

# HELLO!

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**ROYAL SISTERHOOD**  
KATE, SOPHIE &  
ZARA TEAM UP  
IN RARE OUTING



**MARTIN CLUNES**  
ON HIS FAMILY, FARM  
AND FUTURE



**PRINCESS EUGENIE**  
WHAT HER  
PREGNANCY MEANS  
FOR THE ROYALS



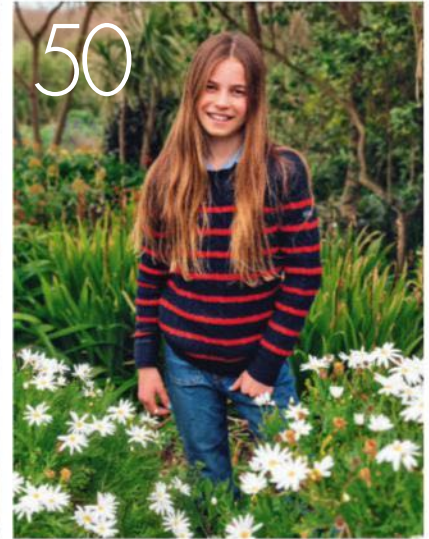
**CHARLOTTE AT 11**

# A MODERN PRINCESS

LOOKING AT HER JOYFUL YEAR  
AHEAD, HOW THE SPORTY SPIRIT IS  
FORGING HER OWN PATH



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Emma Chamberlain  
takes to the steps  
of New York's  
Metropolitan  
Museum of Art in  
a hand-painted  
Mugler dress

# MET GALA BRINGS ART TO LIFE

*Going over the top is the key to success on  
fashion's biggest night – and A-listers step up to the  
challenge for this year's art-inspired theme*



**U**ndoubtedly the biggest night in the fashion calendar, the Met Gala returned to the Metropolitan Museum of Art in New York for the institution's annual event in support of its Costume Institute. Known for its bold looks and headline-making arrivals, the gala challenges guests to fully embrace its theme.

This year, the event served as the grand opening for the museum's exhibition *Costume Art*, with a dress code of "fashion is art".

At the Met Gala, going over the top isn't optional; it's the point. But there is a fine line between looking beautiful and following the brief, with some guests going further than others in the name of art.

#### **THE ICONS**

Emma Chamberlain literally turned herself into a canvas, wearing a hand-painted Mugler dress designed by Miguel Castro Freitas, the brand's creative director, with paint strokes dripping down the length of the floor-sweeping gown. Many called her effort the best of the night.

As entrances go, Madonna's was one of the most spectacular. She wore a Saint Laurent slip dress crafted from satin and lace, with a violet organza cape carried by seven ladies-in-waiting. ▶



Seven ladies-  
in-waiting carry  
Madonna's cape

Facing page: A\$AP  
Rocky in Chanel,  
with Rihanna in  
Maison Margiela by  
Glenn Martens; and  
Beyoncé in an Olivier  
Rousteing creation  
with Chopard jewels





The pop diva also wore a long raven wig and a jaunty pirate-ship hat that was created by the renowned milliner Philip Treacy and once belonged to the fashion editor Isabella Blow. The ensemble was inspired by the surrealist painter Leonora Carrington, to whom Madonna referred in the music video for 1994's *Bedtime Story*.

For her first Met Gala appearance in a decade, Beyoncé – one of the event's three co-chairs, alongside Nicole Kidman and Venus Williams – looked to her close friend and collaborator Olivier Rousteing, the former creative director of Balmain, to create her bejewelled skeleton gown.

The singer was accompanied by her husband, Jay-Z, and their eldest daughter, Blue Ivy, 14, whose first Met Gala appearance marked an exception to the age limit: attendees typically have to be over 18.

With tickets reportedly costing an eye-watering \$100,000, guests tend to take on the museum's famous steps solo – unless, of course, they are part of one of music's ultimate power couples, like the Knowles-Carters or Rihanna and A\$AP Rocky.

The latter duo didn't disappoint. Styled by Jahleel Weaver, Rihanna wore a custom Maison ▶





Naomi Watts goes for florals by Dior

Facing page, clockwise from top left: Alexa Chung in Dior; Dame Anna Wintour in Chanel; SZA in Bode; and Nicole Kidman in Chanel by Matthieu Blazy, with Chanel jewels, alongside her daughter Sunday Rose Kidman Urban, wearing Dior



Margiela by Glenn Martens gown, embellished with more than 115,000 crystal beads, antique jewels and chains.

The look drew inspiration from medieval architecture in Flanders, Belgium. Rocky looked sharp in a pink Chanel smoking jacket.

#### FEATHERS AND FLORALS

Rihanna and Rocky arrived fashionably late, but Vogue's Dame Anna Wintour, the event's chair, was one of the first to step on to the white carpet.

She wore a mint-green and turquoise Chanel gown and feather cape, paired, of course, with her signature black sunglasses and perfectly precise bob.

Co-chair Nicole Kidman also turned to Chanel for her seventh Met Gala appearance. Styled by Jason Bolden, she wore a custom Chanel by Matthieu Blazy sequin and feather gown that reportedly took 800 hours to create.

She was joined by aspiring model Sunday Rose Kidman Urban, her elder daughter with Keith Urban; the 17-year-old made her gala debut in a pink Dior gown.

The British model Alexa Chung also wore Dior, opting for a satin halterneck dress with a chiffon insert, embroidered with a chartreuse-coloured geometric pattern. Her floral headpiece was composed of fabric lily-of-the-valley bouquets and black satin ribbons.

Other celebrities blooming in florals included the musician SZA, who wore a custom Bode gown inspired by the Wiener Werkstätte, the Viennese art collective whose work advanced both the art deco and art nouveau movements.

The model Karlie Kloss wore an ethereal white Dior dress, and the actress Naomi Watts wore a ▶



Kate Moss wears Saint Laurent. From top: Daisy Edgar-Jones in Alexander McQueen with Boucheron jewels; Claire Foy in a custom Erdem look with a Barbour jacket and Repossi jewellery; and Adwoa Aboah in Simone Rocha

Cara Delevingne turns heads in her floor-sweeping Ralph Lauren gown with a sheer back, plus jewellery by De Beers

black satin gown with a floral-embroidered muslin veil, also by Dior.

#### THE BRIT GIRLS

Leading the Brits was the model Cara Delevingne, who looked stunning in a custom Ralph Lauren dress with a sheer back.

Kate Moss, who attended her first Met Gala in 1995, returned for the first time since 2023, wearing a black lace satin dress by Saint Laurent.

Her daughter, Lila Moss, joined her, wearing a demi-couture reconstituted sequin-winged Connor Ives gown, which was reassembled from three different beaded dresses from the Twenties and featured gelatine sequins and glass bugle beads.

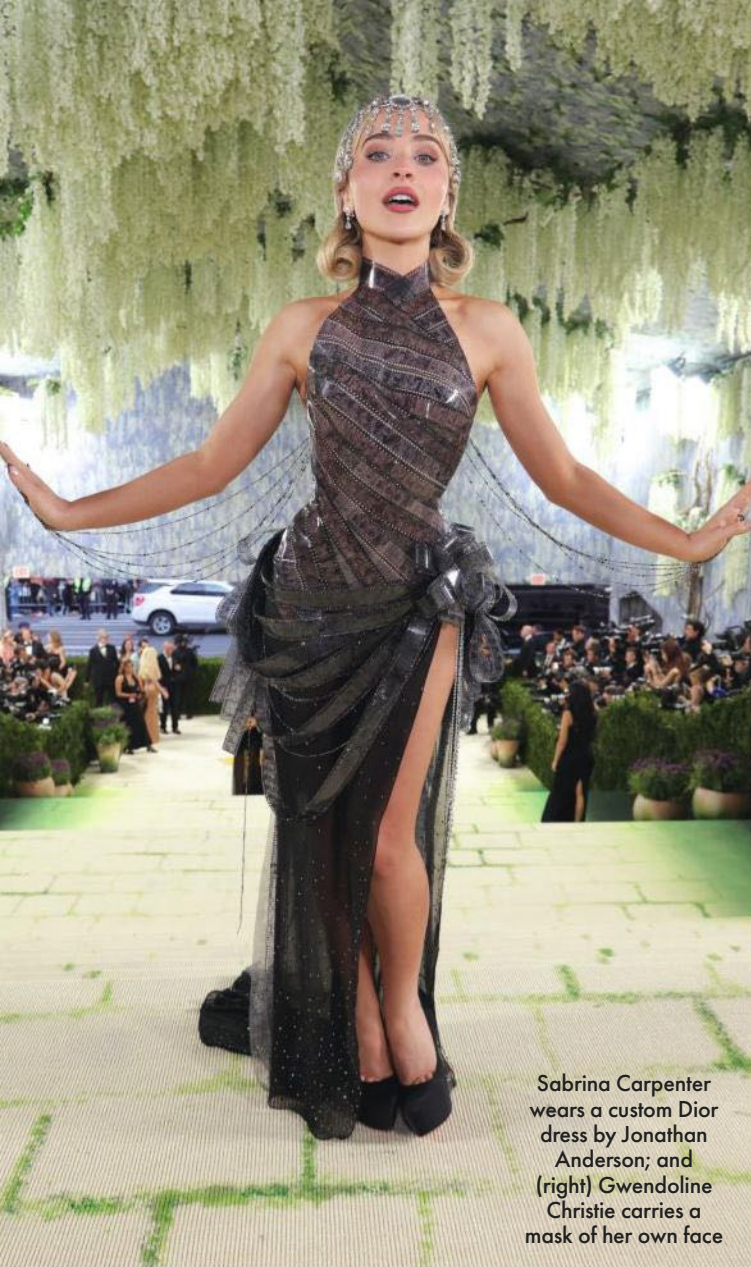
#### ARTS AND CRAFTS

As well as Emma Chamberlain's watercolour Mugler dress and Madonna's grand organza ▶

LEADING THE BRITS WAS CARA DELEVINGNE,  
STUNNING IN CUSTOM RALPH LAUREN



Chase Infiniti in Thom Browne with Marli jewellery; Rachel Sennott in Marc Jacobs; and Janelle Monáe in Christian Siriano



Sabrina Carpenter wears a custom Dior dress by Jonathan Anderson; and (right) Gwendoline Christie carries a mask of her own face



## GWENDOLINE CHRISTIE'S LOOK WAS CREATED BY HER BOYFRIEND, GILES DEACON

cape, other adventurous A-listers included the actress Gwendoline Christie.

Her boyfriend, the fashion designer Giles Deacon, constructed a beautiful frayed organza, georgette and tulle dress for the actress, whose look was inspired by a trio of artists: John Singer Sargent, Madame Yevonde and Ira Cohen. She also carried a mask of her own face.

### BODY WORKS

It was the Los Angeles contingent that leaned most into skin-baring silhouettes. For her 13th Met Gala appearance, Kim Kardashian collaborated with the British artist Allen Jones and the design duo Whitaker Malem to create a cyborg-inspired breastplate and leather skirt, continuing her long-running interest in sculptural, body-as-architecture fashion.

Her sister Kylie Jenner wore a Schiaparelli gown featuring sculpted nipple detailing and a pearl-encrusted dress that appeared to be slipping down to her hips.

Meanwhile, Kendall Jenner worked with the designer Zac Posen, now the creative director of Gap, who crafted a custom GapStudio look for the model, inspired by the Winged Victory of Samothrace, the famous Ancient Greek statue of the goddess of victory.

Gigi Hadid wore a sheer Miu Miu dress; Irina Shayk a bra top and low-waisted black skirt by Alexander Wang; Tessa Thompson an electric-blue Valentino gown with a cutaway bodice; ►

Margot Robbie and Lily-Rose Depp are stylish in Chanel, with house ambassador Margot also wearing Chanel Fine Jewellery

Facing page: Charli XCX, wearing Saint Laurent, with Adam Baidawi, the global editorial director of GQ



MARGOT ROBBIE LOOKED PARED-BACK IN A DRAPED, RUFFLED CHANEL GOWN



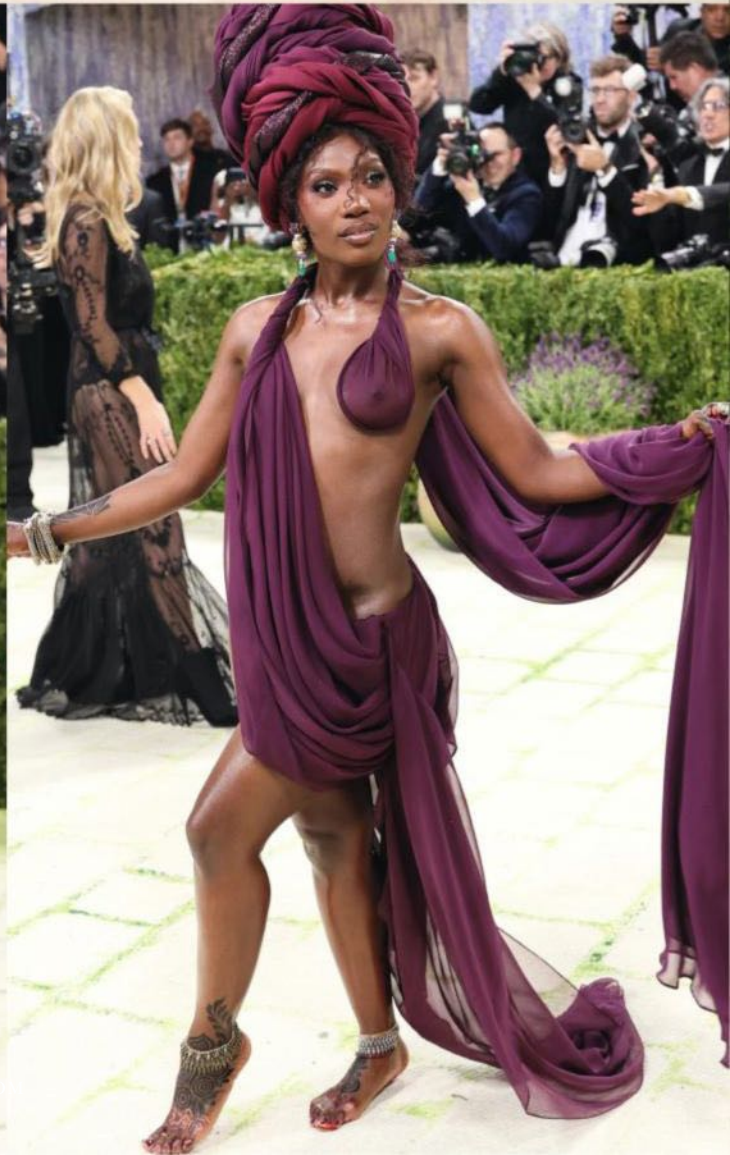
Julianne Moore  
in Tom Ford with  
Messika jewellery;  
and (right) Blake  
Lively in an  
archive Atelier  
Versace gown



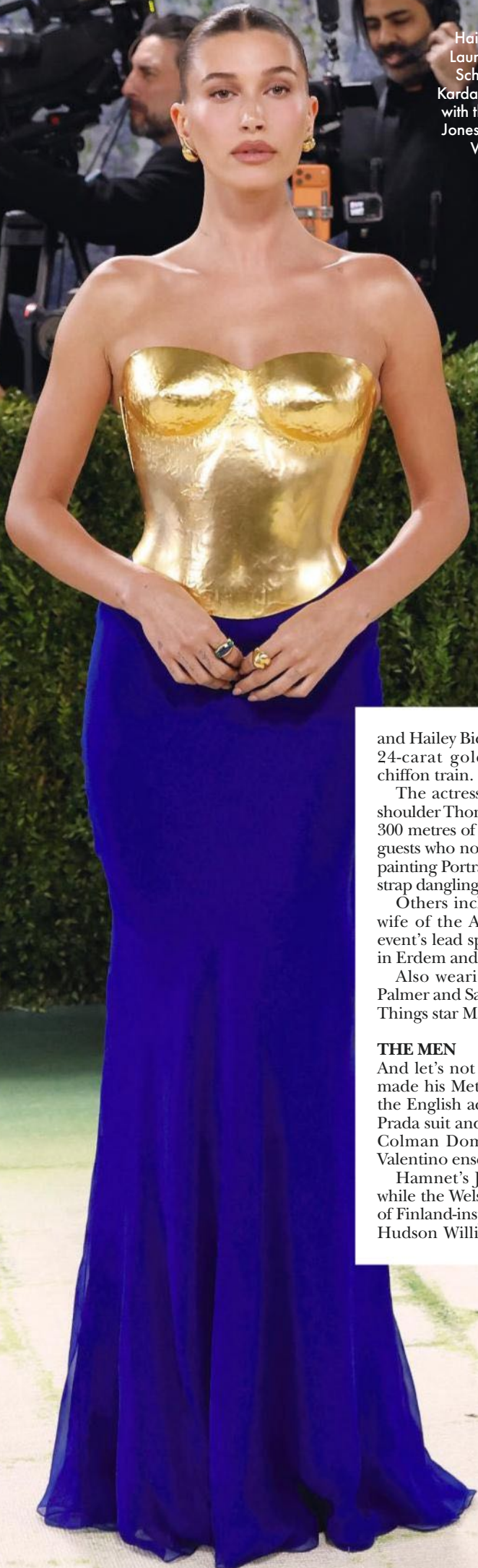


Kendall Jenner wears a custom GapStudio look inspired by the Winged Victory of Samothrace

Below, from left: Irina Shayk in Alexander Wang; Tessa Thompson in Valentino; and Doecheii in Marc Jacobs



Hailey Bieber in Saint Laurent; Kylie Jenner in Schiaparelli; and Kim Kardashian's collaboration with the British artist Allen Jones and the design duo Whitaker Malem



and Hailey Bieber a Saint Laurent number with a 24-carat gold body-moulded bodice with a chiffon train.

The actress Olivia Wilde, wearing an off-the-shoulder Thom Browne satin corset dress featuring 300 metres of tulle layers, was one of a handful of guests who nodded to John Singer Sargent's 1884 painting *Portrait of Madame X* by wearing a single strap dangling from their shoulder.

Others included Lauren Sánchez Bezos, the wife of the Amazon founder Jeff Bezos – the event's lead sponsor – in Schiaparelli, Claire Foy in Erdem and Julianne Moore in Bottega Veneta.

Also wearing tulle were the actresses Keke Palmer and Sarah Paulson, as well as the *Stranger Things* star Maya Hawke.

#### THE MEN

And let's not forget the men. Romeo Beckham made his Met Gala debut in Burberry tailoring, the English actor Nicholas Hoult wore a leather Prada suit and the actor, director and playwright Colman Domingo wore a harlequin-inspired Valentino ensemble.

Hamnet's Joe Alwyn also donned Valentino, while the Welsh actor Luke Evans sported a Tom of Finland-inspired look. The *Heated Rivalry* star Hudson Williams made his mark on his Met ▶





Left: Katy Perry, in Stella McCartney, with Anne Hathaway, in a Michael Kors Collection dress designed with the American artist Peter McCough



Right: Rihanna and A\$AP Rocky with an almost unrecognisable Heidi Klum

Below: Cher wears custom Burberry by Daniel Lee



Jeff Bezos with his wife, Lauren Sánchez Bezos, who wears Schiaparelli

Teyana Taylor sports a fringed Tom Ford by Haider Ackermann gown, while Connor Storrer wears Lavallière



Gala debut, wearing a Balenciaga look designed by Pierpaolo Piccioli.

