OK!
ISSUE 1561 • 14 SEPTEMBER 2026 • £5.40

KATE



HOW SHE'S HONOURING DIANA'S LEGACY WITH EVERY MOVE

'Kate has the same wow factor – people are mesmerised by her'

'She's made the monarchy more relatable – William is proud his wife is such a star'



PREGNANCY EXCLUSIVE

STRICTLY'S JOANNE CLIFTON AND AJ JENKS
'IN YOUR FORTIES YOU WONDER IF IT MIGHT NOT HAPPEN'

OKC1ST 080926
9 771362 288436 37
Export £5.40/€7.50 ROI €7.50
ESP €7.40 ESP Canaries €7.40
Por €7.40 FR €7.40 Malta €7.40



AMANDA HOLDEN
'I ADMIRE ANYONE WHO DOES STRICTLY – THAT'S HARD WORK'



ZOE BALL
'WE TALK ABOUT THE MENOPAUSE MORE NOW WHICH IS WONDERFUL'

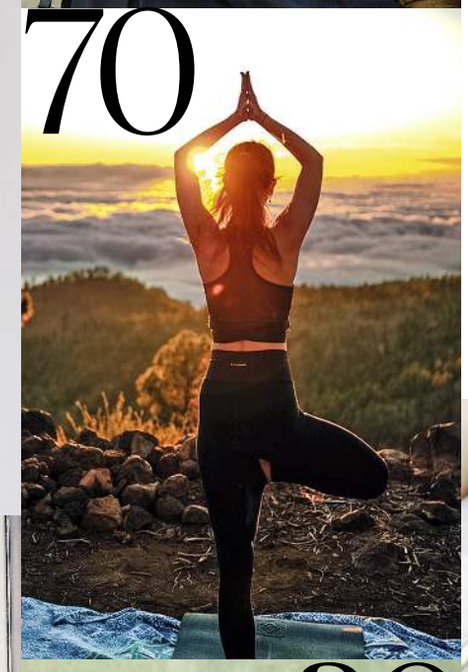
PLUS! HARRY STYLES MICHELLE VISAGE SARA DAVIES FASHION BEAUTY & MORE

Contents















COVER: GETTY IMAGES, DAVID CUMMINGS, BBC/TERN TV/FRANCESCA MORRISON. THIS PAGE: DAVID CUMMINGS, JAMES RUDLAND, DAVID REISS

Issue 1561, 14 September 2026

NEWS & INTERVIEWS

4 The Princess of Wales
14 The Royal Week
16 Joanne Clifton and AJ Jenks
26 Amanda Holden
30 Amy Nuttall
36 Harry Styles
40 Zoe Ball
44 Venice Film Festival
48 Michelle Visage
52 Sara Davies

LIFE & STYLE

57 Fashion
64 *OK*! Loves
66 Beauty
68 Recipes
70 Travel
74 Horoscopes

JOIN THE WORLD OF OK!

Get exclusive content by following us on these channels…



Kate wearing the Cambridge Lover's Knot tiara, also worn by Princess Diana (right)

KATE HONOURS THE LEGACY OF DIANA

As she forges her own path, the *Princess of Wales* takes inspiration from her late mother-in-law's hands-on approach





FROM LEFT: Diana with children in Bosnia weeks before her death; Kate in Italy in May

The Princess of Wales never got to meet her mother-in-law, who famously ripped up the royal rulebook while holding the same title, but royal expert Jennie Bond says much of Kate's modern approach to public duties – and her style as a mother raising the next generation of royals – can be credited to Princess Diana.

Diana, the former Princess of Wales, is often remembered for transforming royal engagements from stuffy, formal affairs into something much more personal. She took a hands-on approach to her public work, frequently chatting with people she met like a close friend.

Unlike royals before her, the princess also wasn't afraid to show her affection in public, particularly for her sons, and she was determined to give them "normal" experiences outside the palace walls.

Last week, Prince William and Kate privately marked the 29th anniversary of Princess Diana's untimely death at the age of 36. Almost three decades after her passing, former BBC royal correspondent Jennie exclusively tells *OK*! the "Diana effect" remains very much alive today, thanks in part to the Princess of Wales.

"To a generation who are now quite used to seeing a Princess of Wales sitting on the floor with a bunch of kids or carrying out an official engagement wearing jeans and trainers, it must be hard to appreciate what a revolution the last Princess of Wales created," she says.

"Diana changed the rigid way royal life had to be lived. I remember her telling me she was determined that her sons would be brought up in a way no previous princes had been. They would experience and witness life outside the gilded cage of royalty.

"They would learn to queue like other people - she said William rather enjoyed queuing - to visit the sick and homeless and understand that theirs was a hugely privileged existence.

"Even though she died when they were so young, her sons have absorbed so much of what she taught them. And Diana is one of the main reasons that we see William behaving with so much more informality than his predecessors.

"Catherine has been guided by William in the extraordinary ways of the royal world, and she has taken his lead in making the monarchy far more relatable and in touch. As William has said, he and I'm sure Catherine as well, intend to 'do' royal with a small r."

Kate's informal touch, like Diana's, is often seen on royal visits involving children, where she is happy to crouch down to the same level as them, throw herself into arts and crafts activities with them and ▸





'DIANA WAS OPEN WITH HER SONS ABOUT HER EMOTIONS AND THEIRS'

blow them kisses. Meanwhile, with adults she's happy to snap a casual selfie, chat about her life as a mum and proudly discuss her children - Prince George, 13, Princess Charlotte, 11, and Prince Louis, eight - and their hobbies.

She was even seen showering youngsters with cuddles, just like Diana, after completing her gruelling Three Peaks Challenge in aid of the Royal Marsden Cancer Charity. And at the recent charity polo match, she tenderly kissed William on the cheek.

Another cornerstone of Kate's work has been supporting mental health causes and her cancer recovery journey has focused on holistic healing.

Jennie adds, "Diana was open with her sons about her emotions and theirs. She told me she thought the monarchy was too remote, too unapproachable, and she intended to change that.

"Diana would, I'm sure, be delighted that William - and Harry - have continued the work she began about mental health. It was a taboo topic when she began addressing it, and I'm sure she would be proud that her sons and Catherine have made mental health something we all now talk about and acknowledge."

Of course, there have been inevitable comparisons between the two women, especially when it comes to their fashion choices, thanks to them both favouring designers such as Catherine Walker.

As well as wearing Diana's sapphire engagement ring, Kate is often spotted wearing other pieces of jewellery from Diana's collection, most recently her pearl strand bracelet at the wedding of Peter and Harriet Phillips.

One other major comparison between the two came earlier this year, when Kate embarked on her first official overseas visit since her cancer treatment. She visited the Italian city of Reggio Emilia in May on a fact-finding mission for her early years project, pulling in hundreds of fans everywhere she went.

The huge crowds that turned out for Kate made many compare the scenes to when Diana would make foreign visits.

Jennie accompanied Diana on many of those trips and tells us, "Seeing the throngs who turned out to cheer Catherine in Italy gave me a sense of déjà vu from all the years I spent travelling with her late mother-in-law. It was the sort of near mass hysteria ▸



FROM LEFT: Diana having fun with William and Harry at Thorpe Park in 1993; Kate with her children





FROM LEFT: Kate with children during her trip to Italy in May; Princess Diana at a Dr Barnardo's home in Australia in 1988

I witnessed pretty much wherever Diana went.

"William and Catherine definitely have the wow factor that Diana had, and which spawned Di-mania. Luckily, William doesn't seem to suffer the same jealousy that his father did when Diana was the darling of the crowds.

"People today are equally mesmerised by the new Princess of Wales - so tall, so elegant and so chatty - but William just seems to purr with pride that his wife is such a star. To be fair, he is also pretty dashing and gets his fair share of crowd worship."

Diana's untimely death not only meant that Kate didn't get to meet her, but neither did her grandchildren George, Charlotte and Louis.

Like Diana before her, the now Princess of Wales is seemingly keen to give her own children as normal a childhood as possible, concentrating on their school life and hobbies. Diana famously took her boys to McDonald's, shops on Kensington High Street and for days out at theme parks.

But with Kate seemingly putting "normality" at the heart of her parenting, Jennie notes, "However much Diana tried, she couldn't give her sons a 'normal' childhood - especially with a marriage breaking down and the boys being shepherded from home to home. And that experience has, I'm sure, made William all the more determined to give his children the most secure, stable and loving childhood possible.

"However, I think the late princess would fully endorse the way William and Catherine are bringing up their family - giving them as much of a normal childhood as possible with lots of laughter, love and cuddles along the way. She would have been a fun Granny who would have showered them with kisses and chased them round the garden."

One thing Diana would not have stood for, according to Jennie, is the deep feud that has splintered William and Kate from the Duke and Duchess of Sussex.

Harry and Meghan have made a surprise return to the UK for an "extended stay", with their children enrolled in British schools, but the Prince and Princess of Wales are yet to publicly comment on their move back to Britain from California.

Jennie explains, "Diana worried about both her ▸





FROM LEFT: Harry and Meghan with their children; Princess Diana in 1992

boys. She worried about the responsibilities that William was destined to shoulder, and she worried about Harry finding his role and place in the hierarchy of the monarchy. I don't think she would have allowed the rift with William to run so deep or so long. She would have found a way to knock their heads together and make peace.

"It would be the greatest tribute to their mother if William and Harry could find a way to honour her memory together, perhaps at the 30th anniversary commemorations next year. Diana was so proud of her two boys, and she also believed strongly in the monarchy. I'm sure her wish would have been to have them both working to uphold, and modernise, the ancient institution into which they were born."

Later this week, Kate, will mark the fourth anniversary of becoming the Princess of Wales - the title most closely associated with Diana - following the death of the late Queen. It is believed she had reservations about taking on the role at first, given its deep association with her late mother-in-law.

At the time she was awarded it by the King, a source said, "The new Princess of Wales appreciates the history associated with this role but will understandably want to look to the future as she creates her own path."

But as much as Princess Diana's influence might run through Kate's public and personal life, Jennie believes that ultimately she also wants to forge her own way.

She explains, "I don't think Catherine models herself entirely on the mother-in-law she never knew, although she draws inspiration from the way Diana carried out her public duties. Today's Princess of Wales is also a strong character in her own right, with a sharp brain and a university degree to prove it.

"She has identified her own areas of interest and expertise and is proving that she is very much her own woman in those fields. I think Catherine has a clear idea of how she wants to do her job and, as with her Shaping Us early years campaign, she is doing it by immersing herself in the topic so that she can talk and act from a basis of considerable expertise." OK!

WORDS: JENNIFER NEWTON

PHOTOS: GETTY IMAGES, ANDREW PARSONS/KENSINGTON PALACE, PA



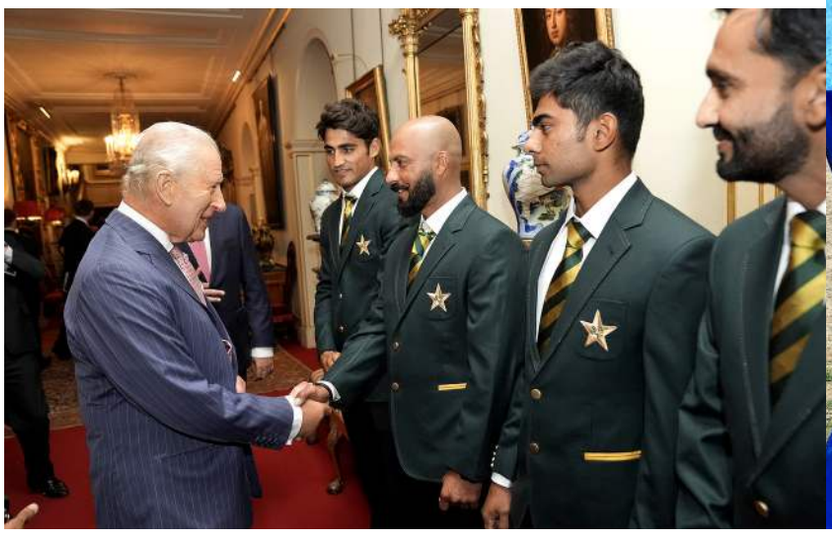
THE ROYAL WEEK

With summer finally over, King Charles and Queen Camilla bid farewell to Balmoral and returned to royal duties

KING CHARLES

The King also met members of the Pakistan men's cricket team during an audience at Clarence House in London on Wednesday.

