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2019

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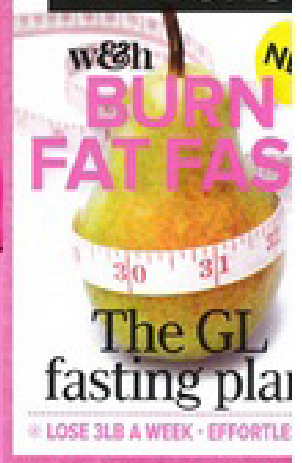
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KELLY

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Lorraine

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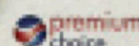
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Number One Interview

“(The) audience love her honesty, down-to-earth attitude, and her ability to be the same with everyone whether they are the prime minister or a struggling single mum.”

At Home interview



Lorraine's 60 years



1978
Joins East Kilbride News



1992
Marries Steve Smith



1959
Born in Glasgow,
Scotland



1984
Joins TV-Am as Scottish
reporter, covering the
Lockerbie disaster and later
became the main presenter



1993
Helps launch GMTV





1994
Daughter, Rosie born



2014
Honoured at Scottish BAFTAs
For Outstanding Contribution to TV



2012
Appointed Officer of the Order of the
British Empire (OBE) in 2012 New Year
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armed forces

2019
Lorraine celebrates 60th birthday
& 35 years in television

35 Years in Television



35 Years in Television



stv
children's
appeal



Star Power



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Lorraine Kelly, surely television's sweetest breakfast star, has no hesitation in describing what she'd do to her ITV colleague Piers Morgan if she was ever forced to present with him. 'If I had to sit next to him on the sofa every day I'd strangle him with my bare hands,' she giggles.

'It would be justifiable homicide. Susanna Reid – who does have to sit next to him – is a saint in my eyes. She should have a halo above her head. You never know what the b****r is going to say next. But I like to think there's a mutual respect there. You can only say the sort of things we say to each other if, deep down, you respect each other. I do think he's interesting to watch, even if he's a pain in the bum.'

For the first time in years, ITV's morning output is in the ascendancy. Piers might like to believe it's all down to him and his frequent outrageous outbursts. Holly Willoughby and Phillip Schofield might similarly attribute it to their undeniable chemistry. But it's Lorraine, breakfast television's longest-serving continuous presenter, this year celebrating 35 years on the box, who remains the official queen of morning telly.

Yet she's the most modest celebrity you're ever likely to meet. After being primped and prodded for Weekend's sensational photoshoot on a cold and wet afternoon you'd think she'd be a bit tired and grumpy. But there's none of that. Before she sits down, after changing into her more usual look of jeans and a jumper, she offers to get me a cup of tea and admits to being thrilled by her few hours as a supermodel. 'Ooooooh, I love doing this sort of stuff, I feel very glamorous – very far removed from my usual look,' she laughs. 'When else do you get a chance to do stuff like this?'

And that is the secret of Lorraine's success. She's so open and friendly, with a cheery laugh that comes straight from the heart, that it's impossible not to warm to her. Tom Hanks and Hugh Jackman adore her. Ryan Reynolds and Ruth Wilson are always happy to be on her sofa. Singers from Cliff Richard to Oly Murs call and ask to be on the show. One of the very few people she didn't get on with was Kevin Spacey – 'He was horrible' – and his recent downfall came as no surprise to her. 'He was just rude to everybody. By the time he'd gone I thought, "Oh boy, you're really not very nice."' Recently she had to get one terri-

fied A-lister – known the world over as one of cinema's biggest baddies, Voldemort – to relax on the sofa. 'Sometimes I forget how terrifying live television can be for people who aren't used to it,' she says. 'I always go and meet the people I'm going to interview before we go on air and Ralph Fiennes was literally rocking backwards and forwards in terror. He whispered, "I'm really nervous." He commands the stage doing Shakespeare, but he was terrified. We ended up talking in the interview about how he gets scared having to talk about himself.'

It was Piers who first described Lorraine, 59, as having an 'iron fist in a fluffy glove' and she sees herself first and foremost as a journalist, rather than a presenter. 'A lot of people see my show as fluffy. We're unashamedly entertainment, but

we're often the first to talk about difficult topics such as female genital mutilation or transitioning. Breakfast television breaks taboos and tackles big issues in a way

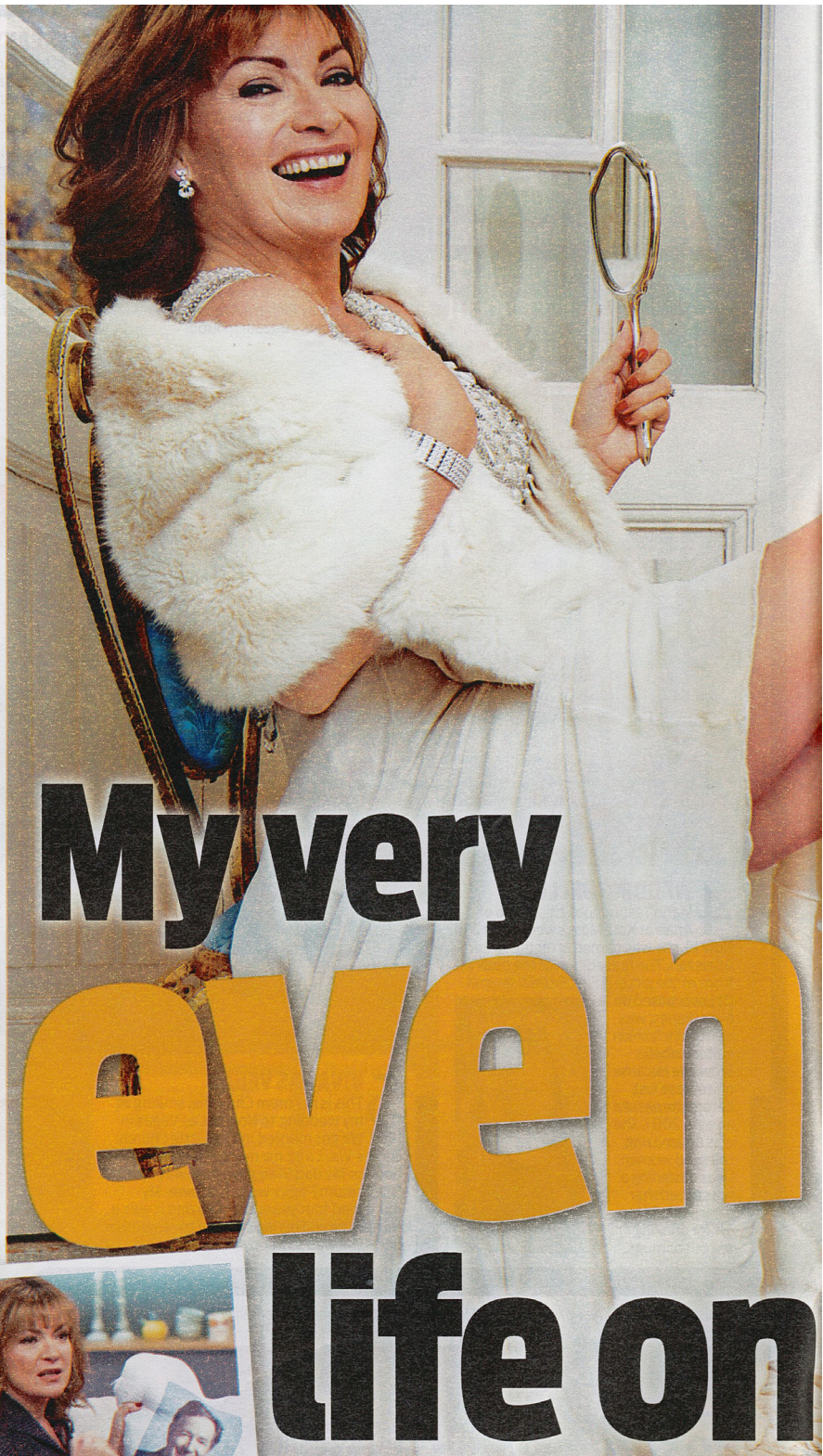
that news can't. I never really had a hankering to sit on TV with a pink jacket and big hair – I was always happy doing my job as a reporter. But here we are...'