**THE PARTY**

Later in the evening, as Katy Perry mingled at the afterparty, she peeled back her theatrical chrome mask, which she described as “giving fencing astronaut” vibes. Her dress was by Stella McCartney. Following her gothic-glam *Wuthering Heights* press tour, Chanel ambassador Margot Robbie looked surprisingly pared-back in a golden draped lamé gown with a cascade of ruffles. Outdoing all of her famous Halloween costumes, Heidi Klum was one guest who couldn’t be accused of putting vanity before art. Looking unrecognisable, she was draped in a grey mottled fabric that paid homage to Raffaello Monti’s 1847 *Veiled Vestal* sculpture. The picture of Heidi posing at the afterparty with Rihanna and A\$AP Rocky won the night.



REPORT: BECKY DONALDSON



HELLO!’s society editor-at-large, Emma Thynn, in Dolce & Gabbana, poses with the gala’s co-chair Venus Williams, in a Swarovski dress, and Venus’s sister, Serena, in Marc Jacobs



Above, from left: Colman Domingo wears a harlequin-style Valentino outfit, Romeo Beckham dons Burberry and Luke Evans sports a Tom of Finland-inspired look. Below, from left: Nicholas Hoult chooses Prada, Hudson Williams opts for a Balenciaga look designed by Pierpaolo Piccioli and Joe Alwyn goes for Valentino



PHOTOS: GETTY IMAGES

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‘IF ANYTHING  
DOESN’T FEEL  
RIGHT, ERIC  
CAN COME TO  
ME OR SIMON  
TO TALK  
ABOUT IT’

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# ‘WE NEED TO PROTECT OUR CHILDREN’

*Lauren Cowell tells HELLO! why she’s backing the campaign  
for a ban on social-media platforms for under-16s*



Lauren and Simon have given their son, Eric, a phone with limited internet access. Below right: Lauren with Ellen Roome, a bereaved parent at the forefront of the campaign

**F**or Lauren and Simon Cowell, the decision to let Eric, their 12-year-old son, have a phone wasn't something they took lightly. As Lauren began to research the effects of social media on young people, she came across powerful stories from parents who had lost their children to the dangers of the internet, and the issue shifted from a personal debate to a passionate cause.

Lauren has recently lent her voice to the Raise the Age campaign, which seeks to ban all "harmful" social-media platforms for children under the age of 16 in the UK.

"I think we need to act to protect our children, because they are vulnerable and they don't have the voice and the capacity to advocate for themselves," she tells **HELLO!**. "We need to be the ones who do that for them."

She came across Raise the Age while thinking over her son's request to have his own phone. The situation came to a head when she realised that Eric had downloaded Snapchat on her device without her knowledge.

"The majority of his friends have a smartphone and are on social-media platforms, and he was often saying to Simon and I: 'Why can't I have a phone?'" Lauren says. "I knew from personal experience that it's a slippery slope; once you're on these platforms, it's quite difficult to get off."

"I researched it and came across parents who had lost children to social media-related circumstances, and that grabbed my attention."

She read about the story of Ellen Roome, whose son Jools, 14, died in 2022 after taking part in what she believes was an online challenge. After Lauren contacted her, the pair became close, and Lauren vowed to do all she could to help Ellen and other

bereaved parents implement a ban for under-16s. "They're trying to make sure that no other parent has to go through the devastation they've been through, and that gave me the motivation and the drive to commit myself to this," she says.

After asking how she could help, they encouraged her to use her platform to raise awareness. Lauren recently visited the House of Lords to attend a debate on the issue and also contacted her and Simon's celebrity friends for support, with stars such as Robbie Williams, Cheryl and Leona Lewis joining the campaign.

"They really got behind this, which means so much," she says. "This is a real opportunity for us as parents and all of us who fundamentally believe that children don't belong on these platforms."

#### CAREFUL DECISION

After thinking over her own situation, and not wanting Eric to be alienated from his friends if he couldn't communicate with them, Lauren says she and Simon agreed that he could have an iPhone without Google, Safari or social-media apps.

"He is supervised on his phone," she says. "I always try to encourage him that if anything doesn't feel right or he doesn't understand something, he can come to me or Simon to talk about it."

"I never want him to feel as though he did something wrong. I think it's really important to have that open dialogue with your kids."

With Parliament still debating a ban, she says: "We're not there yet, but the fact that the government is now taking this seriously is a huge step in the right direction." **H**

INTERVIEW: LAURA BENJAMIN

For more, visit [raisetheage.org.uk](http://raisetheage.org.uk)



PHOTOS: @LAURENMICHELLECOWELL, HODA DAVAINI

A full-page photograph of Victoria Swarovski. She is wearing a white, pleated, off-the-shoulder dress with a draped bodice. Her hair is pulled back, and she is wearing large, square, gold-toned earrings. She is looking directly at the camera with a slight smile. Her right hand is resting on her hip, and she is wearing a gold-toned bangle on her left wrist. The background is a light-colored, speckled wall.

# EUROVISION'S SPARKLIEST GEM

*Victoria Swarovski, the jewellery heiress and TV host,  
brings the glamour to this year's song contest in Vienna*



Abba sing Waterloo at Eurovision in Brighton in 1974, winning the song contest for Sweden. Below: Victoria with her co-host, Michael Ostrowski

**W**ith around 170 million people tuning in from all over the globe, the Eurovision Song Contest is the largest live music event in the world. But is the glamorous female co-host of this year's edition nervous? No, she is not.

Victoria Swarovski tells **HELLO!** that she will only get stressed about the size of the job much nearer the time. When we speak to her, just over two weeks before the final is broadcast on 16 May, she is completely calm and unruffled.

"When it's a couple of days before the show, I'm definitely going to get some adrenaline," she says. "I'm still super-calm, but I always am before a big show."

She is speaking from extensive experience. The 32-year-old jewellery heiress, who is a fifth-generation member of the famous Swarovski dynasty, has been the host of Let's Dance – the German version of Strictly Come Dancing – since 2018.

She was therefore the perfect choice to be one of the faces of this year's Eurovision final, which takes place in her native Austria.

In fact, when it was announced that the popular contest would be hosted by Vienna, all of her friends were immediately convinced that she would get the job.

"I always thought that if the contest came back to Austria, I would love to host it. As soon as it was announced, a lot of people asked me if I was doing it. I thought that would be great, but no one had called me [about it] yet!

"Then the media jumped on it and a lot of friends were congratulating me, and I would say: 'Guys, I still haven't had a call – stay calm. I'll let you know if I get it.'"

#### TOP PICK

Fortunately, in August last year, she did get that crucial phone call, and "obviously" agreed to helm the show alongside the actor and comedian – and fellow Austrian – Michael Ostrowski.

Since then, she has been busy juggling rehearsals with her beauty and fashion brand, Orimei by Victoria Swarovski. But she has found the time to hear many of this year's entries.

As a host, she has to remain neutral and not let slip which songs may be her favourites. She says: "I think every country has a very special sound and I always say: 'Let the best song win.'"

Of course, the contest is celebrated not just for its songs, but also for its outre fashion choices. And Victoria is taking no chances when it comes to her wardrobe, which she says she's not opposed to changing if something else catches her eye. ▶



Victoria with her partner, Mark Mateschitz, a co-owner of Red Bull, last year; and (below) her mother, Alexandra, in 2021



“I already have all my outfits, but if there’s a new dress I like more than the others, I’ll change it. It’s the biggest live show in the world, so you want to have spectacular clothes.”

And although she won’t divulge which designers she will wear, she confirms that she will not be wearing any Swarovski pieces.

When asked how it feels to have been born into the famous jewellery dynasty, she says: “I don’t know any different. It was great growing up in my family. They are super-humble and always tried to keep me out of the media – but now I’m on stage, so obviously it didn’t really work out for them that well.

“My parents really focused on our education and taught us that whatever you do to people comes back to you, so be polite and kind.”

#### BLAZING A TRAIL

Victoria does not work in the family business, despite the wishes of her father, Paul. “He always wanted me to be involved, but I chose my own way as I want to be the boss of my own business, do my own thing and make my own mistakes,” she says.

“And – knock on wood three times – I think I did good.”

Victoria launched Orimei with a clean beauty range in 2021 before expanding into fashion, launching her debut collection in Berlin last month. She says that starting her own business was tough at first.

“I was super-young. I thought I could do it myself with my team, but it was rough and I really had to hustle. I was like: ‘Holy guacamole! Why am I doing this?’ That’s when I learnt how to manage a company. Now I’ve figured it out and I’m super-happy.”

In what little spare time she has, she likes to exercise, practise Pilates and drive fast cars; Victoria took part in the Dakar Rally in Saudi Arabia in January.

“If I have the time, I just lie down on the sofa and watch television, but that’s not going to happen for the next couple of weeks,” she says. “I’m very happy that I’m hosting the show. I just want to give the best entertainment possible **H**

INTERVIEW: LAURA BENJAMIN



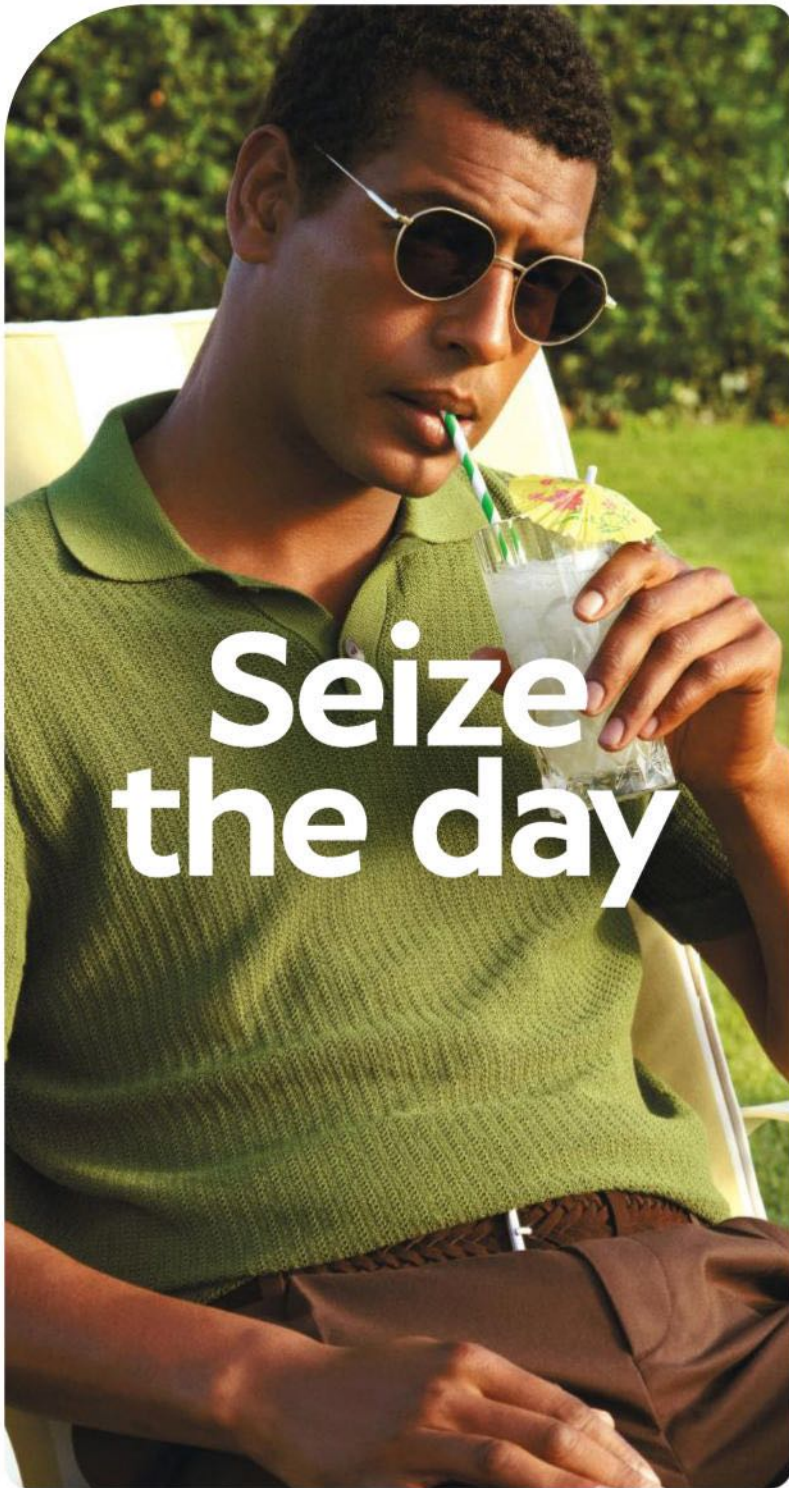
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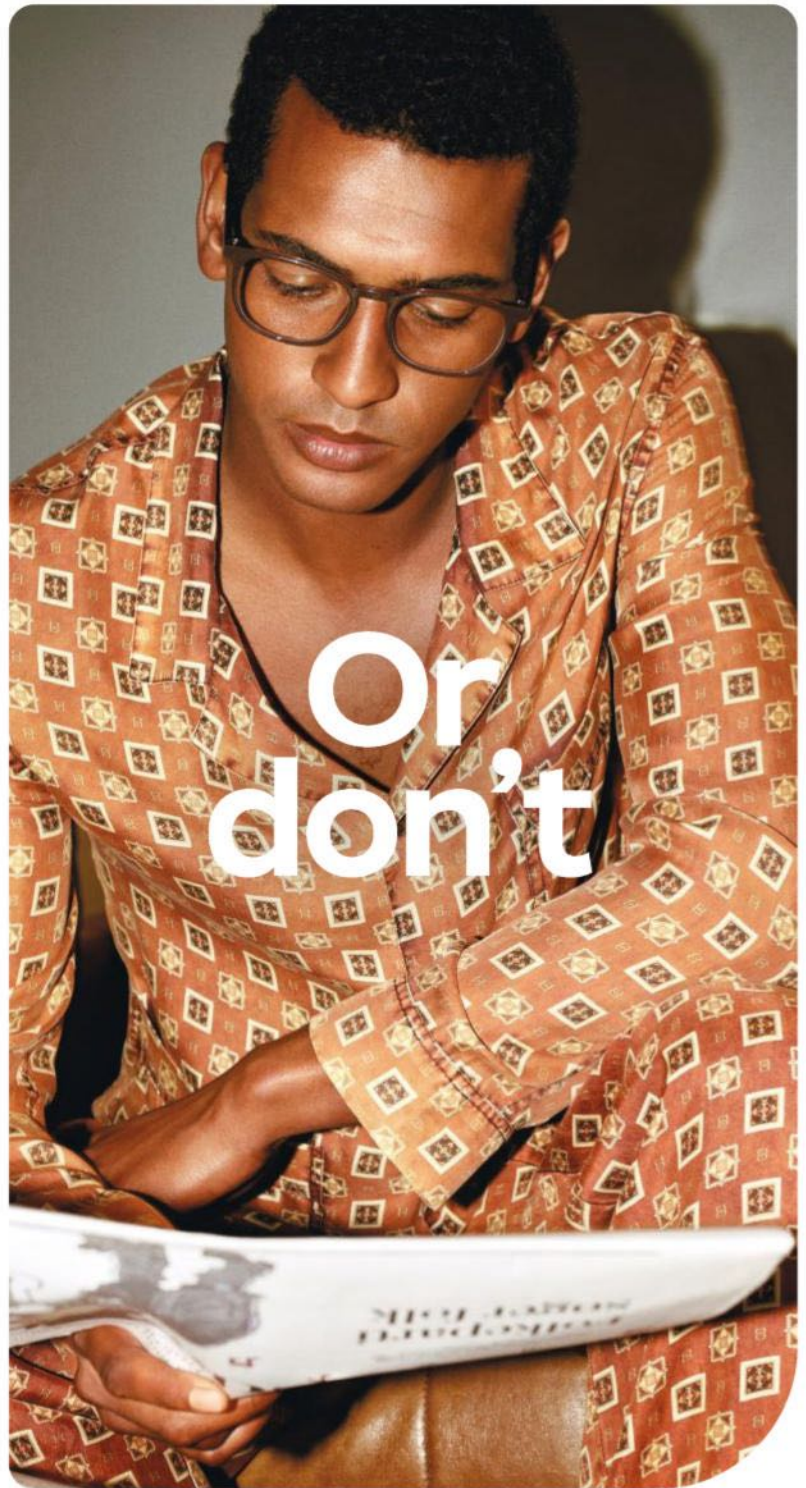
**'I WANT TO  
BE THE BOSS  
OF MY OWN  
BUSINESS  
AND MAKE  
MY OWN  
MISTAKES'**

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the day



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# THE INSIDE STORY



## SJP HITS THE HIGH STREET

She is usually associated with designer labels, but Sarah Jessica Parker proved last week that she is just as much of a fan of high-street fashion.

The *Sex and the City* star, whose on-screen character was devoted to Fendi bags and Manolo Blahnik heels, attended the opening of Primark's flagship store in New York.

Posing on the blue carpet, the actress was joined at the event by stars such as the supermodel Winnie Harlow, the presenter Andy Cohen and the former *Love Island* contestant-turned-presenter Maura Higgins.

The guests, who also included the model Emily Ratajkowski and the actress Sophia Bush, later partied to a DJ set by Kim Petras.

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## THE INSIDE STORY



### CHARLES FEELS THE LOVE IN MIAMI

He was hit with a post-race penalty following the Miami Grand Prix earlier this month, but the Ferrari driver Charles Leclerc had his new wife, Alexandra – plus their dog, Leo – in Florida to support him.

The couple, who married in February after announcing their engagement three months earlier, were pictured together in high spirits at the Miami International Autodrome, just days before the race.

Charles was investigated for corner-cutting after a dramatic last-lap spin, with the penalty leaving him two places behind his teammate, Sir Lewis Hamilton. He said it was “all on me” after putting “a very strong race in the bin”.



### **SALMA AND ZOE ENJOY A DOUBLE DATE**

Salma Hayek and Zoe Saldana complemented each other in monochrome tones as they enjoyed a night out in Venice last week.

The actresses posed together for photos at the 61st Venice Biennale, alongside their respective husbands, the billionaire businessman François-Henri Pinault and the artist Marco Perego-Saldana.

Salma sparkled in a one-shouldered black dress, while Zoe looked sophisticated in a white power suit.

No doubt Salma and her husband took the opportunity to reminisce about their romance while they were in the Italian city, where the couple married in 2009.

A full-page photograph of Elizabeth Hurley in a country setting. She is wearing a tan cowboy hat, sunglasses, a light blue long-sleeved t-shirt with a circular graphic, blue jeans, and yellow gardening gloves. She is smiling and standing next to a large American flag that is draped over a wooden beam. In the background, there is a green lawn, trees, and a wooden fence. A black utility vehicle is partially visible on the right side of the frame.

## ELIZABETH PUTS DOWN NEW ROOTS

Elizabeth Hurley appears to have found another “happy place”, far from her home in Herefordshire.

