

# HELLO!

NUMBER 1946

15 JUNE 2026

£4.25

**SOUVENIR  
WEDDING  
ALBUM**



**ROYAL FAMILY  
REUNION  
AT THE  
CEREMONY**

**YOUR INVITATION TO THE  
ROYAL WEDDING OF THE YEAR**

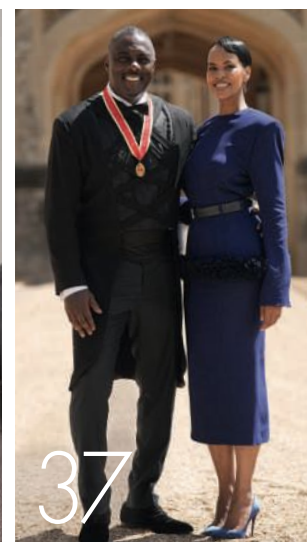
# PETER PHILLIPS MARRIES HARRIET SPERLING

**'THE BRIDE AND GROOM LOOKED ABSOLUTELY  
RADIANT. THEIR HAPPINESS WAS SHINING THROUGH'**



2 4  
9 770214 38331  
Spain 6.50€ Canary Islands 6.50€ Portugal (CONT) 6.50€  
Germany 12.40€ Italy 7.99€ Greece 7.99€ Austria 14.20€  
France 7.99€ Switzerland 15.80CHF Luxembourg 14.00€





## THIS WEEK

### PEOPLE IN THE NEWS

- 4 COVER STORY** **PETER PHILLIPS** and **HARRIET SPERLING** bring senior royals together for joyful wedding
- 28 DUA LIPA** and **CALLUM TURNER** tie the knot surrounded by family and friends
- 42 BRIAN COX** invites us to the starry celebrations as the Succession actor turns 80 and marks 25 years of marriage to **NICOLE ANSARI-COX**
- 50 THE DUKE and DUCHESS OF EDINBURGH** win hearts in Portugal
- 56 THE PRINCESS OF WALES** joins **THE KING** and **QUEEN** to mark Cancer Research UK's 125th anniversary ... and shares poignant moments with cancer patients in Manchester
- 58**

- 60 DIANA, PRINCESS OF WALES** Handwritten letters reveal the unassuming schoolgirl who became a royal
- 62 THE PRINCE OF WALES** pulls the perfect pint as he visits a pub in Peckham
- 66 GABBY LOGAN** As the World Cup kicks off, the BBC host admits that she's almost too busy to collect her OBE
- 70 BERNARDO SILVA** The footballer opens up about family life with his wife, **INÊS**, and their daughter, **CARLOTA**
- 77 NICKI CHAPMAN** tells us how maintaining a positive attitude helped her to recover from a brain tumour
- 78 LADY PAMELA HICKS** An extraordinary life remembered as Queen Elizabeth II's confidante dies aged 97

- 80 JENNIFER LOPEZ** on her chemistry with co-star **BRETT GOLDSTEIN** and her next Hollywood power move

### REGULARS

- 33 INSIDE STORIES** This week's most glittering celebrity outings, including **SIR IDRIS ELBA's** trip to Windsor Castle to be knighted, accompanied by his wife, **LADY ELBA**
- 40 HELLO! VIP MEMBERSHIP** Join our exciting new community
- 64 THE ROYAL BRIEF** All the best from the royal diaries
- 76 7 DAYS** Celebrity news in brief
- 82 CULTURE** The Olympian **VICTORIA PENDLETON** tells us how facing the

- fear and doing it anyway changed her life
- 92 PUZZLES** Coffee-break posers

### STYLE & LIVING

- 85 STYLE** Our expert guide to the season
- 86 BEAUTY** All the latest news, including desirable haute high-street perfumes
- 88 FASHION** Get ready for race day with sophisticated royal-inspired looks
- 90 KATHRYN PINKHAM** The insomnia specialist answers the questions keeping you awake at night
- 93 COOKERY** Delicious Sardinian meals
- 96 TRAVEL** How to do Paris in a day – without damaging the planet
- 98 VISCOUNTESS GARNOCK** The entrepreneur shares her essential luxuries

FOUNDER Eduardo Sánchez Junco  
CHAIRMAN & EDITORIAL DIRECTOR  
Eduardo Sánchez Pérez  
CHIEF EXECUTIVE OFFICER  
Javier Junco Aguado

EDITORIAL  
CHIEF CONTENT OFFICER  
Sophie Vokes-Dudgeon  
EDITOR Jessica Callan  
DEPUTY EDITOR Emily Maddick

ASSOCIATE EDITOR George Stark  
FEATURES EDITOR Miranda Thompson  
DEPUTY FEATURES EDITOR Sophie Hamilton  
ROYAL EDITOR Emily Nash  
NEWS DIRECTOR Laura Benjamin  
ROYAL & FEATURES CONTRIBUTOR  
Tracy Schaverien  
SOCIETY EDITOR AT LARGE  
The Marchioness of Bath  
VISUALS DIRECTOR Nathan Higham-Grady  
SENIOR PICTURE EDITOR Becky Cox

PICTURE RESEARCHER Kelly Prawl  
DEPUTY PICTURE EDITOR Mariella Frostrup  
ART EDITOR Blue Buxton  
LIFESTYLE ART EDITOR Amy Reiter  
SENIOR DESIGNER Linda Millard  
PRODUCTION DIRECTOR Trish McCaffrey  
PRODUCTION EDITOR Ria Hopkinson  
HEAD OF FASHION Becky Donaldson  
HEAD OF BEAUTY Cassie Steer  
DEPUTY BEAUTY & LIFESTYLE EDITOR  
Melanie Macleod

ECO COLUMNIST Amelia Windsor  
SECOND ACT COLUMNIST Mariella Frostrup  
HEAD OF TRAVEL Penny Walker  
TRAVEL EDITOR AT LARGE Katie Bowman

DIGITAL  
DIGITAL CONTENT DIRECTOR  
Andrea Caomai  
WEBSITE EDITOR Kate Thomas  
SENIOR DIGITAL DESIGNER  
Lauren Connolly

BUSINESS & COMMERCIAL  
020 7667 8749  
CHIEF REVENUE OFFICER Tamsyn Spire  
HEAD OF BRAND & CREATIVE SUITE  
Deborah Field  
HEAD OF DIGITAL MARKETING & CUSTOMER  
ACQUISITION Catherine Kinch-Willis  
STYLE & COMMERCE DIRECTOR  
Tanya Philipson  
CLIENT BEAUTY DIRECTOR Kirsty Dale  
CLIENT TRAVEL DIRECTOR Antony Powell

COMMERCIAL DIRECTORS Chloe Hall,  
Claire Gibbins, Natasha Rosenbaum  
COMMERCIAL ACCOUNT MANAGER  
Sofia Di Paola  
CREATIVE PROJECT DIRECTOR Annie Tidd  
PROJECT MANAGER Dulcie Troup  
CREATIVE CONTENT WRITER Josie O'Brien  
PROJECT CO-ORDINATOR Ellie Hind  
DESIGN & PRODUCTION Ashleigh Swaile  
SYNDICATION hellosyndication@hola.com  
IT MANAGER Imran Zia

HELLO! LTD 230 Blackfriars Road, HELLO! Magazine, Floor 4, London SE1 8NW NEWS STORIES: [news@hellomagazine.com](http://news@hellomagazine.com) BACK ISSUES: 01858 438 430 SUBSCRIPTIONS: 01858 438 430 or email [hella@subscription.co.uk](mailto:hella@subscription.co.uk)



If you have any concerns or wish to make a complaint about anything you have read in this issue, please email [digitalteam@hellomagazine.com](mailto:digitalteam@hellomagazine.com) and your email will be responded to as soon as possible. HELLO! magazine is regulated by IPSO, the Independent Press Standards Organisation, which can be contacted by email: [complaints@ipso.co.uk](mailto:complaints@ipso.co.uk) or by post: Independent Press Standards Organisation, 10 Eastcheap, London, EC3M 1AJ. IPSO's Editors' Code of Practice can be found at [ipso.co.uk/IPSO/cop.html](http://ipso.co.uk/IPSO/cop.html)

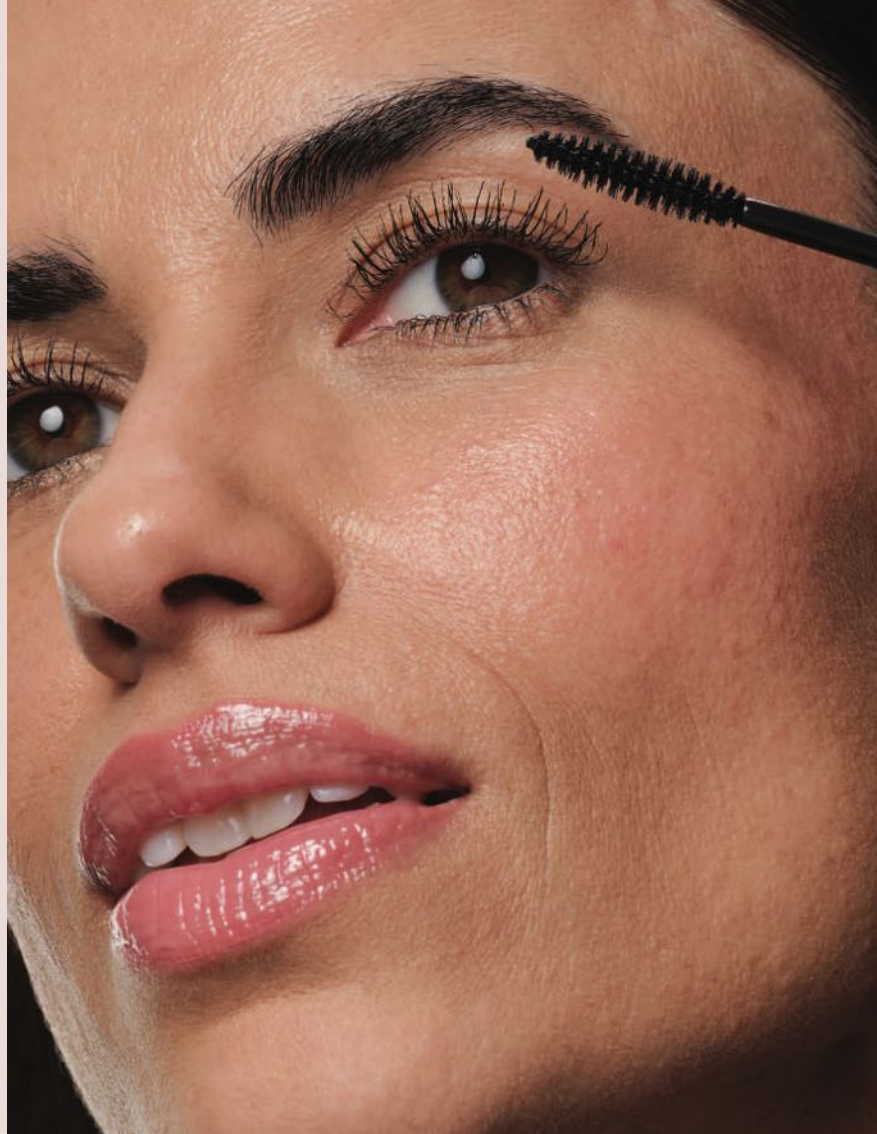


Distributed by MarketForce (UK) Ltd, 121-141 Westbourne Terrace, London W2 6JR. Email: [mfcommunications@futurenet.com](mailto:mfcommunications@futurenet.com). Printed in the UK by Walsley UK and in Australia by IVE Group. hello! is a trademark of HOLA, S.L. Depósito legal: M 16.334-1988. © HELLO! All rights reserved. Reproduction in whole or in part without written permission strictly prohibited. Registered as a newspaper at the Post Office. US Post Only: [usmail](mailto:usmail) (ISSN 0214-3887) (USPS #002-822) is published weekly by [usmail](mailto:usmail) Ltd. Periodicals postage paid at West Caldwell, NJ and additional mailing offices. POSTMASTER: Send address changes to: HELLO! U.S. INC. 2153 Coral Way Apt 400, Miami, FL 33145. South Africa: printed by Novus Print (Pty) Ltd and distributed by On the Dot Supply Chain Management (Pty) Ltd. Head Office: 10 Freedom Way, Milnerton, Western Cape 7441. Call centre and subscriptions: +27 87 353 1294; email [hella@onthedot.co.za](mailto:hella@onthedot.co.za)



DEFINED  
LASHES  
*FOR 24  
HOURS\**

Nº7



\*Consumer study  
Available in most Boots stores. Subject to availability.



ULTRA DEFINED MASCARA

Available at *Boots*



A full-page photograph of Peter Phillips and Harriet Sperling on their wedding day. Peter is on the left, wearing a black tuxedo with a light blue shirt and a patterned tie, holding a light blue umbrella. Harriet is on the right, wearing a white lace wedding dress with long sleeves, a tiara, and a veil, holding a bouquet of white flowers. They are standing in front of a stone wall with green foliage and white flowers. Other guests are visible in the background, some holding umbrellas.

Rain doesn't dampen the newlyweds' spirits as they pose for photos outside the church in Gloucestershire, while Harriet's bridesmaids – Isla Phillips, Savannah Phillips and Georgina Sperling – hold her veil

**HELLO!**

**INVITES YOU TO THE ROYAL  
WEDDING OF THE YEAR**

**PETER PHILLIPS  
MARRIES HARRIET  
SPERLING**

**6 JUNE 2026**









**G**lowing with happiness after being declared husband and wife, Peter Phillips and his bride, Harriet Sperling, smile with joy outside the church where they have just married.

As church bells pealed behind them, the bride and groom posed for the world's media only moments after exchanging vows in front of the most senior members of the royal family, including the King and Queen, the Prince and Princess of Wales and the mother of the groom, the Princess Royal.

Peter's sister, Zara Tindall, and her husband, Mike, were also in attendance, accompanied by their two eldest children, Mia, 12, and Lena, seven.

#### **SPECTACULAR OCCASION**

The small Gloucestershire village of Kemble came to a standstill while the romantic ceremony took place at the picturesque All Saints Church, with crowds of spectators gathering in the streets to catch a glimpse of the royal guests.

**HELLO!**'s Lucy Norris, who was outside the church, said: "The bride and groom looked absolutely radiant. They delighted the crowds as they shared a kiss in the car as they left. Their happiness was shining through as they waved to onlookers, and it was clear that the day had gone exactly as they'd planned, despite the rain." ►





The bride looks elegant in a dress by Emilia Wickstead, paired with the Pragnell family tiara and a bouquet by Millie Richardson

Facing page: Harriet's bridesmaids also wear Emilia Wickstead, accessorised with lily-of-the-valley headpieces







Harriet completes her look with a pair of Jimmy Choo heels and a lace-trimmed scalloped veil; the couple chose a colour theme of white, off-white and cream for their big day





---

## THE KING AND QUEEN WAVED TO ROYAL FANS AS THEY ARRIVED

---



Proceedings began at midday, when the church opened its doors. It proved to be the perfect venue for both families, as it is of equal distance from Princess Anne's Gatcombe Park estate, where Peter and Zara both live, and the £1.5m, six-bedroom Edwardian family home in the village of South Cerney, where Harriet, an NHS paediatric nurse, grew up.

The bride and groom made sure that their blended family were at the heart of their beautiful wedding day. Peter's two daughters with his former wife, Autumn Kelly – Savannah, 15, and Isla, 14 – were front and centre, taking on the role of bridesmaids alongside their new stepsister, Harriet's daughter, Georgina, 13.

### STELLAR GUESTS

The groom's proud mother, Princess Anne, wearing a floral dress with a yellow linen jacket – and a 45-year-old hat that she sported at Zara's christening – was one of the first to arrive, alongside her husband, Vice Admiral Sir Tim Laurence.

Harriet's mother, Mary Sanders, attended with the bride's sisters, Rebecca and Louisa, and her brother, Nicholas, who walked her up the aisle in place of her father, Rupert, who died in 2023.

The groom was the first to arrive, driving to the church and slipping in through a side entrance. Soon afterwards, the royals made their way to the chapel. The Princess of Wales looked elegant in a dark-cream boucle maxi dress by ►





The King and Queen arrive at the picturesque All Saints Church in the village of Kemble





The Prince and Princess of Wales arrive to loud cheers from onlookers, Kate wearing a Roland Mouret dress with Kiki McDonough earrings and a Jane Taylor hat





Roland Mouret, paired with a Jane Taylor hat, a Forever New bag, Gianvito Rossi shoes and Kiki McDonough earrings.

She was driven to the ceremony by her husband, the Prince, who was wearing a morning suit, and the couple received loud cheers from the crowd as they stepped out of their car.

Zara wore a blue dress by Rebecca Vallance with shoes from Emmy London, a bag by Anya Hindmarch and a Camilla Rose Millinery hat. Her daughter Mia – who wore silver heels that matched her mother's – was seen chatting to Princess Eugenie as they waited outside the chapel.

The Duke and Duchess of Edinburgh attended with their son, James, Earl of Wessex, with Sophie wearing a smart blue Beulah dress paired with a matching Jane Taylor hat, a bag from Sophie Habsburg and Prada heels.

#### STYLISH PRINCESSES

Princess Beatrice and Princess Eugenie, who is pregnant with her third child, were also present. It was the first time that the sisters had been pictured with their royal relatives since they were invited to spend Christmas at Sandringham by the King, and they put in a chic appearance.

Beatrice wore a green floral Emilia Wickstead dress and Eugenie chose a dress by Gabriela Hearst, accessorised with an Alice band by Sarah Cant Couture and a Fendi bag and heels.

The Princesses looked relaxed and happy as they arrived with their husbands, Edoardo ►





Mapelli Mozzi and Jack Brooksbank, who were both wearing morning suits. Also in attendance was Peter's half-sister Stephanie – the daughter of Captain Mark Phillips and his second wife, Sandy Pflueger – with her husband, William.

The bride's mother, Mary, wore an ice-blue Lalage Beaumont dress and jacket with a bag and hat by Jane Taylor London, while Harriet's sisters, Rebecca and Louisa, wore Beulah dresses, paired with shoes from Emmy London and hats by Jane Taylor.

