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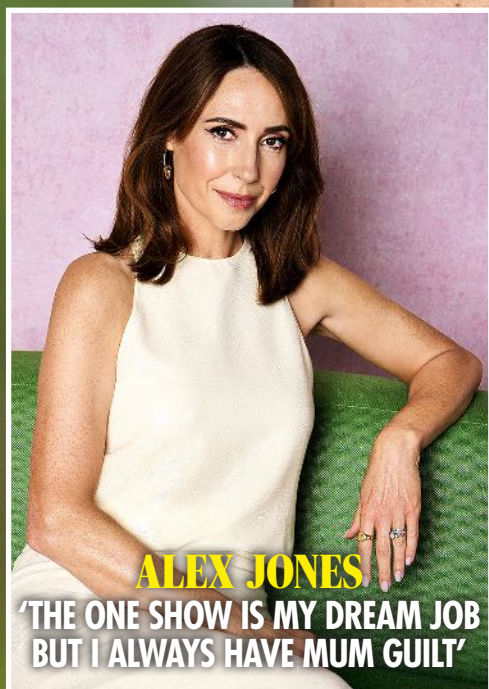
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KATE

**LOOKING TO THE FUTURE
AS SHE PREPARES FOR
HER LANDMARK TRIP
WITH WILLIAM**

**'It's a huge milestone
for the couple -
a chance for
renewal'**

**'They are
completely
aligned in
their beliefs
and loves'**



ALEX JONES

**'THE ONE SHOW IS MY DREAM JOB
BUT I ALWAYS HAVE MUM GUILT'**



ANNA MAXWELL MARTIN

**'I REALLY LIKE BEING BUSY BUT
THEN I BURN OUT AND CRY'**

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PLUS! KELSEY PARKER ARIANA GRANDE CHRISTINE McGUINNESS FASHION & MORE

GET THAT NATURAL RADIANT LOOK

Meet the new lightweight No7 skin tint giving you a summer glow all year round

There was a time when full-coverage foundations were the go-to, but these days, many of us are prioritising a natural, glowy finish over a complete cover-up. With make-up trends shifting towards a skin-first approach, women of all ages are looking for base products that help blur, hydrate, and boost radiance to enhance their natural beauty.

That's where No7's new Pro Artist Silk Glaze Skin Tint comes in. It's infused with skin enhancing hydration, helping give skin a soft-focus glow. The lightweight, hydrating formula delivers sheer, buildable coverage, and helps blur imperfections while leaving a coveted, lit-from-within finish. It's no surprise it's already MUA-approved.

The beauty of a skin tint is that it doesn't mask, it enhances. Instead of fully concealing your complexion, it subtly improves it, letting freckles, glow, and natural beauty shine through. It's exactly why it's become such a staple in make-up bags this year – especially for anyone whose skin has changed over time, suffers from dryness, and doesn't like heavy, matte formulas.

Available in 12 shades, the Silk Glaze Skin Tint is incredibly versatile. Most days, you'll probably find yourself reaching for it on its own - or if you're after a little more coverage, mix it with a No7 foundation, such as Lift & Luminate Triple Action Serum Foundation, on the back of your hand, then blend with your fingers or a brush. It's an easy way to customise your base without losing a radiant finish.

If you're wearing it during the day, don't forget to prep your skin with an SPF, such as the No7 Future Renew UV Defence Shield SPF50 first. It'll help protect you from visible signs of sun damage.

For an effortless, soft-focus glow that works with the skin you're in today, try the No7 Pro Artist Silk Glaze Skin Tint (£17.95) - available online and in selected Boots stores*.



No7 Available at *Boots*

*Subject to availability.

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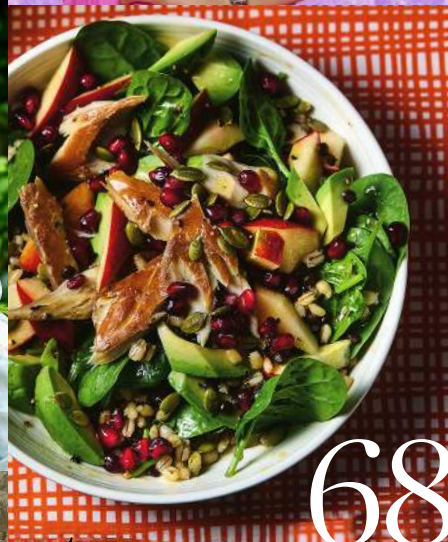
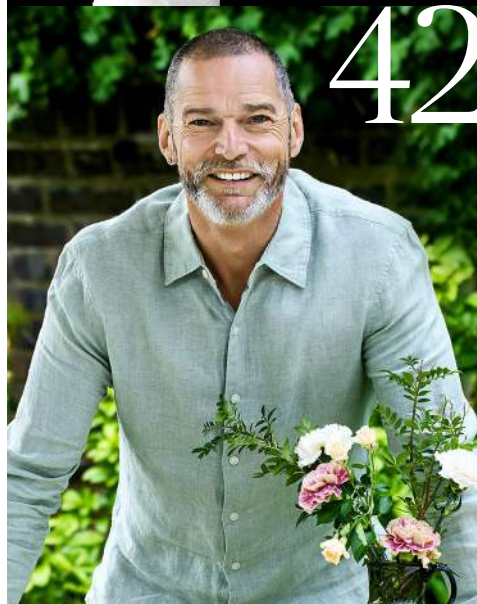
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WHY KATE AND WILLIAM MAKE A 'GREAT TEAM'

The Prince and Princess of Wales are a force to be reckoned with as they gear up for a critical trip to India

Royal editor Russell says everything William and Kate do is in "tandem"



As parents to three young children, it's only natural the Prince and Princess of Wales care deeply about the future of the planet – something William underlined last week when he issued a heartfelt message following the devastating wildfires raging across parts of Europe.

The 44-year-old, who has been at the forefront of conservation work since launching his Earthshot Prize in 2020, said the fires are a “stark reminder” of dangers posed by climate change as record-breaking temperatures caused chaos across the region.

But while he has long been vocal about his concern for the environment and, via his pioneering Earthshot initiative, is striving to find solutions, we're told his wife of 15 years Kate, also 44, is just as committed to the cause – and is set to join her husband in India for the 2026 Earthshot Prize ceremony in November. ▶



THIS PAGE:

William launched the Earthshot Prize in 2020

FACING PAGE:

With Kate at the 2022 Earthshot Prize in Boston

‘THE SECRET TO THEIR MARRIAGE IS SUPPORT FOR ONE ANOTHER’

“The secret to the Prince and Princess of Wales’ marriage is support for one another throughout their roles as working royals and as parents to their three young children,” said royal editor Russell Myers. “Everything they do is in tandem and this includes Catherine being the catalyst for William launching the Earthshot Prize, when he doubted it could become the global success it has.”

Last week, as temperatures soared across Europe and thousands were forced to flee fire-stricken areas of the continent, William posted a rare personal message on X. He wrote, “Our thoughts are with everyone affected by the devastating wildfires across France, Spain and the UK.

“We are deeply grateful to the firefighters, emergency services and volunteers working tirelessly in extraordinarily difficult conditions.

“These events are a stark reminder of the challenges posed by an increasingly extreme climate and the importance of protecting both people and nature.”

Former BBC royal correspondent Jennie Bond said while William may be better known for his work highlighting environmental issues, both he and Kate are on the same page where this mission is concerned.

“They are completely aligned in their love of nature and their belief in the climate crisis facing the world,” she explained. “It’s not just that she feels she should support her husband.

“The natural world, the fresh air we hope to keep on breathing and the delicate balance of preserving our planet are just as key to Catherine as they are to William. And that’s one of the many reasons why they make such a great team.”

Just as Kate backs William in his environmental endeavours, the prince has also been fully on board with his wife’s quest to highlight the importance of young children’s learning and development, which Russell said has “made huge strides” over the past couple of years.

Jennie added, “We’ve seen William supporting Catherine with her early years work, happily taking a back seat, but being there to show his belief in her campaign. And she does the same for William. They are partners and far more equal partners than many future kings and queens before them.”

Throughout their marriage, William and Kate’s championing of one another’s interests has been unwavering and – alongside their love of their three ►





William and Kate with their children Charlotte, Louis and George at the Commonwealth Games



‘THIS IS A CHANCE OF RENEWAL FOR BOTH OF THEM’

children, Prince George, 13, Princess Charlotte, 11, and eight-year-old Prince Louis – appears to be a key part of what makes them such a force to be reckoned with as a couple.

And while it is no doubt reassuring to them personally, Russell, the author of bestselling biography *William & Catherine: The Intimate Inside Story*, thinks that it also bodes well for the future, once they become King and Queen.

“This mutual support manifests in discussing not only the big ideas, but also the finer details of the projects they are actively pursuing,” he said. “What many people aren’t aware of is how invested Catherine has always been, not only in her role and the effect she can have as the Princess of Wales and as a future queen, but also in the monarchy’s future direction.

“This is why she has been integral in shaping the causes they have both aligned themselves with.”

Kate’s backing of William’s interests will be even more evident this November, when she is due to accompany her husband to the 2026 Earthshot Prize ceremony in Mumbai, India. The couple are also likely to spend time in Delhi at the request of the UK government.

The engagement will mark Kate’s first joint official overseas trip with William since her 2024 cancer diagnosis and subsequent chemotherapy treatment.

“Following her successful return to international duties this year, which included her visit to Reggio Emilia in Italy for her early years research, Catherine is very much looking forward to attending the Earthshot Awards in India alongside her husband,” said Russell.

He added, “The fact that she’s planning to go to India is such a huge milestone, not only for her, but for the couple together. It will be almost four years since they travelled to Boston together to attend the Earthshot Awards, and even longer since they took on their major royal tour of the Caribbean, which was fraught with controversy.

“This is a chance of renewal for both of them and when they are together on the international stage, there is no doubt they have a far bigger impact.”

“The royal family – and indeed the country – has been missing that, and the way they are prepared to take on this trip at a time of immense diplomatic sensitivity, bodes extremely well for the future.”

But before they head off on any overseas visits, the couple are enjoying the final weeks of their ▶



FROM LEFT: Jack and Eugenie have three children; the couple welcomed a little girl on 3 August

summer break before getting back to work – and waving George off for his first term at his brand new school, Eton College.

Despite benefitting from some much-needed downtime, William and Kate briefly interrupted their holiday last week when they attended the Glasgow Commonwealth Games, accompanied by all three of their children. It marked the first time that Louis had joined his siblings at a major sporting event.

It came just two days before William's cousin, Princess Eugenie, gave birth to her third child – a baby daughter – in Lisbon, Portugal.

She and husband Jack Brooksbank, who are already parents to sons August, five, and Ernest, three, received official congratulations from King Charles and Queen Camilla, who were said to be “delighted” by the news.

While in Glasgow, William and Kate and their children visited Wales House, the base of Team Wales, and joined Sir Chris Hoy to watch the cycling action inside the Sir Chris Hoy Velodrome.

Lapping up the fun and light-hearted atmosphere, the children got to high-five and fist-bump Commonwealth Games mascot Finnie the unicorn, and also gave an insight into their favourite sports.

Charlotte said she has perfected her handstands, while Louis spoke of his love of the high jump.

Asked by *Morning Live* presenter Gethin Jones if the children would like to see their parents on a tandem bike, George demonstrated that he's as awkward as the majority of teenagers when he replied, “No”, before his father William teased, “We embarrass you enough as it is.”

Jennie believes George and his younger siblings are likely to follow in their father's footsteps by taking a keen interest in all things ecological. “William was brought up by a father and grandfather who were

way ahead of their time in recognising climate change and the harm we humans are doing to our planet,” she explained.

Jennie added, “Just as Prince Philip's and King Charles's deep concern about the environment rubbed off on William, I'm sure he hopes his own children will take up the cause when they are ready.”

However, for now, as the children focus on school, William, with Kate at his side, will continue his environmental work, which has garnered the backing of high-profile celebrities including Sir David Attenborough, Sir David Beckham, Tom Cruise and Kylie Minogue, all of whom have appeared at Earthshot Prize ceremonies.

Just last week, Oscar-winner Cate Blanchett, who is on the Earthshot council, praised the Prince of Wales for being an “extraordinary” climate leader.

Jennie said that while having a public platform like William's must be “daunting” and “a great responsibility”, he is using it with the best of intentions and in a hugely positive way.

“He needs to mean what he says and choose his campaigns carefully – and I think that's exactly what he's done,” she said. “William has determinedly taken a different tack to others. His message is not so much one of doom and gloom, but of hope. Hope that if we all pull together, we can turn this crisis around. Hence Earthshot, and the innovative projects it has already funded.