He then helped to unveil a commemorative plaque at a garden party in Bayswater for the Victoria League for Commonwealth Friendship, marking the charity's 125th anniversary. The Victoria League was established in 1901 in memory of Queen Victoria, and supports students from across the Commonwealth.





WORDS: ANNA POINTER PHOTOS: GETTY IMAGES, PA

THE KING AND QUEEN

On Wednesday, Charles and Camilla welcomed French President Emmanuel Macron and his wife Brigitte, along with Prime Minister Andy Burnham, at the unveiling of the Bayeux Tapestry at London's British Museum.

The 70-metre masterpiece was transported across the Channel for the first time in nearly 1,000 years.











QUEEN CAMILLA

As Patron of the Royal Academy of Dance, Camilla visited its Battersea HQ on Wednesday, to see some of its programmes including ballet and street dance.

On Thursday, she dropped in at Ebony Horse Club, a youth charity in Brixton, south London, where she is President.

And that evening, she surprised the audience at *Letters Live* at the Royal Festival Hall, reading a 1952 letter from the Queen Mother to poet Edith Sitwell.





JOANNE WEARS: DRESS £164 KAREN MILLEN, SHOES £42 RIVER ISLAND, EARRINGS £10 ACCESSORIZE, BRACELETS FROM £105 SIF JAKOBS. AJ WEARS: SHIRT £30 M&S AT MARKS & SPENCER, T-SHIRT £20 AND TROUSERS £70 AUTOGRAPH AT MARKS & SPENCER, SHOES £45 ASOS



‘We were shocked when we found out it’s a boy’

Stage star *Joanne Clifton* and her actor fiancé *AJ Jenks* reveal their baby’s gender and discuss their laid-back approach to becoming parents

Former *Strictly Come Dancing* professional Joanne Clifton and her actor fiancé AJ Jenks are expecting their first child in December – and clutching pictures of their latest scan, they reveal it’s a boy!

“We’re so excited,” beams Joanne, 42. “We did feel it might be a boy from the beginning. Then, for some reason, the week before the gender scan we convinced ourselves otherwise. So when the nurse said, “You’re having a boy,” we were so shocked that we had to go out for a walk and just let it sink in.”

During an exclusive shoot with *OK*!, Joanne tells us they’ve already chosen a name, which they’re keeping under their hat. But it sounds like their little one already has ballroom in his blood, as Joanne says he will barely stay still when they go for ultrasounds.

“They always find it hard to get a clear image. He’s constantly on the go,” she laughs.

The Lincolnshire-born star met AJ, 31, who’s from ▸



JOANNE WEARS: SLIP £135 INTIMISSIMI FACING PAGE JOANNE WEARS: DRESS £23.99 ASOS, SHOES £55 MONSOON, BRACELET £65 EMMA HOLLAND, RING £189 SIF JAKOBS

'I'M NOT WORRIED ABOUT BEING AN OLDER MUM – I DON'T FEEL DECREPIT'

Birmingham, in 2020 when she went to see one of her friends performing in a musical that AJ had the lead role in. A hilarious first date followed, which involved playing *Mario Kart* in a gaming arcade and last September the pair got engaged, announcing their news on Instagram with the caption, "Got bored..... so we're getting married. Cheers!"

Joanne and AJ, who are now based in London, were in Cornwall visiting AJ's parents when they took the pregnancy test and got a positive result. They were delighted - and there were plenty of tears. "We were so emotional,' Joanne admits.

But they decided not to tell anyone until they'd passed the three-month mark. Joanne says, "I was actually touring with *Fawlty Towers* at the time. I remember John Cleese on a later date inviting the whole cast to dinner one night and I wasn't drinking. One girl whispered to me, 'Are you pregnant?' And I was like, 'No, no!'"

Though they hadn't been actively trying for a baby - they were on separate tours across the country and only saw each other twice a week - AJ says it felt like a logical next step after their engagement.

"Of course, in your forties you do wonder if it might not happen," Joanne says. "But we just thought, 'Let's go for it. If it doesn't, we'll still be happy.'"

Now 42, Joanne will be 43 when she becomes a first-time mum, meaning she is medically classed as a "geriatric mother". But this doesn't concern her.

"I have lots of friends who are older mums," she says. "The important thing is to keep fit and healthy. People say, 'Oh you'll get tired easier.' Possibly, but I've been a professional dancer all my life and I keep active. I don't feel old and decrepit. I'm not worried at all."

As for AJ, his parents had him in their forties. "And I turned out alright, didn't I?" he laughs.

Joanne is already getting advice from her future sister-in-law, documentary presenter Stacey Dooley. Stacey has been dating Joanne's brother, fellow *Strictly* alum Kevin Clifton, since 2019, after they met on the hit dance show, and the couple have a three-year-old daughter called Minnie.

"Kevin and Stacey were the only people we told before the three-month mark," says Joanne, who FaceTimed the couple as soon as they found out. "Kevin's my big brother and I just wanted him to ▸







JOANNE WEARS: DRESS £23.99 ASOS, BRACELET £65 EMMA HOLLAND, RING £189 SIF JAKOBS
AJ WEARS: TOP £70 LYLE & SCOTT, TROUSERS £38 M&S AT MARKS & SPENCER, BELT £25 NEXT



Joanne with her brother Kevin and his partner Stacey

know instantly. He's just one year and 11 days older than me, so we've always been really close.

"And Stacey's the best. How you see her on telly, that's how she is in real life. She'll help with anything. If I ever have a problem or anything I want to talk about, I'll go to her. It's just a really nice relationship."

AJ says while Kevin and Stacey haven't given them any specific parenting tips, they've been uber-supportive, and are, much like himself and Joanne, quite easy-going.

"They're quite similar to us in terms of going with the flow and learning on the job and then see what happens," he says.

Joanne says her niece is excited about having a new playmate, although she was hoping for a girl.

"Minnie is just gorgeous, but yes, she wanted it to be a girl at first. She's in her princess era, very into Disney at the minute," Joanne explains.

She's also been chatting about mum life with her old *Strictly* pals, including Janette Manrara, Dianne Buswell and Oti Mabuse, who is pregnant with her second baby.

Joanne reveals her pregnancy has been a mixed bag so far. She says, "It's been a bit tough. My first trimester wasn't horrendous at all. The second trimester... I've got acid reflux, pains every time I stand up and my feet are so swollen."

Thankfully, AJ is on hand to bring her the ice slippers she keeps in the freezer and the pears she's been craving. And it seems the doting dad-to-be has another sweet ritual. Joanne explains, "The cutest thing is that sometimes when I'm relaxing on the sofa, AJ will just get his guitar and come and sing to the baby."

The couple haven't bought much in the way of baby gear yet and they haven't started on the nursery. Joanne also says they're flexible on their ▸





'MY MINDSET FOR THE BIRTH WILL BE, "THIS IS SCARY, BUT YOU CAN DO IT"'

birth plan, admitting the only thing she doesn't want is a water birth.

"I'm scared of water," she confesses. "I can't go into the sea. But aside from that, we'll do whatever the midwives advise us to, really."

"Oh my god, a water birth would be the most hilarious thing," AJ laughs.

Is Joanne fearful about the labour itself?

"I am scared, yes, because I can faint with period pain," she says. "But I'm going to approach it like I'm heading to Blackpool Week, getting into that mindset of, 'This is scary, but you can do it.'"

As Joanne and AJ laugh and banter with each other throughout our chat, it's clear humour plays a huge part in their lively dynamic – and they're clearly besotted with each other. But Joanne says she almost didn't go on their first date, as she was at home having drinks with her pals, theatre star Sasha Latoya and *Strictly* star Katya Jones, and couldn't be bothered to leave the house.

There's an 11-year age gap between her and AJ, and Joanne, already tipsy that night, had her doubts. She says, "I was like, urgh, this date's never gonna work. He's so much younger than me. I don't want to go. I'd been on all these Hinge dates and put in that they have to be my age or older and not be in the entertainment business. And it was just disaster after disaster. The girls literally pushed me out the door. I turned up half an hour late and he was about to leave. But I'm glad I went now."

And the age difference, she says, has never been an issue – except that Joanne feels compelled to tell anyone new they meet, to get it out of the way. She says, "We haven't had any negativity from other people. It was more me, initially, I was a bit insecure. But when people see us together, they get it."

Joanne starred in two series of *Strictly*, but branched ▸

JOANNE WEARS: DRESS £45 ASOS, SHOES £42 RIVER ISLAND, EARRINGS £7.99 NEW LOOK, BRACELET £65 EMMA HOLLAND, RING £189 SIF JAKOBS





FROM LEFT: Joanne won *Strictly Come Dancing* with Ore Oduba in 2016; she shared this snap of her engagement ring last September

out into musical theatre after a diagnosis of osteoarthritis in both knees in 2015. The show has faced plenty of scandal since then, but Joanne wasn't aware of any during her two seasons.

"I know this isn't juicy," she laughs. "People think there's lots of drama between us, but when I was on it, there really wasn't. The thing is, I wasn't there [when there were scandals]. Obviously, all the scandal taints it a little, but it's never stopped people watching it."

She adds, "It does feel like a new era now, a fresh start. We've got new hosts and pros who are quite fierce. They're cool. Is cool a cool word? At the end of the day, nobody's bigger than the show. It's like a warm hug. I'm excited to watch it."

Once the baby arrives, Joanne and AJ hope to emulate pals like Janette and her husband Aljaž Škorjanec, bringing their little one on tour with them and making the job-family juggle work. AJ plans to move more into theatre production so he can look after their son while working from home, or in the dressing room as Joanne performs.

She already has a huge gig lined up next year - when the baby will be about six months old - but she can't tell us what it is just yet.

We take it wedding plans are on hold, then?

"Yes, for now," she laughs. "Though I do have my dress, so we'll probably have to have a wedding at some point. But let us get used to the nappies and sleepless nights first!" OK!

WORDS: SHELLEY SPADONI PHOTOGRAPHER: DAVID CUMMINGS ASSISTANT: SARAH HUE STYLING: LYNNE MCKENNA HAIR AND MAKE-UP: ALICE THEOBALD @ARLINGTONARTISTS USING CHARLOTTE TILBURY AND JVN HAIR VIDEO: CHEOLAN JEONG/REACH STUDIO PHOTOS: GETTY

JOANNE WEARS: DRESS £171 KAREN MILLEN, SHOES £42 RIVER ISLAND, EARRINGS £7.99 NEW LOOK, NECKLACE £14 ACCESSORIZE, BRACELET £65 EMMA HOLLAND AJ WEARS: SHIRT £39 RIVER ISLAND, TROUSERS £35 M&S AT MARKS & SPENCER, SHOES £55 ASOS

GET MORE

Scan here for more from Joanne and AJ





‘I’m like the prawn cocktail to Strictly’s big gammon steak’

Presenter *Amanda Holden* on bringing more women to Saturday night TV and the return of her star-studded gameshow

Amanda Holden is in trouble with her husband. The actress, radio DJ and now gameshow host has been happily married to Chris Hughes (the record producer, not the *Love Island* star) for almost two decades. But while the pair live an enviable lifestyle in Surrey with two beautiful daughters, he despairs of her inability to relax.