Born in the working-class Gorbals area of Glasgow to a TV repairman father, Lorraine grew up in a house with an outside toilet and no hot water, but she was bright and ambitious. She turned down a university place to start working on her local newspaper, The East Kilbride News, and then got a job as a researcher for the BBC.

When she heard about plans for a new-fangled thing called a 'breakfast show', she applied to TV-am to be part of their line-up. She was made the show's Scotland Correspondent in 1984. She became a regular on national television, but she also fell in love with her cameraman, Steve Smith, and they married in 1992.

It was Lorraine's heartfelt reporting on the Lockerbie tragedy 30 years ago that brought her to the attention of TV-am's bigwigs. She was the first TV reporter on the scene in December 1988 when a Pan-Am transatlantic flight from Frankfurt to Detroit was destroyed by a bomb in mid-air and landed on the small Scottish town, killing 243 passengers, 16 crew and 11 people on the ground. She reveals she still gets flash-

'I still see the bodies at Lockerbie in flashbacks'



My very even life on



backs of the utter devastation that greeted her. 'I knew the police because every morning I would phone them to see what was hap-

pening,' she recalls. 'It was in the early hours of the morning and I got a call from a local policeman who said, "Something's happened, we think an aircraft has come down, we're not sure."' She was already with Steve and they grabbed their stuff and got in the car. 'It took us a couple of hours to

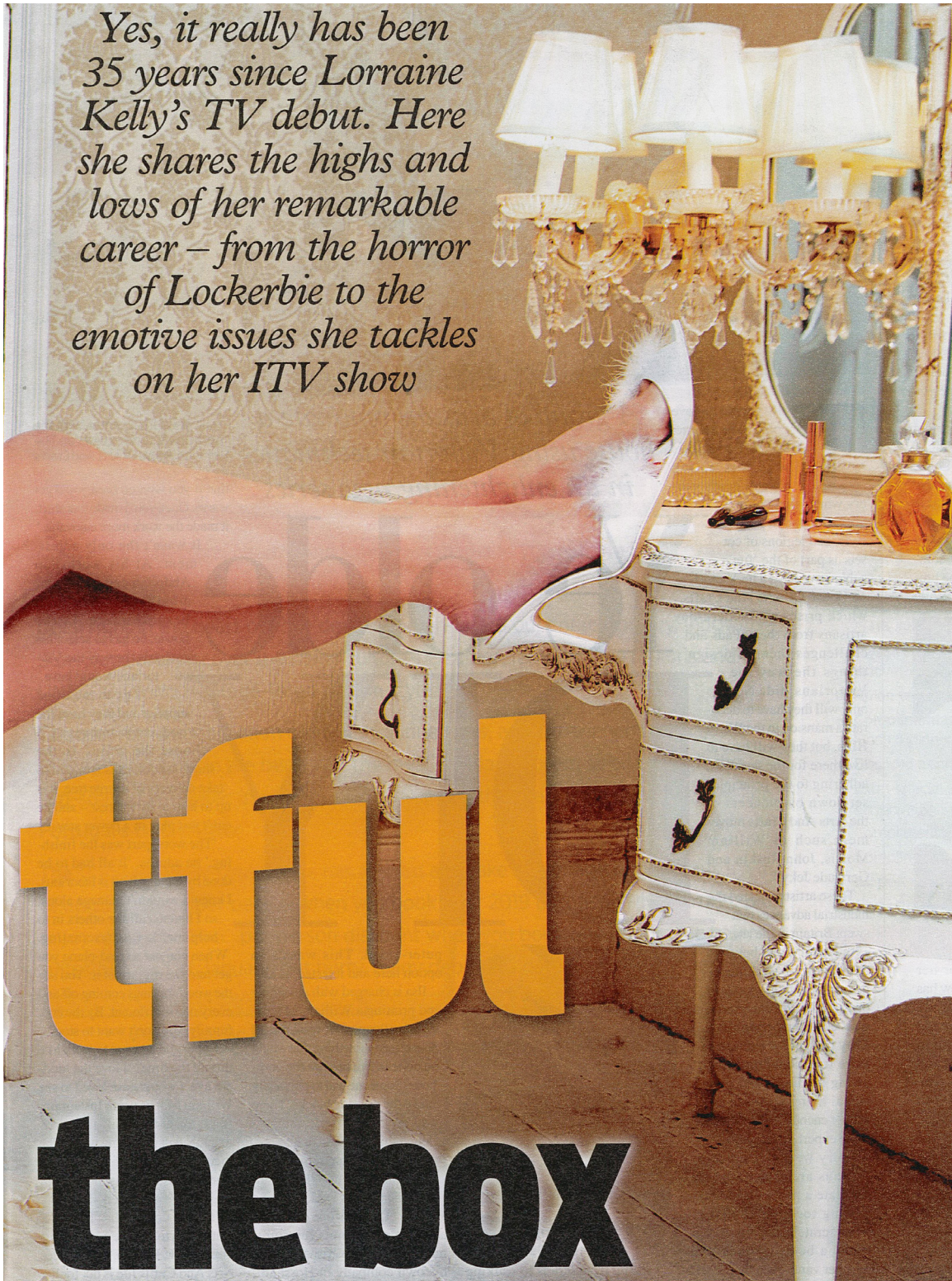
get there from Glasgow – we had three tyres blow out because of the debris in the road.

'We got right up to the nose of the plane in the field. We were there before the police had put barriers up. It was terrible. I've kind of blanked a lot of it out because it was so bad. There were lots of bodies, some of

ORRINE PHOTOS: RICHARD GRASSIE; HAIR & MAKE-UP: HELEN HAND; STYLING: MARCELLA MARTINELLI; COVER: WHITE DRESSING GOWN, LA PERLA; SHOES: BOUX VENUE; BRACELET AND EARRINGS: KVK73; PAUZE FOR HELEN MOORE; INSIDE DRESS: VINTAGE; SHOES: BOUX VENUE; BRACELET & EARRINGS: KVK73

STRANGE TALE After being slated by critics in the UK, Kenneth Grahame's *The Wind In The Willows* only made it onto

Yes, it really has been 35 years since Lorraine Kelly's TV debut. Here she shares the highs and lows of her remarkable career – from the horror of Lockerbie to the emotive issues she tackles on her ITV show



trifful the box

Lorraine and (below left) hitting a cushion of Piers Morgan's face

me, basically because telly is brutal and that's just what happens,' she shrugs. 'But then I was given a programme to do about motherhood and it did really well and I ended up with my own show. It was good in the end – when I was doing GMTV I had to get up at 3am, but my own show was on later.'