“This is not a cause that he is simply going to flirt with. It is one that he will carry with him for many years to come and most probably for the rest of his life.” **OK!**

WORDS: JENNIFER NEWTON

PHOTOS: GETTY IMAGES, JACK BROOKSBANK/PA WIRE, SHUTTERSTOCK





‘The One Show is my dream job, but I always have mum guilt’

TV presenter *Alex Jones* on juggling work and family life and her highlights from her 16 years on the show

For the past 16 years, Alex Jones has been a familiar face on *The One Show*, interviewing A-listers and sharing heartwarming stories with the nation. But as the much-loved BBC One programme celebrates its 20th anniversary this month, Alex, 49, admits she still finds it hard to juggle working life with her mum duties.

“Presenting *The One Show* is my dream job. I still can’t believe how lucky I am. But something always has to give,” she tells us. “I always have mum guilt.”

Alex and her insurance broker husband Charlie Thomson have three children – Teddy, nine, Kit, seven, and four-year-old Annie.

“I’m paddling away furiously under the surface. But then, everyone is,” Alex says. “Everyone has worries and commitments and something that makes their life less straightforward. I don’t think we’ve cracked it and sometimes I feel like the balance is all wrong. But I do try my best.”

Working on the BBC’s flagship show means Alex is not home in the evenings. She says, “I don’t do bedtime, but I do take my children to school in the morning.”

But she usually still sees her little ones after she gets home from work. “They never sleep through the night,” she explains. “It probably comes from me, as I never slept through the night as a child. The youngest two are similar to me and have my brain. They never switch off. They’re like Duracell bunnies!”

Alex adds, “If I’m honest, they come looking for me. I said to Annie, ‘Darling, you need to start sleeping

in your own bed,’ even though I love it when she hops in next to me. She said, ‘Mama, I haven’t seen you and you haven’t picked me up from school. I won’t see you until tomorrow.’ It’s clever, she got me!

“If that’s where we are at this stage, who cares? The years go by so fast and I don’t want to rush their childhood. So what if we’re all in the same bed?”

Alex has presented a range of entertainment shows and documentaries, was a semi-finalist on *Strictly Come Dancing* in 2011 and took part in *The Masked Singer* earlier this year. Was she ever tempted to go for the *Strictly* presenting job following the departure of Claudia Winkleman and Tess Daly?

She says, “Being on *Strictly* was the best four months of my life. I watch it religiously. But this [*The One Show*] is my home. I will be cheering on Emma [Willis]. She’s the right choice and will guide that ship.”

The Welsh star says her 16 years on *The One*

Show have flown by. Chatting at BBC HQ at Broadcasting House in London, she admits, “It doesn’t feel like that long to me. People might ask, ‘Do you not want to do something else?’ But for me, it’s a live show, I’m so used to it and it fits our rhythm at home. Plus the guests are always different, so the dynamic of the show is then different.”

Most importantly of all, she still loves what she does. “I really enjoy it. Even if I’ve had a bad day, which is rare, I come in here and forget all about it. So for me, longevity is the key, not necessarily doing different things all the time.” ▶



Alex and Charlie with their three children



FROM LEFT: Alex with *The One Show* co-host Roman Kemp; she raised £1.2 million for Sport Relief; on *The Masked Singer* earlier this year

Away from *The One Show*, which she hosts alongside Roman Kemp, Alex is kept on her toes not only by three energetic children, but also a Labrador called Scout, Sabrina the cat and more recently, baby rabbits.

Two years ago, the family left London and relocated to the countryside near Ascot in Berkshire. “It was the right move and we’ve never regretted it,” she says.

Alex and New Zealander Charlie celebrated their 10th wedding anniversary in Auckland last New Year, but things have not always been easy after he suffered a health knockback in 2023.

“He had that awful viral meningitis – well, they think it was Lyme disease,” Alex explains. “So we made the decision that Charlie would be home at bedtime, otherwise it wouldn’t be fair on the children. Mum and Dad are amazing and help out too, even though they live in Cardiff. Charlie loves being at home and his health is back to normal now, but we’re doing a big house renovation and he will manage that. So it works.”

Does she miss the bright lights of the city? “I used to love living in London, but actually I’m a lot calmer since we moved. I think everyone gets to that point where you start liking garden centres and trees.”

Having her own family has always been hugely important, but infertility was once a concern as Alex’s mum had an early menopause at 33.

“It can be hereditary, but I only found out when I was doing a documentary for the BBC about fertility, and in the interview I did with Mum she casually mentioned it. I was concerned at the time, as Charlie and I hadn’t had children. But looking back I’m glad we had them a bit later. It was the right time for us.”

Alex is currently experiencing perimenopausal symptoms. “It’s definitely arrived,” she says. “What helps? Nutrition and exercise. I walk a lot. I eat an insane amount of tomatoes and beetroot.”

Born in Carmarthenshire, Wales, Alex began her career behind the scenes as a researcher before becoming a presenter aged just 21. After dabbling in children’s TV, she landed the *One Show* gig in 2010, co-hosting with Matt Baker until he left in 2020.

“Matt sometimes teases me that I have found a younger man in Roman,” she laughs.

Speaking of her natural on-screen bond with Roman, she says, “He and I have the same sense of humour. I look forward to our shows together because they’re such a breeze. He’s so lovely with my boys too, and gets footballers’ autographs for them.”

Alex has plenty of highlights from her time on the show. One was her “horrendous” Sport Relief challenge in 2014, when she raised £1.2 million while climbing a 1,200-ft vertical cliff in Utah. She even had to sleep suspended on a sheer rock face as part of the mission.

“That was the scariest thing, without a shadow of a doubt,” she says. “I was terrified, and climbing for three days straight was a challenge.”

There have been plenty of less panic-inducing highlights, too. “We cover so many events like D-Day, royal weddings and the death of the late Queen. The show is at the heart of big national moments,” she says.

Alex particularly enjoys the interplay between Hollywood stars and real-life heroes. “We had Tom Hanks and George Clooney on the same show, side by side with somebody who’s done something extraordinary in their community. The balance is something that’s special on this show – you don’t get it anywhere else.”

With her 50th birthday on the horizon next year, Alex is already making plans. “I’ll celebrate with my family and my school and uni friends, who are still my best friends. We’ve got a couple of girls’ trips planned.”

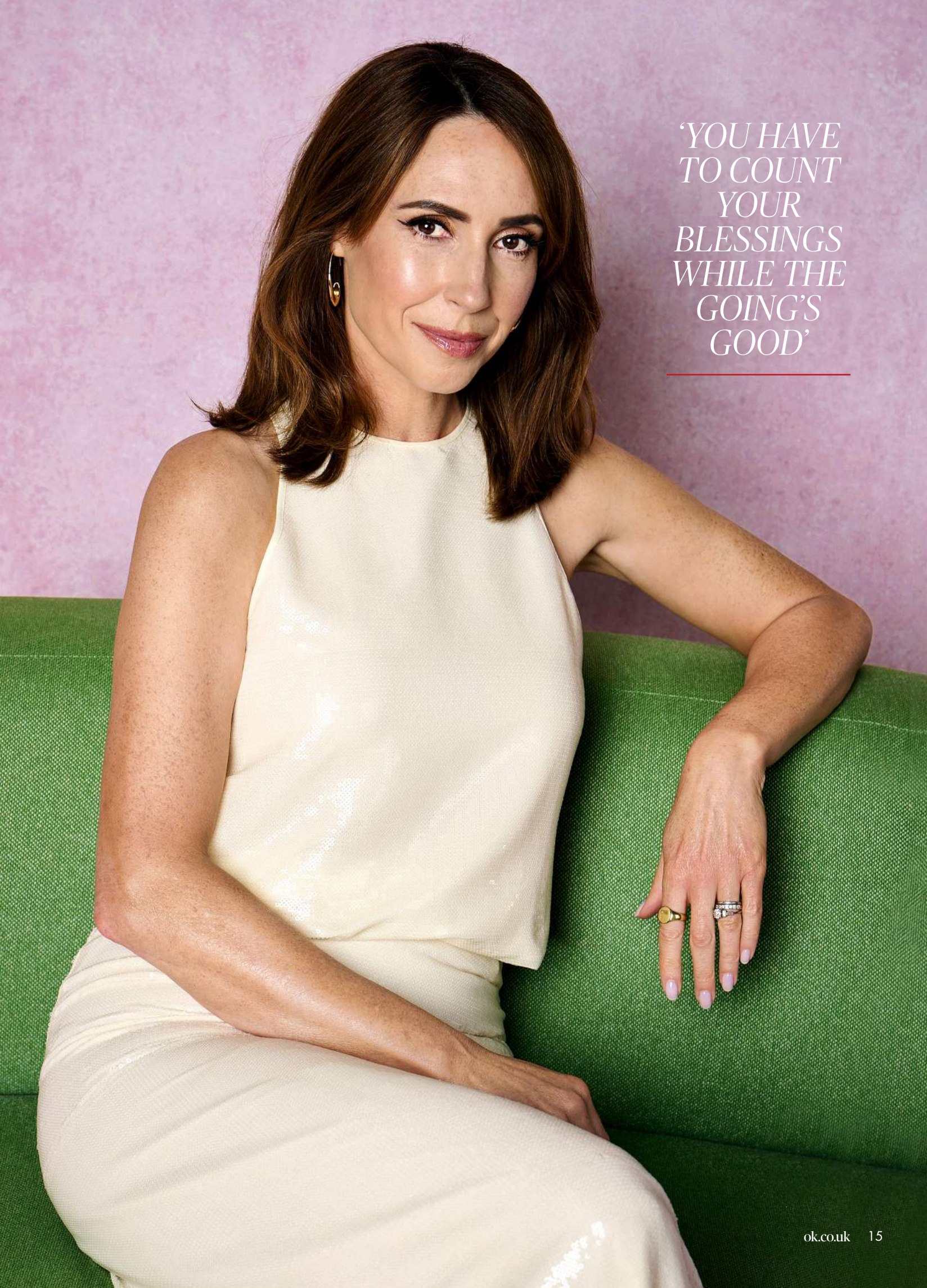
Unfazed about getting older, she says, “The only thing that makes me sad is that there will be less time. I’m aiming for 100, so I figure I’m only half way.”

Reflecting on all she has achieved so far, she adds, “I feel very grateful. I love my job, I love being a mum, Charlie is an amazing husband and I’m very lucky that my mum and dad are still very mobile. You have to count your blessings while the going’s good.” **OK!**

The One Show celebrates its 20th anniversary in a week of celebrations with reporters live in all four nations leading up to an extended episode from 7pm on 14 August on BBC One and iPlayer

WORDS: JANE ODDY

PHOTOS: BBC STUDIOS/ELISABETH HOFF, TREVOR CHRISTENSEN



*'YOU HAVE
TO COUNT
YOUR
BLESSINGS
WHILE THE
GOING'S
GOOD'*





THYLANE AND BEN'S CHIC CEREMONY

The “world’s most beautiful girl” *Thylane Blondeau* weds actor *Ben Attal* in the south of France

Thylane Blondeau, once dubbed the “world’s most beautiful girl”, has tied the knot in the kind of picture-postcard ceremony only dreams are made of.

The 25-year-old model wed French actor and DJ Ben Attal, 29, in the stunning Château Diter - a vast estate nestled in the

hills of Grasse near Cannes - after Ben popped the question back in March during a romantic trip to Greece.

Thylane looked breathtaking in a custom-made fishtail Miu Miu dress, with a long lace-trimmed veil. Her new husband was classically stylish in a simple Prada suit. ►



Thylane later shared snaps on Instagram to her 6.7 million followers as she spoke of the “wedding dress of my dreams”. She added, “Made with over 30 metres of French lace and requiring 240 hours of craftsmanship, every single detail was created with incredible care and artistry.”

After the beautiful ceremony, which was photographed by Wilken Weddings, Thylane changed into a chic ivory silk dress with a dramatic cape to enjoy the evening celebrations.

The bash at the Renaissance-inspired property, featuring formal Italian gardens, olive groves, swimming pools, a medieval-style cloister and two helipads, came one month after Thylane and Ben officially married in an intimate civil service in Paris.

Thylane may be a star in her own right - having skyrocketed to global fame in 2006 when *Vogue Enfants* described her as the “most beautiful girl in the world”, but she has also married into showbiz royalty, too.

Ben is the son of actress and singer Charlotte Gainsbourg and actor and director Yvan Attal, while his maternal grandparents were British actress Jane Birkin and legendary French singer Serge Gainsbourg. **OK!**

WORDS: SHELLEY SPADONI PHOTOGRAPHER: WILKEN
WEDDINGS/WWW.WILKEN-WEDDINGS.DE





‘You have to be willing to just say no’

Actress *Anna Maxwell Martin* on refusing to be pigeonholed and her close bond with her daughters

As one of Britain’s most versatile actresses, Anna Maxwell Martin has proved impossible to pigeonhole. From her ice-cold portrayal of DCS Patricia Carmichael in *Line Of Duty* to *Motherland*’s permanently exasperated working mum Julia, the 49-year-old actress - who once said “it’s good fun playing a really terrible person” - never ceases to surprise audiences. And that’s exactly how she likes it. “I really don’t want to take a part unless it’s a first-time part,” said Anna, who recently won rave reviews for her portrayal of ruthless KGB agent Lyudmilla Raskova in sci-fi drama *Star City*. “I have no wish ever to play the same thing twice.”