Rebecca carried a bag from Aspinall of London, while Louisa's was from Emmy London. Their children all wore outfits from Boden.

The King and Queen were among the last of the royals to arrive, with Charles waving to waiting well-wishers as he stepped out of his car in a morning suit. Camilla opted for a cream dress and matching coat, paired with a Lady Dior handbag.

#### STRONG TURNOUT

Other royals who attended included Princess Margaret's children, Lady Sarah Chatto – accompanied by her husband, Daniel – and David Armstrong-Jones, 2nd Earl of Snowdon, who was joined by his daughter, Lady Margarita Armstrong-Jones, and his partner, Isabelle de la Bruyère.

Lady Sarah's son, Samuel Chatto, arrived with his girlfriend, Eleanor Ekserdjian, and the Beulah designer Lady Natasha Rufus Isaacs was also there.

Guests were greeted by the sight of huge foliage arrangements and a floral archway at the entrance to the church, which had been created by the floral artist Millie Richardson.

The displays were made up of a range of locally sourced, English-grown flowers, which were ►





The mother of the groom, the Princess Royal, can't hide her joy as she arrives for the ceremony

Facing page: The Duchess of Edinburgh, accompanied by her husband, the Duke, opts for blue, as does Zara Tindall, who matches her daughter Mia in silver heels







A full-page photograph of Princess Eugenie and Mia Goss. Princess Eugenie, on the right, is wearing a dark navy blue coat and a matching fascinator, smiling at Mia. Mia, on the left, is wearing a blue and white floral dress and a gold headband, also smiling. They are outdoors with green foliage in the background. A portion of another person in a green and white floral dress is visible on the far left.

Princess Eugenie, who is pregnant with her third child, greets Mia

Facing page: Princess Beatrice arrives with her husband, Edoardo Mapelli Mozzi, followed by Eugenie and her husband, Jack Brooksbank

included to ensure that the decor was eco-conscious and sustainably minded.

Millie had created two floral archways: one at the gates to the church and another at the front porch of the chapel.

The former featured white, cream and pink rambling and arching roses, while the latter included red multi-stem silver birch and hornbeam trees, which were layered with branches of textured foliage and varieties of David Austin roses.

Well-wishers had gathered in the village from early in the morning, keen to get a good view of the bride and groom. Roads around the village had been closed in advance by police, who were seen making checks on the area in the run-up to the wedding day.

#### FEVERISH ANTICIPATION

Royal-watchers were lucky enough to spot Peter, 48 – the first of the late Queen's grandchildren to remarry – in his smart classic morning suit by the Savile Row tailors Dege & Skinner.

The groom's outfit wasn't selected merely for its sartorial flair; the tailoring firm made the Blues and Royals uniform for his mother, Princess Anne, and previously crafted a riding coat for his sister, Zara, and ensembles for both Peter and his father, Mark. The groom was accompanied by his best man, his childhood friend Andrew Tucker.

With all eyes upon her, Harriet, 45, pulled up in a vintage Rolls Royce, perfectly on time for the ►





Lady Margarita  
Armstrong-Jones,  
the daughter of  
David Armstrong-  
Jones, 2nd Earl of  
Snowdon, with her  
father's partner,  
Isabelle de la Bruyère





Clockwise from this image: Samuel Chatto and his girlfriend, Eleanor Ekserdjian; Isabelle and David; and Lady Sarah Chatto



1pm service. As her mother and her bridesmaids – Savannah, Isla and Georgina – walked towards the vehicle, she took a few moments to compose herself before greeting them.

To gasps of admiration from the crowd, the bride revealed her exquisite Emilia Wickstead gown as she stepped out of the car. The three girls helped Harriet on to the pavement, helping her to arrange her veil and train.

The statuesque column dress, crafted from Italian crepe, featured a dramatic three-metre train, a square neckline and a low back. Layered over the gown was a removable sheer waist-length lace bodice with a high neckline and transparent sleeves, while the gown and train were internally structured with French lace.

The lace was sourced from Sophie Hallette's French archives, dating back to the early 1900s, and was woven with prairie flowers, a nod to the blooms that are native to Gloucestershire.

Presented in an ivory corded lace, its oversized scalloped pattern enhanced the architectural lines of the gown, with the motif continuing across the neckline and cuffs, where domed buttons provided a refined finishing touch. Harriet also wore a lace-trimmed scalloped veil.

"We aligned on something authentic, traditional and modern," the designer said of the gown.

Harriet wore Jimmy Choo heels and earrings by Pragnell – a jeweller in Mayfair that has long been commissioned by the royal family – as well

as the diamond Pragnell family tiara. She carried a bouquet created by florist Millie, made up of sweet peas, myrtle and lily of the valley. Myrtle carries special significance for the bride and groom, as it is a traditional bloom in both their families, symbolising love, beauty and peace.

The bridesmaids also wore dresses by Emilia Wickstead, teamed with earrings from Aspinall of London. Complementing Peter's buttonhole flower, they each carried a posy made up of seasonal, delicate flowers including Majolica spray roses and Nigella love-in-a-mist pale blue roses, which have been a tradition at weddings in Harriet's family. Each of the girls wore a hand-wired headpiece created using lily of the valley.

#### FLORAL ARTISTRY

Inside the chapel, guests admired the beautiful displays created by Millie Richardson, who was one of the commissioned floral designers at this year's RHS Chelsea Flower Show. Millie used trees and extensive planting in her designs for both the church and the marquee, all of which were later planted elsewhere.

The colour theme for the day was white, off-white and cream, with faint hues of pale pink, blended with seasonal Granny Smith apple-coloured greenery. Flowers included rambling roses and English garden roses, jasmine, orange blossom, forget-me-nots, peonies, flowering honeysuckle and digitalis. ►





PETER  
GALLANTLY  
HELD AN  
UMBRELLA  
OVER HIS  
BRIDE



A photograph showing a man in a dark suit and a woman in a white wedding dress and veil sharing a kiss inside a car. The car's window is visible, and the background is slightly blurred.

The happy couple share a kiss inside their car before heading to the reception

The bride appeared to be perfectly calm as she made her way into the church, with her young bridesmaids following her. Once inside, she took the arm of her brother, Nicholas, who walked her up the aisle ahead of the service, which was conducted by the Reverend Dr Steve Bullock. The blessing and address were delivered by Reverend Nicky Gumbel.

After being declared husband and wife, the newlyweds walked down the aisle as their guests extended their congratulations.

At the front of the church, they stopped in the rain to pose for photographers, with Peter gallantly holding an umbrella over his bride's head as their wedding party looked on.

The newlyweds then shared a kiss inside the car that had arrived to take them to the reception, which took place at Gatcombe Park – a venue with special meaning for the groom, given that the estate is where he and Zara grew up.

The King and Queen, however, sent their regrets. The royal couple are joint patrons of The Jockey Club and travelled 100 miles to Derby Day at the Epsom Derby directly from the ceremony.

That didn't stop the rest of the royals from joining Peter and Harriet at their lavish party. Both the wedding and the reception were organised by the A-list party planner Peregrine Armstrong Jones of Bentley's Entertainments.

#### TOP-TIER PARTY PLANNING

Peregrine, the half-brother of Princess Margaret's former husband, Antony Armstrong-Jones, has worked with Peter in the past, organising his 21st birthday celebrations at Windsor Castle. He was also the man behind Zara and Mike Tindall's wedding in 2011 and the 1999 nuptials of David Beckham and Victoria Adams.

Saturday's ceremony was the first royal wedding since Princess Beatrice tied the knot with Edoardo Mapelli Mozzi in July 2020.

The happy occasion came as a welcome distraction and an opportunity for a family celebration after a challenging time for the royals, following Charles and Kate's cancer diagnoses and the ongoing scandal surrounding Andrew Mountbatten-Windsor.

Although the family were well represented, there were four high-profile figures who did not make the guest list: Andrew and his former wife, Sarah Ferguson, and the Duke and Duchess of ►







Sussex. Andrew and Sarah have not attended any royal events since the extent of their involvement with the late sex offender Jeffrey Epstein was revealed late last year.

Harry and Meghan are no longer in touch with Peter – who is the head of partner acquisition for the motorsport division of the global sports and entertainment agency Wasserman – after the couple’s move to California. The cousins were once close friends but Harry and Meghan did not receive an invitation to the nuptials.

A friend of the couple told us: “It was probably not deemed appropriate to invite [Andrew and Sarah]. It’s Peter and Harriet’s special day, and clearly their attendance would cause a distraction. Peter and Harry haven’t spoken for several years and have simply lost touch, so he wasn’t invited.”

#### ROYALS REUNITED

The appearance of Princesses Beatrice and Eugenie was a potentially significant one, however. The sisters have been keeping a low profile amid the continuing revelations about their family’s association with Epstein and were not at this year’s royal Easter Sunday gathering.

Yet their attendance could be seen as an encouraging sign that their relationship with the wider family remains intact, although further disclosures last week – when it was revealed that the King pays the sisters’ rent on their royal residences – have piled more pressure on the Princesses.

Meanwhile, the newlyweds have been inseparable since they met at a sporting event two years ago, with Peter soon introducing Harriet to his wider family. They made their public debut at the Badminton Horse Trials in May 2024, when they were seen chatting to the Queen. A month later, Harriet joined Peter at Royal Ascot.

The following year, she attended the event again, this time joining her boyfriend in the royal carriage procession, confirming her place in the family’s inner circle. In news that came as no surprise to royal observers, the couple announced last August that they were engaged, revealing the news exclusively to **HELLO!**

“Mr Peter Phillips, the son of HRH The Princess Royal and Captain Mark Phillips, and Ms Harriet Sperling, daughter of the late Mr Rupert Sanders and Mrs Mary Sanders of Gloucestershire, have today announced their wedding date,” a ►





---

**CROWDS  
GATHERED  
TO CATCH A  
GLIMPSE OF  
THE ROYAL  
GUESTS**

---

Come rain or shine...  
William and Kate take  
shelter under an umbrella

Facing page, clockwise  
from left: Lena, Mia,  
Mike and Zara Tindall



Princess Anne's  
Gatcombe Park  
estate (below left)  
was the venue for  
the reception. Below  
right: The Beulah  
designer Lady  
Natasha Rufus Isaacs







The couple outside the church. Left: Captain Mark Phillips, Peter's father, and his rumoured partner, Florence Standaert

statement read. "The summer wedding will take place at All Saints Church, Kemble, Cirencester on Saturday 6 June 2026 in a private ceremony. Both families have been informed jointly of the wedding date by invitation."

In the couple's official engagement photos last summer, Harriet wore a trilogy-style diamond ring – an exquisite piece that Peter chose from Pragnell.

At Christmas, a source told us that Harriet "effortlessly fits in" with Peter's family. Observers have noted how openly affectionate the couple are, and how Peter appears "smitten".

Harriet's daughter, Georgina, appears to have bonded quickly with her new family; she was seen walking alongside her future stepsisters, Savannah and Isla, at the royal outing to church at St George's Chapel in Windsor on Easter Sunday.

#### PETER'S BRIDE

Harriet hails from a solidly upper-middle-class background. The third of four children born to the late solicitor and church warden Rupert Sanders and his wife, Mary, she attended a Christian private school in Cheltenham.

Despite her comfortable upbringing, she has been open about her struggles as a single mother following her divorce from Georgina's father, the fitness instructor Antonio St John Sperling, although she has taken comfort in her devout faith.

She grew up spending a lot of time in the family's local church, All Hallows; her late father was a long-standing church warden and her mother serves in the ministry team.

Writing for the Christian magazine *Woman Alive*, Harriet said: "My faith was always in me, though it was kind of dormant. But the end of a seven-year relationship was the turning point for me. I went to church because I felt there was something missing in my life."

"In the earlier years of my journey as a single mother to my daughter, resources were scarce and the future was uncertain. Yet in the absence of material security, I discovered the strength and life that comes from true selfless love – a love that is able to be solely devoted to your child." **H**

REPORT: LAURA BENJAMIN









---

‘THE BRIDE  
AND GROOM  
DELIGHTED  
THE CROWDS  
AS THEY  
SHARED  
A KISS’

---





A full-length portrait of a woman, likely a bride, standing indoors. She is wearing a white, long-sleeved, high-collared wedding dress with a wide, flat-topped hat. She has long, dark hair and is holding a large bouquet of white and pink flowers with yellow centers. She is also wearing white gloves and a necklace. The background features a patterned wallpaper and a lamp on the left.

# JUST MARRIED

*Singer Dua Lipa and actor Callum Turner tie the knot in a low-key ceremony in London – before a lavish three-day celebration in Sicily*





The newlyweds are showered in confetti by loved ones – including Dua's father, Dugi (behind Callum) – as they leave Old Marylebone Town Hall



**D**ua Lipa and Callum Turner looked overcome with joy as they made their way down the steps of Old Marylebone Town Hall last week, just moments after they married. The pop singer and the actor tied the knot in a private ceremony in London ahead of a lavish three-day celebration in Palermo, Sicily.

Dua, 30, made a beautifully stylish bride in a white custom-made skirt suit by Schiaparelli, designed by the label's creative director, Daniel Roseberry. She paired the outfit with Christian Louboutin heels, a Bulgari necklace and a wide-brimmed hat by Stephen Jones, its oversized style reminiscent of Seventies jet-set glamour. Her look channelled that of Bianca Jagger when she married Mick Jagger in Saint-Tropez in 1971.

Callum, 36, who has been tipped to take over from Daniel Craig as the star of the James Bond film franchise, looked smart in a navy suit by Ferragamo with a navy dress shirt and tie.

"Many congratulations to @dualipa and @callumturner who I have known since he was a baby (his mum and I used to work together!)," Stephen Jones wrote on Instagram. "Beautiful suit by @danielroseberry and white silk hat with gold leaf underbrim by moi."

Dua shared several pictures of the day on

Instagram, with the simple caption: "31.05.2026" – the couple's wedding date. The American model Gigi Hadid posted: "Gorgeosityyyy!!! Congratulations."

The couple are believed to have exchanged vows in front of only eight guests at the town hall, where Sir Paul McCartney and Linda McCartney married in 1969. Liam Gallagher and Patsy Kensit also tied the knot there, in 1997.

Reports suggested that Callum burst into tears during the ceremony, with one witness telling a newspaper: "He was in tears and shaky."

#### JOYFUL MOMENTS

Among those who witnessed the couple exchange vows were Dua's father, Dukagjin ("Dugi"), her mother, Anesa, and her sister, Rina, who all showered the newlyweds with confetti as they walked down the steps. Dua and Callum then left in a black cab, before hosting a small dinner for close family that evening to celebrate.

Their three-day Italian wedding extravaganza kicked off in Palermo, Sicily, on Friday. Dua wowed her guests in a leather Bottega Veneta ensemble and Callum couldn't take his eyes off the custom halterneck gown as he walked behind his bride. Dua's outfit featured a plunging back and a mermaid-style skirt made of white ostrich



feathers. Stars Charli xcx and George Daniel, Troye Sivan, Joe Alwyn, Mark Ronson and Grace Gummer were in attendance for the drinks.

In April, Dua and Callum enjoyed a romantic pre-wedding safari trip to South Africa.

The couple were first spotted together in January 2024 at the afterparty for the actor's film *Masters of the Air*, although they did not go public with their romance until July that year.

They confirmed their engagement a year ago, with Dua saying: "I've never been someone who's really thought about a wedding or dreamt about what kind of bride I would be. All of a sudden I'm like: 'Oh, what would I wear?'"

She said that the couple would "love to have kids one day", adding: "This decision to grow old together, to see a life and just be best friends for ever – it's a really special feeling."

Callum seldom talks publicly about their relationship, but in 2025, while promoting his film *Eternity*, he said that if he were to spend eternity with anyone, it would be Dua.

Last year, the singer said: "I love love. It is a beautiful thing. It's a really inspiring thing. You find yourself so intensely falling all the time in the best way possible. That vulnerability is so scary, but I feel so lucky to get to feel it." She added: "I'm happier than ever." **H**

REPORT: LAURA BENJAMIN



Dua's wedding outfit nods to Jade Jagger's suit (top) on the day she married Mick Jagger in Saint-Tropez in 1971





Dua stuns  
in a leather  
Bottega Veneta  
halterneck  
gown at the  
couple's  
celebrations in  
Palermo





# Save over £450\* a year.

Tap into big savings on your  
food shop with the Nectar app.



**Sainsbury's**  
Good food for all of us

18+ Nectar app required. \*Data from 19 Sept 2024 to 21 Sept 2025. Based on (a) average yearly savings earned by the top 20% of Nectar customers using Nectar Prices vs regular Sainsbury's prices for the same products, plus (b) the average weekly savings with Your Nectar Prices vs regular Sainsbury's prices, offered to digital Nectar customers; assumes each weekly Your Nectar Price offer is used once & multiplied by 52 for an average yearly saving.



## THE INSIDE STORY



### PRINCESS AT SOCIETY SOIREE

Princess Beatrice attended a London fashion event last week in support of her friend Stacey Bendet, the Alice+Olivia designer.

The exclusive event, with a sit-down dinner, was held at Stacey's boutique in Mayfair in conjunction with Nicky Hilton Rothschild's Theo Grace jewellery brand to raise money for The Iris Project, a charity that helps young people to protect nature.

Beatrice, 37, posed for a photo with Stacey and **HELLO!**'s society editor at large, the Marchioness of Bath. Lady Amelia and Lady Eliza Spencer were also at the soiree, which featured a DJ set by Lady Mary Charteris and crafting activities, including fan decorating.



# Mix and match

frames, tints  
and lenses



**£40 off polarising,  
Reactions and mirror lenses**



Book an eye test at  
[specsavers.co.uk](https://www.specsavers.co.uk)

**Specsavers**

£40 off lens upgrades: Cannot be used with any other offers. The lenses included with the £70-£170 ranges are 1.5 standard single-vision lenses (or 1.6 for £170 Rimless ranges). This offer is for £40 off any lens upgrades but excludes safety eyewear, myopia management lenses and Aspheric 1.5 lenses. All lenses are scratch resistant. Additional charge for extra lens options which cost over £40. For any lens options that cost under £40, any difference in value will not be refunded, discounted off your purchase or provided in cash/vouchers. Subject to suitability.