During our interview, Amanda, 55, is sitting by her pool in a bikini, and is supposed to be taking time out right now. Instead, she’s telling us all about her returning BBC One TV gameshow *The Celebrity Inner Circle*. “When I’m on holiday it’s a nightmare because it takes me ages to start relaxing and even this morning my husband’s gone off to work and he said, ‘just have a coffee’ and as I was drinking my coffee I was using double-sided sticky tape trying to get the hair off this hat and he was like, ‘Why the f*** can’t you just have a coffee without doing two things at once?’ I can never sit still for any of it!”

Amanda is one of the busiest people in showbiz. This year alone she starred in *Amanda & Alan’s Greek Job*, *Britain’s Got Talent*, and Disney Pixar movie *Hoppers*. On top of that she’s presented her *Heart Breakfast* radio show every weekday with Jamie Theakston, released a homeware range and is rumoured to be in talks to take over as Miranda Priestly in the West End version of *The Devil Wears Prada*.

It’s a delicious role and Amanda has previously proved herself on stage appearing in *Thoroughly Modern Millie* and playing Princess Fiona in *Shrek*. However, Amanda is clear that any return to drama will be on her terms - and she’s certainly not interested in filming on location. “I would dip my toe back in the drama water,” Amanda says. “I don’t want to carry anything, because I can’t see myself filming hours on end in a field in Scotland, but if the right part came along, I absolutely would. I’m very lucky, I often get asked to go into the West End but having a commitment like that as well as doing *Heart Breakfast* is a tough one. But I think I will start dipping my toe back into drama.”

First though, Amanda is establishing herself as a gameshow host with the second series of her Saturday night hit *The Celebrity Inner Circle*. It’s a full circle moment for Amanda who used to help out on *Family Fortunes* when it was hosted by her first husband Les Dennis in the 90s. “I used to love watching, ironically, *Family Fortunes*,” Amanda says. “I always thought Les was an amazing host, I used to love it. I used to film a series called *Kiss Me Kate* with Caroline Quentin at the same time and they used to test the questions out on me. So he would be next door and I would be in the other studio doing my comedy. And sometimes they’d test all the general knowledge questions out on me before they filmed just to make sure they worked. That would be a game I would love to host.”

The famous faces in the first episode of *The Celebrity Inner Circle* are Ade Adepitan, Janette Manrara, Des Clarke, Catherine Tyldesley and Lisa Riley. The five ▸



Amanda returns with a host of stars for more fun and games in series two of *The Celebrity Inner Circle*









CLOCKWISE, FROM ABOVE: Amanda with Alan Carr on *Amanda & Alan's Greek Job*; on *Britain's Got Talent*; with daughters Hollie and Lexi; with husband Chris

stars will each attempt to guide one contestant to a secret stash of cash. Then the final two contestants get the chance to double their combined cash to make a prize pot of up to £18,000. Then they'll face the ultimate showdown and decide whether to split the cash, or shaft the other player.

Being a quizmaster has come easily to Amanda. "I never thought that this was going to be something I would love as much as I do," she says. "It's so much fun." Usually when she's presenting, Amanda has a sidekick like Jamie Theakston, Simon Cowell or Alan Carr. However, she's surprised by how much she enjoyed hosting this show alone. "It was nerve-wracking when it sort of started happening," she says. "But to be trusted to do it is just brilliant."

She's also proud to be part of the BBC's push to have more women on TV and to be given the pre-*Strictly* slot when the dancing competition starts later this month. "I think they've been looking to champion more women on a Saturday night," Amanda says. "Which obviously I'm right behind."

Famously, Amanda needs no excuse to get glammed up but airing before *Strictly* has given her extra impetus to bring the sparkle to Saturday nights. "Get your legs out, get your lashes out, get sequins out, it's Saturday," Amanda laughs. "I'm competing with all of that on *Strictly* next, so I feel like I'm like the prawn cocktail to their big gammon steak with a pineapple ring."

With her West End experience, Amanda would make a strong contender on *Strictly Come Dancing*. However, Amanda insists she would only be interested in the Christmas special. "They ask me to do the Christmas special every year," Amanda confides. "I just admire anyone that goes on it weekly - that is hard work. The Christmas special could be done quite quickly but whenever they film it I'm doing something else. One year I'll probably do it. I would want to do the jive in some fabulous 50s, big-netted affair."

Another show desperate to sign Amanda up is *The Celebrity Traitors*, who have twice offered her a place around the table. "They always ask you to say that you haven't been asked, but I have been asked, both years," Amanda confides. "But they film it in May and it's across weekends where we're filming the live shows of *Britain's Got Talent*. If that changes, then *Traitors* is something I would definitely consider. And I love Claudia [Winkleman]. I'm like a superfan. I love that woman. I'd only want to be a Traitor, but they'd probably make me be a Faithful."

Amanda has been working behind the camera too. The format for her renovation shows with Alan Carr was her brainchild. "I wrote *Amanda & Alan* and created *Amanda & Alan*, and I think doing things that you've made yourself is also brilliant," Amanda says.

"So I want to do more of that and then when my face falls off, I'll just produce! But I still really enjoy it and love it. What started out as a hobby when I was nine in amateur dramatics has turned into the best job in the world." OK!

The Celebrity Inner Circle, Saturday 12 September, 8.15pm, BBC One

WORDS: JEN PHARO

PHOTOS: BBC/TERN TV/FRANCESCA MORRISON, SHUTTERSTOCK



'I WOULD DIP MY TOE BACK IN THE DRAMA WATER'



‘I don’t think you can hide away from grief’

Actress *Amy Nuttall* on dealing with the loss of her beloved mum and how life in a soap prepared her for stardom

For Amy Nuttall, life has changed dramatically since she first found fame as *Emmerdale*’s Chloe Atkinson some 25 years ago.

From *Downton Abbey* to the multi-award-winning *Mr Bates Vs The Post Office*, the 44-year-old actress has packed an incredible amount into her career. But her life away from the cameras hasn’t been short of drama, either.

As well as moments of huge happiness, the mum-of-two has suffered heartbreak and grief - never more so than when she lost her mother Elaine to glioblastoma, an aggressive type of brain tumour, in October 2023.

Since Elaine passed away, Amy has thrown herself into boosting awareness of the “horrid” disease, raising funds for The Brain Tumour Charity, as well as connecting with those affected by brain tumours on social media and offering support.

Even now, nearly three years since her mother’s death, she says she still feels her loss deeply.

“I don’t think you can hide away from grief,” Amy explains. “You have to feel it and just get through it and live day-to-day. Gradually, over time, it gets easier, but there are still times when it comes out of nowhere and hits you like a train, like you’re experiencing it in the early days all of a sudden.”

Luckily, the star has been able to lean on her family for support, adding that she felt it was “important for my children to grieve as well”.

She says, “I’ve never hidden it from them. I think it’s important that they see that and talk about it - and for them to grieve, which they have done.”



Amy with her late mum Elaine, who passed away from a brain tumour in October 2023

Despite being known to millions thanks to her successes on both the West End stage and the small screen, Amy is, by her own admission, guarded when it comes to giving too much away about her personal life.

While she posts on social media about her career and causes close to her heart, she has chosen to keep her children’s identities out of the public domain. And questions about their dad, actor Andrew Buchan, and his rumoured affair with a co-star are strictly off-limits during our chat.

Amy and the *Broadchurch* actor, 47, married in 2012, but in December 2022 it was ▸





FROM LEFT: Amy and Andrew Buchan share two children; the star has opened up about her grief following her mum's death

reported they had split amid rumours Andrew had fallen for his *Better* co-star, Leila Farzad.

The pair briefly reconciled but split again in 2023. While it has been reported that they have reconciled once more, this remains unconfirmed by them.

"I am a private person," Amy tells us. "I don't consider myself someone who wants to air my everyday life on social media – no judgement to people who do.

"But I'm always open to communication with people who have gone through similar with brain tumours. If it can help someone, then I'm really happy to do so."

As well as her acting roles, Amy released a charity single, *Thank You Mother*, two years ago and last year she ran the Royal Parks Half Marathon in memory of her mum.

Now a passionate runner, Amy was forced to pause her training earlier this year when she discovered a potential health issue of her own. "I found a lump on my breast, but it turned out to be nothing," she says. "But I did get it removed."

In recent years, Amy has established herself as one of the country's leading TV actresses. She has recently appeared in thrillers *Liar* and *The Feud*, and soon she'll be back on our screens in *Forever Home*, a six-part adaptation of Graham Norton's gripping novel for Channel 5.

Amy plays Carol Crottie, a woman who grows increasingly suspicious after her partner Robert, who is suffering from dementia, refuses to leave their home. This leads her to question what actually might have happened to his first wife Joan, who vanished two decades earlier.

"The scripts are so good that I'd get to the end of each episode and let out this audible gasp," she says of the show, which also stars former *Waterloo Road* and *Coronation Street* actress Denise Welch and *Shetland*'s Douglas Henshall.

She adds, "There are so many twists and turns that even I didn't see coming. I hope the audience will come along for the ride and enjoy it as much as we did making it."

While filming, author and chat show host Graham popped in to visit the actors and crew while they were busy bringing his words to life – and Amy says it was quite a sobering experience.

"We were all in the studio in Northumberland and I was doing a scene in the hallway when he arrived with his husband and dog," Amy recalls. "I remember saying, 'It feels like the headmaster is in the building!' He couldn't have been more supportive, warm and lovely."

When she isn't busy on set, Amy is the proud mum of a son and daughter, who she shares with Andrew. ▸

'I DON'T WANT TO AIR MY EVERYDAY LIFE ON SOCIAL MEDIA'









CLOCKWISE, FROM LEFT: Amy is a very private person; starring alongside Denise Welch in *Forever Home*; the actress played Chloe Atkinson in *Emmerdale* from 2000 to 2005

Despite starring in several high-profile theatre productions, including *Phantom Of The Opera* and *My Fair Lady*, in her early career, Amy says working in TV is a better fit now she's a mum.

"Like many families with working parents, you figure it out," she says. "We're all winging it. It's a constant juggle. You just make it work. I made a conscious decision to be around them a lot and I'm lucky that I'm able to be around a lot.

"For me, the balance works, because I get to go away occasionally and focus on myself for a little bit [doing] what I love. But most of the time I'm Mummy, making packed lunches, taking them to school or running them here, there and everywhere."

As to whether they will follow in their mum and dad's acting footsteps, the jury is still out. "I have no clue, but I will support them in whatever they choose to do, like my parents did for me," she says. "Whatever makes them happy."

Amy knows first-hand that life in the public eye can be tough, telling us she found adapting to fame tricky after she got her big break on *Emmerdale* aged 18.

"I remember it being a shock to the system, going out and about," she recalls. "I'm quite relaxed, in that I don't have a problem leaving my house with no make-up on. But it has to be worse now, with everyone having social media and everyone being paparazzi.

"It must be much harder for youngsters today going into the business and being catapulted into everybody's screens."

While some stars can be a little bit precious when it comes to talking about their soap star roots, Amy is clearly proud of her stint on the show.

"I look back and think of it as my drama school years," she smiles. "All the mistakes that you can make in the proximity of the drama studio... I just did it in front of millions of people!

"I definitely learnt a lot on that job. Soaps are so fast-paced and I think it really helped set me up for when I left and moved to London and was thrown into auditions."