It must have hurt when she was replaced so easily, but Lorraine is open about the brutal nature of television. 'I've seen many regime changes,' she says. 'The only thing that's constant about TV is that it moves all the time and you have to move with it. That's just how things happen. I'm still there. It will stop one day. Telly is brutal; the only reason I'm still doing this is because people are still watching.'

Lorraine clearly adores the cut and thrust of live TV, but it hasn't all been plain sailing. A few weeks ago she had to run off because of a coughing fit, and a few years ago she tripped up while going to interview Jane Asher and had to carry on doing the chat with blood running down her knees. But she loves

'I went on maternity and GMTV replaced me'

the fact that you never quite know what's going to happen next.

Her longevity is testament not only to her genuine talent, but also to her hard work. Although her day job is in London, the family moved to Dundee as Steve wanted Rosie to go to school there. So for many years Lorraine would shuttle between Dundee and London, with Steve left to do much of the day-to-day parenting. 'He and Rosie have a brilliant relationship: he was the one driving her to school, getting her to brush her teeth and eat her Brussels sprouts,' she says. 'But Rosie and I have a great relationship as well. We talk about everything under the sun. I'm her mum, though, I'd never say I was her best friend because she's got her friends already. I'd love to think she tells me everything but she doesn't.'

Rosie is presently working in public relations in Singapore and Lorraine misses her madly, although the two are still in touch all the time. Before our chat started Lorraine was online helping her daughter pick out a dress for a function.

Lorraine's viewers get to know a
CONTINUED ON PAGE 6

them were still in their seats. It was awful, so awful. There was like a crater and some houses still standing, others were just gone. Just moments before, families had been sitting there watching the telly. And then hell came down from the sky.'

It was in the days before news organisations offered journalists

counselling, so she just had to get on with it. 'I do sometimes get flashbacks,' she admits. 'I still see the bodies. My dad came to pick me up from there on Christmas Day to take me home for dinner. Being a typical working-class Scottish man, he said, "You'll not be wanting to talk about it." But I

ignored that. I just talked and cried. It was a two-hour journey and I talked and he listened. He didn't say very much but it helped me. And obviously I was able to talk about it with Steve too as he was going through the same thing.'

After Lockerbie Lorraine was asked to do more and more. In 1990

she became a main presenter of Good Morning Britain and in 1993 she helped launch GMTV. A year later, Lorraine took time off to have her daughter Rosie. When she was ready to return to work she discovered her job was gone – Anthea Turner was now doing it. 'When I went off on maternity they replaced

MY 30-YEAR REIGN

Britain's best-loved TV presenter LORRAINE KELLY tells *Judith Woods* why she just gets better with age

PHOTOGRAPHS ELISABETH HOFF

Whenever I think of Lorraine Kelly in all her smiley, likable normality I am reminded of Dolly Parton's quip: 'It costs a lot of money to look this cheap.' Because, make no mistake, it takes an extraordinary woman to stay at the top of her game by appearing so...ordinary. That's not meant to be an insult; it's more that Lorraine's authenticity and approachability qualify as superpowers in an industry populated by overinflated egos.

She's a first-name-only star who has been on our screens for more than 30 years, yet is as unstarry as they come. No airs, a multitude of graces and an unflinching instinct for a topical story have seen her crowned queen of daytime television. At 58, the Glasgow-born presenter is more popular than ever. How does it feel to be a one-woman rebuke to ageism? I ask, and she bursts into a fit of giggles. 'Ooh, I love it!' she twinkles. 'I'll take that, thank you. There's a title to reckon with. All I can say is that I consider myself hugely fortunate to have my daytime slot ►

“THERE
SOMETHING
LIBERATING
ABOUT NOT
CARING WHAT
THE WORLD
THINKS OF
YOU



LORRAINE
SUIT, Marks & S
JUMPER, Belli
from Oxygen B

'Angus is my wee pal but I've not got a slipper left in the house!'

TV presenter Lorraine Kelly talks to *Prima* about leaving her beloved Scotland, her big anti-ageing secret and the new puppy that has turned her life upside down



It's been a year of huge changes for Lorraine. As well as relocating from Dundee to south-east England, the host of ITV's *Lorraine* has got a new love in her life – and her husband Steve doesn't seem to mind! But that's because it's Angus, a gorgeous and bouncy Border terrier who's stealing the hearts of everyone he meets. Lorraine, 58, lives in Berkshire with Steve, 58, a freelance cameraman. Her daughter Rosie, 23, now lives in Singapore.

NEW BEGINNINGS

There have been a lot of big changes in my life recently.

We moved house just before Christmas to where we used to live in Berkshire and got our wee new puppy Angus as well. We still have lots of friends here so it's worked out really well. For Steve it was like he just walked back into the pub after 12 years and picked up the conversation where he left off.

The thing I'll miss most about Scotland is the people. I love Dundee, it's a great city. There are amazing things happening there, like the Victoria and Albert museum opening in September. I'll always look for the football scores for Dundee United and will absolutely miss going to the matches. But we'll go back all the time. We've got too many friends and family up there not to.

I guess the move is brave, but what I think is braver is my girl. She was 21 when she moved to the other side of the world for work and is embracing a new culture in Singapore. She's being an independent woman doing amazing things. It's hard when children leave home anyway, but luckily her lunch hour is 6am for me, so I can FaceTime her while I'm getting my hair done.

We've downsized with our new house. It's an old boat house, so it's little. It's quite Scandi but there are books everywhere, and I've got a shrine to Ernest Shackleton [Lorraine's hobby is



the Victorian polar explorer]. It's just a bit quirky!

COMPROMISE IS KEY

The move has changed mine and Steve's relationship dynamic. Steve's a brilliant cook. He makes the tea and I'll do the cleaning up. On Sundays, now that I don't have to leave at 3pm to go to London, we can go out for lunch. There's so much more we can do together.

'It's hard when children leave home, but we FaceTime when I'm getting my hair done'

Before the move, Steve and I had 10 or 11 years in a long-distance relationship.

I went up to Scotland at the weekends. Steve cut back on a lot of work when we moved there and Rosie started secondary school, so he was sort of looking after her. He was the parent that said, 'Brush your teeth and eat your Brussels sprouts!' and I'd come home at the weekend going, 'Look at this new lip gloss! Hurrah! Let's go shopping!'

Now Steve and I are together seven days a week we've had to learn to compromise. I'd usually go to Zumba and watch double *Coronation Street* on a Monday, but now we find something we both like on Netflix.

AMAZING ANGUS

I just love the unconditional love you get from a dog. I could be away from Angus for two minutes or two years and I'd get the same enthusiastic welcome. And dogs get you out of the house. I've met so many people just taking him for walks. Angus is great company but since getting him, I've not got a slipper left in the house!

The viewers love Angus, too. It was really funny – I put a picture of me and

Press



MY VERY IMPORTANT PET



LORRAINE'S CUDDLY CO-STAR

TV presenter Lorraine Kelly now has a four-legged friend to keep her company on her popular morning TV show – her gorgeous Border terrier, Angus

When you've interviewed some of Hollywood's biggest stars, surely a TV appearance by a cheeky pup called Angus should be a walk in the park? Er... not exactly! For the past year, Lorraine Kelly's cute Border terrier has been a regular on her popular ITV morning show, and her millions of viewers adore him – especially when his appearances don't always go to plan. "He's full of beans and he's very, very funny," laughs Lorraine. "The viewers love to see him growing up, and now he totally takes the TV studio experience in his stride. In fact, what's hilarious is that, when we're out, people now recognise Angus rather than me. They all talk to him and ask how he is, and I love that!"

