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ON SALE
7 JAN

MEGHAN & HARRY'S NEW MARRIAGE RULES

Months after their professional 'split', insiders say Meghan Markle and Prince Harry are determined to work on their marriage goals in 2025

Prince Harry and Meghan Markle are no strangers to divorce rumours but, for months now, their new professional 'separation' has further fuelled whispers of an imminent split.

And recently, Harry, 40, was again forced to address speculation over his six-year marriage to Meghan, 43, when US columnist Andrew Ross Sorkin questioned him over how he handles the furore surrounding their relationship.

At the time, Harry joked that he and Meghan had been divorced '10 or 12' times, but insiders have revealed how

the constant need to silence and laugh off rumours has led Meghan to assess their marriage and make a set of new 'marriage rules' for the New Year.

COMMITTED

An insider says, 'They're very clear they are not divorcing and just as committed as ever, but that doesn't mean there aren't some areas they want to – and need to – work on.'

'One thing that has really fallen by the wayside is romance, and they've vowed to tackle that very proactively. That means

arranging date nights, going on more special trips just the two of them and even going hiking together or with the kids a couple of times a week when they're both in LA.'

Last week, Harry also talked about how much he loves his new life in California, which includes pursuing his hobbies of Polo and surfing.

And while Meghan is content to cheer on Harry – whose Netflix documentary, *Polo*, premiered last week – from the sidelines at their local Santa Barbara Polo and Racket Club in



The couple have been under pressure recently

Montecito, the insider says one of their new goals as a couple is to spend more time together on joint interests.

The source says, 'They're planning to spend 45 minutes every morning together before the kids get up to either do a guided meditation or a yoga session, to strengthen their spiritual bond.'

DETERMINED

'Meghan has also talked about learning to surf this year so that she can join Harry out on the waves. He loves it, and she wants to be able to share that with him.'

The couple – who share son Archie, five, and daughter Lilibet, three – have also spent increasing amounts of time away from each other since September, when sources revealed how the couple had

opted to take a new 'twin-track' approach to save their sinking Sussex brand.

Harry has flown solo to charity events in London, New York and South Africa, while Meghan has attended a number of showbiz events, including her pal's make-up launch party, a baby shower last week and the LA Children's Hospital Gala in Beverly Hills earlier this month.

But now the source says the couple – who are expected to attend the 2025 Invictus Games in Vancouver together in February – are determined to spend more time together in the New Year.

The source adds, 'They're really going to carve out the time. They need to otherwise their schedules get so jammed, and now with their separate focuses,



Looking happy in 2019



Harry has been attending events solo



‘THEY’VE BOTH AGREED THAT THEIR RELATIONSHIP STILL NEEDS TO COME FIRST’



Meghan has been seen at numerous parties without Harry

it's very easy to become like ships passing in the night. They sometimes panic about all the rumours around their marriage and want to show people that they're stronger than ever.'

But this isn't the first time they have faced reports of trouble in paradise.

In 2023 – a year after the release of their Netflix debut, *Harry & Meghan* – a representative for Harry was forced to deny reports that speculated on Harry's use of a private suite at the exclusive San Vicente Bungalows in Hollywood, where it was claimed he went to spend time away from Meghan.

And as Meghan continues

to struggle with copyright issues for her lifestyle brand, while their feud with the royals rumbles on, insiders have claimed their marriage has been put under huge pressure.

THERAPY

However, both Harry, who recorded a live therapy session to raise awareness for mental health in 2023, and Meghan, who talked about seeking professional guidance at her 'lowest point' after the birth of Archie, have been outspoken about the importance of asking for help.

And now the source says the pair have discussed having regular 'pre-emptive'

therapy to combat any issues that may come up.

The source says, 'Harry and Meghan have vowed to make weekly sessions a regular part of their routine in the coming year. They believe it could really benefit their marriage.'

'Communication is so key and not always easy, especially because Harry was raised with the stiff upper lip mentality, so having someone to help them navigate those tough discussions is bound to be a big help.'

In the meantime, the pair, who reportedly did not receive an invite to spend Christmas

with the royals and are said to have held a quiet celebration at home in California with their children, have been practising gratitude for the year ahead.

The source adds, 'This coming year they're really going to be all about being present and grateful for all they have, and that includes their marriage.'

'As hectic as life is for them, they've both agreed that their relationship still needs to come first, because without a healthy marriage, nothing else works.'

FEARS OVER KERRY'S NE

She's single again for the first time in six years and insiders say Kerry Katona is keen to get back on the dating scene – but friends are concerned

She's still navigating life as a single working mum after splitting from fiancé Ryan Mahoney in November. And insiders have revealed that Kerry Katona is gearing up to get back on the dating scene and is even considering a second stint on E4 show *Celebs Go Dating*. The source says, 'Kerry's in talks with *Celebs Go Dating* TV bosses and is seriously considering another go. The producers are eager to have Kerry on board for a second time, as she was great TV the first time around and they're offering a really good deal. She feels it's an exciting opportunity and a chance to use their experts to help her heal, move on and find long-lasting love.'

RUSHING IN

'This deal would not only be great money-wise, but it'd be a chance for Kerry to start a new journey, as well as getting back into TV work, which she loves. She's a hopeless romantic and does believe in true love, so she's also hoping it could be a chance to find The One.'

The source adds, 'But some of those closest to Kerry fear she might be rushing into this



She and Ryan have parted ways

‘SHE’S A HOPELESS ROMANTIC AND WANTS THE CHANCE TO FIND THE ONE’

decision too soon after her break-up. Entering the dating scene so publicly, and on a show that thrives on drama, could be overwhelming when she's still processing the end of her relationship with Ryan. They're of the view that she needs to take the time to heal and reflect before diving into the complexities of finding a new man in the public eye.'

The Atomic Kitten star – who appeared on the E4 reality dating show back in 2019 – shocked fans in November when she announced her six-year relationship with Ryan had ended after 'a breach of trust', adding, 'I never in a million years thought this would happen.'

Prior to her relationship with Ryan, Kerry, 44, had been

married three times. Her first marriage to Brian McFadden ended in 2004 after she accused him of cheating. She then married Mark Croft following a whirlwind romance in 2007, but they split in 2011. Her third marriage to the late George Kay lasted just three years amid allegations of domestic abuse, before his tragic death from a drug overdose.

MISSING SPARK

Kerry and Ryan began dating in 2018, with the personal trainer popping the question two years later. Kerry revealed Ryan had slotted into 'dad role' with her kids – Molly, 23, Lilly-Sue, 21, Max, 16, Heidi, 17, and Dylan-Jorge, 10 – and reports have claimed the kids are heartbroken at the split.

Just days after their shock break-up, Kerry seemed to put aside her heartache, jokingly saying she was 'single and ready to mingle' and wanted 'a temporary boyfriend, just to keep me warm throughout the Christmas period.'

The source says, 'Kerry feels optimistic. She sees a second go on *CGD* as a chance to move forward and rebuild her confidence after a difficult period. She feels like this is



With Katie at panto rehearsals



Best friends and Ugly Sisters



Kerry with four of her five kids

W MANHUNT



On *Celebs Go Dating* back in 2019



Fans love seeing the pair together

exactly what she needs to regain her spark and inject some fun back into her life, and meeting a hunky new man would be a bonus.'

Since the split, Kerry has been keeping herself busy with work. As well as keeping her OnlyFans page updated, she's currently in the midst of her panto stint with best pal Katie Price, with the pair playing the Ugly Sisters in *Cinderella* in Northwich. The women – whose friendship blossomed in the *I'm A Celebrity* jungle in 2004 – have been having sleepovers at each other's houses during rehearsals and sharing pics of themselves together, delighting their social media fans.

WEIGHT LOSS

But in recent months, fans have expressed concern over Katie's dramatic weight loss – speculating she may be using weight-loss drugs – and now many have noticed that Kerry has slimmed down too.

Our insider says, 'Kerry has been on a weight-loss drive after the break-up – she's called it the heartbreak diet. She's been on the go with panto

performances, which has helped, and has also cut out junk food – joking that she's ditched the man and is now ditching bad food too.

'She feels amazing and doesn't care what anyone thinks or says. She's saying she wants to lose at least two more stone, which has also worried pals. They're trying to remind her she's perfect the way she is and she shouldn't feel the need to drastically lose weight, but Kerry insists it's under control and that she's loving feeling healthier.'



POSH'S 'STRESS' OVER PERFECT FAMILY HOLIDAY

Insiders reveal Victoria Beckham is not having the relaxing start to the year she was hoping for

As we head into a brand-new year, most are hoping for a happy and stress-free start. But it appears Victoria Beckham didn't get her New Year's wish, as a source tells *Closer* that she's had a taxing time trying to organise her family's annual holiday.

Last year, Victoria, 50, and husband David, 49, who are known to end the festive period in an exotic location, jetted off to the Bahamas alongside their children – Brooklyn, 25, Romeo, 22, Cruz, 19, Harper, 13, and Brooklyn's wife Nicola Peltz, 29.

While the getaway is usually Victoria's favourite time of the year, things are getting more complicated now that her brood is growing older and the family is expanding – with both Romeo and Cruz in new relationships. And it's believed

that the former Spice Girls singer felt torn over whether to invite their girlfriends on the trip, as they are still relatively recent additions to the Beckham fold.

A source reveals, 'Victoria has been pulling her hair out over the big New Year's family get together. Her attempts to plan a getaway in the sun to kickstart the New Year resulted in a lot of stress and changing plans.'

SMITTEN

Although Romeo only went Instagram-official with DJ Kim Turnbull, 24, in November – nine months after his split from his girlfriend of five years, model Mia Regan – it appears he's already smitten, even getting a 'love wins' tattoo tribute to his beau last month.

Meanwhile, Cruz has been dating 29-year-old singer Jackie Apostel – who is 10 years his senior – since May. In October, he publicly declared his love for her, sharing an image during a dinner in New York with the caption, 'Happy birthday, I love you.'

And our source says that Cruz – who has now followed in the footsteps of his eldest brother



The Beckhams cuddle up on the sofa

Victoria with daughter Harper



Brooklyn and lives in Los Angeles – headed home to join in with family celebrations, with the hope that Jackie would also be included.

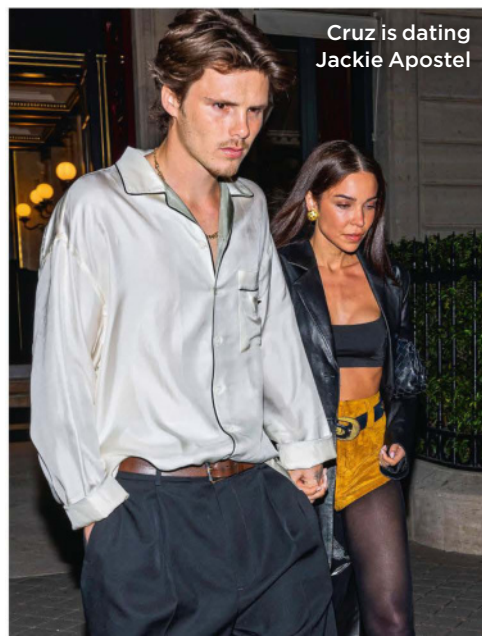
'He wanted to bring Jackie with him and, of course, if she's travelled to London then she needs to be included. But if she is, then Romeo's girlfriend also needs to be, and it doesn't become the low-key family event Victoria had hoped for,' the source explains. 'Victoria loves to start the year in vacay mode, just relaxing in the sunshine for a few days. She wants to be with her boys, but she'd rather not have current girlfriends there.'

WARY

While proud mum Victoria is happy for her sons to have found love, she's understandably wary to let the new girlfriends in just yet. The insider says, 'She is fine with the boys dating and is really happy that they're getting out there and finding out who they are, but this year's holiday has

proved to be a big headache for Victoria. It's quite a juggle with Romeo and Cruz both dating but not quite being in serious relationships.'

Insiders say that the fashion designer turned to David for support, with the couple navigating the situation together. 'Victoria didn't want anybody's feelings getting hurt or to feel like they weren't being included, so she felt like it would be better coming from both her and David,' they continue. 'Romeo's ex Mia has been away with them before but it was different because she had been part of the family for years, but he's barely been official with



Cruz is dating Jackie Apostel



‘ SHE WANTS A PRIVATE HOLIDAY WITHOUT FEELING SHE’S HOSTING STRANGERS ’



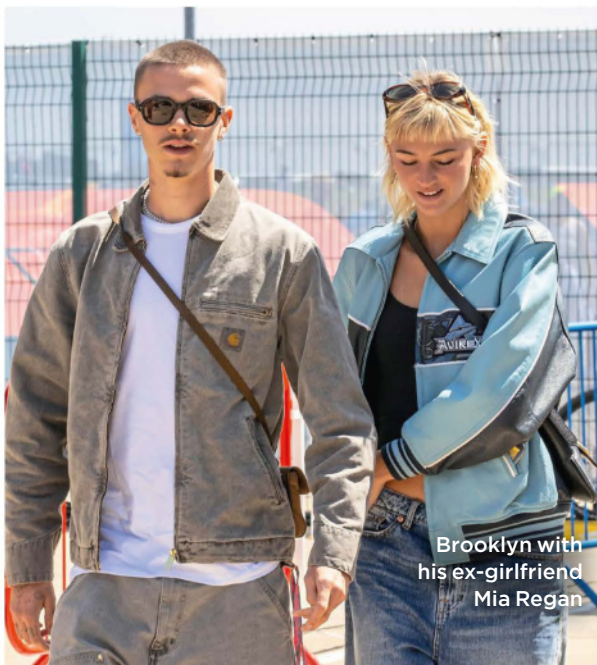
Brooklyn with wife Nicola

Kim for a few weeks. Victoria made it clear that she wanted Romeo and Cruz to be part of the New Year’s celebrations, but she wanted it to be kept as just immediate family with the grandparents.’

FEUD

However, she is said to be worried that not including Kim and Jackie in family events will start rumours of a feud, which she and Nicola have had to battle for years. Victoria had been hit with rumours she didn’t get on with her daughter-in-law after it was reported Nicola didn’t want her ‘to be any part of the planning’ of her and Brooklyn’s April 2022 nuptials. A source said at the time, ‘They can’t stand each other and don’t talk.’ However, clearing up the reports in October 2022, Nicola said in an interview, ‘It’s not a feud! I keep seeing everywhere that word, “Feud, feud, feud!”’

Our source concludes, ‘Victoria’s adamant it’s nothing to do with the girls or not getting on with them – she really doesn’t want a repeat of the drama she went through with Nicola. It’s just about her wanting to have a private family holiday without feeling like she has to host someone who is still almost a stranger.’



Brooklyn with his ex-girlfriend Mia Regan



Mia and Posh were close

STACEY TELLS JOE:

'I want your stuff gone!'

Stacey Solomon is clearing out Pickle Cottage ahead of a hectic New Year – and Joe's messy habits are a source of stress

She's made a career out of helping people declutter their homes, and now Stacey Solomon is applying the same rules to Pickle Cottage – much to the chagrin of husband Joe Swash.

An insider tells *Closer*, 'Stacey is a firm believer that a messy house creates a messy mind. She finds herself completely overwhelmed and anxious if things aren't in order. She's been ruthless this year at Pickle Cottage, completely decluttering the house from top to bottom.'

'She's been hoping that Joe will follow her lead and start trying to sort his life out at home, too. She has joked about how messy he is and that opposites attract, but the reality

is that seeing his stuff laying around their bedroom can drive her mad.

'She does a lot for him, but in the New Year she's going to really put her foot down and tell him to get his act together, start organising his clothes more and get rid of any unwanted stuff from his "man cave". She's joked about him having so many hoodies and T-shirts that all look the same, gadgets that he's never used, and gardening tools collecting dust. She's ordered him to do an inventory of it all and completely sort the house

with her. She wants them to be more of a team, so it's not always about her nagging him and instead about getting him onto the same page as her in 2025.'

DECLUTTER

Having hosted the National Television Award-winning show *Sort Your Life Out* since 2021, Stacey, 35, is well-placed

to clear the decks when it comes to Pickle Cottage. And with six kids between her and Joe – Harry, 17, Zachary, 16, Leighton, 12, Rex, five, Rose, three, and Belle, one – five of whom live at the £1.2million property in Essex alongside dogs Teddy and Peanut, as well as ducks Daisy and Delilah, a declutter ahead of spring is likely a good idea.

The New Year is already looking incredibly hectic for both Joe, 42, and Stacey, with the release of their reality

‘ SHE WANTS TO START 2025 WITH A CLEAN SLATE AND NO BAGGAGE ’



Stacey shares cleaning hacks on Instagram



Sort Your Life Out has given her even more tips



He's neat on nights out, just not at home



She's keen not to spoil the children

'But family members just love a toy, don't they? I literally did a big charity collection a couple of days ago, because you have to. If you want to sort out your playrooms and wardrobes, start letting go of stuff now before Christmas when you get new bits and bobs.'

FAMILY VALUES

Our source adds, 'The family have been mocking her that she's like a sergeant major when it comes to cleaning the house out, but Stacey can't stand the feeling of going into another year with everything in chaos after a busy Christmas.'

'She doesn't ever want to feel like she's spoiling the kids either. Yes, they have a very privileged life, but she hates the feeling of excess stuff when there's no need for any of it. She also wants her children to grow up knowing the importance and value of things, earning privileges, tidying up after themselves and just keeping themselves in order. This mentality has really helped Stacey get through some tough times in life and she hopes that can be the same for the children as well.'

TV series that began filming in October and, as *Closer* previously reported, it has been a major source of stress for the couple, along with plans to expand her haircare brand REHAB and Joe's Channel 4 show, *Buy It, Batch It, Cook It*.

The source explains, 'Stacey likes the feeling of knowing she's going to start 2025 with a clean slate and no baggage, and that anything that's no longer serving her is going to be out of her life. Whether that's past insecurities, emotional

baggage, or even a bunch of toys that the kids no longer play with – she wants rid of it. It has made her feel really calm and strong.

ANXIETY

'There have been a lot of ups and downs this year and she knows 2025 will throw a few curveballs her way, too – but as long as she feels like she's got her home in order, Stacey feels like she can handle just about anything.'

As part of her winter clear out, this year Stacey – who

has been open about her struggles with both depression and anxiety – made the conscious decision not to add to the clutter in her home at Christmas time.

She previously shared on Instagram, 'We don't do loads of presents because I hate it. I just think they unwrap one and then unwrap the other, and then they're crazy kids. So we do one big present – I'm doing up an old playhouse for the girls – and then they'll get little stocking fillers and stuff.'

IS A HAPPY DIVORCE EVER REALLY POSSIBLE?

The first working Monday in January is dubbed ‘divorce day’ as solicitors see a surge in enquiries from warring couples. But if your relationship unravels, is it possible to have a harmonious split? We talk to two women who’ve not only managed it, but are now the best of friends with their exes...

Sitting at the table on Christmas Day last week, Nicola Skinner was surrounded by those she loved – her mother, her daughter, Daisy, 13, and her daughter’s father, Ben, 46, her ex-husband. They divorced over three years ago but have spent every Christmas together since – and they regularly meet, whether for Sunday roasts or birthdays. Nicola even describes Ben, who works in design, as her best male friend.

Nicola, 46, a children’s author who lives near Bristol, explains, ‘Our relationship as a marriage didn’t work out. We grew apart and it became very negative, and lockdown exacerbated it. But there was still a lot to cherish and neither of us wanted to let it all go – not just for Daisy’s sake, but because we’d once been great together.’

‘It wasn’t all plain sailing but we were determined not to be acrimonious – it’s not easy when you’re discussing finances and custody – so we got a mediator to help us to do it.’

‘I moved out of the marital home as soon as we split, which was my decision, I didn’t want to stay there. We both needed space, and for me the house was inextricably linked with our marriage. I craved a fresh start whereas Ben loved it, so it made sense for him to stay and he bought me out. We have always shared Daisy

50/50 and our dog, Florence.