# THE INSIDE STORY



## JANE STIRS UP A MIGHTY HOOPLA

"This is one of the best days of my life," declared Jane McDonald after her spectacular set at the Mighty Hoopla music festival in Brockwell Park, south London.

She performed in the Gay Icon slot at the event, arriving on stage in a cardboard cruise ship before launching into her version of Whitney Houston's *Queen of the Night*.

She also sang Liquid Gold's *Dance Yourself Dizzy* and DNCE's *Cake by the Ocean*.

"Mighty Hoopla, I can't possibly describe how welcome you made me feel at my first-ever festival performance!" she later wrote on social media.

"I'll cherish this for the rest of my life."



THIS ELEGANTLY FRUITY  
ITALIAN PINOT IS

# MEGA LUSH

Italian Pinot Grigio  
Blush, 75cl

**£6.99**



**SPECIALLY  
SELECTED**



be **drinkaware**.co.uk

In Scotland and Wales, in store alcohol prices may be higher and alcohol may not be sold before 10am in accordance with Scottish laws. Specially Selected Italian Pinot Grigio Blush 75cl, £6.99, £9.32 per litre. Subject to availability. Product and price may vary in store, Scotland, Wales, Aldi Local and online. Photography shows serving suggestion.



## SIR IDRIS & LADY ELBA AT THE CASTLE

Sir Idris Elba received a knighthood from the King at a star-studded investiture ceremony at Windsor Castle on Tuesday.

The actor, 53, who is best known for starring in *Luther* and *The Wire*, was honoured for his extensive services for young people. He founded the Elba Hope Foundation in 2022 with his wife, Lady Elba, which focuses on empowering youth communities worldwide.

The Olympic ice-skating champions Dame Jayne Torvill, 68, and Sir Christopher Dean, 67, also received honours on the day, for their services to ice skating and charity, as did the comedienne and author Dame Meera Syal, 64.





**'AN OUTRAGEOUS,  
IRREPRESSIBLE MUSICAL'**

NEW YORK TIMES

# HEATHERS THE MUSICAL



**'HIGH SCHOOL MUSICAL'S DARKER,  
DIRTIER COUSIN'**

SUNDAY EXPRESS

**RETURNS FOR  
52 PERFORMANCES ONLY**

**9 JUL - 22 AUG**



THE ARTS AT MARBLE ARCH

[heathersthemusical.com/london](http://heathersthemusical.com/london)

## THE INSIDE STORY



### MICHELLE IS TRULY A LEGEND

Her hit series *The Madison* is tipped to earn multiple nominations this awards season but its star, Michelle Pfeiffer, has got in early, receiving the Legend Tribute at the Gotham TV Awards in New York last week.

Michelle, 68, plays a widow who gives up her life as a New York socialite to live in the wilds of Montana.

In an interview, the actress said: "Montana is so beautiful that you're willing to weather the extreme environment."

"It was such a blessing to see those remarkable sunrises in the morning on my way to work, and the sunsets on the way home. And I fell in love with my *The Madison* family."





## EMILY LOOKS OUT OF THIS WORLD

Emily Blunt brought Hollywood glamour to Paris as she kicked off the press tour for her forthcoming film, *Disclosure*.

Attending a photocall at the Shangri-La hotel with the Eiffel Tower as her backdrop, the actress turned heads in a stunning Tamara Ralph ensemble, accessorised with Viltier jewellery and black Betsey Johnson heels.

In the film, Emily plays Margaret Fairchild, a meteorologist in Kansas City who mysteriously begins speaking in an alien language during a live TV broadcast.

Joining her at the event were her co-stars Josh O'Connor and Colman Domingo, and the film's director, Steven Spielberg.



# HELLO! | VIP



**£4.25**  
PER MONTH  
CANCEL ANY TIME

## JOIN OUR VIP COMMUNITY

**EARLY DIGITAL ACCESS**  
TO EVERY WEEKLY ISSUE

**UNLIMITED ENTRY**  
TO THE HELLO! ARCHIVE,  
COLLECTORS' EDITIONS  
AND H! FASHION

**VIP NEWSLETTERS**  
TAKING YOU BEHIND  
THE SCENES

**UNRIVALLED INSIGHT**  
FROM OUR ROYAL EDITOR

**MEMBERS-ONLY**  
**CONTENT** INCLUDING  
EXCLUSIVE PUZZLES

**LIVE EVENTS AND Q&As**  
OR WATCH LATER  
ON VIDEO



**SCAN NOW**  
**TO JOIN**



## THE INSIDE STORY



### ROBBIE AND GARY REUNITE AT LULU GIG

Lulu orchestrated a spectacular pop reunion last week, bringing together on stage the former Take That stars Robbie Williams and Gary Barlow for the first time in nearly a decade.

Giving a show-stopping rendition of their 1993 hit *Relight My Fire* at London's Royal Albert Hall, the trio thrilled the crowd during a sold-out concert staged to raise funds for Lulu's Mental Health Trust.

Lulu also treated fans to some duets, performing Take That's single *A Million Love Songs* with Gary and joining Robbie for a rendition of his solo smash hit *Angels*.

Lending further star power to the one-off charity event were special guests Boy George and Delta Goodrem, who duetted with Lulu on *Boom Bang-a-Bang*, the Scottish star's 1969 Eurovision Song Contest-winning entry.



Brian and Nicole wear matching white for the Succession star's 80th birthday party – with a pocket square making a cheeky nod to the actor's famous role





PHOTOGRAPHER:  
HODA DAVAINÉ

# MAKE THEIRS A DOUBLE

*Brian Cox and his wife, Nicole Ansari-Cox, celebrate the actor's 80th birthday and 25 years of marriage – and HELLO! is invited to their starry parties*

**H**is character in *Succession*, Logan Roy, was famous for freezing out his loved ones, but Brian Cox has proved that he is the ultimate family man during a weekend of celebrations in London.

Gathering his nearest and dearest to mark both his 80th birthday and 25 years of marriage to his wife, the actress and director Nicole Ansari-Cox, the Emmy Award-winning actor exclusively invited **HELLO!** to witness the star-studded festivities.

The unforgettable weekend included a vibrant Saturday night party at the chic restaurant The Park in Queensway and a wedding blessing the following day at St James's Church, Piccadilly.

Reflecting on the big numbers, a playful Brian admits: "I never think of my birthday. I never think of how old I am. As far as I'm concerned, I'm still about nine. That's really where I'm stuck at, and sometimes I think my wife would agree with me."

Arriving in style for the birthday party, the couple were perfectly co-ordinated in matching white outfits. However, Brian added a characteristically rebellious touch to his ensemble, sporting a profane pocket square emblazoned with Logan Roy's trademark catchphrase: "F\*\*\* off!"

Brian gleefully revealed that the accessory was a gift from his close friend, the rock legend Chrissie Hynde, whom he had hosted at his ►



The actor laughs as Jesse Armstrong, *Succession*'s creator, pays tribute to him in a speech. Below: Brian with acting couple Claire Forlani and Dougray Scott



home in Primrose Hill earlier that afternoon while watching Arsenal take on Paris Saint-Germain in the Champions League final.

The guest list was a stellar line-up of acting royalty, with Sir Ian McKellen, Zoë Wanamaker, Charles Dance, Samantha Morton and Mark Strong all in attendance. They were joined by the director Trevor Nunn, *Succession*'s creator, Jesse Armstrong, and Dougray Scott with his wife, Claire Forlani.

Together with 170 close friends and family, the guests dined on small plates including arancini, crostini with burrata, beef tartare, prawns and savoury tomato and basil pesto tarts. The atmosphere was buzzing at The Park, which is owned by Brian's close friend Jeremy King; the restaurateur was also among the guests.

Speaking about the man of the night, two-time Academy Award nominee Samantha told **HELLO!**: "They broke the mould with Brian, both creatively and politically – there's no one like him. I would like to wish him a happy birthday."

Charles also complimented the actor, saying: "He doesn't look a day over 70; he's in his prime."

Jesse, who gave a speech, told us that Brian was a "warm and deeply affectionate person", adding that he would work with him again "in a shot". The *House of the Dragon* star Bill Paterson described the actor in his speech as a "great and gloriously generous, kind and brilliant alpha male".

During his own speech, an emotional Brian told the crowd: "I'm incredibly touched by you

being here," before making a joke about his trim new physique. "I'm a diabetic and I'm on something called Mounjaro – this is why I'm like this, but who knows how long it will last. I'll probably end up looking like a fat slob eventually."

The party featured performances by The Supershakers and by Brian's friends, including Rachel Starshine Robinson and Jayne McKenna, plus more speeches from loved ones, with the celebrations continuing until midnight.

#### MOVING MOMENTS

The following afternoon, the festivities took a different turn as Brian and Nicole gathered a close circle of loved ones at St James's Church in Piccadilly, central London, to mark their silver wedding anniversary.

The pair originally crossed paths in 1990 during a tour of Shakespeare's *King Lear*, in which Brian played the lead role, and became a couple after reuniting by chance eight years later.

The blessing proved that, after nearly three decades, the spark between them remains as strong as ever.

Led by the church's rector, Lucy Winkett, the ceremony began with the couple walking up the aisle, accompanied by their two sons – Orson, 24, and Torin, 21, both actors – and the stirring sound of Scottish piper Torquil Le Roy-Lewis.

Brian is also a father to Alan, 55, and Margaret, 48, from his previous marriage to Caroline Burt.

In a stylish nod to his heritage, the actor ►



Acting royalty on the guest list at The Park restaurant in Queensway includes Sir Ian McKellen and Zoë Wanamaker





Brian poses with fellow actor Mark Strong as the actress Samantha Morton photobombs their picture







Guests include Samantha and (right) the actor Charles Dance with the director Trevor Nunn



wore a traditional Scottish kilt, while Nicole looked breathtaking in a dramatic black gown. The moving ceremony featured speeches by Brian, Nicole and the bride's mother, Margaret, plus a heartfelt exchange of vows.

Shakespeare's Sonnet 116 was recited by the actress Caroline Goodall, the singer-songwriter Sadie Jemmett gave an acoustic performance and there was a powerful rendition of Hallelujah by the tenor Will Hopkins.

Guests then toasted the couple at a glamorous champagne reception, where the Rolling Stones legend Ronnie Wood – attending with his wife, Sally Humphreys Wood, and their twin daughters, Alice and Gracie – reminded **HELLO!** of his special bond with the leading man. "He's my birthday twin," smiled Ronnie, who has just turned 79.

Speaking after the event, Brian said: "The church service was the cherry on the cake for us. It was really emotional."

The ceremony was not without its surprises. Taking to the mic for an impromptu speech

inside the church, Brian delighted guests by revealing that Nicole had lost her wedding ring in the frantic run-up to the weekend. Thankfully, it had been recovered by a family member, allowing Brian to triumphantly present the band on a bright blue ribbon.

"A few days prior she'd lost her wedding ring, and then my niece found it, so I thought: 'OK, I'm going to surprise her,'" Brian tells us.

"I realised that although things had felt a bit chaotic beforehand, it actually went flawlessly. So during the speech, I said: 'Something old, something new, something borrowed, something blue... something found down the loo!'"

An amused Nicole is quick to set the record straight. "By the way, it was not down the loo – just near it," she laughs.

With the mystery of the missing ring solved, the service took a more traditional turn. In a deeply moving moment, the rector asked Brian to put the ring on his wife's finger to mark their 25-year milestone.

Another showstopping moment was Nicole's dramatic look, which she describes "as a theatrical, beautiful moment". Her black sequinned gown by Sofia Couture, accessorised with a pair of striking statement earrings, featured a feather-trimmed bustier and a voluminous tiered skirt.

#### STUNNING BRIDE

"I'm going to tell you the truth about the dress, because I'm not going to pretend that I had it custom-made," Nicole tells us.

"I found it in the window of our local charity shop. I buy a lot of red-carpet dresses in charity shops, because in Primrose Hill, they're really beautiful and fancy."

Brian can't help but add: "They're expensive charity shops, too – and I say that as a Scotsman."

In a nod to sustainable style, Nicole found the couture piece at Mary's Living & Giving Shop, a charity shop in the couple's local area that raises vital funds for Save the Children. ►





The couple share a kiss (above) after Brian returns the wedding ring (below) that Nicole had recently lost. Above right: The pair with Ronnie Wood, his wife, Sally, and their twins, Alice and Gracie



"It's unusual to wear a black gown in a church, but I'm not the virgin going to the altar. We've been together for 27 years. I think it should be a theatrical, beautiful moment," she says.

"I had it altered, and it had never been worn – it was straight from the catwalk. It's the kind of dress that you can't really wear anywhere.

"I always look at sustainability in fashion, because we waste so much. Why? It's not necessary. When it's a dress that you wear once or twice, do you need to get a new one and put a hole in your wallet? I'm big on recycling, reusing and repurposing."

Reflecting on the whirlwind of the double celebration, the couple are still riding a wave of emotion. "Oh, we're just full – full of wonder and gratitude, and also empty with exhaustion," Nicole tells **HELLO!** as the pair laugh. Brian adds with a smile: "Our spare supply has been exhausted as well. But we feel good, don't get me wrong."

Looking back at the run-up to the weekend, the actor admits that he initially felt a sense of trepidation about reaching his milestone. "It was just before Christmas when I suddenly thought: 'Oh God, I'm going to be 80,'" Brian says.

"It was a horrific prospect. I was dreading it like nobody's business. Nicole was there and she said: 'If we're going to do it, let's do it in a big way,' and we did."

The event was an undeniable triumph, leaving Brian with just one, very relatable regret – the feeling of not having had a chance to catch up

properly with every one of the couple's guests. "Some friends of mine I was hoping to see, I saw very briefly, and then I never saw them again. The room was so full," the actor says of the spectacular turnout. "But it was an amazing evening."

With their vows renewed and the champagne toast complete, Brian and Nicole open up about the lifestyle that has kept their spark alive.

#### LIVING APART TOGETHER

Unlike conventional newlyweds, the pair maintain separate homes a short distance apart – an arrangement that they credit as the foundation of their successful partnership.

"It feels like you're dating again. You know: 'Shall we go to yours or mine?'" Nicole says, before acknowledging that not all couples enjoy similar opportunities. "I think people should at least find a way to have separate spaces within their joint space, because not everybody can do what we are doing now."

Brian agrees. "Let the other person be free. Let the other person be who they are. That's who you married. You didn't marry something else; you married that person, so you've got to trust that person to be who they are."

"I think that's what we've done, almost instinctively. It's worked so well for us... **H** we're still together after 27 years."

INTERVIEW: GEORGE STARK  
ADDITIONAL REPORTING: ISABELLE CASEY



'LET THE OTHER PERSON BE WHO THEY ARE. THAT'S WHO  
YOU MARRIED. IT'S WORKED SO WELL FOR US'

*Brian*



Brian, in a traditional Scottish kilt, and Nicole, wearing a couture dress sourced from a charity shop, with their sons, Orson and Torin



# POWER COUPLE

*Warmly welcomed on a visit to Portugal, the Duke and Duchess of Edinburgh show why they are such an asset to the royal family*



The Duke and Duchess pose in front of examples of Portugal's famous blue and white azulejo tiles in a cloister at Porto Cathedral





As the Duke and Duchess of Edinburgh travelled around Portugal last week, it wasn't hard to see why the couple have become key players at the heart of the new-look monarchy.

I was among a small handful of media representatives who joined Prince Edward and Sophie on their official visit to the country, witnessing first-hand their natural charm when it comes to the royal family's unique brand of diplomatic soft power.

Over three days, we travelled between the cities of Lisbon and Porto, visiting heritage sites, schools and businesses. The couple met dignitaries, charity leaders and students and highlighted issues close to their hearts.

From a tram ride through the centre of the capital to "baptising" a cask of port on their final day, the Duke and Duchess's visit served to strengthen the warm relationship that has existed between the UK and Portugal for centuries.

It also showed Edward and Sophie to be skilled operators at a time when they are more valuable than ever to the King, as he relies on fewer family members to help him run The Firm.

HELLO!'s royal editor, Emily Nash, says: "The Duke and Duchess are a real asset to the royal family, quietly doing their duty and working incredibly hard for their causes. Their efforts have become more important than ever at a time when there are fewer royals to do the work."

"It's something of which Prince William in particular, as our next King, is very appreciative, and I can see them continuing to play an important role alongside him in the future."

#### GUARD OF HONOUR

Relatively low-key compared with larger royal tours, this trip did not draw the huge crowds that are seen on the streets during some overseas visits, but there was excitement among locals when they realised that they had royal visitors.

"A Prince and Princess are here," a woman shouted to her neighbour from her balcony in the centre of Porto as police closed the road outside temporarily.

At the city hall, the Duke and Duchess were greeted by a guard of honour before being handed the keys to the city – an accolade that has

Edward and Sophie attend an exhibition on the Treaty of Windsor at the Portuguese National Archive in Lisbon

Below: Edward poses with a model tram as the couple enjoy a ride across the city



been bestowed on only a handful of people in the past few years, including the French President, Emmanuel Macron.

"Thank you very much indeed for this very great honour," Edward told his hosts, explaining that it was his wife's first visit to Porto. "To be presented with the keys is a token of immense trust and we are deeply honoured."

The mayor, Pedro Duarte, told the couple: "We are celebrating not only a nation's friendship but also a shared commitment to freedom, the rule of law and the values that bring our people together."

The royal visit marked the 640th anniversary of the world's oldest diplomatic alliance, the Treaty of Windsor – a pact of defence and friendship between England and Portugal that endures to this day.

The Duke and Duchess began their trip with a visit to the National Archive in Lisbon, where they viewed copies of the 1386 Treaty in both languages side by side, and were keen to find out more about Portugal's own "power ►





The royal couple view the tomb of King João I of Portugal and Queen Philippa of Lancaster at Batalha Monastery (also seen right)



Sophie accepts a coat of arms as part of a British Embassy Lisbon initiative bringing together English and Portuguese students

Right: Edward meets students and Paralympians at St Julian's School in Carcavelos

couple”, King João I and his English Queen, Philippa of Lancaster.