So how does she avoid retreading old ground? “You have to say no a lot,” she told Lauren Laverne on *Desert Island Discs* earlier this year. “Because what happens is, you do get offered the same thing over and over. And so you have to be willing to sit at home and just say no and say, ‘Oh, I’ve done that, I don’t want to do it again.’”

One role she is happy to revisit, however, is that of Lucy in comedy-drama *Ludwig*, which returns for a second series later this month. It follows a painfully shy puzzle designer - John ‘Ludwig’ Taylor, played by David Mitchell - who finds himself thrust into the shoes of his missing twin brother, a detective chief inspector.

Season one was a surprise hit, racking up an impressive 9.5 million viewers within 28 days. Last month it was renewed for a third season and Anna, who plays the missing brother’s tenacious wife, couldn’t be more thrilled.

“There is a lot of heart in this show and David and I have

a good relationship in it, so I am willing it on,” she said, adding that she hopes her character will get “into a bit of danger” this time round.

She hit it off with David instantly and their charming on-screen chemistry is a big part of the show’s appeal.

“I suspected he was a good egg,” she said when asked about her first impressions of her co-star. “I didn’t know for sure. He might have turned out to be a bad egg, but it transpires that he is 100 per cent good egg.”

Off screen, the two-time BAFTA winner, who was born in Yorkshire, is mum to two teenage girls, Maggie, 17, and Nancy, 15. She has spoken movingly about navigating grief following the sudden death of their dad, Roger Michell, who passed away in 2021 aged 65.

Although she separated from the *Notting Hill* director a year earlier, they were still on friendly terms and had even been planning to spend Christmas together.

“Things were really difficult in every aspect of our lives,” she said on BBC Radio 4 show *Woman’s Hour* in 2024. “Looking back, I was probably in a state of shock, and fear, and a heightened state, for a long time.”

Earlier this year, she braved the hot seat in ITV’s interview experiment *The Assembly*, in which a group of autistic, neurodivergent and learning-disabled adults pose questions to a celebrity guest. When an audience member who’d recently lost her own father asked how Anna had helped support her daughters following Roger’s death, she fought back tears as she said, “I really tried to be the best mum that I could for them. I think sometimes I failed in that and, you know, I pick myself up and apologise and trundle on.”

But she said her experiences of loss - including the death ▶



With David Mitchell in *Ludwig*



CLOCKWISE, FROM TOP
LEFT: Anna as DCS Patricia Carmichael in *Line Of Duty*; with her *Motherland* co-star Diane Morgan; she plays a KGB agent in *Star City*; filming *The Assembly*

of her own father when she was 24 - have helped make her "a positive, tenacious" person, admitting, "It's been really f***ing hard, I'm not going to lie to you, but it makes me just smash the doors off of life."

In a lighter moment, she also revealed how she met her current boyfriend, cameraman Richard Cornelius. She said, "We'd just come out of Covid and I was on a production and I thought, 'He looks nice.' So I made it clear to him that I thought he looked nice and then we went on a date."

She has described him as "a very solid, steady guy" and "just what I need".

Despite her on-screen success, Anna is not the type to grace every showbiz soirée she's invited to.

"I really have a lot of confidence in myself as an actor, but I don't necessarily have that same confidence in a room full of people, networking at a party," she has said. "If someone said, 'Hey, do you want to come to this really cool party?' I would probably have said, 'No, I have cystitis, sorry.'"

She doesn't fret about appearance, either. When she landed her role in *Star City*, only to be told the show - which is set in 1970s Soviet Russia - had a no make-up policy, Anna was delighted. "I absolutely loved it," she said while promoting the drama. "It's less time in the make-up chair. That side of my job is a snooze."

Pilates helps her stay in shape, as does being as active as possible in day-to-day life. She previously said, "I never take the lift, I always take the stairs."

When it comes to calming influences in her life, it's Anna's two daughters who bring the laughs while helping to keep her feet firmly on the ground.

"Their ability to find joy and silliness in life is off the chain," Anna said during her *Desert Island Discs*

appearance. "Even when they're low and sad, they're laughing or making up a joke, or they're dead daft, the girls. You know, they have a laugh at themselves, at me, at our familial situation. They are amazing."

Surprisingly, the one thing that doesn't make them laugh is Anna's chaotic *Motherland* character Julia, who the actress has described as "a horrible, self-centred human being". She recently stated that Maggie and Nancy find the show "embarrassing", but it sounds like Anna wouldn't have it any other way.

"Julia is a full-charge character and I'd do anything to make her even more spine-churningly cringe," she joked.

Having children, she says, transformed her life and while she believes parenthood gets "harder" as they get older, she and her girls still spend quality time together watching "comfort comedies" like *Derry Girls*, *Gavin And Stacey* and the American series of *The Office*.

"We're a really good, optimistic little unit. I love having two daughters and I love how funny and tenacious they are," she said. "They are ace."

Anna will next be seen in black comedy *The Worst*, while next January she returns to the West End stage for a 12-week run of Pulitzer Prize-winning play *August: Osage County*. At some point, she'll also need to make time for season three of *Ludwig*.

"I really like being busy and doing lots of things at the same time," she recently said, before admitting, "I then burn out and cry and my boyfriend says I should do less." Luckily for her fans, "doing less" doesn't seem to be in Anna's nature. **OK!**

***Ludwig* returns on Thursday 20 August 9pm on BBC One**

WORDS: LEO ROBERTS PHOTOS: CAMERA PRESS/OPHELIA WYNNE, PA



*'I REALLY LIKE
BEING BUSY...
BUT I THEN
BURN OUT
AND CRY'*



CHASING THE SUN

We are green with envy as these famous faces share stunning snaps of their summer holidays



AMANDA HOLDEN

Britain's Got Talent judge Amanda made the most of her summer break with a luxury getaway to Greece with her husband Chris Hughes. The 55-year-old mum-of-two jokingly warned her 2.9 million Instagram followers about "the annual onslaught of bikini shots" - and she didn't disappoint!





ROSIE HUNTINGTON-WHITELEY

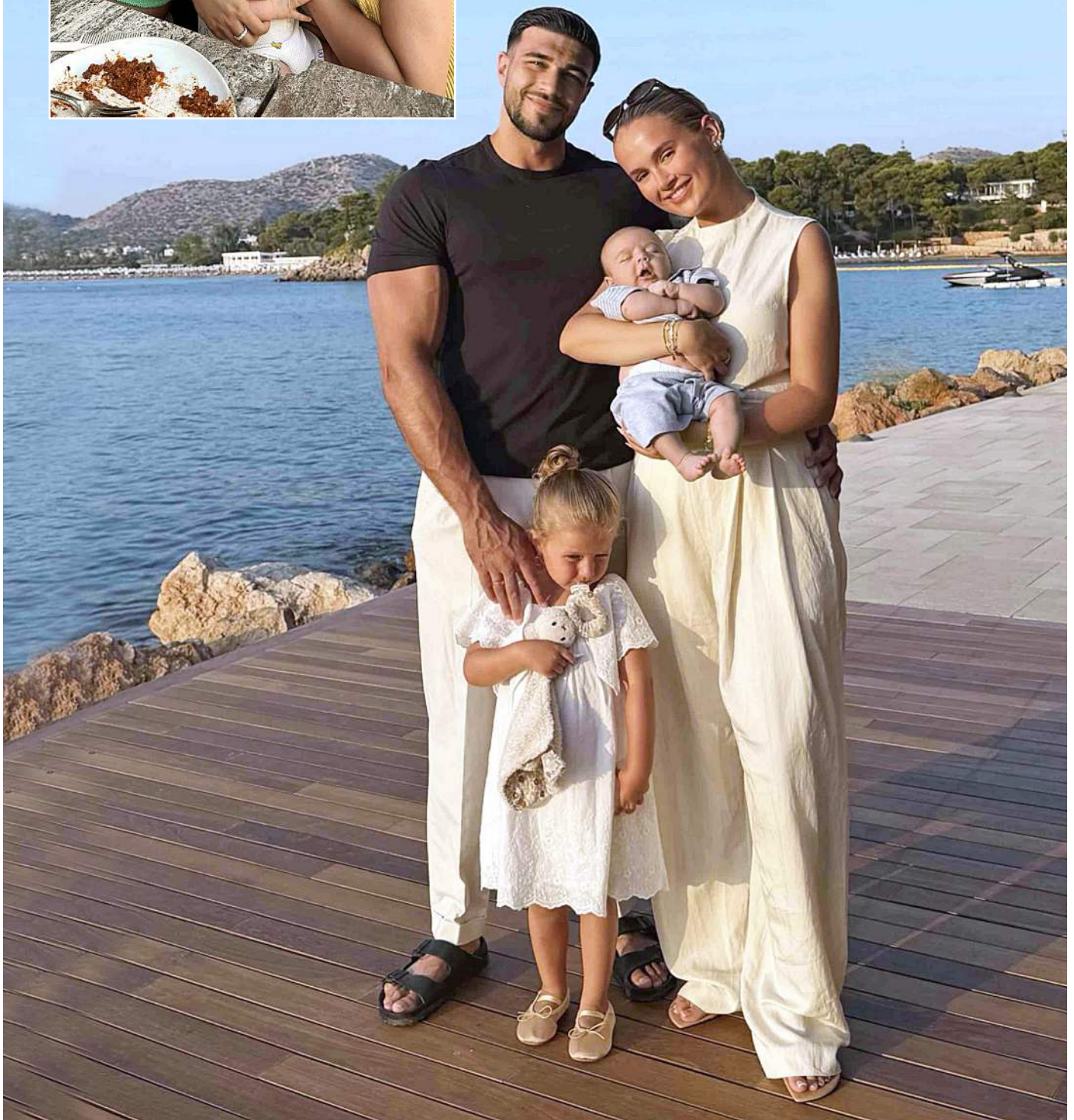
The Victoria's Secret model gave fans a glimpse into her Mediterranean escape to celebrate fiancé Jason Statham's 59th birthday last month. In between visiting

Malta's art galleries with her "favourite guy", Rosie, 39, squeezed in some me-time with a book and stunning views over the ocean.



MOLLY-MAE HAGUE

Molly-Mae's latest holiday album from Athens was full of gorgeous family moments. The influencer, 27, shared a string of make-up-free snaps with Tommy Fury, also 27, daughter Bambi, three, and two-month-old son Midas as they enjoyed their first sunshine getaway as a family of four.





ALEXANDRA BURKE

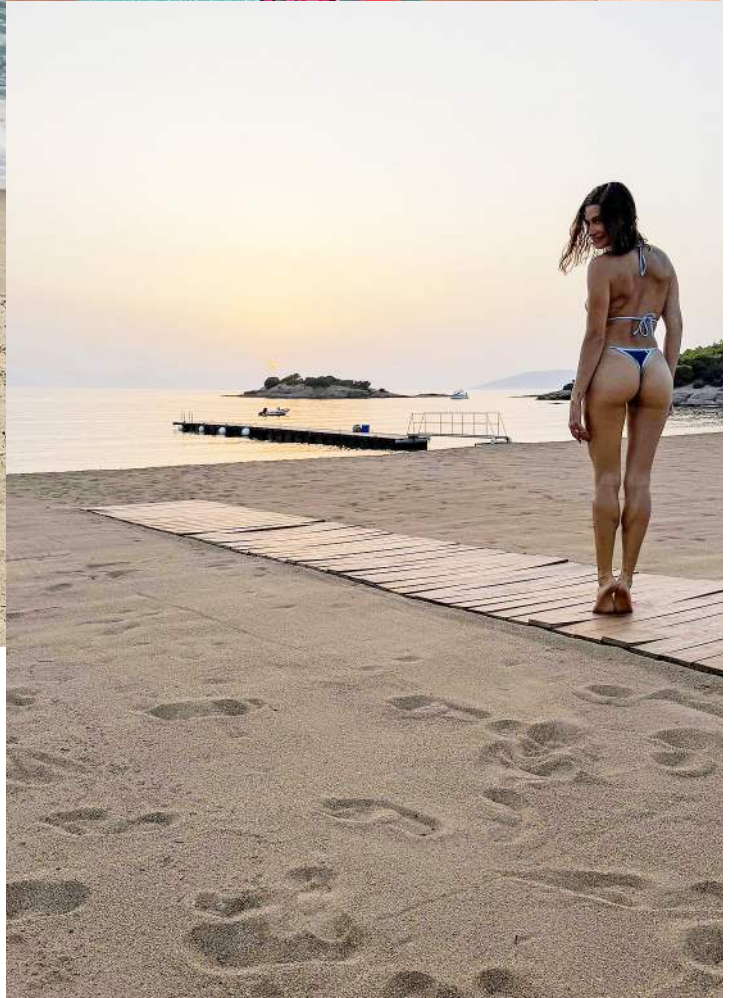
West End star Alexandra was all smiles as she enjoyed a family break with her fiancé Darren Randolph and their two children. *The X Factor* winner, 37, wrote on Instagram, “This short trip made me realise more than ever how precious these moments are and how much I need more time making memories with my babies”.