‘Three months after I moved out, my father was diagnosed with terminal cancer. It made us both realise what really matters and that life was short. I had no energy to row and Ben was a huge support to me. Such a life-changing event made it easier to move from bickering exes to good friends, but I believe we’d have got there anyway.’

CELEBRATING

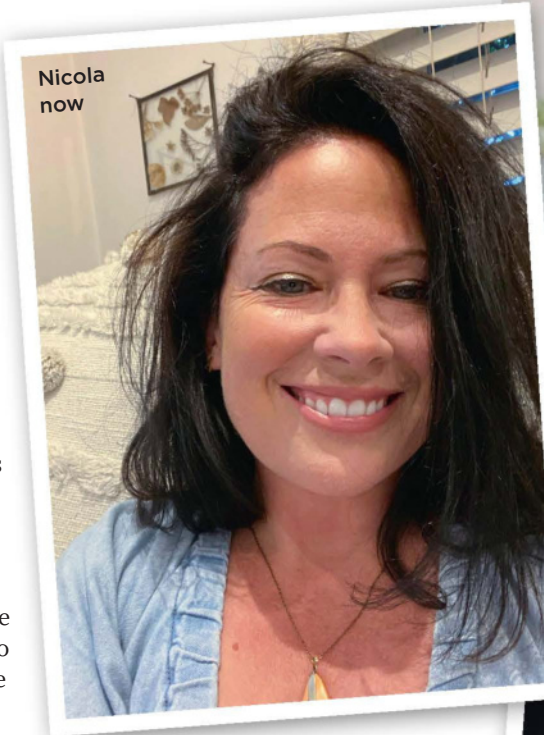
Ben and Nicola are following a path made famous by actress Gwyneth Paltrow and Coldplay front man, Chris Martin. When they split up over a decade ago, they announced they were ‘consciously uncoupling’. And they have made it work – they’ve regularly been seen celebrating birthdays together and even on holiday.

Nicola acknowledges that it helps that both she and Ben are single and also that there wasn’t a third party involved when they split. But she adds, ‘We’ll navigate whatever comes

next. Love comes in many shapes, it’s very adaptable and you need to find new ways to let it shine.’

Latest statistics report that 42% of marriages will end in divorce, and the average cost in legal fees and lifestyle costs is £14,561. Legal firms see a huge spike in divorce applications in the New Year, which has led to the first working Monday in January – this year 6 January – being dubbed ‘Divorce Day’. Over 40,500 people in the UK are expected to search online for divorce throughout January – 25% higher than usual.

The Divorce Coach Sara Davison (saradavison.com) explains, ‘The fact that it’s common in January is because couples are forced to spend time with each other without the usual distractions of work,



Nicola now

socialising and routines such as the school run. If there are problems in the relationship, it’s hard to ignore them. Equally, families often try to stay together for “one last Christmas” and if it doesn’t work, then come January they will be filing.’

SPIKE

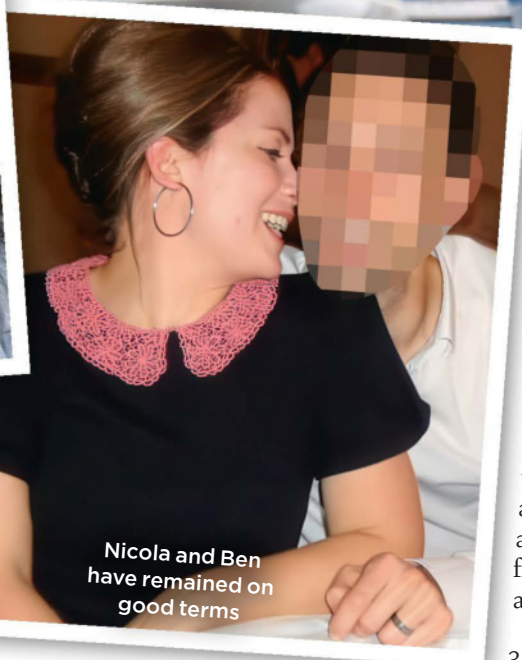
But Sara adds, ‘Whenever you start the divorce, the mechanics and advice are the same. Acknowledge it will be hard, sit down at the beginning and plan for how you’re going to cope when it gets tough, and accept that you want a fair resolution for both parties. Try to take the emotion out of the situation and



After their split, Christina and Rohan set out the parameters straight away



‘SUCH A LIFE-CHANGING EVENT MADE IT EASIER TO MOVE FROM BICKERING EXES TO GOOD FRIENDS’



Nicola and Ben have remained on good terms

coach Vanessa White (vanessawhite.co.uk) adds, ‘I advise my clients to decide how they want their future to look. For most they want at least a functional friendship, like where you can be civil at events such as the school concert. I advise people to step back and take it at their own pace and ask for help, be it from a lawyer, a mediator or friends and family to get advice and perspective.’

When Christina Miles, 38, an operations manager, told her ex, Rohan Tully, 41, who runs a property business, she wanted to end their 12-year relationship, she set out the parameters straight away.

She remembers, ‘I instigated the split, it wasn’t what Rohan wanted. But we agreed we’d have a “Bruce and Demi divorce”. I’ve seen friends split up viciously, it’s exhausting and horrendous for the children and I was

determined we’d never be like that.’

Christina was referring to Bruce Willis and Demi Moore, who have stayed incredibly close, with the *Ghost* star even moving in with Bruce and his new wife, Emma, during the pandemic. More recently, Demi provided support through Bruce’s dementia.

DECISION

Christina adds, ‘Rohan was worried he was going to lose his child – we’ve got a six-year-old daughter, Elara – and his best friend. I reassured him that it wasn’t the case. If I’m honest, the romance had gone from our relationship, and we were more like friends. We stayed living together for six months for practical reasons, so nothing changed immediately.

‘We were able to take it slowly and in that time the split became mutual and now we are as close as ever. We’ve been through so much together, including renovating a boat to live on –

which we’re now raffling off – we adore each other, but the spark disappeared.’

They have now both moved from London to live in Lisbon, Portugal, and though they live separately, they see each other constantly. She says, ‘It was something we discussed doing while we were still together.

Once we broke up, we realised we both still wanted to live there, so we went ahead. We see each other all the time. Neither of us is seeing anyone at the moment, but we have in the past. I’ve even helped him out swapping my day with Elara, so he can go on a date.

‘For us, it was a very conscious decision to make sure it worked – it hasn’t been easy but we’ve always kept it in mind that we were once in love, we had a child together, we have a long history and we literally built a beautiful house boat together – we can’t waste all of that.’

● To buy a raffle ticket for the boat go to Christina and Rohan's boat go to winthebighouseboat.com

see it as a business transaction. Commit that you want to be friendly, especially if there are children involved.

‘If it gets difficult, remember you might not be able to control the other person, but you can control what you do and how you react. So do your best to stay calm and think through anything you do.’

And Relationship and Divorce

LAURYN'S SHOCK MOVE:

'I've got to put the kids first'

After Lauryn Goodman opened up to *Closer* about being a single mum, insiders say she is considering a move to Dubai

She revealed that she hoped to reconcile with Kyle Walker in an exclusive Christmas interview with *Closer* last week. And now insiders say Lauryn Goodman is considering a huge life decision that would no doubt impact her relationship with the father of her kids even further.

PRESSURE

The *Celebs Go Dating* star, 33, is considering relocating to Dubai with Kairo, four, and 18-month-old Kinara, which would undoubtedly put pressure on Manchester City footballer Kyle, 34, who allegedly hasn't seen his children since he was revealed to be Kinara's father.

The insider says, 'Lauryn wants to go to Dubai for many reasons. The reality is that a lot has changed for her. She isn't as close with her sisters and



Lauryn is considering a move abroad with her family

doesn't speak to one of them at all, so has been looking at Dubai as a potential move. She just feels it's the best option for them to grow as a family, as it's a place they all love to visit and they have so many lovely memories over there already.

'Lauryn hasn't really thought about how it would work with

Kyle. A move to Dubai would no doubt put him under a bit of pressure. But Lauryn gave up so much of her time trying to sustain a relationship with him for their children due to his football commitments, that she is mindful not to put his needs at the forefront again.'

The influencer has been a regular fixture in the headlines

ever since she welcomed Kairo with Kyle in 2019. Their son is believed to have been conceived during Kyle's brief split from wife Annie Kilner, 32, with whom he shares four sons, Roman, 13, Riann, eight, Reign, five, and eight-month-old Rezon.

TIGHT-LIPPED

But in January, it emerged that Kyle had also fathered Kinara – who was born in June 2023 – with Lauryn. And while the Premier League star publicly apologised to his wife and the couple seemed to try to work through the affair, they called it quits in October.

Annie – who tied the knot with long-term love Kyle in secret in 2021 after Kairo was born – filed for divorce, although she was recently

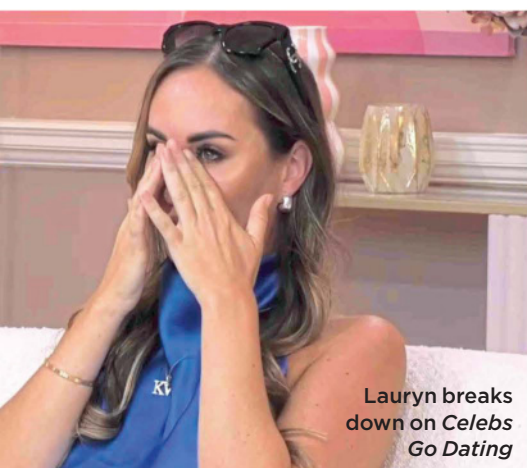
Kyle is unlikely to move from the UK

pictured with her wedding ring on, sparking confusion about the state of their marriage.

Lauryn admitted to *Closer* that she hopes everyone can 'move forward and do right by the children', and the insider says that, while Kyle would likely be stunned and think a Dubai move is out of the question, his former lover's priority is their children.

The source says, 'Lauryn is keeping tight-lipped about whether she has contact with Kyle. After the year she's had, she wants to try to keep things as private as possible. She has tried her best throughout the year to shield their children from any heartache, but she could only do so much.

'A lot has happened between Kyle and Lauryn. Deep down, they know they can trust each other when other people aren't involved.'



Lauryn breaks down on *Celebs Go Dating*



‘SHE JUST FEELS IT’S THE BEST OPTION FOR THEM TO GROW AS A FAMILY’

Lauryn has lots of happy memories of Dubai trips



Annie with Kyle and their kids

TORN ANNIE:

‘I’m struggling to move on’

Insiders reveal why Annie Kilner feels conflicted about her future with Kyle Walker

In a shock move, Annie Kilner was recently pictured wearing her wedding ring at a glamorous event in Manchester, less than two months after serving her husband Kyle Walker with divorce papers.

And now, despite the footballer’s infidelities, which include fathering two children with influencer Lauryn Goodman, sources tell *Closer* that Annie, 32, is struggling to move on from Kyle, 34.

The insider says, ‘Even though Annie was trying to hide it at times, wearing her wedding ring out was a big statement. Normally, she worries about everyone judging her, but she was with some of her closest friends and just wanted to have a good time. She has been through so much this year, and just wants to enjoy time with her friends and family. Her boys being happy is her main concern

and at the moment they are, as Kyle is still living with them. Things are actually better, but she’s still torn over what to do.’

Childhood sweethearts Annie and Kyle – who tied the knot in secret in November 2021 – are parents to four sons, Roman, 13, Riann, eight, Reign, five, and eight-month-old Rezon. They have been in a notoriously rocky marriage, but its on/off nature reached a head in October when Annie – who discovered last December that her husband had fathered a second child with Lauryn – filed for divorce.

And now, a source says, ‘There are times when Annie thinks they can make it work, but other times she thinks she would be better by herself and should move on. Kyle is desperate to give it another go and finally be happy once more, but she isn’t sure whether she has it in her heart to forgive him again. She’s done it so many times and he’s always let her down.’

'I pray every night that my son will be fine'

Jess Wright talks shunning surgery, growing her brood and staying positive amid her son's devastating health battle

She first rose to fame on *TOWIE* in 2010 as one of the OG cast members – and now happily loved-up with businessman husband William Lee-Kemp, Jess Wright's new life is a far cry from her reality TV heyday.

However, the star – who dated Essex Lothario Pete Wicks, 36, and often weighed in on her younger brother Mark Wright's, 37, tumultuous relationship with co-star Lauren Goodger, 38 – recently had her life turned upside down.

Jess revealed in August the devastating news that her two-year-old son, Presley, had been diagnosed with a rare congenital heart disease, meaning the toddler will require major surgery.

Jess, 39, has undergone her own surgery in recent months, too. While *TOWIE* is often synonymous with surgeries – with many cast members speaking openly about tweakments including Botox, boob jobs and

BBLs – Jess grew to regret her boob job, deciding to remove her implants as she embraces her natural beauty.

Now, the star opens up to *Closer* about her son's health, freezing her eggs and why she's saying no to anymore surgery.

We're so sorry to hear about your son's heart condition.

How is Presley?

He's good, thank you. It's debilitating and it's awful, but it is what it is. We have to learn to live with it now and pray to God that every result we get is good until he has to have surgery. You'd never know by looking at him though, because he's a little dream.

When will he go for surgery?

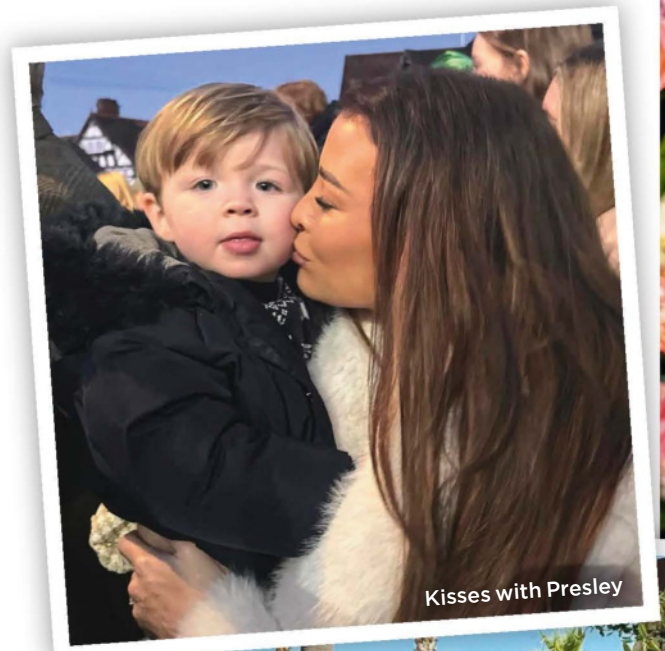
We don't know yet. He's two-and-a-half now. I would take his pain away in a heartbeat if I could. I would swap my heart with his any day of the week. I pray to God every night that he will be fine.

A lot of women are opening up about freezing their eggs...

What are your thoughts?

I've actually already done it. I'm married, so I've done it with my husband, and we've got our embryos in the freezer. At the minute I'm OK with one child – but never say never, because we have got our embryos.

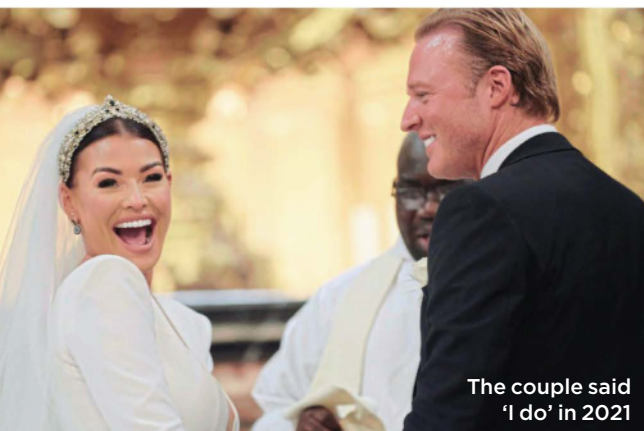
You go to a lot of events with



Kisses with Presley

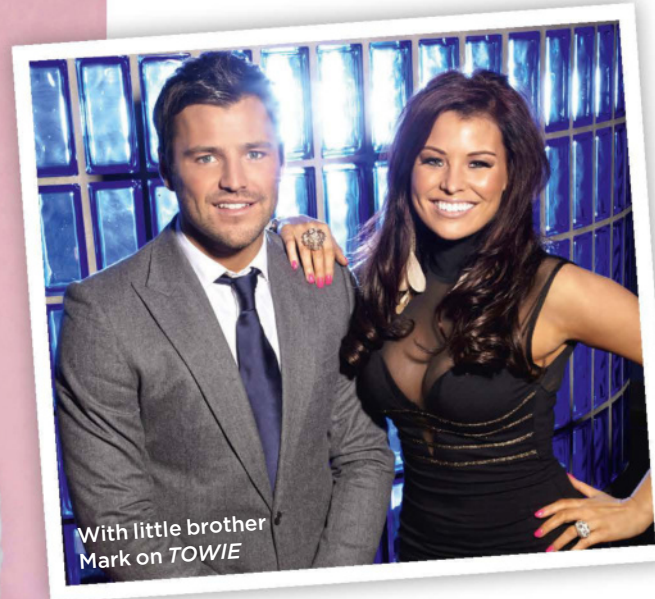


A family holiday in the sun



The couple said 'I do' in 2021

The star is channeling her natural beauty



With little brother Mark on *TOWIE*

amazing having taken them out, but it's driving me absolutely insane. I'm really worried about the weight I'm going to put on.

What made you decide to have your implants removed?

I was so sick of my big boobs – every single red-carpet dress I wanted to wear I had to dress for my boobs. My recommendation to any girl out there who has lovely boobs to begin with – which I did have and I still do have, thank God, since having them out – is don't have any implants. I haven't measured them yet because I'm still recovering, but I reckon they are going to be a good C or D cup. I was a DD before.

How are you recovering?

I was in pain, and it's hard with a two-year-old, but you've got to do what you've got to do.

I've got to a point where I'm going back to my roots, and my hair is naturally auburn.

As I've got older, I was just worried about having foreign bodies in my body. I just got to the point where I didn't want anything in me anymore – and if I ever have a daughter, I wouldn't want her to either. I want to be able to enjoy me. I want to be me again.

Do you have any New Year's Resolutions?

I hate resolutions, I just feel like they are there to be broken. I don't stick to rules, so I'm never going to stick to my own resolutions! What I will say is that I'm going into 2025 with a brand-new perspective, because this year something changed my life forever, and that was my son's diagnosis. I'm going into 2025 knowing that nothing is worse than having a child that has ill health, so I will get over anything else that comes my way. I hope 2025 doesn't bring anything else bad my way.

'I'm going back to my roots'

your mum. Is she your best friend?

Yes – and this is why I want a daughter, because I couldn't live without my mum. I would love a daughter just for that reason.

You're 39 and have barely aged a day since *TOWIE*. What is your secret?

Spinning and cycling! I got the bug for it during the pandemic when I got a Peloton

Bike. I hated spinning before that, but the bike was my chance to do something which didn't involve the gym. Now I can't stop!

How often do you spin?

Two to three times a week, and I'd do other things as well, like Barre and Pilates, but I had my implants taken out, and I can't do anything for six to eight weeks. I feel so

SURGERY SOS:

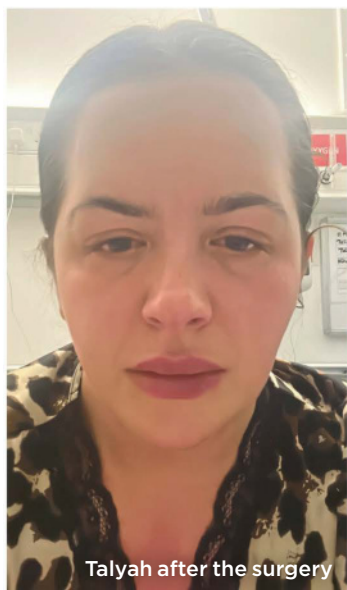
‘My nipple went missing after my birthday boob job!’

Talyah Reid used a generous gift to pay for surgery in Turkey. Then the nightmare began...