That marriage, in 1387, helped to cement the Anglo-Portuguese relationship and the couple's children became known as the Illustrious Generation, putting Portugal firmly on the map through vital diplomatic roles in Europe as well as historic expeditions.

In Porto, the Duke and Duchess visited the cathedral in which João and Philippa were married, while at the Batalha Monastery – a Unesco World Heritage site in Portugal's central region – Sophie laid a wreath at the King

and Queen's tomb, which depicts them holding hands.

#### EMBASSY PARTY

Edward and Sophie, who celebrate their 27th wedding anniversary on June 19, had spent their first evening in Portugal at a garden party at the residence of the British Ambassador, Lisa Bandari, where they mingled with expats involved with the Portuguese arms of British charities, including the Royal British Legion, Riding for the Disabled and the Women's Royal Voluntary Service.

Sophie turned heads in a red floor-length ►





---

THEY WERE  
KEEN TO FIND  
OUT ABOUT  
PORTUGAL'S  
OWN POWER  
COUPLE

---





The Duchess sports a striking backless red Matelier dress at a garden party at the residence of the UK ambassador in Lisbon







Accompanied by Porto's mayor, Pedro Duarte, and the president of the municipal assembly, Marta Massada, the royal couple are greeted by a guard of honour at the city hall

backless dress by the Spanish brand Matelier as she made her way along the garden, chatting casually to the guests in turn.

Although they spent most of the trip together, the Duke and Duchess went their separate ways at times.

After meeting Portuguese Paralympians at St Julian's international school in Lisbon, Edward went on to join a Duke of Edinburgh's international award open day at the Oporto British School in Porto. He succeeded his late father, Prince Philip, as patron of the youth organisation in 2023.

Meeting students who are preparing for their Gold expedition, Edward sat down to join a group who were practising tying knots and helped another to put up a tent. When one teenager admitted to getting lost on a previous trip, Edward jokingly corrected him: "You didn't get lost, because you are here. You were temporarily misplaced on the map."

#### POWERFUL SPEECH

In Lisbon, Sophie joined a conference run by Model Nato, a British Embassy initiative which brought together students from Birmingham University and six Portuguese universities to simulate a high-level meeting of Nato's North Atlantic Council.

She gave a powerful speech and answered students' questions about her work with the UN's Women, Peace and Security agenda, which aims to put more women at the centre of conflict resolution, and spoke of her support for the UK's Preventing Sexual Violence in Conflict Initiative.

"Sexual violence in conflict is really a scourge on the world," she said. "There are many

Sophie "baptises" a cask of port on a visit to Graham's Port Lodge in Vila Nova de Gaia



countries in conflict now where the violence is endemic, and also the reality is sexual violence – violence against women and girls – is something that, even after conflict... it's changing societies.

"It is something that, unfortunately, I see no end of. Even countries that are post-conflict, the violence is carrying on. It is not acceptable."

The continued ties between the two countries when it comes to defence was highlighted at the UK-Portuguese aerospace company Tekever at Atouguia da Baleia airfield. Here, the Duke and Duchess helped to assemble its newest generation of drone – which is used for surveillance, rescue and reconnaissance in the English Channel and

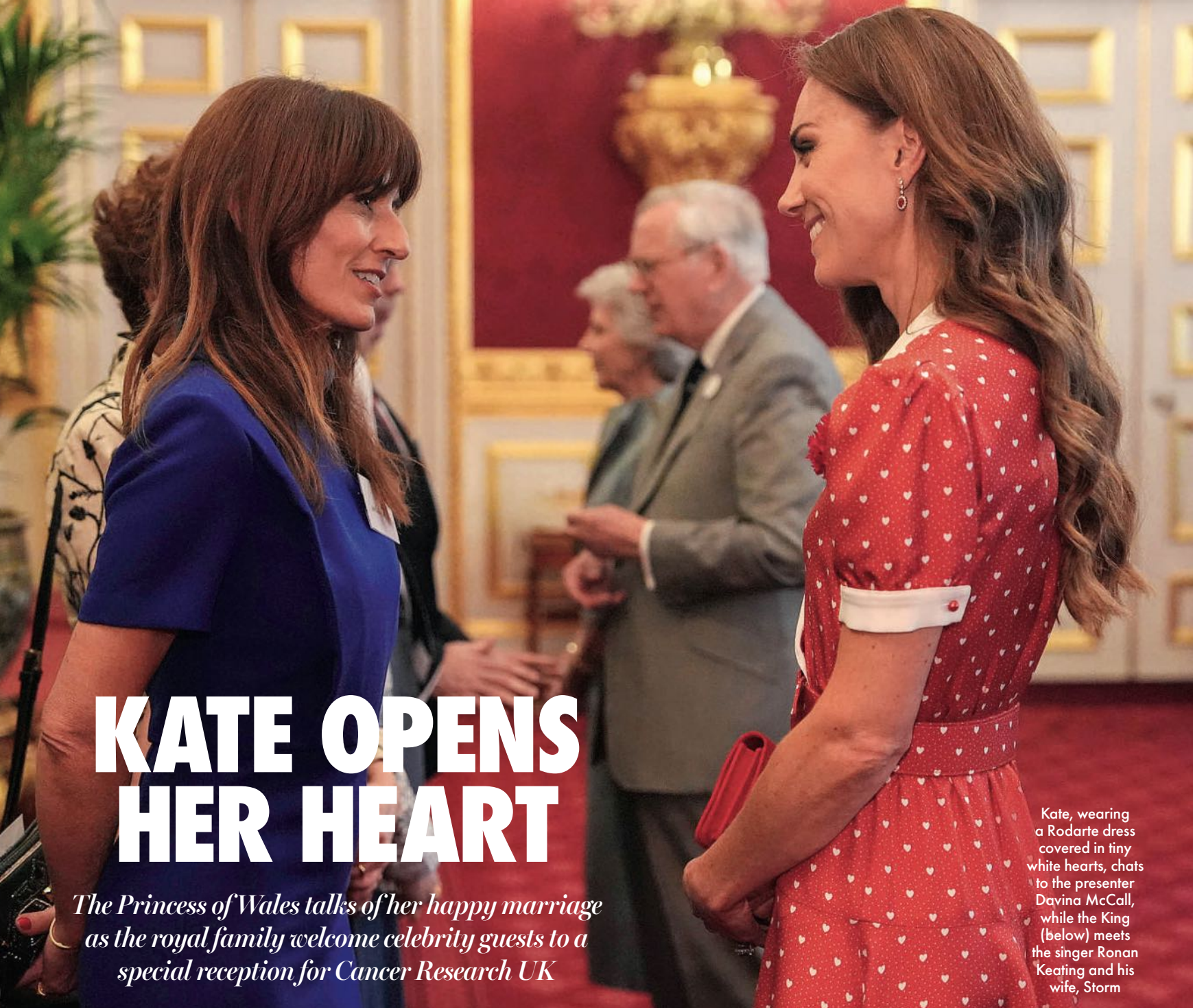
Ukraine – and used an Xbox console to control a drone's camera as it flew over the airfield.

The couple's final stop on their tour was Graham's Port Lodge in Porto, where they carried out the time-honoured tradition of "baptising" a cask of port by splashing fortified wine over it. Admiring a huge bottle of port, Sophie joked: "We could swim in it!"

With that, the Duke and Duchess headed to the airport, a successful diplomatic trip behind them and the bond between Britain and Portugal stronger than ever.

REPORT: TRACY SCHAVERIEN





# KATE OPENS HER HEART

*The Princess of Wales talks of her happy marriage as the royal family welcome celebrity guests to a special reception for Cancer Research UK*

Kate, wearing a Rodarte dress covered in tiny white hearts, chats to the presenter Davina McCall, while the King (below) meets the singer Ronan Keating and his wife, Storm



**T**he Princess of Wales made a series of rare comments about her relationship with her husband, the Prince, as she made a surprise appearance at a special reception for Cancer Research UK at St James's Palace last week.

Kate, whose involvement was only announced on the day of the event, joined the King and Queen to mark the 125th anniversary of the charity, and, although Prince William was not present, she remarked upon the couple's happy marriage.

She spoke to Ronan Keating, who told her: "Please say hi to William." The pop star's wife, Storm, said: "He's such a gent," before Ronan added: "Yeah, we love him." In response, Kate laughed: "So do I."

## POIGNANT MOMENTS

It was an event close to the hearts of the King and the Princess, who have both been open about their own recent experiences of the illness.

One moving exchange was with Sebastian Bowen, widower of the late Dame Deborah James, who died of bowel cancer in 2022, aged



40. He told Kate: "I've been thinking about you guys a lot."

William had worked closely with Deborah, who campaigned tirelessly to raise awareness of bowel cancer. Sebastian showed his appreciation for the fact that the Prince had held a sympathetic conversation with the couple's two children, to which the Princess replied: "He's good like that."

Sebastian said afterwards: "I told her I was incredibly touched that they, as a family, had been so supportive and that I thought about them all the time."

"It was deeply touching and moving for me and my family to have had the opportunity to meet them and [for their] ongoing support... given to the fund both privately and publicly."

The Princess announced that she was in remission from cancer in January 2025 after revealing her diagnosis in 2024. She has since made a slow but steady return to public duties, and in May visited Italy on her first official overseas trip since her diagnosis.

The King, 77, is still undergoing treatment for cancer, but said in a video recorded for the Stand Up To Cancer campaign in December that it was being scaled back.

#### STERLING WORK

During the reception, the monarch, who is the patron of Cancer Research UK, met researchers, clinicians, volunteers and partners involved in the charity's work on the prevention, diagnosis and treatment of cancer.

He also spoke to high-profile supporters of the organisation, including Davina McCall. The presenter told Kate that the King had called her after she announced her diagnosis of a benign brain tumour in 2024. She had the tumour removed, but breast cancer was diagnosed in 2025; she was given the all-clear in April.

Davina later returned the favour, contacting Charles after hearing about his cancer diagnosis in 2024.

The Queen, wearing a pastel blue coat dress and heels from Chanel, spoke to Deborah's father, Alistair James, about Cancer Research UK's Bowelbabe Fund, which was established by his daughter.

Joined by the King, she paused to watch a display that formed part of the immersive installations showcasing the charity's work. 

REPORT: ELEANOR DYE

The Princess looks radiant at the event at St James's Palace. Below: The Queen catches up with the mathematician Hannah Fry





# STRONGER TOGETHER

*The Princess of Wales shares a 'once in a lifetime' moment with a cancer patient in Manchester as she describes her own recovery*

**T**he Princess of Wales created an unforgettable surprise for a fellow cancer survivor as they bonded over their shared experience of the disease.

Kate, 44, whose cancer is now in remission, spoke movingly about how the condition “changes you in mind, body and spirit” as she met patients and staff at The Christie NHS Foundation Trust in Manchester.

Looking elegant in a blue dress accessorised with earrings featuring worker bees, a symbol of the city, Kate stood alongside a tearful Claire Lorente, 30, as she rang the centre’s bell, signalling the end of her treatment for breast cancer.

Holding her arm in a warm gesture of solidarity, Kate told her: “Well done you. What a journey. Well done – you’ve been amazing.”

## EMOTIONAL EVENT

Turning to Claire’s husband, Pablo, 30, the Princess added: “Well done. I know it’s just as hard for family and loved ones. For the children, my parents alongside – you go through it with us.”

Spotting the couple’s eight-month-old son, Enzo, Kate said: “Who’s this? I saw you earlier, didn’t I? Isn’t mummy brave? This is your day.”

Claire said afterwards: “Finishing the treatment was a massive thing, so sharing it with the Princess was absolutely brilliant. It was an amazing, once-in-a-lifetime thing to share with her.”

Kate’s visit aimed to highlight the healing power of holistic care alongside standard clinical treatments. The hospital offers free complementary therapies – including acupuncture, art classes and a wellbeing garden – that are designed to alleviate symptoms such as stress, anxiety and fear.

Greeted by crowds, the Princess spent time in the Oak Road Treatment Centre with patients undergoing chemotherapy. Connecting on a personal level, she described the toll of the disease.

“Your body changes so much, not just



Kate meets a young patient at the Christie and applauds as Claire Lorente – with her husband, Pablo, and son, Enzo – rings the bell to mark the end of her treatment for cancer



physically, but emotionally – the deeper side of ourselves,” she said. “It puts so much in perspective and you hold on to what’s important. It’s so nice as a patient that you have this agency to take control of your wellbeing and recovery.”

Kate also toured the hospital’s art room, joining a session led by its resident artist, Patricia Mountford. “Creativity is such a wonderful way to explore that deep sense of self,” the Princess said. “Everyone’s cancer journey is so deeply personal.”

Outside, she shared a tender moment with Ruby Day, a ten-year-old osteosarcoma patient, granting Ruby’s request for a hug. Before leaving, Kate visited a dedicated teenage unit and chatted to young patients Mason, 20, and Kate, 23, about how meditation and massage had bolstered their spirits.

The Princess later wrote on social media: “A cancer diagnosis affects every part of life. The Christie’s commitment to holistic care helps people to navigate not only illness but also the profound impact it can have on quality of life.”

Signing off her message with “C”, for Catherine, she added: “Thank you for sharing your stories with me, and for the compassion, creativity and dedication shown every day across the hospital.” **H**

REPORT: MATTHEW MOORE



A full-page photograph of actress Kate Winslet. She is smiling and looking towards the camera. She has long, wavy brown hair. She is wearing a bright blue, long-sleeved, wrap-style dress with a V-neckline and a small dark button at the waist. Her accessories include gold hoop earrings with a bee charm, a gold chain necklace with a small circular pendant, and a ring on her left hand. The background is blurred, showing other people and greenery.

Kate wears earrings featuring worker bees – a symbol of Manchester – for her visit to the city



# DIANA IN PRIVATE

*Personal letters and photographs of Diana, Princess of Wales reveal an unassuming schoolgirl and domestically minded young wife*

Previously unseen images show the future princess's schooldays, while personal letters reveal her use of emojis (far right) to describe her feelings about the early days of her marriage







A trove of previously unseen photographs and handwritten letters relating to Diana, Princess of Wales, show her as a carefree schoolgirl and new wife.

The collection, to be auctioned next month, includes a poignant doodle by Diana illustrating her thoughts about the first months of her marriage to Charles, then the Prince of Wales.

Although it would be decades before people would routinely use emojis in messages, one of her letters from September 1981 shows that she liked to demonstrate her emotions with simple illustrations.

Writing to her friend Katherine Hanbury, who has consigned the memorabilia to Gorrings's auctioneers in Lewes, East Sussex, Diana used what we would now describe as a "grimacing face" emoji.

"It's wonderful being married," she wrote in fountain pen on notepaper stamped with the royal coat of arms. "I think it's safe to say that after two months...!"

She drew a circle containing two dots for eyes and a wavy mouth, perhaps suggesting that she did not wish to tempt fate by saying how much she was enjoying her marriage.

With hindsight, it would turn out to be a hollow hope; the union faltered amid accusations of infidelity and ended in divorce in 1996, a year before Diana died in a car accident in Paris.

#### THE REAL DIANA

The items will go on sale at Gorrings's on 7 July, with the whole collection estimated at £4,000 to £6,000. Albert Radford, a books and manuscript specialist at the auction house, says: "This intimate archive offers a rare glimpse of Diana, Princess of Wales, before duty and fame had the final say.

"Diana comes across as deeply unassuming and domestically minded – someone whose real ambition was simply to have a family and take pride in ordinary things."

Another item is the order of service for the Thanksgiving service held in Diana's memory at St Martin-in-the-Fields church in London on 19 November 1997.

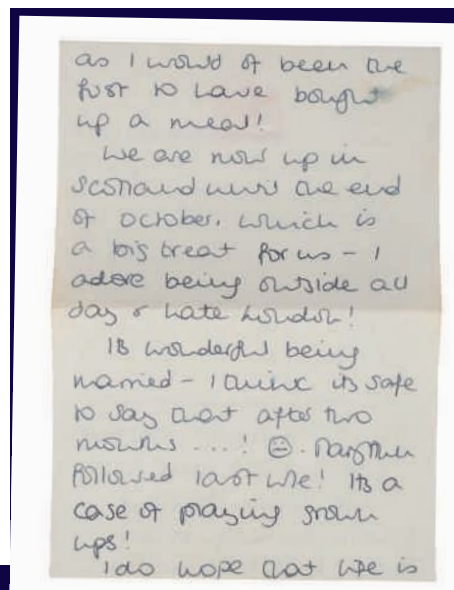
This is not the widely circulated programme from her state funeral at Westminster Abbey, but instead the rarely seen programme from a separate, smaller service held several months later.

Photographs of items in the auction are being released 65 years after Diana was born on 1 July 1961, and 45 years after she and Charles, who is now the King, married at St Paul's Cathedral in London on 29 July 1981.

For their honeymoon, they enjoyed a 12-day cruise of the Mediterranean on the Royal Yacht Britannia before heading to Balmoral, the royal family's Scottish residence.

REPORT: JACK MALVERN

*The auction takes place on 7 July, with items available to view from 25 June at [gorringes.co.uk](http://gorringes.co.uk)*





# WILLIAM'S CANDID CHAT

*The Prince of Wales admits that he may need his wife's help to talk to their daughter about menstruation as he meets Diana Award winners and pulls the perfect pint in Peckham*



William greets members of the local community on a visit to the Prince of Peckham pub; and (far right) pulls a pint of Red Stripe

**T**he Prince of Wales hugged children, pulled pints and discussed everything from Taylor Swift and AI to the future of Britain's pubs last week. But it was one particularly candid conversation that drew praise.

During a meeting with young winners of The Legacy Award, William admitted that he would seek support from his wife, the Princess of Wales, when the time came to discuss menstruation with their daughter, Princess Charlotte, 11.

Prince William was asked the question by the period equity and gender equality activist Vivi Lin, 28, who is the founder of the non-profit organisation With Red and The Period Museum in Taipei.

"I know I will have to one day, but I might need my wife to help me with that," he replied.

## **FAMILY CHATS**

Taiwan-born Vivi later explained why she had raised the issue, saying: "We work with a lot of dads who have daughters, and I think it's really important to ask him that question."