Despite being a triple threat - she can act, sing and dance - we won't be seeing Amy donning sequins on *Strictly Come Dancing* any time soon.

"I haven't even watched it - I'm one of the only people that haven't," she laughs. "I'm sure it's really fun and I worked with [2025 contestant] Lewis Cope, who had the best time and loved it.

"And I worked with Jill Halfpenny [who won the second series in 2004] on *The Feud*, who talked about it very fondly as well.

"For me, it hasn't really appealed. The thought of being in the public eye every week? It's a no for now." OK!

Amy stars in Forever Home on Channel 5, starting on Monday 14 September at 9pm

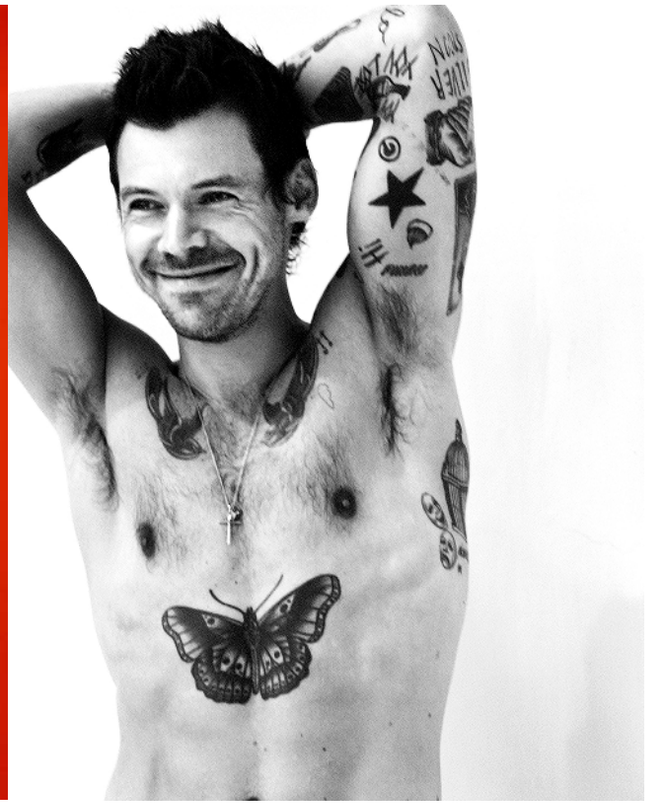
WORDS: GEMMA McCARTNEY

PHOTOS: DAVID REISS, GETTY, SHUTTERSTOCK



'THE THOUGHT OF BEING IN THE PUBLIC EYE EVERY WEEK? IT'S A NO FOR NOW'





‘The fans have always been so emotionally generous toward me’

As he continues his residency in New York City, *Harry Styles* opens up about his return to music

He’s currently delighting US fans with his sold-out 30-date run of concerts at New York’s Madison Square Garden, but Harry Styles still managed to find the time to strike a pose (or three) for style bible *W*.

The former One Direction star, 32, kicked off the New York leg of his *Together, Together* tour at the iconic venue on 26 August and opened up about what being in the Big Apple means to him.

“New York operates at a higher frequency than I do,” said Harry. “At times, I find it quite a lot. But for that reason, I’ve always loved performing there so much.

“You really feel the city during the show, this swelling of energy. It feels very singular, and that’s allowing me to really be in it.” ▸



'YOU REALLY FEEL THE CITY DURING THE SHOW'







While fans' eyes will be firmly fixed on the three-time Grammy Award winner as he shakes and shimmies his way across the stage, the *Golden* singer says he's just as transfixed by the sheer spectacle of the 20,000-strong crowd before him.

"During the shows, there's a lot more moments where I'm standing there taking it in, when I'm in the room with the crowd, seeing this energy they've made," he explained. "I feel so aware that it exists past the shows, the songs, the tour - everything.

"It's like, 'You did this more than I did,' in a lot of ways. I can show up and play as many times as people buy tickets for. Doing this many shows in New York is solely because of them."

Following his opening night, a reporter for *The New York Times* said the "volume of screams as he took to the stage... did seem to exceed most known units of measurement" and, incredibly, the hysteria surrounding the Worcestershire-born star has arguably eclipsed that of his boyband heyday.

Yet despite being at the peak of his powers, Harry, who is dating actress Zoë Kravitz, has maintained a down-to-earth quality which makes him more relatable than some of his fellow pop icons.

On the opening night of his residency, there was a touching moment when he paid tribute to the late, great Dolly Parton, who had passed away the previous day.

"Dolly, we love you - thank you so much," he said, before her legendary hit *I Will Always Love You* was played.

Despite eye-watering ticket prices sparking controversy among many of his fans (some tickets reportedly cost up to $1,182 - that's around £872 - including fees), it hasn't stopped Harry's *Together, Together* tour from being a roaring success.

And while Harry might be giving audiences something to sing - and scream - about, he says they're more than returning the favour.

"The fans have always been so emotionally generous toward me," he told *W*. "I feel it now more than ever after taking a break from the road. When you're around something all the time, it numbs you to it - like eating your favourite food all the time. The break recontextualised it. Black is most shocking on white..."

That sounds like a good title for his next album. OK!



W Magazine's Fashion Issue is on stands now. You can check out the full interview with Harry at wmagazine.com

WORDS: LEO ROBERTS PHOTOGRAPHED BY: DAVID SIMS STYLED BY: HARRY LAMBERT WRITTEN BY: JULIO TORRES *W MAGAZINE*

‘There’s something a little bit scary about being the new person’

Zoe Ball talks about her latest radio role, her love of festivals and how she feels about her kids starting to find their independence

As she kicks off her new radio gig after nearly two years away from the airwaves, Zoe Ball admits she’s experiencing some “first day of a new school” nerves.

Zoe, 55, stepped away from her long-running *BBC Radio 2 Breakfast Show* in December 2024, but she’s back in the studio at Greatest Hits Radio this week, taking the helm of the coveted 1-4pm slot.

“I was there last week practising, getting all the features together and making plans,” she tells *OK*! a few days ahead of her first show. “It’s nerve-wracking. It’s that feeling of new jobs and new schools. There is something a little bit scary about being the new person in the room and being in a new place of work.

“My dad always used to say to me, ‘Zo, if you don’t get nervous, it means you don’t care any more.’ And I think that’s it – it’s that passion, and you want it to go well.

“But I have to say, my team there is so much fun, and I’m surrounded by my mates with Ken Bruce and Simon Mayo being there. It’s all familiar, but it’s also new. It’s lovely to have a new home and have something to be really excited about.”

The BBC has been a regular workplace for Zoe since the 90s. She started in kids’ TV before becoming the first ever woman to present the *Radio 1 Breakfast Show* in 1997. It’s also where her dad, Johnny Ball, spent his professional years when Zoe was growing up, hosting shows like *Play School* and *Think Of A Number* in the 60s, 70s and 80s.

Life threw Zoe a few curveballs prior to her leaving her Radio 2 show, the biggest of which was the loss of her mum Julia, who died in April 2024, just 12 weeks after being diagnosed with advanced pancreatic cancer. Zoe said goodbye to her breakfast show (and the accompanying 4am alarm calls) around eight months later.

The star says she’s learned to trust her gut when it comes to big decisions like that – a lesson she first learned from a certain other 90s television icon.



Zoe with her radio pals Ken Bruce and Simon Mayo

“A long time ago, when I was working with the wonderful Andi Peters back at Children’s BBC, I’d been offered a job,” she recalls. “I said to Andi, ‘What do you think about doing this?’ And he said, ‘Always trust your gut. You’ll always know.’

“So when that call came from Greatest Hits, it was such a lovely opportunity for me. To go between two great friends of mine, Simon and Ken – it was just a no-brainer. It’s a lovely slot and it’s doing radio, which I love, talking to the listeners every day. And I still get to be mum if I need to be.”

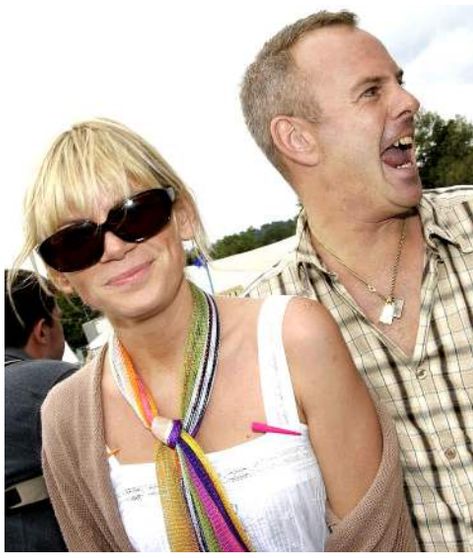
Being mum to Woody, 25, and 16-year-old Nelly – who she shares with musician and DJ Norman Cook, aka Fatboy Slim – is still Zoe’s most treasured role. And she says nothing has quite prepared her for watching them spread their wings, especially as Nelly hits major milestones like taking her GCSEs.

This summer has been a busy one for the family. DJ Woody, Zoe tells us proudly, has been staging events at festivals like Beat-Herder in Lancashire and Foundations Festival in Cambridgeshire. And Nelly had her own festival-first this summer when she ventured to Reading Festival with friends, leaving Zoe trying to “just survive the weekend” at home.

“I didn’t really start going to festivals until my early twenties, and I went to Glastonbury Festival ▸











FROM LEFT: Zoe with her ex-husband Norman at Glastonbury Festival in 2002; with her dad Johnny in May; with her kids Woody and Nelly

'TRUE FRIENDS ARE THERE WITH YOU THROUGH THE ADVENTURES, THE HIGHS AND THE LOWS'

to do some coverage for *The Big Breakfast*. And oh my goodness. I remember interviewing Stereo MCs and Hothouse Flowers, and Jeff Buckley played. I was like, 'This is amazing. I have found my people.' I absolutely loved it.

"Ever since then I've loved festivals, but it's slightly different when it's your kids going. Woody was very much massively into festivals, and he was in my tummy at Glasto, and now he works at festivals pretty much every weekend through the summer. Sometimes he does three or four on the trot, going from one end of the country to the other. He's well-versed, but Nell is still 16, she's our baby. So I was just thinking, 'Oh my God, is she going to be OK?'"

Zoe became the face of a campaign this summer that was particularly close to her heart, working with Vodafone's Check-in & Chips van, which offers festivalgoers a free box of chips in exchange for sending a quick message home to let family and friends know they're OK.

"The one thing you want your kids to do at a festival is eat," she laughs. "And hydrate actually, and let us know that you're OK because parents just worry sick."

Zoe is the first to admit she put her parents through the odd "nightmare" when she was younger, but insists she wasn't a particularly rebellious or independent teenager.

She says, "When I was 16, I barely went out. I wasn't that streetwise. My friend Bob from college took me to see Lou Reed at the London Palladium, which was amazing. I do remember seeing Genesis with my friend Yola and another friend whose mum used to get concert tickets through work. That was the *Invisible Touch* tour in 1987. I know the dates because I found my ticket stub recently.

"I only started going to festivals in my twenties when I was working and did I ever call my parents? No. I was terrible. But we didn't have mobile phones, we had to go to a phone box if we wanted to call our parents in those days. So my parents were quite used to not hearing from me for a while.

"It must have been a nightmare for them. I went through a real state of independence, so it's really weird. When you're a parent, you start telling your kids to do things you might not necessarily have done yourself."

Today, Zoe says when she isn't talking proudly about her children, she often finds herself talking about another talented man in her life – her 88-year-old dad.