Angus is not the only celebrity pet to have graced Lorraine's sofa. David Walliams and his Border terrier, Bert, have popped in before – "The second cutest Border terrier in the world!" says Lorraine – and, more recently, Irish model Vogue Williams visited with her pooch, Winston.

Not surprisingly, Lorraine is a big dog fan, and she believes every home should have one. "You get such an enthusiastic welcome from a dog when you come home," she says. "Before Angus, we had

another Border terrier called Rocky. He joined us when my daughter, Rosie, was six years old, and he was the best dog in the world. My husband, Steve, is a cameraman and he'd been doing some filming for a TV show called *Vets in Practice*. He asked all of the vets which breed they would recommend, and they all said Border terrier. They have bags of personality and they're really good with kids. They're also cheeky, quirky, but not very easy to train!"

As well as being the queen of daytime TV, Lorraine is known for speaking out about hot topics, including the NHS, breast cancer, and animal cruelty. "I hate seeing or reading about cruelty to animals of any kind, and I think when you have a pet, it makes you more alert to that kind of news story. There are a lot of things happening to animals that are just not right – both abroad and here in the UK. Puppies are not wee ornaments, and they're not accessories – especially those teeny-tiny dogs people cart around in bags. They're real animals, with real welfare needs.

"In fact, animals are just amazing, full stop," she says. "It's almost like they know which humans need the cuddle, or the support. Steve and I were once lucky

enough to see gorillas in Uganda and, sadly, there was a gentleman in our group with a brain tumour. This trip was at the top of his bucket list and he was struggling a bit with the terrain.

"Unexpectedly, we came upon a female gorilla and we all sat down and bowed our heads. The gorilla made a beeline for this man and put her hand on his head. It was incredible. He was crying - in fact, we were all crying! - and his wife was blown away. The female gorilla just seemed to know, on some level, that he needed her care."

Hanging out with gentle gorillas is a million miles away from Lorraine's childhood experience of pets - two goldfish called Pinky and Perky. "Although my younger brother, Graham, used to rescue injured birds and small creatures, he had asthma so we could never have a cat or a dog," says Lorraine. "We lived in a small flat in Glasgow so we just didn't have the space for pets. My mum wasn't all that keen either, which made it funny when we got our first Border terrier, Rocky - she absolutely adored him, and she loves Angus, too."

Sadly, Rocky passed away from a brain tumour a few years ago when he was 11, and Lorraine and her family were reluctant to get another dog right away. "We didn't want to replace Rocky instantly because he was a member of the family, poor wee soul. But we really missed having a dog in the house - especially when Rosie left home and went to work in Singapore." But, eighteen months ago, Lorraine decided that they were ready.

"Rosie was coming home and I thought it would be an amazing surprise. I contacted lots of responsible breeders, but there were no pups available. Then, three days before Christmas 2017, I got a call from a breeder in Chesterfield - the couple who were going to take the last wee boy from the litter had split up and did we want him? I couldn't believe it.

"I brought Angus home, dressed up as a tiny little reindeer, and he was all snuggly in my arms. Rosie thought he was a toy, until I turned him round and then she went nuts!"

Despite his lively nature, Angus has responded well to training - which is just as well as some of his training took place on Lorraine's TV show! "With puppy training, you do need to put the work



Above: Angus has become a big hit on the Lorraine show on ITV. Right: Angus loves dressing up on special occasions



“Angus is full of beans and very funny”

in. I often think that when you look at dogs with behavioural problems, most people are looking at the wrong end of the leash! Often the problems lie with the owner, rather than the dog. And that can be very upsetting to see."

Angus loves meeting new people and other dogs when Lorraine and Steve take him out for walks. "Weirdly, we met Angus's brother at a local fair recently - he's from the same litter, and they just live five minutes away.

So Angus has a wee brother nearby now, and I have a lovely picture of them together." Angus is also a happy traveller: he'll run for miles and loves a bracing walk on a Scottish beach. "We took him to Orkney, and he went absolutely crazy

HAPPY HOLIDAYS

Lorraine and her husband, Steve, often take Angus on holiday with them. Here are some of their dog-friendly travel tips...

Travel by car

"We drove to Spain with Angus," remembers Lorraine, "via the Channel Tunnel, stopping lots of times and staying in dog-friendly hotels en route. He loved it: it wasn't too hot for him and he learned to swim there, too."

Be safe around water

Watch out for blue-green algae, and only let your dog swim where you know the water is free of disease, and where there are no currents. "We went on an amazing walk through a river in Spain and we were worried about how Angus would cope. So we got him a little life jacket just in case," says Lorraine. "In fact, he was fine – first of all, he swam with the life jacket on, and then we took it off and he started paddling away."

Get a pet passport

Your pet will need to be microchipped, vaccinated against rabies and treated for tapeworm, and must be at least 15 weeks old at the time of travel: they can travel no sooner than 21 days after their rabies vaccine, which can only be administered from 12 weeks of age. (This may change after the UK leaves the EU - your vet will be able to advise you). Angus loved his passport so much, he decided to eat it when they were in Spain! "We had to get an emergency passport to get him back to the UK, so Angus is now Spanish!" laughs Lorraine.

Respect local wildlife

Always follow the signs that tell you where you can and can't take your dog, and watch out for baby animals. "We go to Orkney for four days every May, and at that time of year you have to be careful because there are lots of lambs and young animals in the fields," explains Lorraine. "So, we kept him on the lead whenever we had to."



on the beaches there," says Lorraine. "And afterwards, he just conked out because of all the fresh air and exercise."

When he's not tearing across the beach, Angus likes a bit of occasional dressing up. "Rosie brings all these crazy outfits back from Singapore, so Angus has a Japanese police outfit, and a lobster outfit. And he really liked his Christmas jumper, although the little set of antlers only stayed on for about three seconds!"

Photos of Angus looking his best and having fun regularly appear on Lorraine's Instagram account. "We get lots of photos and pet-related stories sent to the

“I'm lucky that I get lots of free time for dog-walking”

show, too - especially from other Border terrier owners!" laughs Lorraine.

So, after an amazing 34 years on air, does Lorraine have any plans to

retire? Definitely not. "With my job, I'm very lucky that I get lots of free time for dog-walking and gardening," she says. "That's the joy of live TV. Filming can often be a really long, drawn-out affair but live TV is instant. I don't usually get nervous, unless it's a story that I don't have control over - like the Oscars coverage. The show is different every single day, and that's why I still love doing it." It sounds like we'll be seeing Angus growing up on screen for a long time yet!

EXCLUSIVE: Nation's favourite broadcaster takes fans

SHE is a national treasure who has clocked up more than quarter of a century on our TV screens.

But the moments that Lorraine Kelly cherishes the most are those spent exploring her beloved home country.

Here, in an exclusive extract from her new book, the queen of breakfast broadcasting takes the high road and the low road to share some of her favourite Scottish experiences and memories...

OVER the years I have been lucky enough to travel all around Scotland. As a child my mum and dad took us on day trips from Glasgow to Loch Lomond and the Trossachs, and on holiday 'doon the watter' to the Ayrshire coast, and seaside towns like Largs, Saltcoats, Ayr, Prestwick and Troon.

My first holiday on my own with friends was in 1977, aged 16, on a youth hostelling trip around Scotland with one of those fantastic cheap railcards that gave you unlimited travel.