"Hearing him say that he knows he needs to talk to his daughter, and that he also knows he needs help from his family, will encourage a lot of





The Prince in Shoreditch with The Diana Award's chief executive, Tessy Ojo (on his left), and Legacy Award winners Vivi Lin (above) and Sophie Pender (far right)

people who are ready or not ready yet to talk to their children about periods.”

William met Vivi and fellow Legacy Award winner Sophie Pender, 30, at the SXSW London festival in Shoreditch, east London. Their accolades were granted by The Diana Award, a charity set up in memory of his late mother, Diana, Princess of Wales.

“We were talking about the fact that of all the people in the country, he’s probably the person who can go to see the most diverse group of people you can possibly imagine. He said something really lovely about how, in a backdrop of things feeling quite divided, there’s actually way more that connects us,” Sophie said.

“He put it very beautifully,” Vivi added. “He said that community leaders are the beating heart of the country and I think that’s very touching.”

William also bonded with Sophie over Taylor Swift, whose song You’re On Your Own, Kid was played when the Prince presented her with The Legacy Award in 2024. “He said that she’s as nice in person as she seems online,” Sophie said.

The Prince also discussed the potential use of AI to improve mental health, but warned: “Using AI is only as good as the information you put in.”

Earlier in the day, William had met volunteers and clients at the south London-based charity Pecan, which supports people facing poverty.

He then headed to the aptly named Prince of Peckham pub, where he surprised guests attending the weekly Chatty Patty breakfast club, which aims to tackle loneliness.

#### LOVE FOR PUBS

William told his hosts that he “grew up in pubs”, describing them as “the glue and fabric” of local communities. He added: “It’s the people – the team – around a pub that make it.”

After pulling a pint of Red Stripe with the landlord, Clem Ogbonnaya, the Prince sampled the jerk chicken and plantain, saying afterwards that it “blew my mind”.

“I’m hoping they’ll Deliveroo this jerk chicken to Windsor,” he joked.

From the pub to a platform for leaders of the future, it was a day that offered a revealing glimpse of William’s increasingly personal approach to public life – one built on conversation, connection and support for communities. **H**

REPORT: EMILY NASH





## THE ROYAL BRIEF



### PRINCESS LILIBET

The Duke and Duchess of Sussex marked their daughter's fifth birthday by sharing two images of Princess Lilibet. In one, she is held by her father; in the other, she reaches out to touch a garden flower. Her face is obscured by her hair. Her parents wrote on Instagram: "Our dream girl. Happy 5th birthday, Lili."





### THE SPANISH AND MONÉGASQUE ROYAL FAMILIES

King Felipe and Queen Letizia of Spain joined Prince Albert and Princess Charlene of Monaco on a visit to the Royal Botanical Garden in Madrid as part of celebrations marking 150 years of diplomatic missions between their two countries. It is also the 270th anniversary of the creation of the garden.

### THE QUEEN

Rupert Williams, seven, received his wish to have his Scouts bravery medal presented by the Queen as he joined her for a tea party at Clarence House, organised by the charity Dreams and Wishes. Before the meeting, Rupert, who has a serious digestive condition, asked his mother, Hannah: "Does the Queen have a dragon in her castle?"



### KING FREDERIK AND QUEEN MARY OF DENMARK

The Danish royal couple disembarked the Royal Yacht Dannebrog to visit the port of Odense as part of their annual summer tour of the country. King Frederik, 58, and Queen Mary, 54, waved to their subjects from the balcony at Odense City Hall, which was decorated with sunflowers.



A full-page photograph of Gabby Logan standing in a lush field of various flowers, including purple lavender in the foreground and large pink, white, and blue blooms in the background. She is wearing a long-sleeved, pleated pink dress with a large pink flower detail at the neckline and matching pink cuffs. She is smiling at the camera.

# GABBY'S CAREER GOALS

*BBC World Cup anchor Gabby Logan admits that she's almost too busy to pick up her OBE from the Palace*





After decades at the top of British broadcasting, Gabby Logan's drive is undiminished. "I love what I do," she tells **HELLO!** in this exclusive interview as she prepares to become the BBC's first female World Cup anchor when the tournament begins on 11 June. "I don't feel any kind of lethargy or creeping desire to spend less time doing it. I feel very blessed to be able to do it."

In fact, Gabby, 53, a former international gymnast, is so dedicated that she has had to decline two invitations to receive her OBE, which was awarded in the 2026 New Year Honours for services to sports broadcasting and charity.

#### DIARY CLASH

"Unfortunately, the date they sent me was the date of my first match in the World Cup, so I obviously had to turn that one down," explains Gabby. She then received a second date which overlapped with the World Cup knock-out stages.

"We've agreed that I'll go in the autumn at some point," she says, adding that the acknowledgement is "an amazing honour". "It's a very lovely thing to receive a letter like that in the post. I was just very shocked."

It comes six years after she was awarded an MBE by the Prince of Wales, then the Duke of Cambridge. Does she have a preference as to which royal she would like to receive the honour from this time round? "I had Prince William last time, so a change would be nice," she jokes, quickly adding: "If it's him, it's fine!"

William is certainly a fitting choice, given his passion for British sports as well as his active involvement as a patron of the Football Association and the Welsh Rugby Union. "It's always very special when [the Waleses] come to cup finals, or turn up during World Cups ►

Gabby with her rugby player husband, Kenny, and their twins, Reuben, who plays for Sale Sharks, and Lois, a competitive showjumper





and the Women's Euros," Gabby says. "To see them there enjoying it is great."

The news of her OBE arrived shortly before a time of immense sadness for her family: the passing of Gabby's father, the Welsh former football player and manager Terry Yorath, who died in January aged 75 after a short illness.

"He was always very proud of the work that I did," she says. "Football's very amazing at times like that. I was contacted by so many people from the world of football. It's been really heartening for all of us."

It is 30 years since Gabby first joined Sky Sports as one of few female sports presenters, before moving to ITV two years later and then the BBC in 2007. Last year, she took over the renowned Match of the Day desk alongside Kelly Cates and Mark Chapman following Gary Lineker's departure. "It's been remarkably pain-free," she says of her inaugural season.

Gabby says that the media landscape has "changed dramatically" since she started her career. "When I look around the industry and see how many women are working across a range of areas, from behind the scenes to in front of the camera... the amount of sports content and coverage that there is, it's amazing. It's been really heartening to see how it's changed and how many opportunities there are. It's great to see how many women there are in the industry."

#### EMPTY NEST

Her home life has seen some major changes, too, with her 20-year-old twins carving out their own lives away from the Buckinghamshire home Gabby shares with her husband, the Scottish former rugby star Kenny Logan.

Reuben is a professional rugby player for Sale Sharks and Lois balances competitive showjumping with studying at Loughborough University, but Gabby says they all still see "a surprisingly large amount" of one another.

"I don't feel like an empty-nester. Lois has got another year of university, so she's home a lot. Kenny and I have a weekend in the Peak District coming up and Lois is going to come over with her boyfriend. We do activities together as a family when we can. I saw Reuben last weekend because I was in Manchester [she presents Match of the Day in neighbouring Salford]. We're very lucky."

The family's close-knit bond was undoubtedly

Gabby with Kenny and (below) aged four with her late father, Terry, mother, Christine, and two of her siblings, Louise and Daniel



cemented when Kenny was diagnosed with prostate cancer in 2022. He underwent a full prostatectomy and was given the all-clear in 2023.

She says the experience hasn't changed him. "He's always had a great passion and appreciation for life and always gives his time to other people, and he was doing all of those things before."

One thing that remains unchanged is the couple's shared love of fitness. "It might be a walk or we might play some padel with friends," Gabby says. "We do like to keep active together."

Gabby tries to fit in "as many sessions" of weights and Pilates as her diary allows. "They're the two that I really try to stick to. I make sure I keep doing some cardio as well," she says.

For now, she is simply enjoying the ride. "My schedule is pretty rammed. I don't really do forward planning so much when it comes to my career. I want to keep enjoying it, keep being healthy and fit and getting the most out of all the work that I do."

INTERVIEW: NICKY MORRIS

*Gabby Logan presents live TV coverage of the FIFA World Cup on the BBC this summer. Follow the action across BBC Sport from 11 June*



---

**‘WE DO  
ACTIVITIES  
TOGETHER  
AS A FAMILY  
WHEN WE CAN.  
WE’RE VERY  
LUCKY’**

---





Bernardo's polo shirt, Hackett; trousers, Richard James. Inês's dress, Self Portrait. Carlota's dress, Hucklebones London

PHOTOGRAPHER: STEW BRYDEN  
STYLING: JOANNE M KENNEDY

# DREAM TEAM

*As he leaves Manchester City, Bernardo Silva tells us what he misses about Europe, how his daughter has changed his life and why his dog is named after the King*



**B**ernardo Silva likes to think that he remains as Portuguese as he was when he arrived at Manchester City almost a decade ago, but as he prepares to leave for “somewhere warmer”, the footballer does admit to two exceptions.

The Lisbon-born player, who captained his team to victory in the FA Cup last month and was handed the trophy by the Prince of Wales, gave his dogs quintessentially British names.

John, a French bulldog, is named after his City teammate John Stones. His cockapoo is named for the King.

“We called him Charles because we got him from Wales, and, at the time, it was Prince Charles from Wales,” Bernardo tells **HELLO!** in this exclusive interview after he and his wife, Inês, 27, and their toddler Carlota, two, pose for our photoshoot. “We just thought that it was also a great name for him.”

The dogs, who are “a big presence in the house”, have adjusted well to Carlota’s arrival. “She loves them. It’s difficult to imagine the family without them,” he says.

#### PARTY TIME

Bernardo’s other British takeaway is an admiration for the way we drink. It is not a matter of quantity, he says, but timing. “In Lisbon, you start drinking at 7pm, then you go for dinner and the night ends at 7am, which is ridiculous.

“If you guys go out on Saturday, you start at midday and people are already enjoying themselves, and then at 11pm or midnight, people are home and the next day is not ruined. I think I prefer it the English way.”

Now, Bernardo, Inês, Carlota, John and Charles are leaving Manchester for the next stage of the midfielder’s career.

Bernardo, 31, is evasive about exactly where they are going; he suggests that he probably knows which country, “but I haven’t decided which team yet”. Football fans may conclude that he is deliberating between Barcelona and Atlético Madrid.



It was a collective family decision, recognising that if Bernardo wants to enjoy a new chapter at the peak of his career, it has to be now. It will also enable his children to settle in a new home before they start school. “We made this decision together,” he says.

Two other excitements loom: Inês is pregnant with their second child, and the family will soon be heading to the US after Bernardo was selected to play for Portugal in the Fifa World Cup.

Having Carlota in August 2023 “definitely changed my life”, he says. “Now everything I do is based on wanting to make [Carlota] happy. Everything we do, we make her part of it. In terms of time for just me and Inês, we don’t have it any more, but she’s fantastic. She’s really well behaved.”

He and Inês already have plans for more children. “We always wanted to have a big ►







Inês joins Bernardo to celebrate after Manchester City defeat Inter Milan to win the Champions League in 2023



Carlota wears her father's FA Cup winner's medal after City triumph over Chelsea at Wembley last month

family, and this is just the beginning," he says. "We don't want to stop on the second one. I don't like to think too much ahead, but I would say for sure that we're going for a third one later. Maybe a fourth."

Although they will travel together for the World Cup, strict rules imposed by Portugal's manager, Roberto Martínez, mean that they will be kept apart, with Inês and Carlota staying in a hotel a five-minute drive away.

"We have to stay in the hotel as a team," Bernardo says. "There will be a regime where there will be a time slot to see our families. It's quite tough to be away, especially from your kids, but it's that part of the year where we're used to it."

He isn't sure exactly what the players' partners get up to while he is training. "It's mostly with the kids because they don't have our help, but they will be going to the beach and the pool. It's going to be nicer for them than for us. You have a lot of pressure and they're basically going on holiday."

Bookies have made Portugal fourth favourites to win the World Cup, behind Spain, France and England, but Bernardo is on winning form. He

recalls the thrill of his recent encounter with the Prince of Wales, when William handed him the FA Cup after Manchester City's victory over Chelsea at Wembley.

"I've met him a few times before, in the FA Cup and at World Cup events, and it's great to see how much he enjoys football. He's such an important person here. We're really happy every time we get the chance to meet him."

#### ROYAL SUPPORTER

Bernardo saw William leaping to his feet and punching the air when his team, Aston Villa, won the Europa League last month. "When I saw the way he was celebrating and enjoying the game, it felt like a normal person watching a football game. It's nice to see that."

He says that he became aware of British customs from a young age, after his parents sent him to Queen Elizabeth's School in Lisbon, a primary school founded by a British woman to strengthen ties between the two countries. "So I grew up singing the British national anthem. The monarchy was always very present when I was a kid." ►



---

‘I’D SAY FOR  
SURE THAT  
WE’RE GOING  
FOR A THIRD  
BABY LATER.  
MAYBE A  
FOURTH’

---

Bernardo’s jumper,  
Turnbull & Asser; trousers,  
Reiss; loafers, Church’s;  
socks, London Sock  
Company; watch, Hublot.  
Inês’s dress, Georgia  
Hardinge; heels, Malone  
Souliers; necklace and  
earrings, Boodles

Facing page: Bernardo’s  
T-shirt, Sunspel; trousers,  
N Peal; socks, London  
Sock Company; watch,  
Hublot. Inês’s dress and  
sandals, Sandro. Carlota’s  
dress, Self Portrait Kids



Bernardo's jacket and trousers, N Peal; shirt, Hackett. Inês's dress, Self Portrait; shoes, Malone Souliers; earrings, Boodles. Carlota's dress, Needle & Thread

---

'IT WAS  
BEAUTIFUL  
TO SEE HOW  
MUCH PEOPLE  
AT THE  
CLUB CARE  
ABOUT ME'

---





In his final match for Manchester City, his teammates gave him a guard of honour as he left the pitch before the end of the game against Aston Villa. It was an unusual gesture and drew criticism from the former England player Wayne Rooney, who said that he “would have been fuming” if he had been playing against the team that day.

Bernardo is grateful for the honour. “The day was very emotional because nine years is a very long time. The club, my teammates, the fans, they mean a lot to me. It was nice of them to make that small gesture. It was beautiful to see how much people at the club care about me. It goes both ways.”

#### MAGICAL MEMORIES

Bernardo and Inês will celebrate their third wedding anniversary on 1 July, recalling a hot day in the Douro valley in northern Portugal that was reported exclusively in **HELLO!**. “The wedding ended at 8am or 9am, so we enjoyed ourselves.”

The bright sunshine, which threatened to be “too warm” during the first hours of the wedding, was a contrast to Bernardo’s life in Britain’s third rainiest city. “It’s tough for someone like me, being Portuguese and coming from a different side of Europe where we don’t have that,” he says.

“I had to adapt a little bit to the [lack of] light, the lack of sun and a lot of rain. When I look back and see how much I achieved, it makes it even greater [to have succeeded despite the climate].”

With the possibility of moving back to southern Europe on the cards, Bernardo will be delighted if his family find themselves in a city with familiar street food. Asked what he misses about home, he says: “In Portugal and in the south of Europe, there are little shops every 50 metres on the street where you can eat a pastry with coffee. Here, the way you enjoy food is a bit different.

“I miss the cod, the seafood, the way that we make it. I’m very Portuguese.”



INTERVIEW: JACK MALVERN

HAIR: ALICIA DOBSON

MAKE-UP: BECCA ANDERTON AT ME AGENCY







## DAVID BECKHAM

### Receives prestigious Hollywood honour

Sir David Beckham is set to receive a star on the Hollywood Walk of Fame this week. The former England football captain will be presented with the honour during a ceremony on Friday, when he will be accompanied by his wife, Lady Beckham, and their good friend the actor Tom Cruise.

David, 51, will be receiving Hollywood Boulevard's 2,849th star. The Walk of Fame producer Ana Martinez said: "His role in elevating soccer's profile in America and his lasting influence on sports, entertainment and global culture make this honour especially meaningful."



## KEITH RICHARDS

### Great-granddaughter for Rolling Stone

The Rolling Stones guitarist Keith Richards has become a great-grandfather at the age of 82.

The rock'n'roll legend's granddaughter Ella Richards has had a daughter, Luna, with her boyfriend, Sascha Von Bismarck. In a post on Instagram, she wrote: "30!! best birthday yet with our baby girl Luna."

Ella is the daughter of Marlon – Keith's eldest child – and his wife, Lucie de la Falaise. Keith also has three daughters: Angela, with his former partner Anita Pallenberg, and Theodora and Alexandra, with his wife, Patti Hansen.



## KANYA KING

### Tributes paid to Mobo Awards founder

Kanya King, the founder of the Mobo Awards, has died aged 57 from colon cancer. A statement from the Mobo Organisation said that she died "surrounded by her family, close friends and love".

Kanya founded the ceremony, which celebrates black music and culture, in 1996. The statement added: "What Kanya created was never simply an awards ceremony. It was an act of cultural justice."

● Buffy the Vampire Slayer and Ted Lasso actor Anthony Head has died aged 72. His daughters said he "passed away peacefully of complications due to pneumonia, surrounded by his family".

# 7 DAYS

A ROUND-UP OF NEWS REPORTS



## STORY OF THE WEEK

### PRINCESS BEATRICE

#### Report reveals King pays York sisters' rent

A report into the royal family's residential property arrangements has revealed that the King pays Princess Beatrice and Princess Eugenie's rent in royal palaces, although they are non-working royals.

Beatrice has an apartment in St James's Palace, while Eugenie has Ivy Cottage in Kensington Palace.

The report also showed that their adjusted rents, both covered by the privy purse, were based on out-of-date market evaluations. It is understood that the rent arrangement was put in place by the late Queen Elizabeth and has been continued by Charles.

The National Audit Office's findings also reveal that the sisters' father, Andrew Mountbatten-Windsor, received an undisclosed private income from subletting three properties on the Royal Lodge estate for more than 20 years.

## QUOTE OF THE WEEK

**“I always thought that I was more fragile or weaker than what life proved me to be”**

Shakira knows she's tougher than she thought

FOR THE LATEST CELEBRITY NEWS,  
VISIT [HELLOMAGAZINE.COM](http://HELLOMAGAZINE.COM)



## ZOE BALL

### Says panic attacks forced her to quit radio

Zoe Ball has opened up about suffering from panic attacks that led her to leave her job at the BBC.