"Wherever I go, it's either, 'Oh, you're Woody's mum' or 'You're Johnny's daughter' and I'm so proud of both of them," she smiles. "My dad is 88 and still going. He went skiing this year in Italy! If that doesn't keep you young, I don't know what does."

When it comes to her own wellbeing, Zoe is refreshingly candid about navigating midlife, from the physical effects of ageing to keeping her mental health on track.

She's spoken openly about suffering with anxiety and feelings of depression, linked to the hormone changes of perimenopause and menopause. One of the worst symptoms was panic attacks so severe that she was unable to breathe, accompanied by "a lot of tears and quite a low mood".

"The beginning of the perimenopause is a little bit like the rug getting pulled out from under your feet. Anxiety was definitely one of the toughest traits for me to deal with," she admits. "We're all talking about it so much more now, which is wonderful. For me, it's about finding what works. I drink less coffee, I take my supplements, I try to eat well and I train occasionally. You just find your way through it."

Through all of life's twists and turns, Zoe credits her tight-knit circle of female friends – including Jo Whiley, her *Dig It* podcast co-host – for keeping her anchored and more importantly, happy.

"True friends are the ones you can just pick straight back up with," she says. "You can speak every day, or once a week, or sometimes go a little while. But they are there with you through the adventures, the highs and the lows.

"As we get older, we lose people we love, people have babies, people have crises, and you are just there for each other. You make each other laugh a lot and you've always got each other's backs." OK!



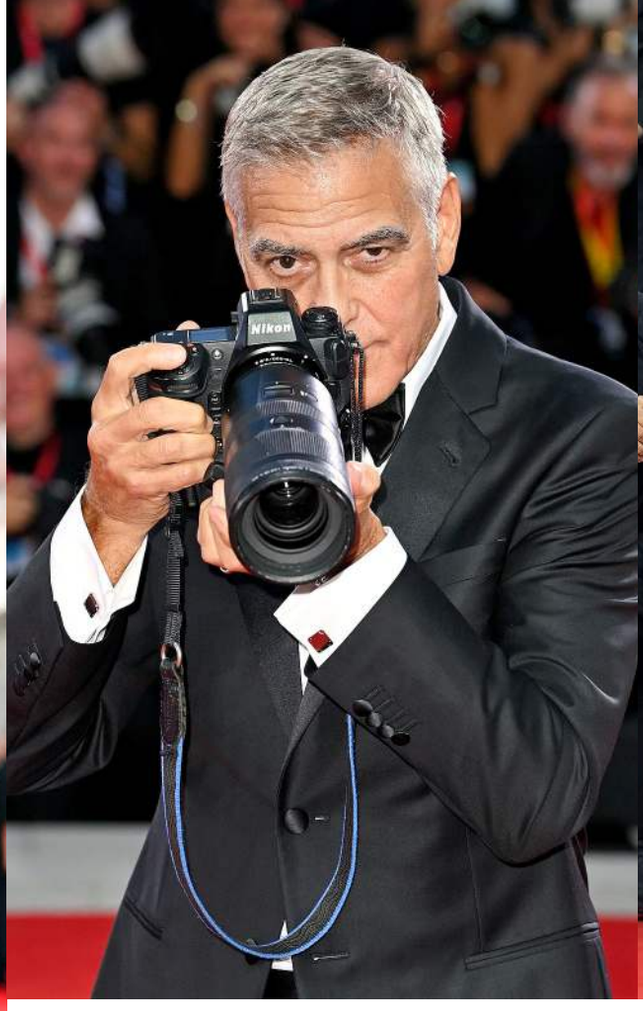
Zoe Ball joined Vodafone, the Official Connectivity Partner of some of the UK's most loved music festivals, to keep families connected this summer

WORDS: MITYA UNDERWOOD

PHOTOS: GETTY IMAGES, GREATEST HITS RADIO









CLOCKWISE, FROM LEFT: George and Amal Clooney at the opening ceremony of the 83rd Venice International Film Festival; George jokes with photographers on the red carpet

GEORGE AND AMAL RULE THE RED CARPET

George and Amal Clooney are picture perfect in Venice – even turning the tables on the waiting paps

The Clooneys stole the show at the opening of this year's Venice Film Festival - with Hollywood icon George receiving the prestigious Golden Lion for lifetime achievement.

The *Ocean's Eleven* star, 65, looked dapper in a black Armani tuxedo for his big moment, while wife Amal, 48, was dazzling in a custom-made classic black gown by Haider Ackermann for Tom Ford.

The award was presented by George's close pal and *Jay Kelly* co-star Laura Dern, who called him "the best friend you could ever have and the funniest person you will ever meet". She also joked that he had been voted the Sexiest Man Alive not just once but "two times!"

On receiving his prize, modest George said, "I've been an actor for 45 years now and, looking back, it sounds like it's intentional, like I had a plan, but I didn't. ▸





CLOCKWISE, FROM LEFT: Kendall Jenner; Orlando Bloom; Sydney Sweeney; Martin McDonagh and Phoebe Waller-Bridge; Laura Dern

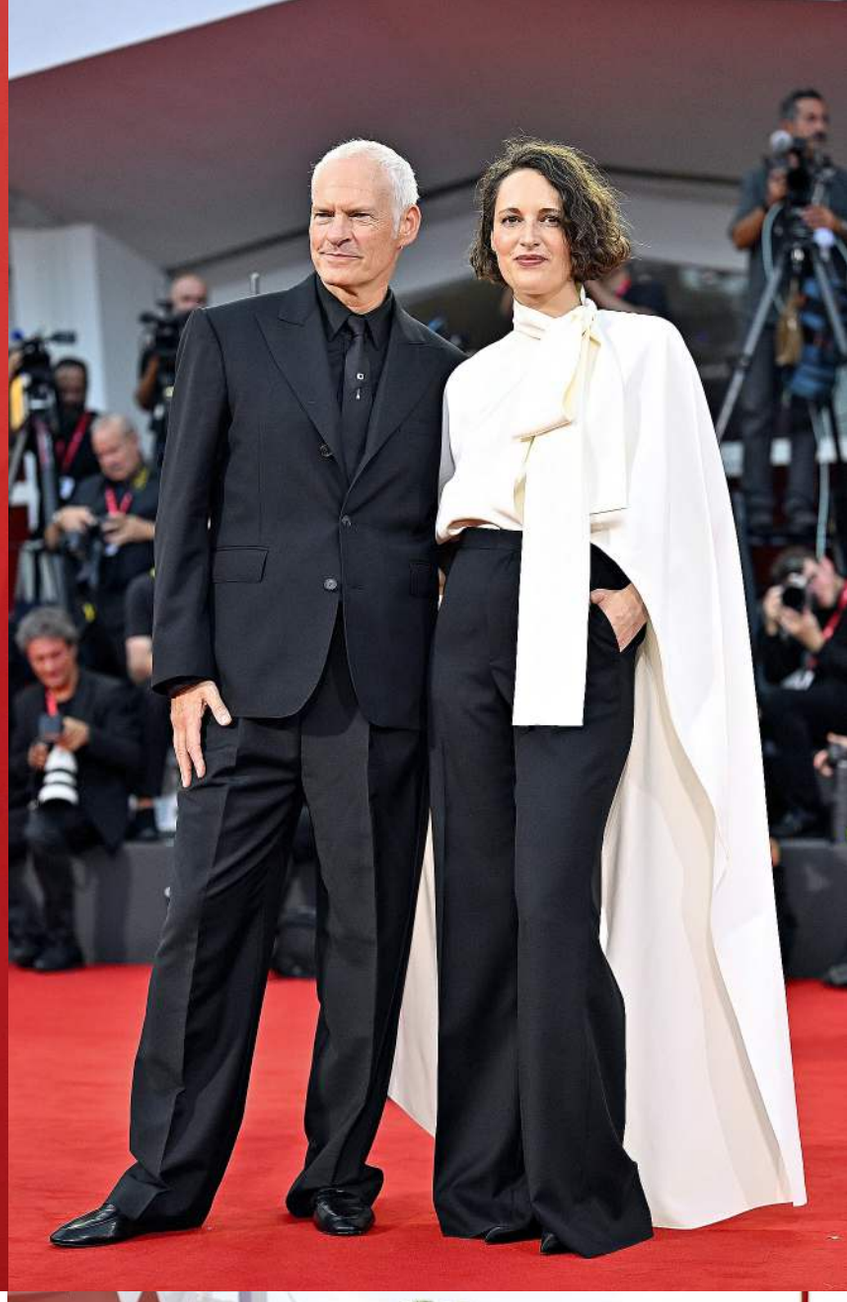
For the most part, I was just trying to pay the rent, avoid moving back to Kentucky to cut tobacco, which is what I used to do."

He also used his speech to comment on the power of cinema in a world blighted by war and political infighting. "If we can still sit together in the dark and care about people that we have never met, I think maybe we'll be okay," he said.

Afterwards, George showed his playful side by turning the camera on one of the photographers covering the glitzy event. Placing his trophy in her lap, he said, "I give you the Lion. I take the picture."

The 83rd edition of the festival also saw British actress Phoebe Waller-Bridge put in a stylish appearance in black trousers and a white caped Celine top. The *Fleabag* creator was supporting her partner Martin McDonagh at the premiere of his new film *Wild Horse Nine*. Starring John Malkovich, Sam Rockwell, Parker Posey and Steve







Buscemi, it received one of the festival's first big standing ovations.

The premiere was also attended by Kendall Jenner, who made her Venice red-carpet debut in a vintage gold Armani gown. Elsewhere on the red carpet, Sydney Sweeney turned heads as an Armani Beauty ambassador, with the *Euphoria* actress shimmering in an embellished grey gown. She also hit the headlines after being snapped in a gondola kissing her record executive boyfriend Scooter Braun.

Other stars making a splash in Venice included Orlando Bloom, who was dressed to the nines for a screening of his new comedy, *Bucking Fastard*. And with the festival running until 12 September, there's still plenty of time for a few more A-listers to sweep into town... OK!

WORDS: ANNA POINTER

PHOTOS: GETTY IMAGES

‘I feel properly British at this point – which is a great honour’

RuPaul’s Drag Race’s *Michelle Visage* on why the UK feels like home, her long-distance marriage and her four-hour makeover routine

It’s been more than a decade since Britain first took US reality star Michelle Visage under its wing - and the former *Celebrity Big Brother* housemate couldn’t be happier about it.

“I didn’t expect to be so welcomed on that show,” she says. “I feel properly British at this point. I feel like I’ve been accepted and that I’m one of yours - which is a great honour.”

Eleven years on, Michelle, 57, divides her time between Los Angeles and London, and is now best known for her role as a judge on *RuPaul’s Drag Race* as well as her weekly *Fabulous Friday* slot on Radio 2. “In my heart of hearts, I’m a radio girl,” she tells us. “To be the sole American on the station is the biggest gift, and it means the world to me.”

Currently gearing up for Radio 2 In The Park, Michelle and her fellow DJs - including Rylan Clark, Vernon Kay and Sara Cox - will unite for a weekend of live music. But there won’t be much time for partying. “Nobody goes crazy because we’re all there to work and we’ll be exhausted,” says the mum-of-two. “But we love being together - which doesn’t happen often. We’re a family, so it’s great fun.”

Of her own set, she says, “It’s going to go off. I love seeing the smiles on people’s faces and the arms in the air. It’s all ages - families, teenagers, nans. It’s just this love of music.”



Michelle is a judge on *RuPaul’s Drag Race UK*

Back in 2019, Michelle appeared on *Strictly Come Dancing* with professional Giovanni Pernice. They reached week nine, but while admitting she wasn’t a natural, the dance floor still calls. She says, “Every year I beg them to do an All Stars version. I’d be first on board, because it was one of the best experiences of my life. The producers will roll their eyes when they see this as they know how much I want it to happen.”

