British Railway Journeys** ^{(S) (R)}
7.0 **Race Across The World** Five pairs of competitors journey around the globe. ^{(S) (R)}

8.0 **Back In Time For The Corner Shop** Billy Bragg pays the Arderns a visit as they get to grips with 1960s life. ^(S)

* **9.0** **Miriam's Big Fat Adventure** Part two of two. Miriam Margolyes tries to find out what is being done to combat the obesity crisis. ^(S)

10.0 **Better Things** Sam has some girl time with friends. ^(S)
10.30 **Newsnight** ^(S)

11.15 Tigers: Hunting The Traffickers. **12.15** Sign Zone: Win The Wilderness: Alaska. **1.15** Sign Zone: Murder, Mystery And My Family. **2.0** Sign Zone: Island Medics. **2.45** This Is BBC Two.

ITV

6am Good Morning Britain. **9.0** Lorraine. **10.0** This Morning. **12.30** ITV Lunchtime News. **12.50** ITV News London. **1.0** ITV Racing: Cheltenham Festival Live. **4.30** Tipping Point: Best Ever Finals. **5.0** The Chase.

6.0 **ITV News London** ^(S)
6.30 **ITV Evening News** ^(S)

7.0 **Emmerdale** Will is relieved when he tells Cain everything about Malone. ^(S)
7.30 **Dr Ranj: On Call** The GP visits the Paediatric Intensive Care Unit at the Evelina Children's Hospital. ^(S)
8.0 **Love Your Garden** Alan Titchmarsh and the team create a cleverly designed family garden. ^(S)

* **9.0** **Joanna Lumley's Hidden Caribbean: Havana To Haiti** Part one of two. The actress travels across Cuba and Haiti. ^(S)

10.0 **ITV News** ^(S)
10.30 **ITV News London** ^(S)
10.45 **Tyson Fury: The Gypsy King** Fury's rematch against Deontay Wilder is confirmed. Last in the series. ^{(S) (R)}

11.45 Tenable. **12.40** Ideal World. **3.0** The Home Game. **3.50** ITV Nightscreen. **5.05** Judge Rinder.

C4

6.30am Cheers. **6.55** Cheers. **7.20** The King Of Queens. **7.45** The King Of Queens. **8.10** Everybody Loves Raymond. **8.40** Everybody Loves Raymond. **9.10** Frasier. **9.40** Frasier. **10.10** Undercover Boss Canada. **11.05** Ramsay's Kitchen Nightmares USA. **12.0** Channel 4 News Summary. **12.05** Come Dine With Me. **1.05** Posh Pawnbrokers. **2.10** Countdown. **3.0** A Place In The Sun. **4.0** A New Life In The Sun: Where Are They Now? **5.0** Four In A Bed. **5.30** Come Dine With Me.

6.0 **The Simpsons** Mr Burns' long-lost son reappears. ^{(S) (R)}
6.30 **Hollyoaks** Someone puts a funeral wreath on Mercedes' door. ^{(S) (R)}

7.0 **News** ^(S)

* **8.0** **The Great Celebrity Bake Off For Stand Up To Cancer** New series. With Louis Theroux, Jenny Eclair, Russell Howard and Ovie Soko. ^(S)

* **9.15** **Five Guys A Week** New series. Dating show following five men who move in with a single girl for a week. ^(S)

10.15 **The Windsors** Charles befriends a blind man. ^(S)
10.45 **8 Out Of 10 Cats Does Countdown** Sean Lock and Sara Pascoe compete. ^{(S) (R)}

11.45 First Dates. **12.45** Ramsay's Kitchen Nightmares USA. **1.35** FILM: Good Kill (2014) ★★★★★ **3.20** Come Dine With Me. **4.15** Location, Location, Location. **5.10** Cooking Up A Fortune. **5.35** Kirstie's Handmade Treasures. **5.50** Countdown.

CHANNEL 5

6am Milkshake! **9.15** Jeremy Vine. **11.15** Parking Hell: At War With The Law. **12.10** 5 News At Lunchtime. **12.15** Nightmare Tenants, Slum Landlords. **1.10** Access. **1.15** Home And Away. **1.45** Neighbours. **2.20** FILM: A Neighbour's Obsession (2017) ★★ ★ **4.0** Friends. **4.30** Friends. **5.0** 5 News At 5. **5.30** Neighbours.

6.0 **Home And Away** The news of Mason's death devastates Justin and Tori. ^{(S) (R)}
6.30 **5 News Tonight** ^(S)

7.0 **Britain: A Year In The Wild** Intimate views of a family of beavers in Devon. ^(S)

8.0 **Dogs Behaving (Very) Badly** Graeme Hall encounters a rescue dog from Romania that is afraid of men. Last in the series. ^(S)

9.0 **Elizabeth I And II: Britain's Golden Queens** Possible similarities between the two monarchs. ^(S)

10.0 **The Royal Family At War** Part two of two. The rumoured rift between the Queen and the Duchess of Cornwall. ^{(S) (R)}

11.15 Shannon Matthews: The Mother's Story. **12.15** When Kids Kill: Copycat Killers. **1.10** The 21.co.uk Live Casino Show. **3.10** Our Dream Hotel. **4.0** Tribal Teens - Here Comes Trouble. **4.45** House Doctor. **5.10** Great Scientists. **5.35** Wildlife SOS.



9pm The Split, BBC1



9pm Hidden Caribbean, ITV



9.15pm Five Guys A Week, C4



8pm Celebrity Bake Off, C4



8pm Back In Time, BBC2

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W

6pm Tipping Point. **7.0** Property Brothers: Forever Home. **8.0** Sun, Sea And Brides To Be. **9.0** Inside The Ambulance. **10.0** The Wedding Fixer. **11.0** Inside The Ambulance. **12midnight** One Born Every Minute. **1.0** Emily Attack: Adulting. **1.50** Code Black. **2.35** Renovate My Home: Leave It To Bryan. **3.0** Teleshopping.

MTV

6pm Catfish: Boxset. **7.0** Teen Mom: Young & Pregnant. **8.0** Teen Mom: Young & Pregnant. **9.0** Catfish: The TV Show. **10.0** Celebrity Ex On The Beach. **11.0** Geordie OGs. **12midnight** Ridiculousness. **12.30** Ridiculousness. **1.0** Geordie Shore. **2.0** Geordie Shore. **2.45** Geordie Shore. **3.40** Ridiculousness. **4.0** Teleshopping.

ITV2

4.55pm Take Me Out. **6.30** You've Been Framed! Gold. **8.0** Two And A Half Men. **8.30** Two And A Half Men. **9.0** Family Guy. **9.30** Family Guy. **10.0** Plebs. **10.30** Plebs. **11.0** Family Guy. **11.30** American Dad! **12.25am** Two And A Half Men. **1.25** Ibiza Weekender. **2.25** Don't Hate The Playaz. **3.20** ITV2 Nightscreen. **3.30** Teleshopping.

TLC

6pm Say Yes To The Dress. **7.0** My Big Fat Fabulous Life. **8.0** Love After Lock Up. **9.0** Dr Pimple Popper. **10.0** Hot & Heavy. **11.0** Dr Pimple Popper. **12midnight** Love After Lock Up. **1.0** Dr Pimple Popper. **2.0** Hot & Heavy. **3.0** Dr Pimple Popper. **4.0** Say Yes To The Dress: Atlanta. **5.0** Say Yes To The Dress: Atlanta.

E4

6pm The Big Bang Theory. **7.0** Hollyoaks. **7.30** Man With A Plan. **8.0** The Big Bang Theory. **8.30** The Big Bang Theory. **9.0** Celebs Go Dating. **10.0** First Dates. **11.05** The Big Bang Theory. **12.05am** Brooklyn Nine-Nine. **12.35** Brooklyn Nine-Nine. **1.05** Celebs Go Dating. **2.10** First Dates. **3.05** Gogglebox. **4.0** The Big Bang Theory.

SKY ONE

6pm Futurama. **6.30** The Simpsons. **7.0** The Simpsons. **7.30** The Simpsons. **8.0** An Idiot Abroad 2. **9.0** Strike Back: Vendetta. **10.0** The Trip To Greece. **10.30** The Force: North East. **11.30** Avenue 5. **12.05am** SEAL Team. **1.05** Caught On Dashcam. **2.05** The Heist. **3.05** Road Wars. **4.0** Stop, Search, Seize. **5.0** Futurama. **5.30** Futurama.

ITVBe

6pm Masters Of Flip. **7.0** Buying And Selling. **8.0** Dinner Date. Montell picks three blind dates. **9.0** The Real Housewives Of Potomac. **10.0** The Real Housewives Of Orange County. The lives of five privileged families. **11.0** Bridezillas. **12midnight** The Only Way Is Essex. **12.45** ITVBe Nightscreen. **12.55** Teleshopping.