VOGUE WILLIAMS

Vogue squeezed in some precious family time before welcoming baby number four with her husband Spencer Matthews. The TV star, 40, shared some adorable holiday snaps in Marbella with kids Theodore, seven, Gigi, five, and Otto, three, and proved that pregnancy definitely suits her in one particular snap featuring a bright red co-ord.





HAILEY BIEBER

Model Hailey, 29, had fans (including Kourtney and Khloe Kardashian) liking her post after sharing a collection of stunning holiday snaps wearing some barely there bikinis. The Rhode founder joked about a summer of “different blues and lots of Nutella” as she posed by the sea and on a luxury yacht.

WORDS: MITYA UNDERWOOD



JESS WRIGHT

Former *TOWIE* star Jess, 40, is making every second count in the final weeks of the school holidays before her mini-me son Presley, four, heads off to reception class. The mum of one nailed her holiday wardrobe with a chestnut coloured Holland Cooper swimsuit with a detachable gold chain belt.



‘Most women, especially if they’ve modelled, are judged’

Model and reality TV star *Christine McGuinness* tells *OK!* about making time for herself, writing a novel and dealing with speculation about her love life

After years spent putting others first, Christine McGuinness says she’s finally ready to start building something that is just for her. The 38-year-old, who split from comedian Paddy McGuinness in 2022, is eyeing up her own place in London, writing a novel and pressing pause on dating.

The time since her 11-year marriage ended has flown by – she had a very short-lived stint on *Celebs Go Dating* last year, has published two children’s books and has had to deal with almost constant speculation about her love life. But as Christine continues to navigate her next chapter, she tells *OK!* she’s not just taking it in her stride, she’s running with it.

“I really want to move forward with my own life, and I mean that with so much love and respect,” she says. “Obviously, I’m a mum and everything I do, I do with my children in mind, but I feel like I’m getting closer to it being my turn.

“I’m quite happy to have lived like I have done for the last few years and I’ve dipped in and out of work, dipped in and out of social media, and dipped in and out of TV. But now I feel like I want to get to a place where I can be more consistent and commit to maybe a weekly radio show or a podcast. I’ve got my own routine and my own life and it’s taken years to get to that point, but I’m ready for it.”

Despite their split, Blackpool-born Christine still lives with former *Top Gear* host Paddy in their family home in Cheshire, with their twins

Leo and Penelope, 13, and their youngest daughter Felicity, nine. The children, who are all autistic, have always been and will always be Christine’s priority, she says, but the last few years have helped her realise it’s OK to focus on herself sometimes – and that she doesn’t need to keep apologising for who she is.

“It’s still a work in progress, but I’m definitely getting there,” she says. “I’m not confident, but I’m not insecure. I’m at a nice place in my mind and in my body. I’m not trying to do crazy things or make noise. I’m enjoying things being a bit calmer and not feeling overwhelmed.”

She has learned to go easier on herself, especially when her ADHD and autism lead to scenarios she describes as “my ADHD going, ‘Oh, yeah that would be great, let’s do that TV show,’ and then my autism going, ‘God, let’s go home.’”

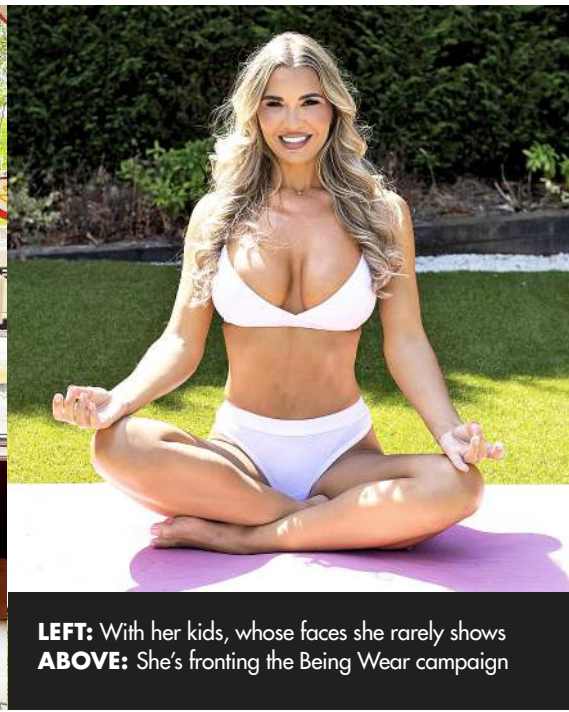
Christine was speaking to us through a new partnership with inclusive underwear brand

Being Wear. Its sensory-friendly products are designed with neurodivergent people in mind, avoiding harsh seams, scratchy labels and restrictive waistbands. The brand has also abandoned traditional men’s and women’s categories, instead offering items designed around body fit and preference, rather than gender.

“It hit home and resonated with me straightaway because I’m always cutting labels off our clothing,” she says. “Imagine going into a shop and it just being ▶



Paddy and Christine with their children



LEFT: With her kids, whose faces she rarely shows
ABOVE: She's fronting the Being Wear campaign

gender-free shopping, where you can all wear whatever you want – not his or hers. I really love it.”

After more than a decade of – in Christine’s own words – “being seen as Paddy’s wife”, she is now being recognised for her own achievements. But she hasn’t had an easy time. There has been intense, relentless speculation about her love life and sexuality, which ramped up after she spoke publicly for the first time last summer about being a “free spirit” and dating both men and women. She’s since been linked to musician Chelcee Grimes and Olympic boxer Nicola Adams.”

“I couldn’t deal with the speculation for much longer,” she explains. “There were occasions where I’d been pictured kissing women and the rumours were probably flying around for about three years before I actually said, ‘Yes, I love women and I like to date women.’”

“I’ve got no regrets. It took me a while to say it, but I need to be clear – that was never about me or because of my sexuality. There was no embarrassment or shame. I’m so comfortable with it and always have been. It was the noise around it, and I was concerned for my children.

“Now I’ve spoken to my children about sexuality and they’ve got a good, appropriate understanding for their ages. I’m open, I’m honest, but I try not to overshare too much for the sake of my children and for myself.”

Christine has put dating “on pause” for now, while she focuses on her kids, her neurodiversity advocacy work and writing her novel. She wants a proper relationship one day, she says, but there are other things she wants first, like her own flat in London.

While she and Paddy, 53 this week, have no need or desire to stop their co-parenting arrangement in Cheshire, Christine would like somewhere away from the family home to call her own.

“This is my home and I love it, and the children love it and it really works,” she says. “Patrick and I thought, actually, rather than moving and getting two

separate homes, we’re going to keep the family home, share it with the children for as long as it works, but get our own separate places somewhere else. I’m in London a lot for work, so I’d love a little flat there and to be a proper little *Sex And The City* girl!”

Christine’s new confidence and calmness triggered her decision to write a novel, which, for someone who struggled through school with undiagnosed autism and ADHD, is a pinch-me moment.

“Most women, especially if they’ve modelled, are judged,” she says. “We’re told, ‘You’ve got no creativity’ or ‘You’re not going to be able to do what most people consider a normal job.’ And I had that opinion of myself, to be honest.

“But I’d like to think people will read it and say, ‘Actually, she’s a really good writer.’ That’s something I would never have said about myself years ago, and I certainly wouldn’t have thought it at school. I believed and I was told that I wouldn’t get a job if I didn’t concentrate, if I didn’t listen, or if I didn’t finish.

“I’m never trying to prove a point, but I do feel people are now seeing me for more than just how I look or as Paddy’s wife. I’ve got so much more to talk about and so much more to say.

“[My book isn’t] a kiss and tell. Yes, there are naughty scenes in there and they are more detailed, I suppose, than what I’ve read in others, but it’s not about that. It’s very much about the woman – how she thinks and how she feels. I don’t know the ending yet because it’s pretty much from my own life and experiences. Maybe it’ll be a trilogy.” **OK!**

Neurodiversity advocate Christine McGuinness fronts the UK launch of Being Wear, a sensory-friendly underwear brand, launching on National Underwear Day

WORDS: MITYA UNDERWOOD

PHOTOS: JAMES RUDLAND



*I'VE SPOKEN
TO MY
CHILDREN
ABOUT
SEXUALITY'*



ARIANA TAKES A STEP BACK

As pop icon *Ariana Grande* prepares to have a break from the spotlight, our experts reflect on what has made her such a fan favourite

Hand clasped to her chest, Ariana Grande paused her concert at Chicago's United Center last week to explain her decision to take "a step back from visibility" following her *Eternal Sunshine* tour.

The announcement stunned fans across the world, but as she directly addressed concertgoers, the US superstar insisted that it was "not a reactive or impulsive thing".

Speaking calmly and eloquently, the 33-year-old explained it was a choice that she had made "quietly, a long time ago", telling the crowd, "It is something that I had decided to plan."

A spokesperson for the singer and actress previously stated that Ariana would be stepping back from public-facing commitments after the tour due to "endless, ongoing public scrutiny".

Sadly, the decision means she has also withdrawn from the London revival of Stephen Sondheim's musical, *Sunday In The Park With George*, in which she had been due to appear opposite her *Wicked* co-star Jonathan Bailey from next summer.

With Ariana now set to retreat from the spotlight, the Grammy winner's forthcoming London dates will be even more precious for her legions of followers.

The pop icon and Hollywood star is set to kick off a 10-night residency at The O2 on 15 August, with 200,000 "Arianators" eager to hear live performances of tracks from her 2024 album *Eternal Sunshine*, as well as her eighth studio album, *Petal*, which dropped on 31 July.

Her setlist includes both new music and career-defining singles, including *Honeymoon Avenue*, the opening track on her 2013 debut album, *Yours Truly*.

What Ariana has achieved in the 13 years since, according to Billboard UK editor Tom Smith, is quite possibly a "once-in-a-generation" feat.

"Ariana is an incredibly unique musician and she has really dominated a lot of pop culture for the past 15 years or so," he tells *OK!*. "She's transitioned very successfully from child star on Nickelodeon to a musician that people truly respect."

"She's definitely one of the most defining pop figures in the 21st century. Her numbers are huge, ►



*‘THERE’S STILL
AN INNOCENCE
THERE, BUT
SHE HAS A
KNOWINGNESS
ABOUT HER’*

but she’s also had an incredible impact because of the moments she has lived through: the trauma, the grief and the joy.”

And of course she hasn’t just wowed audiences with her music. Fans lapped up her critically acclaimed performances in the big-screen adaptations of *Wicked*.

“Ariana is a genuine triple threat because she can sing, act and dance,” explains PR and entertainment expert Nick Ede. “She’s got a voice like Mariah Carey, Whitney Houston and Celine Dion, and those voices don’t come around very often at all.

“There’s also something very aspirational about her. She’s very Hollywood and polished, but also wholesome. We see that in her relationships with her family - her mum and brother in particular.

“There’s still an innocence there, but she has a knowingness about her. Even though she’s appealing in many ways, she’s a bit edgy with her tattoos and some of the relationships she’s had, and it keeps us interested. But at the root of it all is her talent. She wouldn’t have had the career she’s had without it.”

Talking about that extra something Ariana brings, Tom adds, “If you’re any kind of musician or pop star, Ariana’s is the voice you want. She has unbelievable range and versatility. A lot of pop stars today are more about the image and the lifestyle, but Ariana is quite

old-school and it’s all about the quality and the strength of her voice, which is what people have really connected with over the past 15 or 20 years.

“Whenever we hear an Ariana Grande song, we know that the vocals are going to be on point and spectacular. She is a millennial musical icon, there’s no doubt.”

Ariana’s talent and determination were evident even as a teenager. She made her stage debut on Broadway at 15 years old in the musical *I3*, before going on to become a Nickelodeon favourite as Cat Valentine on *Victorious*. But it was her first collaboration single *The Way*, featuring rapper Mac Miller, that kicked off her global chart domination in earnest after it debuted in the Billboard Hot 100 at No10 in 2013.

Her first studio album, *Yours Truly*, went straight in at No1 in the US in the same year, making her the 15th female artist to achieve such a debut – and it’s a feat she has achieved again with *My Everything*, *thank u, next* and *Eternal Sunshine*.