The model and actress is currently basking in the serene beauty of Nashville, Tennessee, at the sprawling ranch belonging to her boyfriend, the country music star Billy Ray Cyrus.

Embracing her inner farm girl, Elizabeth shared a glimpse of her country lifestyle, posing by an American flag in gardening gloves as she embarked on a new horticultural project.

“No idea what will grow here – all tips welcomed!” she told her 3.2 million followers on Instagram.

Billy Ray was quick to offer his expertise, suggesting pumpkins, because they “grow great in Tennessee”.



# ANASTACIA ISN'T OUTTA LOVE YET

*The pop sensation has navigated breast cancer,  
divorce and menopause – and is still going strong*

Anastacia has not given up on love – but she isn't looking for a "project". The singer, who shot to fame in 2000 with her hit I'm Outta Love, tells **HELLO!** that any future romantic interest will need to "have a lot of positives, and [to have] worked on themselves".

From her home in Denver, Colorado, she says: "When I was younger, I was really trying to find 'the one'. Now, I don't feel as though I have an empty spot in my heart, the way I did when I was younger. I'm OK if it's there or not – I'm very busy. I don't think it's wrong to give women a message that your happiness is the most important."

Anastacia was married from 2007 until 2010 to Wayne Newton, her British-born former bodyguard, and says that she has since reflected on their relationship.

"We both probably learnt what we needed to learn – at least I know I did. If you have understood how [a relationship] ended, you're grateful for what you learnt. Don't focus on the bad times, don't bring it into your future, because that's not fair to someone else."

She adds: "I love to love, but it's not what drives me. What drives me is my family, my friendships and my beautiful career. I couldn't have imagined this trajectory of going from being unemployable to being an artist played on the radio all the time, getting awards and extending my 25th anniversary tour because they can't get enough of me."

"I'm proud, because it's hard to keep a music career going. I could well be forgotten, and I don't take that for granted."

#### WEATHERING STORMS

It has been 26 years since Anastacia unleashed her debut album, Not That Kind. Global audiences fell in love with her soulful pop music and unique look, featuring flashes of her rock-hard abs and an ever-changing wardrobe of glasses.

Now 57, she says that she retired her midriff when she was in her late forties. "I just think there's a moment when it's not necessary to do that," she says. "I don't think people should define themselves by their age, but I'm a little bit more modest in my latter years. I don't know if I feel comfortable on stage like that. Then I went through menopause, where I was like... Lycra is working hard."

She is now on bioidentical HRT, which uses hormones that are chemically identical to those produced by the body to balance hormone levels. And she has been outspoken about her own experience of menopause, during which she mistook menopausal migraines for a brain tumour.

"I feel so bad for previous generations to have either gone without and suffered or just not talked about it, because I would say that the newest generation are going: 'What the heck? Who didn't tell us? This is awful!'"

"It's not just a hot flash, it's not just a migraine... it's a frozen shoulder, it's the foggy brain, it's heart palpitations. There are so many things involved with your body shifting into the latter part."

Anastacia has also faced breast cancer twice. She says that she had prepared herself for a recurrence after it was first diagnosed in 2003; her second diagnosis came in 2013.

"When I got my first cancer, it was more of a surprise, and it was leaked to the press. I was in survival mode. The second time around, ►



Anastacia with her mentor, Sir Elton John, in 2006. "He gives so much of himself to us artists," she says

Anastacia at the World Music Awards in 2001; performing in Manchester in 2022; and (below) with Michelle Visage, host of RuPaul's Drag Race UK vs the World, earlier this year



I [had decided] that if it came back and if I was lucky enough to get it in an early stage again, I was going to have a mastectomy. I wanted to say goodbye to cancer for ever.

"Now, there could be another one, but I don't worry about that."

Anastacia says that she hasn't thought about turning 60. "It isn't over the hill. Your fifties and sixties are when your life starts differently. Mentally, [it's] better because you've been through it all. There's a calmness," she says.

She refers to Stupid Little Things, a song she wrote after her marriage ended. "I said to myself: 'I have to look at myself – I'm the common [factor] in things that don't go right.' Not that I'm the problem, but I looked at how I could make it better."

#### SAGE ADVICE

She is busier than ever, with a live concert album, plans to record new music and an appearance at the Isle of Wight Festival in June, when she's planning to catch up with a new friend, the singer Teddy Swims.

"At the very launch of his career, I slid into his DMs," Anastacia reveals. "I was like: 'Dude, you're going to be massive, and I just want to tell you, give yourself time.' Hopefully I can give him a cuddle."

Anastacia herself was mentored by Sir Elton John, whom she has called her "fairy godfather". They famously appeared on stage together in 2000 to perform a duet of his song Saturday Night's Alright (For Fighting).

The pair are still in contact. "He's very happy in his life," she says. "That makes me so happy, because he gives so much of himself to us artists. I'm so gifted that I was one of the people he took and said: 'I just need to experience your talent on stage.' I'm **H** very grateful he did that."

INTERVIEW: MIRANDA THOMPSON

*Anastacia performs at the Isle of Wight Festival, which takes place from 18 to 21 June; visit [isleofwightfestival.com](http://isleofwightfestival.com). For tickets to her UK tour, visit [anastacia.com](http://anastacia.com) or [ticketmaster.co.uk](http://ticketmaster.co.uk)*





PHOTOS: @ANASTACIAMUSIC, GETTY IMAGES, NORA JEKKER

Nicky's home on the Daylesford Estate is filled with treasures collected over the course of an extraordinary life

# THE UNCOMMON TOUCH

*Nicky Haslam, designer to the stars, invites us into his Cotswolds home for a chat about his royal encounters and celebrity friends*

PHOTOGRAPHER: PETER FLUDE



**T**o walk into Nicky Haslam's Cotswolds house is to enter a trove of exalted taste and mischief. Beyond the garden table (featuring a wooden mallet as a paperweight) is a high-ceilinged sanctuary decorated with jars of Paul Smith pencils, a "grog tray" of Copper Lion gin and Lea & Perrins sauce, a neat stack of Marlboro Reds and a fluorescent orange miniature of Michaelangelo's David.

Nicky, 86, a rock god of interior design whose client list includes the King and Sir Mick Jagger, reserves his loftiest decorations for the lavatory — or "lav", as he prefers.

"Dear Mr Haslam," begins a framed letter on Clarence House notepaper, positioned on a shelf over the cistern alongside a handwritten note from the King.

The letter, written on behalf of Queen Elizabeth the Queen Mother, thanks Nicky for "the corgi" that he put in her car when they ▶



The designer moved into his honey-toned stone pavilion in 2020



attended the same event and notes that she was “very touched”.

This casual brush with royalty is quintessential Nicky, whose urbanity and artistic eye mean that he has been the designer of choice for Sir Richard Starkey (Ringo Starr), Bryan Ferry, Sir Rod Stewart, Rupert Everett and, lately, the former government minister Nadine Dorries.

Nicky, whose mother, Diamond Ponsonby, came from a long line of royal courtiers, recalls his encounter with the late Queen Elizabeth the Queen Mother with fondness.

“I went to a friend’s dinner for the Queen Mother,” he says. “I’d recently found a firm that made lifelike plaster dogs, including corgis. During dinner, I put one in the royal car while her detective was having his refreshments. I thought it would make her laugh. It did.”

Nicky’s home since 2020 has been a honey-coloured stone pavilion on the fringes of the Daylesford Estate, the home of the billionaire couple Lord and Lady Bamford.

Although he sold the bulk of his possessions when he left the Hunting Lodge in Hampshire,

which he leased from the National Trust, Nicky is surrounded by treasures that include a larger-than-life wax bust of the 17th-century French dramatist Jean de Rotrou and a letter from the artist Lucian Freud, exhorting Nicky to “enjoy the morphine” when he was treated for cancer.

Was he sad to sell objects collected over a lifetime? “No, it was bliss,” he says.

#### AN EVENTFUL LIFE

Born in 1939 at his family’s estate in Buckinghamshire, he contracted polio at the age of seven and was bed-bound for three years, leaving him determined to seize every moment.

In the Sixties, he worked at American Vogue under the dynamic leadership of Diana Vreeland before trying his hand at ranching cattle in Arizona. He returned to Britain in the early Seventies to establish his interior design business.

By the Nineties and early Noughties, his hyperactive social life meant that he was a fixture at seemingly every celebrity event. Now, he has discovered a more restful way of maintaining his cultural presence: his annual tea towel listing “things that Nicky Haslam finds common”.

His selection for 2025 included clapping the chef after a meal, Dan Snow, Stephen Fry, nduja sausages and – thanks to a suggestion from his friend Rupert Everett – death threats.

He is also exasperated by “forced jollity” on the BBC. “I loathe the BBC, the way they have to make everything [comic]. Even in science programmes, they have two [people] trying to be funny.” He has no patience with presenters’ pronunciation, either. “ContROVersy not CONTroversy!”

He is currently working on the eighth edition of his tea towel, sometimes sending texts to his assistant, Flora, at midnight if inspiration strikes while he is in bed.

“Stand-up comedians,” he exclaims when asked what’s in contention for the next towel. “I put it in yesterday. I think comedy’s rather common. They think anybody can be a stand-up comedian. There’s no innuendo or subtlety in humour any more.”

What else? “Smoothies.” The fruity drinks or men in cravats and blazers? “Either.”

He says that the tea towels are an extension of the list of “U and non-U” words that Nancy Mitford used to identify speakers as either ▶

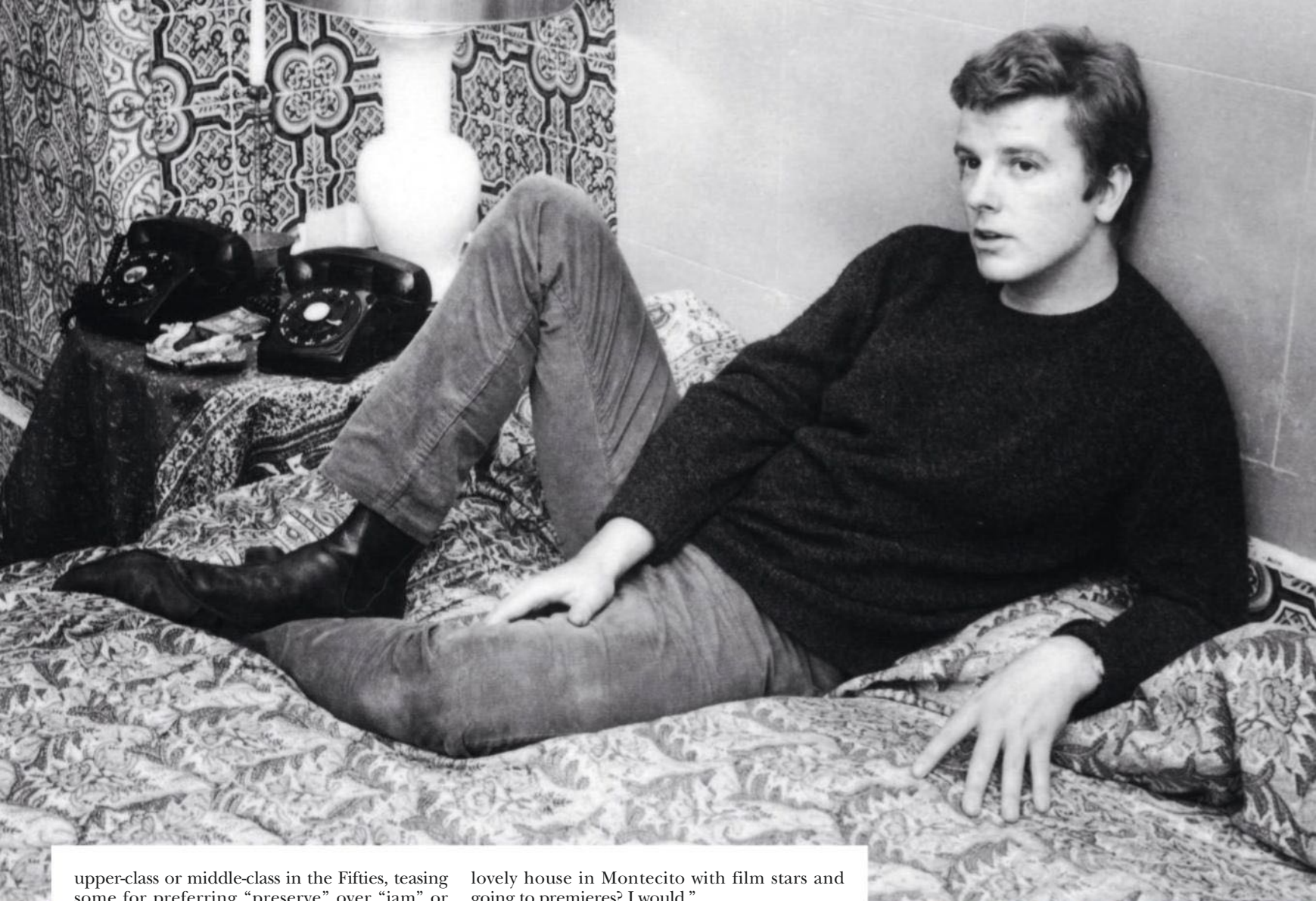
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'I PUT A  
PLASTER  
CORGI IN  
THE QUEEN  
MOTHER'S  
CAR. IT MADE  
HER LAUGH'

---







upper-class or middle-class in the Fifties, teasing some for preferring “preserve” over “jam” or “serviette” over “table napkin”.

“The loo is the lav, although my father said lavvy. To a large extent, Nancy Mitford’s rules still apply. Toilet is a horrid word. She said: ‘Never use a French word where an English one will do.’”

His distastes are hard to predict. Unlike some from his generation, he loves the Duchess of Sussex, albeit “for all the wrong reasons”.

“There’s something oddly touching about her. These programmes where she puts flowers on top of cakes: Kirstie Allsopp used to do that and nobody criticised her.

“I rather like the fact that it’s all manufactured. I’ve got a sneaking love of fakes. They’re amusing. Non-fakes – serious people – are frightfully boring.”

He thinks that Meghan is “foolish” and “wayward” for kicking against the press, but admires her “guts”. She is making Prince Harry happy, he says. “Wouldn’t I rather be living in a

lovely house in Montecito with film stars and going to premieres? I would.”

He says he is concerned, rather than critical, about the rest of the royal family. “There needs to be something more delicate about them. They’re a bit galumphing.

“They need to be a little more hands-off, a little more exclusive, a little bit more to do with the arts. You never see any of them going to the opera. It’s not enough to go to the film premieres.”

#### ROYAL TIPS

He thinks it was a strategic error for the King to stop using Buckingham Palace as a home, an abandonment that he suspects will endure when the Prince of Wales ascends the throne.

“Turning Buckingham Palace into an office is wrong, period. It will have no magic. William won’t use it either. It stops Buckingham Palace being the jewel in the crown. If people think it’s an office, they won’t go there.”

He suggests that Prince George, who is due to move schools this year after his final term at Lambrook in Berkshire, would do well to go to Eton College.

“It’s awfully good, Eton. It was wonderful to be there. They let me do whatever I wanted to do, which was paint. It did have a kind of way of nurturing the best in you. It does give you friends.”

After a career as the preferred interiors man of rock stars, he has developed a sideline as a singer himself. Last November, he released the album *One Night*, a collection of jazz and musical-theatre covers recorded at The Pheasantry cabaret club on the King’s Road in Chelsea.

It follows his 2013 album of collaborations with friends including Bob Geldof, Bryan Ferry, Cilla Black and Helena Bonham Carter. ▶



Nicky with Camilla, then the Duchess of Cornwall, in 2014; in New York in 1965 (top); and with Sir Mick Jagger at the Vanity Fair Oscar Party in 2006 (left)



Helena's duet with Nicky on his song Last Man Standing was her first music release outside film work, he says with pride. His duet with Cilla on Irving Berlin's You're Just in Love was her last.

He keeps up with his rock-star friends, even if he thinks that those who continue to perform into their eighties are embarrassing. "They should fold up," he says.

He exchanges Christmas cards with Ringo Starr and Barbara Bach, for whom he designed three houses, and describes both Bob Geldof and Nick Rhodes as great friends.

When asked which star is least like their public persona, he immediately thinks of Sir Mick Jagger. "He knows more about music and architecture and the fine arts [than anyone]."

"He knows everything, Mick. He's extraordinarily well-read. I've been on trips with him in France. He would say: 'Do you think that doorway is from May 1540 or July 1540?' He knows about Gregorian chant, Abyssinian music... and he has wonderful taste. His house is perfection.

"Most celebrities are much brighter than you'd think. Most people think that celebrities don't have a clue. Celebrity is about real talent."

#### FAMOUS NEIGHBOURS

Stars who live in his part of the Cotswolds include Sir David and Lady Beckham, although he is not in their set of friends.

"I don't know them, but they live quite near by. He's always in the farm shop. He's good-looking, so I do like seeing him. They've always been charming. I think she's wonderfully dressed."

He is an admirer of foreign royal families, especially those of Spain and Jordan. "Queen Rania is wonderful-looking. Compared with them, our royals are rather dowdy."

Nicky finishes our photoshoot with a tour of his single-storey house, happily discussing his favourite objects. His love of fakes extends to carefully crafted mock-ups of alliums and what appears to be yellow coral but is actually extruded plastic from a building site.

His mantelpiece of invitations, including one to an exhibition by Dame Tracey Emin, suggests that his joie de vivre is undiminished, but he is conscious of his advancing years. He recalls his mother's request to put her out of her misery when she was dying, although she died of old age.

Asked for his opinion on assisted dying, his reply is immediate. "Oh, I'm longing for someone to put a pillow over my face every night." **H**

INTERVIEW: JACK MALVERN

GROOMING: SANDRA HAHNEL AT CAREN USING 111SKIN

*Nicky's album One Night is available now; for more, visit [nickyhaslamstudio.com](http://nickyhaslamstudio.com)*



ADDITIONAL PHOTOS: GETTY IMAGES

Life in the country suits Nicky, who, at 86, has eased up on his formerly hyperactive social life





# 'IT'S GOING TO BE CHAOS'

*Rivals star Emily Attack is getting married – and has invited the cast of the bonkbuster to her three-day wedding*

**E**mily Attack is on cloud nine. Not only is she returning to screens in the second season of the hit Disney+ show *Rivals*, but she's also "in the thick of" planning her fairytale wedding to her fiancé, Alistair Garner.

"It's a really exciting time – we're so happy," Emily tells **HELLO!** in this exclusive interview.

The actress – who plays the vivacious Sarah Stratton, the unfaithful wife of the MP Paul Stratton, in the acclaimed adaptation of Dame Jilly Cooper's Eighties "bonkbuster" – welcomed her first child, a son named Barney, in June 2024, and announced her engagement last year.

She admits that life with Alistair, who works as a materials scientist, has been busier than ever. "Our lives go at a million miles an hour. It's stressful and crazy, but it's blissful. I'm so lucky."

The couple's wedding is set to be a star-studded three-day affair, with the cast of *Rivals* on the guest list.

Emily, 36, has asked her "telly hubby", Rufus Jones, to give a reading. "It's going to be lovely. I've really enjoyed planning it," she says. "It's going to be three days of joy with all my favourite people – it's going to be chaos."