SKY ATLANTIC

6pm Without A Trace. **7.0** CSI: Crime Scene Investigation. **8.0** Blue Bloods. **9.0** Save Me. **10.0** The L Word: Generation Q. Dani and Bette deal with the fallout from a recent scandal. **11.05** Six Feet Under. **12.25am** Six Feet Under. **1.35** Oz. **2.40** Oz. **3.45** Californication. **4.20** The West Wing. **5.10** The West Wing.

E!

6pm Keeping Up With The Kardashians. **7.0** Botched. **7.30** Meet The Frasers. **8.0** In The Room. **8.30** Meet The Frasers. **9.0** Very Cavallari. **10.0** Botched. **11.0** Nightly Pop. **11.30** Meet The Frasers. **12midnight** Keeping Up With The Kardashians. **1.0** Botched. **2.0** Teleshopping. **3.0** Keeping Up With The Kardashians.

SKY LIVING

6pm Nothing To Declare. **8.0** Ghost Whisperer. **9.0** The Good Doctor. **10.0** Law & Order: Special Victims Unit. **11.0** Law & Order: Special Victims Unit. **12midnight** CSI: Crime Scene Investigation. **1.0** Criminal Minds. **2.0** Shades Of Blue. **3.0** Criminal Minds. **4.0** Ghost Whisperer. **5.0** Brit Cops: Rapid Response.



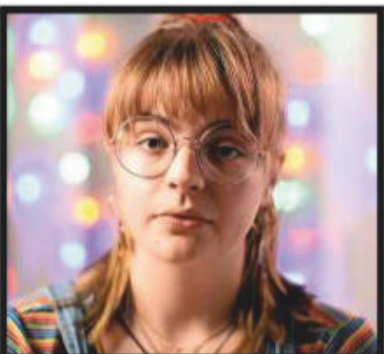
Wednesday 11 March

* CLOSER PICKS

	BBC1	BBC2	ITV	C4	CHANNEL 5
6am	6am Breakfast. 9.15 Crimewatch Roadshow Live. 10.0 Homes Under The Hammer. 11.0 Dom Does America. 11.45 Saved On Camera. 12.15 Bargain Hunt. 1.0 BBC News At One; Weather. 1.30 BBC Regional News; Weather. 1.45 Doctors. 2.15 Five Bedrooms. 3.0 Escape To The Country. 3.45 Money For Nothing. 4.30 Ready Steady Cook. 5.15 Pointless.	6.30am Money For Nothing. 7.15 Ready Steady Cook. 8.0 Sign Zone: Great British Railway Journeys. 8.30 Sign Zone: Yorkshire Walks. 9.0 BBC News At 9. 10.0 Victoria Derbyshire. 11.0 BBC Newsroom Live. 11.15 Politics Live: Budget 2020. 3.0 Red Rock. 3.45 The Great Interior Design Challenge. 4.45 Portillo's State Secrets. 5.15 Flog It!	6am Good Morning Britain. 9.0 Lorraine. 10.0 This Morning. 12.0 ITV News Special: The Chancellor's Budget. 1.50 ITV News London. 2.0 ITV Racing: Cheltenham Festival Live. 4.30 Tipping Point: Best Ever Finals. 5.0 The Chase.	6.30am Cheers. 6.55 Cheers. 7.20 The King Of Queens. 7.45 The King Of Queens. 8.10 Everybody Loves Raymond. 8.40 Everybody Loves Raymond. 9.10 Frasier. 9.40 Frasier. 10.10 Undercover Boss Canada. 11.05 Ramsay's Kitchen Nightmares USA. 12.0 Channel 4 News Summary. 12.05 Come Dine With Me. 1.05 Posh Pawnbrokers. 2.10 Countdown. 3.0 A Place In The Sun. 4.0 A New Life In The Sun: Where Are They Now? 5.0 Four In A Bed. 5.30 Come Dine With Me.	6am Milkshake! 9.15 Jeremy Vine. 11.15 Parking Hell: At War With The Law. 12.10 5 News At Lunchtime. 12.15 Nightmare Tenants, Slum Landlords. 1.10 Access. 1.15 Home And Away. 1.45 Neighbours. 2.15 FILM: Killing Your Daughter . 4.0 Friends. 4.30 Friends. 5.0 5 News At 5. 5.30 Neighbours. Paul is delighted for Lucy over Mark's marriage proposal.
6pm	6.0 BBC News At Six; Weather (S) 6.30 BBC Regional News; Weather (S) 6.55 Party Political Broadcast (S) (R) 7.0 The One Show Magazine show, presented by Alex Jones and Matt Baker. (S)	6.0 Richard Osman's House Of Games With former winners, including Hugh Dennis and Nish Kumar. (S) 6.30 Great British Railway Journeys (S) (R) 7.0 The Andrew Neil Show Interviews from Westminster. (S) 7.30 Grand Tours Of Scotland's Lochs Paul Murton travels around the firths of Easter Ross and Sutherland. (S) 8.0 Saving Lives At Sea A crew races to the rescue of a diver found unconscious 30 metres underwater. (S) (R)	6.0 ITV News London (S) 6.25 Party Political Broadcast By the Liberal Democrats. (S) 6.30 ITV Evening News (S)	6.0 The Simpsons Homer takes the family to New York. (S) (R) 6.30 Hollyoaks Mitchell comes to terms with the events of his birthday party. (S) (R) 7.0 News (S)	6.0 Home And Away Alf suggests a vigil to let the community pay their respects to the departed. (S) (R) 6.30 5 News Tonight (S)
7pm			7.0 Emmerdale Cain faces up to Malone and soon realises he is not to be messed with. (S) 7.30 Coronation Street Ali assures Ryan that someone must have spiked his drink. (S)		7.0 Britain: A Year In The Wild Cameras follow barn owls as they hunt for small mammals through the British countryside. (S)
8pm	* 8.0 The Heat Is On: Sport Relief Seven celebrities attempt to cross the world's oldest desert in Namibia. (S)		8.0 Harry Redknapp's Sandbanks Summer Last in the series. (S) 8.30 Coronation Street James lies and assures his manager he is not gay. (S) 9.0 The Trouble With Maggie Cole The radio interview has gone viral and the village is reeling from the revelations. (S)	8.0 Location, Location, Location New series. Kirstie Allsopp and Phil Spencer go house-hunting in Bristol. (S)	8.0 Recycling: Is It A Con? The environmentally friendly claims of councils and supermarkets are scrutinised. (S)
9pm	9.0 MasterChef Another group of six amateur cooks prepare a Signature Dish for judges John Torode and Gregg Wallace. (S)	* 9.0 Child Of Our Time: Turning 20 Series following babies to adulthood. (S)		* 9.0 The Undateables New series. A man with Asperger's longs to find a partner to share his life with. (S)	9.0 Elizabeth I And II: Britain's Golden Queens Examining the importance of two women who enter the two Queen's lives. (S)
10pm	10.0 BBC News At Ten (S) 10.25 BBC Regional News; Weather (S) 10.35 Eating With My Ex Tion wants to find out if she still has a future with Aaliyah. (S)	10.0 Live At The Apollo Stand-up comedy with Josh Widdicombe, Nathan Caton and Celia Pacquola. (S) (R) 10.30 Newsnight (S)	10.0 ITV News (S) 10.30 ITV News London (S) 10.45 Peston Political magazine show presented by Robert Peston. (S)	10.0 Home The family try and track Sami down. Last in the series. (S) 10.35 The Great Celebrity Bake Off For Stand Up To Cancer (S) (R)	10.0 Chocolate Challenge: The Final With The Hairy Bikers The final three budding chocolatiers face the grand final. Last in the series. (S)
11pm	11.05 Eating With My Ex. 11.25 Killing Eve. 12.05 Killing Eve. 12.55 BBC News.	11.15 Dragons' Den. 12.15 Sign Zone: Universal Credit: Inside The Welfare State. 1.15 Sign Zone: Hospital. 2.15 This Is BBC Two.	11.45 Tenable. 12.45 Ideal World. 3.0 Broadchurch. 3.50 ITV Nightscreen. 5.05 Judge Rinder.	11.50 Gogglebox. 12.50 The Windsors. 1.20 Ramsay's Kitchen Nightmares USA. 2.10 Come Dine With Me. 3.05 My Family And The Galapagos. 4.0 Grand Designs. 4.55 Location, Location, Location. 5.50 Countdown.	11.05 Inside McDonald's: The 300 Billion Dollar Burger. 12.20 40 Stone And Too Big To Budge. 1.10 The 21. co.uk Live Casino Show. 3.15 Our Dream Hotel. 4.0 Tribal Teens - Here Comes Trouble. 4.45 House Doctor. 5.10 Great Scientists. 5.35 Wildlife SOS.