The former host of the Radio 1 and Radio 2 breakfast shows said that the attacks were triggered by grief; her partner, the TV cameraman Billy Yates, died in 2017, and her mother, Julia, died in 2024.

"I've always been very laidback, but I started having panic attacks," she said. "Grief... was when that started for me. Along came perimenopause as well, and I started having crippling anxiety, to the point where I was struggling to work."



## LAURA WHITMORE

### TV host welcomes her second child

The presenter Laura Whitmore has announced the birth of her second child with her husband, Iain Stirling.

The former Love Island host, 41, wrote on Instagram: "A new player has entered the game! We welcomed the most precious baby last month, unexpectedly early and with dramatic flair (wouldn't expect anything else)."

"I had made a 5 hour birthing playlist this time... only played about 3 songs."

The couple's first child, a daughter, was born in March 2021.



## BOB HARRIS

### Presenter leaves BBC on health grounds

Bob Harris, 80, has announced that he is stepping down from presenting on BBC Radio 2.

The broadcaster, who is affectionately known as "Whispering" Bob, told listeners that poor health was the reason for his departure from both The Country Show and Sounds of the 70s. He was treated for prostate cancer in 2007 and recently revealed that the disease had spread to his spine.

"I am so sorry that my health issues are forcing me to step down, but I realise that I must concentrate on getting myself well again," Bob said last week.



## HELLO! SECOND ACT

# 'I'M IN A GOOD PLACE'

*Nicki Chapman has renewed joie de vivre after recovering from a brain tumour, but is haunted by the experiences of her pop proteges*

After a glittering PR career looking after the Spice Girls, Take That and S Club 7, Nicki Chapman's life came to a standstill when she had a benign brain tumour diagnosed in 2019. Doctors warned the Magic Radio host that she might die during the operation to remove it. Now, she has renewed positivity about life.

"I'd had a seizure and I knew something was wrong," Nicki, 59, tells Ateah Jewel on this week's episode of **HELLO!**'s Second Act podcast. "They thought I'd had a stroke, but it was actually a brain tumour. I was on my hands and knees sobbing. I just wanted it to be gone."

After hearing the retired champion jockey Frankie Dettori talking about having a positive mental attitude, she went into the operation "smiling" and believes that this contributed to her remarkable recovery.

"I made my peace that, if I don't wake up tomorrow, I've had the most wonderful life and I am grateful. Touching wood, I'm here, happy and healthy. I can't ask for more than that. I might not have made it to 60."

Nicki, who recently launched a range of shoes with Pavers, has been married for 27 years to Dave Shackleton, head of Phantom Music Management, which oversees Iron Maiden.

She credits having a "thick skin" for her success in broadcasting – a job she fell into after leaving school at 16. Nicki's ability to turn music acts into cultural icons landed her a role as a judge on Pop Idol in 2001, uncovering the talents of Will Young and Gareth Gates.

### CHANGING TIMES

The negative treatment of contestants on reality shows has come under scrutiny, but that wasn't her experience. "We weren't brutal," she says. "I think it'd be fair to say that shows after [Pop Idol] were different. We were genuinely looking for talent."

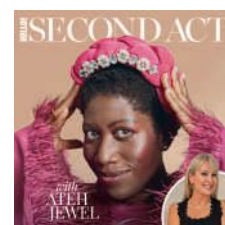
Nicki contacted Robbie Williams after he revealed in his 2023 Netflix documentary that his mental health had suffered while he was in Take That. "I said to him: 'Your recollection of events is really different to mine. I didn't realise the hell that you were going through.'"

"He said such a lovely thing: 'You were the medicine, you weren't the illness.'"

"I've lost sleep over this. Listening to some of the artists I used to work with tell me how horrendous it was, I wasn't aware of any of that. All the TV shows I worked on, like Wogan, were kind. We didn't have social media. It's different now."

When it comes to self-care, the Escape to the Country presenter prefers gardening to focusing on any wrinkles. "You're always going to age, so take the best bits of it."

she says. "We're lucky we're here. I'm in a good place."



**Listen to **HELLO!**'s Second Act podcast now on Apple Podcasts, Spotify, Amazon Podcasts and YouTube**



A black and white portrait of Lady Pamela Hicks. She is shown from the chest up, wearing a light-colored, possibly white, dress with a lace or floral pattern on the shoulder. She has short, dark, wavy hair and is wearing a pearl necklace and a small pearl earring. She is looking slightly to the right of the camera with a gentle expression.

Lady Pamela was  
the daughter of  
Earl Mountbatten  
and a cousin of  
Prince Philip. Right:  
With her daughter  
India Hicks

1929-2026

# LADY PAMELA HICKS

*An extraordinary life is remembered  
after the late Queen Elizabeth's  
bridesmaid, lady-in-waiting and  
close confidante dies aged 97*





**L**ady Pamela Hicks, a bridesmaid to the late Queen Elizabeth II and the younger daughter of Earl Mountbatten of Burma, has died at the age of 97.

Her daughter, India Hicks, 58, a designer and former fashion model, wrote of her gratitude for her mother's unstinting support. "While there is no tragedy in the death of a 97-year-old who has lived a full life, I know grief will be unavoidable," she wrote on Instagram, next to a photo of Lady Pamela smiling while gazing out of a window.

"But today I am simply grateful that she was my mother. And through the prism of a crowded and remarkable past, she made incomparable company, carrying her memories lightly and always with humour.

"My mother maintained, right up to the end, the impeccable style, sharp mind and effortless charm that made her not only a cherished institution, but the last of her kind."

Lady Pamela was a confidante of the late Queen who served as a lady-in-waiting upon Elizabeth's accession, accompanying her on several overseas tours. She was also a cousin of the Duke of Edinburgh and was one of the Queen's closest companions after his death in 2021.

Born in the Ritz Hotel in Barcelona on 19 April 1929, to Lord Louis Mountbatten and the heiress Edwina Mountbatten, she was almost impossibly well-connected to royal circles. She was a great-great-granddaughter of Queen Victoria, her father had been aide-de-camp to the Prince of Wales, later Edward VIII, and her grandfather had performed the same duties for George V.

#### TRAVELLING THE WORLD

Weeks before the outbreak of the Second World War, she sailed to America to live with the banking multimillionaires Cornelius and Grace Vanderbilt. She later returned to a "glum boarding school" in Britain before joining her parents in 1947 in India, where her father was the last viceroy.

Before the end of the year, she visited London to be by Princess Elizabeth's side for the wedding to her cousin Philip in Westminster Abbey. She wrote of the couple: "He was handsomer than a fairy prince because he was so masculine. And she, with that marvellous complexion, had absolute star quality."

Pamela was also with the Princess at the Treetops hotel in Kenya in 1952 when George VI died, although they would not learn about the death of Elizabeth's father until later.

Lady Pamela married the interior designer David Hicks at Romsey Abbey in Hampshire on 13 January 1960. Her mother was to die a month later, and in 1979, her father was murdered by the IRA, in a bomb blast aboard his lobster fishing boat.

Pamela was devoted to her daughters, Edwina Brudenell and India, and her son, Ashley Hicks, also an interior designer. She was the author of three memoirs and became deeply involved in charitable causes, becoming a senior figure in 23 organisations. She is survived by her children and eight grandchildren. **H**

REPORT: JACK MALVERN



Pamela adjusts the Queen's stole at a royal ball in Melbourne in March 1954



A full-page photograph of Jennifer Lopez on a red carpet. She is wearing a black, long-sleeved, high-necked dress covered in sequins. A large, bright pink bow is tied around her waist, featuring a large, ornate, diamond-encrusted brooch at its center. She is holding a black clutch bag in her right hand. Her hair is pulled back, and she is wearing large, dangling, diamond-encrusted earrings. The background is a blurred red carpet with bright camera flashes.

# TRUE ROMANCE

*Jennifer Lopez opens up about  
her chemistry with co-star  
Brett Goldstein – and her next  
Hollywood power move*



Jennifer wears Richard Quinn to attend the premiere of *Office Romance* with her co-star, Brett Goldstein, at London's BFI Southbank last week

## 'THE CHEMISTRY WAS THERE FROM THE BEGINNING'

*Jennifer Lopez*

As Jennifer Lopez returns with a new film, *Office Romance*, it's not just her showstopping looks that have been grabbing attention. The singer and actress's connection with her co-star Brett Goldstein is palpable, too.

It was instant, says Jennifer, 56, of her chemistry with Brett, 45, who is best known for the TV series *Ted Lasso*. "It was there from the beginning," she says. "It just felt so natural between us. It's not something that happens a lot, but it did with us."

The film, which follows a secret relationship between Jennifer and Brett's characters, features plenty of steamy moments. When it comes to making an on-screen kiss memorable, "the trick is that it has to look natural and it has to [be]

telling a story", Jennifer says. "It can't be a kiss just for the sake of having a kiss."

Working with Brett was "a dream come true", she adds. "I've been a huge fan of his for a long time. I had the best time working with him."

*Office Romance* is something new for her. "It's not your usual J.Lo romantic comedy," she says. "It's still funny and romantic, but let's just say that it pushes things a little bit more. We're calling it a com-rom. I'm very excited to be a part of it." Jennifer's character, the powerful boss of an airline, resonated with her. "It was as though someone had got up inside my head to create her," she says.

The film marks a return to the romantic comedies for which audiences have always loved Jennifer. It's now 25 years since she starred in

*The Wedding Planner* opposite Matthew McConaughey. "I remember how crazy that time was, because I was making that movie at the same time as I was making a record," she says. "As someone who grew up loving Lucille Ball, it was a dream for me to make that movie."

### LIFE IN THE SPOTLIGHT

Jennifer's life has changed significantly since the film was released in 2001, coinciding with the release of her second album, *J.Lo*, which reached No 1 in the US. Since her marriage to the actor Ojani Noa ended in 1998, she has tied the knot three times. Jennifer married the dancer Cris Judd and then the singer Marc Anthony, with whom she has 18-year-old twins, Max and Emme.

In 2021, she reunited with her former partner Ben Affleck; they married in 2022 before separating in 2024, 20 years after their initial split.

Even though she has sold more than 80 million records worldwide, with her films making billions of dollars, there's still "a lot" that the star wants to do. "I want to continue to work with great directors on material that excites me. You have to love what you're doing," she says.

The star says she feels most comfortable in a dance studio, but she has ambitions when it comes to the big screen. "Directing feature films is something I've thought about for a long time. It's intimidating, but it's something I'd like to try."

"Right now, it's about growing, challenging myself and continuing to evolve as a person, and as an entertainer, too."

INTERVIEW: KATIE ELLIS/FEATS PRESS

*Office Romance* is available on Netflix now





# SHIFTING GEARS

*The Olympic gold medal-winning cyclist Victoria Pendleton tells us how facing the fear and doing it anyway has changed her life*

Victoria Pendleton gives everything her all. “I’m way more capable than I thought I was because I used to be so afraid of doing everything,” the former Olympic track cyclist says. “But over the years, I’ve realised that I have more to offer, and I like myself a little bit more.”

It’s this wisdom that Victoria, 45, expresses in her new book, *The Fear Opportunity*, which offers insights from experts on how to reduce anxiety by reframing your relationship with fear.

She retired from cycling after a triumphant Olympic Games in London in 2012, when she earned three medals – two gold and one silver. She also received a CBE in the 2013 New Year Honours list.

Deciding to try something new, she then retrained as a jockey, finishing fifth in the Foxhunter Chase at Cheltenham Festival in 2016 despite having had no previous experience.

In 2018 – the year that she and Scott Gardner, a former Team GB sports scientist, divorced after ten years together – she fell into severe depression following an abandoned attempt to climb Mount Everest. She recovered with the help of surfing and exercise and is now a patron of The Wave Project, a charity that uses surf therapy to improve mental health.

She is in a relationship with former Special Forces operator Louis Tinsley, whom she met while filming *Celebrity SAS: Who Dares Wins* in 2019. In 2023, she announced the death of her adored twin brother, Alex, from cancer at the age of 42.

Here, Victoria discusses why she’s always up for a challenge, why she attempted to climb Everest and whether she wants to return to cycling.

**Victoria, what made you want to write this book?** “After my brother passed away, I didn’t know what to do. I was questioning the choices I made after retiring and it got me thinking about why I feel so compelled to take on challenges.





Victoria takes the silver medal in the women's sprint track cycling final at the London Olympics in 2012; she also won two golds

## 'I'M WAY MORE CAPABLE THAN I THOUGHT I WAS BECAUSE I USED TO BE SO AFRAID'

"It also came back to the fact that, being brought up with a twin brother, I've always had someone by my side, which gave me a sense of fearlessness. I wanted to capture what that gave me."

**Do you wish you'd had a book like this when you were starting out in cycling?**

"One hundred per cent. It would be so lovely to know the things I know now. I had a lot of worries that were beyond my control and weren't worth the energy. I wish I could have found ways to manage those better."

**You love taking on challenges. What makes you say yes to them?**

"Even if I don't necessarily feel skilled, I think: 'I'm going to give it my best shot.' It's something I've developed over the years; being less worried about the consequences and more confident in believing that whatever I end up delivering will be enough, because I'm going to give it my best."

**You were disappointed not to win three golds at London 2012. How do you view your success now?** "I'm so fortunate to have achieved what I did. The rewards I've received from my cycling career

have allowed me to have the most extraordinary existence, which I'm very privileged to have.

"For that reason, I can only look back and feel satisfied and pleased."

**In 2018, you tried to climb Everest but quit on medical advice. Why did you want to attempt it?**

"I was definitely running away from my home scenario, doing something that made me feel myself, which is focusing on a challenge."

"I was running towards a place that gave me that sense of who I am, rather than addressing the fact that things weren't great at home and I was going through a divorce. All of those things deserved time and space, but I didn't allow that to happen."

**You lost your twin brother, Alex, in June 2023. How are you coping with that?**

"There isn't a day that goes past when I don't think about him. One of the hardest things was realising that when anything amazing happened to me, he was the first person I would tell and he would be equally excited. He was the most reliable person for dusting me off and encouraging me forward."

"I feel privileged to have had that for 42 years, because some people never experience that."

**How is your mental health these days?**

"When you lose people very close to you, it makes you appreciate the things you have rather than always searching for the next thing. That's definitely changed my mindset overall."

**What do you do to relax?**

"I'm renovating a property and that's been very time-consuming. I'm a fair-weather cyclist and I tend to mountain-bike leisurely in the woods. I can't imagine my life without cycling and horses, but I enjoy them both as hobbies."

INTERVIEW: LAURA BENJAMIN

*Victoria Pendleton's The Fear Opportunity: How Feeling Your Fear Builds Strength and Confidence is out now, published by Bluebird, priced £16.99*

## DON'T MISS THIS WEEK...



TV

ALICE AND STEVE

This comedy-drama stars Unforgotten's Nicola Walker (above) and Flight of the Conchords actor Jemaine Clement as best friends whose bond is transformed into a feud when Steve starts dating Alice's 26-year-old daughter, Izzy.

On Disney+ from 8 June



BOOK

MOTHER GHOST MANGO SEED

When Lin returns to Bangkok from England to care for her ill mother, who later dies, she embarks on a quest to rediscover her roots in the Thai countryside, unlocking a web of decades-long secrets.

By Natalie Gregory, out now, published by Juniper, priced £16.99



MUSIC

THE MOUNT AT WASING

Set in a breathtaking woodland amphitheatre on a historic estate in Berkshire, this year's edition of the annual outdoor music festival features headline performances from Mika, Pixies, Ben Howard, Belle & Sebastian and Self Esteem.

At Wasing Estate, near Reading, from 26 June



THEATRE

THE LION KING

Disney's award-winning musical adaptation of The Lion King, now in its 27th year in the West End, reimagines the classic tale of the young lion prince Simba with bold colours, stunning effects and captivating performances.

At the Lyceum Theatre, London



# GOLD COLLAGEN®

The Collagen Expert since 2011

## 15 YEARS OF INNOVATION, NOW IN YOUR POCKET

The power of our global best-selling **FORTE** formula

Daily support for **radiant looking** and **resilient skin**  
wherever you go<sup>1</sup>

Ready to drink sachet

20 Active Premium Ingredients

**8,000 mg** of **Premium Marine Collagen**, **Hyaluronic Acid**  
+18 other active ingredients



Preservative  
Free



Artificial Colourants  
Free



Gluten  
Free



Lactose  
Free



Delicious  
Taste



**Just £29.20 FOR YOUR FIRST MONTH**  
Use code<sup>2</sup> **HELLO** at [gold-collagen.com](https://gold-collagen.com)



<sup>1</sup>Based on a double-blind, randomised, placebo-controlled study on 126 volunteers taking our NUTRIGLOW® patent daily for 3 months.

<sup>2</sup> T&Cs Apply. While promotional stock lasts. £29.20 for 30 days supply on your first subscription order.



# STYLE

FASHION | BEAUTY | WELLBEING

*This week, we dive into race-day fashion, uncover the secrets to a good sleep and wander lesser-known streets of Paris, before sitting down with Viscountess Garnock to discuss the pleasures of a perfectly cooked steak*



## UPWARDLY MOBILE

If summer heat and humidity have left your hair feeling flat, it's time to inject some big-hair energy into your crown. Enter two new volumising spritzes designed to get you through the season looking as though you've finally mastered the art of bouncy, beachy texture.

First is **Cair's Freshening & Volumizing Hair Mist** (£54), a hybrid hero that cares as it finessees, refreshing roots and restoring natural movement.

Then there's **JVN's Air Dry Volumizing Wave Spray** (£26).

Inspired by the brand's elling Air Dry Cream, this aerosol formula uses chia d linseed extracts to lock 12 hours of soft texture head of beauty put it to test during a three-day int to Ibiza – a true feat of endurance). It effortlessly builds volume in finer hair while refreshing day-two waves. Eat your heart out, Ariel.