Yet alongside all her career highs, at just 33 Ariana has faced more trauma and heartache than many people do in a lifetime. In May next year, it will be 10 years since 22 people were killed in a harrowing terror attack at her *Dangerous Woman* concert in the Manchester Arena. ▶



CLOCKWISE, FROM TOP LEFT: Ariana in 2010, when she was in Nickelodeon's *Victorious*; with her mum Joan; at the *One Love Manchester* benefit concert; as Glinda in *Wicked* alongside Cynthia Erivo as Elphaba; with rapper Mac Miller in 2016; on stage in Miami in 2014; at last year's Screen Actors Guild Awards with her ex Ethan Slater, who she dated for three years





‘SHE REALLY IS ONE OF A KIND’

Given the magnitude of the incident, Ariana could have been forgiven for abandoning her music career altogether, but instead she hosted the *One Love Manchester* benefit concert the following month – featuring stars such as Justin Bieber and Coldplay – to raise money to help support victims and their families.

“That concert made almost the whole world fall in love with her,” Nick tells us. “When she sang *Somewhere Over The Rainbow*, you could literally hear a pin drop – globally – because it was so beautiful. It was one of the many moments where she proved what an incredibly strong and talented woman she is.”

Her strength was tested again a year later when her ex-boyfriend and long-time friend Mac Miller died at 26 from an accidental drug overdose. It happened shortly after she released her *Sweetener* album, which she said was “poured out with urgency” after the Manchester attack. She famously described that period as “one of the best years of my career and the worst of my life”.

Three years later, Ariana got the chance to fulfil a lifelong dream when she was cast as Glinda Upland in

Wicked and filming began in 2022. “Having time with a character instead of this caricatured version of myself was nice and I loved being able to put my craft to the test in different ways,” Ariana said in 2024.

She wrote *Eternal Sunshine* when the 2023 Hollywood labour dispute strikes paused filming, and earned herself a Grammy nomination for Best Pop Vocal Album as a result.

Speaking about the accompanying tour that is bringing her to London this month, Tom says, “It feels like a comeback and a hugely pivotal milestone at the same time. She really is one of a kind. Very few people with the ability to accomplish what she’s achieved have come before her, and I’d be very surprised if there are people who come afterwards.” **OK!**

Ariana Grande - The Eternal Sunshine Tour OK! Special is out now priced £10.99

WORDS: MITYA UNDERWOOD

PHOTOS: SWAROVSKI, GETTY IMAGES, REM BEAUTY



‘Marriage doesn’t mean that the job’s done’

TV presenter *Fred Sirieix* on keeping love thriving, trying to live in the moment and his exciting new projects

Fred Sirieix may be best known as our favourite maître d’ on hit Channel 4 show *First Dates*, but he has also travelled the globe with other TV projects and boasts an impressive CV that highlights his work at some of the world’s most exclusive restaurants.

Speaking to us from his garden in South London, Fred tells us his greenhouse is his best ever purchase.

“You can buy yourself expensive cars, but this greenhouse is giving me so much happiness,” grins the Frenchman, who is fully embracing the heatwave in a bright green vest and shorts. “I grow food, cook it and eat it. I’ve got French climbing beans, cucumbers, tomatoes and courgettes... I’m making some delicious stuffed courgette flowers. I’m going for a gold medal at the Chelsea Flower Show.”

Fred clearly values the precious time he gets to spend at his home, which he shares with his wife, who is affectionately known by her nickname, Fruitcake.

The pair tied the knot in Negril, Jamaica, last February, and Fred says he’s enjoying married life – but putting a ring on it hasn’t changed a thing.

He says, “We’re very close, but marriage doesn’t mean the job’s done. You have to work at the relationship just as hard as before. I enjoy our ability to communicate and keep discovering each other, and ourselves.”

Laughing, he admits his French background and Fruitcake’s Jamaican roots do make for some hilarious

culture-clash moments. He says, “The other day we were cooking fish. Mine was nice and pink and rosy, and I said to her, ‘Stop cooking, love, yours is going to be too cooked.’ She said, ‘Yeah, welcome to being Black!’ She loves everything really well done and I instantly become the angry French chef about it. I just love her. We have a lot of fun.”

As well as being in love, Fred is still in great shape at 54, we notice. But he admits, despite his lifelong devotion to sport, it’s become a lot harder.

He explains, “When I was 40, I used to train three hours a day, and I was working 15-hour days. Now I’m 54 and I’m swimming more. I’m more gentle with the exercises and I take more time to recover. My body just can’t do what it used to.”

He recalls when he noticed the change, saying, “I started to physically age at 48. It happened just like that.

Yeah, it’s interesting. But I keep moving. It’s important.”

Water sports are a huge deal in the Sirieix family. Fred’s daughter from a previous relationship, Andrea Spendolini-Sirieix, is a diver who won bronze for Team GB at the Paris 2024 Olympic Games. When we speak, Fred is preparing to go to Paris to see her compete at the European Championships.

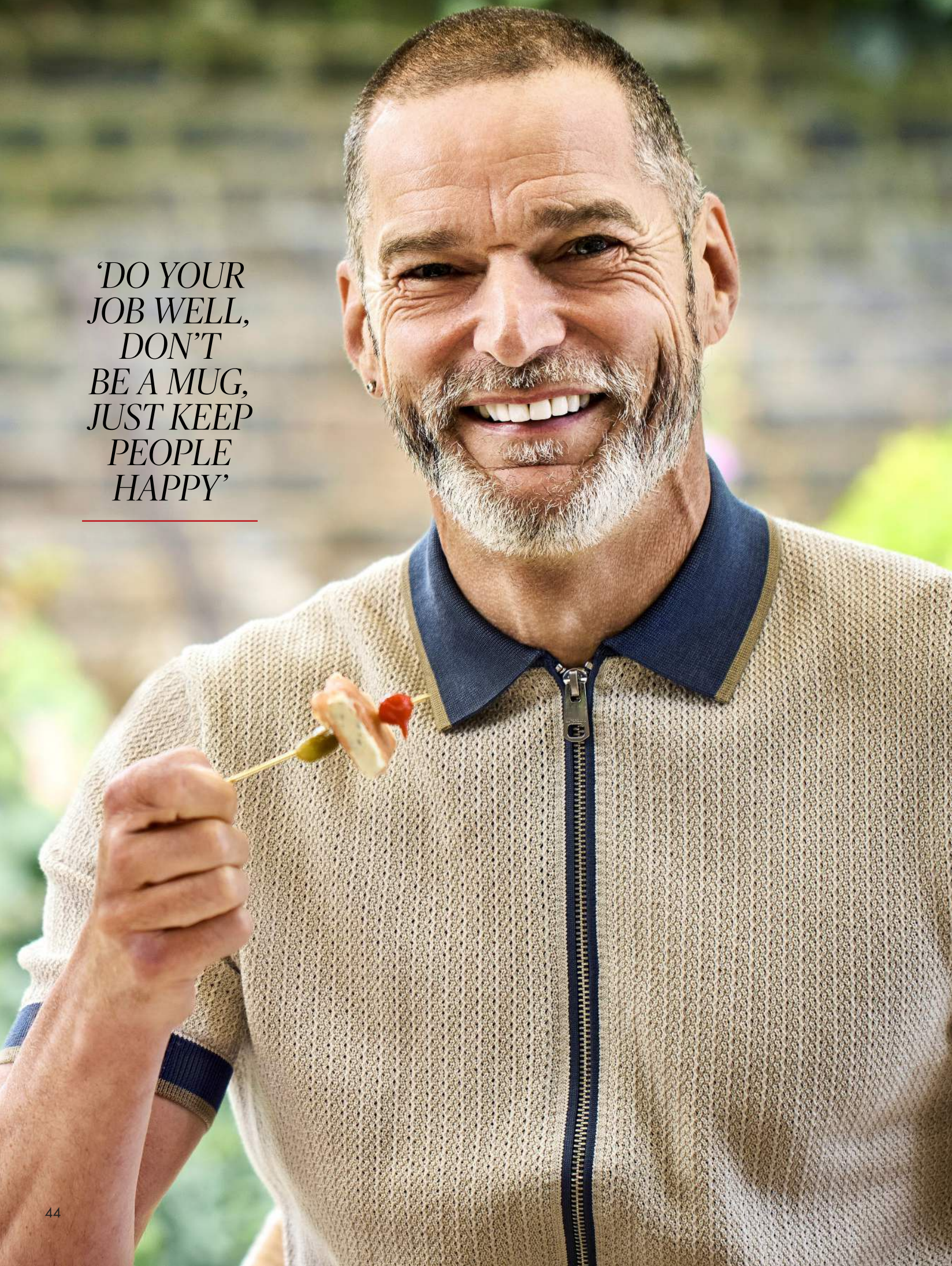
“I’m so proud of her. Of them both. I love them and they love me,” he says. “Andrea is competing in Paris and my son Lucien is doing his A-levels. He loves basketball and we love ▶



These days Fred prefers to swim to stay in shape



*‘DO YOUR
JOB WELL,
DON’T
BE A MUG,
JUST KEEP
PEOPLE
HAPPY’*





CLOCKWISE, FROM LEFT:

With wife Fruitcake in 2024; proudly supporting his diver daughter Andrea at Paris 2024; he's working with Boursin for its new campaign



hanging out. They're really good kids. I don't just say that because they're mine - it's true. We've instilled some great values in them."

Speaking of values, Fred is backing a new campaign with cheese brand Boursin, encouraging Brits to embrace a more relaxed French approach to summer entertaining. Working with Boursin brings Fred right back to his childhood in Limoges.

"It's always on the table in French households - my mother would never be without it," he explains. "But it's about embracing the French philosophy of just enjoying life. We don't have time to waste. Why do we wait for Sunday to have a roast? I have roast chicken on Wednesday night. Life is too short."

Fred is partial to a barbecue in his back garden and says his love of entertaining comes from the epic parties his mum and dad would host when he was growing up.

He recalls, "There'd be 30 people at big, long tables in the garden and my mum would cook for them all and they'd drink, dance... We'd dig a hole in the garden, put wood in, light it and cook a lamb on a spit."

Both worked as nurses at a hospital and Fred says they taught him not only about love and trust, but what it means to be passionate about your calling.

He says, "They were always talking about work, their values. They'd say, 'One day we will want our families to be looked after the way we're looking after others.' It was always about wanting to do the best for people. This is how I developed my vision of hospitality. Do your job well, don't be a mug, just keep people happy."

Already a household name in the UK, Fred has lots more TV work in the pipeline. At the end of August, viewers will see him in a new Channel 4 show, *Fred's Ultimate Hotels*, in which he visits four of the world's most prestigious hotels - it doesn't sound too tough!

Laughing, Fred insists, "It was tough because I took my responsibility very seriously, but it was incredible. I was also able to take Fruitcake along

for some of the time, so that was amazing."

Fred also has a milestone gig on the horizon - his first ever TV show in France. In the programme, he'll go in and rescue a series of failing restaurants.

Was it fun being back home again? "I loved it," says Fred. "It's so funny, we had a call sheet on the first day, telling us the breakdown of the filming schedule, and we were given two hours for lunch, a perfect three-course meal with wine! That's France for you."

Of all the shows he's done, however, *First Dates* will always have a special place in Fred's heart.

"How could it not? You put people together. You play a very important part in a very crucial point in people's lives," he says.

Fred is also working on something else he's never done before. "I'm not sure I'm even allowed to tell you this," he says. "I'm working on a cosy crime book series, set in restaurants with a French inspector, which could be really taken from my real life. The first book will be set in London. My daughter gave me the gist of the idea, I ran with it to the publisher and they loved it. So that's in the works."

Fred and Fruitcake don't have any summer holidays booked this year, but plan to return to their beloved Jamaica in January, he tells us. In typical Fred fashion, he'll be doing things a little differently to most.

He reveals, "We're going to do a road trip. We'll hitchhike around the island. Yes, really! People say you can't leave your resort, it's too dangerous - rubbish. I've been coming to Jamaica for years. I love the people. So this will be another little adventure. As I say, life's too short. Live every moment." **OK!**

This summer make every occasion délicieux with Boursin. For inspiration, head to @boursinuk

WORDS: SHELLEY SPADONI

PHOTOS: DEBBY LEWIS HARRISON, GETTY



‘We’ve been excited since the day we found out I was pregnant’

Kelsey Parker talks about expanding her brood, dealing with grief and making memories with her kids

Kelsey Parker may have suffered immense heartache, but she refuses to let grief stop her from living. And with a “rainbow baby” on the way, she’s excited about the future.

“We’ve been excited since the day we found out I was pregnant again,” she beams. “I just don’t let myself go to that dark place of, what if? It’s not me.”

Speaking to *OK!* from her Spanish holiday villa, children running around in the background, Kelsey looks sun-kissed and content. But the journey to this point has been one of the toughest imaginable.

The podcaster and performing arts school owner lost her husband, *The Wanted* star Tom Parker - father of her children Aurelia, seven, and five-year-old Bodhi - to brain cancer in 2022, aged just 33. It turned Kelsey’s world upside down. But somehow, she found the strength to slowly pick up the pieces and in late 2024, she revealed she’d found love again, with tree surgeon Will Lindsay.

The couple were overjoyed to discover they were expecting their first child last January, but there was more pain ahead. In June they revealed their baby, a son they named Phoenix, had been born sleeping.