Michelle chats regularly to Gio too - despite his departure from the show amid a storm of controversy in 2024. “He moved to Italy so I can’t dance with him any more. When I ask him, he’s like, ‘I don’t want to.’” But she still revisits their old performances on YouTube.

She says, “I’m really proud, as I had no idea what I was doing. I look back and think, ‘You did that, lady. Yeah!’”

Though she was sad to see Tess Daly and Claudia Winkleman move on from hosting *Strictly*, Michelle says, “If anybody is going to make you feel safe, it’s the loving arms of my dear friend Emma Willis.”

Born in New Jersey and adopted at nine months old, Michelle feels so at home in London that many British traditions are second nature. “I pop the kettle on for tea whenever anyone comes over,” she says. “I love fish and chips too, though it has to be gluten free as I’m coeliac. I’ll have it with the mushy peas - but no curry sauce.” ▸









CLOCKWISE, FROM LEFT: Michelle and David married in 1997; with husband David and their children Leo and Lola; Michelle at Radio 2 In The Park 2025 in Chelmsford

With so much of her time spent in the UK, Michelle is looking forward to an upcoming visit from producer husband David Case, and their model daughter Lola, 23. She says, "I'll take her to my favourite spots: a second-hand shop I love, Marks & Spencer, Zara and the King's Road in Chelsea. I'm so excited."

Michelle and David will celebrate their 30th wedding anniversary next year, and though he's based in LA, she feels the distance helps their relationship. She says, "If you ask me, 100%. If you ask him, no. He would like to be together 24/7. But the Virgo that I am loves my alone time. When he comes to London, it's like, 'Yay!'"

She admits there have been bumps along the way, but adds, "Anything worth keeping is worth fighting for. Parenting is not easy, nor are relationships. They never come without problems you have to work through. David and I have been a partnership for so long, I couldn't imagine life without him. He's a wonderful partner and human being. That doesn't mean there aren't times I don't want to put tape over his mouth!"

The pair are also parents to 26-year-old Leo - who is non-binary and is studying botany in Chicago. "I have zero in common there - I kill plants," Michelle laughs. "But it's so cool to see both my kids become adults and do what they do."

Watching them grow up has left her reflecting on her own stage of life. She says, "It's way harder for women. But the joy of living in 2026 is we're no longer afraid to speak up and talk about menopause and the changes in our bodies. We need to celebrate each other."

Despite her ambition to age "gracefully-ish", she works out six days a week and doesn't drink alcohol - choices shaped by losing her adoptive mum aged 56. Michelle says, "Seeing her die so young, I was like, 'I don't want that.' It motivates me to keep working and fighting to do the things she's not able to."

That extends to being happy with her body. She says, "I've earned it. Do I wish my arms were less flabby and my thighs tighter? Yeah, but I'm working on it."

Candid about having had breast implants in the past - which were later removed - Michelle has no qualms about cosmetic surgery. "Are you kidding? I love it," she says. "But I think we need to stop shaming people."

Branding the criticism her friend Katie Price receives "abysmal", she adds, "It's somebody's right to do what they want to do. It might not be your cup of tea, but it doesn't affect you. I'm for it if it makes you happy."

Now back on the BBC in *RuPaul's Drag Race UK*, Michelle says achieving her high-glam look is not easy. "It's two hours for hair and two for make-up. But if I had to, I could do the whole drag glam in 90 minutes."

As a judge for 15 years now, might she ever tire of her role? "Never," she insists. "Every day is like working with your best friend and going to the greatest show on Earth."

With a hugely loyal LGBTQ+ following, Michelle's fanbase means everything to her. "It's my home. It's my people," she says. "When I moved to New York, I didn't have family or friends, so when I went to the nightclubs and got involved in that community, I knew I belonged. I also have a queer child, so for me it's my safe space. I want to make it feel safe for them, too."

As for future projects, a *RuPaul's Drag Race* filming clash meant she had to turn down *The Celebrity Traitors* - which she's determined to rectify. "It's such a joy-bringing, fun, crazy ride of a show," she says. "Maybe one day we'll get it to happen, because I just love it so much." OK!

Michelle will appear at BBC Radio 2 in the Park in Stirling from 11 to 13 September. Tickets available now and highlights will be on BBC Two, BBC iPlayer and BBC Sounds

WORDS: ANNA POINTER PHOTOS: JAMES RUDLAND, GETTY IMAGES



'I THINK WE NEED TO STOP SHAMING PEOPLE'

‘I felt like being underestimated was my superpower’

Businesswoman, TV star and mum-of-two *Sara Davies* opens up about juggling work and home life, leaving *Dragons’ Den* and her next big challenge

Sara Davies may have stepped away from *Dragons’ Den* to focus on her own business, but her affection for the show is as strong as ever.

“I love it. It’s such a huge part of who I am,” says the 42-year-old entrepreneur and mum-of-two. “I just love working with, and investing in, small businesses.”

She certainly doesn’t rule out a return to the BBC show – now in its 23rd series – saying cryptically, “Who knows what next year will bring?” Part of the appeal is her rapport with the other Dragons – especially Steven Bartlett, who became the youngest to join the panel in 2021.

“Me and Steven are great friends and we get on really well,” she says. “It’s funny, because we come from such different walks of life, and our businesses are so very different. We also have very different outlooks on life, but we’ve both grown up in that same millennial generation.”

Handily, Steven’s tech background meant he could coach Sara on certain topics. “Over dinner, he’d teach me everything I needed to know about AI,” she laughs. “You’ll not be surprised to know he was years ahead of the whole thing.”

Although now said to be worth an estimated £37 million, Sara says she has often felt like an outsider in her career. “I’ve always been the minority in a room. I was either the only woman, or the only young person when I started out. Or I was the only one who sounded like me – which everybody assumes means you aren’t as intelligent as they are.”



Sara with husband Simon and their two sons Oliver and Charlie

Despite believing that women have to work harder in business than men, she adds, “That’s a good thing. I always found I was on the backfoot, but it used to drive me. I felt like being underestimated was my superpower.”

When Sara left the Den last year, it was because she had bought back full control of her company, Crafter’s Companion, and wanted to devote herself to being its CEO. “It’s taught me so much,” she says. “It’s a massively different skillset.” She has also launched a podcast with her sister, *Mind Your Business With Sara And Helen*, and recently joined Not On The High Street as a non-executive director.

It’s a wonder she has time for anything else, but Sara also fits in co-parenting two sons – Oliver, 12, and Charlie, nine – as well as her marriage to childhood sweetheart Simon Davies, who works with her. “The juggle is real – and it’s bloody hard,” she admits. “I don’t spend as much time with my kids as some mums who are able to give up their careers. But I make sure they get 100% of me when I am there. I’m also lucky they have hands-on grandparents.”

To show her gratitude, Sara loves treating them to trips abroad, and as well as taking one set of grandparents to Spain this summer, she recently took her mum and dad on a cruise around the Norwegian fjords. “It was a bucket-list thing,” she says. ▸













CLOCKWISE, FROM LEFT: Sara on the Himalayan trek; with Aljaž on *Strictly* in 2021; Sara left *Dragons' Den* last year; with sister Helen

'THE JUGGLE IS REAL – AND IT'S BLOODY HARD. BUT MY SONS GET 100% OF ME WHEN I AM THERE'

"We made some wonderful memories with them and the kids."

Closer to home, she and Simon take the responsibility of raising their sons very seriously - particularly in the age of the manosphere. "As big as it is running multi-million-pound businesses and making massive investment decisions, that pales into insignificance compared to knowing we have the biggest influence on these two little people," she says.

"When our eldest son went into Year 7, he was one of only three kids in the whole year that didn't have a mobile phone. Oh, yes, I am that mum," Sara says. "I'm a big believer of a smartphone-free childhood and was an advocate of the social media ban for under-16s. It's our job to protect our kids, but it's so hard for parents, so the more support we can give the better."

Thankfully, Simon, who she met when she was just 15, shares her values - which helps explain why they've been together 28 years. "I still idolise the ground he walks on," Sara says. "I've just got huge respect for him, and love him to death."

However, she admits they are "chalk and cheese" sometimes. "I wanted to do loads of holiday stuff over the summer, and he couldn't take as much time off. He's also not as into holidays as I am, so he said, 'If you want to take the kids camping or go on that cruise, knock yourself out.' We work brilliantly as a team, but we also give each other space. I think that's why it's worked, and I wouldn't change any of it for the world. He's my whole reason for being."

When we speak, Sara is about to head off for a trek along the Great Wall of China for breast cancer charity CoppaFeel!, and she says Simon will need to dig in back home. "He's going to have to work twice as hard because he's going to be a single parent while I'm away."

The five-day CoppaTrek! is Sara's second, and will see her join Giovanna Fletcher, Vicky Pattison and Paralympian Erin Kennedy as they lead 120 supporters through the gruelling challenge. Sara has been busily preparing, saying, "I've been strength training for the past year, and have been walking with my weighted vest on, so I'm in a decent place of fitness."

After taking part in a CoppaTrek! in the Himalayas in 2024, Sara knew she wanted to do it again. "It was eye-opening, and one of the most life-changing weeks of my life. It's so hard to put into words, but it's such a privilege to lead a group of people and hear the stories of how they've been touched by breast cancer. It really hammered home how it affects women of all ages - and why it's so important that we check our breasts on a regular basis."

Though Sara is aware it will be tough, she adds, "Knowing you've made a difference really keeps you going." She's also looking forward to spending time with Giovanna and Vicky - who she previously trekked the Arctic with for Comic Relief. "We really had to dig deep for that. I remember pulling her through it, and at times, Vicky pulling me through it. We've got that special bond now."

Five years after taking part in *Strictly Come Dancing*, Sara also remains close to partner Aljaž Škorjanec and his wife Janette Manrara. They even holidayed together in Greece this summer. "We had the best week," she says. "Aljaž had me up dancing and taught my husband a few moves, too."

Though she tries to keep up the steps she learned on the show in 2021, it seems there are limitations. "I do try, but it's not the same when you haven't got a 19-times national champion spinning you around the dancefloor."

Needless to say, she's excited about the new series - despite the fact there will be no Tess Daly or Claudia Winkleman. "It was such a shock to me when they stepped down," says Sara. "But I love the show and I'll be watching with bated breath." OK!

This month Sara Davies will embark on the 'CoppaTrek! with Gi' across the Great Wall of China, alongside Giovanna Fletcher, to raise vital funds and awareness for breast cancer charity CoppaFeel! To donate, please visit coppatrek-great-wall-of-china.coppafeel.org/

WORDS: ANNA POINTER PHOTOS: SHUTTERSTOCK

ON SALE NOW



AVAILABLE IN SHOPS, AND AT
ok.co.uk/strictly

Online purchase price excludes P&P. See website for details.