Another impending celebration is Barney's second birthday this summer. Is she thinking about expanding their family? "I'm so obsessed with Barney, I cannot imagine being obsessed with

another baby at this stage," she tells us. "We don't have any plans to have more, but who knows?"

Emily, who admits that she found pregnancy "really tough", says that she and Alistair, who live in Buckinghamshire, are "just getting our lives back to a semi-routine" after the arrival of their little boy.

"I love babies, but I'm focusing on my little Barney for now, because he's a handful and he's keeping me on my toes."

## **SUPPORTIVE FAMILY**

The actress returned to work just 11 weeks after her son was born, flying to Budapest to film the Channel 5 drama series *The Rumour*.

"It was a lovely job, but that was really tough," she says. "My body was still in pieces. I could barely walk, but I had to get back to work."

Thankfully, Emily has the steadfast support of her fiancé, whom she's known since childhood.

"He's so amazing with Barney," she says. "There's no element of one of us doing too much. We're both knackered, but we both really help each other. It's definitely a very equal thing."

The couple also lean on Emily's "amazing" mother, the actress Kate Robbins, who is best known for voicing the likes of Queen Elizabeth II and Diana, Princess of Wales in the satirical puppet show *Spitting Image*. ▶



Rivals is Emily's biggest break since The Inbetweeners (inset, with Oliver Chris as James Vereker)



Emily says she is “obsessed” with her toddler son Barney (above right) and praises her fiancé, Alistair (above), and mother, Kate (below), for their support in helping her to balance her career and parenthood. Kate is also an actress and appears in season two of *Rivals*



“Barney is obsessed with her,” Emily says of her mother, who appears in season two of *Rivals*.

It’s not just her personal life that has been transformed over the past two years; Emily’s career has undergone a spectacular renaissance.

Having found fame playing the popular schoolgirl Charlotte Hinchcliffe in the comedy series *The Inbetweeners*, she appeared in several films – including *Dad’s Army*, alongside Catherine Zeta-Jones, in 2016 – before moving away from acting.

She finished as runner-up in the 18th series of *I’m a Celebrity... Get Me Out of Here!* in 2018 and landed her own sketch show, *The Emily Attack Show*, in 2020. She made a documentary film, *Emily Attack: Asking for It?*, in 2023, exploring her experiences with sexual harassment.

But after a two-year stint on the comedy panel show *Celebrity Juice*, Emily decided to venture back into the acting world. “I thought: ‘I’m going to take a risk and start auditioning again,’” she says.

#### UNRIVALLED OPPORTUNITY

The chance to audition for *Rivals* soon followed. “It’s changed my life completely,” Emily says. “I haven’t been in something of this scale since *The Inbetweeners*. It’s been magic.”

The drama, which is set in the fictional county of Rutshire, follows the rivalry between rakish Rupert Campbell-Black (played by Alex Hassell) and his neighbour, the ruthless TV network controller Lord Tony Baddingham (portrayed by David Tennant).

Almost halfway through filming season two, author Jilly, who served as one of the show’s executive producers, died aged 88, after suffering a head injury in a fall at her home in Gloucestershire.

“It was so shocking because she was still so full of life, drinking champagne and loving parties,” Emily says. “She would say to us: ‘I can’t believe this is all happening with *Rivals*,’ and she was on a high. It felt really unfair.”

The actress says that the new 12-part season, which is being released in two batches from 15 May, is a “love letter” to Jilly.

“I really miss her and we’re so lucky to have known her,” she says. “We just hope that we make her and her family proud.”



INTERVIEW: NICKY MORRIS

*Season two of *Rivals* begins streaming on Disney+ from Friday*





The Princess Royal meets Vegas, a cocker spaniel who amused her by digging up the palace's lawn



# PARTY AT THE PALACE

*The King and Queen kick off the summer season in style – and there's a bonus animal encounter for Princess Anne*



Charles and Camilla are joined by Anne and the Duke of Edinburgh; and (below) trained hearing dog Vegas gets up close and personal with the King

The royal family were out in force as the King hosted the first garden party of the year at Buckingham Palace, on a day that also marked the third anniversary of his coronation.

Just days after Charles returned from a historic state visit to the US and Bermuda, the monarch was joined by the Queen and two of his younger siblings, the Princess Royal and the Duke of Edinburgh.

The Duchess of Edinburgh and the Duke and Duchess of Gloucester were also in attendance.

Appearing on the palace's West Terrace as the national anthem played, the King wore a morning suit with a pale-yellow waistcoat, complete with a top hat that he removed before greeting guests.

Camilla chose a pastel-blue embroidered coat dress by Fiona Clare, paired with a matching hat by Philip Treacy and a moonstone and diamond brooch.

The event was staged in tribute to frontline workers across the UK, including those carrying out voluntary work, working for the emergency services or supporting charitable causes.

Around 8,000 guests at the party included Vegas, a dog trained by the Hearing Dogs for Deaf People charity.

The two-year-old cocker spaniel broke protocol upon meeting the royals, leaping up at the King, the Queen and the Princess Royal before he

began digging up the palace's lawn, much to Anne's amusement.

Elsewhere, the King was complimented on his speech to Congress during his state visit the previous week. A guest told him: "I loved your speech in America. It was amazing, and it made me laugh so much."

"Thank you very much," the monarch replied with a laugh.

#### STERLING WORK

Meanwhile, the Queen met representatives of organisations including the domestic-abuse charity SafeLives, of which she is patron.

The organisation, which trains professionals and first responders as well as supporting survivors, is one of many that Camilla has backed in her campaign against sexual abuse.

Speaking to Elizabeth Hughes, one of the charity's trustees, she said that SafeLives was doing "such a fantastic job", adding: "I'm so pleased, because it's really taken off and I'm very, very pleased to be a part of it."

Wednesday's event was the first of three garden parties that are planned to be held at Buckingham Palace in May to celebrate those who serve their communities.

A fourth is due to be hosted at the Palace of Holyroodhouse, Edinburgh, in June. **H**

REPORT: MATTHEW MOORE



# BIRTHDAY GIRL

*Princess Charlotte shows her sporting potential in new footage released by the Prince and Princess of Wales as she turns 11*



Princess Charlotte in her official 11th birthday portrait and (right) an accompanying video, both captured by Matt Porteous during the Waleses' Easter break in Cornwall



**S**traight arm, confident swing, energetic follow-through: a new video of Princess Charlotte reveals that she is a natural fast bowler with the sharp sporting instincts of her parents.

Footage of her bowling during a game of beach cricket with her family, released by the Prince and Princess of Wales to mark her 11th birthday on 2 May, shows not only previously unseen cricketing skills but also an assurance familiar to anyone who has observed her occasional public appearances.

The video also demonstrates Charlotte's creative side – she marks out a message in stones on the Cornish shoreline – as well as her devotion to the family's cocker spaniels, Orla and Otto.

On the face of it, the images of a family holiday show the royal youngsters enjoying an ordinary, carefree childhood. But the sharing of a carefully edited montage is also a reminder that they will eventually find a role in the public sphere.

#### FINDING HER FEET

Although there is no set role for Charlotte, as there is for Prince George, there are various models that she might choose to follow.

Robert Jobson, the author of *The Windsor Legacy*, says that there are two titles she could receive if she chooses to play a prominent royal role. "I was told that the King wanted to reserve the Duchess of Edinburgh role for her, which could happen," Robert says. "Edward, when he dies, will lose the title [of Duke]. It won't go to his son.

"But I think she'll be the Princess Royal, as Anne is. There's no better model."

The Waleses' Cornish holiday – which was also the backdrop for footage released nine days earlier, when Charlotte's brother Prince Louis turned eight – follows a series of bright and confident appearances from the children at public events.

Charlotte waved breezily to bystanders as she arrived with her family at the Easter service at St George's Chapel in Windsor. During the Christmas walk to St Mary Magdalene Church at Sandringham, she stopped to pose for selfies and even hugged well-wishers. ▶



Kensington Palace marks Charlotte's tenth birthday last year with a photo taken by Kate during a trip to Cumbria. Right: the Princess's first nine years



In one telling encounter, Charlotte placed a reassuring hand on her elder brother George's back as he listened to a royal fan tell him that "Granny Diana" would be proud of him.

Robert says that it struck him as an instinctive gesture of support in an unusual situation.

"George is a little bit reticent about [royal superfans]. When she put her hand on his back, I think that's natural. There's no training. They learn by observation."

Emily Nash, **HELLO!**'s royal editor, recalls that Charlotte has always been "fairly comfortable" in front of the cameras.

"Even as a little girl visiting a newborn Prince Louis for the first time, she had a ready wave," she says. "Her parents are introducing their children to the spotlight in a careful and controlled way, and she seems to be taking these occasional forays into public life in her stride so far."

#### SPORTING PROWESS

The cricketing footage delighted Kate Cross, a medium-fast bowler for the England women's cricket team. "I was most impressed by what a natural bowling action she has," Kate tells **HELLO!**. "She made bowling look effortless."

Charlotte's ability should come as no surprise. William and Kate often show their competitive side in sporting activities during official engagements. During their trip to New Zealand in 2014, William bowled while Kate batted in a pair of high heels.

Emily says that Kate was "a brilliant sportswoman" at school, adding: "It seems that Charlotte has inherited her natural ability. Like her brothers, she has been brought up spending plenty of time outdoors and has no doubt had lots of practice at Lambrook [the children's school], which offers an all-weather-surface cricket pitch."

Charlotte also posed in a red-and-black striped Ralph Lauren jumper – possibly borrowed from her mother, a big fan of the brand – in an image taken by Matt Porteous, who has been one of the Wales family's preferred portrait photographers since Prince George's third birthday.

Becky Donaldson, **HELLO!**'s head of fashion, says that the princess "always looks impeccably put-together" whenever she appears in public. "This is true whether she's attending ceremonial events or family gatherings such as the Easter service, which she attended this April wearing an elegant camel and brown coat by Catherine Walker."

The birthday footage also gave a fleeting glimpse of Charlotte's painted nails, varnished in a light-blue colour.

She is expected to attend the King's official birthday celebrations at Trooping the Colour on 13 June and may visit the royal box during the Wimbledon tennis championships in July. Kate attends the event regularly in her role as patron of the All England Lawn Tennis and Croquet Club, and Charlotte has accompanied her mother to the men's singles final every year since 2023.

She is also a keen footballer, with William once telling the *Lionesses*: "Charlotte wants ►





A father-daughter day out at the Women's Euro final in Switzerland last year; and (right) four-year-old Charlotte playfully greets crowds during the King's Cup regatta in 2019



Charlotte keeps cool at Wimbledon in 2025

me to tell you that she's really good in goal... a budding star."

She watched the England women's football team beat Spain in the European Championship final in Switzerland last year, when she met Princess Leonor and Infanta Sofia of Spain.

If William travels to North America for the World Cup this summer, in his capacity as patron of the Football Association, she would no doubt be a willing companion.

#### FUTURE PLANS

Further ahead, Charlotte is due to stay at Lambrook for another two years, attending alongside Louis but without George, who leaves at the end of the summer term. George is expected to take up a place at boarding school, keeping him away from home for much of the year.

Robert suggests that Charlotte may follow Kate to Marlborough College in Wiltshire, although Kate has also visited Wellington College.

What is certain is that the monarchy will be following a new model by the time she is an adult. The King and Prince William are understood to be pursuing a "slimmed-down monarchy" and there have been no preparations to replace the older working members of the extended family, such as the Duke of Kent, 90, or Princess Alexandra, 89.

One avenue previously only pursued by a British princess in wartime would be to undergo military training. Princess Elizabeth, later Queen Elizabeth II, was the first woman in the royal family to become a full-time active member of the armed services, in the Auxiliary Territorial Service. It is a path that has been followed by four continental European princesses: Princess Elisabeth of Belgium, Princess Leonor of Spain, Princess Ingrid Alexandra of Norway and Crown Princess Victoria of Sweden.

Sporty Charlotte tries archery during The Big Help Out in Slough in 2023; and plays football at the King Power Royal Charity Polo Match in 2019 (below right)



Robert says: “Given the quality in the British military, and [that] Queen Elizabeth II served in the war, I would have thought that if Charlotte chose to do that, it wouldn’t be a bad idea.”

Emily says that William and Kate are adamant that their children should choose their own paths. “They want their children to have the freedom to explore their passions and interests before the pressures of royal life set in – and, most of all, to enjoy being children while they are still young. For now, it’s all about family life and a stable and nurturing home from which she and her brothers can grow.”

Charlotte is surrounded by a loving family. She is a year younger than her second cousin Mia Tindall and dotes on her four younger cousins born to Kate’s sister, Pippa Matthews, and her brother, James Middleton.

The young princess enjoys a close relationship with the King, Robert says. “He totally adores her. She loves it when he reads to her in his funny voices. They don’t call him Grandpa King, they call him Grandpa Wales.”

**EXPERT ADVICE**

If Charlotte were to prefer a sporting career over formal royal duties, she would have the support of England’s most talented cricketers.

Lauren Bell, a bowler for the national women’s team and for Southern Brave who is due to play at the Women’s T20 World Cup in June, says that Charlotte reminds her of herself when she played cricket with her sister at her local club.

“That’s how it started for me and now I’m an England bowler,” Lauren tells HELLO!. “If Princess Charlotte ever wants a few tips on how to get her brothers out, I’d be only too glad to help.” **H**

REPORT: JACK MALVERN

Seeing double: Charlotte co-ordinates with Kate at Trooping the Colour in 2024; and emulates her style in a Catherine Walker coat during this year’s Easter service (top right), alongside her second cousin Mia Tindall



A woman with long brown hair, smiling broadly, wearing a beige blazer over a white blouse. She is wearing a necklace with a 'C' pendant and a ring. The background is blurred, showing other people and a rainbow flag.

# TRIUMPHANT RETURN

*The Princess of Wales this week makes her first solo overseas trip since her cancer diagnosis in 2024, signalling a key moment for the royal family*

**A**fter an absence of three and a half years, the Princess of Wales returns to the international stage this week, making a rare solo overseas trip to shine a light on early childhood development.

It's a significant milestone not just in her recovery from cancer but also in the future direction of her public role.

Although Kate had been tipped to make her next official visit to the US with her husband, the Prince of Wales, this summer – talk of which has yet to crystallise into a formal invitation – her team has been quietly building a two-day programme of engagements in Italy.

And the northern city of Reggio Emilia is the perfect choice for her return, with its global reputation for pioneering early-years education – something the Princess has made the cornerstone of her public work.

The announcement of Kate's trip coincided with her visit to the University of East London last week, when she launched a new resource developed through her Royal Foundation Centre for Early Childhood.

Foundations for Life: A Guide to Social and Emotional Development helps carers, parents and those supporting them to understand why such development matters in the first five years of life.

Elegant in a camel trouser suit by Roland Mouret, Kate chatted to parents and students and sat cross-legged on the floor to interact with children undergoing brain-development research.

#### HUMAN TOUCH

In the foreword to the guide, the Princess wrote: "In a world that feels increasingly distracted, fragmented and digital... it is more important than ever to invest in what truly helps us to thrive: human connection."

She continued: "Although society often focuses on academic or physical milestones, research consistently shows that it is our earliest relationships, experiences and environments that lay the foundations for our future health and happiness.

"The quality of our connections – with ourselves, with others and with the world around us – shapes how safe we feel, how we relate and how we process experiences throughout our lives."

Kate passionately believes in the importance of



Wearing Roland Mouret, Kate launches a new resource at the University of East London last week, bonding with a child taking part in research on brain development



human connection and strong relationships, embodied in the way in which she and Prince William are raising Prince George, Princess Charlotte and Prince Louis – with no smartphones, and with plenty of quality family time.

But this is also at the heart of the public work on which she has been laser-focused for much of her time as a member of the royal family. Her launch of the new resource marks a transition from simply raising awareness of the importance of early years to putting her centre's research into practice.

This week, she will go a step further by taking that knowledge to Italy and learning from experts there, while also putting the centre's work in the global spotlight, as she did on her last solo overseas trip, to Copenhagen, Denmark, in 2022.

It's perhaps unsurprising, then, that sources close to the Princess are describing this week's trip as a major moment in the evolution of a cause that she has championed for more than a decade.

It's also a reassuring moment for royal-watchers, who have missed following her overseas visits in recent years. ▶



The Princess visits the charity Home-Start Oxford in October; and (right) joins children at the National Portrait Gallery in London last year



Kate has rightly taken her time to make a carefully paced return to public life following the huge challenge of navigating a cancer diagnosis, chemotherapy and remission.

There has been a clear determination, from both Kensington Palace and the Waleses themselves, not to rush that process.

In November 2024, William suggested that his wife would return to international travel before too long, saying: “Hopefully Catherine will be doing a bit more next year, so we’ll have some more trips maybe lined up.”

But the couple are also mindful of not leaving their three young children for too long when they travel overseas together, so a solo trip enables Kate to focus on the job in hand without worrying about the day-to-day demands of school admin, such as parents’ WhatsApp groups, doing the school run and attending sports matches.

#### BACK IN BUSINESS

As is the case when Prince William travels for his Earthshot Prize, the spotlight will be on the work itself, rather than on the dynamic of the couple as a much-loved royal double act.

And it makes sense that Kate’s return to the international stage is focused on a field in which she has become an expert, and in a less pressured setting than she might encounter during a formal overseas visit requiring soft diplomacy on behalf of the government.

It helps, too, that after months of turbulence, the royal family is riding high following the King’s triumphant state visit to the US.

After a long period dominated by illness, uncertainty and family tensions, the monarchy suddenly feels more stable and future-proof again – and Kate’s visibility is critical to this.

Locals in Reggio Emilia are already excitedly preparing to welcome her for a “bagno di folla”, better known in English as a walkabout. Her visit will bring both their city and the remarkable work of its early-years experts to a global audience, and it’s a moment, say aides, that the Princess is “very much looking forward to”. **H**

REPORT: EMILY NASH



Prince William and Kate at the Earthshot Prize Awards in Boston, Massachusetts, in 2022, the Princess's last official overseas trip

Prince William and Kate arrive at Buckingham Palace with Prince Edward and Sophie – and Zara makes it a royal party of five



# ROYAL LADIES OUT IN FORCE

*The Prince and Princess of Wales, the Duke and Duchess of Edinburgh and Zara Tindall welcome guests for tea at Buckingham Palace*



In a show of solidarity and sisterhood, two of the royal family's most senior women teamed up to support the Prince and Princess of Wales as they hosted their first garden party of the summer last week.

The Duchess of Edinburgh and Zara Tindall joined Prince William and Kate to welcome 8,000 frontline workers and charity volunteers from around the country to the lawns of Buckingham Palace for tea, cake and cucumber sandwiches.

Hosting on behalf of the King, the royal couple took centre stage at the event, with their relatives helping to ensure that things ran smoothly.

Kate, in a polka-dot dress by Self Portrait, vintage Mitzi Lorenz hat and pearl earrings that belonged to Queen Elizabeth II, made her entrance with William, in a three-piece morning suit.