It would be understandable if Kelsey had

mixed emotions about being pregnant again. But showing the hard-won resilience that has become her trademark, she says, “We never know what’s going to happen in life, do we? So there’s no point being anxious. We can’t control what happens.

“Six years ago, I thought I would still be with Tom, we’d have our kids, we might be planning more kids. But that’s just not where my life went.”

In an episode of her podcast *Mum’s The Word!* last September, Kelsey revealed that after losing Phoenix, Aurelia “blamed” Tom, explaining, “She was angry with her dad, saying, ‘Why is Daddy taking everyone?’”

But Kelsey says they’re excited about having a new brother or sister - and they’re asking a lot more questions this time.

Kelsey, 36, says, “Obviously, we’d lived this experience with Phoenix, and Aurelia does ask me things like, ‘Could this happen again?’ But what can you say? Because I haven’t got the answer for that, have I?”

“I left it till very late to tell them this time. I don’t know if you’ve met my daughter, but she’s a foghorn! So we wanted to keep it quiet for as long as possible.

“My two have already gone through so much, but they’re strong. They’re the most resilient children you’ve ever met.” ▶





CLOCKWISE, FROM LEFT: Kelsey with Tom in 2016; with her partner Will and her two children, Aurelia and Bodhi; proud mum Kelsey loves playing games with her kids



‘WILL IS HAPPY TO TALK ABOUT TOM – AND MY KIDS ADORE HIM’

Kelsey tells us she’s been feeling good both physically and mentally. But it took time for her to get here after her traumatic experience with Phoenix. In an emotional chat on *Good Morning Britain* two months ago she spoke about how, after a fast natural labour at home, paramedics took her baby out of her arms after only nine minutes.

She recalled how she felt like her home was labelled a crime scene as no midwife was present, and, shockingly, she was then placed in a hospital maternity ward surrounded by newborn babies.

“It took me a long time to be able to talk about what happened with Phoenix, because it was so raw,” she says softly. “I definitely had PTSD, from how I was treated. You sometimes take your mind back and think, did that really happen to me?”

But the outpouring of love she’s had since has been a huge source of comfort.

“The support has been unreal,” she says. “I’m so happy that I’ve shared my story now. It felt like a whole year of me bottling it all up and that’s not good. Anyone who knows me knows that I believe that a problem shared is a problem halved.”

In June, Kelsey and Will marked the first anniversary of losing Phoenix.

“I had a triple hit that day,” Kelsey says. “It was Phoenix’s first birthday, Father’s Day and it was Father’s Day for Will, too. It was a really hard day. I was very numb.”

But she says Will is her “rock”, and she adores how he never baulks at

conversations about her late husband.

“My two absolutely adore Will. He’s lost his dad and has a stepdad, so he truly relates to the situation. And you can see he’s always happy to talk about Tom. He would never want to take that away from the children,” she explains.

While mum life and work keep Kelsey busy, her main focus right now is keeping herself fit and healthy, and making sure everything is good with the baby.

“I’m going to be in a total baby bubble soon. I might even take some time off. But nesting, I don’t know – someone else can do that for me,” she says. “I’ve got lots organised though, so it’s exciting. Like, the buggy’s delivered and everything.”

Kelsey is also backing a campaign with asmodee, which has partnered with Welcome Break to host Memory Making Break Points – pop-up zones at select motorway services where families can play quick travel games together during summer road trips.

She explains, “As a family, when you stop off at these Welcome Break service stations, you can do fun stuff for the kids, play the games, get them off their screens. We dropped into one in South Mimms on the way to the airport and it was fantastic. Now we’ve got all the games, like Dobble, and we’re playing them out here in Spain.”

“They’ve caused drama, for sure. Bodhi keeps crying that he’s never going to win, but that’s a learning curve. When we get



back, we’re going camping, so we’ll be hitting a Welcome Break again. It gives us parents a second to breathe, too.”

Kelsey says she’s more focused than ever on making memories these days.

“After everything we’ve been through, just seeing my kids glued to a screen doesn’t benefit me. I want to spend quality time with them. That’s playing games, doing activities, laughing together. It means everything.” **OK!**

Kelsey has partnered with asmodee, the global leader in tabletop games, to launch its Memory Making Break Points campaign, where families visiting select Welcome Break Service areas this summer can play asmodee travel games and make shared memories.

WORDS: SHELLEY SPADONI PHOTOS: GETTY IMAGES



'I miss Len from the bottom of my heart'

Strictly Come Dancing judge Craig Revel Horwood on the late Len Goodman and the new hosting team

Craig Revel Horwood has been a mainstay on *Strictly* since it started in 2004. Also on the judging panel back then was larger-than-life head judge Len Goodman, and as Craig reflects on what would become a very special friendship, 10 years since Len waved goodbye to the BBC show, he tells *OK!* that the late star's impact on him and *Strictly* remains unforgettable.

The pair shared a famously fiery dynamic on-screen during their years working together, regularly arguing over critiques and trading hilariously catty insults (who could forget Len once calling Craig a "silly little sod" live on-air!) - but behind the scenes, the pair shared a deep and affectionate friendship.

The straight-talking Australian judge took the opportunity to share some of his favourite memories of Len, who died after a battle with cancer in 2023 aged 78, as he unveiled an artwork of dance steps in tribute to the star.



CLOCKWISE, FROM ABOVE: Craig and Len in 2011; original judges Bruno Tonioli, Arlene Phillips, Len and Craig; Craig, Shirley Ballas and Bruno

He also praised Len's quick wit and catchphrases. And in typically mischievous Craig fashion, he couldn't stop himself from making a jokey aside at the expense of the show's current head judge, Shirley Ballas.

"For me, he was *Strictly*. His sayings... 'A 10 from Len' was a huge one. Shirley has tried to replicate that one, but sadly, she failed," he said.

Craig, 61, called the tribute artwork, which is outside the Goodman Dance Academy in Dartford, Kent, "absolutely phenomenal" and said, "I want something exactly the same for me when I go. Will you think about it?"

"I loved Len. If you looked at the TV we were constantly fighting like cat and dog, but as soon as we came off stage we'd have a pally drink together," he added.

The pair toured together and choreographer and classically trained dancer Craig needed Len's help when he started on *Strictly* in 2004.

"I'll let you into a little secret - when

I started I was having nightmares as I didn't know ballroom and Latin," he said.

Aussie-born Craig, who asked Len if he could secretly learn the finer points at the Goodman Dance Academy, was paired with Len's wife Sue while the head judge looked on. "He was screaming at me from his platform, 'No, no, that's the change step, darling!' He was hilarious and I totally loved him," Craig said.

"I miss him from the bottom of my heart. Whenever I hear the *Strictly* theme music, I always think of Len Goodman and Bruce Forsyth. Len created *Strictly*. Without Len, I don't think the show would have survived. He was a master at his craft. He was a comedian."

Len's other celebrated one-liners and catchphrases while on the show include "Pickle my walnuts", "It was like a cowpat on *Countryfile* - hot and steamy" and "Winner, winner chicken dinner".

He described TV host Susanna Reid's samba as "all bounce, bum and bongos"

but a performance by Radio 2's Jeremy Vine was "like watching a stork who'd been struck by lightning".

Len left *Strictly* in 2016 after 12 years as head judge and Shirley took his place on the panel. *Strictly*'s new hosts are presenter Emma Willis, comedian Josh Widdicombe and show pro dancer Johannes Radebe.

Craig says the BBC have pulled out all the stops for the new series. "I love Emma Willis, she is a master presenter, she's insanely good, Josh will be giving me what for, because no one has been answering me back of late, and Jojo will be fantastic, he's been through it, he has compassion, he has everything, all the things I don't have, I am so glad he's still on the show," he said.

And Craig has no plans to leave. "They'll have to drag me by whatever hair I have left, kicking and screaming, I love it. It's the best Saturday job ever." **OK!**

WORDS: CHLOE THOMAS PHOTOS: ADAM GERRARD/
DAILY MIRROR, GETTY IMAGES, SHUTTERSTOCK



‘A third child is always in the conversation’

TV presenter and radio host *Sam Quek* reveals how becoming a parent has strengthened her marriage and admits she hasn't ruled out having more children

She's an Olympic athlete who won a gold medal at Rio 2016, but this summer Sam Quek faced an even more daunting challenge: the mum's race at her daughter's school sports day.

Sam, who has daughter Molly, five, and son Zac, four, with her husband Tom Mairs, found herself automatically enrolled in the mums' race as she attended her first ever sports day.

"That was more pressure than anything I've done," she laughs. "The headmaster said to me, 'Are you running the mums' race because there's already people taking bets.' I had to go at it 100%, it's in my blood. The lady who came second came very close though, so I'll definitely be training a little bit more for next year."

When Molly hugged her afterwards, Sam was overwhelmed. She says, "It's probably one of the proudest moments of all. Molly was like, 'You're my mummy.'"

Sam may be one of our national sporting heroes, but she's not pushing her children to start training just yet.

"I feel like there's a lot of pressure to get children into sport at such a young age," she says. "Everyone's like, 'Oh, yours must be doing all sorts of sports.' They do one club on a Friday afternoon and that's it.

I have thought, 'Oh God, should I have them in clubs? Should they be playing hockey or football?' But they're so young. I didn't start doing sports in clubs until I was nine or 10. They're knackered after school."

The family has just come back from a trip to Disneyland, which Sam found unexpectedly emotional.

"I cried like two or three times," she says. "You just realise how quick time goes. And watching Molly and Zac get so excited was emotional. They had the Bibbidi

Bobbidi Boutique Experience, where Zac got turned into a knight, and Molly got turned into a princess. They had the full-on hair, make-up, wardrobe experience with a fairy godmother. It was amazing."

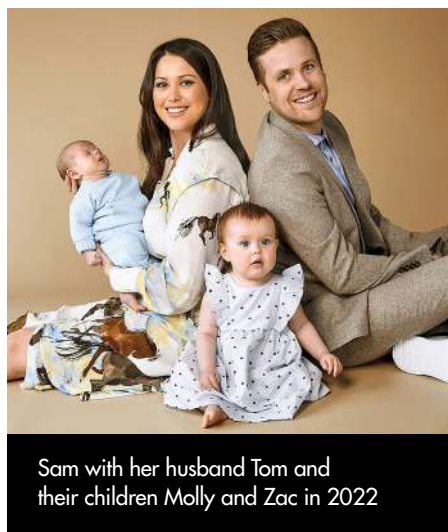
Sam, 37, has three siblings and Tom has two and the couple are undecided over whether to add to their family.

"A third is always in the conversation," Sam shares. "I'm one of four, my husband's one of three. When people talk about having kids it seems like a really simple yes or no, but Molly took over a year to conceive. We've not shut the question off. Maybe the conversation's further down the line."

Sam thinks her eight-year marriage to Tom, 40, has got stronger since they became parents as they've made more effort to communicate clearly and to not bicker in front of the children.

"You have moments where you have to sit down and communicate," she says. "That definitely helped and came about through having kids, for sure. Because you want to be the best version of a mum and dad in front of them. You don't want to be niggling back and forth in front of the kids."

Two years ago Sam appeared on *Strictly Come Dancing* with Nikita Kuzmin and she can't wait to watch the show this year, hinting that she may know two of the ►



Sam with her husband Tom and their children Molly and Zac in 2022



CLOCKWISE, FROM TOP LEFT:
Sam celebrating her win at the Rio 2016 Olympics; at a Walk & Talk event in London; on *Strictly* with Nikita Kuzmin in 2024; with her Olympic gold medal



‘SINCE BEING ON STRICTLY I’M SO MUCH MORE INVESTED IN IT’

celebrities taking part. She says, “I’ve had two people call me who were going for *Strictly* trials. I can’t say who, but they were asking me about the experience so it’s been really nice to impart that knowledge.”

Sam was delighted to see her pal Karen Carney win last year with Carlos Gu. And she’s looking forward to seeing this year’s new hosting line-up of Emma Willis, Josh Widdicombe and Johannes Radebe.

“Since I’ve been on the show, I’m so much more invested in it,” says Sam. “When you know how the mechanisms work, how they get the staging on and off, the hair, the make-up, the transformations, the stories... I loved seeing Kaz win last year with Carlos. And I think Josh, Emma, and Johannes will do a fab job.”

When her famous friends ring her up to ask for advice on doing the show, she always tells them two things.

“You never really understand until you’ve truly gone through it in terms of the time it demands,” Sam says. “I think everybody approaches it differently, but because I’m competitive I wanted it to be as perfect as it could be so I applied myself 100%. And secondly, just enjoy it. Because I think sometimes you can get so drawn in to wanting to do so well, be competitive, that you can forget to enjoy the ride.”

Sam made friends for life on *Strictly* and the class of 2024 still have an active WhatsApp group that lights up whenever the show is on the air or in the news.