*Turn up the volume  
with texture-  
boosting sprays,  
elevated high-  
street fragrances  
and swipe-and-go  
skincare sticks*

# BEAUTY NEWS



## HAUTE HIGH-STREET

Perfumery is known for being a little... snobby. But if madam does not care for an overly attentive fragrance adviser and blotters thrust in her direction, she should side-step into her nearest M&S and douse herself in its new Studio fragrances.

Created alongside master perfumers to bridge the gap between high-street scents and prestige perfumery, the line-up is an edit of eight modern, unisex eau de parfums (£22 each), designed to be worn solo or layered together.

We're staying tight-lipped, but let's just say they rival some big-name luxury houses. It's hard to pick a favourite, but we were drawn to Tonka Tabac and Amber Crème, indulgent, refined scents that swathe the skin in velvet with long-lasting star power.





# BEAUTY



## SO SOLID CREW

Great skin on the go? Fetch a stick. Skincare in solid form has become a firm (pun intended) fixture in our routines, but the latest wave of concentrated complexion boosters proves that they easily rival our liquid go-tos.

For a potent hydration hit, swipe on **RoC's Hydra+ Hyaluronic Serum Stick** (£34.99), which combines "pro-longevity" copper peptides with a whopping 100 hours of continuous hydration to "de-hydrAGE" your skin.

Next, layer on **Dior's Mattifying Invisible UV Stick SPF50 PA++++** (£55), which is so chic you'll want to whip it out at every opportunity. Finally, for some haute honing, **Jones Road's Your Skin Foundation Stick** (£36) is a skin-first formula packed with nourishing ceramides and squalene that glides on seamlessly to give you that "your skin but better" finish.



## A BEAUTY EDITOR'S LOVE LETTER TO...

Weleda Skinfood

"It would be easy to love the A-listers who love Weleda's Skin Food. Nonetheless, I think it's worth name-checking the celebs who love bodycare stalwart Weleda. Victoria Beckham said: 'It keeps your skin so hydrated and moisturised.' And Justin Bieber noted: 'I've used a lot of make-up on me.'

"Speaking of artists, the influencer Emma Garland recently said: 'The great thing about Weleda products is that they do what they say they do – and Skin Food is a classic. I tap the original high on the cheekbones for that gym-skin look, and the brand's eye cream is great on mature skin.'

"This year, the cult-favourite product celebrates its 100th anniversary, so I thought it was about time I tried it. I'm not new to Weleda: I use the brand's Arnica Cryo Cooling Gel [£14.95] after intense workouts, while its Serum Booster Drops [£12.95] are perfect for supercharging my skincare. But I was yet to try its hero product until this year – and now that I have, I understand what the fuss is about.

"As Victoria Beckham noted, the formula is rich and heavy, so I like to apply this at night before getting into bed, leaving it to sink deep into my skin. Beeswax and lanolin work together to lock in moisture, soothing even the driest of ankles and elbows.

"I personally find it too heavy for my face, but if you need extra TLC in that department, go ahead and pat it on.

"If you want a hydration hit during the day, the Weleda Skin Food Light [£9.50] might be up your street. As the name suggests, it's lighter, but still delivers intensely nourishing results."

**Melanie Macleod, deputy beauty and lifestyle editor**



## BEAUTY COLLECTIVE KEEPER

**Bronnley Lime Soap, £8.50**

"I have a weakness for anything masquerading as a fruit or vegetable, so when Bronnley's iconic – and recently revived – lime soap landed on my desk, I'd already mentally ensconced it in my bathroom. Aside from looking exactly like the accompaniment to a top-tier summer cocktail, the product has a zingy scent of fresh lime blended with a hint of bergamot and basil, that makes it a joy to use. It seems I'm in excellent company: the brand holds a Royal Warrant."



## DADDY COOL

You wouldn't trade the dad jokes, but you might want to upgrade the Old Spice.

Give the father figure in your life a grooming promotion with The Grey's skincare for men. If you can't convince him to try a self-tanning serum, the deeply hydrating three-in-one face cream (£79) is a no-brainer even for the biggest skincare shirker. For the ultimate sartorial topper, New York's cult fragrance house D.S. & Durga has launched a triumvirate of menswear-inspired scents. Our pick is Grey Blazer (£155), a sophisticated universal crowd-pleaser conjuring the image of soft, Donegal-wool blazers thanks to a bespoke blend of herbs, flowers, spices, tea and musk reminiscent of a (well-dressed) saunter through the Irish countryside.





# FASHION

**MISSOMA**  
Pearl baya charm  
hoop earrings,  
£149



**REFORMATION**  
Cecilia linen dress,  
£278



*From Royal Ascot to Goodwood,  
these racecourse-approved  
looks will deliver effortless  
sophistication for every enclosure*

## RACE-DAY DRESSING

THE QUEEN





**BEULAH LONDON**

Ahana fuchsia  
short-sleeved dress,  
£750



**HOBBS**

Elaina fascinator,  
£79



**RIXO** Emory  
jacquard gown,  
£495



**SUZANNAH LONDON**

Prue formal coat  
dress in pink,  
£2,990



**BODEN**  
Bow-detail linen  
empire dress, £169



**CARVELA** Maria  
envelope clutch  
bag, £79



**CELIA B**  
Vian dress,  
£309.95



**JOHN LEWIS**  
Devon woven  
pleat occasion hat,  
£79



**EMMY LONDON**  
Claudia blush  
suede mid heels,  
£545



**PHASE EIGHT**

Greta tux maxi  
dress, £249



**GIGI BURRIS**  
Clairborne hat, £335



**M&S**  
Leather kitten-heel  
slingback shoes,  
£50



**REISS**  
Poppy floral-printed  
waisted midi  
dress, £218



**BULGARI x  
GERALDINE GUYOT**  
Mini serpentine  
bag, £3,240







# YOU ASKED, WE ANSWERED

*From when to hit the pillow to using sleep-trackers, insomnia specialist Kathryn Pinkham addresses the questions keeping you awake at night*

We don't need to tell you that sleep is a precious commodity – you told us exactly that during our recent live Q&A with Kathryn Pinkham (right), founder of The Insomnia Clinic. Countless studies confirm what many of us experience daily: we are more sleepless, stressed and listless than ever before – a generation that seems to be simultaneously wired and tired.



Having spent 15 years helping more than 6,000 people to reclaim their rest, Kathryn's main takeaway is incredibly reassuring. "I've found that most people don't need therapy to fix their sleep. They just need the correct information," she says.



# WELLNESS

## When should you stop trying sleep hacks and get professional help?

"If sleep has become a regular issue, going on for more than a few weeks, or you are starting to worry about sleep during the day, it's worth addressing," says Kathryn.

"The earlier we intervene, the easier it is to stop the cycle becoming entrenched. Many people spend months or even years trying endless sleep hacks, supplements, routines or relaxation techniques, when the real issue is that the brain has become more alert and vigilant around sleep itself.

"Good sleepers still have disrupted nights; they just tend not to focus on them. Insomnia is usually less about the occasional bad night and more about the cycle that develops around it. Often the biggest difference is not the sleep itself but the level of alertness, pressure and attention around it.

"CBT [cognitive behavioural therapy] for insomnia (CBT-I) is considered the gold-standard treatment for chronic insomnia and is the only approach recommended by major sleep and medical guidelines."

## I'm in perimenopause and my sleep is more fragmented. What can I do, apart from take HRT?

"As hormones fluctuate, particularly oestrogen and progesterone, sleep often becomes lighter and the nervous system more sensitive and alert. Many women notice that they wake more easily in the night and struggle to drift back off.

"HRT can be helpful for some women, but it won't necessarily fix a sleep issue that has become a new pattern. The reassuring thing is that although hormones may trigger the sleep disruption initially, they are often not the thing that keeps it going long-term.

"After a spell of poor nights, it's common for the brain to become more vigilant around sleep. You start anticipating waking, worrying about not sleeping or putting pressure on yourself to get back to sleep quickly, which increases alertness further. This is why focusing on calming the nervous system and reducing pressure around sleep can make such a difference.

"Many women in perimenopause are juggling work, family, ageing parents and high levels of responsibility, often while feeling physically and emotionally depleted. Sometimes the body is not just tired but overstimulated. Once the fear and vigilance around sleep begin to settle, sleep starts to feel much more natural again."

## Why can I fall asleep on the sofa but not when I actually go to bed?

"This happens because bed itself has become associated with wakefulness, effort, frustration or 'trying to sleep'.

"When you fall asleep on the sofa, there is very little pressure. You're relaxed, distracted and not monitoring whether sleep is happening. But the moment you get into bed, the brain can switch into checking mode, and that subtle vigilance is enough to increase alertness and make sleep harder.

"This is why insomnia is often less about not being tired and more about the nervous system being too switched on at the wrong time.

"Instead of trying to force sleep, focus on helping the body to feel safe and settled. Notice any areas of tension in the body and allow them to soften rather than trying to fight them.

"It can also help to avoid going to bed too early. Building enough natural sleep drive across the day often makes it easier for sleep to happen more naturally at night."

## I seem to sleep well throughout the night but I still wake up extremely tired. Can the quality of sleep differ?

"Sleep is not just about how many hours you get, but also how restorative that sleep is.

"Many different factors can affect sleep quality, including stress levels, hormonal changes, temperature, anxiety, alcohol, health conditions and snoring or sleep apnoea. During periods of stress, for example, people often sleep more lightly, even if they are technically asleep for enough hours.

"We shouldn't underestimate the impact of stress and nervous system overload. You cannot out-sleep chronic stress. If you are running at a million miles an hour all day, mentally and physically exhausted, constantly switched on or overwhelmed, you may still feel drained even after a full night in bed.

"Sometimes the focus needs to shift slightly away from 'fixing' sleep and towards looking at overall lifestyle, stress levels, recovery time, movement and how much opportunity the nervous system is getting to properly switch off during the day.

"If you feel your lifestyle is good, speak to your GP about a blood test, as there could be a deficiency. For example, low iron can make you feel tired."

## My sleep changed after having children and never recovered – is that normal?

"Yes, it's very common. Having children can completely change the way the brain and body relate to sleep, and for some people that pattern continues long after the children themselves are sleeping well.

"In the early years, parents are naturally more alert at night because they need to respond to a baby waking. The brain becomes trained to sleep more lightly and stay vigilant, listening out for sounds or interruptions. For some people, that heightened alertness never fully switches off again.

"The positive thing is that the brain can relearn how to sleep deeply by focusing on reducing the vigilance and alertness that the body has learnt over time. CBT for insomnia can guide you through the steps to relearn how to sleep well."

## Is there any sleep advice you advise against?

"Going to bed early is one of the most common recommendations and one of the least helpful for poor sleepers. If you're already struggling, getting into bed earlier gives you more time to lie there awake, reinforcing the association between bed and wakefulness.

"If a 10pm bedtime leaves you staring at the ceiling, going to bed later would serve you far better. More time in bed does not mean more sleep, and for someone with insomnia it often means more time lying awake feeling frustrated.

"Ironically, one of the best things you can do is spend less time in bed, which builds a stronger sleep appetite and makes sleep more consolidated when it comes.

"Sleep tracking is another one I feel strongly about. Although the intention is to understand your sleep better, what it tends to do in practice is create more vigilance and anxiety around something that should be automatic."

**Read the full Q&A at [hellomagazine.com](http://hellomagazine.com). Find Kathryn's Sleep Well, Live Better course at [theinsomniacclinic.co.uk](http://theinsomniacclinic.co.uk)**

## OUR SOPORIFIC SAVIOURS

Kathryn has taught us that good sleep is about addressing the root cause of insomnia, but for nights when you need a little help, these Beauty Collective favourites can help you drift off.

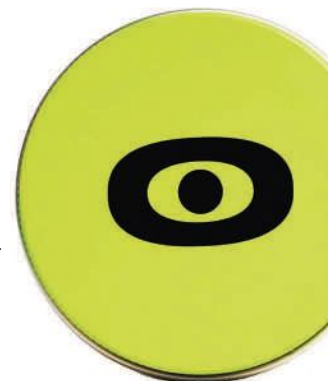


### Ritual + Flow Dream Flow, £32.95

Move over, Horlicks. This magnesium-infused, functional hot chocolate uses organic raw cacao and two highly bioavailable forms of magnesium to help you unwind. The formula is smooth and delicious, completely bypassing the chalky texture of traditional sleep blends.

### Eyemag Magnesium Glymphatic Sleepy Butter, £25

The brainchild of Margo Marrone, the founder of Organic Pharmacy, and her daughter Roxy, this unctuous butter delivers 200mg of magnesium transdermally per 5ml to soothe the nervous system. Infused with lavender, it supports the glymphatic system (the brain's natural detox pathway) with zero morning grogginess or melatonin hangovers.



### Diome Rested supplements, £60

This science-backed, doctor-formulated daily supplement is a beauty editor's travel essential. Driven by 15 ingredients rich in photoactive compounds and micronutrients, it deeply restores sleep to turbocharge morning energy. Be warned: it's punchy stuff. Prepare to be Disney Princess-levels of well-rested.

### This Works Deep Sleep Pillow Spray, £25

So much more than your average lavender spritz, this award-winning powerhouse is rooted in neuroscience.

Clinically proven to alleviate bedtime anxiety, accelerate drift-off time and dramatically improve overall sleep quality, it remains the ultimate sleep aid and one we constantly reach for.





# PUZZLE TIME

TIME TO  
TAKE A  
BREAK

*Pour a cup of tea and put your problem-solving skills to the test.  
Answers next week*

## CODEWORD

In this finished crossword, every letter of the alphabet appears as a code number. All you have to do is crack the code and fill in the grid. We have decoded some letters to start you off.

|    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 14 | 6  | 13 | 15 | 1  |    | 13 | 26 | 10 | 10 | 16 | 15 | 14 | 23 |    |
| 24 |    | 2  |    | 16 |    | 2  |    | 12 |    | 10 |    | 24 |    | 7  |
| 15 | 25 | 8  | 16 | 24 | 25 | 8  | 7  | 6  |    | 14 | 24 | 19 | 19 | 23 |
| 17 |    | 20 |    | 20 |    |    |    | 2  |    | 2  |    |    |    | 8  |
|    | 5  | 15 | 2  | 20 | 13 | 24 |    | 7  | 10 | 18 | 7  | 6  | 16 | 10 |
| 19 |    | 22 |    |    |    | 8  | 16 | 24 |    |    |    | 4  |    | 1  |
| 10 | 14 | 10 | 9  | 2  | 17 | 7  |    | 16 | 6  | 25 | 8  | 6  | 20 |    |
| 14 |    |    |    | 7  |    | 15 |    |    |    | 24 |    | 14 |    | 4  |
| 24 | 16 | 19 | 15 | 7  |    | 25 | 15 | 20 | 9  | 24 | 21 | 10 | 16 | 17 |
| 11 |    | 16 |    | 15 |    | 6  |    | 15 |    | 20 |    | 14 |    | 24 |
|    | 11 | 2  | 7  |    | 13 | 26 | 25 | 2  | 17 |    | 10 | 3  | 10 | 13 |
|    |    |    |    | T  |    |    |    |    |    |    |    |    |    |    |

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

## SUDOKU

EASY

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

MEDIUM

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

## LAST WEEK'S ANSWERS

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

|   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| D | E | B | I | T | F | I | E | L | D | E | R |   |
| E | I | U | R | A | O | I |   |   |   |   |   |   |
| L | E | G | A | L | L |   | R | A | T | I | O |   |
| E | D | L |   |   |   | D |   |   |   |   |   |   |
| T | R | I | D | E | N | T | R | I | F | L | E |   |
| E | P |   |   | O | U | A |   |   |   |   |   |   |
| A | P | P | R | O | X | I | M | A | T | E |   |   |
| T | E | I |   |   |   |   | T |   |   |   |   |   |
| E | A | R | L | S |   | C | H | A | T | E | A | U |
| A |   |   |   |   |   | M | N |   |   |   |   |   |
| M | O | T | T | O |   | R | E | B | U | I | L | D |
| U | E |   |   |   |   | O | E | N |   |   |   |   |
| P | R | E | T | E | N | D |   |   |   |   |   |   |



# LIVING

FOOD | TRAVEL | LUXURY

*The Italian chef Francesco Mattana invites you to discover the rich culinary culture of Sardinia*

## SPAGHETTI ALL'ALGHERESE (Spaghetti from Alghero) *Serves 2*

"This dish is almost like a puttanesca, but better. I love the combination of fresh clams with sweet cherry tomatoes, and the saltiness from the capers and olives. It's simple to prepare – just make sure that the clams are carefully cleaned."

### INGREDIENTS

- 200g/7oz spaghetti
- 3 tbsp extra-virgin olive oil, plus extra for drizzling
- 1 garlic clove, halved
- 1 small dried chilli
- 200g/7oz sweet cherry tomatoes, cut into quarters

- 30g/1oz pitted green olives, halved
- 2 tsp capers
- 1 tsp dried oregano
- 400g/14oz small clams, soaked in salted cold water for 1 hour
- 100ml/4fl oz white wine
- 10g/½oz parsley, finely chopped, plus extra to serve
- Fine sea salt

1. Bring a large saucepan of salted water to the boil and cook the spaghetti according to the instructions on the packet.
2. Meanwhile, place a large frying

pan over a medium-high heat. Add the olive oil, then the garlic and chilli, and cook for 1 to 2 minutes, or until everything starts to sizzle.

3. Stir in the tomatoes, olives, capers and oregano. Cook for about 5 minutes, then pour in the clams and wine. Quickly cover with a tightly fitting lid and cook for a further 5 minutes, or until all of the clams open. Remove the lid and discard any unopened clams, the garlic and the chilli, then stir in most of the parsley.
4. Both the clams and the cherry

tomatoes should have released some of their own juices to create a delicious sauce. If needed, you can squeeze a few cherry tomatoes to get out more of the juice. Taste and adjust the seasoning if needed.

5. Use tongs to transfer the cooked spaghetti into the sauce. Keep the pan over a medium heat and stir it all together for about a minute. Add a drizzle of olive oil, then turn off the heat, give it a final stir and serve with a pinch of fresh parsley over each plate. ►



# FOOD

## INSALATA DI ARANCE E FINOCCHI (Orange and fennel salad) *Serves 2*

"Fennel is a key ingredient in the Sardinian diet – we use the bulb, fronds and seeds in many dishes. Orange and fennel are from the same season and, as we say, what grows together, goes together."