9pm MasterChef, BBC1



9pm Child Of Our Time, BBC2



9pm Maggie Cole, ITV



9pm The Undateables, C4



9pm The Mummy Diaries, ITVBe

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W	ITV2	E4	ITVBe	E!
6pm Tipping Point. 7.0 Property Brothers: Forever Home. 8.0 Sun, Sea And Brides To Be. 9.0 Emma Willis: Delivering Babies. 10.0 Finding Joy. 10.35 Inside The Ambulance. 11.35 One Born Every Minute. 12.35am I've Got Something To Tell You. 1.30 Code Black. 2.15 Women On The Verge. 3.0 Teleshopping.	6pm You've Been Framed! Gold. 8.0 Two And A Half Men. 9.0 Family Guy. 10.0 Celebrity Juice. 10.50 Family Guy. 11.20 American Dad! 12.15am Two And A Half Men. 12.40 Two And A Half Men. 1.10 Timewasters. 1.40 Timewasters. 2.10 CelebAbility. 2.55 Totally Bonkers Guinness World Records. 3.20 ITV2 Nightscreen. 3.30 Teleshopping.	6pm The Big Bang Theory. 7.0 Hollyoaks. 7.30 Man With A Plan. 8.0 The Goldbergs. 8.30 Schooled. 9.0 Celebs Go Dating. 10.0 Zoey's Extraordinary Playlist. 11.05 The Big Bang Theory. 12.05am Brooklyn Nine-Nine. 1.05 Celebs Go Dating. 2.10 First Dates Hotel. 3.05 Zoey's Extraordinary Playlist. 4.0 The Goldbergs.	6pm Masters Of Flip. 7.0 Buying And Selling. 8.0 Dinner Date. 9.0 Sam And Billie Faiers: The Mummy Diaries. 10.0 Growing Up Chrisley. 10.30 Growing Up Chrisley. Chase and Savannah Chrisley embark on a cross-country trip. 11.0 Singletown. 12.05am The Only Way Is Essex. 12.50 ITVBe Nightscreen. 12.55 Teleshopping.	6pm Keeping Up With The Kardashians. 7.0 Hollywood Medium. 8.0 Very Cavallari. 9.0 Botched. 10.30 Meet The Frasers. 11.0 Nightly Pop. 11.30 Botched. 12midnight Keeping Up With The Kardashians. 1.0 Botched. 2.0 Teleshopping. 3.0 Keeping Up With The Kardashians. 4.0 Hollywood Medium. 5.0 Teleshopping.
MTV	TLC	SKY ONE	SKY ATLANTIC	SKY LIVING
6pm Catfish: Worst Offenders. 7.0 Teen Mom Australia. 7.30 Teen Mom Australia. 8.0 Teen Mom: Young & Pregnant. 9.0 Geordie OGs. 10.0 Catfish: The TV Show. 11.0 True Life Crime. 12midnight Ridiculousness. 12.30 Ridiculousness. 1.0 Geordie Shore. 2.0 Geordie Shore. 2.45 Geordie Shore. 3.40 Ridiculousness.	6pm Say Yes To The Dress. 7.0 Say Yes To The Dress: UK. 8.0 Unexpected: Teenage & Pregnant. 9.0 Say Yes To The Dress. 10.0 Curvy Brides Boutique. 11.0 Dr Pimple Popper. 12midnight Unexpected: Teenage & Pregnant. 1.0 Say Yes To The Dress. 2.0 Curvy Brides Boutique. 3.0 Dr Pimple Popper. 4.0 Say Yes To The Dress: Atlanta.	6pm Futurama. 6.30 The Simpsons. 7.0 The Simpsons. 8.30 The Simpsons. 9.0 SEAL Team. 10.0 Avenue 5. 10.35 Intelligence. 11.05 Intelligence. 11.35 Caught On Dashcam. 12.35am The Heist. 1.35 Road Wars. 2.0 The Real A&E. 2.30 The Real A&E. 3.0 The Force: Manchester. 4.0 Stop, Search, Seize. 5.0 Futurama. 5.30 Futurama.	6pm Without A Trace. 7.0 CSI: Crime Scene Investigation. 8.0 Blue Bloods. A woman claims God told her who murdered her mother. 9.0 Empire Falls. Award-winning two-part drama, starring Ed Harris and Philip Seymour Hoffman. 11.05 The End. 11.40 John Adams. 1am Oz. 2.10 Oz. 3.25 Without A Trace. 4.15 The West Wing.	6pm Nothing To Declare. 8.0 Ghost Whisperer. 9.0 Criminal Minds. 10.0 CSI: Crime Scene Investigation. 11.0 Law & Order: Special Victims Unit. 12midnight CSI: Crime Scene Investigation. 1.0 The Rookie. 2.0 Blue Bloods. 3.0 Ghost Whisperer. 4.0 Road Wars. 4.30 Road Wars. 5.0 Brit Cops: Rapid Response.



Thursday 12 March

* CLOSER PICKS

BBC1

6am

6am Breakfast. **9.15** Crimewatch Roadshow Live. **10.0** Homes Under The Hammer. **11.0** Dom Does America. **11.45** Saved On Camera. **12.15** Bargain Hunt. **1.0** BBC News At One; Weather. **1.30** BBC Regional News; Weather. **1.45** Doctors. **2.15** Five Bedrooms. **3.0** Escape To The Country. **3.45** Money For Nothing. **4.30** Ready Steady Cook. **5.15** Pointless.

6pm

6.0 BBC News At Six; Weather ^(S)
6.30 BBC Regional News; Weather ^(S)

7pm

7.0 The One Show Hosted by Alex Jones and Matt Baker. ^(S)
7.30 EastEnders Isaac shows his true colours. ^(S)

8pm

8.0 MasterChef The heat-winners cook a plant-based dish third quarter-final. ^(S)
8.30 EastEnders Mitch follows Gray to find out what he is up to. ^(S)

9pm

9.0 Noughts + Crosses Lekan suspects Sephy is hiding something from him. ^(S)

10pm

10.0 BBC News At Ten ^(S)
10.25 BBC Regional News; Weather ^(S)
10.35 Question Time Fiona Bruce hosts the political debate from West Bromwich. ^(S)

11pm

11.35 Newscast. **12.10** BBC News.

BBC2

6.30am Money For Nothing. **7.15** Escape To The Country. **8.0** Sign Zone: Great British Railway Journeys. **8.30** Sign Zone: Lose Weight And Get Fit With Tom Kerridge. **9.0** BBC News At 9. **10.0** Victoria Derbyshire. **11.0** BBC Newsroom Live. **12.15** Politics Live. **1.0** Hardball. **1.45** Best House In Town. **2.30** Terry And Mason's Great Food Trip. **3.0** Red Rock. **3.40** The Great Interior Design Challenge. **4.40** Portillo's State Secrets. **5.10** Flog It!

6.0 Richard Osman's House Of Games With Hugh Dennis, Sarah Greene, Nish Kumar and Holly Walsh. ^(S)
6.30 Great British Railway Journeys ^{(S) (R)}
7.0 MOTDx Football discussion presented by Jermaine Jenas. ^(S)
7.30 Villages By The Sea Archaeologist Ben Robinson examines the history of Lindisfarne. ^{(S) (R)}
8.0 Secrets Of The Museum The V&A experts struggle to fit a customised Chevy Impala into the museum. Last in the series. ^(S)

9.0 Hospital Patients fit for discharge but stranded in hospital because of a lack of after-care. ^(S)

10.0 Vic & Bob's Big Night Out Vic presents Bob with a striking new wig. ^{(S) (R)}
10.30 Newsnight ^(S)

11.15 Miriam's Big Fat Adventure. **12.15** Sign Zone: Young, Sikh And Proud. **12.55** Sign Zone: Dom Does America. **1.40** Sign Zone: Trust Me, I'm A Doctor. **2.10** This Is BBC Two.

ITV

6am Good Morning Britain. **9.0** Lorraine. **10.0** This Morning. **12.30** ITV Lunchtime News. **12.50** ITV News London. **1.0** ITV Racing: Cheltenham Festival Live. **4.30** Tipping Point: Best Ever Finals. **5.0** The Chase.

6.0 ITV News London ^(S)
6.30 ITV Evening News ^(S)

7.0 Emmerdale Laurel is forced to reveal all to Jai. ^(S)
7.30 Can Robots Save The NHS? Tonight The use of artificial intelligence in detecting disease. ^(S)

8.0 Emmerdale Samson finds a way to fund his trip. ^(S)
8.30 How To Spend It Well On Holiday Following a family on holiday to Thailand. ^(S)

* **9.0 The Station: Trouble On The Tracks** New series. Documentary following the staff of Network Rail. ^(S)

10.0 ITV News ^(S)
10.30 ITV News London ^(S)
10.45 Liar Laura is left questioning who she can trust when suspicions fall on Ian. ^{(S) (R)}

11.45 Dancing On Ice. **1.30** Ideal World. **3.0** Can Robots Save The NHS? Tonight. **3.25** ITV Nightscreen. **5.05** Judge Rinder.