We had virtually no money, lived off chips and chocolate, and were regularly eaten alive by midges but it was a fantastic holiday and made me appreciate just how lucky I am to have all this spectacular scenery and fascinating history and culture virtually on my doorstep.

Scotland is where I am happiest. I can be myself and enjoy some of the most exciting and vibrant cities in the world, and also unwind amid spectacular scenic splendour. For me it's all about friends, family, shared experiences and a good sense of humour, and, most important of all, the comfort of being 'home'.

Dundee has been my adopted home since 1986, when Steve took me on our first date to show off his city and also to watch his football team in action.

We went to see Dundee United vs Hearts at Tannadice, met his pals in the pub afterwards and I found myself falling in love with both the man and the team, and, of course, the city itself.

STEVE and I were married in Dundee on September 5, 1992, at Mains Castle. Watching the renaissance of Dundee over the past three decades, after troubled times of industrial unrest and job losses, has been a source of real pride and joy, and the new Victoria and Albert Museum will finally put the city firmly on the map where it belongs.

Arbroath, the largest town in Angus, is just up the coast from Dundee and we regularly buy our fresh fish and seafood at the harbour, including the sublime 'Arbroath smokie', one of the great culinary triumphs of Scotland.

When we first came back to Scotland when my daughter Rosie was 11 and ready to start 'big school', we lived near Blairgowrie in glorious Perthshire.

It's such a beautiful part of the country, with stunning scenery such as the famous Queen's View overlooking Loch Tummel, thought to have been named after Queen Victoria, who dearly loved Scotland.

I was born in Glasgow and I am sure that is one of the main reasons I ended up being a journalist. Glaswegians are renowned for being friendly and welcoming, but they are also very inquisitive and more than a wee bit cheeky.

At the age of 18, with very little money, my young parents set up home together in the Gorbals, once the most deprived and notorious

Living on chocolate and chips... and why the world's best scenery is right here at home

By **LORRAINE KELLY**

slum in Europe. I went back to revisit all my old childhood haunts as part of a feature for GMTV on how to trace your ancestors. The single end in Ballater Street in the Gorbals was long gone, replaced by shiny new flats as part of the regeneration of the area.

The beauty and the joys of the Highlands are simply extraordinary: from Ben Nevis to John o' Groats, from the white sands of Morar to the leaping dolphins of the Moray Firth, you can't fail to be impressed.

Our first ever holiday after Rosie was born was to Port Appin, not far from Glencoe and north of Oban. We stayed in a little hotel by the shore

of Loch Linnhe, looking out to the island of Lismore. Rosie was just eight weeks old and we were lucky to have the most incredible August weather.

We even saw a couple of elusive pine martens who crossed our path and bounded back into the forest – something you never, ever forget.

Among my favourite memories are journeys I have made to just some of the Western Isles.

They say you can smell the whisky in the air when you arrive on the isle of Islay.

I'm not sure if that's really the case, but I do know from experience that when you inhale that fresh, tangy atmosphere, it is good for the

soul. Standing on the balcony overlooking Loch Indaal and watching the sun go down with a dram of 17-year-old malt in your hand is a moment to remember and cherish.

THE ferryman taking us across to Jura smiled wryly when I asked if we would have the chance to see any red deer. It turns out there are around 5,000 wild deer on the island, vastly outnumbering the population of 180 human beings. We were thrilled to see our first deer poking her head above the hillside about two minutes out of the ferry terminal.

As well as its deer population, the island is famous for the Paps of

Jura, mountains that got their name because they resemble big, peach-like breasts – although it is rather disconcerting to discover there are three of them.

On the day Steve and I drove across, we were the only people on the pure white sands of Vatersay beach, and I will never forget the sheer sense of peace and tranquility as we stood looking across to Castlebay on Barra.

It was one of those perfect days when the sky is an almost unreal-looking bright blue and the air is crisp, fresh and tangy from the sea.

Orkney really is one of those places where, if you go once, you need to return again and again. You simply cannot resist.

Steve and I once came on the ferry

s on a tour of her life and the places closest to her heart



ISLE ENJOY THIS VIEW: Lorraine Kelly stands on a hill overlooking Castlebay on Barra. Right, savouring a smokie at Arbroath harbour



MEET THE CLAN: Lorraine and husband Steve Smith on their wedding day at Mains Castle, Dundee



LIFE'S JOURNEY: Lorraine, pictured left at John O'Groats, has come a long way from being a Gorbals toddler, above



when our daughter Rosie was a toddler and she learned to walk on the long white beaches of Scapa Flow and the gentle grassy slopes of Shapinsay.

We've also come for romantic long weekends, relishing the peace and quiet, and for fun nights in the pubs and restaurants.

We've walked for miles, taken trips by boat to the north islands and watched comical puffins waddling on the cliff tops and flying out to sea, for hours on end.

While each visit is comfortingly familiar, you always encounter something unexpected.

There was the slick, super-fast sea otter that leapt across the main road in front of us, the silent owl that brushed past overhead just before dusk and the sunset

that looked almost too beautiful to be true.

Orkney is home to my very favourite ancient site. The atmospheric Ring of Brodgar is a stone circle that is at least 800 years older than Stonehenge.

Walking around the perimeter, I always feel that the past is very close by, and there's a palpable atmosphere of serenity and calm.

There's a special place in Scotland that has sung to me, siren-like, ever since I became aware of its existence: St Kilda.

For over two thousand years, human beings were perched on the wind-blown, slippery 'islands on the edge of the world' almost completely isolated from the rest of civilisation.

A declining population ravaged by

disease meant they could no longer be self-sufficient, and starvation was a real possibility. In 1930, the few bone-tired and weary remnants of the community asked to be evacuated.

HAD almost given up on ever reaching St Kilda, but finally in the late spring of 2013 conditions were perfect for a voyage. As we sailed into Village Bay we saw the tight circle of houses the people of St Kilda had called home.

The cemetery was heartbreaking, full of the small graves of babies and toddlers who died of childhood diseases, and the men and women who worked phenomenally hard and risked their lives just to scrape a living.

We had trudged halfway to the top

of the main island of Hirta and stopped for a packed lunch when we saw the most incongruous of sights.

A jeep was trundling up the hill towards us and a cheery voice called out to ask if we wanted a lift to the

viewpoint to see the island of Dun in all its splendour, and then on to the summit for the chance to view the rocky island of Boreray and the mighty sea stacks Stac Lee and Stac an Armin just off its coast.

When we got to the top, I had the sense of just how

remote we really were. St Kilda does indeed feel like the island on the edge of the world. It was simply astounding. I had finally made it.

St Kilda is now full of ghosts, but it is one of the most unforgettable places I have ever been lucky enough to visit.

Extracted from *Lorraine Kelly's Scotland*. © Lorraine Kelly 2014. Photographs by Steve Smith.

Lorraine Kelly's Scotland by Lorraine Kelly is published by Bantam Press on March 13, priced £18.99. To order your copy at the special price of £16.99 with free p&p, please call the Mail Book Shop on 0844 472 4157 or go to www.mailbookshop.co.uk.



Lorraine 'hugely flattered'

IMPACT 100

by Helen Brown

LORRAINE KELLY was on holiday on the other side of the world, visiting her brother in Mumbai and exploring the beauties of India when she heard she had made the No 1 spot in The Courier's Impact 100 list.

Her first reaction was amazement – and then fascination as she looked at the diversity and range of people also making their mark.