As Talyah Reid tied up the strings on yet another bikini, she looked in the changing room mirror and sighed. The then-29-year-old had lost her sense of body confidence after having her children, twins Darcey and Jason, seven, and Sunny, two. Feeling like her boobs had lost their lift, she'd contemplated a breast augmentation for a while. So, when her family clubbed together to chip in for her surgery, flights and accommodation in Turkey as a birthday treat, she was ecstatic.

SELF-CONSCIOUS

But after the surgery, she was left with oozing abscesses and scarring. Now 30, Talyah, who lives in Huyton, Merseyside, is warning others about the risks involved in cosmetic surgery abroad, while she saves for corrective surgery.



Talyah after the surgery

She says, ‘I really thought I’d done my research, I looked at so many reviews. Please don’t go abroad to save a few quid. It’s just not worth it.’

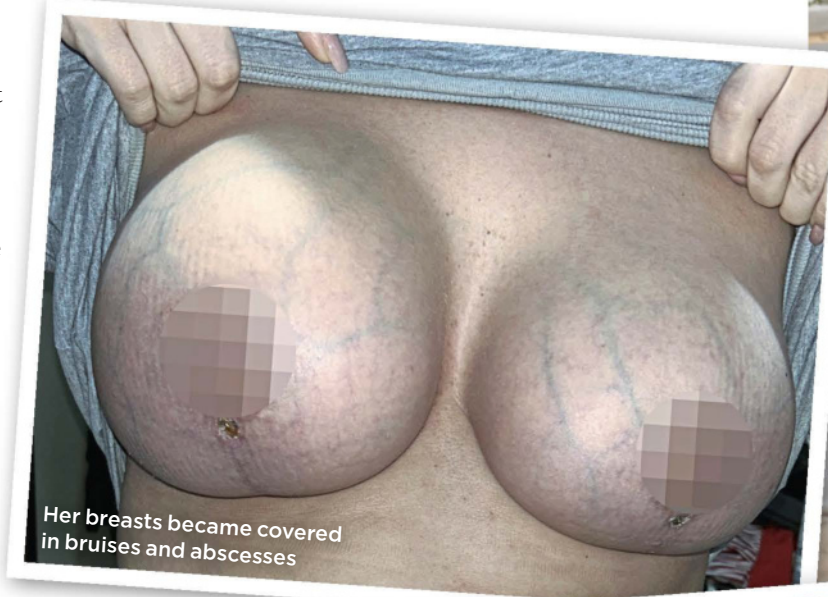
After having her three children, Talyah, who briefly breastfed all of them, didn’t like how her body looked. She says, ‘I was so self-conscious about my chest. I told all my friends I just needed to give them a lift – but everyone said I was fine.’

Wanting to give herself a boost, she scrolled through Instagram and clicked on the profile of a plastic surgery clinic in Turkey. She’d been following them for a while and had always really approved of the before and after pictures they displayed. She says, ‘Their transformation pictures were incredible, and the reviews were glowing. I thought, *Maybe this could be me one day*, as I scrolled through pictures of mums who’d been nipped and tucked.’

GRAVITY

Then Talyah’s mum, Lynda, had a big surprise. She recalls, ‘Mum asked me to pop to hers and when I sat down she told me the entire family had pooled together thousands of pounds for me to get the surgery I so badly wanted. I was incredibly overwhelmed and couldn’t get over their kindness.’

The generous birthday gift, combined with her own savings, meant she had the £4,500 needed to book the surgery, flights and accommodation. Talyah reveals, ‘I could finally afford to fix my biggest insecurity, just in time for my 30th.’

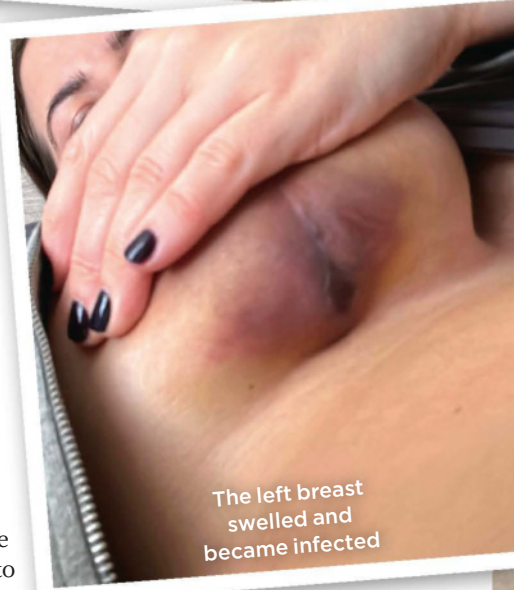


Her breasts became covered in bruises and abscesses

After she booked her surgery, the gravity of the situation soon set in. She says, ‘I started to feel worried about the operation, but Mum reassured me and reminded me that millions of women have had it done. She was so supportive and really helped put my mind at ease.’

Shortly after receiving her early birthday cash, in February 2024, Talyah flew alone to Turkey while her partner stayed home to look after the kids.

Talyah made her way to the hotel and checked in before she was promptly whisked off to the clinic, where she hoped to boost her A-cup chest to a curvy C-cup. ‘Before I knew it, I was sitting in a patient’s gown, signing paperwork, promising not to sue if anything went wrong,’ she says.



The left breast swelled and became infected

Talyah was told the risks of the surgery were minimal and says the thought of something going wrong hardly crossed her mind. ‘I just wanted my boobs back to their perky best, the way they’d looked before I had kids,’ she says. ‘That’s all I was thinking about.’

But when she was made



MY DREAM BOOBS TURNED INTO A HORROR STORY

She's now looking to have corrective surgery

to pay the cash upfront, just minutes before going under anaesthetic, it rang alarm bells. She says, 'As the nurse counted the wad of Euros, it felt so seedy and unprofessional. But it was too late to back out.'

Talyah was taken through to the operation room – and when she woke up a few hours later,

doctors – and Talyah – were delighted with the results. She says, 'When I got up and looked in the mirror, I saw how perky my new chest looked. I finally had my dream boobs.'

Talyah spent the next few days recovering before she flew back to the UK. She says, 'Everything looked fine when



they took the bandages off in Turkey, but when I got home, I noticed a small lump on my left breast.'

RECOVERING

Unsure if it was normal, she messaged the clinic, who confirmed it would go down in a few days. But a month after surgery, her left breast suddenly swelled to double the size. 'Convinced I had an infection, my GP prescribed me a course of antibiotics. But a few weeks later, the same thing happened again,' she recalls.

Talyah's pain was so severe and constant that it affected her everyday life. She says, 'I couldn't lift the kettle or push a pram, it was too painful. My sister had to come and help with the kids.'

One day after a shower, she looked down while drying herself and winced in pain. She says, 'My boobs were covered in huge black and purple bruises where the surgeons had inserted the implants, and there were oozing abscesses. I broke down in tears as my partner ran in. My dream boobs had turned into a horror story.'

A follow-up appointment

showed Talyah's breasts were infected and she was given the news she dreaded – that her implants had to be removed. She says, 'Initially I was upset, but then I became angry. I rang and sent texts to the clinic for an explanation, but I heard nothing back. Their contact with me had grown less frequent as they realised my surgery must've had complications.'

INFECTED

Talyah was then kept in hospital until they removed her implants. She says, 'When I came around, I felt a huge sense of relief. Although my perfect pair had gone, so had the pain.'

Five days later, Talyah was discharged. Lucky to be alive, Talyah is now left with severe scarring and a chunk of her left nipple is missing due to the infection. She's urging anyone to do their research before undergoing surgery. She says, 'I read all the reviews and didn't pick the cheapest place. I now want corrective surgery to fix the damage that's been done. Until then, I'm sharing my story to prevent others from facing the same fate.'

DANCING ON THIN ICE

The greatest show on ice is back – but tensions are already brewing and the pressure is on

EXHAUSTED FERNE'S 'DETERMINED TO WIN!'

Former *The Only Way Is Essex* star Ferne McCann is donning her skates in the middle of a chaotic time in her personal life.

Just weeks before taking to the ice for the first live show, Ferne, 34, was forced to deny she had split from her fiancé Lorri Haines, after deleting photos of him from her Instagram page – but she did admit they had been 'arguing' over a lack of sleep following the birth of their daughter, Finty, 16 months ago.

The couple – who have been engaged since 2022 – had previously admitted to sleeping in separate bedrooms following the arrival of Finty, and even revealed last year they had been to see an intimacy coach after their sex life had dried up.

But last month she revealed, 'We're still very much together. Living together. We are even back in the same bed. What we aren't getting is sleep. If we're arguing, it's about lack of sleep. Finty is not sleeping and I'm one tired mama. So if anyone has any tips on that it would be very much appreciated. Thanks to anyone who has messaged to see if we're OK, but we're still together.'

A source now tells *Closer*, 'The sparkle of *DOI* has already been blown away for Ferne – she's exhausted both mentally and physically. But she won't let it dampen her spirits.

'Ferne thinks she's in with a good chance and is determined to win this competition.'

And it seems the bookies agree! Ahead of the first show, Ferne – who is partnered with professional skater Brendyn Hatfield for the competition – is among the top five, with odds of 8/1 to win.

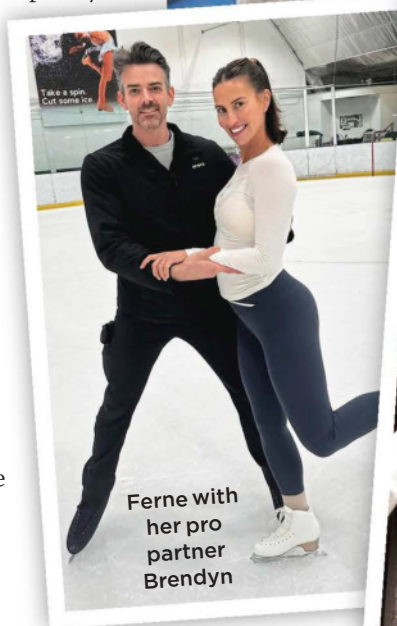
It'll be a welcome chance for her to move on from the dramas of the past few years, after Ferne was mired in a voice notes scandal in 2022 – with recordings leaked that allegedly saw her dub former *TOWIE* pal Sam Faiers 'a fat c**t' and the victim of her ex Arthur Collins' nightclub acid attack as 'one ugly f**king c**t'. Ferne has since apologised, both in public and privately.

But in order to go all the way on *DOI*, she needs to rely on Lorri to hold the fort with Finty and her older daughter Sunday, seven, from her relationship with Collins.

'The dynamics have changed in her relationship with Lorri. She knows it's only temporary, but she needs him to step up to the plate while she's on the show,' the source adds.

'Training for the show has had its up and down moments, but Ferne is absolutely loving throwing her all into focusing and learning the routines. She loves it, but she's feeling the pressure to skate well and prove her doubters wrong.'

The life/work juggle has wiped her out



Ferne with her pro partner Brendyn



Lorri has had to step up



Vanessa has shaped him into a skater



'Who you calling a caveman?'

BRUISED DAN'S 'SKATING MELTDOWN'

Another *TOWIE* star taking part in the competition is Dan Edgar, who has admitted to pals that the reality of the show is harder than he first thought.

A source says, 'Dan started off as a bit of a "moany pony" but has slowly got into his stride. He admitted that he totally underestimated how demanding this would be – it's certainly no walk in the park and he's covered in bruises.'

The insider continues that Dan, 34, is 's***tting it' ahead of the live shows, and has admitted that his

pal Joey Essex – who reached the show's final in 2023 – 'made it look so easy'.

They add, 'Dan had a total meltdown, admitting he'd bitten off more than he could chew. He's worried that he's in real danger of looking like a sack of spuds in sequins.'

'But he's really coming along, with extra dance rehearsals, and getting the technique down has seen his confidence grow. Vanessa [James, his professional partner] has taken him from caveman to dancer on ice!'

CHARLIE: 'I'M FEELING SEXY – I'LL PUSH BOUNDARIES!'

EastEnders legend Charlie Brooks is hoping to show viewers a different side to her, as the spangles and skates of *DOI* are a world away from her former role as villainous Janine Butcher.

The 43-year-old has told pals she is feeling sexier than ever and hopes to bring the raunchiness to the ice this year.

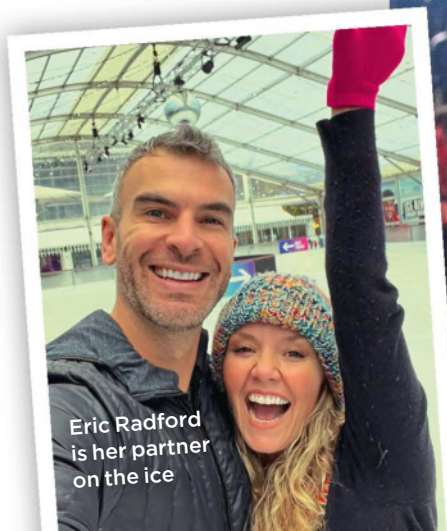
'Charlie has told friends that she may be 43, but that she'll give the other girls a run for their money,' a source says.

'She loves to dress up and will get lost in the moment on the ice – and she wants to bring some fireworks to the show. In fact, she's going to make this Raunchy On Ice!

'Charlie can't wait to show off her moves, she plans on setting the place on fire. She's pushing herself hard and won't stop until she nails the segments. She needs everything to be perfect.'

Our source says Charlie has already noticed how training has helped her further tone up – but the star was already feeling fitter than ever since giving up alcohol four years ago and starting to practise Reformer Pilates.

The source adds, 'Charlie feels in great shape – she's pushing all the boundaries and really challenging herself. She could well be the one to watch!'



Eric Radford is her partner on the ice



She's no stranger to sparkles

KATE:

'I need to turn this ar

As Kate Garraway plans her year ahead, the GMB presenter hopes to end her financial worries

It's been a hugely difficult 12 months for Kate Garraway, adjusting to life as a single mum following the heartbreaking death of her husband Derek Draper in January – and now a source says the inspirational *Good Morning Britain* presenter has big plans to make 2025 her most successful year yet in Derek's honour.

Kate, 57, announced the tragic news in January that her husband of 19 years had passed away, aged just 56. Political lobbyist and psychotherapist Derek had faced a long health battle after contracting COVID-19 in 2020 – leaving him with long-term complications that required 'around-the-clock care'.

CRUNCH POINT

And having spent the last 12 months bravely navigating her grief, a source tells *Closer* that the mum-of-two is ready to turn over a new leaf.

They say, 'This year has been the worst year of Kate's life. The festive period will never be the same again, but Kate has a solid network of friends, family and love surrounding her. Some

days are OK, others are totally crap, but she's told pals she's refusing to give in. In Derek's memory, she wants to make 2025 a great year.'

Earlier this year, Kate emotionally revealed how Derek's complex care needs had left her with crippling debt. Reports alleged the star owes around £2 million, with Kate revealing that she withdrew money from her pension to help cover her husband's substantial medical costs.

Opening up in her documentary, *Kate Garraway: Derek's Story*, the presenter – who shares daughter Darcey, 18, and Billy, 15, with Derek – explained, 'Derek's care costs more than my salary from ITV, and that's before you pay for a mortgage, household bills, or anything for the kids, so we are at a crunch point.'

It seems financial worries have only grown – with recently filed reports alleging that the presenter's TV firm, Praespero 100 Ltd, has plunged from huge profit to £165k debt over the course of the year.

It comes after Kate admitted to feeling 'ashamed' over her finances, explaining to viewers,

'I am ashamed of the fact that I am in debt, because I have an incredible job that I love, that's very well paid. I just feel a shame that I couldn't make it work.'

And now, the source reveals that Kate has plans to ramp up her TV career to help put money struggles to bed. They reveal, 'Kate's going to focus on getting more work next year. She has big financial worries, so she's got her 'game face' on and is chatting to ITV about new opportunities. She's going up for some big shows, and she really wants to work on *This Morning* with Ben Shephard – they're going to review the show soon, so she's got her sights set on that.'

OPPORTUNITIES

However, Kate is also looking to her past achievements for some career inspiration, too. Alongside her GMB role, Kate presents ITV's *Life Stories*, as well as fronting several award-winning documentaries –

including 2021's *Finding Derek*, and 2022's *Caring For Derek*.

The source reveals, 'Kate is keen on *Life Stories* and doing more documentaries. Filming kicks off in January for her next series – it was hanging in

the balance, but has now been given the commission to go ahead with a strong line-up of guests.'

A seat on the *This Morning* sofa alongside close pal Ben, 50 – who was Kate's GMB co-host before stepping down in February – would prove a dream gig for Kate. The star has leaned heavily on her friends over the past 12 months, with a close inner circle made up of her TV colleagues, including Ben, Susanna Reid and weather presenter Clare Nasir. Previously speaking to *Closer*, Clare described how friends were operating a 'rota', 'tag-teaming' to ensure the star had her loved ones around her as she 'waxed and waned' amid her heartbreak.

But above financial plans and career hopes, the source adds that Kate is looking forward to having a fresh start, prioritising herself and her family as they navigate their first year without Derek. The source shares, 'Kate's decided to put 2024 behind her and overcome the sh*tstorm of a year. She's had some time to



With her late husband Derek



This Morning's Ben is a close pal



She loves doing Life Stories

ound'



Winning her NTA with her children by her side

reflect, decompress and heal. Of course, she isn't anywhere near fully healed, and probably never will be, but her head is in a better place.

'Life will never be the same again,' they add, 'but Kate has a solid network of friends, family and love surrounding her. Some days are fine, others are lonely – even if she's busy and in a room full of people. She sometimes talks to Derek for comfort, and she knows he's listening and willing her on.'

‘SOME DAYS ARE OK, OTHERS ARE TOTALLY CRAP, BUT SHE IS REFUSING TO GIVE IN’



The panel: Mo, Davina, Maya and Jonathan, plus host Joel (centre)

DAVINA:

'We embrace the silliness!'

The best guessing game show on TV is back for its sixth series, and this time it's bigger and, according to returning panellist Davina McCall, 'sillier than ever'. Davina, 57 – who had surgery to remove a benign brain tumour in November – is thrilled to be back, and teases that we're in for the most entertaining series of *The Masked Singer* yet.

What has stood out for you this series?

It's been really nice having Maya [Jama] on the panel, she's really good fun. She's thrown herself in at the deep end and is smashing it! I miss Rita [Ora], obviously we'd all worked

together for so long and Maya had big shoes to fill, but she's filled them brilliantly.

Who would win the title for the most comedic costume in this series?

The fact that we've called somebody Bush this year is too funny. Being called Bush every five minutes by Joel [Dommett] makes me laugh so much.

Who'd win best detective?

Mo [Gilligan] is doing really well this series. He's got the luck of the devil! He'll suddenly just say, 'I've just listened to the voice and I think it's this person.' It's so unfair! He suddenly pulls it out of the bag. I've got 10 pages of notes and he has one name written down.

Who'd win the award for the most outlandish guesses?

Obviously Jonathan. We're still getting Mary Berry. If you're a friend of Mary Berry's, please go and knock on her door and ask if she'd like to be on *The Masked Singer* because we need her!

Who would win the title for best performance?

I don't want to give too many spoilers, but this series, one of our characters who had felt a bit shy at the beginning of this series pulled out a rap that was quite extraordinary. They sing *Summertime* and they did the whole Will Smith rap perfectly. It was really good! This singer is really impressive.

Is there a dramatic unmasking that leaves you all gobsmacked?

What was quite funny is there is somebody who we have guessed a lot for every other series and none of us guessed them. That was quite annoying!

Would you agree that this year bigger and better?

Yes! I'm really enjoying the

way that we change it up every series. This series we get to have fun with the dancers, and we get to dress up loads. It's really good fun. I feel like it's sillier at the moment, but we all embrace the silliness.