#### EXCITING MATCH

The Prince admitted to guests that he had “bags under the eyes” after watching his beloved Aston Villa reach the Europa League final on Thursday. Kate said that Prince George, Princess Charlotte and Prince Louis had been allowed to stay up late to watch the semi-final at home.

Alongside the couple were the Duke and Duchess of Edinburgh, Sophie elegant in a pale blue dress and hat. Zara turned heads in a vibrant blue Leo Lin dress, accessorised with a hat by Sarah Cant and a pair of rose dorée earrings from Hector Lion Jewellery's Giverny collection.

Having hosted the first in a series of garden parties on Wednesday, the King and Queen handed over the baton to William and Kate on Friday. The Prince, 43, was no doubt happy to have his cousin Zara, who celebrates her 45th birthday this week, there to help out. “The Prince

and Princess are very close to Zara and Mike Tindall,” says HELLO!'s royal editor, Emily Nash. “Although she is not a senior working royal, she has stepped up to help with events, notably while Kate was undergoing treatment for cancer.”

Emily adds: “They get on very well with Edward and Sophie. William has carried out engagements alongside his aunt, and she is tipped to play a key role in his future vision for the monarchy.”

A royal source tells HELLO!: “Zara was delighted to come along and support her cousin.”

Guests at the party, which recognised the contribution of charity volunteers and emergency service workers, included Rhian Mannings, who moved William to tears last year when she told him how she had lost her son to illness, then her husband to suicide, prompting her to found the charity 2wish, to support bereaved families.

The Waleses were also reunited with Leanne Lucas, the dance teacher who shielded children during the July 2024 knife attack in Southport, and whom they met in February last year.


Also present were Sam Stables, the founder of We Are Farming Minds, who works to break down the stigma surrounding mental health among farmers, and The Three Flying Fish: Rowan Dally, Anna Dunk and Harry Allen, a team of air cadets who became the youngest trio to complete the 3,000-mile “World's Toughest Row” in January.

The Princess chatted to one guest about the family's puppy, Otto, revealing that he had “chewed quite a lot” a few days earlier.

“You have to keep them busy,” she said. “The first thing we do in the morning is check: ‘Has anyone taken Otto out?’”

REPORT: TRACY SCHAVERIEN



A photograph of Princess Eugenie and her husband, Jack Brooksbank, walking together at night. They are both smiling and looking towards the camera. Eugenie is wearing a green denim jacket over a black top and a dark skirt. She is holding a purple phone case and sunglasses. Jack is wearing a dark jacket over a white shirt and dark trousers. The background is dark with some blurred lights.

Eugenie shows off her baby bump as news emerges that she and her husband, Jack Brooksbank, are expecting their third child

# A NEW BEGINNING

*Princess Eugenie's pregnancy news delights the royal household and brings the promise of happier times ahead*

It is family news that could signal a positive new beginning for the royal family and help to mend fractured relationships after the turbulence of recent months. Princess Eugenie announced last week that she and her husband, Jack Brooksbank, are expecting their third child, bringing hopes of happier times ahead.

It is certainly a welcome distraction for the royals in a year in which Eugenie's father, Andrew Mountbatten-Windsor, has been arrested on suspicion of misconduct in public office and her mother, Sarah Ferguson, has gone into hiding over her links to the late sex offender Jeffrey Epstein.

Buckingham Palace announced the news in a statement, confirming that the baby is due in the summer and saying that the couple's sons, August, five, and Ernest, two, are "very excited to have another sibling join the family".

The palace added: "His Majesty the King has been informed and is delighted with the news."

Meanwhile, Eugenie, 35, shared a photo of her sons holding her ultrasound scan, adding the caption: "Baby Brooksbank due 2026!"

News of the baby – who will be 15th in line to the throne, pushing the Duke of Edinburgh into 16th place and the Princess Royal down to 19th – brings hope that Eugenie and her sister, Princess Beatrice,



Eugenie shares a picture of her two sons holding her ultrasound scan. The King (pictured with the Princess at Ascot last year) is said to be "delighted" by the news



37, might find their way back into the royal fold after questions were raised about their financial affairs and their meetings with Epstein.

The sisters have not been seen with the wider family since they joined the King for Christmas at Sandringham. They were absent from the royal Easter Sunday church outing and are not expected to attend Royal Ascot next month.

#### JOYFUL MOMENT

Emily Nash, **HELLO!**'s royal editor, says: "Regardless of all that has gone on with her parents, this is wonderful news for Princess Eugenie and will give the whole royal family something positive to focus on after a tough few months. It's something joyful and hopeful in the middle of what has been a very grim chapter in the York family's history."

"The King's warm words show that he still has a great deal of affection for Eugenie and that he has not ostracised his nieces. We might well start seeing them at family gatherings again."

Whether the new arrival brings the Yorks closer together remains to be seen. Eugenie and Beatrice

have not been spotted with their parents in months. Their father is living in exile on the Sandringham estate – a man was charged last week after Andrew was allegedly threatened in an incident near his home – and their mother was most recently seen at a luxury ski chalet in Austria.

Andrew and Sarah are sure to attend the christening, which is likely to be a low-key affair like the one Beatrice hosted for her daughter Athena in December at the Chapel Royal at St James's Palace. The wider royal family did not attend the service, which was followed by a gathering for close friends and family at a local pub.

"This baby will be born into very different family dynamics to those experienced by his or her older siblings," Emily says.

"Although their grandmother, Sarah, and grandfather, Andrew, have spent plenty of time with August and Ernest, they are likely to keep more of a distance this time around, although I'm sure that Sarah will find it very hard to stay away from a new grandchild." **H**

REPORT: TRACY SCHAEVERIEN

PHOTOS: @PRINCESSEUGENIE, CLICK NEWS AND MEDIA, GETTY IMAGES

BROADSTON  
A pregnant Princess  
Eugenie arrives  
hand in hand with  
Jack Brooksbank;  
also present (right)  
is her sister, Princess  
Beatrice, with Edoardo  
Mapelli Mozzi

# BACK OUT ON THE TOWN

*Princesses Beatrice and Eugenie make a surprise appearance  
at Poppy Delectingne's A-list birthday celebrations*





Taylor Swift and Travis Kelce join the fun. Below: Damian Hurley and birthday girl Poppy Delevingne



As guest lists go, the line-up for Poppy Delevingne's 40th birthday celebration was top-tier. There were supermodels, international pop stars, royalty and socialites, as well as movie stars and film directors, some of whom jetted to London to attend the glittering party.

Princesses Beatrice and Eugenie made the exclusive event their first big night out since the latter revealed last week that she is expecting her third child.

Eugenie and her husband, Jack Brooksbank, could not hide their delight as they arrived at the star-studded gathering hand in hand, no doubt happy that they could finally share their news.

Wearing a metallic-blue coat over a black dress that showed off her growing baby bump, Eugenie looked radiant as she stepped out of her car and made her way into the party, which began at The Hart pub in Marylebone and continued at the 77 venue at the BoTree hotel.

#### UNEXPECTED OUTING

Beatrice, who attended with her husband, Edoardo Mapelli Mozzi, chose an elegant suede belted trench coat. Her husband of nearly six years chose a tan jacket over dark jeans.

Poppy's party marked a rare public appearance for the two princesses, who have kept a low profile in the past few months, following the arrest of their father, Andrew Mountbatten-Windsor, on suspicion of misconduct in public office.

The pop singer Taylor Swift and her fiancé, the NFL star Travis Kelce, were another couple who arrived hand in hand. Making a surprise ▶



Poppy's sister Cara Delevingne joins guests including (far left) Alexa Chung, Georgia May Jagger and Emma Thynn, the Marchioness of Bath



appearance in the capital, Taylor wore a floral dress teamed with heels and a pale green bag, while Travis looked smart in a grey suit paired with a silver necklace.

The pair had earlier visited the Harold Pinter Theatre to watch *Romeo & Juliet*, which stars the *Stranger Things* actress Sadie Sink

An onlooker said: "They were in high spirits, giving a standing ovation to the company, and left with beaming smiles before making their way to Poppy's bash."

Taylor and Travis are rumoured to be planning to marry in a private ceremony this summer, with recent reports suggesting that they will tie the knot in New York on 3 July.

At the party, Poppy made a statement with her showstopping outfit as she greeted her guests. Arriving in a sequined playsuit and a purple fluffy coat, she was accompanied by her boyfriend, the billionaire businessman Archie Keswick. The couple's first child together, daughter Kaia Moon, turns one this month.

Poppy turned 40 four days before the event, writing on Instagram: "40, but (hopefully) still naughty. Just SO grateful for all the LOVE in my life - heart FULL."

Her younger sister, the supermodel and actress Cara Delevingne, made a stylish entrance in a trouser suit, complete with shirt and tie, which she accessorised with glasses and trainers.

Cara, who also carried a black briefcase for part of the evening to complete her business-casual look, gave a thumbs-up to photographers as she entered the venue.

It is thought that Cara introduced Poppy to Taylor. Cara and Taylor have been friends for years, with the supermodel starring in the music video for the singer's hit *Bad Blood* in 2015.

Damian Hurley, the son of Elizabeth Hurley, also wore a suit, although his silver attire was sparkly, and worn with a co-ordinating sheer top.

Other guests included the *Mamma Mia!* star Lily James, the socialite and fashion designer Nicky Hilton Rothschild, the model Alexa Chung and *HELLO!*'s society editor-at-large, Emma Thynn, the Marchioness of Bath.

#### CELEBRITY GUESTS

The model Georgia May Jagger was also in attendance, alongside the actresses Jaime Winstone and Isla Fisher, the film director Baz Luhrmann, Princess Maria-Olympia of Greece, the socialite Lady Mary Charteris and the former *Made in Chelsea* star Hugo Taylor.

A fabulous night was clearly had by all, as guests continued partying into the early hours.

Speaking earlier this year, Poppy said that she had learnt to prioritise happiness. "You've got to love yourself, put yourself first, and you've got to be happy," she said. "We have one shot at life. I chose happiness. I chose me."

Opening up about becoming a mother, she added: "It feels like such an extraordinary privilege to be able to have a baby at this age and at this time. When it happened, I couldn't really believe it." **H**

REPORT: LAURA BENJAMIN

Nicky Hilton  
Rothschild  
arrives at the  
star-studded  
event



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A FABULOUS  
TIME WAS  
HAD BY ALL,  
AS GUESTS  
PARTIED INTO  
THE EARLY  
HOURS

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## THE ROYAL BRIEF



### **THE QUEEN**

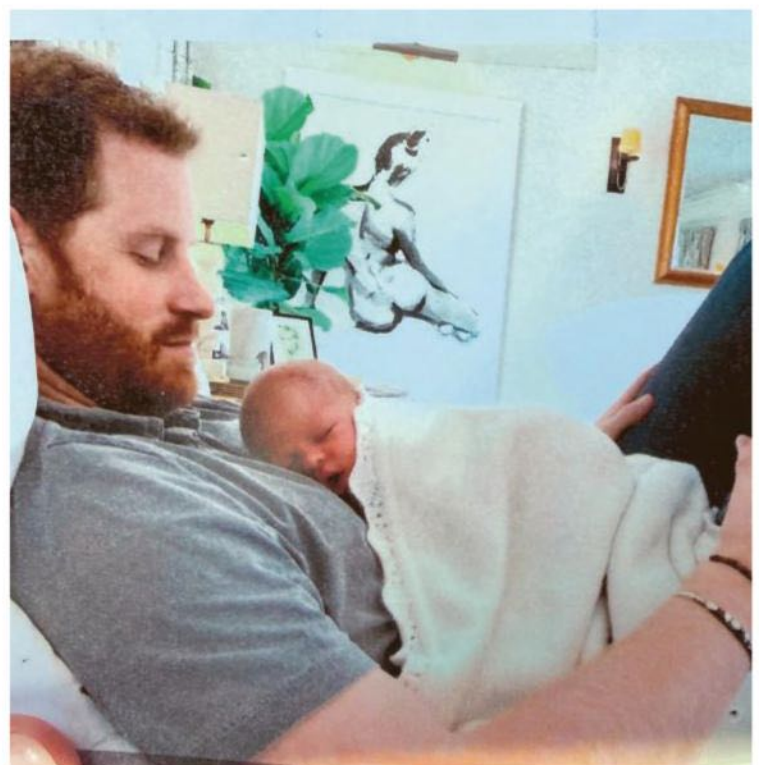
As patron of the Ebony Horse Club – a charity based in Brixton in south London that gives young people a chance to train for equestrian careers – the Queen attended Badminton Horse Trials to see its riders in action. Sleek in a black suit jacket and matching trousers, she said that she loved visiting the horse trials in Gloucestershire, remarking: “I hope it will go on for ever.”



**THE PRINCESS ROYAL**  
 Ducklings were ushered away before the King's Troop Royal Horse Artillery fired a 41-gun salute in Hyde Park, London, to mark the third anniversary of the King's coronation. His sister, the Princess Royal, witnessed the impressive display, which involved 71 horses pulling six First World War-era field guns into position.

**THE DUCHESS OF EDINBURGH**

In her role as global ambassador for the International Agency for the Prevention of Blindness, the Duchess of Edinburgh joined eyecare experts from the charity Orbis for its Visionaries reception at One Marylebone in central London. She described the significant impact of the charity's work, which she has witnessed first-hand in Ethiopia, Bangladesh and India.



**PRINCE ARCHIE**

The Duchess of Sussex posted an image of her son, Prince Archie, as a newborn lying on the chest of his father, the Duke of Sussex, to mark his seventh birthday on 6 May. "Seven years later... happy birthday to our sweet boy," Meghan wrote. She also shared an image of Archie alongside his sister, Princess Lilibet, on a beach, both with their backs turned.

COMPILED BY JACK MALVERN. PHOTOS: @MEGHAN, BEN STEVENS/ORBIS, DAVID HARTLEY, GETTY IMAGES

# 7 DAYS

A ROUND-UP OF NEWS REPORTS



## CAMERON DIAZ

**Welcomes new baby to family**

The actress Cameron Diaz, 53, and her husband, Benji Madden, 47, have announced the birth of their third child, Nautas – a name deriving from the Latin “nauta”, meaning sailor.

Benji, who is guitarist with the rock band Good Charlotte, shared the news on social media last week. “Welcome to the world, son!! We love life with our family – our kids are healthy and happy and we are grateful!!!”

The couple, who have been married since 2015, are also parents to daughter Raddix, six, and son Cardinal, two.



## THE ROLLING STONES

**Set to release new music soon**

The Rolling Stones have confirmed that they will release a new album this summer, featuring guest artists including Sir Paul McCartney, Steve Winwood and The Cure’s Robert Smith.

Sir Mick Jagger, 82, said: “It was a very intense few weeks recording Foreign Tongues. We had 14 great tracks and we went as fast as we could.”

The album, which is being produced by Andrew Watt, will also feature the band’s late drummer, Charlie Watts, using recordings captured during one of his final sessions in 2021. Steve Jordan is the band’s new drummer.



## BLAKE LIVELY & JUSTIN BALDONI

**Feuding pair settle lawsuit**

The Hollywood stars Blake Lively and Justin Baldoni have settled their lawsuit over the 2024 film *It Ends With Us*. Blake had accused her co-star of sexual harassment on set and of launching a smear campaign against her.

Most of the actress’s 13 claims were dismissed, but three were set to go to trial next week.

A joint statement read: “It is our sincere hope that this brings closure and allows all involved to move forward constructively and in peace. We remain firmly committed to workplaces free of improprieties and unproductive environments.”



## BRITNEY SPEARS

**Pleads guilty to reckless driving**

Britney Spears has pleaded guilty to reckless driving following her arrest on suspicion of driving under the influence in March.

The singer, 44, entered the plea via her lawyers at a court in California. Her guilty plea meant that she avoided a custodial sentence but she must pay a fine and attend a three-month drink-driving programme.

Britney had been charged with driving under the influence after being caught by police driving near her home. She checked herself into rehab following her arrest.



## CWTCH THE KANGAROO

**Wales children give baby joey a cuddly name**

Prince George, Princess Charlotte and Prince Louis were invited to name a baby kangaroo at Robert Irwin’s Australia Zoo. They chose the name Cwtch, which means cuddle in Welsh.

The TV conservationist announced the news, saying: “Introducing Cwtch, a gorgeous eastern grey kangaroo joey.”

“My friends, the Wales family, helped us to name our beautiful new joey. I want to say a particular thank you to Prince George, Prince Louis and Princess Charlotte for your help in finding this little one a brilliant name.”



## TED TURNER

**Ex-wife Jane Fonda pays tribute after his death**  
Ted Turner, the founder of CNN and former husband of Jane Fonda, has died aged 87 after suffering from Lewy body dementia.

Jane paid tribute to a man who had “swept into my life” as “a gloriously handsome, deeply romantic, swashbuckling pirate”.

The actress added: “He had a big life, a brilliant mind and a soaring sense of humour... [He] helped me believe in myself. He gave me confidence. I think I did the same for him, but that’s what women are raised to do.”

Ted’s fortune was estimated at \$2.8bn.

# STORY OF THE WEEK

## CELEBRITY TRAITORS

**New season’s contestants announced**

The TV presenter Maya Jama leads the big names confirmed to take part in the next season of *Celebrity Traitors*.

The *Love Island* host will take on stars including the supermodel Jerry Hall, *The Last of Us* actress Bella Ramsay, the *Industry* star Myha’la and the Academy Award-nominated actor Richard E Grant.

The former *Little Mix* singer Leigh-Anne Pinnoch, the musician James Blunt and the actor Michael Sheen will also compete, alongside the comedians Miranda Hart, Rob Beckett, Romesh Ranganathan and Joanne McNally.

Producers of the second series, which will air on BBC1 later this year, will be hoping to match the audience of 15 million who watched Alan Carr secure victory in 2025.

Claudia Winkleman will return as host for the second instalment.

## QUOTE OF THE WEEK

‘People talk about **Brand Beckham - that has happened so organically**’

**Victoria Beckham insists that there was never a big plan**

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# ANIMAL MAGIC

*Martin Clunes tells us how his love of horses endeared him to Queen Elizabeth II – and how he's since bonded with Margot Robbie and Sir Anthony Hopkins, too*





Martin meets Charles and Camilla, then the Prince of Wales and the Duchess of Cornwall, in Port Isaac in 2016

**M**artin Clunes may be 2026's most unexpected Hollywood breakout star. Fresh from the juggernaut of Emerald Fennell's *Wuthering Heights*, in which he plays Cathy Earnshaw's cruel father, Martin is complimentary about his A-list co-star Margot Robbie, who portrays his daughter.

"Margot's pretty impressive," he tells **HELLO!** in this exclusive interview. "She'd only had her first baby 11 weeks before we started shooting... she's really sweet."

His portrayal of Mr Earnshaw was praised by critics, and now, a new film role is in the works for the star, whose acting breakthrough came in the Nineties sitcom *Men Behaving Badly*.

"I'm about to start doing a film set in the time of Jack the Ripper, when one of the suspects was the Queen's grandson – it's a thriller," he says of the production, which is described as a 19th-century crime story set in Buckingham Palace. "At the moment, it's called *Black Palace*."

One of the UK's best-loved actors, Martin, 64, has amassed a huge fanbase thanks to his TV roles.