C4

6.30am Cheers. **6.55** Cheers. **7.20** The King Of Queens. **7.45** The King Of Queens. **8.10** Everybody Loves Raymond. **8.40** Everybody Loves Raymond. **9.10** Frasier. **9.40** Frasier. **10.10** Undercover Boss Canada. **11.05** Ramsay's Kitchen Nightmares USA. **12.0** Channel 4 News Summary. **12.05** Come Dine With Me. **1.05** Posh Pawnbrokers. **2.10** Countdown. **3.0** A Place In The Sun. **4.0** A New Life In The Sun: Where Are They Now? **5.0** Four In A Bed. **5.30** Come Dine With Me.

6.0 The Simpsons Bart goes to work in a burlesque theatre. ^{(S) (R)}
6.30 Hollyoaks Celeste wants Toby to promise that he has not changed his mind. ^{(S) (R)}
7.0 News ^(S)

* **8.0 How To Beat... Ageing** New series. Small changes people can make to take care of their health. ^(S)

9.0 Hunted The hunters pursue Dan through rural Cheshire. ^(S)

10.0 First Dates Self-titled alpha male Josh is keen to find his very own Kardashian. ^(S)

11.05 Five Guys A Week. **12.10** Ramsay's Kitchen Nightmares USA. **1.0** The Undateables. **1.55** Home. **2.25** Baghdad Central. **3.20** Celebs For Sale: Dispatches. **3.50** Come Dine With Me. **4.45** Location, Location, Location. **5.40** Kirstie's Vintage Gems. **5.50** Countdown.

CHANNEL 5

6am Milkshake! **9.15** Jeremy Vine. **11.15** Britain's Parking Hell. **12.10** 5 News At Lunchtime. **12.15** Nightmare Tenants, Slum Landlords. **1.10** Access. **1.15** Home And Away. **1.45** Neighbours. **2.15** FILM: Snatched At Birth (2017) ★★ ★ **4.0** Friends. **4.30** Friends. **5.0** 5 News At 5. **5.30** Neighbours.

6.0 Home And Away Martha accepts Alf's proposal. ^{(S) (R)}
6.30 5 News Tonight ^(S)

7.0 The Dog Rescuers With Alan Davies Herchy rescues a Staffie from a tower block. ^(S)

8.0 Britain's Naughtiest Nursery Day-to-day life at a nursery for challenging three-to-five year olds. ^(S)

9.0 10 Years Younger In 10 Days Two mums who want to reinvent themselves. ^(S)

* **10.0 Shipman: 5 Mistakes That Caught A Killer** The crimes of Harold Shipman. ^(S)

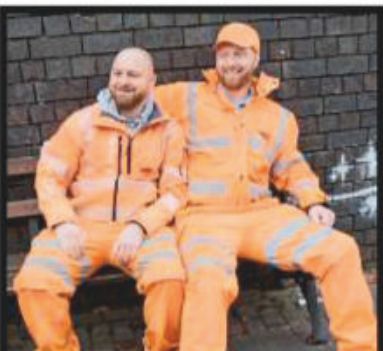
11.05 The Nightmare Neighbour Next Door. **12.05** Robbing Your Relatives. **1.0** The 21.co.uk Live Casino Show. **3.0** Access. **3.10** Our Dream Hotel. **4.0** My Mum's Hotter Than Me! **4.45** House Doctor. **5.10** Great Scientists. **5.35** Wildlife SOS.



9pm Noughts + Crosses, BBC1



8.30pm Spend It Well, ITV



9pm Trouble On The Tracks, ITV



8pm How To Beat...Ageing, C4



10pm Breeders, Sky One

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W

6pm Tipping Point. **7.0** Property Brothers: Forever Home. **8.0** Sun, Sea And Brides To Be. **9.0** Stacey Dooley Investigates. **10.0** One Born: What Happened Next? **11.0** Inside The Ambulance. **12midnight** One Born Every Minute. **1.0** I've Got Something To Tell You. **1.50** Code Black. **2.35** Renovate My Home: Leave It To Bryan.

MTV

6pm Catfish: Shadiest Characters. **7.0** MTV Cribs UK: Top 10 Cribs. **8.0** Siesta Key. **9.0** Jersey Shore Family Vacation. **10.0** Floribama Shore. **11.0** Ex On The Beach USA: Peak Of Love. **12midnight** Ridiculousness. **12.30** Ridiculousness. **1.0** Geordie Shore. **2.0** Geordie Shore. **2.45** Geordie Shore. **3.40** Ridiculousness. **4.0** Teleshopping.

ITV2

6pm You've Been Framed! Gold. **7.0** You've Been Framed! Gold: A-Z. **8.0** Two And A Half Men. **8.30** Two And A Half Men. **9.0** FILM: Ride Along (2014) ★ ★ **11.10** Family Guy. **11.40** Family Guy. **12.10am** American Dad! **1.05** The Stand Up Sketch Show. **1.35** Two And A Half Men. **2.30** CelebAbility. **3.15** ITV2 Nightscreen. **3.30** Teleshopping.

TLC

6pm Say Yes To The Dress. **7.0** Say Yes To The Dress: UK. **8.0** 90 Day Fiance: Before The 90 Days. **10.0** Dr Pimple Popper. **11.0** 90 Day Fiance: Before The 90 Days. **12midnight** 90 Day Fiance: Before The 90 Days. **2.0** Dr Pimple Popper. **3.0** 90 Day Fiance: Before The 90 Days. **4.0** Say Yes To The Dress: Atlanta.

E4

6pm The Big Bang Theory. **7.0** Hollyoaks. **7.30** Man With A Plan. **8.0** Young Sheldon. **9.0** Celebs Go Dating. **10.0** Celebrity Gogglebox. **11.05** The Big Bang Theory. **12.05am** Brooklyn Nine-Nine. **1.05** Celebs Go Dating. **2.10** First Dates Hotel. **3.05** Celebrity Gogglebox. **4.0** The Big Bang Theory. **4.50** How I Met Your Mother.

SKY ONE

6pm Futurama. **6.30** The Simpsons. **8.0** A League Of Their Own. **9.0** The Heist. * **10.0 Breeders**. **10.35** Breeders. **11.05** An Idiot Abroad 2. **12.05am** Intelligence. **1.05** Caught On Dashcam. **2.0** The Late Late Show With James Corden: Best Of The Week. **3.0** The Force: Manchester. **4.0** Stop, Search, Seize. **5.0** Futurama.

ITVBe

6pm Masters Of Flip. **7.0** Buying And Selling. **8.0** Dinner Date. **9.0** Totally Unbelievable. **10.0** Married To Medicine. Reality programme. **10.55** Singletown. A new couple enter the flats as exes Meg and Nat arrive. **12midnight** The Only Way Is Essex. **12.45** ITVBe Nightscreen. **12.55** Teleshopping.

SKY ATLANTIC

6pm Without A Trace. **7.0** CSI: Crime Scene Investigation. **8.0** Blue Bloods. **9.0** The Sopranos. **10.15** The Sopranos. Meadow's social life at college takes a sudden turn for the worse. **11.20** Babylon Berlin. **12.20am** Babylon Berlin. **1.20** Public Enemy. **2.25** Public Enemy. **3.30** Without A Trace. **4.20** The West Wing. **5.10** The West Wing.

E!

6pm Keeping Up With The Kardashians. **7.0** Very Cavallari. **8.0** Botched. **8.30** Dating: No Filter. **9.0** Keeping Up With The Kardashians. **10.0** The Soup. **10.30** Nightly Pop. **11.0** In The Room. **11.30** Botched: Most Outrageous OMG Patients Countdown. **12midnight** Keeping Up With The Kardashians. **1.0** Botched.

SKY LIVING

6pm Nothing To Declare. **7.0** Nothing To Declare. **8.0** Ghost Whisperer. **9.0** The Rookie. **10.0** CSI: Crime Scene Investigation. **11.0** Law & Order: Special Victims Unit. **12midnight** CSI: Crime Scene Investigation. **1.0** Chicago Med. **2.0** Chicago Fire. **3.0** Chicago PD. **4.0** Road Wars. **5.0** Brit Cops: Law & Disorder.



Friday 13 March

* CLOSER PICKS

BBC1

6am

6am Breakfast. **9.15** Crimewatch Roadshow Live. **10.0** Homes Under The Hammer. **11.0** Dom Does America. **11.45** Saved On Camera. **12.15** Bargain Hunt Sport Relief Special. **1.0** BBC News At One; Weather. **1.30** BBC Regional News; Weather. **1.45** Doctors. **2.15** Five Bedrooms. **3.0** Escape To The Country. **3.45** Money For Nothing. **4.30** Ready Steady Cook. **5.15** Pointless.