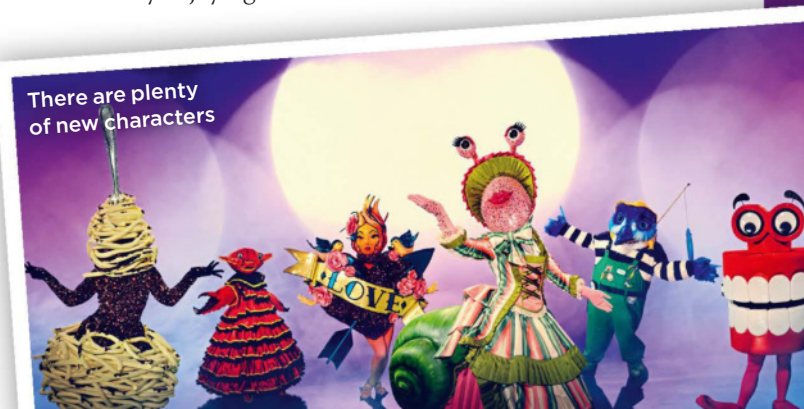
Are there guest panellists joining the series this year?

Yes, and it's always very nice to have somebody new just going, 'What on earth is going on?' Suranne Jones was lovely to have as a guest because she watches the show, and her eight-year-old son was in the audience and couldn't believe that his mum was on the panel. It's nice having someone on with us, but it's equally as nice when it's just the four of us.

● The new series of *The Masked Singer* begins 4 January on ITV and ITVX



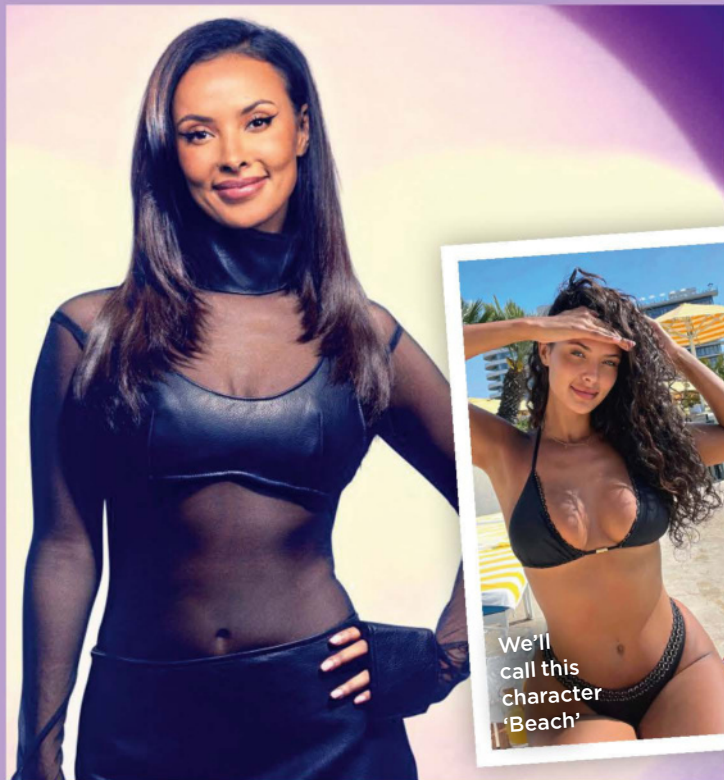
With her partner, Michael Douglas





'Bush as a name is so funny'

MAYA:
'I've really bonded with the panel!'



Joining the show fresh from hosting the latest series of *Love Island* is presenter and entrepreneur Maya Jama, 30, and she's taken to working alongside Davina and the rest of the judges right away.

What's been the best part about joining the show?

Bonding with the panel. I've known them for years. I've worked with Davina and Mo on one-off shows, and I've been on Jonathan [Ross]'s TV show. They are all legends in their own fields.

Is trying to guess who's hiding behind the mask harder than you thought it would be?

A billion times harder. When you watch it at home on TV, you think, 'Oh, easy, I know that,' but actually being in the studio, sometimes the clues have nothing to do with the obvious and you have to think outside 22 boxes!

Who would you say is the best singer?

One character has a very distinctive, raspy voice, but I won't say who it is as they left the competition earlier than I thought they would. The unmasking is epic, as I'm a huge fan of this person. I would have loved to have seen more performances from this person as their voice is incredible.

Who would win the title for the best costume in this series?

I would say Teeth. The costume is a massive mouth and all you see of the person inside is these little legs. It's really impressive – you can't see a face, nothing! There is a gadget in the middle that makes the mouth move so the character can sing along while the mouth moves. Outstanding work from the costume team!

Who'd win the best detective?

Davina has the best notes, but Jonathan has great guesses because he just knows everyone in the world. I think if we morphed them together, we'd have one super-detective.



ABUSE SURVIVOR:

‘My evil girlfriend tormented and controlled me – now I’m urging male victims to speak out’

Gareth Jones thought he’d found his dream woman – but she ended up being his worst nightmare...

When glamorous blonde trainee nurse Sarah Rigby met Gareth Jones on a dating app, she showered him with affection and compliments and he felt that he’d found The One.

But within seven months, 41-year-old mum of six Sarah’s

mask soon slipped and she subjected Gareth, 40, to a nightmare ordeal, including belittling his appearance, attacking him and taking control of his money.

ROMANTIC

Thankfully, after nine months, with the help of a men’s domestic abuse charity, Gareth found the strength to escape her evil clutches and contact the police. The case went to court and Rigby was handed a 20-month suspended prison sentence, with the detective calling the case one of the ‘worst examples of controlling and coercive behaviour’ they’d seen.

Gareth, from Cheshire, who lost four stone during the abusive relationship, says, ‘I became anxious and depressed when I reflected on the nine months of hell I’d endured. I believe that if I’d stayed any longer, things could have ended up a lot worse.’

It was July 2021 when Gareth matched with Sarah on a dating app and, after a romantic first dinner date, Gareth was bowled over. He says, ‘Sarah was 33, a mum and a trainee nurse. She was glamorous and funny and we just clicked. Sarah told me

she’d been badly hurt in previous relationships. I just wanted to look after her.’

That October, Sarah told Gareth she’d fallen in love with him. He recalls, ‘Truth was, I was blown away by the speed of our romance. We’d only been together for three months and already she was a big part of my life.’

Soon after, Gareth booked a week away in Spain. He says, ‘Sarah seemed excited, but two days before we were due to leave, she said she didn’t want to go. Then she announced our relationship was over. I was puzzled because she’d seemed so keen, but I accepted it and went back on the dating app.’

REKINDLE

But days later, Sarah messaged, saying she wanted to try again. Gareth says, ‘I ended up staying the night, but the next morning, my phone buzzed with an update from the dating app. Sarah saw and snatched my phone and threw it at me. She was screaming at me to get out. I tried explaining that I’d only joined after thinking the relationship was over and I’d be deleting it now we were back together, but she wouldn’t listen.’

Gareth endured nine months of hell

Gareth went home and later on, Sarah reached out and blamed her reaction on a mood swing. She was keen to rekindle their relationship. Gareth says, ‘I felt sorry for her and gave her another chance. Days later, she asked me to move in with her, but when I arrived with all my belongings, she said I couldn’t bring them inside. I could only have one drawer, and the rest had to go in the garage.’

Over the next few weeks, Sarah laid down more rules. Gareth explains, ‘Even though I was paying the bills and rent, she wouldn’t let me shower. I was only allowed to use the toilet for a quick wee – for anything else, I had to go the gym or the pub. Sometimes I was so desperate, I only just made it. I felt so humiliated. But I couldn’t confide in anyone because I was worried they’d laugh and say these things didn’t happen to men.’

He adds, ‘She didn’t let me have a key and I wasn’t permitted in the house when she wasn’t there. She didn’t let



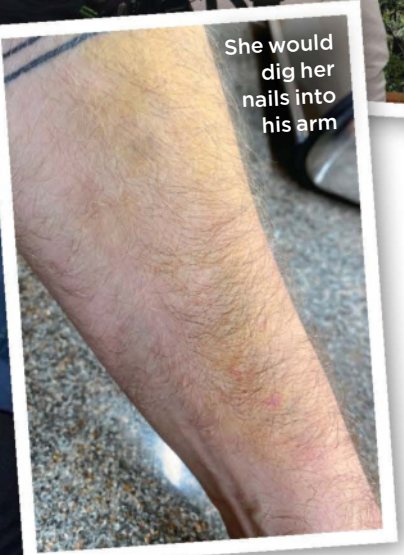
Sarah was handed a 20-month suspended sentence



Gareth with Sarah



She would dig her nails into his arm



‘ I FELT SO HUMILIATED, BUT I COULDN’T CONFIDE IN ANYONE BECAUSE I WAS WORRIED THEY’D LAUGH AND SAY THESE THINGS DIDN’T HAPPEN TO MEN ’

me see family, and I was only allowed to call my mum if it was on speaker phone so she could listen in. When things didn’t go how Sarah wanted, she’d either kick me out for the night or make me sleep on the floor without a duvet and with the windows open.’

CRITICISING

Sarah also started criticising Gareth’s appearance, calling him a ‘whale’, and when they ate out, he was only allowed to have a salad. He says, ‘She complained I had bad breath and regularly sent me to the bathroom to use mouthwash. She also insisted I was going bald and made me wear a hat when we went out. Gradually, she chipped away at my self-esteem until I felt completely worthless.’

And it didn’t stop there. In January 2022, she told Gareth she wanted a baby and said he had one month to get her pregnant – but in the bedroom, she made constant jibes about his performance.

Gareth says, ‘When she failed to fall pregnant, she threw me out, taunting me that another man was coming over instead. “If you ever report me, I’ll say you assaulted me and raped me,” she said. “Who do you think the police will believe, me or you?” I felt trapped.’

During a weekend away in London in October 2021, Sarah marched Gareth into Harrods. He says, ‘Clawing my arm with her long nails until it bled, she said we weren’t leaving until I bought her something expensive. So I felt forced into buying her a

£400 Marc Jacobs bag.’

A few months later, in February, Gareth arranged to meet his mum in secret in a coffee shop, and when he showed her Sarah’s vile messages, she burst into tears. Wanting to help her son, the next day they contacted the charity ManKind, who advised Gareth to pack a small bag containing essentials and walk out.

He says, ‘I pretended I was going to work. At the door, Sarah frisked me as usual to make sure I wasn’t smuggling food or shower gel out of the house. Luckily, I’d hidden my passport down my pants. When I got to the corner of the street, I called my parents and then the police. The relief was immense – I was free. Afterwards, I realised I’d spent around £40,000 on her during

our twisted relationship.’

In May last year, Sarah Rigby appeared before Chester Crown Court and admitted coercive behaviour. She was handed a 20-month prison term, suspended for two years.

TAUNTING

Gareth is now hoping to move on with his life. He says, ‘In what seemed like a final taunt, she’d turned up with the designer bag she’d made me buy. I was surprised to learn she was really 41, but I was so disappointed with the sentencing.’

‘I can’t help feeling it would have been different if she were a man. There is still a stigma regarding male domestic abuse, even though one in three victims is a man, and I believe female offenders are treated more leniently. I hope by speaking out I can persuade other men to do the same.’

● For support, contact ManKind’s confidential and free helpline on 0808 800 1170 or email mankind.org.uk

LIFESCOPES 2025

ARIES

21 MAR - 19 APR



WORK ON YOUR DREAMS

RELATIONSHIPS Decide at the start of the year what you want. You're under a lot of pressure in 2025 thanks to having Saturn in your sign, but what doesn't wipe you out will make you stronger in yourself and in all your relationships.

MONEY The 29 March eclipse in your sign means all bets are off when it comes to... pretty much everything in your life - and that includes cash. The good news is that there should be less financial chaos for you.

HAPPINESS: This is a year when your dreams can come true, but you need to work hard on them to turn them from ideas into reality. The harder you work in 2025, the happier you will be. Strange but true.



ADELE
5 MAY 1988

GEMINI

21 MAY - 20 JUN



A SHAKE-UP IS COMING

RELATIONSHIPS Warn your partner that you're going to be a little less predictable and perhaps even a little more flighty than usual. Single? You will find 2025 offers you loads of chances to shake things up in your life, including your love life. Be discerning!

MONEY The good news for you is that lucky Jupiter moves into your Money Zone in 2025 for the first time in more than a decade. That said, be careful as Jupiter can make you feel like you don't need to plan financially - but you still do!

HAPPINESS: If you can align yourself with the idea that 2025 is going to be a year of change and a bit of mayhem, you will be much happier! Take the path of least resistance.

TAURUS

20 APR - 20 MAY

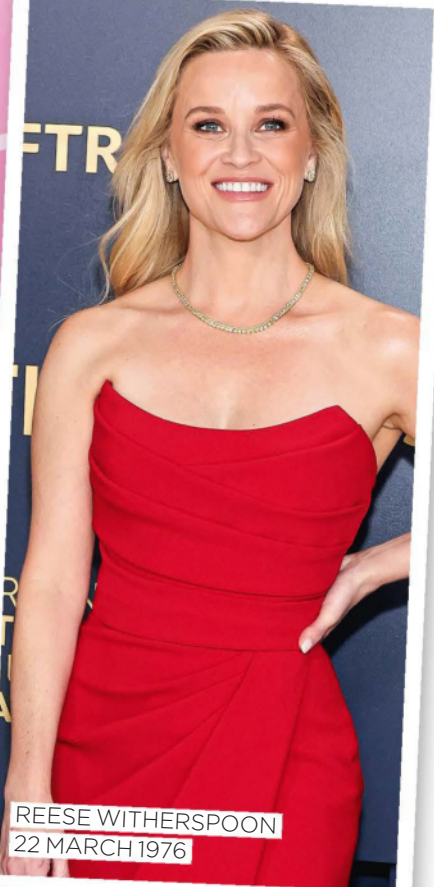


IT'S TIME TO THINK BIG

RELATIONSHIPS Not to put you off, but this is a year to stand on your own two feet more than it is to lose yourself in romance! If you're attached, focus on your social life as much as your couple life. Single? Get out and mingle!

MONEY From mid-year, Uranus is shaking things up for you financially. It's a great time to make money online, but be careful because there could be unexpected expenses cropping up too.

HAPPINESS: You can be as happy as you choose to be this year as life calms down and you start to see all the potential out there for you. Think big this year and do some study or travel if you've been considering it but putting it off.



REESE WITHERSPOON
22 MARCH 1976



ANGELINA JOLIE
4 JUNE 1975



Find out what the year ahead has in store for you with Closer's astrologer, Yasmin Boland



SELENA GOMEZ
22 JULY 1992

CANCER

21 JUN - 22 JUL



DETOX YOUR SPENDING

RELATIONSHIPS You have the Midas touch this year, thanks to Jupiter, and that includes in all your relationships, romantic or otherwise. Your newfound ability to see the good in everyone will make you extra popular now too.

MONEY Make sure to detox your spending habits as the year begins. Reason being, Pluto in your Money Zone plus Jupiter moving into your sign means you could become a little wild with your cash and burn it all up! You have been warned!

HAPPINESS: This should be an overall happy year, as long as you make sure you keep all the checks and balances you need in place. So rely on your good luck but also be smart!

LEO

23 JUL - 22 AUG

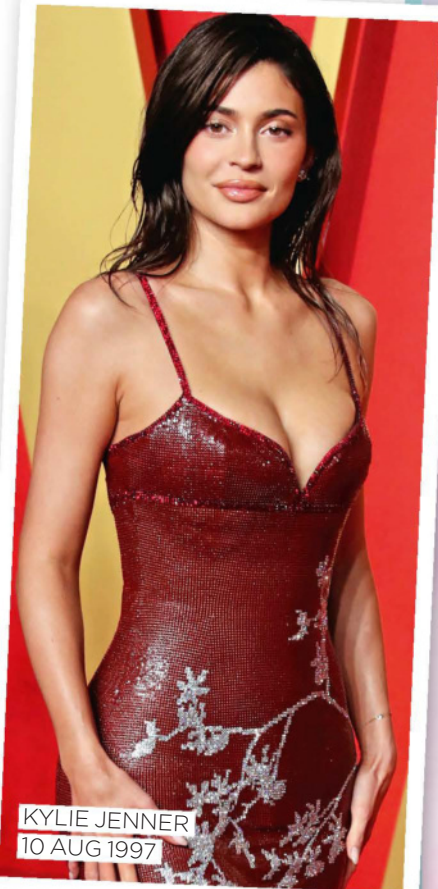


MAKE TIME TO MEDITATE

RELATIONSHIPS Neither a manipulator nor manipulated be in 2025 (and beyond!). There is a real risk that you will allow the wrong kind of person into your heart during your current cycle - if you see a red flag, pay attention!

MONEY Your best bet financially in 2025 is for a joint venture which you feel could bring success. Tying your money up with someone you trust and know is above board could be a key to earning more. Ask for help if you need it.

HAPPINESS: The way for you to be happiest this year is to tap into Jupiter in your Spirituality Zone and meditate, chant or do any other cosmic practice that appeals to you.



KYLIE JENNER
10 AUG 1997



BLAKE LIVELY
25 AUGUST 1987

VIRGO

23 AUG - 22 SEP



EXPECT GOOD THINGS

RELATIONSHIPS The 8 September Full Moon eclipse is in your Love Zone, and if you think that sounds like maybe all bets are off when it comes to romance in 2025, you're right! Do love and let love, don't try to control anyone.

MONEY The one thing you really need to guard against financially in 2025 is kidding yourself. It's a great year to dream in terms of what you can create for yourself cash-wise, but don't slip into delusion. Also avoid anything shady or it will come back to bite you!

HAPPINESS: The past couple of years tested you, but March sees the pressure coming off. Expect to feel lighter and brighter. Expect good things and you will start to attract them.



➔ PLAN FOR YOUR BES

LIBRA

23 SEP - 22 OCT



BE INSPIRED BY LOVE

RELATIONSHIPS On one hand, you can expect to fall in love, see someone through rose-coloured glasses and to be inspired by love this year. On the other, you will get a harsh dose of reality if you kid yourself about someone you already know in your heart is a little shonky.

MONEY The same applies to cash. Be realistic and put in the work and you will set yourself up financially. However, if you try to cheat the market somehow, karma in the shape of Saturn will have its way with you!

HAPPINESS: It's all going to depend on who you surround yourself with in 2025. Choose the right people!



KATE WINSLET
5 OCTOBER 1975



JULIA ROBERTS
28 OCTOBER 1967

SCORPIO

23 OCT - 21 NOV



GO ON AN ADVENTURE

RELATIONSHIPS The good news for you is that the planet of madness, Uranus, has finally left your Love Zone! And yes, that is as good as it sounds. Expect all your relationships to be about 99% less tumultuous than they have been, at least from July to November.

MONEY Use the first six months of 2025 to save for a rainy day - not saying it's going to rain, but you could do well to safeguard yourself financially with a little bit of forward planning. It's a very good time to invest online, if you have expert advice.

HAPPINESS: Happiness for you in 2025 is going to involve expanding your mind through study, travel and adventure. Go off and see the world, or delve into something that makes you feel alive at home!

SAGITTARIUS

22 NOV - 21 DEC



ALLOW SOMETIME OUT

RELATIONSHIPS If you're attached, there could be some ups and downs to contend with this year - don't expect everything to be the same old, same old, and you will be fine. Single? This is a year to connect with someone unlike anyone else you've ever been with.

MONEY Life is going to be a bit of a roller-coaster ride, and that could apply to your finances as well. Do get into the habit of putting a little something aside every week or month, so then you can afford the odd splurge!

HAPPINESS: You are a naturally happy sign (lucky you!) so just keep being yourself and allow yourself time out when you need it. Even Sadgies tire sometimes!



SCARLETT JOHANSSON
22 NOVEMBER 1984

T YEAR YET



● Want astrology advice all year round? Grab your copy of our astrologer Yasmin Boland's Sunday Times best-selling *Moonology Diary* for 2025 at www.moonmessages.com/closer2025

AQUARIUS

20 JAN - 18 FEB



HAVE GRATITUDE

RELATIONSHIPS Treat all your important relationships with kid gloves this year. Otherwise there is a danger you'll end up coming off as far too incendiary and potentially doing some damage. Be honest and authentic while still considering the impact you're having on others.