"I'm obviously really hugely flattered – I genuinely think there are so many people in this area who deserve this far more than I do but for me, that's what this list is all about.

"There's so much good stuff going on. We tend to focus on the negative sometimes and you can understand it when times are hard.

"But that's what's really good about the list – it homes in on the positives.

"It recognises a lot of things people are doing that are really worthwhile and sometimes, even life-changing.

"It's such a great idea, really intriguing and thought-provoking. I was very, very surprised and really, really pleased!"

For Courier readers, Perthshire couple Lisa and Martin Gray made a huge impact with their campaign to change the rules on emergency ambulance cover.

Lorraine could not agree more: "That to me is truly amazing and humbling.

"To have something happen that's just the worst thing you can ever imagine – losing a child – and then to have the strength and selflessness to do something to prevent others going through what you've suffered is really special.

"I think what these people did is wonderful. It deserves recognition.

"Part of this is obviously because I'm very visible and on telly but I think it's great to highlight unsung work, people who are beavering away doing a great job who don't often get the kudos they deserve.

"I'm very pro-science and this area is huge in that respect, from life sciences, with Sir Philip Cohen in forensics, to leading thinkers, we've got the very best, leading the world and it's great to see that acknowledged.

"The arts and performance across the board are amazingly vibrant, as anyone looking at this list can see.

"I know we've just lost Michael Marra which is so sad – but we've got his legacy.

"And something like the V&A will bring people not only to Dundee, which I think is an amazing city but to the surrounding area, one of the most beautiful parts of the world. I absolutely love this place."



Lorraine Kelly was delighted to be number one in The Courier's Impact 100 list – but said there were others who also deserved the accolade. Picture: PA.

THE REACTION



38 The Proclaimers

Craig and Charlie Reid (The Proclaimers) said: "The Proclaimers have been very busy over the last year.

"We recorded a new album 'Like Comedy' in the late summer of 2011. Since then we have been promoting and gigging continuously.

"We are playing Perth, Dundee and Dunfermline towards the end of the year and very much look forward to those shows. Very best wishes to all readers of The Courier."

IMPACT 100



Woman Editor: DULCIE PEARCE



My Team: Nikki Watkins, Jenny Francis and Lynsey Clarke

By JENNY FRANCIS

SHE is the nation's favourite TV presenter and columnist – and Lorraine Kelly can now add serious fitness guru to her list of achievements.

Following the success of her debut workout DVD last year, she is back with a second volume, promising to whip you into shape.

The Sun's own Lorraine, 57, lost two stone after taking up aerobic dance classes two years ago, led by her friend and personal trainer, Maxine Jones.

The daytime TV host dropped three dress sizes to a ten and gained an impressive set of abs and now she wants to help other women lose weight, get in shape and stay fit.

She says: "This year we've really taken things up a gear. This DVD is more intense and will really get you working every single muscle with each dance.

"I think it's really important for women to feel strong and empowered through exercise. I look around big cities and see young girls who are dangerously overweight and I just want to reach out to them.

"I think a lot of them feel exercise is not for them, and it absolutely is.

"They associate it with being in gym class at school and fitting in but that's not how it has to be.

"It does really terrify me. We have a massive problem. I don't want to see young girls die before their time because they are fat.

"We have to be braver in saying the 'F' word. We can't hide the fact it is a problem."

Lorraine, who has a daughter, Rosie, 22, says her message is about the importance of exercise and eating well.

'I want to send a copy to Ed Balls'

She says: "When I went to America on holiday I saw a programme that showed obese people having the doors of their homes knocked down to be able to get out of their homes. That is now happening here."



I lost 2st by dancing... now I can help you

Says **LORRAINE KELLY**



AS DAUGHTER ROSIE BEGINS UNIVERSITY LIFE
LORRAINE KELLY
 ENJOYS A PASSAGE TO INDIA WITH HUSBAND STEVE

'It's hard this empty thing... I was quite g
 I managed not to c
 until I got in the c
 on the way back'



After waving daughter Rosie to university in Edinburgh, *Daybreak* presenter Lorraine Kelly and her photographer husband Steve Smith decided to mark the end of an era with their first holiday alone together.

The animal lovers planned an once-in-a-lifetime trip to a safari at Kanha National Park in India with a stop off to visit Lorraine's brother Graham who lives in Mumbai – much to the envy of journalism student Rosie.

"I was cooking beans on the tandoori uni while they were flying over India! I don't think that was fair," Rosie, 18, grumbled jokingly to HELLO!

With their daughter deep in her studies during Lorraine's holiday from the ITV show, Steve thought it would be the perfect time to book a second honeymoon.

But visions of a hot, exotic getaway quickly vanished as they found themselves in an area locals call "Little Scotland" during the cyclone season. As *Daybreak* Lorraine tells us: "It was like home!"

She explains: "It was absolutely beautiful, but it was cold, rain and misty – it was crazy. I said to Steve, 'This isn't what I came to India for. We could be in Dundee'."

ANIMAL MAGIC

Steve, who has been married to Lorraine for 20 years, laughs: "On our honeymoon we had a hurricane and this time there was a cyclone. Don't come on holiday with us!"

However, driving seven hours to the warmer Banjar Tola Camp in the Kanha National Park to see the Royal Bengal tigers in the wild was an unforgettable experience for both.

"People say you can see tigers at a zoo but there's nothing that compares to seeing them in the wild," Lorraine says. "We were so lucky – so many people had been there for a long time and saw nothing. We saw a cub the first night and then a full-grown tiger. Seeing this beautiful animal was a moment that will stay with us forever. It's so sad to think these animals are being poached and hunted for medicine."

While their trip was unforgettable for all the right reasons, Lorraine admits she felt there was something missing. "We had such an incredible time but I would have loved to have been with us – she would have loved it."

In fact, the bubbly ITV presenter has found herself bonding with Hollywood actors on the *Daybreak* sofa about their mutual experience of holidaying without children.

"I was talking to Ben Affleck the other day about how he whisked his lovely wife Jennifer Garner on a romantic break to Paris."

Lorraine: I'm finally happy in a bikini at 55

Picture: NICKY JOHNSTON/ITV



'I'm beach body ready': Lorraine Kelly poses with pride

SMILING confidently for the camera, you'd think she'd been posing like this for years. But in fact decades spent battling with her weight mean that - at 55 - this is the first time Lorraine Kelly has felt comfortable publicly showing off her figure in a bikini.

After becoming a devotee of exercise regime zumba and healthy eating, the TV presenter is finally content with her shape - and more than happy to show it off in its natural beauty.

A scar left by a horse-riding accident is clearly visible on her right leg, and her curvy figure still shows a hint of what she calls 'mum tum', but Miss Kelly is delighted with her look and is now on a mission to help other women feel confident about their bodies.

Shunning the airbrushing methods used on the flawless images we usually see of

Daily Mail Reporter

women, Miss Kelly said of the photos: 'They haven't been touched at all. What you see is what you get.'

'I'm 55, I've got a scar on my leg and a bit of a mum tum, but I am fine with that.'

She added: '[Posing in a bikini] was a big deal for me and I wouldn't have been able to do it a couple of years ago.'

'I struggled with my weight over the years and I would never have felt good enough to pose in my bikini in my twenties and thirties. But you get to the stage in life where you accept your flaws.'