“When *Strictly* comes around, it pings off,” says Sam. “And you cross paths with a lot of people, which is always nice as well. I see JB Gill quite a lot and Montell Douglas.”

Maintaining friendships can be hard when you’re juggling a busy family life and a career, which is something Sam knows only too well. After recent research found that the UK is in a friendship recession, Sam has partnered with seltzer company White Claw in a friendship-building initiative. As part of a collab between

White Claw and social networking app Cliq, Sam took part in a walk and talk event set up by the brands in London.

“I’ve partnered up with White Claw to combat the friendship recession,” says Sam, who was shocked to learn that nearly half of us worry we’re not doing enough to be a good friend. “One of our goals is to create over 50,000 friendships over the summer through different social meet-ups and events. I went to one a few weeks ago and it is quite daunting, but once you’ve got a drink in your hand you realise everybody is there for the same reason.”

Sam loves socialising but she admits she can get carried away, especially if it’s a bottomless brunch.

“I’m not going to lie, I love a bottomless brunch with my girlfriends,” she says. “My husband takes the mick out of me because I’m always like, ‘I’ll be home at nine.’ And he’s like, ‘Yeah, sure.’ And then I come back at two o’clock.” **OK!**

Sam joined White Claw and friendship app Cliq for a Walk&Talk event, helping kickstart a summer-long mission to spark 50,000 new friendships through shared experiences.

WORDS: JEN PHARO PHOTOS: GETTY, SHUTTERSTOCK, WILL IRELAND/PINPEP, LORNA ROACH



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Iceland
& the food WAREHOUSE

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OK!

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Iceland
& the food WAREHOUSE



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Life & Style

FASHION, BEAUTY, FOOD & TRAVEL

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COMPILED BY: MICHELLE DARLOW

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Clothes,
stylist's own





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Two-pack cardigans
from £8
Two-pack trousers
from £7
(online only)
All from TU at Sainsbury's

Boy:
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shirts from £3
Two-pack trousers with
reinforced knees and
extendable hem
from £7 (online only)
All from TU at Sainsbury's

Boy:
Shirt (4-16yrs) £5-£8
Two-pack trousers
(3-15yrs) £10-£16
Trainers from £16
All from Matalan

Girl:
Two-pack blouses
(4-16yrs) £5-£8
Trousers from £10
Loafers from £16
All from Matalan





Girl:
Five-pack sweatshirts
from £12.50
Two-pack shirts from £3
Two-pack trousers
from £7
Shoes from £10
All from George at Asda

Boy:
Five-pack sweatshirts
from £12.50
Two-pack shirts from £3
Five-pack trousers
from £17.50
Shoes from £20
All from George at Asda

Two-pack tops £7
Two-pack skirts £8
Five-pack socks £3.30
Shoes £13
Backpack £10
All from Primark





Girl:
Coat £44-£54
Three-pack tights
£11-£16
Loafers £33-£40
All from Next

Boy:
Coat £38-£48
Jumper £7-£13
Two-pack shirts £8-£16
Trousers £8-£16
Loafers £32-£40
All from Next



Two-pack cardigans
(3-18yrs) £13-£19
Two-pack shirts
(2-18yrs) £9-£15
Two-pack trousers
(2-18yrs) £11-£17
Seven-pack socks £7
Shoes £32-£36
All from M&S

Two-pack shirts
(2-18yrs) £7-£10
Two-pack trousers
(2-18yrs) £11-£17
Seven-pack socks £7
Shoes £32-£36
All from M&S



KPop Demon Hunters Backpack,
£14.99, Deichmann

Hape Field Microscope, £24.99,
Isaac's Treasures



5 Pack Cotton Rich Socks,
£8, Marks & Spencer



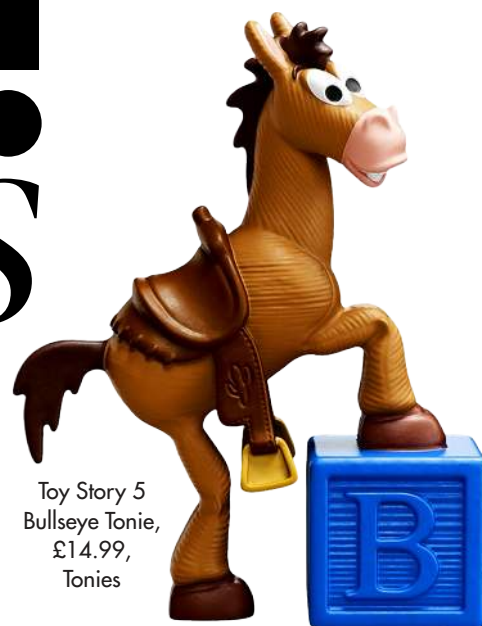
Miffy 2027 Desk Calendar,
£9.99, Yop & Tom

OK! LOVES

The best back-to-school
buys topping our
wishlist this week



Lumen Hero Kid Trainers, £25, Clarks



Toy Story 5
Bullseye Tonie,
£14.99,
Tonies



Coconut
Flyaway
Hair Fix,
£7.25, My
Little Coco



Windproof Fleece Jacket, £50, PO.P

HEAD OF
SHOPPING
LOVES



Maped Color'peps Oops
Felt Pens, £4.50, Waitrose

Watertight™ II
Waterproof Jacket,
£55, Columbia

Safari
Squad
Bottle, £22,
Chilly's

HEAD OF
SHOPPING
LOVES

Smiley Flower Lunch Bag,
£14, Next

Maisey
T-Bar
Shoes,
£85,
Kickers

A Little You Are Off To
School Bracelet, £17.99,
Joma Jewellery

Apple Puzzler, £12.99,
Smart Toys And Games

Stabilo Original Highlighters Pack of 6, £6.10, Amazon

2 Pack Blue
Knitted
Cardigans,
£8, Tu
Clothing

Dino Bikes
Bluey
12 Inch
Kids Bicycle,
£124,
wilko.com

COMPILED BY: GRACE SALMON

Beauty buzz

Octavia Lillywhite shares this week's must-haves, trends & tips



Beside the seaside

Jo Malone's new fragrance is a plunge into the wild waters of the British coast. Sea Salt & Bergamot Cologne is fresh and woody, with a burst of citrus in the top and driftwood in the base, but the heart is all salt-flecked seaside. It's inspired by the Celtic Sea (those choppy waters between Ireland and Cornwall). Prices start at £24 for the handbag spritz, up to £88 for 50ml.





BUMP IT UP

Bumpy skin on knees and upper arms (what derms call keratosis pilaris) is an under-talked-about area of summer beauty, though it's a drum Ameliorate has been banging for years with its Transforming Body Wash and Lotion.

This summer, they're available in a holiday-inspired Tropical Retreat scent, transforming what was a functional routine into more of a spa luxe experience. The wash is £12, the lotion is £24, or you can buy them together for £31.



WORKING UNDERCOVER

I'm a big fan of Clarins' new Skin Illusion All-In-One Concealer, £29, which does more than just cover up my dark under-eye circles - it actually helps reduce them by 24% over 10 days. With horse chestnut extract and caffeine, to give the look of a good night's sleep even when you didn't get one, it's also waterproof (and sweatproof) so it even survives a British heatwave.

GREATER INTENT

Boots' Good Intent range burst on to the beauty scene last year with glow-boosting skincare and a very K-beauty feel: pastel packaging and on-trend ingredients such as niacinamide and hyaluronic acid - all under £15. It's been such a hit that there are now eight body products to match, with the same result-driven ingredients and fun formulations, like Pore Buff Jelly Body Cleanser, £12.95 - great for bacne and uneven skin - and Dew Bank Bouncy Jelly Moisture Balm, £14.95.



BLURRED LINES

Forget the Noughties advice to avoid matte if you have thin lips. Products have got better (they go on smoother, and enhance where they used to desaturate) and now the blurred lips trend makes things much easier. Kay Beauty Cashmere Lip Blur, £16 at SpaceNK, comes in 10 shades, and doubles as a matching cheek colour, too.

Hard-working lunches

Fibre-packed lunch options to boost mental clarity, heart health and weight loss



Mackerel grain bowl

SERVES 4

Great for: weight loss | anti-inflammatory

Ingredients

85g pearl barley
2 smoked mackerel fillets, skin removed, flesh flaked
100g cooked Puy lentils
1 large avocado, pitted, peeled and cubed

1 apple, cored and cubed
Seeds of ½ pomegranate
3 tbsp pumpkin seeds
30g baby spinach

For the dressing:

Juice of ½ lemon
1 tbsp extra-virgin olive oil
1 tsp balsamic vinegar
Salt and pepper

1. Rinse the barley and boil for 25-35 minutes in well-salted water until the grains are plump and cooked. Taste the barley from about 25 minutes, to check if it's cooked. Once ready, strain, rinse and cool.
2. In a bowl, combine the cooked barley, flaked

mackerel, lentils, avocado, apple, pomegranate seeds, pumpkin seeds and spinach.

3. Combine all the dressing ingredients in a small glass jar with a lid. Seal the lid and shake well to combine, then stir into the salad ingredients and serve.

Smoky smashed pea toasts

SERVES 2

Great for: mental clarity |
anti-inflammatory | vegans
(if not using eggs)

Ingredients

200g frozen peas
4 slices of wholegrain or seeded bread, frozen if possible
1 tbsp olive oil
Squeeze of lemon juice
1 tsp smoked paprika, sweet or hot, as you prefer
Salt and pepper

For the eggs (optional):

2 tsp extra-virgin olive oil
4 eggs

1. Boil or steam the peas for 3-4 minutes until tender. Drain well and tip into a bowl.
2. For extra protein, add eggs. If you are cooking the eggs, heat the olive oil in a frying pan. Crack in the eggs and fry until crispy and frilly.
3. Toast the bread.
4. Mash the drained peas with a fork or potato masher, leaving some texture. Stir in the oil, lemon juice, paprika, salt and pepper. Spread the smashed peas generously over the toasts.
5. Top each toast with a fried egg, if you like, and serve straight away.



Spiced lentil and spinach soup

SERVES 4

Great for: heart health |
weight loss | vegans

Ingredients

1 tbsp extra-virgin olive oil
2 onions, finely chopped
2 carrots, finely chopped
2 celery sticks, finely chopped
2 garlic cloves, finely chopped
1 tsp ground cumin
½ tsp ground coriander
150g split red lentils, rinsed and drained
1.2 litres vegetable stock, made from 2½ stock cubes
2 large handfuls of spinach or kale, coarse stalks removed
Juice of ½ lemon
Salt and pepper

high heat, then sauté the onions, carrots, celery and garlic for about 5 minutes, or until softened but without colour. Add the spices, lentils and stock.

2. Bring to the boil, then reduce the heat to a simmer and cook for 25 minutes.
3. Add the spinach or kale and cook until wilted, then squeeze in the lemon juice.
4. Blend or leave chunky, taste and adjust the seasoning before serving.



Recipes from
The Ultimate High-Fibre Handbook by
Jenny Tschiesche
(Hamlyn,
£18.99)

1. Warm the olive oil in a large saucepan over a medium-

LET'S GO OUTSIDE

Looking for ways to entertain the family this summer? We've tracked down a host of options across the country to suit all tastes



ANIMAL ENCOUNTERS



NATURE NIGHT CAMPING AT WHIPSNADE ZOO, BEDFORDSHIRE

Pitch your tent on the zoo's main lawn and head out on a torchlight expedition to see which animals are still awake. After breakfast, there's an exclusive morning tour before the zoo opens, then you can stay the rest of the day.

Selected Friday and Saturdays until mid September. Adults £60, children £55, including breakfast; bring your own tent. Not fancy enough? Upgrade to a Lookout Lodge, for a dinner, bed and breakfast, from £129.75 each.

MORE WAYS TO GO WILD



Enjoy the great outdoors at Knowsley

CAMP KNOWSLEY, MERSEYSIDE

Knowsley Safari's summer camp brings bushcraft, and woodland exploration to the park until 31 August. Try den building, fire-lighting, campfire sessions and crafts alongside the usual animal safaris. Included with normal admission, from £72.68 for a family.