MONEY If you spend, save and invest wisely, 2025 could be the year you lay down proper foundations for the rest of your days. If you focus on lack, though, you will trigger the law of attraction and end up attracting even more lack!

HAPPINESS: This is a year to appreciate the 'everyday' - look for happiness in the small moments and you will find that the year works in your favour overall.



KATE MIDDLETON
9 JANUARY 1982



DREW BARRYMORE
22 FEBRUARY 1975

CAPRICORN

22 DEC - 19 JAN



FINANCES GET A BOOST

RELATIONSHIPS This could be the best year you have had for relationships in more than a decade, as lucky Jupiter cruises through your Love Zone. Do keep your options open if you're single. Travel with your beloved will be amazing, if you're attached.

MONEY Jupiter will also give your finances a boost. The trick is to follow that old adage; expect the best and prepare for the worst. The issue here is that you could be a little too optimistic about cash, whereas a little caution never hurts financially!

HAPPINESS: There could be some dramas at home that you have to deal with. Be the grown up and all should be OK. You could even end up feeling quite inspired by what's going on for your family and in your personal life.



JENNIFER ANISTON
11 FEBRUARY 1969

PISCES

19 FEB - 20 MAR



TRUST IN THE PLAN

RELATIONSHIPS When it comes to love, family and friendships, it's time to own your part in any stories. Taking responsibility for your behaviour will create deeper, stronger connections. You may have to give more than you get (until May), but trust that it's all part of a bigger plan for better relationships.

MONEY If you struggle with money, this is your chance to get serious about fixing that. Dig into your past to uncover where your ideas about cash come from - once you see it clearly, you'll be able to change it. Start a savings plan, no matter how small.

HAPPINESS: Romance, creativity and kids (your own or someone else's) could be a source of joy for you this year. Enjoy!

TSUNAMI SURVIVORS 20



On 26 December 2004, the deadliest tsunami the world had ever seen struck the coast of the Indonesian island of Sumatra.

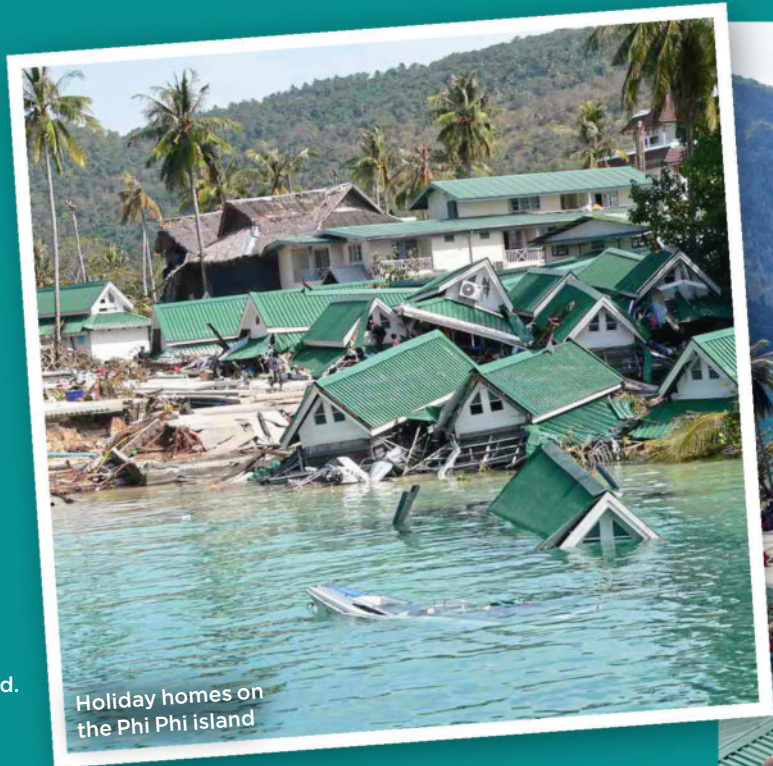
With its magnitude of 9.2-9.3, over the next seven hours it spread out across the Indian Ocean, devastating 14 countries including Thailand, India and Sri Lanka. In Indonesia, 167,000 people were killed, and 225,000 lost their lives in total.

Across South and Southeast Asia people ran for their lives, others formed a tug of war to pull children out of the water and, for many, all they could do was pray they'd survive.

According to seismologist (earth scientist) Barry Hirshorn, the energy released by the earthquake was so huge that it had to have been slowly building up for hundreds of years. He said it was 'an energy equivalent to 23,000 Hiroshima-type atomic bombs'.

To mark the 20th anniversary of the tragic event, National Geographic has released a powerful four-part documentary that chronicles the tsunami's path of destruction through those who experienced it first-hand.

Among the survivors were Brits Louis Mullan and Rachel Hearson, who tell *C/oser* their stories...



Holiday homes on the Phi Phi island

SIBLING SURVIVORS:

'I held on to Theo with all my strength'

When Louis Mullan, then aged 15, arrived in Thailand with his mum, Catherine, 53, dad, Leonard, 50, and younger brother Theo, 11, for a tropical Christmas, they had no idea of the tragedy that would befall them.

On Boxing Day, Louis sat on the veranda of their hotel in Khao Lak and looked out at the turquoise water when his dad approached him. Louis says, 'Theo and I were playing cards when Dad said, "Come and have

a look – the locals are all staring at the waterline." As we followed, I turned back to go and lock my room, and Theo followed me.

'By the time we returned everyone was running in the opposite direction. I didn't understand what was going on, but I just grabbed hold of Theo and started running away from the water. He asked, "What about Mum and Dad?" But I didn't have the answer, I just knew I needed to keep my little brother safe.'

Louis remembers the water

reaching them really quickly. He recalls, 'I held onto Theo with all my strength, but the sheer power of the water tore us apart. I was underwater being knocked by debris and lost sight of Theo.'

A hand pulled Louis out of the water, but as he resurfaced, there was no sign of his family. He says, 'I was taken into a building, where I was sick. Looking out to the pure carnage of rushing water, I called out for my mum, dad and Theo, but no reply came.'

Once the water had retreated, Louis made it on to the road. He says, 'A group of people appeared with a young boy with them – it was Theo. Calling out his name, I ran over to him, and as I wrapped my arms around him, I was so overcome with relief, joy and love. I couldn't let go of him.'

The brothers spent the next two nights – the second being



Louis with little brother Theo and mum Catherine

Theo's 12th birthday – in a hospital with other survivors. Louis says, 'I searched for my parents, but we flew back to the UK without them. Our parents were classed as missing people.'

'We stayed with our grandparents and, six weeks later, we were given the devastating news that our parents' bodies had been found. What followed next was the darkest, most painful period of our lives.'

The brothers were adopted by a family in their neighbourhood in Truro, Cornwall. Louis, now 36, says, 'The support and love that our adoptive family gave us is the reason we got through it.'



Theo and Louis

YEARS ON



THE LAST TO LEAVE:

‘In such a horrific event, people wanted to do good’

Rachel Hearson, 61, from Ealing, west London, had been with her partner Cici, 65, for a year when they went on holiday to Thailand together. They were making their way to the marketplace in Kho Phi Phi when the tsunami hit.

Rachel says, ‘People were frantically running down the pier, away from the sea and that’s when we noticed the water coming up through the trees. I thought it was a freak wave. I balanced on top of a fence and within seconds the water was up to my neck. Buildings started collapsing and before I knew it, the water had pulled me in. “Cici help!” I shouted as I spotted him holding on to a tree.

‘As the water pushed me towards him, he tried to grab the

straps of my bikini top, but they snapped off. Trying to stay afloat, it felt like I was swirling around a washing machine. The last thing I saw were two bungalows coming towards me, and then I went under. Debris covered my head, trapping me, and I couldn’t breathe. I thought I might die.’

Rachel was dragged out to sea and as she came up among the debris, devastation surrounded her. She was rescued by a small fishing boat but, after boarding another boat, she made a decision – she needed to turn back to find Cici, and pleaded with the captain to take her back to the island. Three hours later, he agreed.

As Rachel approached the island, it looked like a war zone, but she was determined to find Cici. Barefoot, she picked her way through the rubble, back to where



Cici and Rachel

her hotel was. ‘Miraculously, I spotted him,’ she recalls. ‘He was ordering people around and as I tapped him on his shoulder, he turned around and we embraced. “I thought I’d lost you,” he said through tears. “I’ve got work to do, don’t leave my side.” Both thinking the other had died, we were overcome with emotion.’

Over the next 24 hours, Cici, who had some medical training, and Rachel helped in the rescue operation. ‘One woman had watched her children get swept away,’ Rachel says. ‘Cici managed

the triage operation while I held people’s hands, reassured them and helped them on to stretchers boats and helicopters. We were the last ones to be helicoptered off the island.

‘Being so close to death, I’m so proud of myself, Cici and everyone who did what they could to help. It’s a testament to the human spirit that in such a horrific event, people wanted to do good.’

● *National Geographic documentary series, [Tsunami: Race Against Time](#), is available to stream on Disney+*

Style

YOUR GUIDE TO LOOKING GREAT FOR LESS

Kate gets Active with F&F

Kick off 2025 in style with Kate Ferdinand's latest F&F ACTIVE collection. Whether you're working out or chilling on the sofa, the range has comfortable, flattering pieces that do it all. Soft, stretchy and quick-drying fabrics make the range ideal for any activity, while the fresh colour palette will keep you looking fab. With prices starting from just £10, it's the perfect way to update your new year wardrobe without breaking the bank.

White Knot Front Top, £12.50

Grey Yoga Top, £10

Grey Yoga Trousers, £18



PRICES
START
FROM JUST
£10

← GET HER LOOK

SCARLETT JOHANSSON

Spotted in New York City, Scarlett was a total showstopper in a head-to-toe tonal ensemble. The *Black Widow* actress nailed the trend in a double-breasted blazer, high-waisted trousers and a ruched top – all in the same warm, chic hue. Keeping accessories simple with classic court heels and a sleek tote, she effortlessly pulled the look together. Want to steal her style without the splurge? The high street has all you need...



Setting the tone



Blazer, H&M, £49.99



Trousers, H&M, £32.99

Top, Stradivarius, £12.99



Shoes, Bershka, £29.99



Earrings, Bohomoon, £22



Bag, New Look, £24.99

5 THINGS WE'RE LOVING THIS WEEK

1



Need some new arm candy? Check out this cool-girl bag. **River Island, £30**



2

Pimp your outerwear with chic brooches. **Reserved, £12.99 for set of four**

3



With or without blooms, this fun vase is a stylish addition to any home. **Marks & Spencer, £7.50**

4



The cult best-selling blush has a new shade. **Merit Flush Balm in Le Bonbon, £26**

5



Embrace the comfort of a good night's sleep, and look good doing it. **Primark, £15 for set**

HOW TO WEAR...K

RETRO VIBES

An oversized jumper is comfy and versatile. It can be worn with a plenty of bottoms but, right now, take inspiration from Katie and team yours with '70s-style checks and graphic print accessories.



Mango, £22.99



Gap, £40



H&M, £32.99



Joe Browns, £55



Pull & Bear, £29.99

COOL CO-ORD

A soft wool set in a solid colour will add a high-fashion spin to your weekend attire, while being seriously easy to wear. Add shiny gold jewels for a polished vibe and finish with a patterned pair of kicks.



Stradivarius, £35.99



Orelia, £32



Stradivarius, £29.99



La Redoute, £36



M&S, £49.50



KATIE HOLMES

NITWEAR

Update your winter wardrobe with these chic and cosy buys

DO-IT-ALL SKIRT

Don't reserve your knits for daytime – clever styling can take a wool separate into date-night territory. A midi skirt in a bold hue will look particularly special with a statement T-shirt and heels.



Reserved, £35.99



Stradivarius, £12.99



Yumi, £45



Deichmann, £39.99



Boden, £45

WONDER WHITES

J.Lo wowed in her snowy ensemble, and it's a look that will work well for a special occasion. Recreate her outfit with a knitted dress layered under a textured cardie, and finish with flashes of sparkle.

River Island, £60



Mango, £49.99



H&M, £9.99



John Lewis, £39



M&S, £29.50



JENNIFER LOPEZ

F&F

ACTIVE:

Exclusively for **TESCO**

*Cate
Ferdinand.*

Available in the majority of larger stores.



BARGAIN BUY

The bold colour of this roomier option feels so fresh. It'll add dimension and interest to any casual outfit or evening look.

Primark, £14



STUDED STAR

Say hello to the high-street bag giving off designer vibes. Channelling high-end for under £23, you'll want to wear this with any grey or burgundy outfits. **Stradivarius, £22.99**



LUXE LOOK

Pair this quiet luxury pick with denim, a suede jacket and square-toed boots for an elegant-yet-casual look.

NA-KD, £35.95



WILD THING

This pick is a real winner, with its on-trend leopard print and curved handle, you could be fooled into thinking it's a more expensive find. **Bershka, £29.99**

THE ULTIMATE EDIT:
BOWLING BAGS

These retro styles are seriously trending right now



VERSATILE STYLE

This cream bowler is a do-it-all wardrobe hero. Thanks to the adjustable strap, it can be worn crossbody or held by the top handles – the choice is yours! **New Look, £21.99**



ETHICALLY SOURCED

VINTAGE CHARM

For some nostalgic style, look no further than this chic find. Plus, it makes for the perfect not-too-big, not-too-small shoulder bag.

Pull & Bear, £25.99



RED ALERT

This delicious option comes in a crimson hue, making it perfect for parties, head-to-toe black ensembles, or the always classic jeans and a white tee. **River Island, £32**



FURRY FIND

Meet your new canvas for all of those trending bag charms, keychains and scarf ties. The faux fur detailing also adds an elevated edge. **Bershka, £35.95**



SMART CHOICE

This stylish bag is as practical as it is pretty. Go hands-free with the crossbody strap or use the top handles. Either way, it'll look sleek. **Pull & Bear, £35.99**



PAD IT OUT

Whether you're going on a date or for brunch with friends, this quilted showstopper is suitable for almost any outfit. **Marks & Spencer, £39.50**

THE Boost

Follow The Boost on Instagram for fun and practical tips for an instant pick-me-up... and long-term results!



Get ideas, tips and inspiration for things you can easily do today to make the tomorrow you feel a bit lighter and brighter.

Whether you want to Boost your mind, body, soul, finances, relationships, love life or style, you'll find recommendations for things that actually work from experts, celebs and real people.

SCAN ME



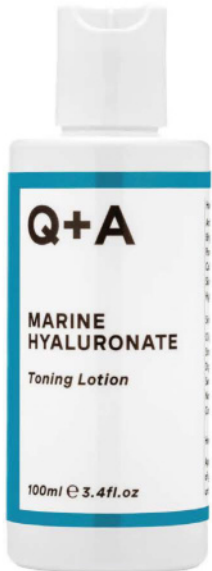
We're in Closer mag's lifestyle pages every week too!

@THEBOOSTUK 
POWERED BY CLOSER

THE Boost

SKIN QUENCHERS

Get plump and radiant skin, all winter long



SMOOTH OPERATOR

This toning lotion hydrates and preps skin with marine ingredients, leaving it smooth, soft and revitalised. It's perfect for dry skin, providing a boost before the next steps in your routine.

Q+A Marine Hyaluronate Toning Lotion, £8.50



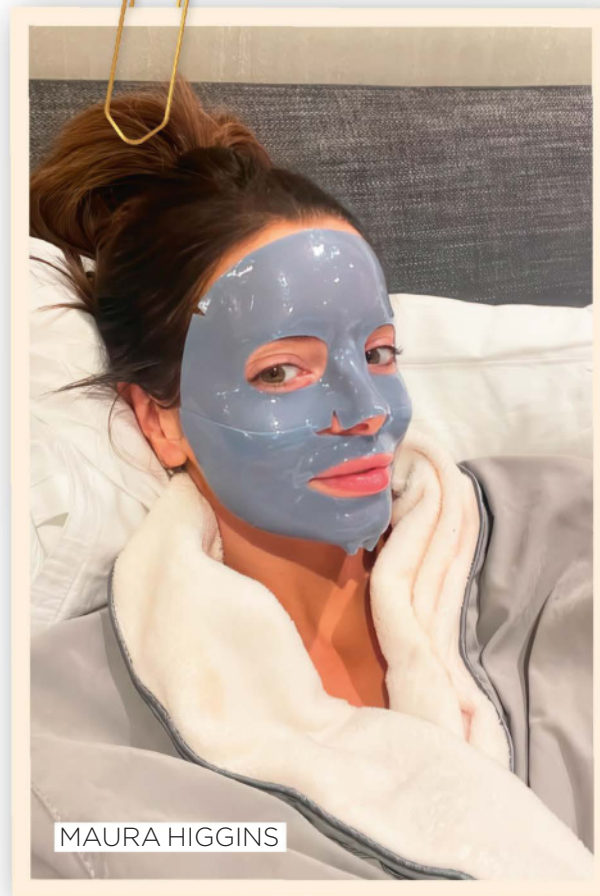
EYE LOVE IT

Wake up tired eyes with a cooling eye gel. Containing plenty of aloe leaf juice, apply a dab of this wonder product to reduce puffiness and dark circles for that wide-awake look.

Versed Water Rush Hydrating Eye Gel, £12

FRESH FACED

Gently remove make-up and impurities without drying your skin out with this snow mushroom and aloe vera-infused micellar water. A quick swipe will leave skin feeling fresh and perfectly balanced - no harsh stripping here. **Botanics Hydrating Gentle Micellar Water, £7.99**



MAURA HIGGINS



DEWY DROPS

These hydration drops are perfect for a quick moisture boost. Formulated with hyaluronic acid and squalane, it will nourish and refresh your complexion with just a few drops. **e.l.f. cosmetics Holy Hydration Thirst Burst Drops, £12**

GLOW TO GO

For an instant pick-me-up, this affordable sheet mask gives your skin a big dose of moisture. Infused with aloe vera and hyaluronic acid, it hydrates and smooths, leaving you with a fresh, glowing complexion. **PS... Prep + Perfect Hydrating Priming Sheet Mask, £1**



MOISTURE MARATHON

This rich, luxe cream will keep your complexion hydrated for up to 100 hours. Packed with volcanic water and hyaluronic acid, it nourishes and strengthens, giving your skin a shot of moisture and protection from the elements. **Vichy Mineral 89 100h Hyaluronic Acid Rich Hydrating Cream, £24**



Life

MIND, BODY, RELATIONSHIPS & MONEY



Encourage kids to do solo activities if they're arguing



YOUR GUIDE TO EMOTIONAL ISSUES & FAMILY LIFE WITH COUNSELLOR, PSYCHOTHERAPIST AND LIFE COACH ANNA WILLIAMSON

FAMILY MATTERS

SOOTHE FRAYING POST-CHRISTMAS TEMPER

By the end of the festive break, families can be suffering cabin fever and tempers can run high. Here's how to steady the ship in 2025

This period is so testing, because we have so little daylight, meaning opportunities to get outside, which is a natural mood enhancer, are limited. We've had this huge build-up, then we crash, feeling tired and cooped up with a lack of routine, which is problematic because routines set our sleep, bring calm and purpose.

If anyone in your family is neurodivergent, they will find it particularly challenging, so schedule activities, mealtimes and bedtimes - bringing that structure back will create calm and realign the whole family.

If kids are arguing, encourage them to pursue solo activities and, if you can, give each child some one-on-one time. We are social creatures, but we also benefit from solitary time - some more than others. Also go out together, whether that's for a walk, to see a film or for a swim. It doesn't have to be expensive - just going to a park for a bike ride or scooter is great.

Prepare kids for going back to school a few days in advance to reduce stress. Show them on the calendar how many days are left, and talk positively about what they've got to look forward to - like seeing their friends, and activities they enjoy. Get school

things out a few days in advance to check they have everything they need, and get back into the normal bed bath routine.