Miss Kelly, who credits 'finding an exercise that you enjoy and eating a healthy diet' for her new-found confidence, said: 'I'm beach body ready, there's a beach and I've got a body. It's all about wearing your bikini with pride.'



On ITV's Lorraine show

Our perfect summer

From bucket-list adventures to barbecues and bubbly, four famous faces tell *Nathalie Whittle* about the things that bring sunshine to their lives...

LORRAINE KELLY, 57, lives between London and Dundee with her husband Steve Smith, a cameraman and photographer. They have a daughter, Rosie, 22.

My parents didn't have much money when I was growing up, but they always made sure my brother and I had a good holiday. Every summer we'd decamp to the towns of Ayr, Troon or Seamill, or to the Highlands - Oban or Skye; my dad would drive us in his van and it would take hours because the roads were tiny back then. The funny thing is, I always remember it being really sunny. I'm sure I must have subconsciously edited those memories!

Steve and I have just celebrated our 25th wedding anniversary in the most wonderful way - by ticking something off our bucket list. My hero is the explorer Sir Ernest Shackleton, so we decided to follow in his footsteps with a voyage to Antarctica - and boy, was it amazing... despite it being freezing! We travelled on a ship to the Falklands and South Georgia, and we went to the Antarctic Peninsula where we saw penguins and seals. It's something I'll never forget.



"One secret I'll share is that a bit of fake tan goes a long way"

It's important to celebrate the big milestones in life. I think Steve and I would agree that one of the reasons we got married was because we loved the idea of having a party! You don't have to spend a fortune or do something elaborate - some of the best celebrations are when you crack open a bottle of cheap plonk and just let go with the people you love.

Steve is responsible for everything when we go away. I give him my passport and boarding pass and say, "I'll just follow you then". I have so much to remember for my show during the week that it's a relief to be able to rely on Steve for that.

I think the reason we're still together is because we have plenty of time to miss each other. We only really see each other at weekends when I go home to Scotland, but I'm thankful for the time we spend apart. Even though we're used to it now, we still have so much to catch up on every time we see each other. I'm not saying it will work forever, but it works for us right now.

I'll always remember when Esther Rantzen lost her husband and said, 'I've got loads of people to do things with, but I've got nobody to do nothing with' - we all need someone like that. For me, it's my dearest friends

SINCE I was five years old I've wanted to achieve two things – land on the Moon and visit Antarctica. My childhood heroes were Mr Spock from the Star Trek TV series and polar explorer Sir Ernest Shackleton.

Sadly I have had to accept that travelling to outer space is but a pipe dream, but I could hardly contain my joy when I learned there was a trip to Antarctica which would follow Shackleton's epic journey of just over a hundred years ago.

Shackleton, known to his men as 'The Boss', was attempting to be the first to cross the entire continent of Antarctica in 1915 when his vessel *Endurance* was trapped and crushed by pack ice.

What followed was one of the most incredible and heroic feats of survival against all the odds. After living on an ice floe, Shackleton somehow managed to get all his men into three tiny lifeboats and row safely to Elephant Island, an uninhabited and inhospitable chunk of rock in the freezing Southern Ocean.

Shackleton knew they couldn't survive there for long, so he took one of the lifeboats, the *James Caird*, on what should have been

an impossible 800-mile voyage to South Georgia to get help. After landing there, 'The Boss' and two of his men who could still walk, Tom Crean and Frank Worsley, somehow trudged across the unmapped mountainous interior of the island. They stumbled into Stromness whaling station and eventually Shackleton was able to get back to Elephant Island to pick up the 22 men who had been stranded there for four months.

The chance to witness the places I had read so much about was irresistible.

We joined our ship *Hebridean Sky* in Ushuaia at the very southern tip of Argentina, sailed down the Beagle Channel and braced ourselves for the infamously rough Drake Passage, known as the worst sea crossing in the world.

It was a bit queasy, but manageable, and our comfy cabin was designed to make sure everything stayed in place, including us, even in the roughest of conditions.

One of the best things about the trip was the crew of passionate experts.

Expedition leader Hannah Lawson is a force of nature, bursting with facts about wildlife. Also on board was fellow Shackleton nut and ex-Royal Navy officer Seb Coulthard, who earned my respect as one of a crew of enthusiasts who had recreated Shackleton's epic journey in a replica of the *James Caird*, even wearing the same clothing and eating the same food.

The days spent sailing towards Antarctica were magical. As well as fascinating talks, there was the chance to sit on deck and look for whales and bird life.

Our first proper stop was Deception Island just north of the Antarctic peninsula. It's a ring-shaped active volcano that you

Kelly of the Antarctic!

TV presenter Lorraine fulfills the dream of a lifetime and sets sail on the trail of a legendary polar explorer



SALUTING HER HERO: Lorraine raises a glass to the memory of Ernest Shackleton, pictured above in 1909

can sail into through a squeakily tight entrance called Neptune's Bellows. The water here is supposed to be slightly thermally heated, so a handful of us decided to be brave and do a polar plunge.

I knew I'd probably never get the chance again so I stripped off all my many layers down to my bikini (bizarrely I kept my hat, scarf and gloves on) and dashed into the freezing water, only to quickly start yelping and bounce right back out again. I was numb from the neck down but thawed

out back on board with hot chocolate laced with Baileys.

Some practical advice for a trip like this: you need lots of layers and really good gloves. Polar Latitudes provided us with boots, which you have to give back, but also gave us all a bright red warm jacket that you get to keep and I've been wearing ever since. Waterproof trousers are a must and it's a good idea to have seasickness medication.

As we headed even further south, the air became much chillier and we soon spotted our first iceberg. I

spent many happy hours looking at these floating sculptures carved by nature, the wind and waves, with all the different shades of blue and green.

It was a very special morning when we landed on Cuverville Island to a welcoming committee of king penguins. They are so tame and will come up close if you stand still – but they soon get bored and find something better to do.

The baby fur seals are hilariously full of cockiness and attitude and will bound up to you like



aggressive puppies, but all you have to do is look at them and say 'boo' very softly and they scarp.

Before leaving the ship for the first time, our gear, including boots, waterproof trousers, jackets and rucksacks were thoroughly checked to make sure we weren't inadvertently carrying anything that might contaminate this pristine continent.

We had to dunk our boots in a basin of disinfectant when climbing into the small Zodiacs that took us from the ship to land, and when coming back on board. It's all about protecting the wildlife and the environment. At night we had to

I DON'T THINK I'M famous!

Lorraine Kelly talks to Woman about celebrity, life away from the cameras, and what makes her happy...

Lorraine Kelly is one busy lady. In addition to her own daily breakfast show on ITV - for which she launches the High Street Fashion Awards this week - Lorraine, 56, has also been using her weekends to jet to South Africa to film a new Channel 5 series about Cape Town's 'Penguin Hospital'. 'I've been obsessed with penguins since I was a kid,' she tells *Woman*. 'I love the fact they mate for life. They could teach us a lot!' Perhaps not Lorraine, though, who has been happily married to cameraman Steve Smith for 24 years, and is mum to 21-year-old journalism student Rosie.

'My granny gave me the best advice growing up. She always told me, 'Don't keep anything for best,' and I try to live by that. I did a spring clean recently and found things I hadn't worn, like some underwear from Victoria's Secret, and I thought, 'Why haven't I worn that?' So now I do wear it, even if it's just to take the bins out! What advice would I give my younger self? Don't be too hard on yourself, just enjoy yourself a wee bit more!'