INTO THE WOODS

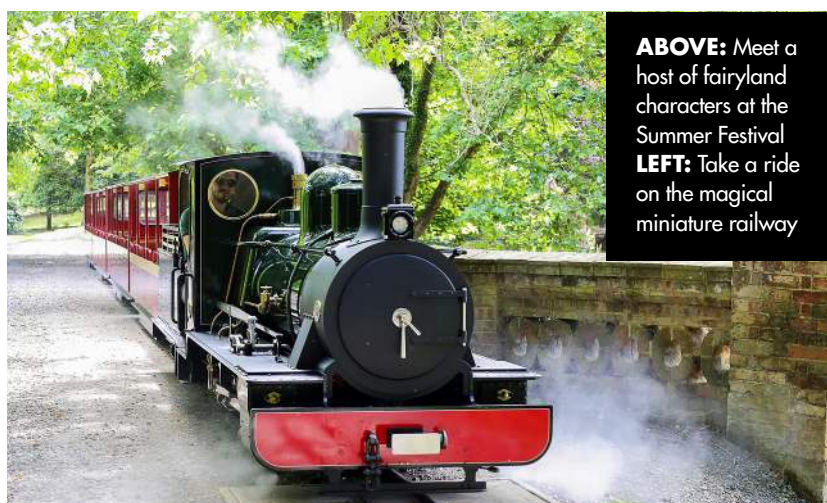
AUDLEY END ENCHANTED RAILWAY, ESSEX

A journey into the fairy forest, where the brand-new electric locomotive (designed to look like a miniature steam train) heads off among the trees. At the Summer Festival (until 31 August), you can meet Orin the Elf and Cristabelle the Fairy, plus there's face painting, den building and pedal carts. Anyone over 92cm tall, from £15.75, little ones from £7.90.

The fun continues in September too, with Woodland Adventure Days where you can still ride the train, discover the fairy houses and visit the playground at off-peak prices (£11, £5.50 for little ones).

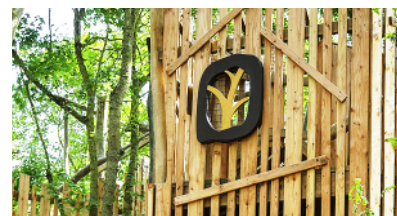


THE
MAGICAL
FOREST
ADVENTURE



ABOVE: Meet a host of fairyland characters at the Summer Festival
LEFT: Take a ride on the magical miniature railway

MORE ADVENTURES IN THE TREES



Tree-mendous fun at Guildenacre

WREKIN FOREST SCHOOL, SHROPSHIRE

Adventure in the Woods Family Festival is a three-night camp from 28 August. Pitch up with your tent and take part in a packed itinerary of forest learning. First adult and child, £115, then additional adults £50 and kids £40.

GUILDENACRE, SUFFOLK

A new immersive playground in four sections – fox, owl, badger and stag – with slides, tunnels, climbing walls, rope bridges and zip wires woven through four acres of forest. Adults £8, over-5s £11.50, ages 3-4 £6. Daily through August; weekends in September.

FIONN'S GIANT ADVENTURE, COUNTY ARMAGH

Formerly The Giant's Lair, a free trail at Slieve Gullion Forest Park with fairy doors, sculptures and clues to the forest's magical ways hidden in the trees. There's a big adventure playground nearby, too.

COLCHESTER ZOO, ESSEX

A host of summer extras including Summer Lates on 22 August (open til 8pm) and Safari Nights on 12 and 26 September. Each day in August there are two parties on the main stage and three parades with the Wild Vibe Crew. Adults £24.44 and 3-15 year olds from £18.06. Under-3s free.

BIRD OF PREY PROJECT, SOMERSET

See owls, falcons and hawks at two daily flying shows at this great value spot: £22.62 for a family of four (under 5s free). There's also Hawk Walks and Owl Encounters, £68.37 for the first participant, then £57.86 and £26.30 for spectators. You get to meet, feed and fly the birds.

DANCE, DANCE, DANCE



THE
FAMILY
FRIENDLY
FESTIVAL

THE BIG FEASTIVAL, THE COTSWOLDS

Blur's bassist Alex James combines his two passions – music and food – in a family-first atmosphere on his Cotswold farm (28-30 August). Find Basement Jaxx, famous chefs and a huge array of entertainers, discos, comedy and animals. Adult camping from £258; £172 for over-13s, £75 for 6-12, under-5s free. Day tickets from £98.50; £65.50 and £17 respectively.

MORE MUSICAL EXTRAVAGANZAS

SUNSHINE MUSIC FESTIVAL, WORCESTERSHIRE

Under-11s go free and there's big emphasis on making life easy – park right next to your tent! A family of four (two kids under 11) is £278 for the weekend. If festival loos put you off, pay £38 for the fancy ones, 24-30 August.

KENT LIFE, NEAR MAIDSTONE

The heritage farm has a packed summer schedule but two highlights are the Ice Cream Festival (29-31 August) and Hops 'n' Harvest Festival (12-13 September), both £52 for a family day.

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HISTORIC DAYS OUT



THE
TIME-
TRAVELLING
SPECTACULAR

KYNREN – THE STORIED LANDS, CO DURHAM

This award-winning show brings 2,000 years of history to life, with knights on horseback, pyrotechnics and a steam train storming across the stage, performed by a 1,000-strong cast and crew. For 2026, a new daytime event adds five performances as you move around the park. Expect birds of prey, jousting, Vikings and Victorians. Adults £30, kids £20, under-3s free.



MORE TRIPS TO THE PAST



Unearth little treasures at the Big Dig

BIG DIG AT LONDON MUSEUM, DOCKLANDS

Little ones (5+) can experience archaeology and dig for real artefacts in their own trench based on a real London dig. Museum entrance is free; an hour's dig from £6.50, until 31 August.

HEVER CASTLE, KENT

The Knights of Hever are back for summer jousting, included with normal admission on 16, 22, 23, and 28-31 August. Feats of derring-do, plus knight school for little squires. Adults £22.35, kids £12.30, under-4s free.

LARGS VIKING FESTIVAL, AYRSHIRE

Commemorating the Battle of Largs in 1263 between Scotland and the Norse invaders. The Viking Village is open all week from 29 August-6 September, with parades and music. A family-of-five ticket is under £35.

PLANES, TRAINS AND AUTOMOBILES



ISLAND STEAM FAIR, ISLE OF WIGHT

The Isle of Wight Steam Train is open for rides throughout the summer (look out for the fish and chip evenings on Tuesdays, with a chip supper in the station), but the season highlight is the 51st Steam Fair. There will be a fairground, aerial motorcycle stunts, dog and duck shows, historic vehicles, live music and happy chaps driving steam engines about. Buy in advance to get one adult for £26 plus three kids free.

MORE DIESEL DAYS

DAYS OUT WITH THOMAS AT WHISTLESTOP VALLEY, WEST YOKS

A real steam train pulled by Thomas the Tank Engine, plus storytelling, games and music on 22-23 August and 10-11 October. Whistlestop Valley is also open every day in August, then weekends up to 18 October. Advance family tickets are £75.60.

NEWBY HALL, NORTH YOKS

Hundreds of cars gather in the grounds for Sports Cars in the Park on 6 September.

View cherished classics and modern supercars. Admission includes the Hall's gardens and huge adventure playground. Family tickets are from £58.50.

INTERNATIONAL AYR SHOW, SOUTH AYRSHIRE

Possibly the greatest pun in aviation, plus the Red Arrows – there's a lot to love about this air show. Did we mention it's free? Running 4-5 September. There's also the air show village, with food, drink and plenty for kids to do. Parking is paid; book in advance (£10-20).

HOROSCOPES *All you need to know about your week ahead*



ARIES

MARCH 21 – APRIL 20

There is hardly a moment to yourself and other people's demands leave personal plans pushed aside. Frustration could spill over at home, so tread gently. Later in the week, life feels lighter.
STARLINE: 0905 789 4001**



TAURUS

APRIL 21 – MAY 21

Holding on too tightly to what is familiar only makes change harder and this week asks for courage. New opportunities deserve a proper chance. A partner's support arrives exactly when needed.
STARLINE: 0905 789 4002**



GEMINI

MAY 22 – JUNE 21

Mercury's strong influence sharpens your mind and makes this an excellent time for discussions, planning and joining forces with helpful people. New groups may alter friendships in subtle ways.
STARLINE: 0905 789 4003**



CANCER

JUNE 22 – JULY 23

A spontaneous journey or unexpected invitation could reconnect you with the past. Singles may find romance through travel or social events, and an unexpected financial bonus may also arrive.
STARLINE: 0905 789 4004**



LEO

JULY 24 – AUGUST 23

Change is stirring, but while you are ready to embrace it, someone close to you seems far less certain. You will take the lead in creating fresh beginnings and more workable routines.
STARLINE: 0905 789 4005**



VIRGO

AUGUST 24 – SEPTEMBER 23

Your words carry extra influence now, so be sure they truly match your intentions. Giving freely without expecting too much in return enhances closeness, but keep an eye on spending.
STARLINE: 0905 789 4006**



LIBRA

SEPTEMBER 24 – OCTOBER 23

Delays may test your patience, but later in the week plans move ahead again. Don't let fear of change make you miss a valuable opening. Teaming up with a lively friend restores confidence.
STARLINE: 0905 789 4007**



SCORPIO

OCTOBER 24 – NOVEMBER 22

A wave of enthusiasm could easily carry you away, but don't let fresh excitement distract you from important home or family obligations. New beginnings are promising, yet balance is essential.
STARLINE: 0905 789 4008**



SAGITTARIUS

NOVEMBER 23 – DECEMBER 21

If you've been longing to widen your horizons, this is the week to explore every option. Adventure and fresh opportunities call. Your energy and determination will help you pursue new goals with confidence.
STARLINE: 0905 789 4009**



CAPRICORN

DECEMBER 22 – JANUARY 20

You may feel certain an official matter will go your way, but patience is still required. More hurdles remain before matters are settled. Meanwhile, your support means a great deal to someone close.
STARLINE: 0905 789 4010**



AQUARIUS

JANUARY 21 – FEBRUARY 19

Travel promises more than a change of scene – it also improves your relationships and brings people closer. Your natural charm attracts attention wherever you go. If you're single, admirers will not be shy.
STARLINE: 0905 789 4011**



PISCES

FEBRUARY 20 – MARCH 20

You can't afford to sit back while others grab every opening. A more assertive approach will quickly change things. Personal and professional matters gather speed once you back yourself properly.
STARLINE: 0905 789 4012**



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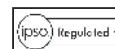


JANUARY TO DECEMBER
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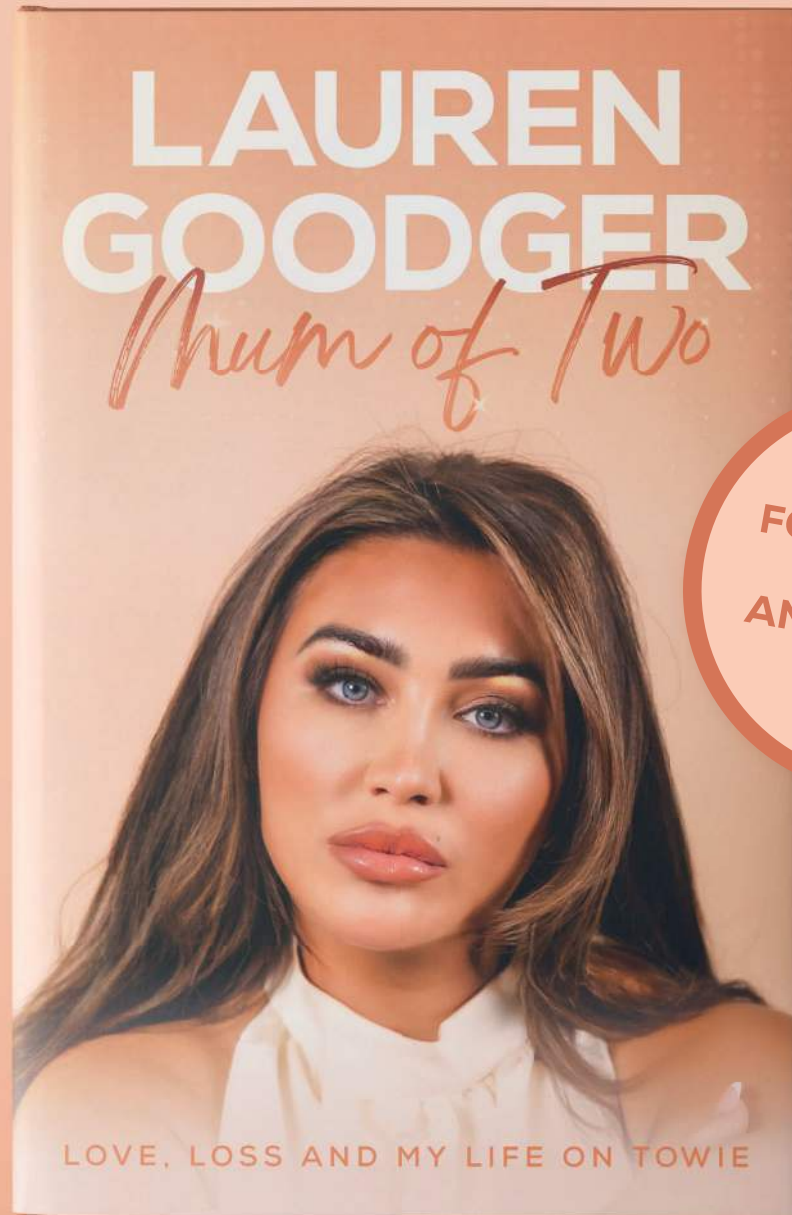
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