If you feel down or frazzled, give yourself a break. Could someone look after the children for half a

day - or even an hour - while you have some 'me time'? Maybe you want to get your nails done, call a friend, or sit in a cafe and read for an hour. Don't be a martyr, your family works as a team, so let them know what you need.



Spend some one-on-one time with the kids



Limit the time
you spend online

ALL ABOUT YOU

WHAT TO DO ABOUT 'BRAIN ROT'

'Brain rot' was the Oxford English Dictionary's word of the year, here's why it's a worry and what you can do about it

Brain rot is defined as the deterioration of your mental or intellectual state, thanks to watching too much unchallenging or trivial online material. We all watch a bit of rubbish, but this is over-consuming it to the point where you're not balancing it out with other things, like reading books, doing something creative or being sociable.

Online algorithms are designed to tap into the reward loop in our brains so we want more and more. I understand the science, but I too get sucked in. If I'm in bed or on the sofa, I go for a quick scroll and, 45 minutes later, realise I'm still scrolling through funny videos of people falling over. Over time, this can impact memory, attention span and concentration, it can bring about mood swings and personality changes, it's

correlated with poorer motor skills and coordination, as well as a lack of ability to make clear decisions. It also impacts communication and social skills and can bring about emotional instability. These are very real concerns that I have seen first-hand.

We need to give our brains a chance to digest information slowly as opposed to being on constant alert, but the average UK adult spends at least four hours a day online, while for Gen Z women it's six and a half hours. Of course people's work and social life are online, but we need a healthy balance. If your online life is overtaking your real life, you need to readdress the balance.

Phones tap into the brain's dopaminergic reward system – but you can get a dopamine hit in other ways, by doing anything that gives you pleasure. Get out

and see friends, try an activity, go outdoors – being in nature calms our nervous system and brain, and assists our body clock for better sleep. Think about creative or social activities you like – drawing, cooking, dancing, writing, having sex, singing in a choir, going to comedy, going to the theatre – all of these things are brilliant for our cognitive development, so do whichever you like.

Every time you pick up your phone just to scroll, make a note of it. By measuring it, you can change it. Decide on your new boundaries – maybe you'll only use it on your commute and for 15 minutes with your 11am coffee. Scroll mindfully – deciding when, and for how long, and replace some of that regained time with more nourishing or stimulating activities.

Celeb

PICK-ME-UP

TV STAR NADIA ESSEX, 43, ON HOW SHE LOOKS AFTER HER BODY AND MIND...



I DO WALKING MEDITATIONS...

I find it really difficult to lie down, close my eyes and meditate, so instead I download meditations on Audible and listen to them as I walk. The walking clears my head, as does listening to the chant or mantra. By the end of the walk I feel amazing. Being outside in the fresh air and feeling the sun on my body is such a dopamine kick.

I'VE CUT DOWN ON ALCOHOL...

I've gone from 16 units a week to two. I was definitely drinking too much, and I've noticed a huge difference to my overall health. I found that if I didn't drink alcohol around three days before my period, my period was noticeably better. I did it for a couple of months and I thought, 'This is such a change, I need to make this permanent.' I'm not teetotal, but I won't drink alcohol that often. I read the *Unexpected Joy Of Being Sober*, which helped kick things off, and it's taken two years. Abstinence doesn't work for me – I still like a glass of bubbles at a party, but I don't want to be drunk.

THE
Boost

For more pick-me-up ideas visit *The Boost* on Instagram.

‘I won’t go on dating apps again!’

Loose Women star Coleen Nolan opens up about her relationship breakdown, turning 60 and keeping fit on her farm



For Coleen Nolan, 2025 promises to be an exciting year. She welcomed a new grandson in November, she’s celebrating her 60th birthday in March and she recently fulfilled her childhood dream of buying an idyllic farm in Staffordshire with enough land for her 30 pets.

She’s also heading into the new year as a single woman after breaking up with her partner, Michael Jones. The couple were together for three-and-a-half years after meeting on Tinder, but Coleen says she’s feeling optimistic about the future.

‘It’s always sad when a relationship ends, even when it’s amicable and there’s no one else involved, but it just reached its natural end,’ reveals Coleen, who was previously married to actor Shane Richie and musician Ray Fensome.

‘I’m busy with work and the farm, and I felt I didn’t have the space for a relationship. But I’m feeling confident about 2025. I’m not thinking about another relationship and won’t be going on any more dating apps. If life decides it wants me to meet someone

and it happens organically, that’s lovely, but I’d hope they’d have their own life and we’d meet now and again, rather than have a 24/7 relationship.’

After going through the heartache of two divorces and being single for a few years when her marriage to Ray ended, Coleen believes she’s stronger when it comes to navigating relationships.

She says, ‘Michael was just what I needed after being on my own for three years, and I think we were good for each other. The difference is, in the past, when I thought my marriages were ending I still tried for another two or three years, but now I’m about to turn 60, I don’t have time to wonder whether something is right or wrong; if it doesn’t feel right, I need to end it.’

GRATEFUL

Coleen says she isn’t daunted by getting older and feels grateful to get the chance to celebrate another milestone, especially after losing her sister Bernie to breast cancer in 2013 when she was just 52.

‘Bernie would have loved to still be here, and she’s not. If you lose people

when they’re quite young, it makes you appreciate mortality more, so I’m grateful,’ she says. ‘I’m turning 60 feeling strong and confident, and quite proud of what I’ve achieved, especially in the past few years when I’ve achieved it on my own. Of course, I still lie in bed at night worrying about how I’m going to pay the bills, but it gives me the incentive to work hard, and that’s good.’

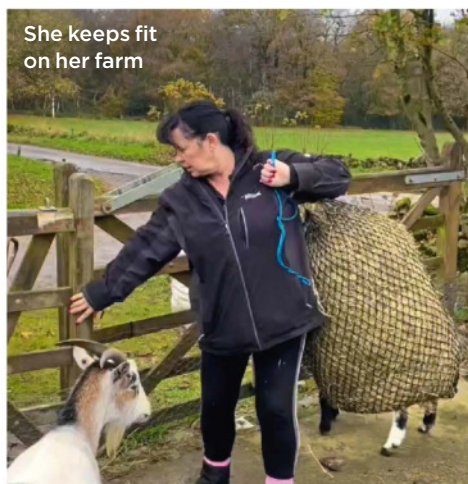
THE BIG 6-0

She’s not planning a big celebration for her 60th, though, preferring to celebrate quietly with loved ones. She says, ‘My 40th and 50th birthdays were big events, but they cost a lot of money, so this year I just want to be surrounded by friends and family, even if they come here for a little party.’

Health has become more of a priority for Coleen in her fifties and she’s keen to smash the taboos around women’s health issues. She’s currently working with Always Discreet to highlight the problem of bladder leaks, which she’s experienced herself.

She says, ‘It’s so important to talk about this stuff. One in three women suffers from bladder leaks and a high percentage feel embarrassed by it. We need to put it out there that it’s common and doesn’t just affect older people. I had my first child when I was 23 and that’s when my problems started. I’m lucky that it’s not debilitating for me, but just laughing, sneezing or coughing can make it happen. It’s good to be able to talk about it and to know there are amazing products out there and that pelvic floor exercises help.’

Coleen eats a plant-based diet and says it’s transformed the way she feels. She says, ‘I’m 100% vegetarian and probably 80% vegan, and health-wise it’s changed my life. I was





**'I'm turning
60 feeling
grateful,
strong &
confident'**



With her children,
Shane, Jake and Ciara

living on painkillers for joint pain, but after being veggie for two weeks, I never had to take another painkiller.'

When it comes to exercise, Coleen admits she hates the gym, but working on her farm keeps her fit. 'It's three hours of mucking out horses, then dog walking, then sorting out the goats, ducks and chickens. I'm getting exercise and starting to lose weight doing something I love,' she says.

FAMILY & FRIENDSHIPS

Coleen has been part of the *Loose Women* panel for 24 years and says she treasures the friendships she's made. 'We're good friends, as well as colleagues. Ruth and I will be friends forever outside of work and the same goes for Brenda, Janet and Christine,' she smiles. 'The problem is, when people see us disagreeing on air over an opinion, it's "*Loose Women* at war", but they never do that with men. If we hated each other as much as some people say we do, we wouldn't still be going 25 years later.'

For Coleen, home and family bring her joy – she has sons Shane, 35, and Jake, 31, from her marriage to Shane Richie, and she shares daughter Ciara, 23, with Ray. She's also a proud gran to Shane's daughter and Jake's newborn son. 'Jake and his fiancée live in London, but I want to babysit as much as I can when I'm there for *Loose Women*. They're going to get sick of me!' she laughs.

And Coleen is having a NYE party at her house to bring everyone together. She says, 'I always throw a New Year's Eve party and this year my family are coming over from Blackpool and my kids will be here with their partners, and everyone will get to meet the new baby. I'm so looking forward to it!'

● *Always Discreet* has partnered with Coleen to highlight the importance of daily pelvic strengthening exercises. For protection against bladder leaks, try *Always Discreet* pads, liners and pants. Visit alwaydiscreet.co.uk

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GREAT MAGAZINES.CO.UK

Fridge raider

LOVE ISLANDER ELLA BARNES, 26, ON HER EATING HABITS...



INSIDE ELLA'S FRIDGE

- Eggs
- Garlic
- Butter
- Pepper
- Kefir yogurt
- Tomato ketchup
- Salmon
- Chicken
- Mango
- Strawberries
- Blueberries
- Cotton candy grapes
- Cheddar cheese
- Avocado
- Bacon
- Mayonnaise
- Tomatoes
- Steak
- Onion
- Prime drinks
- Broccoli
- Spinach
- Carrots
- Oat milk

How much do you spend?

I live with my parents and because I do most of the cooking, I'll do most of the food shopping. I'll typically go to M&S as I find that I can always get everything I want. I also go to Waitrose. I'd say I spend about £150 each week, but that is between the three of us.

Describe your daily diet...

I always start my morning with avocado on a Warburtons Protein Bagel Thin - I just love them. I'll typically have that with an oat milk coffee that is made with barista-style oat milk, because it's the best one. For lunch I'll either have a tuna salad, or I do sometimes try to recreate the famous Joe & The Juice Tunacado. When it comes to dinner, I make poke bowls. It could be a chicken or salmon poke bowl and I'll do that with rice and vegetables.

Favourite snacks?

I love Sunbite crisps. They feel healthier than normal crisps and are great for on-the-go. I also always keep Grenade protein bars in my car too; the Oreo one is my favourite.

Anything you refuse to eat?

I hate raw fish. I've tried it so many times, but I just can't enjoy it. It's annoying because I like sushi - but I'll only have the prawn tempura or crab sushi!

Favourite comfort food?

I love the Itsu chicken gyozas, they're so low in calorie.

What would you cook to impress?

My go-to dish is salmon teriyaki, egg fried rice and gyozas. When I met my boyfriend, that was the first meal I cooked for him and he absolutely loved it!

● Follow Ella on Instagram @ellabarnes



'I'll have kefir yogurt after dinner'

'Cotton candy grapes taste delicious'

'I love my oat milk lattes'

FAVOURITE TIPPLE



MOJITO

My cocktail of choice is a fresh passion fruit mojito. They're delicious!

SWEET TREAT



STICKY TOFFEE PUDDING

The ones from Marks & Spencer are my favourite.

TAKEAWAY ORDER



JAPANESE

I love going for Wagamama. I always order the donburi when I'm there.

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**"PLAY
HITS RADIO"**

Good taste

CREATE DELICIOUS MEALS AT HOME



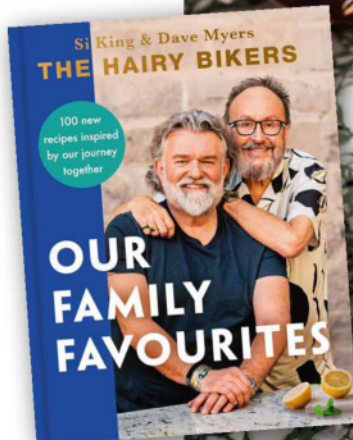
'Dave and I always treated ourselves to a Bloody Mary on flights. Our version – Mary meets a margarita – has the addition of Mexican Tajín seasoning.'

THE HAIRY BIKERS' BLOODY MARIA

STEP 1 First make the bacon garnish, if using. Heat a frying pan and add the bacon. Flatten the bacon rashers with something heavy – a steak press works well if you have one, or use another heavy-based frying pan or saucepan. Cook until the underside is well browned and lots of fat has rendered out, then flip the rashers over and brown the other side, again weighing them down.

STEP 2 Remove from the heat and leave the weight in place as the bacon cools. You will end up with 4 flat, crisp rashers of bacon to use as stirrers. Take 4 tall glasses. Rub lime halves around the rim of each one, then juice the limes. Put the Tajín or Mexican seasoning into a shallow bowl and dip each glass into it so the rims are thickly coated.

STEP 3 Add ice to each glass and your choice of spirit. Mix the tomato juice, lime juice and hot sauce together, plus the horseradish and jalapeño pickling juice, if using, then pour into the glasses. Give the



drinks a quick stir and add a dash more of the hot sauce if you like. Sprinkle over a generous amount of the Tajín seasoning, followed by some celery salt.

STEP 4 Garnish with your choice of bacon and/or celery, jalapeños and mint, then enjoy.

● *This recipe is taken from The Hairy Bikers: Our Family Favourites by Si King & Dave Myers (Seven Dials, £25)*



SERVES 4, TAKES 20 MIN

- 2 limes, halved
 - About 2tbsp Tajín or similar Mexican seasoning
 - 4 measures of vodka, tequila or mezcal (or doubles, of course)
 - 600ml tomato juice
 - 4 generous dashes of chipotle, Tabasco or similar Mexican hot sauce, plus extra if needed
 - 2tsp freshly grated horseradish (optional)
 - 1tbsp pickled jalapeño juice, from the jar (optional)
 - Celery salt
- TO GARNISH (OPTIONAL)**
- 4 rashers of smoked streaky bacon
 - 4 celery sticks
 - 4 pickled jalapeños
 - 4 mint sprigs

NEW & DELICIOUS



SUPER PINT

Boost your daily protein intake with SuperNutrio. It contains double the protein (70g per litre) and 80% more calcium than cow's milk. Choose from whole, semi-skimmed and skimmed. From Sainsbury's and Tesco, £2.50/1ltr.

PERFECT MATCHA!

Start the year as you mean to go on, with an alternative to your usual tea and coffee. Matcha Latte from Drink Me Chai is a combination of the brand's signature spice balanced with the notes of matcha. From Tesco, £5.20/238g (14 servings).



A GOOD MORNING

Made from tasty, natural and organic ingredients, Kallo's new range of high-fibre granolas come in two varieties, Three Nut and Superfruit, and are perfect for breakfast or munching from the bag. From Waitrose and Tesco, £3.99/360g.



Closer
WHAT'S
BEST
TEST

EASY CLEANING

Our round-up of the best cordless vacuum cleaners

BEST FOR CARS

VAX ONEPWR Blade 4 Dual Pet & Car Cordless Vacuum Cleaner

If you're trying to minimise the amount of cleaning products clogging up your home, then you'll want to grab this multi-use cordless cleaner. Created to be used both in the home and car, it comes with five interchangeable tools. Offering three speed settings, it effortlessly sucked up dirt, debris and dog hair and was far quieter than cleaners we've had in the past. It feels light when using in the home, however it does require some strength when cleaning the car. In addition, its size made it slightly awkward when vacuuming underneath car seats. The removable



battery charger is brilliant for remote charging, and it also allows you to check the battery life over time.

● vax.co.uk



BEST LIGHTWEIGHT

Hoover Cordless Vacuum Cleaner With Anti Hair Wrap & ULTRA COMPACT X3

On first impressions we didn't have high hopes for this as it was ultra-lightweight and compact, making us think the suction power wouldn't be very strong. However, we were proved wrong as we started using it. Not only does it have multiple settings, including eco and turbo, but it also moves from hardwood flooring and carpet seamlessly. We recommend swapping to turbo for carpets and rugs, as the suction power doesn't feel as strong. The plastic pipe that attaches to the head of the cleaner bends, so manoeuvring is easy,



Closer
BEST
BUY

and the light on the cleaner head is a great addition as it highlights dirt that you may not otherwise see.

● hooverdirect.co.uk



BEST BUDGET

Titanium Airgility Cordless Vacuum Cleaner

Easy to use, this vacuum is lightweight and feels great value for money. There are two settings – regular and power mode – but we used the power mode every time as it provided stronger suction. The 1.2L dust container is simple to empty and the vacuum is compact for storing away when not in use. Changing the different brush nozzles was easy to do, however we found that after using the cleaner multiple times, dust would get caught in the joint between the nozzle and tube, which was frustrating.

● beldray.com



BEST FOR PETS

Henry Quick Pet

This new cordless Henry didn't disappoint as it was quick and easy to set up and came with clear instructions. The stick cleaner is fairly light and easy to manoeuvre, so cleaning the stairs was a breeze. We tested it in the car after taking the dog out on a muddy walk and were very impressed with how quickly it picked up the dirt, dust and fur. It's a great choice for quick tidy-ups, and an extra mini motorised tool makes it more powerful for tackling pet hairs and really made a difference. The brush head was super-helpful when it came to picking up the dust that tends to collect in room corners.

● myhenry.com



BEST EASY-EMPTYING

SharkDetect Pro Cordless Vacuum Cleaner Auto-Empty System

This latest model is packed with innovative features to make cleaning your home feel easier. From sensors that adapt the suction when you're close to edges such as skirting boards and detect the surface you're cleaning, to a very satisfying auto-empty system which removes debris from the cleaner into a scented base unit. Shark's signature quad head and anti-hair wrap brush has always been a great feature, and we found there was enough charge to clean our house from top to bottom, even when we regularly boosted the settings manually on carpets for extra suction.



One of the best features is how lightweight this device is, at only around 4kg.

● sharkclean.co.uk



BEST MULTI-SURFACE

Black + Decker 18V Cordless PowerSeries+ Stick Vacuum Cleaner

The Floorsense technology on this cleaner is truly a game changer, automatically adjusting the speed for hard-wood or carpet surfaces. This eliminates the hassle of manual adjustments, ensuring optimal performance on every type of flooring. Another standout feature is the LED floorhead, which illuminates dark corners under furniture, exposing hidden dust and debris. When it comes to maintenance, emptying the filter is effortless – you can pop the dirt straight into the bin without touching it. The two-speed setting is



practical, with low-speed perfect for daily clean-ups and high-speed ideal for tackling tougher messes.

● very.co.uk



DR CHRISTIAN GIVES HIS TAKE ON THE HOT HEALTH TOPIC OF THE WEEK



‘YES, YOU CAN EAT CAKE AND BE HEALTHY!’

A study has shown that people who enjoy a sweet treat four times per week have a lower risk of heart disease or stroke than sugar-free fanatics. Dr C says sugar needn't be a total no-no

This research doesn't surprise me at all, as it's exactly what we've always said – which is that having a little bit of what you fancy doesn't do you harm. I've never seen convincing evidence that an extremely low-sugar or no-sugar diet is beneficial to health, and this is an example of why becoming obsessive about one aspect of your diet isn't a healthy approach. Unfortunately, we're not very good at walking a nice, chilled middle line – we tend to go to extremes, but it doesn't need to be that hard.

A LITTLE SUGAR IS FINE!

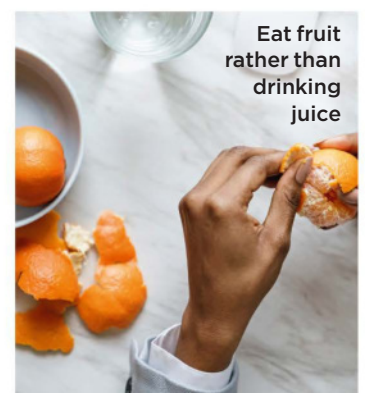
This study, involving 70,000 people, showed that those who ate very little or no added sugar had worse health than those who ate low to moderate amounts. You'd have to be pretty fanatical to have zero sugar in your diet, which would suggest disordered eating. That may be responsible for the increase in health issues. It's also important to get away from guilt and demonising certain foods, which can lead to binge eating or yo-yo dieting, which isn't good for your physical health, while an obsessive fear around food creates a background of stress.