He starred as Doc Martin in the popular ITV series from 2004 until 2022, and the actor Sir Anthony Hopkins revealed in his memoir last year that watching the comedy-drama, in which Martin's character is thought to be on the

spectrum, had made him believe that he could be autistic himself.

"We've been emailing each other for about five or six years," Martin says of Anthony. "And then we met [last] New Year's Eve at his birthday party, which was lovely. He sends me pictures of the dogs he rescues in California."

Recently, Martin won plaudits for his performance in *Power: The Downfall of Huw Edwards*. In 2024, the disgraced former BBC newsreader received a six-month prison sentence, suspended for two years, for possessing indecent images of children.

"It felt like a challenge," Martin says of the role. "[Michael Samuels] was a director I had wanted to work with for a long time. I thought it was a story worth telling, in the way it was told."

#### COUNTRY LIFE

Martin is talking to us from his 135-acre farm in Beaminster, Dorset, where he has lived with his wife, the producer Philippa Braithwaite, since 2007. They married in 1997 following Martin's divorce from his first wife, the actress Lucy Aston.

The couple run a production company, Buffalo Pictures, together – in fact, Philippa produced *Doc Martin* – so they must get along extremely well. "We do," Martin says. "We don't

do the same thing, so we've never had a conflict in that sense. It's how we met; we've always worked together."

Martin and Philippa have one daughter, Emily, 27, who now lives in Gloucester, where she's studying to be an equine vet. She certainly grew up in the right place. "I've got four dogs, about six horses, a couple of cows, one cat and seven hens," Martin says.

Horse riding is a shared family passion; Martin, who rode as a teenager, returned to the sport when Emily first began taking lessons. His wife enjoys dressage, his daughter takes part in eventing and Martin's hobby is carriage driving.

After being banned from driving following a series of speeding offences in 2012, he reportedly used his carriage to travel around his farm. "I've got a young Clydesdale [draught horse] that I'm starting to do harness work with; he's going to pull his first vehicle on Thursday," he says.

Dogs are also close to the family's heart – in particular, their two spirited two-year-old Jack Russells, who inspired Martin to write a book called *Training John and Murray*, documenting his experience of puppy training.

"They're a real delight," Martin says. "They haven't really calmed down, but they come back, which is all we needed them to do." ►



The actor receives an OBE from Queen Elizabeth II at Windsor Castle in 2015; and (above right) at home with his Jack Russells, John and Murray



This month, Martin and Philippa are off to Goodwoof, a two-day dog festival on the Goodwood Estate in West Sussex that Martin is supporting this year.

"I've got the Royal Windsor Horse Show on the Friday [Martin is president of the British Horse Society], our daughter's one-day event on Saturday and Goodwoof on Sunday," he says.

Martin has fond memories of Windsor, having enjoyed lunch with the late Queen Elizabeth II at Windsor Castle in 2010.

"It was like a fairy tale," he says. "We thought there were going to be hundreds of people there, but there were only about 20.

"We ate lunch and talked about horses, then we were taken in Rolls-Royces into the middle of Windsor Great Park, from where we rode in carriages to Ascot and spent the day watching the races, with the Queen betting on her horses. It was amazing," he says.

#### KEEN INTEREST

"We'd just had our first homebred foal and I had a photo in my pocket because I thought [the Queen] might like to see it. She was asking about the breeding and what we were going to do with her.

"Then, about six months later [at a reception for rural communities held at Windsor Castle], I came across the Queen again and she asked after the horse, which I thought was pretty impressive. I think she remembered horses."

Martin is still in touch with his *Men Behaving Badly* co-stars; Neil Morrissey will be attending Buckham Fair, the Dorset-based event organised by Martin and Philippa, on 2 August.

Martin will be showing a horse, and the fair also features dog shows. "Neil's coming down to judge 'The dog most like Neil Morrissey'," he says.

And as for the future? "I just have to keep busy. I've got too many animals to feed – I can't get picky," he laughs. **H**

INTERVIEW: SOPHIE HAMILTON

*Goodwoof runs from 16 to 17 May; for more, visit [goodwood.com](http://goodwood.com)*



Martin with his wife, Philippa Braithwaite, at the premiere of *Wuthering Heights* in London in February; and (bottom left) with Margot Robbie in the film

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‘WE ATE LUNCH WITH THE QUEEN, THEN RODE IN CARRIAGES TO ASCOT. IT WAS AMAZING’

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# STORY OF A SURVIVOR

*The best-selling author Patricia Cornwell on overcoming a challenging childhood, the secrets of her strong marriage – and making a cameo appearance opposite Nicole Kidman*

She created the character Dr Kay Scarpetta, dreaming up the brilliant forensic pathologist at the centre of nearly 30 best-selling novels, which have sold more than 120 million copies worldwide and spawned a hit TV series starring Nicole Kidman.

But although the author Patricia Cornwell has built her fame and fortune on her fictional murder-solving heroine, her own life is just as dramatic as any storyline she could have written.

Born in Miami, Florida, she endured a difficult childhood, which she overcame with the same grit and fortitude that helped her to establish herself as an author.

“When you survive things you don’t think you can, you become stronger and learn to live with discomfort – because life is not comfortable,” she tells **HELLO!** in this exclusive interview.

“We have good days and bad days and we have

to learn to weather all that. These trials and tribulations help you become who you’re meant to be. They may not be fun while you’re going through them, but for the most part, they’re serving you well. I would not be who I am today had I had an ideal childhood.”

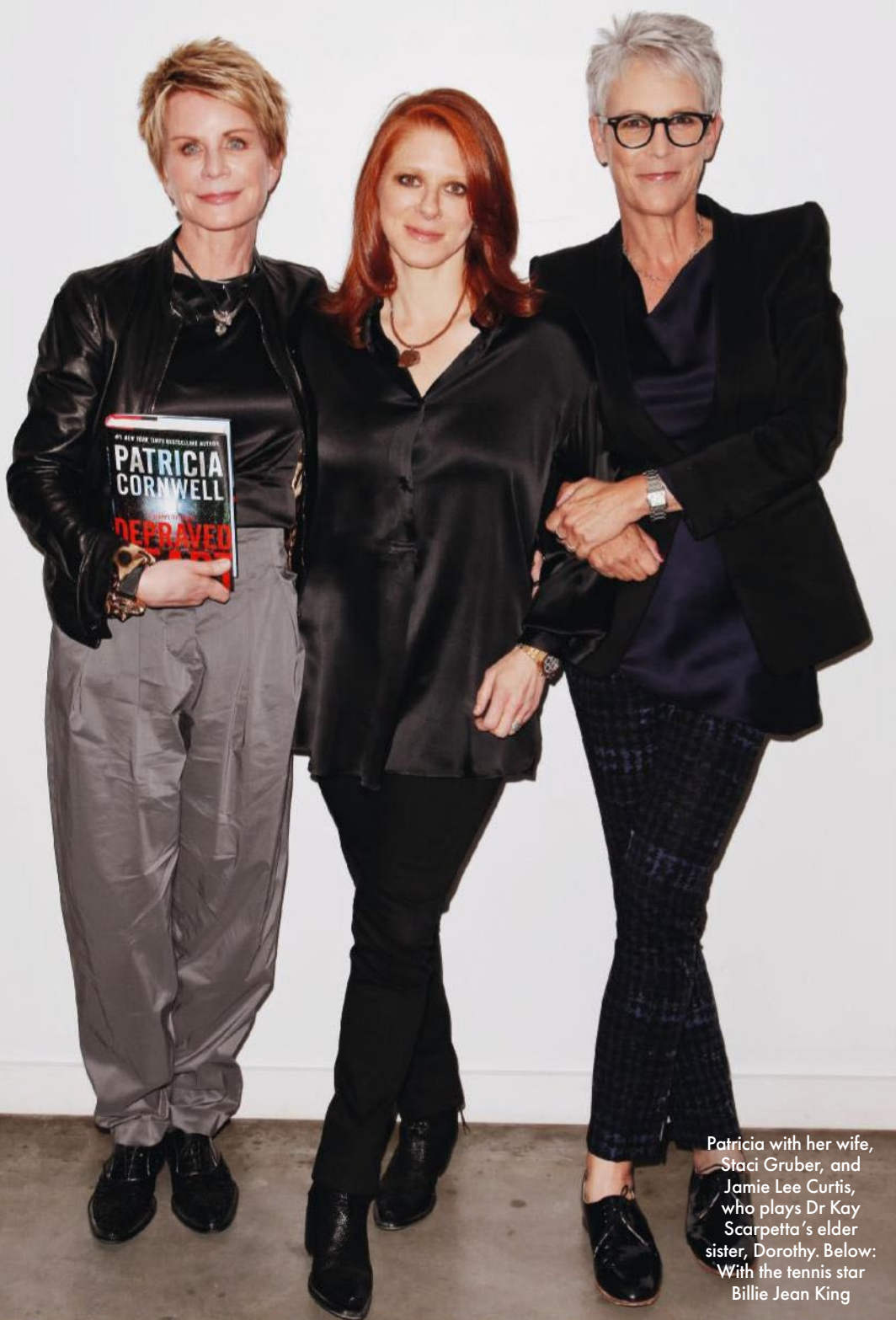
She has now turned her remarkable life story into a moving memoir, *True Crime*. She took on the project after a script for a TV pilot based on her life was developed – one she felt didn’t represent her experiences.

#### **TAKING CONTROL**

“I didn’t recognise the person who was supposed to be based on me,” she says. “I thought: ‘Maybe I’ll do an autobiographical treatment that will help the writers.’ Then I thought: ‘What the heck? I’m just going to write this myself. Nobody else should tell the story but me.’” ▶



Patricia, who has sold 120 million copies of her novels, is now telling her life story in a moving memoir. Top left: The author makes a cameo appearance in *Scarpetta*, starring Nicole Kidman



Patricia with her wife, Staci Gruber, and Jamie Lee Curtis, who plays Dr Kay Scarpetta's elder sister, Dorothy. Below: With the tennis star Billie Jean King



That story includes her father's abandonment of the family when she was five, resulting in her depressed mother leaving Patricia and her brothers to fend for themselves. At one point, her mother burned all of the children's clothes and drove them to the evangelist Billy Graham's house, begging for help.

It was Billy's wife, Ruth, who took the youngsters under her wing, finding them a foster home and encouraging a young Patricia to nurture her passion for writing, which resulted in her first job as a journalist.

From there, she moved to work at the Office of the Chief Medical Examiner in Virginia, where she encountered Dr Marcella Farinelli Fierro, the real-life inspiration for Scarpetta.

Her first book was rejected, but she persisted. Her debut novel, *Postmortem*, was published in 1990, and has been followed by dozens of literary hits.

There had been talk of a TV adaptation of her work for decades, but the Amazon Prime production of *Scarpetta*, which also stars Jamie Lee Curtis, is the first to make it on to screens.

"It is really such a well-done show – it's dynamic," she says. Of her leading actress, she adds: "The truth is, Nicole Kidman is far more like Scarpetta than I am. She's cool around the edges but she's warm inside. She listens and watches far more than she speaks.

"I was watching the premiere and I thought: 'Holy smoke, she's got this character down. I'm beginning to think they're the same person.' I feel incredibly honoured that these people would want to play my characters."

#### ACTING DEBUT

Patricia herself makes a cameo in the first episode. "I was thrilled to be asked. I was also very nervous because I don't bother memorising things much any more, and I thought: 'Oh gosh, I can't flub this up! What if I slow down production and they overrun by a million dollars because of my cameo?' And it's with Nicole Kidman, so the bar is set pretty high. But it was a huge treat."

Her memoir is a return to the project she started as a teenager. "Half a century later, I opened the manuscript box, which I haven't touched since college. My memories at that age were so much more vivid than they would be today... I'm telling you, this book wrote itself. It's as though I had my finger in a wall socket."

She turns 70 in June, and is happier and more settled than ever, having been married to Dr Staci Gruber, a professor of psychiatry at Harvard University, for 20 years. Patricia was previously married to Charles L. Cornwell; the pair divorced in 1989.

Her wife is "amazing", she says. "I can't imagine life without her. We both respect each other's careers and she's also my very best friend. I can't imagine how lonely my life would be if Staci wasn't around. She's a wonderful human being."

So what's next for the literary powerhouse? For her 70th birthday, she would like to start playing tennis again – hopefully with her great friend, the ground-breaking former champion Billie Jean King.

And she has no plans to stop writing, having recently submitted the manuscript for her 30th Scarpetta novel. "As long as people still want my stories and I'm able to write them, I'm going to keep on doing it," she says. **H**

INTERVIEW: LAURA BENJAMIN


*True Crime* is out now, published by Little, Brown

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**'I FEEL  
HONOURED  
THAT THESE  
PEOPLE  
WOULD WANT  
TO PLAY MY  
CHARACTERS'**

---



A full-length portrait of Nicole Kidman standing against a light grey background. She is wearing a long-sleeved, floor-length dress covered in gold sequins. Her hair is long, wavy, and blonde. She is smiling slightly and looking towards the camera. Her right hand is visible at the bottom, wearing a ring.

Nicole Kidman at this year's Vanity Fair Oscar Party; and (right) with daughters Sunday Rose and Faith Margaret. Bottom right: with her *Scarpetta* co-star Simon Baker

# 'I ALWAYS WANT TO FEEL EXCITED'

*Nicole Kidman shares her 'erratic' approach to picking roles and why she still feels lucky to be an actress*



**N**icole Kidman is poised for a big year. The actress, 58, finalised her divorce from Keith Urban in January and made headlines recently when she was spotted hand in hand with the actor Simon Baker at the premiere of their new thriller, *Scarpetta*.

They are both from Australia and have been friends for decades. At one point, Simon, 56, lived with Nicole and her first husband, Tom Cruise. Nicole is also godmother to Harry, Simon's youngest son with his former wife, Rebecca.

Now, the pair have teamed up for the Prime Video series based on Patricia Cornwell's novels, with Nicole in the title role as the medical examiner Dr Kay Scarpetta and Simon playing her husband, the FBI profiler Benton Wesley.

"It's actually a role that first came to me a long time ago," Nicole says. "I loved the idea of playing her then, but the script wasn't quite there. It's taken time for us to get here and to really feel that we're doing justice to this truly iconic character that Patricia created, and to the source material."

She is thrilled to star alongside Jamie Lee Curtis, who plays her sister. "I have long been such a fan of hers, but we've never worked together. This is the first time. We had met a few times, but that's it. I was so excited when Jamie Lee picked this up and brought it to me. I couldn't wait to say yes."

With a career including such varied hits as *Moulin Rouge!*, *Big Little Lies* and *Babygirl*, it's

little surprise that, when it comes to choosing projects, Nicole confesses to being "quite erratic".

"I have been known to want to do a project because of the location," she laughs. "But there is no method to the madness."

"There is a want for spontaneity and a desire to always go and do something new. I always want to feel excited because, as you get older, that becomes the most precious thing."

Looking back, "I just think how lucky I have been and how lucky I still am to be a working actor", she adds. "I'm so grateful to have a job I love. It's an amazing gift that I've been given."

#### BUSY SCHEDULE

Nicole also stars in Apple TV's new comedy-drama series *Margo's Got Money Troubles* and the forthcoming film *Practical Magic 2*.

Away from her packed work schedule, she treasures time with her youngest daughters, Sunday Rose, 17, and Faith Margaret, 15, from her marriage to Keith (she also has a daughter and son from her marriage to Tom Cruise).

"I love to just spend time with my kids. I love to put on my pyjamas. I sound incredibly boring, I know! I'm so happy to be here, to be doing what I do and just having fun. I'm just grateful, very happy and incredibly blessed." **H**

INTERVIEW: KATIE ELLIS/FEATS PRESS





**HELLO!**  
**WILLIAM & KATE**  
 CELEBRATING 15 YEARS OF MARRIAGE



FROM FRIENDSHIP TO LOVE, CHILDHOOD ALBUMS & A LOOK AT LIFE BEHIND PALACE WALLS

**ON  
 SALE  
 NOW**

# WILLIAM & KATE

## CELEBRATING 15 YEARS OF MARRIAGE

*Millions of people around the world tuned in to watch Prince William and Kate Middleton exchange vows in 2011. As we mark this milestone anniversary, we chart their journey from university sweethearts to proud parents, and explore their modern vision for their future reign*



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HELLO!  
SECOND  
ACT

# 'I WAS BURNT OUT'

*She sold her fashion chain for £100m, but Karen Millen is having to start over in her sixties after 'losing everything overnight'*

Heading into early retirement with £100m in your bank account sounds like a perfect start to midlife. Such was the case for the designer Karen Millen after she and her former husband, Kevin Stanford, sold their fashion empire in 2004, when she was in her forties.

However, the dream scenario rapidly turned into the "worst phase" of her life when she was hit with "disaster and downfall".

"When we initially sold [the business], I was pretty broken. I was in a bad way emotionally and physically, burnt out and exhausted," she tells Ateh Jewel on this week's episode of HELLO!'s Second Act podcast.

"I didn't really enjoy the rewards of it to start with. Getting up the next day, you're like: 'Well, I no longer have a relationship. I no longer have a business, a workplace.' Apart from my children, there was a feeling that I didn't have a purpose any more."

Not only had she said goodbye to her name and the company she had spent decades building, but the period also marked the end of her marriage. In 2004, after an initial separation in 2001, Karen, now 64, split from her husband. "It felt like: 'It's time to let go of everything and move on. We've taken it as far as we can.'"

## BUILDING BACK STRONGER

In 2017, a string of badly advised financial investments meant that the mother of three went from being a multi-millionaire to being declared bankrupt, losing everything almost overnight, including her home of 20 years. "It was shocking. It's a bereavement. I beat myself up over it, but you have to learn," she says.

At 60, Karen needed to go back to work. However, her business deal meant that she couldn't use her own name. "That was painful," she says. "I've got so much that I still want to do and I feel as though I'm being held back."

Instead, she is working behind the scenes with her daughter Jordan, 34, on a new fashion venture. "The good thing is that I want to [get back to work]. I've got the energy, too. And I feel I've still got lots to give."

"I'm working with the Creative Women Platform, which empowers women to build their confidence and help their businesses."

After such a difficult time, turning 60 felt like a fresh start. "That bad stuff is behind me. This is a new decade, something to look forward to. I try to

take on the positives of getting older, the wisdom and the knowledge I've gained." **H**



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



# 'I'M FULL-ON ROCK'N'ROLL'

*The singer Tori Amos opens up about her  
4am bedtimes on tour, how she tackled  
menopause and being a 'chill hottie' at 62*

**T**ori Amos is living the rock'n'roll life that many can only dream of. At 62 – or “59 plus three”, as she prefers to put it – the flame-haired American singer-songwriter is fully embracing her second act, celebrating the recent release of her 18th album and enjoying afterparties with 4am bedtimes on tour.

This spring and summer, Tori is embarking on her biggest tour of Europe in a decade, followed by a string of US shows. She'll be performing tracks from her extensive catalogue of songs, which includes the Nineties hits *Cornflake Girl* and *Professional Widow*, along with tracks from her latest album, *In Times of Dragons*.

Her new lease of life comes after navigating menopause. The Grammy Award-nominated star describes it as “a trial by fire” – but one that she tackled and triumphed over with medical help.