6pm

6.0 **BBC News At Six; Weather** ^(S)
6.30 **BBC Regional News; Weather** ^(S)

7pm

* **7.0 Sport Relief 2020** Gary Lineker, Paddy McGuinness, Alex Scott, Emma Willis, Rylan Clark-Neal, Oti Mabuse and Tom Allen host the fundraiser for good causes both in the UK and overseas. A Question of Sport Relief is on BBC2 at 10.00. ^(S)

8pm

9pm

10pm

10.0 **BBC News At Ten** ^(S)
10.25 **BBC Regional News; Weather** ^(S)
10.35 **Sport Relief 2020** Hosts Tom Allen and Maya Jama are joined by dance sensations AJ and Curtis Pritchard. Plus, music by superstar YouTuber KSI and rising star Celeste. ^(S)

11pm

12.45 Catchpoint For Sport Relief. **1.25** BBC News.



7pm Sport Relief 2020, BBC1

BBC2

6.30am Money For Nothing. **7.15** Ready Steady Cook. **8.0** Sign Zone: Back In Time For The Corner Shop. **9.0** BBC News At 9. **10.0** Victoria Derbyshire. **11.0** BBC Newsroom Live. **12.15** Politics Live. **1.0** Hardball. **1.45** Best House In Town. **2.30** Terry And Mason's Great Food Trip. **3.0** Red Rock. **3.45** The Great Interior Design Challenge. **4.45** Portillo's State Secrets. **5.15** Flog It!

6.0 **Richard Osman's House Of Games** Last in the series. ^(S)
6.30 **Great British Railway Journeys** Michael Portillo travels from Warwick to Rye. Last in the series. ^(S) ^(R)
7.0 **Extreme Wales With Richard Parks** The presenter explores the River Teifi. Last in the series. ^(S) ^(R)
7.30 **Rick Stein's Secret France** The chef takes a culinary tour of France, beginning in Dieppe. ^(S) ^(R)

8.30 **Wild Cuba: A Caribbean Journey** Part two of two. Colin Stafford-Johnson explores parts of Cuba few outsiders have seen. ^(S)

9.30 **QI** With Aisling Bea, Joe Lycett and David Mitchell. ^(S) ^(R)

10.0 **A Question Of Sport Relief** A special edition of A Question of Sport. ^(S)
10.35 **Newsnight** ^(S)

11.10 Miriam's Big Fat Adventure. **12.10** Sign Zone: The Million Pound Disability Payout - Panorama. **12.40** Sign Zone: Murder 24/7. **1.40** This Is BBC Two.



8.30pm Wild Cuba, BBC2

ITV

6am Good Morning Britain. **9.0** Lorraine. **10.0** This Morning. **12.30** ITV Lunchtime News. **12.50** ITV News London. **1.0** ITV Racing: Cheltenham Festival Live. **4.30** Tipping Point: Best Ever Finals. **5.0** The Chase.

6.0 **ITV News London** ^(S)
6.30 **ITV Evening News** ^(S)

7.0 **Emmerdale** Jimmy is surprised by what he learns. ^(S)
7.30 **Coronation Street** Geoff tries to convince Yasmeen that Alya is out to get him. ^(S)

8.30 **Vera** The key to a murder lies deep in the memory of the victim's son. ^(S) ^(R)

10.20 **ITV News** ^(S)
10.55 **ITV News London** ^(S)

11.10 McDonald & Dodds. **1.0** Ideal World. **3.0** Who's Doing The Dishes? **3.50** ITV Nightscreen.



8.30pm Vera, ITV

C4

6.30am Cheers. **6.55** Cheers. **7.20** The King Of Queens. **7.45** The King Of Queens. **8.10** Everybody Loves Raymond. **8.40** Everybody Loves Raymond. **9.10** Frasier. **9.40** Frasier. **10.10** Undercover Boss Canada. **11.05** Ramsay's Kitchen Nightmares USA. **12.0** Channel 4 News Summary. **12.05** Come Dine With Me. **1.05** Posh Pawnbrokers. **2.10** Countdown. **3.0** A Place In The Sun. **4.0** A New Life In The Sun: Where Are They Now? **5.0** Four In A Bed. **5.30** Come Dine With Me.

6.0 **The Simpsons** Homer worries about his marriage. ^(S) ^(R)
6.30 **Hollyoaks** Mitchell asks Martine and Walter for details about his father. ^(S) ^(R)

7.0 **News** ^(S)

* **8.0** **How Healthy Is Your Gut?** Why the gut is so important to a person's overall wellbeing. ^(S)

9.0 **Gogglebox** The households' opinions on recent TV. ^(S)

10.0 **The Last Leg** A comical review of the past seven days. ^(S)

11.05 The Big Narstie Show. **12.10** FILM: Popstar: Never Stop Never Stopping (2016) ★★★★★ **1.45** The Simpsons. **2.35** Come Dine With Me. **3.05** Come Dine With Me. **4.0** Come Dine With Me. **4.25** Come Dine With Me. **4.55** Location, Location, Location. **5.45** Kirstie's Handmade Treasures.



8pm How Healthy Is Your Gut?, C4

CHANNEL 5

6am Milkshake! **9.15** Jeremy Vine. **11.15** Parking Hell: At War With The Law. **12.10** 5 News At Lunchtime. **12.15** Nightmare Tenants, Slum Landlords. **1.10** Access. **1.15** Home And Away. **1.45** Neighbours. **2.15** FILM: Killer Contractor (2019) ★★ ★ **4.0** Friends. **4.30** Friends. **5.0** 5 News At 5. **5.30** Neighbours.

6.0 **Home And Away** Marilyn bonds with the Parata family, newcomers to the bay. ^(S) ^(R)
6.30 **5 News Tonight** ^(S)

7.0 **Secrets Of The Royal Train** The story of the trains used by the monarchy. ^(S) ^(R)

8.0 **The Yorkshire Steam Railway: All Aboard** The August bank holiday coincides with a heatwave. ^(S)

9.0 **Celebrity Britain By Barge: Then & Now** Bill, Jennie, Anne and Pete navigate the mighty Grand Union Canal. ^(S)

10.20 **The Royals: A Family In Crisis** A look at issues affecting the monarchy in 2019. ^(S) ^(R)

11.50 My Houseful Of Animals: 90 Cats & More. **12.50** Lip Sync Battle UK: Michelle Keegan V Jason Manford. **1.15** The 21.co.uk Live Casino Show. **3.15** The Dog Rescuers With Alan Davies. **4.0** Recycling: Is It A Con? **4.45** House Doctor. **5.10** Great Scientists. **5.35** Wildlife SOS.



9pm Celebrity Barge, Channel 5

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W

6pm Tipping Point. **7.0** Property Brothers. **8.0** Sun, Sea And Brides To Be. **9.0** 999 Rescue Squad. **10.0** Should I Go Under The Knife? Cherry Healey visits a clinic in Brazil for customers on low incomes. **11.0** Inside The Ambulance. **12midnight** One Born Every Minute. **1.0** I've Got Something To Tell You. **3.0** Teleshopping.

MTV

6pm Catfish: Shadiest Characters 15. **6.55** The Official UK Number One. **7.0** Catfish: The TV Show. **8.0** Teen Mom: Young & Pregnant. **9.0** Celebrity Ex On The Beach. **10.0** Geordie OGs. **11.0** True Life Crime. **12midnight** Ridiculousness. **1.0** Geordie Shore. **2.0** Geordie Shore. **2.45** Geordie Shore. **3.40** Ridiculousness. **4.0** Teleshopping.

ITV2

6pm You've Been Framed! Gold: Funniest 100. **7.0** You've Been Framed! Gold: Family Special. **8.0** Two And A Half Men. **9.0** FILM: The Hangover (2009) ★★ ★ ★ **11.10** Family Guy. **12midnight** American Dad! **1.0** The Cleveland Show. **1.30** Two And A Half Men. **2.25** Plebs. **2.55** Plebs. **3.20** ITV2 Nightscreen. **3.30** Teleshopping.

TLC

6pm Say Yes To The Dress. **7.0** Say Yes To The Dress: UK. **8.0** Curvy Brides Boutique. **9.0** Say Yes To The Dress: America. **10.0** Say Yes To The Dress: UK. **11.0** Dr Pimple Popper. **12midnight** Curvy Brides Boutique. **1.0** Say Yes To The Dress: America. **2.0** Say Yes To The Dress: UK. **3.0** Dr Pimple Popper. **4.0** Say Yes To The Dress: Atlanta.

E4

6pm The Big Bang Theory. **7.0** Hollyoaks. **7.30** Man With A Plan. **8.0** FILM: Transformers: Revenge Of The Fallen (2009) ★ ★ **11.0** Rick And Morty. **11.30** Mr Pickles. **11.45** Robot Chicken. **12midnight** Rick And Morty. **12.30** The Big Bang Theory. **1.30** Brooklyn Nine-Nine. **2.30** The Sex Clinic. **3.25** The Big Bang Theory.