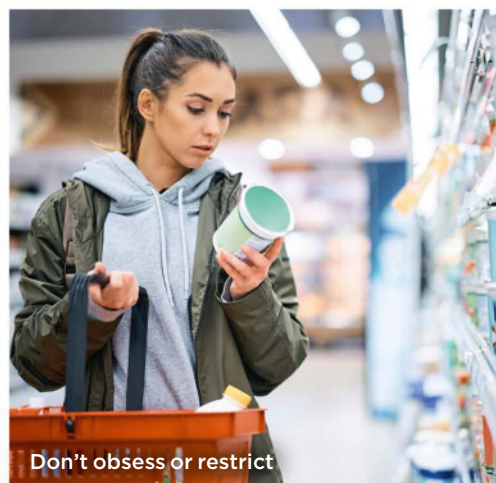
IGNORE THE HYPE

One minute people are told carbs are bad, the next sugar is bad – it goes on and on, but despite all these fads, nobody has disproved that a balanced diet is best. That means lots of colour, lots of variety – a little bit of everything – including sweet treats. In the research, people who enjoyed a sweet treat four times per week, on average, had lower chances of stroke, heart attack, heart failure, irregular heartbeat or narrowed arteries. This isn't people 'allowing' themselves one square of dark chocolate, it's a normal way of eating.

SOCIAL EATING IS GOOD

The researchers said that having a sweet treat every now and then could be a sign of a healthy social life and a balanced diet – and I agree. The social aspect of food is very important, too. Loneliness has been likened to smoking in terms of its impact on health, so if you're going to





Don't obsess or restrict

LOOK AT LIFESTYLE

You also tend to see in research, that people who drink a lot of sugary drinks have other unhealthy behaviours too. You're more likely to be eating fast food, for example, because sugary drinks are sold in the same venues. You might also drink energy drinks, because you aren't prioritising sleep or you're very stressed. You may also be having sugary drinks in place of food, because you don't have the time or energy to make a meal.

MAKE AN EASY CHANGE

If you drink a lot of sugary drinks, cutting them back – or ideally out – is an easy change to make. There's a lot of confusion, but a 150ml carton of fruit juice would provide 12g of free sugars and a 330ml can of cola would be 35g of free sugars. That's more than three times as much, and you get lots of other nice things in juice that you don't get in cola. A smoothie or juice is a healthier choice than a cola, but healthier still would be to eat actual fruit, with all the fibre, which keeps you full.

SEE THE BIG PICTURE

If across the week you're eating lots of variety – and that includes a main course and a pudding – that's fine, but if you're skipping lunch but having the pudding, then snacking a bit, having a chocolate bar out of the vending machine and a Red Bull on the way home, that's not good. Neither is going on crazy, restrictive diets and becoming deficient. Try to just eat in a balanced way.

your friend's house for dinner with a nice pudding; you're out for coffee and cake with your mum; you're attending birthday parties and eating a slice of cake – that's a good thing. As the researchers said, sweet treats are often enjoyed in social settings, so they aren't a sign of an overall poor diet or lifestyle.

LIMIT SUGARY DRINKS

The one source of sugar that was found to be the biggest contributor to heart risks was sugary drinks. They are a very intense hit of sugar in one go, which you don't really get from food – the sugar in a piece of cake is balanced out by the butter, the eggs and the flour, whereas a fizzy drink is pure sugar. Your body expects something to process, but it doesn't get any nutrients, which can leave you hungrier and likelier to then overeat.

Often treats are eaten socially



GET A BETTER MEMORY IN 30 MINS!



If you need to be on your A-game for a presentation, interview or any other brain-demanding task, you might want to focus on two lifestyle tweaks; try to exercise for 30 minutes, and aim for six hours of sleep per night.

A new study has shown that half an hour of moderate to vigorous activity (think a cycle ride, a jog, a dance class or a brisk walk) and sleeping for at least six hours, can give your brain a boost the next day. Being active has already been shown to reduce risk of dementia and benefit your grey matter – scientists think because it increases blood flow to the brain and

stimulates neurotransmitters.

This research gave people accelerometers to wear for eight days to track their sleep and activity as they lived their normal lives. Each day, they took some simple tests to check their attention and memory, among other things. Being active and sleeping well boosted brain power, meanwhile the reverse was also true – each 30-minute increase in being sedentary was associated with a small dip in memory scores the next day. So, if you need your wits about you, exercise, and get to bed on time!

THE Boost

For more health advice, visit [The Boost UK on Instagram](#).

WORTH TRYING



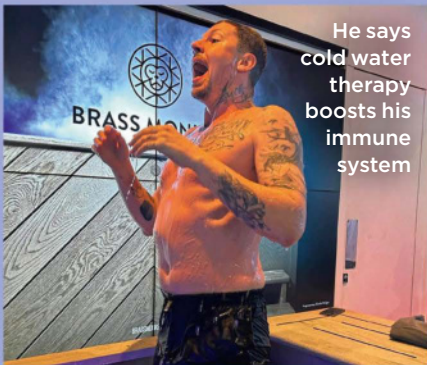
ECODENTA Juicy Fruit Natural Children's Toothpaste, £5.45

BUBBLEGUM-FLAVOURED KIDS' TOOTHPASTE

Our eight-year-old tester liked the mild bubblegum flavour of ECODENTA Juicy Fruit Natural Children's Toothpaste (£5.45, Holland & Barrett). It's organic, doesn't foam much and is a fun alternative to minty flavours, to encourage reluctant kids to brush their teeth

‘It’s OK to feel sad – it’s all part of being human’

From ASMR sleep playlists and breathwork to red light therapy, here’s how the rapper and mental health campaigner keeps his mind and body balanced...



He says cold water therapy boosts his immune system

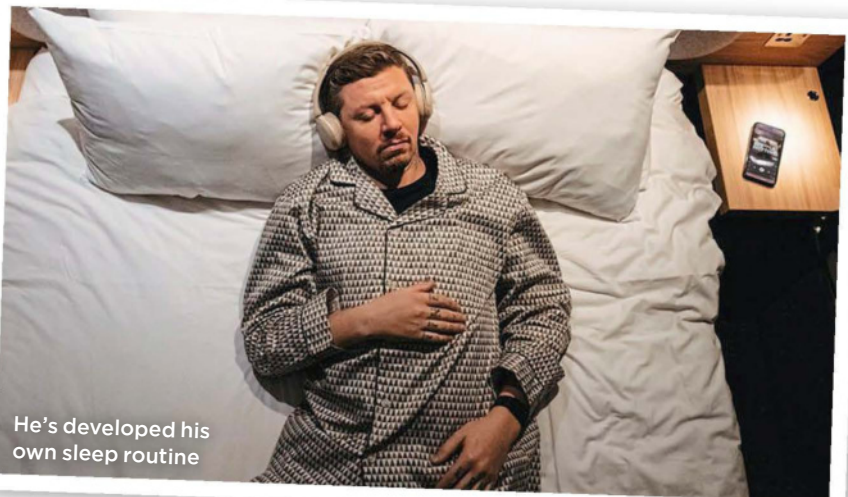
START YOUR DAY WITH A FREEZE

My morning routine starts with a cold shower, which I find more difficult than an ice bath. The constant hits of cold from different directions leave you feeling uncomfortable, but that’s part of the process. It’s a shock to the system that really wakes you up and gives you a boost for the day ahead. Plus, it’s great for the immune system. After that, I focus on my gut health, which has been key for me. Being hyper-aware of everything you put into your body can actually lead to a bad relationship with food, so I’ve learned to keep it simple. I avoid eating right before bed, and I make sure my diet is full of gut-friendly things, such as fermented foods like kimchi and kefir. I also take supplements, such as the Health Nag Bioactive Collagen Gel and MCT oil from Davinia Taylor’s Willpowders – both have made positive changes to my gut health. They’re good for the brain, too.

LISTEN TO ASMR FOR BETTER SLEEP

Being on tour means I have to get creative when it comes to sleep. Some shows, like during fresher’s week, don’t start until 2am, which completely disrupts my circadian rhythm so, while I can’t control the time I go to bed, I make sure my routine stays the same. First, I open the windows to let in some cold air, then I jump into a hot shower. It sounds counterintuitive, but cooling my body down after a warm shower actually signals to my body that sleep is near, helping to boost melatonin levels naturally. I also drink tart cherry juice for sleep – it helps your body produce melatonin and really helps me drift off. Supplements like magnesium, L-Theanine

and Inositol are also essential. Next, I use my PEMF mat, which grounds my body [it uses low-frequency electromagnetic pulses to stimulate your body’s cells, tissues and organs], and throw in some red light therapy for good measure. It’s great for cellular repair and promoting sleep and recovery after a long day. Recently, I’ve teamed up with Holiday Inn Express to launch an ASMR sleep playlist called ‘Restful Rhythms’. It combines binaural beats with some unexpected sounds, such as the faint hum of distant streets or the gentle whir of an air conditioner. These sounds really help distract my busy mind, and I find them perfect for falling asleep peacefully.



He’s developed his own sleep routine



THE Boost



Whether you want to Boost your mind, body, soul, finances, relationships, love life or style, we've got recommendations for things that actually work. Scan the QR code for more tips or search for @TheBoostUK on Instagram!

TEACH LITTLE ONES BREATHWORK

Every night before bed, my son [Slimane, three] and I speak to the universe. We share the things we're grateful for and the small moments of happiness from our day. When he's having a tantrum, I help him calm down using a breathing technique that's become a big part of our routine. It's the 6-7-8 method: we breathe in for six, hold for seven and exhale slowly for eight. It's amazing how this moves you from a fight-or-flight state into rest-and-digest mode. At first, he can be stubborn, but soon enough he starts to follow my lead. He'll place his finger on his nose, take a deep breath and shake it out and, just like that, the anger fades away. I never had anyone to teach me these tools when I was growing up. Mental health wasn't something we talked about in my family, and I often felt trapped by my emotions. So, teaching my son these techniques means the world to me. It's a way to break the cycle and show him that it's OK to feel and it's OK to let go.



Introduce wellness habits into children's lives early on



He regularly checks on male friends

SAY THESE THREE WORDS TO MALE FRIENDS

Men's mental health is often overlooked, with society pushing the idea that we should be strong and not show vulnerability. This can make it harder for them to express how they're really feeling. But checking in with mates is so important. Firstly, there are three simple but meaningful words to remember: 'How are you?' When having this chat, I recommend taking your friend out of their regular surroundings to help shift the atmosphere and create a more comfortable space for difficult conversations. Don't sit directly opposite someone as this can feel confrontational. It's also important to respect their decision if they don't want to delve into things. Sometimes, the best thing you can do is simply give them space to work through it. Avoid trying to fix someone's emotions. For example, recently my son was upset and someone told him to stop crying. I firmly believe people should be allowed to feel what they feel. We're pushed to stop others from feeling sad because it makes us uncomfortable, but sometimes people need to experience their emotions. Let them sit with their feelings, don't try to bottle them up. It's OK to feel sad - it's all part of being human.

● Professor Green's *Restful Rhythms* is now available to stream globally on Spotify. To book your next stay at Holiday Inn Express, visit ihg.com/holidayinnexpress

DOWNREGULATE WITH HORSE RIDING



Horse riding forces him to 'chill out'

In today's world, everything's moving at lightning speed. You're always rushing from one thing to the next, so it's no wonder we end up feeling disconnected from our natural state. That's why it's so important to check in with yourself and pinpoint when you're feeling up-regulated. Lately, if I've been feeling overwhelmed, I've found that horseback riding is a brilliant way to find my inner calm. When you're on a horse, you sync with the horse's natural pace, moving together in a smooth, rhythmic flow. There's something about the way the horse moves, the sway of the saddle and that steady pace that just forces your body to chill out. It's like your body can't help but relax when you're in tune with that organic motion.

COOLING COBALT

This versatile hue can be teamed with yellow for a sunny feel, or try terracotta for a classic Moroccan vibe – either way, it's here to stay

Vase with arms, £25; Bowls, £4.99, other accessories from a selection at Homesense



MAKE YOUR ACCESSORIES STAND OUT AGAINST BLUE

Mini Moderns Frutti di Mare towels, John Lewis, from £17



Loft living side table, Habitat, £35



Flower bottle, Dartington Crystal, £58



Striped ironing board cover, John Lewis, from £12

60 Jackson double bedding set, Argos, £30



Abstract swirl tea-light holders, Dunelm, £16 for three



Fish nibble bowl, H&M Home, £3.99



Carafe, puretabletop.com, £25





Ceramic bird, Abode Living, £35

Yumemi wall shelf, Habitat, £20

Pintar speckle glass table lamp base, Oliver Bonas, £45



Wavy mirror, casabyjj.com, £54



Cobalt striped trinket dish, maisonflaneur.com, £28



Stoneware mug set, procook.co.uk, £27 for four



Fish glass bottle, John Lewis, £24



Cobalt herringbone throw, Weaver Green, £55



Pattern cushion cover, H&M Home, £3.99



Tones print, inandbetween.co.uk, £30



Anyday china, John Lewis, £45 for a 12-piece set



Wool-blend blanket, H&M Home, £25



Speckled tumbler, Joannawood.com, £12



WE LOVE THESE FUN DECO INSPIRED WINE GLASSES

Deco face wine glasses, Joe Browns, £35 for six



ACCENT YOUR HOME WITH THIS VIBRANT COLOUR

Elements side table, Dunelm, £75

FROM HEAT PUMPS TO SOLAR PANELS – WAYS TO SAVE!

Baffled by all the energy-saving ideas and innovations, and unsure how on earth you could tap into them? Here's the expert guide to saving money while staying warm

With energy bills high, we're all looking for ways to keep warm that don't cost an arm and a leg. There's plenty of noise about things we can do to our homes, from changing our heating systems to using solar power, but there are also simpler solutions. Here's what you need to know...

START SIMPLE

There are some really simple at-home hacks we can all use. 'The best insulation you can buy is a good thick jumper,' says Professor David Glew, Director of Leeds Sustainability Institute. 'As turning down your thermostat can save hundreds of pounds a year.' Another easy win is to turn down heating in unused rooms 'Don't turn the heating off completely or you may end up

with damp or mould,' he says. 'Keep rooms above 15°C, which might be number one or two on your radiator thermostatic radiator valve (TRV). If you can't control each radiator individually, get some TRVs so that you can.'

SORT YOUR WINDOWS

'If you have single glazing in your home, you have the number-one heat-loss pathway found in any house,' says Glew. Hunt for double glazing quotes, because if you installed A++ rated double-glazed windows, you could save up to £150 a year. 'Secondary glazing – temporary or permanent, push or DIY – can be installed on almost any window without planning permission,' says Glew. Failing that, 'Thick curtains may provide some benefit.'

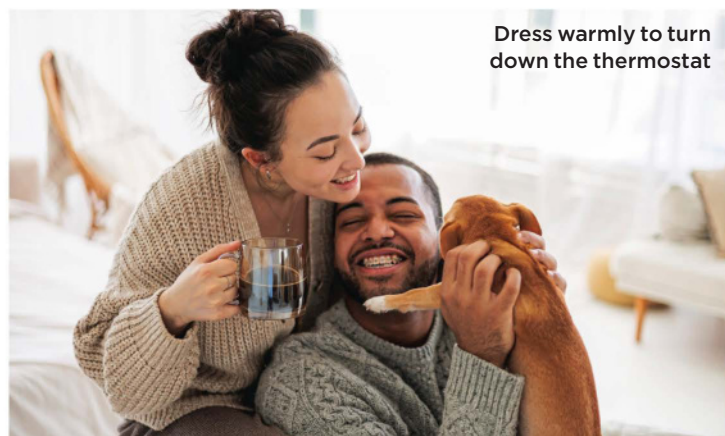


UNDERSTAND THE HEAT PUMP HYPE

Heat pumps transfer and intensify heat from the outside into a building. It's estimated they can slash £385 a year from the average bill compared with an old gas boiler, but it can take decades to recoup the cost of getting one fitted. With a government grant it would cost around £5,300, and older properties are generally not suited to them as 'you might get higher energy bills using a heat pump if it is not running as efficiently as it could', according to Professor Glew. One for new builds, then.

PAY FOR SOLAR PANELS GRADUALLY

'A system can range from £3,000-£10,000, depending on the size, quality and installation complexity,' says Becky Lane, CEO and founder of Furbnow (furbnow.com) an impartial solar panel expert. Most companies let you spread the cost, but check the interest rate and the total cost you'll end up paying. 'On average, homeowners can expect to see savings of 20% to 50% or more on their electricity bills,' says Lane. According to Wickes.co.uk, who offer solar panel installation for £8,950, it can pay for itself in seven years on an average home.



Cash Point

3 EASY COST-SAVING KITCHEN TWEAKS



Use the pan that matches the hob ring

Follow these three top tips from AEG to spend less as you cook up a storm.

- **PICK THE RIGHT PAN** When cooking, always match the pot size to the burner on your hob. Using a small pot on a larger ring wastes energy and risks overspill, potentially leading you to waste energy.
- **BATCH COOK** Ovens consume a substantial amount of energy to maintain high temperatures, so make the most of your oven's energy by batch-cooking your favourite meals while it's already in use.
- **COOL THEN CHILL** Before putting any leftovers in the fridge, let them cool down to room temperature. Hot food can raise the fridge's internal temperature, making it work harder and consume more energy to cool back down. This wastes energy and can also potentially impact the freshness of other items in the fridge.

THE Boost

For more quick fixes to boost your money, visit [The Boost UK on Instagram](#).



Investing could help you save in the long term

Solar panels can also add between 4-14% to the value of your home, because they're 'attractive to potential buyers who'll appreciate the potential for reduced energy costs', says Lane.

PINPOINT WHAT COSTS MOST

'A smart meter can reveal which household appliances use the most energy,' says Glew, who says they're best for people on variable fuel tariffs. 'The cost of energy rises during the hours where energy demand is at its highest and falls during periods of lower energy use – smart meters enable

consumers to move energy-intensive activities – like washing clothes – to cheaper periods, including overnight.' Smart meter or not, Glew recommends being savvy with your heating. 'If you heat your home for 10 per cent fewer hours, you could save 10 per cent on your fuel bills,' he says. 'Set your heating to come on later in the morning and go off earlier in the evening, and always remember to turn heating off (or down) when you're not at home.'

TRAP HEAT IN

Which? says loft insulation could reduce your energy bills by up to £340 per year. You don't need to fork out a fortune, either; DIY expert Craig Phillips says, 'Investing in two or three rolls of a new, modern insulation to top up your existing insulation could make a huge difference in the running costs of your heating. It's OK to lay insulation directly over the top of existing material (crossing it the opposite way), making sure you align the edges and don't squish it down.' You may also have 'disturbed' insulation, as Glew explains, 'Loft

insulation doesn't work if it has been squashed by boxes of the kids' old clothes and Christmas decorations or if it has been chucked to one side of the loft so that the electrician could finish rewiring your house. Check for gaps, squashed sections and if could you lay any more down. Redoing loft insulation properly could give you twice the benefit of "dodgy" loft insulation.'

CHOOSE GAS OVER ELECTRIC

'Gas is three times cheaper than electricity, so don't be tempted to use portable electric heaters in rooms where you already have a radiator,' says Glew. 'Central heating for an average house could cost something like £3 to £6 per day to heat the entire home, while a 2KW electric heater may cost almost 50p for that one heater for just one hour, so your radiators are your cheapest option if you have them.' If you do use electric heating devices (blankets, fires, radiators), Glew says, 'Put a plug sensor on them that tells you how much they are costing you.'