NINE TO FIVE

Refresh your office wardrobe with new season suits, soft tailoring and stylish separates

COMPILED BY: GRACE SALMON



Jacket £39.50
Top £10
Trousers £22.50
Scarf £8
F&F
Bag and earrings
stylist's own



Navy jumper £24
Polo neck £16
Trousers £40
Shoes £45
Bag £45
Marks & Spencer
Belt and earrings
stylist's own



Jacket £199
Blouse £79
Trousers £119
Scarf £65
Bag £149
Hobbs
Earrings
stylist's own



Shirt £32.99
Trousers £39.99
Bag £29.99
New Look
Shoes, sunglasses
and jewellery
stylist's own



Top £20
Trousers £25
Bag £18
Bonmarché
Earrings
stylist's own



Blazer £64
Trousers £49
Bag £115
Next
Sunglasses
stylist's own



Blazer £49.99
Shirt £39.99
Trousers £39.99
Lindex
Shoes and accessories
stylist's own

OK! LOVES

Here are the best buys topping our wish list this week



LED Under-Eye Patches, £39.99, Stylpro



Old Fashioned 100ml Cocktail, £7.50, Kocktail at John Lewis



Clay Blush, £30, Tarte at Sephora



Insulated Ceramic Bottle, £40.99, Frank Green



Champagne Shimmer Skirt, £49, Cotton Traders



Padel Racket, £135, Pounce

HEAD OF SHOPPING LOVES





Starlight Organic Cotton Pyjamas, £48, Chelsea Peers



The One Illuskin Liquid Highlighter, £15, Oriflame

HEAD OF SHOPPING LOVES



Mixed stone pendant necklace, £54, Katie Loxton



Denim jacket, £32, Denim Mini Skirt, £20, Tu at Sainsbury's



Air-Glow Wet 2 Dry Hot Brush, £179, Clara



Cushion, £45, TBCo





Gym & Tonic Socks, £14.50, Mardy Bum Active Club at Next.co.uk



Bronze Cutlery Set, £20, Dunelm

Belt, £28, Marks & Spencer





Chequered Stool, £119, Westwing



Lash Lift Gel, £20, UKLash

COMPILED BY: ANTONIA KRASKOWSKI

Beauty buzz

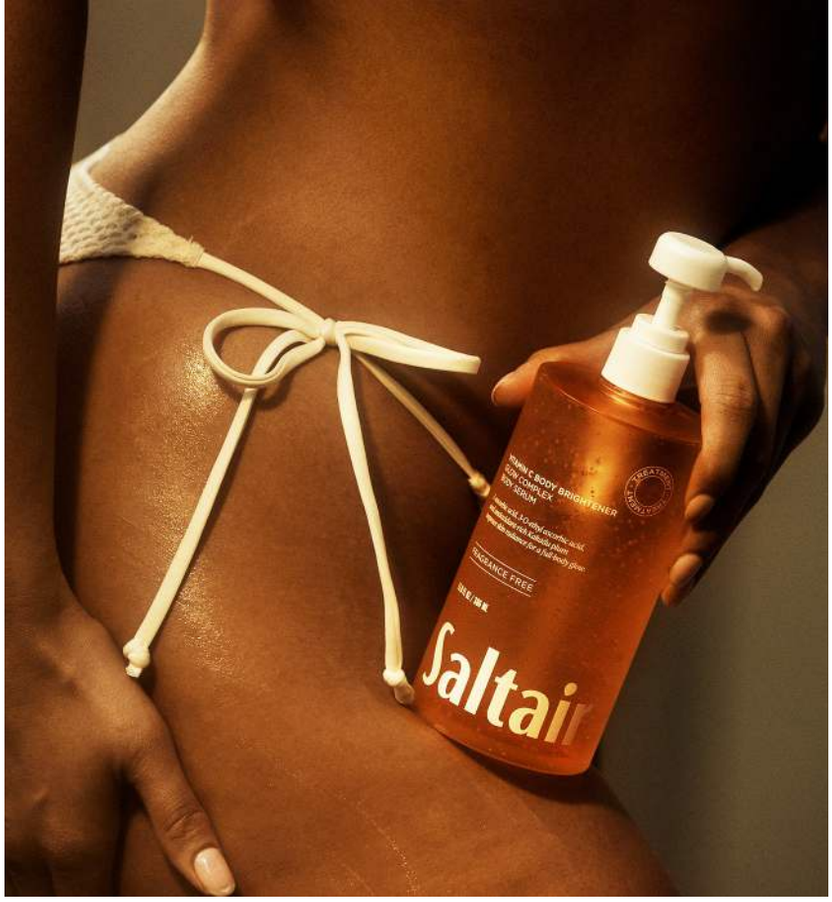
Octavia Lillywhite shares this week's must-haves, trends & tips

Fresh finish

After a series of trends promoting unrealistic skin finishes (heavy filters, ultra-glossy highlights and 'glass skin'), we're sweeping – blissfully – back towards skin that looks like skin. Natural complexions, freckles showing through, a little texture.

MAC's Studio Radiance Skin Tint Stick, £32, aces the look with buildable coverage that stays fresh-looking and is made with 73% skincare ingredients. The result is a sheer, breathable effect that looks polished, but not perfected. Basically, you on your best day.





GLOW UP

Skincare ingredients in body products is a big trend at the moment, but I'm cautious of it, because it often hikes up prices more than I think is necessary. I just don't need spenny anti-ageing ingredients on my ankles, for instance.

That said, this summer has been brutal, leaving my legs dry, dull and scaly, so I am quite thrilled with Saltair's new Vitamin C Body Brightener Glow Complex Body Serum, £25 at Space NK, for an extra radiance boost when my normal body butter isn't cutting it alone.

DEWLY NOTED

Korean beauty sensation Medicube rarely puts a foot wrong when it comes to moisturisers and serums and the new skincare-grade sun protection is no exception. No Cast Just Dew PDRN Hydrating UV Serum, £18.59, is an SPF50 sunscreen packed with a heap of hydrating, radiance-boosting ingredients like PDRN and niacinamide.

It's lightweight, great under make-up and, as the name suggests, it leaves no white cast at all. Plus it cools your skin by 3°C when you apply it. Find it on Amazon (often discounted).





HAIR TODAY

The worst thing about hairspray is that it feels so much like hairspray - a light layer of superglue on your head. Olaplex's Shape Set Hairspray, £32, sets out to fix that with 96-hour hold without any stiffness.

The secret is flexi-hold polymers and technology that repairs bonds and reduces breakage by up to 60% from the first time you use it, plus it protects from heat and UV damage. Haircare and hold in one product.

AFTER THE RAIN

Neal's Yard Remedies has bottled three very different moments in its new trio of Mood Awakening fragrances, £85 each – all designed to lift your mood as well as smelling nice. Ardeo is all energy and optimism from neroli (orange blossom) and ylang ylang. Rubor is all about clarity and balance with rose, geranium and a little cardamom spice. But the most evocative is Petrichor, inspired by the smell of fresh rain on parched ground. I love how close to nature they all feel.



Big flavour feasts

Yotam Ottolenghi's simple recipes are perfect to share with family and friends



TIP

The tahini sauce alone is something to be drizzled over all sorts of other things: roasted squash, grilled chicken or fish.

Charred green bean salad

SERVES 2 AS A MAIN, OR 4 AS A SIDE

Ingredients

400g green beans, trimmed
1½ tbsp olive oil
100g cooked grains (bulgur, couscous or quinoa)
30g blanched hazelnuts, toasted and roughly chopped
1 tsp caraway seeds, toasted and lightly crushed
1-2 oranges: 1 tsp finely grated zest, 2 tbsp juice, plus extra to serve
3 Medjool dates, pitted and thinly sliced
10g mint leaves, roughly torn
Fine sea salt and black pepper
40g tahini
1 tsp date molasses (or maple syrup or honey)

1. Place a large frying pan on a high heat. Toss the beans with ½ tablespoon of oil and ¼ teaspoon of salt, then add to the pan - in three batches - and cook for 2-3 minutes, until charred. Transfer to a large, shallow serving bowl and set aside. Add the cooked grains, remaining 1 tablespoon of oil, the hazelnuts, caraway seeds, orange zest, dates, mint, ¼ teaspoon of salt and plenty of pepper. Use tongs to toss and turn everything together.
2. In a small bowl, whisk together the tahini, 2 tablespoons of orange juice, date molasses, 1 tablespoon of water and ¼ teaspoon of salt until smooth. Drizzle some of the sauce over the salad, serving any extra on the side. Finish with a good squeeze of orange juice.

Roasted cauliflower with black and white hummus

SERVES 6

Ingredients
150ml olive oil, plus extra to serve
3 curry leaf sprigs (about 30 leaves)
570g jar of black (or regular) chickpeas, drained, rinsed and patted dry (400g)
½ cauliflower head, cut into bite-size florets (400g)
1 large onion, peeled and cut into 8 wedges
4 tsp garam masala
1 tsp ground turmeric
1½ tsp onion granules
1 tsp garlic granules
½ tsp caster sugar
2 tsp cornflour
Fine sea salt
2 tsp lemon juice
200g hummus
¼ tsp chaat masala, to finish (optional)

1. Preheat the oven to 240°C/220°C fan/gas mark 9.
2. Heat the oil in a small saucepan on a medium heat. Add the curry leaves and let them sizzle for about 10 seconds until crisp (stand back, as the oil will splutter). Strain the oil into a large baking tray and set the curry leaves aside.
3. Add the next 9 ingredients, along with 1 teaspoon of salt, to the tray of oil and mix to combine. Roast for 20-25 minutes, stirring halfway through, until the vegetables are caramelised. Stir in the lemon juice and set aside to cool slightly.
4. Spread the hummus on to a serving plate and spoon over the chickpea topping, followed by a sprinkling of chaat masala, if using. Scatter over the curry leaves and finish with a generous drizzle of olive oil.

TIP
Adding the florets of roasted cauliflower makes this the most delicious side to roast chicken or lamb.





TIP
Take a moment to slice the lemons as thinly as you can. The aim is for them to almost melt on top of the fish.

Chaya's saffron yoghurt hake

SERVES 4-6

Ingredients
¾ tsp saffron strands
2 sides of hake or cod, skin on (1.2kg)
Fine sea salt and black pepper
360g Greek yoghurt
2 garlic cloves, crushed
1 lemon, very thinly sliced (1-2mm thick)
15g thyme sprigs
½ tsp cumin seeds, lightly crushed
100ml olive oil

1. Preheat the oven to 260°C/240°C fan/gas mark 10.
2. Add the saffron to a small frying pan on a low heat for 1 minute to warm up slightly. Take off the heat, add 3 tablespoons of water and set aside to bloom for 10 minutes.
3. Meanwhile, place the fish, skin side down, in a large baking tray and sprinkle over 1 teaspoon of salt and a good grind of black pepper.
4. Mix the saffron and liquid with the yoghurt, garlic and ½ teaspoon of salt. Reserve a quarter of the mixture for later and use a spoon to generously cover the fish with the rest. Arrange half the lemon slices on top of the fish, with the rest nestled around the fish in the tray. Scatter over the thyme and cumin, followed by a good grind of pepper.
5. Drizzle over the olive oil and bake for 12 minutes, until some of the lemon slices and thyme are slightly charred and the fish is tender and flakes easily when pressed.
5. Serve with the reserved yoghurt on the side.



Extracted from *Ottolenghi Simple Too* by Yotam Ottolenghi and Verena Lochmuller (Ebury Press, £30)

COMPILED BY: OCTAVIA LILLYWHITE PHOTOS: JONATHAN LOVEKIN

ZEN IN THE SUN

OK!'s Ed Tricker discovered the quieter side of Tenerife at a retreat that balances yoga with the island's natural beauty

Tenerife, the largest of the Canary Islands, is a sun-baked dot in the Atlantic ocean, off the north African coast. Formerly known as a party destination, it has been actively shedding that label in recent years, highlighting everything else the island has to offer. Visitors are discovering golden and black sand beaches, the other-worldly volcanic landscape of the interior, pretty villages and quiet corners.

Tucked far from the bustling strips is Bliss Yoga Retreats Tenerife. Now you may assume that a chap going on a yoga retreat with his partner might have a lot of zen-like yogi experience to offer. Well... no. I've done a class or two, but, honestly, I just liked the sound of a holiday where we could relax and spend time together in a place that was good for our physical and mental wellbeing. Not a problem at Bliss.