“I'll be really honest with you – my testosterone level was at, like, nowhere,” she says. “I was exhausted, and when you're exhausted, I don't think you can necessarily make clear decisions for yourself. I reached out for help and I got that help.”

“If you don't get your levels checked, you might think you're losing your mind, and in some ways you are, because your levels aren't balanced



Tori with her daughter, Natashya Hawley, who sings on the star's new album

## 'MENOPAUSE WAS A TRIAL BY FIRE, BUT I REACHED OUT FOR HELP AND GOT IT'

and it affects your thinking and how you see yourself. But if you get through to the other side, the goal is that you become a chill hottie."

Tori chats to us via video call from her home in Cornwall, where she's been rehearsing for her tour, which is now under way. "It's exciting," she says. "It's the first time I've had background vocals. I have three amazing singers."

The star's use of backing singers for the higher notes in her songs has been a subject of discussion on social media. She explains that her voice has deepened since going through menopause.

"My range has got a lot lower, and that's just the way it is," she says. "In the Nineties, I was hitting F sharps and high Gs. My register has gained on the low side, so it's smokier. If you don't adapt, you collapse."

Life on tour for Tori is as wild as one would hope. "I'm full-on rock'n'roll," she says, revealing that her tour bus even has a wine cellar that she likes to share with her crew.

After a show, she has supper – usually a protein-based salad – at 1am, and then the wine is opened. "I get to bed at about 4am, and it all starts again. The bus travels all night, so I'm woken up at 8.30am. Then we get to the hotel room."

Supporting Tori is Mark Hawley, a British sound engineer and her husband of 28 years. The

couple met while working together in the Nineties and began dating shortly afterwards. "I think working together is our first language," she says.

Away from the fans and fame, Tori lives a peaceful life in North Cornwall, not far from the coastal town of Bude.

"It's beautiful," she says. "The farming country runs up to the sea in some places, so you have the surfers and the farmers' daughters; the surf women and the farmers' sons." It sounds like a new reality TV show. "It could be! There's enough going on in those towns," she says.


"I like that we're far away from the big cities; the closest is probably Exeter. We're an hour and a half out. I think the air is different here. I think you breathe differently; I think you think differently. There's a freedom in Cornwall and in the people."

Tori also has a beachside home in Florida, which is loved by her seven-year-old great-nieces. "I've had this place since 1995, before I knew I was marrying a Brit," she says. "They call it Fairy Beach. They leave letters for the fairies – it's magical. How do grown-ups know that fairies don't exist?" she asks. "That's just so ridiculously boringly human."

### FAMILY AFFAIR

She describes her new record – which features vocals by Natashya Hawley, Tori and Mark's 25-year-old daughter – as an allegory of present-day America in which she portrays a fictionalised version of herself navigating a "metaphorical story about the fight for democracy".

"The only difference [in the story] is that I'm not married to a 'pirate roadie' like I am in real life – I'm married to a billionaire," she says. "I had possibilities in the Nineties. I usually hung out with the rock guys, but I had other options!"

When her tour ends in September, Tori is planning a "little bit of an escape" for herself and Mark. "I think to be '59 plus three' and going out on a major tour that people will still come to is a major blessing. I'm very grateful for that." 

INTERVIEW: SOPHIE HAMILTON

*In Times of Dragons is out now. For tour dates, visit [toriamos.com](http://toriamos.com)*

## DON'T MISS THIS WEEK...



### TV GOOD OMENS

Michael Sheen and David Tennant (above) reprise their roles as an unlikely angel-and-demon duo in the final, feature-film-length episode of this hit comedy-fantasy series, in which they must unite to stop a devastating apocalypse.

**On Prime Video from Wednesday**



### BOOK

#### THE HIDING SEASON

Seeking a fresh start after a divorce, Maya takes a job at a ski resort in Montana. When she uncovers a body that later disappears, she has only one man to turn to – but is he everything he claims to be?

**By AC Glass, out now, published by Century, priced £18.99**



### THEATRE

#### DARK NOON

This mind-blowing reimaging of the birth of America comes to Brighton, featuring a cast of South African actors telling the story through an outsider's lens via slapstick humour.

**At Brighton Dome Corn Exchange from 21 to 24 May**



### FILM

#### REMARKABLY BRIGHT CREATURES

Shelby Van Pelt's best-selling novel is brought to life in Netflix's adaptation, which follows a widow and aquarium worker (Sally Field, above with Lewis Pullman) who forms a life-changing bond with a giant Pacific octopus (voiced by Alfred Molina).

**Available on Netflix now**

# PUZZLE TIME

TIME TO  
TAKE A  
BREAK

*Train your brain with our tea-break teasers.  
Answers next week*

## WORDSEARCH

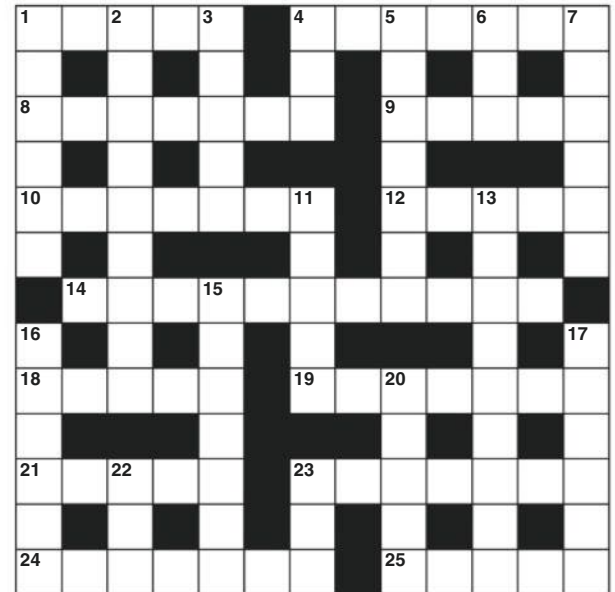
E	M	J	Z	B	U	F	F	A	L	O	O	M
G	D	N	A	L	S	S	A	R	G	C	A	E
D	S	D	R	U	Y	T	H	S	Y	T	S	L
O	I	R	C	E	D	E	U	Y	S	R	I	O
L	G	M	A	I	L	N	K	E	E	O	S	H
T	H	P	R	L	S	E	E	N	I	N	A	R
H	T	U	E	E	U	B	P	S	O	N	A	E
S	I	I	T	E	E	C	O	H	T	M	K	T
N	N	C	G	D	J	D	O	E	A	C	R	A
I	G	L	L	E	T	I	L	N	A	N	B	W
A	N	I	M	S	R	O	K	R	I	O	T	R
L	W	O	T	I	P	E	T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

Locate all these safari related words in the grid. The answers always appear in a straight line – forwards, backwards, up, down or diagonally. You can use letters in the grid more than once.

AFRICA  
ANTELOPE  
BINOCULARS  
BUFFALO  
ELEPHANT  
GRASSLAND  
HYENA  
JEEP  
LION  
LODGE

MONKEY  
OASIS  
PLAINS  
SIGHTING  
SUNSET  
TIGER  
TRACK  
WATERHOLE  
WILDEBEEST  
ZEBRA

## CROSSWORD



### ACROSS

- Canada's leaf emblem (5)
- Hit the sack (2,2,3)
- Economically prudent (7)
- Enthusiastic (5)
- Annually published list of events (7)
- Plea of having been somewhere else (5)
- Full measure (11)
- Maths proportion (5)
- Headache pill (7)
- Welcome caller (5)
- Bravery (7)
- Tie-breaker (7)
- Mix (dough) (5)

### DOWN

- Common, shared (6)
- Supreme (9)
- Gamine (5)
- \_\_\_ Fawkes, 1605 plotter (3)
- Between 12 and 20 (7)
- Succeed in securing (3)
- Cause (a train) to leave the tracks (6)
- Chocolate-based drink (5)
- In human form (9)
- Semi-opaque (glass) (7)
- Extremely cold (6)
- Propose, plan (6)
- Guts, mettle (5)
- And so on (abbrev) (3)
- Family vehicle (3)

## LAST WEEK'S ANSWERS

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

# STYLE

FASHION | BEAUTY | WELLBEING



*Spring has sprung... we look ahead to the Chelsea Flower Show for fashion inspiration, hail the health benefits of walking and ask the Greek fashion designer Mary Katrantzou what luxury means to her*

PINK CITY PRINTS VINTAGE BOUQUET SICILY SKIRT, £145. TOP, £135. BAG, £55. AND HEADBAND, £27 AS PART OF SET. ALL PRICES AND STOCKIST DETAILS IN STYLE CORRECT AT TIME OF GOING TO PRESS



## THE SHOES

Each year, Penelope Chilvers has a stand at the RHS Chelsea Flower Show; it's a collaboration of quintessential Britishness. "We love to think up a horticultural theme for our stand and we invite friends of the brand to this event," Penelope tells **HELLO!**. "It's a big celebratory moment for us."

Alongside footwear (the Dali and Allegra espadrilles are key for this event), Penelope will be bringing her new ready-to-wear collection to the prestigious horticultural showpiece. The floral prints and ruffle hems are equally fitting for the annual event.

**Dali espadrilles**, from £139

## THE UPSCALE FLORAL

Across the Atlantic, the New York-based designer Alix Verley-Pietrafesa is the founder of Alix of Bohemia. Her bohemian upbringing, surrounded by nature in upstate New York, is reflected in her pieces, which often feature bold floral prints. This shirt would work well worn with a satin skirt, or denim for an off-duty look.

**Winn ruffled floral-print cotton-voile blouse**, £355



# HOME GROWN

*Floral displays at Chelsea Flower Show are not limited to groundbreaking garden designs*

## FIT FOR THE OCCASION

From the Cheltenham Festival and Badminton Horse Trials to the Chelsea Flower Show, Holland Cooper has become synonymous with event dressing. "This year feels particularly meaningful, as we're bringing Holland Cooper to Chelsea with our very first exhibition space," the brand's founder, Jade Holland Cooper, tells us.

"It's a real milestone for us. The Royal Horticultural Society represents British heritage, craftsmanship and horticulture in such an authentic way, which aligns so closely with our own values, so it feels like a very natural step for the brand."

**Chatsworth dress** (above left), £249, and **Aimee sleeveless dress**, £179

# FASHION



## THE JEWELS

Amp up your floral layering with jewellery.

1. Anabela Chan Turquoise Roi De Soleil earrings, £2,390
2. Alex Monroe Garden Gathering & Baby Bee necklace, £165
3. Fable England gold pansy and pearl drop earrings, £34
4. Swarovski Idyllia bracelet, £119
5. Loquet London pink sapphire rose charm, £350



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

**Pink City Prints Sierra dress, £260**

"Turning up to an event only to find you're wearing the same outfit as someone else is usually a faux pas, but when the person with whom you're twinning is the brand's founder, it somehow isn't so bad.

"When I attended lunch at the beautiful Jikoni restaurant in Marylebone to preview Pink City Prints's summer 2026 collection, I was wearing the label's Sierra dress, featuring vintage daisy embroidery – and so was its founder, Molly Russell. Quite the icebreaker.

"For those not familiar with the British brand, it offers a rich tapestry of hand-crafted, insanely flattering dresses and separates, plus accessories including bags and hair bands.

"Pieces are developed in close partnership with artisans in Jaipur, using ancient techniques such as block printing, handloom and hand embroidery. My exquisite dress took two days to make.

"Molly never planned to be a fashion designer, but instead studied sculpture at the highly regarded Glasgow School of Art. While studying, she travelled to India, where she discovered block printing.

"Watching artisans use centuries-old techniques to create vibrant textiles by hand was completely captivating," Molly says.

"Instead of studying textiles formally, I learnt by doing – splitting my time between teaching in London and working alongside artisans in India. I experimented, made mistakes and embraced the beauty of small-scale production."

"Jikoni is also female-founded, owned and run by the award-winning journalist, author, chef and restaurateur Ravinder Bhogal. The food was incredible, and luckily, I didn't spill any down my dress."

**Becky Donaldson, HELLO!'s head of fashion**

## THE NEW COLLAB

For the first time, Aspiga will have a stand at the Chelsea Flower Show, showcasing the British brand's collaboration with the Royal Horticultural Society. "Our floral prints are always bestsellers, and nature is a huge source of inspiration,"

Aspiga's founder, Lucy Macnamara, tells us.

"This year, we've drawn inspiration from the archives of the RHS Lindley collections, with both ditsy florals and more dramatic prints. The collaboration blends our commitment to conscious craftsmanship with the timeless beauty of the natural world."

**RHS halterneck dress, £260**



## HAND IT TO THEM

Fragrance meets skincare in beauty's newest and most deliciously scented status symbols – hand creams that deliver both olfactive pleasure and skin benefits.

Vyrao's mood-shifting formulas, which come in five signature scents – we love the cult-favourite **Witchy Woo** (3, £49) – lead the charge with vitamin E and hyaluronic acid for serious skincare credentials.

Dior's **Miss Dior** hand creams (2, £52) also lean into the sensorial, with centifolia rose water at the heart of the 2026 update.

And then there are **Dries Van Noten's** artfully designed hand creams (1, Soie & Amber, £40), which blur the lines between beauty and object. With scents echoing the house's eau de parfums, they're as display-worthy as they are indulgent.



*Indulge your senses  
with a cult citrus  
candle, fragrant  
hand creams and  
Italian-inspired scents*

# BEAUTY NEWS



## BOUGIE GARDEN

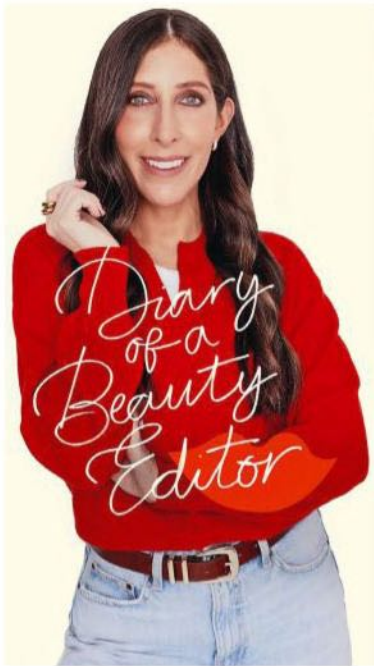
Ah, the great British outdoors! Cold, you say? Enter Jo Malone's new **Lime Basil & Mandarin Outdoor Candle** (£300). It won't stop the rain – or deliver much in the way of warmth, despite its impressive size – but it will transform even the most optimistic, first-hint-of-sunshine barbecue into something far more special.

The cult-classic citrus scent, featuring zesty lime lifted by an aromatic hint of basil, has been encased in a porcelain matte-glazed vessel, crafted in the UK by specialist producers. All this makes for the most show-stopping mosquito deterrent we've ever seen. Scent-scaping at its most elegant.

# BEAUTY

## BOOK CLUB

Scrolling versus page-turning? When it comes to beauty, we'll take the hardback wisdom every time. **Sarah Jossel's Diary of a Beauty Editor** (£20) is as insightful as it is addictive. You may recognise her from ITV's *This Morning*, but the award-winning columnist on *The Sunday Times Style* magazine has far more to say than can fit into a five-minute segment. This is the ultimate beauty guide, whether you're a teenager navigating skincare trends, a new mother rediscovering routines or simply seeking advice that cuts through the noise. Nothing is off-limits (chin hairs included) and her refreshingly honest anecdotes make it all the more relatable.



1



2



3



## ITALIAN ROMANCE

Indulge in a holiday fling with three scents inspired by Italy – minus the risk of flight cancellations or cultural clashes. **Jo Loves's With Love from Capri** (3, £135) whisks you off to a beautiful beach, opening with bright citrus and taking a meander through bitter orange leaves, ginger and magnolia before settling into a warm base of patchouli and ambergis.

Island-hop to Sicily with **Tom Ford's Taormina Orange** (1, £220), a citrus-woody fragrance in which juicy blood-orange groves give way to dramatic sea vistas with oakmoss and salt-skin musks.

Then, when your love affair inevitably ends, lament with **Valentino's Born in Roma Purple Melancholia** (2, £130), a bittersweet blend of plum, osmanthus and creamy Madagascar vanilla.



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

**Tatcha The Silk sunscreen, £65**

"We all know the mantra – every day is SPF day. Louder for the people at the back: every. Single. Day. Yet remarkably, only one in six Brits actually wear it daily. I'll admit that I used to be one of those who didn't. It took a forensic skin scan, and the not-so-cute reveal of pigmentation lying in wait, to shock me into action.

"That said, it's not a category I got overly excited about until I met this pore-perfecting mineral sunscreen, which instantly makes my skin look better and has calmed the rosacea on my nose, too. Also, waxing lyrical about an SPF will surely secure me a pass straight into beauty-editor heaven.

"I'm usually allergic to hype, but Tatcha's skin hero broke my resolve. After I heard whispers of its greatness from US compadres, it instantly became a Space NK bestseller when it landed in the UK. I personally prefer a mineral formula for everyday wear – although Tatcha's latest chemical SPF launch, The Milky Sunscreen, £49, is possibly better for darker skin tones – and this one boasts a light-as-air texture.

"The runny consistency is slightly unnerving at first, but it blends seamlessly, meaning that any make-up I do put on top looks all the better.

"Maybe it's the hyaluronic acid or niacinamide, but my skin behaves better, too, which makes me want to wear it every day. And that's the true sign of a great sunscreen." **Cassie Steer, HELLO!'s head of beauty**



## BEAUTY COLLECTIVE KEEPER

**Nars Light-Reflecting Luminising Stick, £33**



"Nars's The Multiple was the first complexion stick I ever used – in the shade Copacabana; rest in peace – and this new launch from the brand feels like a modern-day version, with one swipe giving the dewy, glass-like skin we all dream of these days. The champagne-toned Electra shade is my favourite to glide across my cheekbones for effortless luminosity."

**Melanie Macleod, HELLO!'s deputy beauty and lifestyle editor**





# STEP IT UP

*Personal trainer Sarah Campus explains how to lose weight by walking. And the best news? You don't have to walk further*

Whether you track your steps via an Apple Watch, an Oura Ring or a good old-fashioned pedometer, the chances are that you have a daily goal in mind.

Ten thousand steps per day has long been touted as the holy grail, but this number was recently called into question after it was revealed that the rather lofty total was dreamt up by a pedometer brand in the Sixties.

That's not to say that we've been wasting our time and energy in trying to hit an arbitrary step target for all these years. Sarah Campus, a personal trainer who builds walking into all of her programmes for her clients, reassures us that between 8,000 and 10,000 steps per day is ideal if you're building them into your everyday life.

"The most important thing about walking is consistency, and to get an average of 30 minutes of movement per day, ideally five times a week," Sarah says.

She adds that there is a way to supercharge workouts and make our walks work harder, and this is by adding small weights. "You can change how hard walking is by adding load. You could carry a backpack, or push a buggy or a Zimmer frame, for example – it really is for everyone."

## SHOULDERING THE LOAD

Explaining why weighted walking helps with weight loss, Sarah says: "Adding weight increases the overall demand on

your body. Carrying extra load makes your muscles work harder, raises your heart rate more than normal walking and increases calorie burn for the same amount of time.

"It also slightly shifts the workout towards resistance training, which helps to preserve or build muscle and longevity," she continues.