SKY ONE

6pm Futurama. **6.30** The Simpsons. **8.30** Modern Family. **9.0** Carpool Karaoke: Special. **10.0** The Late Late Show With James Corden: Best Of The Week. **11.0** The Trip To Greece. **11.35** Avenue 5. **12.10am** Caught On Dashcam. **1.05** Flintoff: Lord Of The Fries. **2.05** The Force: Manchester. **3.05** Road Wars. **4.0** Stop, Search, Seize.

ITVBē

6pm Masters Of Flip. **7.0** Buying And Selling. **8.0** Dinner Date. **9.0** Botched. **10.0** Botched. Paul Nassif treats a nose that is stuck at a 7 o'clock angle. **10.55** Chrissy Knows Best. Faye is angered when Todd meddles in her exercise routine. **11.25** Chrissy Knows Best. **11.55** The Only Way Is Essex. **12.45am** Nightscreen. **12.55** Teleshopping.

SKY ATLANTIC

6pm Without A Trace. **7.0** CSI: Crime Scene Investigation. **8.0** Blue Bloods. **9.0** Babylon Berlin. **10.0** Babylon Berlin. The police add a third murder to their investigation. **11.0** The Outsider. **12.05am** Oz. **1.20** Oz. **2.35** FILM: Real Women Have Curves (2002) ★ ★ ★ **4.15** The West Wing. **5.10** The West Wing.

E!

6pm Keeping Up With The Kardashians. **7.0** In The Room. **7.30** Meet The Frasers. **8.0** Hollywood Medium With Tyler Henry. **9.0** Botched. **11.0** Nightly Pop. **11.30** The Soup. **12midnight** Keeping Up With The Kardashians. **1.0** Botched. **2.0** Teleshopping. **3.0** Keeping Up With The Kardashians. **4.0** The Platinum Life.

SKY LIVING

6pm Nothing To Declare. **7.0** Nothing To Declare. **7.30** Nothing To Declare. **8.0** Chicago Med. **9.0** Chicago Fire. **10.0** Chicago PD. **11.0** Law & Order: Special Victims Unit. **12midnight** CSI: Crime Scene Investigation. **1.0** Shades Of Blue. **2.0** Blue Bloods. **3.0** Ghost Whisperer. **4.0** Road Wars. **5.0** Brit Cops: Law & Disorder.

GREAT NIGHT IN

ON-DEMAND TV & DVD



Sorry We Missed You

AVAILABLE ON DVD

OUT 9 MARCH

Following on from his diatribe against the UK benefits system *I, Daniel Blake*, champion of the working classes Ken Loach delivers another package of bleak but essential viewing. This time he has corporate bureaucracy and employment law in his sights with this tale of a family struggling to make ends meet. While carer Abbi works every hour of the day, husband Ricky takes on the stressful (nigh on impossible) job of a delivery driver, and back home their teenage son suffers in their absence.



Spenser Confidential

AVAILABLE ON NETFLIX

OUT 6 MARCH

In 2013, movie director Peter Berg hit on a winning formula with his Afghanistan war drama *Lone Survivor*: cast Mark Wahlberg as an 'ordinary' American in an extraordinary situation and watch the box office returns roll in. Following *Deepwater Horizon*, *Patriots Day* and *Mile 22*, the duo team up again for this action romp about an ex-cop who enlists the help of an MMA fighter to track down the thugs who killed his former colleagues. It's mindless fun.

Out this week!

THE BEST FILMS, BOOKS, MUSIC & DAYS OUT TO MAKE THE MOST OF THE NEXT SEVEN DAYS

MUST READ

In Five Years (REBECCA SERLE)

On the day lawyer Dannie nails the most important job interview of her career and gets engaged to her perfect man, she falls asleep and seemingly wakes up in a different apartment, with a different ring on her finger, and in the company of a very different man – five years in the future. She finally wakes up for real, but she struggles, as it all felt so real. Then, over four years later, Dannie is walking down a street and there is the man from her dream... This is a rare kind of love story – we read it in one sitting!



BEST DAY OUT

Cadbury World

The Willy Wonka types down at Cadbury World in Bournville, Birmingham, have got all your candy needs covered. Whether you're a fan of a Dairy Milk, a Crunchie, a Twirl, or a Creme Egg (*Closer* team fave!), take a trip to the home of milk chocolate goodness. Enjoy the new live stage show every day from Saturday 4 to Sunday 19 April and 25-26 April and help Freddo hunt for easter eggs that have been hidden by the Caramel Bunny. Oh, and make sure to bring some extra pennies for the world's biggest Cadbury shop! Book now at Cadburyworld.co.uk



TUNE IN



Niall Horan Heartbreak Weather

This is the second solo album from One Direction member Niall Horan, after his successful first offering, *Flicker*, which took him into the UK top 10. Judging by the already-released tracks *Nice To Meet Ya*, *Put A Little Love On Me* and *No Judgement*, we reckon this will easily earn him a spell at the top of the charts. Out 13 March.



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THE CAST Daniel Radcliffe, Daniel Webber, Ian Hart, Mark Leonard Winter

THE STORY The true story of South African anti-Apartheid activist Tim Jenkin, who was imprisoned in 1978.

THE VERDICT What starts out as a political thriller quickly turns into a prison escape movie with shades of *Papillon*, as Jenkin (Radcliffe) and a band of like-minded inmates hatch elaborate escape plans. Avoid googling the real Jenkin if you want to maintain the tension.

CERT 12A, 104 MINS, OPENS 6 MARCH

Escape From Pretoria



Military Wives

THE CAST Kristin Scott Thomas, Sharon Horgan, Amy James-Kelly, Jason Flemyng

THE STORY While their partners are off serving in Afghanistan, a group of women form a choir that soon attracts national attention.

THE VERDICT Based on the true story of the chart-topping vocalists, Gareth Malone is absent here, but in his place are two squabbling choir mistresses who can't agree on a sound for the group. *Sister Act* for the Keep Calm & Carry On generation, this is perfect for Mother's Day.

CERT 12A, 113 MINS, OPENS 6 MARCH



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Deputy Head Of Production Zoe Knight.....(0203 879 2370)
Acting Deputy Head Of Production Chris Hotine.....(0207 241 8000)
Acting Junior Production Editor Caitlin Butler

TV

TV Editor Hannah Wright.....(0203 879 2377)

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Audience And Content Director Ian Betteridge
Commercial Content Editor Arianna Chatzidakis
Digital Editor Georgina Terry
Digital Writer Eden-Olivia Lord.....(0203 879 2447)
Digital Writer Marianna Manson

PUBLISHING

Managing Director - Celebrity Weeklies and Entertainment Helen Morris
PA to Publisher Elisha Bingham.....(020 3879 2361)
Business Analyst Clare Wadsworth.....(01733 468 207)
Managing Editor Sophie Price.....(0203 879 2278)

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Group Commercial Director Simon Kilby
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Head of Magazine Media Clare Chamberlain
Head of Magazine Brands Anu Short.....(020 3879 2941)
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Group Head Of Media Sales Tom Meadowcroft.....(020 3879 2066)
Media Sales Executive Sian Hogan.....(0203 879 3394)
Media Sales Executive Summer Rawlings.....(0203 879 2429)
Media Planner Rhianna Easlick.....(020 3879 2455)
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Creative Solutions Senior Designer Catherine Johnson
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Regional Advertising Katie Kendall.....(0161 288 5053)
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Marketing Manager Emma Fearney.....(020 7241 8239)
Newstrade Marketing Manager David Clarke.....(020 7520 6465)
Newstrade Marketing Executive Anisha Bains.....(020 7295 6778)
Newstrade Marketing Executive Michael Pay.....(020 7208 3539)
Direct Marketing Manager Julie Spires.....(01733 468164)
Direct Marketing Executive Amy Dedman.....(01733 468804)
Communications Director Jess Blake.....(020 7520 6459)
Acting Head of Communications Effie Kanyua.....(020 7208 3519)

PRODUCTION

Print Production Controller Colin Robinson.....(01733 468072)

SYNDICATION

Content Executive Emily Thorpe.....(01733 468561)

BAUER CONSUMER MEDIA

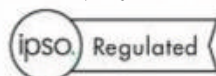
CEO of Bauer Publishing UK Rob Munro-Hall
EA to Group Managing Director Stacey Thomas.....(0203 879 2622)
Group Marketing Director Anne-Marie Lavan
Chief Financial Officer Bauer Magazine Media Lisa Hayden
Printer YM Group
Distributor Frontline.....(01733 555161)

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Closer

PUZZLE ANSWERS

CODE CRACK

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

THE BIG CROSSWORD CRISS CROSS

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

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

SUDOKU - EASY

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

SUDOKU - MEDIUM

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

WORD SEARCH

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

CLUES & ARROWS

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

GUESS THE FILM STILL

- A) OCEAN'S 8
B) PERSONAL SHOPPER

NAME THE STARS

- 1) CARA DELEVINGNE
2) PHOEBE WALLER-BRIDGE

GUESS THE CELEB

- A) SINITTA
B) MICHAEL FASSBENDER

WORD LINK

- A) BEAN
B) RED
C) SPRING
D) NIGHT
E) LEVEL
F) STATE

SPOT THE DIFFERENCE



CLOSER MAGAZINE TERMS & CONDITIONS

1. These terms and conditions together with any specific rules displayed or referred to on the relevant page of Closer magazine in respect of a prize draw or competition (a "Prize Draw Notice") and H Bauer Publishing's General Terms and Conditions (available online at <http://www.bauerlegal.co.uk/competition-terms.html>) are the prize draw rules (the "Rules") that apply to each and every prize draw and/or competition of any nature included in Closer magazine (a "Prize Draw") unless otherwise expressly stated in the Prize Draw Notice. By entering a Prize Draw, entrants agree to be bound by these Rules.