I arrived feeling slightly unsure of the dynamic of a wellness retreat as a couple, but I needn't have worried. We were picked up with such a warm welcome and driven to our home for the next five days - a cool, whitewashed villa with terracotta roof tiles and mountain views. Inside, there was a large modern studio and, on the shaded terrace, plenty of room for our yoga mats.

Our hosts - Dominic Brook (human) and Carl (dog) made us feel instantly at ease as we chatted about our limited experience of yoga and the sights of Tenerife that we would discover. (To be fair, Carl didn't chat much, but never once made me feel bad that he had so much more yoga experience than I did.) ▸







FINDING CALM

Thoughtful details of the retreat were immediately evident. Personalised zodiac readings, eye masks, earplugs, a welcome letter and a leather notebook for gratitude journalling awaited us in our room.

We felt the benefits of deep yin from the very first evening. (For the uninitiated, yin is the cool, meditative energy that balances against yang – the bright, active energy.) This slower style of yoga involves holding poses for longer periods, so the body can release tension and you feel the stretches deeply. It was a beautiful introduction, taught outdoors with mountain views stretching into the distance, lit by the sunset. As the light began to fade, we rolled up our mats and headed in to dinner.

With an itinerary that feels full but never overwhelming, each day starts with a vinyasa class – a more dynamic style of yoga where poses flow with breathwork, and finishes with the calming evening yin.

One of the retreat's greatest strengths is how accessible the yoga is, with none of the intimidating, elitist feel that some wellness retreats radiate. Whether you're a complete beginner or a seasoned yogi, each class is welcoming and adaptable to your level, so you are always well supported and able to get the most out of it, developing your technique as the week goes on.

DISCOVERING THE ISLAND

There's a beautiful balance to the days, too, with the afternoons dedicated to excursions to discover some of the hidden delights of this amazing island. Our first was a snorkelling trip to a remote beach with crystal-clear waters and peaceful surroundings. It felt worlds away from the busier tourist areas of the island.

The following day brought one of the highlights of the holiday: a hike through the rocky peaks and gorges of the spectacular Masca Valley. I had no idea Tenerife had such a dramatic landscape and breathtaking views – it's often compared to Machu Picchu – with winding hairpin roads and volcanic ridges dusted with terracotta roofs.







CLOCKWISE, FROM TOP LEFT: Ed made friends with the others in his group; the village of Masca in Tenerife; yoga at Bliss; sunset at a volcanic chimney; Dominic and Carl





RIGHT: Yoga at Teide National Park at sunset. Mount Teide is a UNESCO World Heritage Site 3,715 metres above sea level, making it the highest peak in Spain





Rather than rushing between tourist hotspots, the retreat allowed us to experience a slower, more authentic side of the island, one filled with hidden coves and moments of genuine stillness at beaches we wouldn't have found without Dominic's guidance.

Each afternoon excursion is optional, and the retreat also strikes a balance between structured activity and personal time, so on our free day, my girlfriend and I opted for something very different. Siam Park is the world's number one water park, with river rapids, wave pools and high octane slides. Saifá – an 82m high two-person dinghy water coaster where you race another couple – was a favourite. Then, after a day of adventure, we returned for our restorative yin class to get our energies balanced again.

MAKING CONNECTIONS

Meals are taken as a group and, by day two, we were beginning to get to know the other guests – a lovely mix of solo travellers, friends and couples, all seeking something slightly different from their time away.

The calming influence of the classes together, interspersed with adventurous excursions feels bonding. By day three, a genuine sense of community had formed. Over breakfast and dinner at the communal table, conversation flowed easily between guests, instructors and our host, creating one of those rare holiday experiences where strangers quickly become friends.

By the final day, after 10 yoga sessions, we both found ourselves attempting poses we never would have considered on day one and that gradual build-up of confidence was so rewarding.

To celebrate our final evening, another of Tenerife's most amazing vistas awaited us. We were taken to the summit of Mount Teide – the ancient, long dormant volcano that dominates the island. We sat above the clouds watching the light change across the landscape. With a glass raised among new friends, it felt like the perfect way to end a week dedicated to slowing down, reconnecting and embracing a little more presence.

HOW TO BOOK

A five-day, fully inclusive retreat with breakfast, dinner and packed lunches for excursions is €2,200 (approx £1,880) for two in a private double room. A place in a shared twin room is €1,100 (approx £940) and €999 (approx £855) in a shared triple room. See blissyogaretreats.co.uk.

PHOTOS: ED TRICKER, GETTY, CHARLIE BROGAN

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

ARIES
MARCH 21 – APRIL 20

Career changes are stirring the money pot, so you'll be giving your finances a proper once-over. A better role or fresh job path is tempting, and practical concerns will guide your choices.

STARLINE: 0905 789 4001**

TAURUS
APRIL 21 – MAY 21

As cool-headed as ever, you'll still show your horns if you're pushed too far. Anyone blocking your path could meet that immovable streak of yours. By the week's end, compromise is possible.

STARLINE: 0905 789 4002**



GEMINI
MAY 22 – JUNE 21

Too much time indoors could leave you twitchy. Turn that restlessness towards jobs around the house, redecorating or even thoughts of a move. A fresh setting could lift your spirits.

STARLINE: 0905 789 4003**

CANCER
JUNE 22 – JULY 23

Family friction and workplace politics may leave you feeling caught in the middle. Small changes add to the strain, even if you steer clear of the fuss. The New Moon brings a softer close to the week.

STARLINE: 0905 789 4004**

LEO
JULY 24 – AUGUST 23

Your wishes and someone else's may not quite match, which is annoying. Even so, the care you invest in relationships now can bring golden rewards later. With a bit of flair, you'll keep everyone smiling.

STARLINE: 0905 789 4005**

VIRGO
AUGUST 24 – SEPTEMBER 23

An early outburst from a child or partner says more about their stress than your shortcomings. This intense atmosphere will soon pass. Meanwhile, a secret romance could take a delicious turn.

STARLINE: 0905 789 4006**

LIBRA
SEPTEMBER 24 – OCTOBER 23

Your projects are gathering speed and you're seeing signs of progress. Still, someone close wants more attention from you. A little rebalancing will keep both your love life and your ambitions happily in step.

STARLINE: 0905 789 4007**

SCORPIO
OCTOBER 24 – NOVEMBER 22

Avoid touchy debates if you can – tempers could flare in an instant. Move carefully, speak thoughtfully and keep your wits about you. The bright side? Money-making ideas shimmer with promise.

STARLINE: 0905 789 4008**

SAGITTARIUS
NOVEMBER 23 – DECEMBER 21

Your sunny spirit works wonders and life seems keen to return the favour. A bonus, gift or prize could ease any money worries and free you to pursue work that truly inspires you.

STARLINE: 0905 789 4009**

CAPRICORN
DECEMBER 22 – JANUARY 20

Watch your words with partners and close friends, as moods could turn prickly. You've got splendid ideas for the future, but resistance from others may spark pointless power games.

STARLINE: 0905 789 4010**

AQUARIUS
JANUARY 21 – FEBRUARY 19

You're pulled between home demands and outside obligations, and you can't please everyone. Family matters and household repairs need proper attention now, especially practical fixes.

STARLINE: 0905 789 4011**

PISCES
FEBRUARY 20 – MARCH 20

Your longing for freedom is growing stronger and anything restrictive now feels far too tight. You want space to chase a goal that matters deeply to you, and you won't welcome interference.

STARLINE: 0905 789 4012**

RUSSELL GRANT



Calls to Starlines cost 80p per minute plus your telephone company's network access charge. Maximum six minutes' duration. Entertainment only. SP: Spoke, 0333 202 3390.

Published by Reach PLC, One Canada Square, Canary Wharf, London E14 5AP. Registered in England & Wales No. 82548. Printed by Reach Printing Services at Walstead – Bicester, Chaucer Business Park, Launton Road, Bicester, Oxon OX26 4QZ. Permission to reproduce all photographs and text can be granted only by prior written agreement.

abc JANUARY TO DECEMBER 2024 37,615

EXECUTIVE EDITOR (AUDIENCE AND CONTENT) Lizzie Smith **EXECUTIVE EDITOR (ADVANCED CONTENT)** Helen Morgan **ASSISTANT EDITOR-IN-CHIEF** Rowan Erlam **TV EDITOR** Jen Pharo **EDITOR OK.CO.UK** Jamie Downham **COMMERCIAL CONTENT DIRECTOR** Michelle Darlow **SHOWBIZ EDITOR** Gemma McCartney **DEPUTY SHOWBIZ EDITOR** Shelley Spadoni **HEAD OF FASHION & BEAUTY** Zoe Cripps (maternity) **ACTING HEAD OF FASHION & BEAUTY** Antonia Kraskowski **BEAUTY & WELLNESS EDITOR** Laura Mulley (maternity) **ACTING BEAUTY & WELLNESS EDITOR** Octavia Lillywhite **ART EDITOR** Deborah Peters **DEPUTY ART EDITORS** Polly Brown, Chloe Reeves, Louise Robinson **PICTURE EDITOR (SHOWBIZ)** Abby Wells **PICTURE EDITOR (LIFESTYLE)** Kirsty Thornley **SHOOT PRODUCER** Sarah White **DEPUTY SHOOT PRODUCER** Will Perry **PRODUCTION EDITOR** Ben Whisson **CHIEF SUB EDITOR** Becky Ward **DEPUTY CHIEF SUB EDITORS** Sam Kistamah, Mia Bolton **IMAGING MANAGER** Julieann Ingelson **SENIOR IMAGE RETOUCHER** Imogen Bastone

ADVERTISING *OK!* PUBLISHER & HEAD OF MAGAZINE BRANDS georgina.parrott@reachplc.com **MAGAZINES LEAD** sarah.green@reachplc.com **CIRCULATION** andrew.crosthwaite@reachplc.com **SYNDICATION** antony.schipani@reachplc.com **SUBSCRIPTIONS** 0333 202 8000 or support@newspapersubs.co.uk Order online at newspapersubs.co.uk or at ok.co.uk. If you find *OK!* has sold out, please email andrew.crosthwaite@reachplc.com

Contact us at okletters@reachplc.com or 020 7293 3000 (outside UK +44 20 7293 3000).

OK!, ONE CANADA SQUARE, CANARY WHARF, LONDON E14 5AP EMAIL OKLETTERS@REACHPLC.COM

OK! REACHES 7.3 MILLION READERS EVERY MONTH (PAMCo)

All prices were correct at the time of going to press. If we have published anything factually inaccurate, please email okletters@reachplc.com or write to the readers' editor, *OK!* Magazine, One Canada Square, Canary Wharf, London, E14 5AP and, once verified, we will correct it as soon as possible. *OK!* Magazine is published by Reach Magazines Publishing Plc, a subsidiary company of Reach Plc, which is a member of IPSO, the independent press standards organisation. We adhere to the editors' code of practice as enforced by IPSO, which is contactable for advice at IPSO, Gate House, 1 Farringdon Street EC4M 7LG. Website www.ipso.co.uk. Telephone: 0300 123 2220, email advice@ipso.co.uk. If you have a complaint concerning a potential breach of the code of practice, we will deal with your complaint directly, or IPSO can refer your complaint to us. Please go to www.reachplc.com/how-to-complain where you can view our complaints policy and procedure. A how to complain pack is also available by writing to the Legal And Compliance Department, Reach Plc, One Canada Square, London E14 5AP

© Reach Magazines Limited 2026. All rights reserved. Reproduction in whole or in part without written permission is strictly prohibited.