'Because I was the first grandchild in the family, I was a very spoilt young girl. So when my brother Graham, this beautiful little cherub, arrived when I was six years old, I hated him! We used to fight like cat and dog, but we get on so well now. If he wasn't my brother, I'd be friends with him because he's really good fun and a decent bloke.'

'It sounds dumb, but it really is the small things that make you happy. I love nothing more than Rosie picking me up when I go home to Scotland and having a really loud singalong in the car. But I do think that as you age you get more angry. I think you get less tolerant of stupidity. I cannot bear litterbugs. If people have got no respect for their surroundings or other people, it's just terrible. I can't bear bigotry either, or bullying. It drives me mad.'

'During the week I eat really well and I do my exercise classes, but at the weekends my favourite indulgence is sitting in the kitchen with a large glass of red wine, chatting to my husband while he makes the tea. But in terms of a guilty pleasure, I'd have to say watching terrible shows with Rosie like the *Real Housewives* of somewhere in America, or *Say Yes To The Dress*. We love that! But I draw the line at the Kardashians!'

'I'd have loved to have had more children but it just didn't work out like that. I didn't go down the road of IVF as Steve and I were both very much of the mindset that if it happened, it happened. My mum had me at 17, whereas I didn't have Rosie until I was 34, but that worked for me because I was at a good stage in my career and I think it made me a hell of a lot better at my job. I'm so lucky with the child I've got, but it would have been nice to have had another couple of kids. I've always been aware of the fact that she's an only child but she's got lots of pals and we always had kids round our house.'

WORDS: JULIEN ETIART; PICTS: KEA, MICKY JOHNSTON/NEWS/STING/CORBIS



Woman interview



It would have been nice to have had another couple of kids'

'It might sound strange, but I'm really scared of werewolves. I always think that they lurk in underground car parks... But apart from that, my biggest fear is that something will happen to somebody I love. The illness that would most worry me is Alzheimer's. You see amazing people dealing with dreadful physical illnesses but coping with a mental illness is really hard. I wouldn't want people to remember me in that way.'

'If I could choose anyone to play me in a movie, it would be Sandra Bullock. I love her because she's just so down to earth. Last time I interviewed her we were supposed to be talking about the *Minions* movie she was in, but instead she was chatting away about her son Louis and what he likes to eat, how she protects him and how she kept her job away from him for years. He said, 'Mummy, are you Sandra Bullock?' I loved that.'

'I don't think I'm famous. I know I am, but I don't *feel* that I am. When I'm out and about, people chat to me like they know me, which is delightful. But people aren't interested in reading about my life – I'm a happily married mother of one! I like the level of recognition I've got where I can do my shopping or turn up at my fitness class and no one's bothered. But if I was starting out now, I'd find it hard with social media. I'm a fan of Twitter, but it does have a dark side and people can be nasty.'

'Steve doesn't get jealous of me interviewing all these hot young things because I'm just like their mum! When you find somebody that you're comfortable with, you're just not bothered about anything else. I don't think having 'free passes' with other people is right at all. And anyway, I don't have the energy! God forbid I ever have to 'get back out there' again, asking someone what their favourite colour is... I'd be like, 'Kill me now!'

*** Penguin A&E With Lorraine Kelly is on Channel 5 later this month**



With Steve, Rosie and her mum Anne when she was awarded the OBE in 2012



Lorraine will be hosting a series of documentaries about penguins

Press

HELLO! fashion

Lorraine Kelly's orange Warehouse dress is perfect for the heatwave – and it's in the sale!



Lorraine Kelly, 58, gushes over lookalike daughter Rosie, 23, as they model matching blue suits during fashion segment

MailOnline



HELLO! @hellomag · 4h

Stop what you are doing – **Lorraine Kelly** just wore an amazing rainbow dress – and it's a Primark bargain! ow.ly/dXbr30kPpTp



Lorraine Kelly's floral Zara dress is the perfect way to do ruffles this summer



Stacey Solomon takes fashion tips from... Lorraine Kelly!

They both wear it so well



Lorraine Kelly wears Topshop's most popular dress – and it's almost sold out!

HELLO! fashion



Get Lorraine Kelly's Gorgeous Floral Summer Dress On The High Street – For Under £15!

woman&home



DimBint @DimBint · Feb 20

@OasisFashion are you going to restock the grey rainbow glitter cloud jumper lorraine kelly was wearing on her show today as it is now sold out on your web site and in store?

1 replies 1 retweet 1 like



Lauren Wesson @LaurenWesson · Feb 20

Will you be getting more stock of the rainbow jumper worn by Lorraine this morning? @OasisFashion

2 replies 1 retweet 1 like

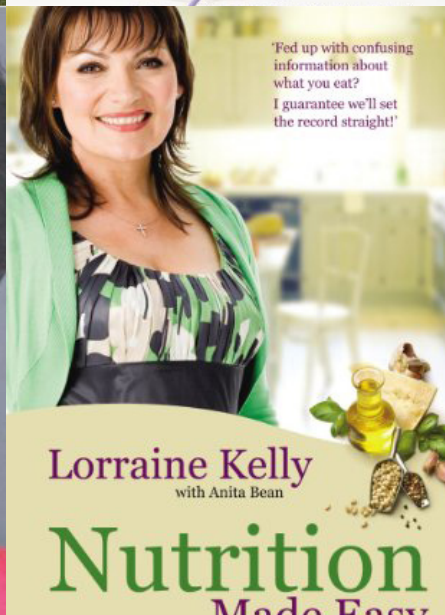
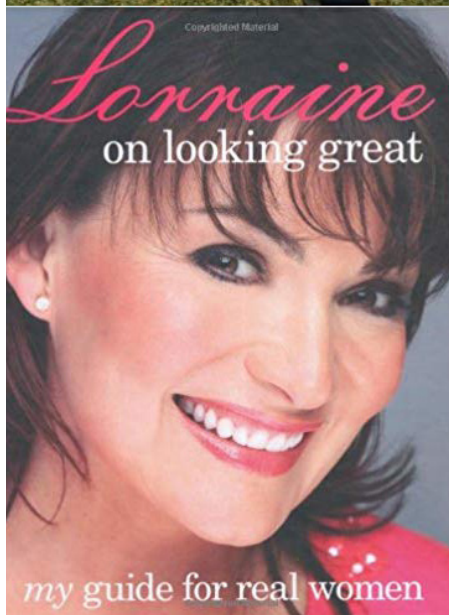
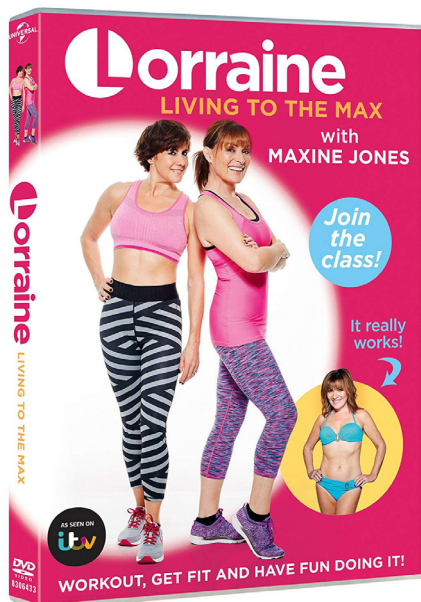


pip smith @pipd1983 · Feb 20

@ITVLorraine where is Lorraine's rainbow jumper from please? 🥰

1 replies 1 retweet 1 like

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