### INGREDIENTS

- 1 large fennel bulb (with fronds)
- 2 oranges, peeled and segmented
- 2 pink radishes, thinly sliced into rounds

- 20g/ $\frac{3}{4}$ oz raw whole almonds
- 2 tbsp extra-virgin olive oil
- Fine sea salt

1. Cut the fennel in half and remove and discard the root. Thinly slice the bulb and the top stalks of the fennel. Make sure to save the fronds – place them in cold water and set aside.

2. Wash the sliced fennel in plenty

of cold water, then drain and place in a bowl.

3. Peel and segment one of the oranges, removing any bitter white pith, then add to the fennel along with the sliced radishes.

4. Toast the almonds in a dry frying pan over a medium heat for a few minutes, then crush them and add to the bowl.

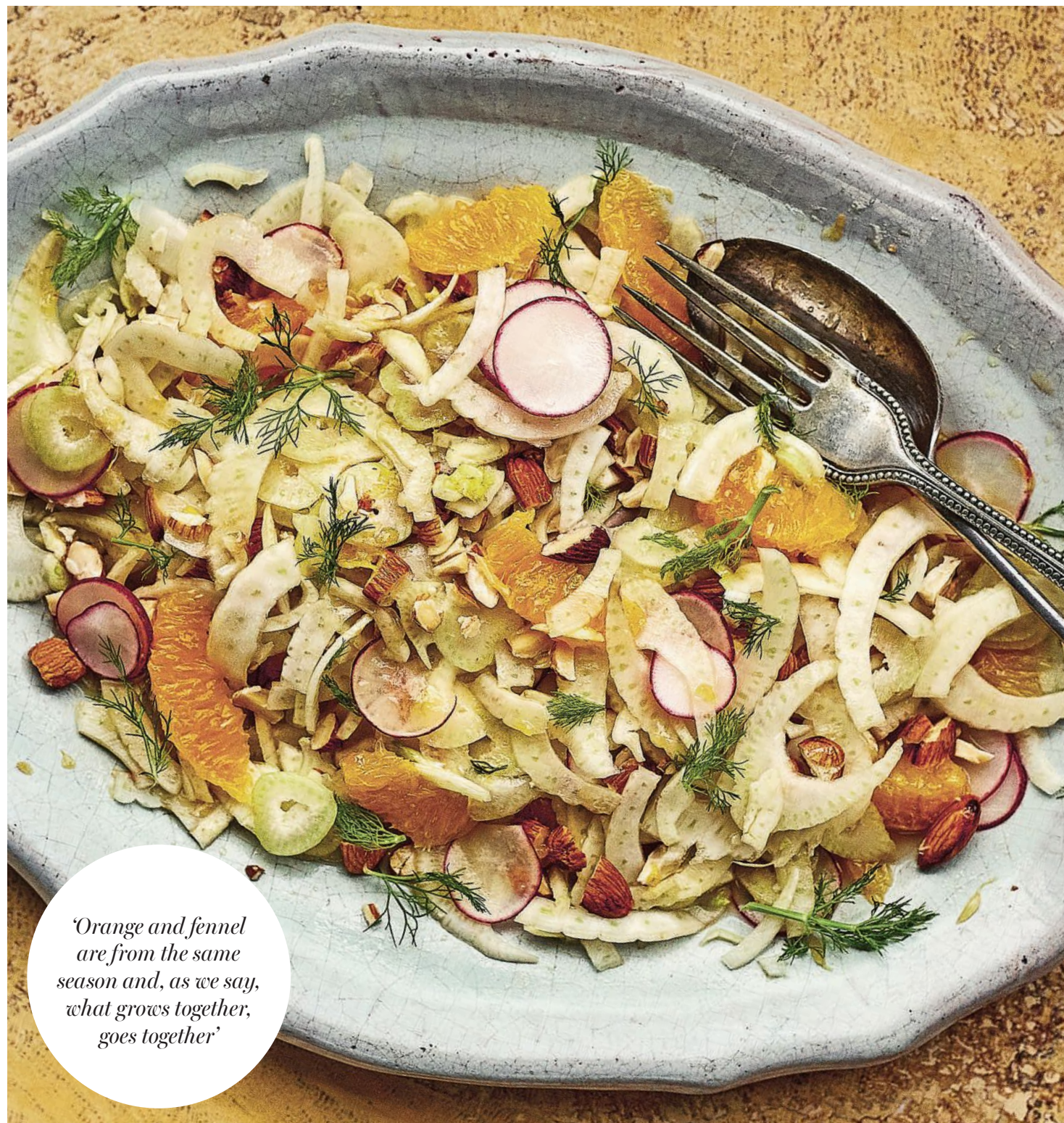
5. Juice the remaining orange in

a separate bowl and add the olive oil, along with a good pinch of salt. This is your dressing. Stir and toss through the salad just before serving.

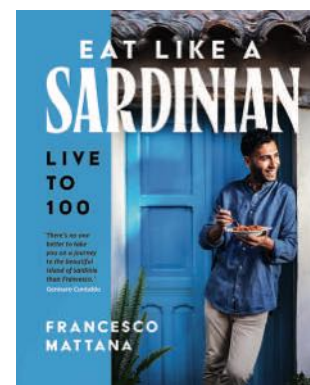
6. Garnish with the fennel fronds and serve.

### TOP TIP

If you have a mandoline, use it to slice the fennel and radishes into thin slices of equal thickness.







## COASTAL LIVING

Sardinia is one of only five "blue zones" in the world, where people live longer than anywhere else. In his new cookbook, Francesco Mattana invites you to discover a way of life filled with fresh, seasonal ingredients, healthy fats and plenty of time spent enjoying food with loved ones.

*Eat Like a Sardinian* by Francesco Mattana, with photography by Dave Brown, is out now, published by Murdoch Books, priced £22

## FARRO CON VERDURE DELL'ORTO (Farro with garden vegetables) *Serves 4*

"Farro is a nutritious grain that is rich in fibre, protein and minerals. You can make this dish your own by swapping out the ingredients. I love making a big batch as it's great to serve right away, but it's also delicious cold the next day."

### INGREDIENTS

- 260g/9½oz farro or pot barley, washed
- 1 small aubergine, chopped into small cubes
- 1 red bell pepper, chopped

- 1 courgette, chopped into small cubes
- 300g/10½oz mixed yellow and red cherry tomatoes, halved
- 20g/¾oz basil, leaves torn
- 2 tsp dried oregano
- Extra-virgin olive oil
- Fine sea salt and freshly ground black pepper

1. Bring a saucepan of salted water to the boil and cook the farro or barley according to the

instructions given on the packet.  
2. Meanwhile, heat 2 tbsp of olive oil in a large frying pan over a medium-high heat. Add the aubergine, pepper and courgette. Season with salt and cook for 10 to 15 minutes, or until soft.

3. Put the cherry tomatoes, torn basil leaves and oregano in a large bowl. Add a drizzle of olive oil and a pinch of salt, give it a good stir and set aside.

4. Once the farro or barley is fully cooked, drain it well and add it to the bowl with the tomatoes. Add the cooked vegetables and give everything a stir. Taste and adjust the seasoning if needed.

### TOP TIP

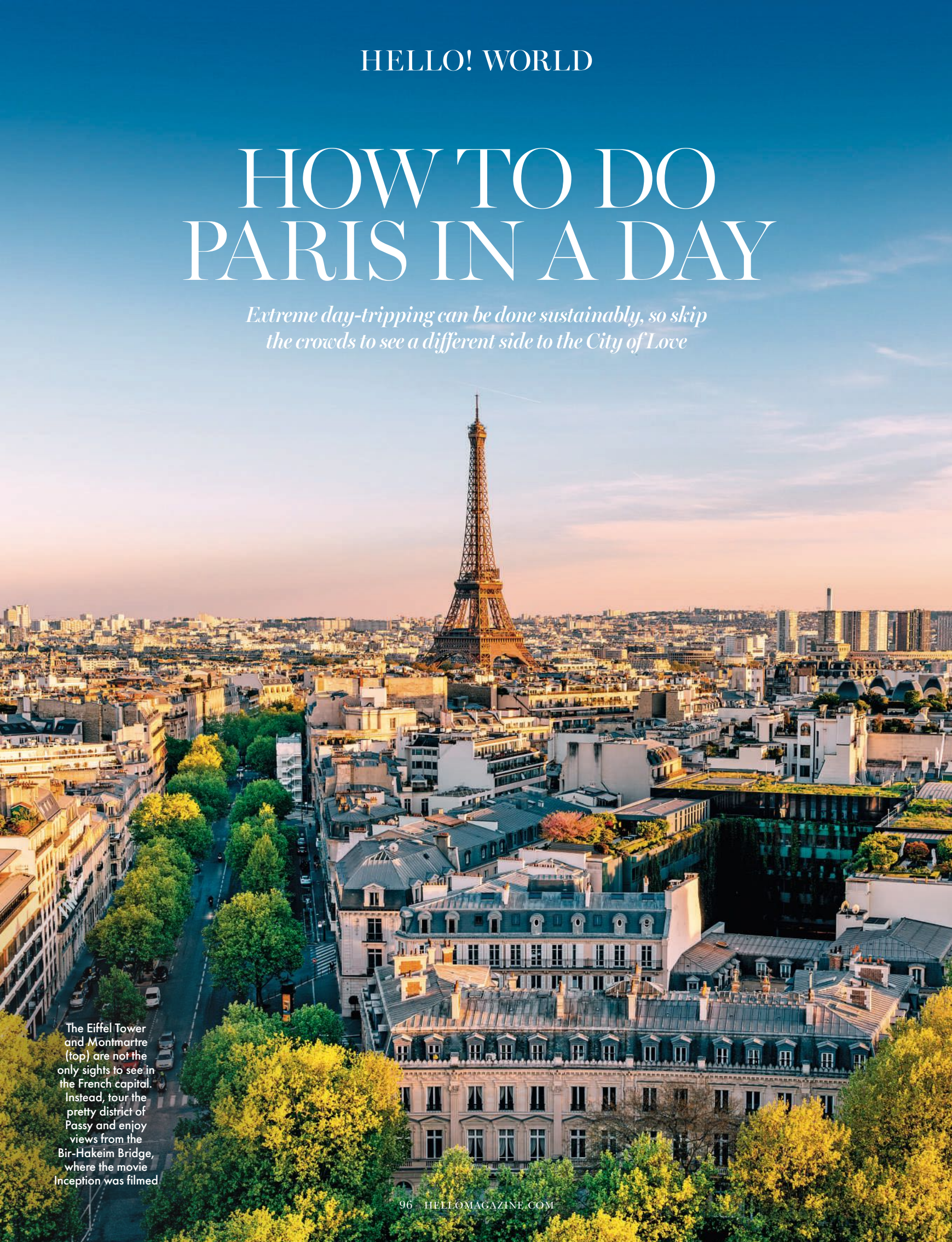
Try serving with crumbled fresh goat's cheese, or add 100g/3½oz cooked chickpeas – stir them in towards the end, while cooking the vegetables.



HELLO! WORLD

# HOW TO DO PARIS IN A DAY

*Extreme day-tripping can be done sustainably, so skip  
the crowds to see a different side to the City of Love*



The Eiffel Tower and Montmartre (top) are not the only sights to see in the French capital. Instead, tour the pretty district of Passy and enjoy views from the Bir-Hakeim Bridge, where the movie Inception was filmed





It's been a few years since I last visited Paris, and my prevailing memory is one of queues. Queues, crowds and incredulity at the size of the Mona Lisa. But when you only have a short time to experience a city, standing in line is not high on the list of priorities. Instead, you want to get to the heart of a place as quickly as possible.

#### HOT NEW TREND

When Intrepid Travel announced that it was launching Uncommon Day Trips in May, I was intrigued. Extreme day-tripping is a booming trend, but it has been criticised for being unsustainable – something that anyone familiar with Intrepid will know is not the brand's style.

Instead, the intent behind its new tours is to help combat the overtourism issues that are plaguing some of Europe's most visited cities – namely Barcelona, Venice and Paris.

The French capital has enjoyed a surge in tourism since it hosted the Olympic Games in 2024, recording 48.7 million visitors that year.

The idea behind Uncommon Day Trips, therefore, is to spread out tourists around the city and away from the most crowded areas.

#### 'SECRET' PARIS

As one of the first to try out this concept, I met Intrepid tour leaders Cecilia Garcia Riglos and Benoit Collas at the Musée de l'Homme on the Trocadéro esplanade – a favoured spot for those wanting a picture with the Eiffel Tower.

The tour, created by Cecilia, starts here so that visitors can see just how crowded the area can be. I was then led through the streets of Passy in

the 16th arrondissement, historically known for its wealth.

By taking visitors to lesser-known sites such as the Passy Cemetery (where Claude Debussy, Hubert de Givenchy and Jacques Guerlain all found their final resting place), the historic grounds of Maison de Balzac and the local market, Cecilia and Benoit offer an insight into a side of Paris that few get to see.

The tour ends at the pretty Passy metro station and the Bir-Hakeim Bridge, where the sci-fi action thriller Inception was filmed. From here, it's possible to see tourists in the distance, thronging the streets of the city's most popular areas.

Meanwhile, we were left feeling as though we'd seen behind the veil – a brief but interesting peek at an area that's close to the Eiffel Tower, yet feels a world away.

**HOW TO DO IT** Uncommon day trips to Paris cost from £48 with Intrepid. You can get to Paris via Eurostar from £39 each way.







## MY LITTLE LUXURIES

## Viscountess Garnock

*The entrepreneur tells us what luxury means to her – hotels in Paris, steakhouses in Johannesburg and jewels by Dior*

**V**iscountess Garnock, née Lady Violet Manners, is the founder and chief executive officer of the heritage experiences platform HeritageXplore and the host of the Hidden Heritage podcast.

The daughter of the Duke and Duchess of Rutland, Violet is married to William Lindesay-Bethune, Viscount Garnock, co-founder of the alcohol-free spirit brand Feragaia.

The couple enjoyed a fairytale wedding in June 2025 at Violet's family seat, Belvoir Castle in Leicestershire, and are expecting their first child together this summer. They are based in Scotland.

**‘The London members’ club** 5 Hertford Street is probably my favourite place to have a luxury night out. I spent so much of the past 15 years in London there. It's so beautifully designed. You're always going to run into someone you know who's interesting or someone you don't know but want to know.

The founder, Robin Birley, is such an inspiration to me from a design and business perspective. The club was once six buildings and he pulled it together and made this amazing space. It's only been there for ten years; it feels old but it's a new concept. That mirrors what I hope to achieve with HeritageXplore.

**One of the best restaurants** we've been to recently was a steakhouse called Marble, on our honeymoon in Johannesburg. It's the simple things: great cocktails, great steak, great desserts, great whisky.

**For a mini break**, there's the Craigellachie Hotel, a whisky hotel in Speyside, Scotland. We went there recently for the weekend, then on to Paris, where we stayed at a gorgeous hotel called La Fantaisie. It was like walking into a Wes Anderson movie. Of course, I love a good spa weekend with my mum and my sisters.

**Luxury is something** you don't know. As much as I love going back to places I know, I can get a bit restless. I want to see the world. William has such an appetite for travelling, particularly in America – we both do.

**My luxury travel-bag items** are a Laneige lip balm, which I love, a cashmere rug of some description and cosy cashmere socks if you're flying; the Yorkshire-based brand N Peal is good.

**‘LUXURY MEANS TIME... THERE'S SO MUCH I WANT TO ACHIEVE’**

My mother-in-law gave me a silk travel pillow that you can roll up and fit in your bag; I take it everywhere. We recently got up early to get on the Eurostar – I was tired and thought this was the best gift ever.

**I really love** my engagement ring; it's my most luxurious piece of jewellery. It belonged to William's grandmother. My favourite jewellery that I wear all the time is Dior; the Dior Tribales earrings are so cool. I semi-collect them now – I buy them on Vinted or Vestiaire.

**For me, luxury** means time. If you'd asked me ten years ago, I would have said luxury was a Matthew Williamson dress – which it still is, in my mind – or an amazing handbag, but now I think that time is so pressing. There's so much I want to do in life and so much I want to achieve. I think that's the greatest luxury of all.



1. La Fantaisie hotel in Paris, where Violet stayed recently
2. Matthew Williamson vintage embellished silk gown, £295
3. Dior Tribales earrings, £420
4. Marble Restaurant in Johannesburg
5. N Peal cable cashmere house socks, £95
6. Laneige Lip Glowy Balm, £17.50



# HELLO! FASHION

## DISCOVER NEW LOOKS TO LOVE



### LATEST ISSUE OUT NOW

- ◆ YOUR DEFINITIVE HIGH STREET SHOPPING EDIT
- ◆ THE HOTTEST BEAUTY TIPS & TRENDS
- ◆ THE LATEST IN LUXE LABELS
- ◆ EXCLUSIVE CELEBRITY & FASHION INSIDER INTERVIEWS

**SUBSCRIBE**  
ONE YEAR  
(SIX DOUBLE ISSUES)  
FOR ONLY £23  
**PLUS**  
ENJOY FREE  
DELIVERY



**VISIT [CHECKOUT.HELLOSUBSCRIPTIONS.CO.UK/JJ24](https://checkout.hellosubscriptions.co.uk/JJ24)**

OR CALL 01858 438430 QUOTING HFMJJ24 OR SCAN THE QR CODE

Terms and conditions: Offer applies to new one-year UK print subscriptions only and is not available for digital subscriptions. The rate of one year for £23 is limited to Direct Debit payments and will automatically renew at the rate of £23 for one year. You will be notified should the price go up thereafter. One-off payments are also possible – please see website for details. Subscriptions will begin with the next available issue. For quality and training, we may monitor communications. For queries about existing subscriptions or new orders, email [hfm@subscription.co.uk](mailto:hfm@subscription.co.uk). One-year subscriptions comprise six issues a year. The full UK subscription rate is £23.94.





Available at exclusive retailers around the country

**So French.**  
Octogône Collection

# HERBELIN

HORLOGER CONTEMPORAIN DEPUIS 1947