2. Each Prize Draw is organised by Closer magazine, part of H Bauer Publishing Limited of registered address Academic House, 24-28 Oval Road, London NW1 7DT. In the event of a discrepancy between these terms and conditions and the Prize Draw Notice, the Prize Draw Notice shall prevail.

3. H Bauer Publishing reserves the right to cancel or amend a Prize Draw at any time without prior notice.

4. All Prize Draw entrants must be over 18 years of age at the date of entry and resident in the UK. Proof of age may be required before a prize-winner can claim a prize. The eligibility of any entrant is at the sole discretion of H Bauer Publishing. Employees and agents of H Bauer Publishing and its associated companies (including the families of such employees and agents) are not eligible to enter a Prize Draw. Only one entry per person and per household is permitted. Additional eligibility requirements may apply to a specific

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5. Prize Draw entries must be made in accordance with the Rules and must be received by H Bauer Publishing before the closing date specified in the Prize Draw Notice (the "Closing Date"). Entries made otherwise will be invalid.

6. No payment is necessary to enter a Prize Draw. Unless otherwise stated in the Prize Draw Notice, all Prize Draws are entered by sending an appropriately worded e-mail to the email address specified in the Prize Draw Notice. Any such e-mail must include a postal address to contact you at in connection with the Prize Draw and otherwise must comply with any instructions for submitting such email entry set out in the Prize Draw Notice (for example, to identify which Prize Draw is being entered). Each Prize Draw must be entered by a separate email. Alternative means of entering a Prize Draw - if any - may be set out in the Prize Draw Notice and where there are alternative means of entering a Prize Draw no distinction shall be made between entries received by any means prescribed under the Rules.

7. Prize-winners will (unless specified otherwise in the Prize Draw Notice) be chosen at random by an independent judge from all qualifying entries. In all matters, the decision of the judge(s) shall be final and no correspondence or discussion shall be entered into.

8. Prize-winners will be notified in writing

within 6 weeks of the Closing Date.

9. If a prize-winner fails to respond to correspondence from H Bauer Publishing and/or fails (for whatever reason) to claim his/her prize within 14 days of receipt of H Bauer Publishing's notification, H Bauer Publishing shall be entitled to select an alternative prize-winner. In such circumstances H Bauer Publishing shall use reasonable endeavours to notify the alternative prize-winner within nine weeks of the Closing Date.

10. Prize-winners will receive their prize within 6 weeks of notification unless otherwise specified in the Prize Draw Rules.

11. Details of the names of prize-winners can be requested by writing to Closer at Academic House, 24-28 Oval Road, Camden, London NW1 7DJ, specifying the relevant Prize Draw, provided that such request is received by H Bauer Publishing within ten weeks of the Closing Date.

12. Every prize is subject to availability and H Bauer Publishing may substitute any prize for a prize of a similar nature and/or comparable value. There is no cash alternative to any prize and no prize is refundable and/or transferable.

13. H Bauer Publishing accepts no responsibility or liability for any lost, damaged or incomplete entries and all such entries will be deemed invalid. Proof of despatch shall not be proof of entry. Only entries received in accordance with the Rules will be acceptable.

14. H Bauer Publishing will not be liable if a prize does not reach a prize-winner for any reason outside the control of H Bauer Publishing or if a prize is damaged during

delivery.

15. Entries shall not be returned to entrants.

16. Prize-winners agree to take part in any promotional activity requested by H Bauer Publishing and consent to his/her name, county and photograph being published for the purposes of the Prize Draw and promoting Closer and/or H Bauer Publishing and its business.

19. Where relevant, all taxes, insurances, transfers, spending money and other expenses (including meals or personal expenses upgrades etc.) are, unless otherwise specifically stated, the sole responsibility of each prize-winner.

20. The terms and conditions of any third party supplier may apply and must be accepted and complied with by a prize-winner to accept the prize.

21. H Bauer Publishing may vary the terms of, or vary the Prize Draw at any time at its absolute discretion without liability to any entrant or other person.

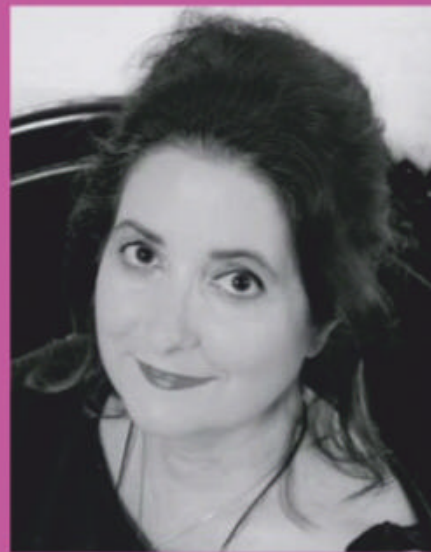
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23. These terms and conditions shall be governed by and construed and performed in accordance with the laws of England and Wales, whose courts shall have exclusive jurisdiction to decide any dispute arising under them.

Your stars

WITH YASMIN BOLAND

3-9 MARCH



RACHEL WEISZ
7 MARCH 1970



STACEY DOOLEY
9 MARCH 1987

IF IT'S YOUR BIRTHDAY THIS WEEK

There could be love or money issues this year, thanks to a Venus/Saturn clash in your birthday chart, but talking things through can teach you lessons about both. Things will work out fine! It's also a good year for Pisceans wanting to up their spiritual game.

THIS WEEK'S CELEB STAR SIGN

PISCES

19 FEB-20 MAR

Don't let money come between you and a friend. In recent years, you've shed people from your life – and that's good, as those who left were not for you. But avoid falling out with someone over cash now. It's a waste! PS Get your free Mercury retrograde survival guide at theastrocode.com/mercurynow

LIBRA 23 SEP-22 OCT

The people at home might be doing their best, but sometimes they are just going to drive you crazy – this could be one of those times. Focus on the positive when it comes to home, family, or flatmates. By the end of the week, issues can be ironed out. PS Get your free Mercury retrograde survival guide at theastrocode.com/mercurynow

SCORPIO 23 OCT-21 NOV

Your biggest enemy this week is thinking bad thoughts about yourself or others. It's like drinking poison – don't do it! Try thinking about what you do want and not about what you don't want. That's the golden rule for success, this week and every week. PS Get your free Mercury retrograde survival guide at theastrocode.com/mercurynow

ARIES 21 MAR-19 APR

The start of the week could be a bit annoying. However, everything can still work out well for you. If someone is being mean to you, emotionally or financially, breathe through it. It will end! Instead, wait to the middle of the week and talk things out. PS Get your free Mercury retrograde survival guide at theastrocode.com/mercurynow

TAURUS 20 APR-20 MAY

There is room for a misunderstanding with a pal now, so mind how you go – especially if you have a friend who is really touchy. The less you say, the less there is to take back later. By the end of the week, you should feel far happier and even loved. PS Get your free Mercury retrograde survival guide at theastrocode.com/mercurynow

GEMINI 21 MAY-20 JUN

You're in a cycle where you're learning loads about money. If times are tough financially, think about if there are any lessons in it. It should now become easier to talk your way into a pay-rise, if you know you have one due and you have the courage to talk about it! PS Get your free Mercury retrograde survival guide at theastrocode.com/mercurynow

CANCER 21 JUN-22 JUL

Unfortunately, there could be a bit of a relationship drama up ahead. If that happens, don't do anything drastic! Stay calm and have a good sit-down chat promptly. After a couple of days, nearly anything can be talked out. Communication is key! PS Get your free Mercury retrograde survival guide at theastrocode.com/mercurynow

LEO 23 JUL-22 AUG

You have amazing stars to renegotiate your love life now, so think about the situation with your partner or your ex. If you could set down some new rules, what would they be? Review the way you are in love now. If you're single, an ex could come back. PS Get your free Mercury retrograde survival guide at theastrocode.com/mercurynow

VIRGO 23 AUG-22 SEP

There are some tricky stars which could stop you from having as much fun as you deserve. But there's an upside to the planets' energies, too – they are opening up financial opportunities. Return to a money-making idea you had earlier but shelved. PS Get your free Mercury retrograde survival guide at theastrocode.com/mercurynow