"This matters because muscle tissue uses more energy than fat, even at rest, so over time your baseline energy expenditure improves.

"In simple terms, weighted walking turns a low-intensity activity into something closer to a full-body workout, so you get more 'return' from the same 30 minutes."

## GETTING STARTED

Sarah suggests starting by adding something light, such as 0.5kg or 1.1lb weights – you can wear these around your wrists or ankles, or hold light hand weights, if you prefer.

"Once you feel happy with the 0.5kg [1.1lb] weights, you can gradually increase them," Sarah says.

"The main thing I encourage is to listen to your body. If you feel those weights are enough, leave it there; then, when it starts to feel easy, go up to 1kg [2.2lb] or 1.5kg [3.3lb].

"The more consistently you do weighted walks, the more your body can take, and you can increase the weight.

"I always encourage people to try to challenge themselves to get that little bit

heavier. We want to add that strength and weight element, because it will support bones as well as weight loss."

She notes that people often feel intimidated when they're introduced to weight training, but weighted walking is one of the most accessible ways of getting into it.

## REAPING THE BENEFITS

If you've added ankle weights to your shopping basket and you're wondering how quickly you'll lose weight from walking, Sarah has some interesting – and encouraging – insights.

"If someone is doing 30 minutes of weighted walking five times a week, they'll usually start to feel a difference in fitness within two or three weeks," she says. "They will note signs of better stamina and less breathlessness."

She notes that visible or measurable changes can take a bit longer and vary between individuals. "This can take around four to six weeks for cardiovascular fitness and early strength gains, especially in your legs and core."

For noticeable changes in body weight or body composition, six to eight weeks is the norm, "assuming that nutrition isn't working against them".

Sarah adds that strength improvements come partly from muscles adapting to the extra load fairly quickly, even before they visibly grow.

With the weather just about warming up, we'll see you in the park, ankles adorned with weights...

## RESISTANCE BUILDERS

### 1. Bala Bars Weights, £51.49

Comfortable to hold and pretty to boot? We're sold. Weighing 1.4kg/3lb, this ergonomically designed option is a great place to start.

### 2. Sweaty Betty Ankle Weights,

from £35 Available in 0.9kg/2lb and 1.8kg/4lb versions.

We want to buy the Melon Pink and Dusk Beige colourways to match them to our outfits like real Pilates princesses.

### 3. Onyx Bracelet Weights, £34.99

At 0.5kg/1.1lbs, these are perfect for beginners. They're delicately designed for your wrists but can be worn on your ankles, too.

Q

## My eldest child is sitting her A-levels and I want to support her without being annoying or overbearing. How can I help?

I feel your pain. The weeks leading up to those exams are a time when families truly come together, welded by the horror of enforced confinement and boredom. Without wishing to diminish any actual condition, I'm pretty sure I have some sort of lingering effects from my children's A-levels (parental traumatic stress syndrome?).

I always think that having children revising at home – whatever their age – is like being a nurse in an intensive care unit: they need constant support and care, and every now and again there will be a meltdown and a “crash team” required, with solutions such as hot chocolate or watching a film.

I must congratulate you on being so considerate about your daughter and remind you that your concern immediately marks you out as being a great mother.

### DON'T TAKE OFFENCE

As a parent with quite a few years under your belt, you'll be well aware that on the whole, the more stressful the situation, the ruder your child may be. Normally I'm rather Victorian about manners and mealtimes, insisting on both politeness and punctuality. This is one period when a little bit of being offhand is allowable (though being downright unpleasant is never acceptable).

It's also a time when I have historically turned a blind eye to such behaviours as leaving the kitchen a shambles, keeping extremely erratic hours and regularly going from nought to 60 in three seconds on the rage scale. Of course, whatever you say, you'll be told that you “just don't understand”.

### DON'T TELL THEM WHAT TO DO

This will be counterproductive. Guide them gently, rather than laying down the law (remember that you “don't

## CRACKING THE MENOPAUSE

Once upon a time, my friend Gina Bellman and I had adventures of the most glamorous variety: a week in the Bahamas flirting with our dive instructor or a weekend at the Cannes Film Festival.

This August, in age-appropriate fashion, we're taking my show, *Cracking the Menopause*, to the Edinburgh Festival Fringe, and I'm starting to panic.

Will there be enough perimenopausal and menopausal women plodding the streets of the Scottish capital to fill the Gilded Balloon's 300 seats for our ten-day run? And with all those

competing comedy shows, will anyone trust that there are enough one-liners in menopause to make it worth the ticket price? (The answer is yes, of course there are.) Such is the stuff that my early-morning anxieties are made of.

So, if you happen to be there between 10 and 17 August, please put me out of my misery by coming along and laughing loudly!



understand”). Revision prison is a terrible place, and although you and I know that they'll be out in a few weeks, they won't currently be able to see the light at the end of the tunnel. It will feel as though they are trapped for ever.

### SUPPORT IS EVERYTHING

As an adult, you know that, ideally, they should get up and go to bed at the same time every day, and have a realistic revision timetable, a distraction-free workspace, a good diet, occasional forays into the fresh air and plenty of sleep. This is likely to be directly at odds with what I've witnessed: phone to hand, piles of rubbish food and working until two in the morning (or doing something until then).

Suggest that you “hold on to” their phone for a set period of time while they concentrate, or that they invest in one of those apps that help you to focus (which you pay for), rather than having Snapchat buzzing distractingly in the background the whole time.

Don't comment on the mounds of junk snacks, but provide regular healthy meals and have fruit to hand (honestly, they'll put anything in their mouth – like toddlers).

### GET THEM MOVING

They may consider themselves too busy to do anything but sit in fixated panic at their desk, but getting some fresh air and doing a little exercise is proven to help with both mood and brain health.

Try to get them to join you at a gym class or on a dog walk (the latter is more likely but will involve you letting them talk about how uniquely terrible revision is for them), but even sitting outside away from the books will help a little. In desperation, I even ended up paying mine to walk the dog. Anything to get them moving.

And good luck. You will all need it!

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# LIVING

FOOD | WELLNESS | LUXURY



*Imogen Royall's  
pasta recipes  
will tantalise  
your tastebuds*

## HOT HONEY HARISSA *Serves 2*

"Sabrina Ghayour's cookbook *Bazaar* introduced me to the magic of honey and harissa – salty, sweet and spicy, all at once. So, inevitably, this pasta happened. It's quick, rich and just a bit unexpected. If you have time, it's worth soaking your halloumi in boiling water beforehand, as it makes the cheese extra-soft and melty."

### INGREDIENTS

- 1 pack of halloumi (200g-250g/7oz-9oz)
- Olive oil, for frying

- 160g/5½oz fusilli
- 1 tbsp butter
- 1 shallot, finely diced
- 1 garlic clove, grated
- 1 tbsp harissa
- 1 tbsp honey
- 50ml/1¾fl oz single cream
- Squeeze of lemon juice
- Handful of flat-leaf parsley, leaves picked and finely chopped
- Salt and freshly ground black pepper

1. Soak your halloumi in boiling water for 20 to 30 minutes, then

remove from the water and pat dry before chopping into 1cm/½in cubes.

2. Heat a little olive oil in a frying pan on a medium-high heat. Once hot, add your halloumi and fry until golden brown. Remove from the pan and set aside.

3. Cook your pasta, reserving some of the cooking water.

4. Pop the frying pan back on a medium-high heat and add your butter to the pan. Once melted, add your shallots. Allow them to

soften before adding your garlic.

5. Leave to cook for 1 minute, then add your harissa and stir before adding the honey. Stir to combine, then turn down the heat to low and stir in your cream. Season with plenty of black pepper and a pinch of salt. Add your fried halloumi to the sauce.

6. Drain the pasta and toss in the sauce. Loosen with pasta water as needed. Squeeze over the lemon juice and stir in the parsley. Finish with black pepper and serve. ▶

## STEAK & CHIMICHURRI GIGLI *Serves 2*

“The steak and chimichurri combo makes this dish a bit of a showstopper, ideal for a date night or when you want to impress without too much effort.”

### INGREDIENTS

- 1 rib-eye steak
- Butter, for frying
- 1 garlic clove, peeled
- 160g/5½oz Gigli pasta
- Salt and freshly ground black pepper

### For the chimichurri:

- Large bunch of flat-leaf parsley, finely chopped
- Small bunch of coriander, finely chopped (optional)

- 1-2 chillis (depending on spice tolerance and strength), finely chopped
- 1 shallot, finely diced
- 150ml/5¼fl oz extra virgin olive oil
- 2 garlic cloves, grated/minced
- Pinch of sugar
- 1 tsp dried oregano
- 1 tbsp red wine vinegar
- Salt and freshly ground black pepper

1. Around two hours before you start cooking, get the steak out of the fridge and leave it to come to room temperature.

2. Make the chimichurri by adding the chopped parsley,

coriander (if using) and fresh chillis to a bowl with the shallot, olive oil, garlic, sugar, oregano, red wine vinegar, salt and pepper.

3. Heat a cast-iron skillet until piping hot. Season the steak with plenty of salt, then place it down for 2 to 3 minutes on each side, applying pressure to get a nice crust. Add a big spoonful of butter and the garlic clove to the pan, then turn down the heat and spoon the melted butter over the steak for a few seconds. Turn off the heat and leave the steak to rest.

4. Alternatively, grill the steak on a

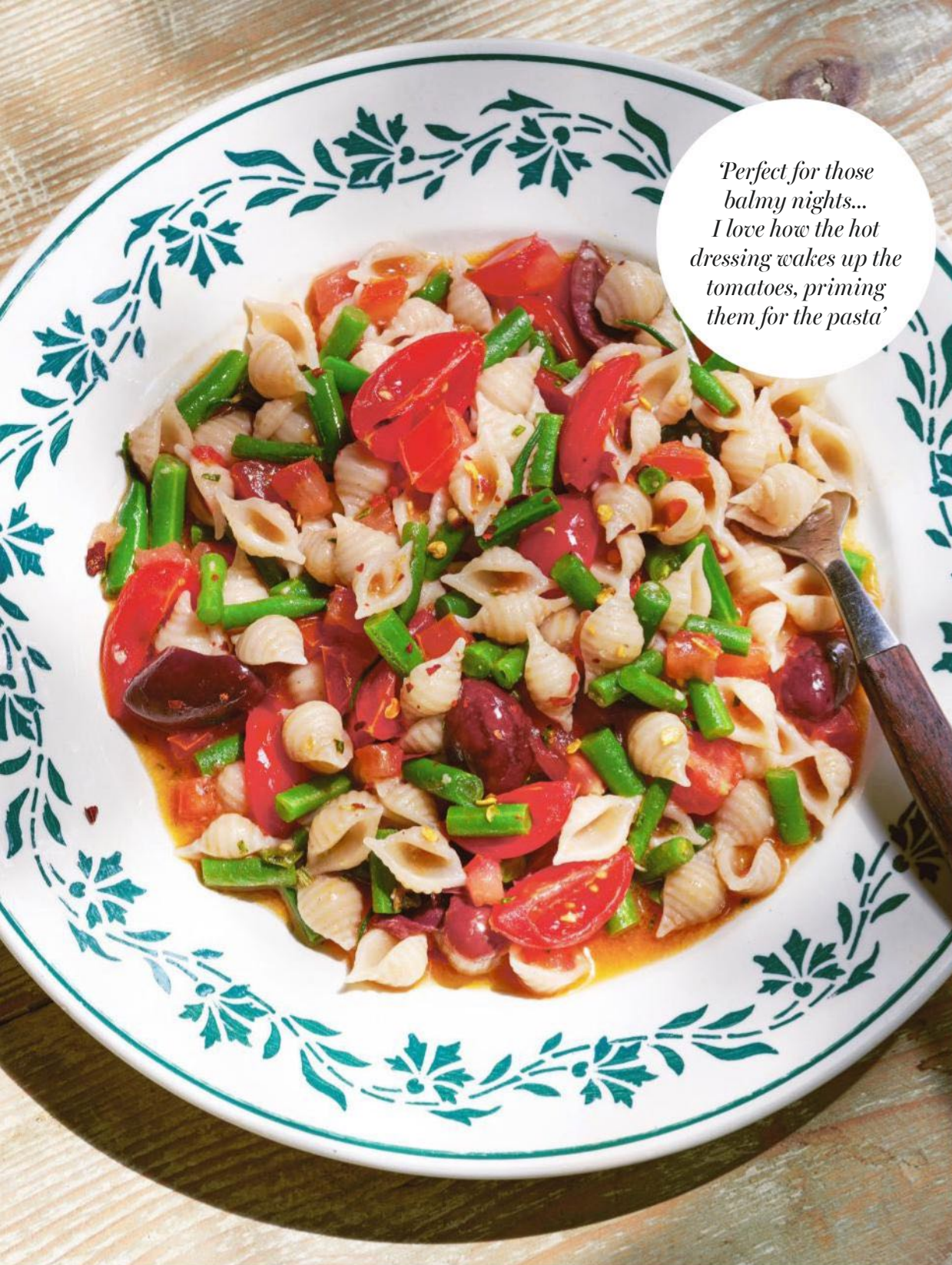
barbecue for 2 to 3 minutes per side to get a gorgeous char, then rest as usual before slicing.

5. While the steak is resting, cook the pasta, then drain it and stir through your chimichurri dressing to coat. Slice the steak and serve on top of the pasta, with more of the chimichurri to finish.

**Tip: Making the chimichurri in advance is a good idea for maximum flavour. Do it when you take the steak out of the fridge, or the day before if you're feeling organised.**



*‘The steak and chimichurri combo makes this dish a showstopper, ideal for a date night or when you want to impress’*



*'Perfect for those balmy nights... I love how the hot dressing wakes up the tomatoes, priming them for the pasta'*



## PASTA GETS A GLOW-UP

Fall in love with pasta all over again with these tasty recipes from Imogen Royall, co-founder of Northern Pasta Co. In her first cookbook, *Pasta for the People*, she shares her own dishes and recipes from celebrated chefs – think scrumptious sauces and flavourful combinations.

*Pasta for the People* by Imogen Royall, with photography by Joe Woodhouse, is out now published by Murdoch Books, priced £20

## WARM TOMATO & GREEN BEANS CONCHIGLIETTE Recipe by Tom Jackson; serves 2

"Perfect for those balmy nights, this is puttanesca-inspired, without the capers. I love how the hot dressing wakes up the tomatoes, priming them for the pasta."

### INGREDIENTS

- 3 plum tomatoes
- 150g/5½oz baby plum or other small, sweet tomatoes
- 90ml/3¼ fl oz olive oil
- ½ tbsp red wine vinegar
- 2 tbsp pitted black olives, torn if large (eg taggiasche)
- 4 sprigs of oregano or marjoram, leaves picked

- 180g/6½oz fine green beans, cut into bite-sized pieces
- 4 anchovy fillets, roughly chopped
- 1 fat garlic clove, grated/minced
- ½ tbsp chopped rosemary leaves
- Generous pinch of mild chilli flakes (eg Aleppo), plus extra to serve
- 225g/8oz conchigliette pasta
- Salt

1. Cut the plum tomatoes into quarters lengthways, then remove the seeds from each wedge and dice the flesh into pasta-sized pieces. Cut the baby plum

tomatoes into quarters lengthways (there's no need to deseed).

2. Place both tomato varieties in a bowl with half of the olive oil, plus the vinegar, olives and oregano. Season lightly with salt and toss to combine.

3. In a medium saucepan large enough to cook the pasta, cook the green beans in salted boiling water until just tender. Using a slotted spoon, transfer the hot beans to the marinating tomatoes, reserving the water for cooking the pasta, and toss to combine.

4. In a small pan over a low heat, add the remaining olive oil, plus the anchovies, garlic, rosemary and chilli flakes, and cook gently for 1 to 2 minutes, swirling until everything has dissolved and you have a smooth, fragrant dressing.

5. Pour the dressing over the tomatoes and green beans.

6. When ready to eat, cook the pasta. Drain well, then add to the tomato mixture and toss thoroughly. Rest briefly, toss for a final time and serve. **H**



MY LITTLE LUXURIES

Mary Katrantzou

*The fashion designer shares her take on luxury – expert craftsmanship, Mediterranean food and the Greek island of Spetses*

The fashion designer Mary Katrantzou, who was born in Athens, has been based in London since she graduated from Central Saint Martins in 2005, later earning a master's degree.

Her graduation show, featuring oversized jewellery trompe l'oeil prints on dresses, was critically acclaimed and went on to define her signature style.

In addition to her own designs and her role as Bulgari's first-ever creative director of leather goods and accessories, she recently created a collection with the Greek childrenswear brand Lapin House; it is available at a pop-up in Selfridges.

Mary is married to the neurology professor Marios Politis, and they have one son.

Selfridges. It constantly reinvents the retail experience while championing creativity. Opening our Mary Katrantzou x Lapin House pop-up there recently felt especially special. A round brilliant-cut diamond that belonged to my grandmother, passed on to me by my mother on my 13th birthday, is my favourite piece of jewellery.

Tokyo is my ultimate long-haul destination. I visited for the first time last year and there is so much to discover and explore. I can't wait to go back with my family.

'I'M DRAWN TO OBJECTS THAT CARRY A SENSE OF HISTORY'

A luxury evening for me is an intimate dinner with friends where conversation flows effortlessly; beautifully prepared food, a warm atmosphere and moments that feel both relaxed and meaningful. The meal would be something rooted in memory, often Mediterranean – fresh fish on the coals, on a simple table by the sea.

My biggest indulgence is craftsmanship. I'm drawn to objects that are beautifully made and carry a sense of history – pieces that feel considered and timeless.

A spa treatment during my travels, and taking time to reset and restore, is a small but essential luxury.

Time spent with our son is my simple luxury. Recently, through my collaboration with Lapin House, it felt especially meaningful to share with him what I do creatively.

I recently splurged on the Monete Minaudière bag from the new Bulgari Icons collection. What draws me to it is not only its craftsmanship but also the layers of history it carries.

The small daily beauty ritual that enables me to take care of myself is keeping it simple. More importantly, I try to get a good night's sleep.

My favourite store in London is

For a mini break, it's Spetses, a Greek island just under three hours from Athens. It's a place I've been connected to since childhood, when I spent all my summers there. A sleeping mask and a good read are always in my travel bag. On my latest trip to Los Angeles, I finished The Artist's Way by Julia Cameron.

Luxury at home is in the atmosphere you create. It's the small details that make a difference, like lighting a beautifully crafted candle or placing a freshly cut bouquet of flowers in a beautiful vase.

Greek extra-virgin olive oil is my luxury cooking essential. It elevates even the simplest dish and is so deeply connected to both flavour and wellbeing.

As I've grown, I've come to realise that luxury is time spent with the people you love, whether family or friends. It's the ability to wake up feeling grateful.



- 1. The Greek island of Spetses, where Mary spent childhood summers
- 2. Mary Katrantzou Iris dress in Blue Sky Lattice, £1,240
- 3. Kolympari Cretan Olive Oil, £60 for 5 litres
- 4. Tokyo in Japan is Mary's ultimate long-haul destination
- 5. The Artist's Way by Julia Cameron, £19.99
- 6. Monete Minaudière bag, £14,100

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