SAGITTARIUS 22 NOV-21 DEC

Money might be a bit tight right now, which could spoil your fun. But this too shall pass! Your best bet to get the most out of the week is to ask yourself what you need to learn about cash. How can you be more grown-up when it comes to finances? PS Get your free Mercury retrograde survival guide at theastrocode.com/mercurynow

CAPRICORN 22 DEC-19 JAN

You were born to be good in business. Did you know that? If you're floundering now, it's the perfect time to rethink anything and everything to do with cash, property, and possessions. If it's not working for you, talk to someone who can help make it better. PS Get your free Mercury retrograde survival guide at theastrocode.com/mercurynow

AQUARIUS 20 JAN-18 FEB

With Mercury reversing in your sign, you have a rare chance to rethink your entire life. Make a list of what you want to bring into your life and make some notes about how you can make that happen. Wishing on the New Moon later this month will also help. PS Get your free Mercury retrograde survival guide at theastrocode.com/mercurynow

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YASMIN'S WEEKLY FORECAST AND ADVICE



0906 7511 677

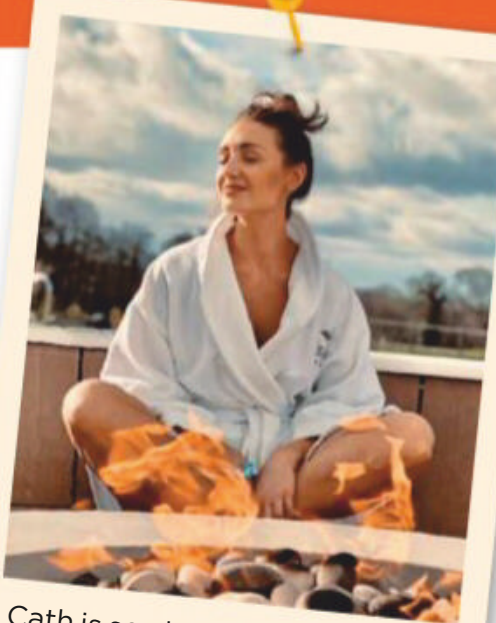
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CLOSERONLINE.CO.UK

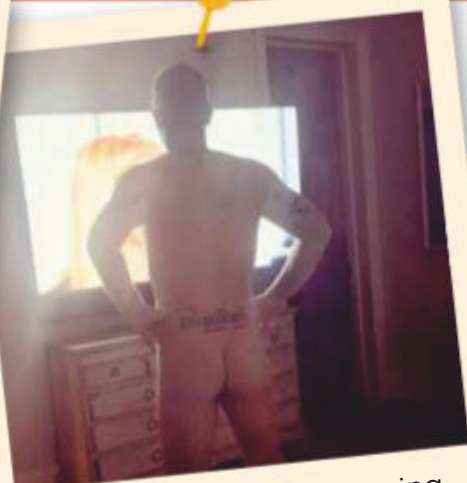
97

Snapshots & Chat!

A FINAL FIX
OF THIS WEEK'S
PICS & TWEETS



Cath is so chilled out that she's not remotely alarmed by the pebbles in her plush garden bursting into flames. Spooky.



Robbie's moving his 'aerial' around until he gets a good reception. With that pert bum, we'd always give him a good reception!



CRISTIANO RONALDO

Cristiano panicked that the kids may have had too many baked beans in their diet... then he realised it was a jacuzzi bath. Phew.

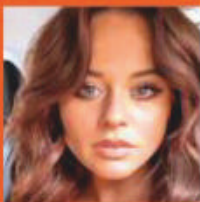
SamiraMightyOfficial @MightySamira · Feb 23
I keep seeing double numbers what does that mean????? Anyone



SAMIRA MIGHTY

Well, Samira, we suspect you've either suffered a nasty knock on the head, or this post has been sponsored by your local Bingo hall...

Emily Attack @EmAttack · Feb 24
Saving left over Chinese take away from the Sunday night is a slippery slope for the week ahead.



EMILY ATTACK

No kidding, Ems. Take our advice and be careful to use the 'nuclear' setting when microwaving prawn-fried rice... unless you fancy spending two weeks in hospital. Bleeuurgh.

INSPIGRAM



MARNIE SIMPSON

Of course the Swedish have 'fika', Marns. We also slow down and appreciate the good things in the IKEA café - mainly cheesecake!

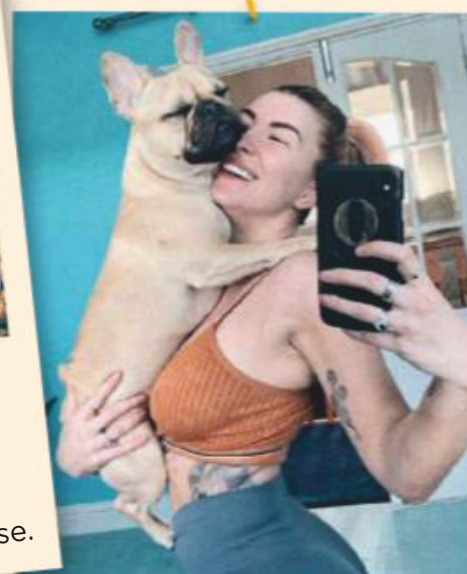
fika

[fee-ka]. Swedish

a moment to slow down and appreciate the good things in life.



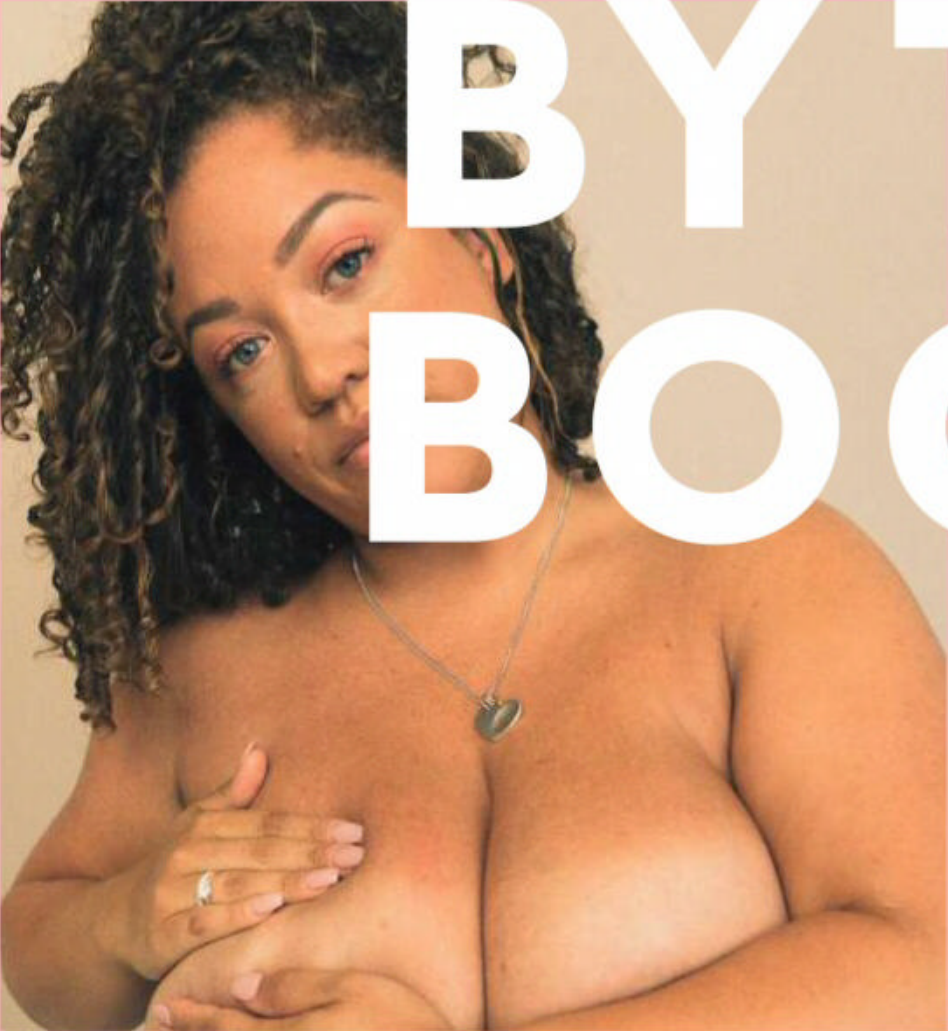
Some people choose their cookies for the crunch. Others for the amount of choc chips. Busy prefers ones that are bigger than her head. Very wise.



Liv's 'selfie' suddenly turns into a 'Frenchie' thanks to her attention-seeking French bulldog. Too cute!



GRAB LIFE



BY THE BOOBS

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

SEARCH COPPAFEEL GRAB LIFE