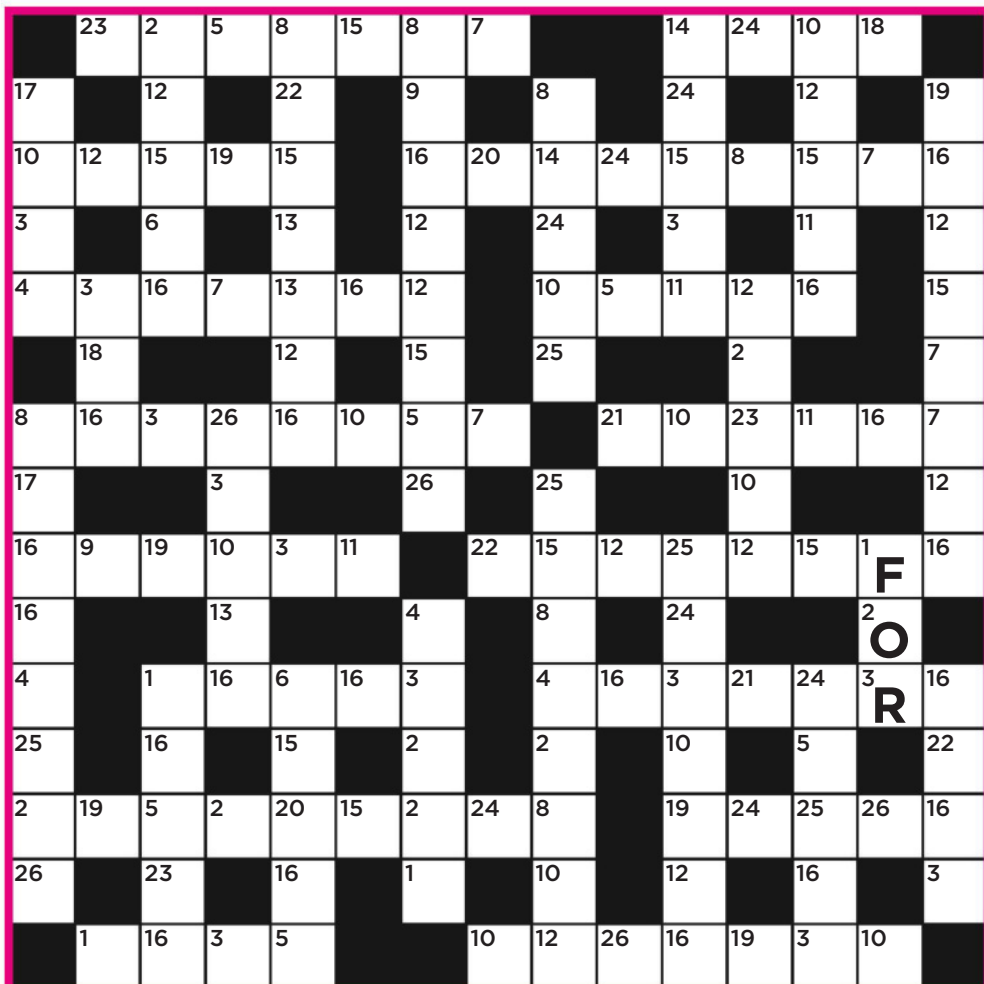
Consider installing solar panels



Puzzles

CODE CRACK

Every number in the grid stands for a different letter. We've given you the word FOR to get you started. Fill in all the 1s, 2s and 3s and you'll be able to start guessing other letters. All 26 letters of the alphabet appear at least once. Cross off the ones you've used on the list below.



KEEP TRACK OF YOUR LETTERS HERE:

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



GUESS THE FILM STILL



A A struggling writer is introduced to a drug which gives him the ability to use his brain fully.



B This 2016 American thriller is a 'story inside a story' based on the 1993 novel, *Tony and Susan*.

NAME THE STARS

With the help of our clues, rearrange the letters in the words below to make a celeb's name

- 1 Film and television star who played the character Wayne in the 2013 series *Love/Hate*.

ARRAY BEG HONK

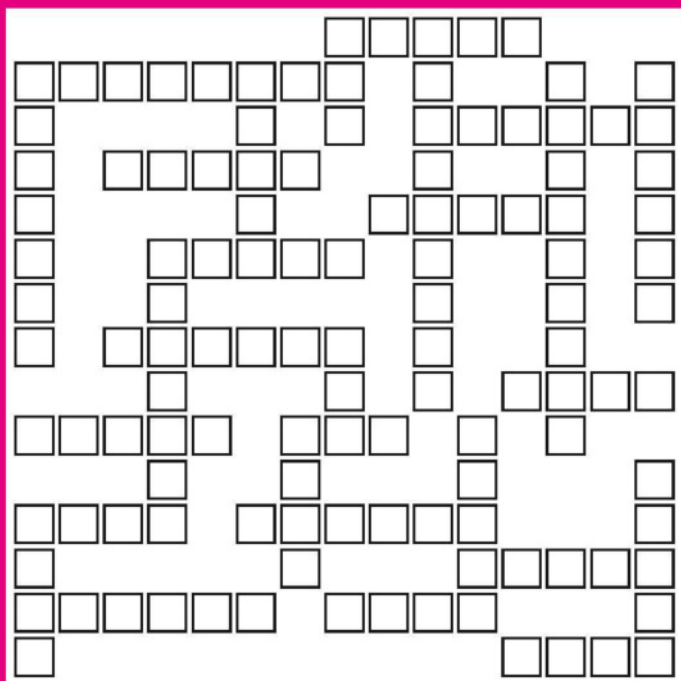
- 2 Reality television star best known for her work as a participant on the popular series *Love Island*.

GAGA HIM RUINS

→ Puzzles

CRISS CROSS

Stay current with this puzzle all about water features you might find on a map.



3 LETTERS

BAY
FEN
SEA

4 LETTERS

BECK
BURN
LOCH
TARN
WASH
WELL

5 LETTERS

BASIN
BROOK

CANAL

DITCH
FIRTH
INLET

OCEAN

RIVER
SOUND

6 LETTERS

BROADS
RAPIDS
SPRING
STRAIT
STREAM

7 LETTERS

CHANNEL
SALTING

8 LETTERS

SINKHOLE

9 LETTERS

BACKWATER
RESERVOIR

SUDOKU

Complete the grid with the numbers 1 to 9 so that each row, column and 3x3 block contains the numbers 1 to 9 only.

LEVEL 1: EASY

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

LEVEL 2: MEDIUM

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

Win!

READY TO FIRE
UP YOUR DAY?

MOJU is giving one winner the freshest way to kickstart their day - a three-month subscription of potent shots! Delivering five bottles a month, full of powerful ingredients, MOJU provides a deliciously low-sugar, caffeine-free way to start your day. Enter now at closeronline.co.uk/diet-body/diet-recipes/win-moju-shots/*



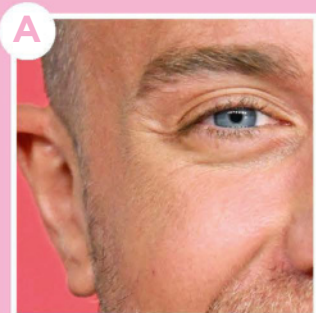
SPOT THE DIFFERENCE

Can you spot the six differences between these two pics of Christian Slater and Molly Brown?



GUESS THE CELEB

Can you name these stars from looking at just one part of their famous faces?



WORD LINK

Fill in the blanks to find a word that will make sense when placed at the end of the first word, and the start of the second word.

- A** FAKE --- BALL
- B** REEF ---- WEED
- C** STOP ----- SICKNESS
- D** FOOTBALL ---- SPIRIT
- E** SOUP ----- ROLL
- F** OPTIONAL ----- TIME

See p80 for all puzzle solutions

WORD SEARCH

Can you find all the Sigourney Weaver-related words in the grid? Words can be horizontal, vertical or diagonal.



- | | | |
|-----------------|--------------|---------------|
| ALIEN | DAVE | LIBRA |
| A MONSTER CALLS | DIAN FOSSEY | PAUL |
| AVATAR | DOC MARTIN | STAGE WORK |
| BORN IN NYC | GALAXY QUEST | THE ICE STORM |
| CALL JANE | GHOSTBUSTERS | THE TEMPEST |
| COPYCAT | GRAMMY AWARD | WORKING GIRL |



what to watch



Tune in to Closer's pick of the telly everyone's talking about



Woof!

PETE WICKS:

'If humans could be more like dogs, that would be better'

The TV star, 36, on working at the Dogs Trust for his emotional new series

W hat made you want to do this show?

I've wanted to do a show like this for 10 years now. It's hard for me to even call it a job, it's something that I really love and am passionate about. If I had to do this every day and nothing else, I'd be over the moon.

When did your love for animals start?

Ever since I was a kid. I prefer animals to humans because they just live for the moment.

They don't care what you look like or where you've been, they just make you happy. If we could be more like dogs and less like humans, that would be better.

Were you tempted to take any dogs home?

So many! I was pretty much obsessed with every dog. They all had their own personalities and stories. I would have taken a lot of them.

If you were a dog, what breed would you be?

I'm the one that's probably last to be picked, looks a bit rough

around the edges, got a lived-in face, a bit stray, but when you get them home, they'll give you more love than anything.

What do you hope viewers take away from the series?

That the viewers go on the journey I went through. It aims to tell the stories of the dogs and the people who work at the Dogs Trust because they can't tell it themselves – they're the real heroes. To be honest, I just hope I did the dogs proud. That's most important to me.

PETE WICKS: FOR DOGS' SAKE

U&W, TUE 7 JAN, 8PM

Tissues at the ready as the recent *Strictly* star and podcaster spends a life-changing summer at the Dogs Trust rehoming centre in Basildon to learn about the dedication and hard work it takes to rescue, care for and rehome vulnerable dogs. Capturing the highs and lows of animal welfare, the series portrays the realities of animal rescue, from dealing with a never-ending stream of puppies abandoned in cardboard boxes, to saving strays left homeless and alone on the streets. On his first day at the Dogs Trust, Pete meets pug Murphy, who's in need of surgery, and pregnant pooch Mel, who was seized at the border. Life-affirming viewing.

BBC1, SUN 5 JAN, 8PM

We arrive in Poplar in 1970 for the 14th series of the hugely popular drama, and change is in the air. Nancy has big news about a new job offer and her engagement to Roger, while Trixie returns from New York ready to take on fresh challenges, and Sister Julienne faces pressure from the Board of Health, but refuses to back down and recruits Trixie to her cause. Elsewhere, an Isle Of Dogs independence blockade forces Doctor Turner and the midwives to work around the chaos, Cyril encourages Rosalind to join him in volunteering at a homeless shelter – and the team encounter a case of an apparent immaculate conception. Blimey.



CALL THE MIDWIFE

A melange of midwives



THE MASKED SINGER

Joel and his band of singing detectives

ITVI, SAT 4 JAN, 7PM

Hot on the heels of the festive special comes the sixth series of the fabulously fun guessing game. And there's a new face joining regular celebrity sleuths Jonathan Ross, Davina McCall and Mo Gilligan – *Love Island* host Maya Jama. She'll hopefully be joining in the usual routine

of the panellists throwing out ludicrous suggestions as to who's behind the mask, and the outlandish disguises this time include Pufferfish, Pegasus and Toad In The Hole. As ever, Joel Dommett hosts proceedings (as well as showing off his enviable collection of dapper suits). Perfect weekend telly, sorted.



Closer TV



Patience puts herself in the middle of the action

PATIENCE

C4, WED 8 JAN, 9PM
Thought there were no fresh takes to be had on a police procedural? Well, say hello to excellent new series *Patience*, which puts a neurodivergent character at its heart. Ella Maisy Purvis plays the titular Patience, a civilian worker in the Criminal Records Office in York. She has an incredible visual and auditory memory and can absorb – as well as analyse – information quickly. So when she spots similarities between a current suicide and some historical cases, she alerts DI Bea Metcalf (Laura Fraser). And while it takes a little time for routine-driven Patience and chaotic Bea to get used to each other's ways, they end up making a formidable team. Don't miss it.

ANT & DEC'S LIMITLESS WIN

ITVI, SAT 4 JAN, 8.30PM
Those cheeky Geordie scamps Ant & Dec blast back onto our screens with a fourth series of their addictive quiz. The high-stakes, big-money show is always entertaining, and its winning formula of a never-ending money ladder and a limitless cash prize makes for great, shout-at-the-telly family viewing. As the contestants

climb up the *Limitless* ladder, the more life-changing the sums of money on offer become. One million pounds! Two million pounds! Three! The ladder never ends and the money never stops growing. Can the contestants cash out before they crash out? And will Ant & Dec give away the biggest cash prize in quiz-show history? Howay the lads!



They're showing you the money



'What do you mean you wasn't a Blue fan?'

CELEBRITY HUNTED

C4, SUN 5 JAN, 9PM
Twelve intrepid celebrities strap on their backpacks and go on the run, while a team of elite hunters attempt to track them down, all in aid of Stand Up To Cancer. The six teams of stars turning fugitives are (deep breath): *Loose Women's* Denise Welch and her husband Lincoln Townley; *Strictly* professionals Giovanni Pernice and Kai Widdington; newsreaders Lucrezia Millarini and Simon McCoy; *EastEnders* star Danielle Harold and *Corrie's* Kimberly Hart-Simpson; podcasters Zeze Millz and David Whitely; and last but most definitely not least, *Blue's* Duncan James and Christine McGuinness. And the series gets off to an action-packed start when the celebs make a daring escape from a train in Norfolk...

Who's the daddy?



Niamh as Maddie



James as Pete

JAMES:

'It's a four-hour thriller roller-coaster ride'

James Norton, 39, and Niamh Algar, 32, on their challenging new drama

PLAYING NICE

ITV1, SUN 5 JAN, 9PM

Adapted from the best-selling novel by author JP Delaney, *Playing Nice* is an absorbing thriller set against the sweeping Cornish landscape that tells the story of two couples who discover their toddlers were switched at birth in a hospital mix-up. As the two sets of parents face a horrifying dilemma – do they keep the sons they have raised or reclaim their biological child – they end up living a waking nightmare, with Pete (James Norton) and Maddie (Niamh Algar) jettisoned into the world of the other couple; Miles (James McArdle) and Lucy (Jessica Brown Findlay). At first it seems all four are agreed on a solution, but it soon becomes clear that hidden motives are at play.

W

hat's *Playing Nice* about?

JAMES: Two couples who find out that their young boys aged two and a half were accidentally swapped at birth, and the chaos, trauma and complications that follow. It asks the question: what would you do? How would you react if you discovered that your child is not your own and your real child has been brought up by another family?

NIAMH: It's a psychological thriller which follows two couples as they navigate this discovery and how these four people slowly unravel as the story goes on. There are plenty of twists and turns. It's sharp and dark and psychologically intense.

What are the main themes of the series?

Parenthood, class, masculinity, nature vs nurture. Cornwall is very much intrinsic to the series with the foreboding landscape.

James, tell us about your character.

Pete is a good-time guy; gentle, sensitive, family-minded, who loves Cornwall, loves his son Theo, loves his partner Maddie and doesn't like confrontation. He's been in a band or two, travelled a bit and tried his hand at journalism, but decided to give that up in order to bring up Theo.

Niamh, what's your character like?

At the start, Maddie is happy. She's with Pete – the guy she's in love with and has a son with, and life is good. She's living her best

life, but when they discover the truth, and that Theo isn't really theirs, it's the worst news she could ever imagine receiving and upends her world.

What makes *Playing Nice* different from other dramas?

JAMES: It's the hook. I can't think of another drama which asks the question, 'What would you do if you found out your child isn't your own?' It's also the alchemy of these four actors and this location. Every drama is different, just as every person is different, but this story has never been told in this way, in

Cornwall, at this time of year.

What journey do you hope audiences go on when they're watching this?

NIAMH: Gosh, I hope audiences invest in our characters and are forced to question their own morals of whether or not they would do the same thing. That's what I love about narratives like this; putting yourself in that situation and seeing how you would react or seeing parts of yourself in the characters. It's a thrill ride!

JAMES: Initially, we want them to really feel that panic, that feeling of dread that Maddie and Pete have. I want them to appreciate the beauty of Cornwall, invest in the character arcs, and ultimately just go on a four-hour thriller roller-coaster ride.

How would you describe the series in three words?

JAMES: Tense. Brooding. Knotty.

NIAMH: Not playing nice.

A parent's worst nightmare



GRANTCHESTER



Holy moly!

ITV1, WED 8 JAN, 9PM

Series nine of the nostalgic drama lands in Grantchester in 1961 and life is good for Will (Tom Brittney) and Geordie (Robson Green). But when Will gets a life-changing offer, Geordie is left struggling with loss and family conflict – and with no one to turn to. That all changes, though, when he arrests an intruder breaking into the vicarage. Yet while charismatic new arrival, Reverend Alphy Kottaram (Rishi Nair), has an instinctive distrust for authority and no desire to get involved in murder investigations, it seems Geordie may have found himself a new crime-solving vicar to partner up with. And as Alphy soon realises, in Grantchester, murder is never far away....

JOANNA PAGE'S WILD LIFE

BBC2, MON 6 JAN, 6.30PM

Gavin & Stacey star Joanna Page has a passion for animal welfare, and in this new 10-part series stripped over two weeks, she takes audiences on her journey as she trains to qualify as an Animal Care Assistant (ACA). Teaming up with Wildlife Aid, Joanna spends her summer immersed with animals. Like any trainee, she starts with the more menial tasks in the hope of progressing to animal triage, helping the vets and going on rescues. Along the way, Joanna encounters lovestruck hedgehogs, baby badgers and fox cubs, but it remains to be seen if she can resist getting too emotionally involved and naming all the animals after her *Gavin & Stacey* co-stars.



'Not gonna lie, this owl is lush'



Serious game faces ahoy!

DRAGONS' DEN

BBC1, THU 9 JAN, 8PM

Time to head back into the Dragons' Den as another batch of plucky entrepreneurs try to convince insanely rich businesspeople to part with wads of cash to help kickstart new projects. Alongside Deborah Meaden, Peter Jones, Sara Davies, Touker Suleyman and Steven Bartlett, this time there will be three guest Dragons: fashion tycoon Emma Grede, beauty mogul Trinny Woodall and fitness guru Joe Wicks. Joe says, 'I can't wait to meet all the brilliant and passionate entrepreneurs. My own journey has shown me that with the right mindset and a lot of hard work, anything is possible.' Yes, Joe, but will you be parting with any of your money?



Just pottering about...

THE GREAT POTTERY THROW DOWN

C4, SUN 5 JAN, 7.45PM

The Great Pottery Throw Down returns with a dozen more extraordinary talents competing to be named Britain's Best Home Potter. The endlessly entertaining Siobhán McSweeney is back as host, alongside regular ceramics superstar judges Keith Brymer Jones and Rich Miller, while former competitor Princess Fingall

joins the team as the new kiln technician. As the battle of the clay begins, the judges set the hopefuls a salad-set challenge, followed by a second surprise one: making identical sangria jugs that must survive the bucket of doom. But who will slay the clay and be named as potter of the week, and who'll be the first person to be sent packing from the pottery?



There's a new line-up at the Lyell

SILENT WITNESS

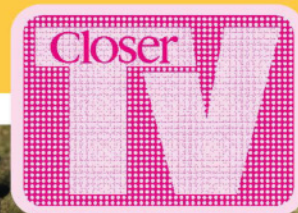
BBC1, MON 6 JAN, 9PM

The latest outing of the long-running crime show kicks off with a disturbing mystery, when the death of an elderly woman found in a cave has the team asking what drives a person to murder someone so vulnerable. At the end of the last season, viewers were delighted when Jack (David Caves) finally proposed

to Nikki (Emilia Fox), and this series - the 28th, no less - sees the newly-engaged couple back at the Lyell Centre working their forensic magic. And there are two fresh faces on the team: Harriet (Maggie Steed), the new head of the Lyell, and Kit (Francesca Mills), a crime analyst. Let the grisly investigations commence!

SOAP Spotlight!

THIS WEEK'S TOP STORIES



EMMERDALE

TILL DEATH US DO PART

A dark cloud hangs over Home Farm this New Year, with Joe getting his feet firmly back under the table and Kim grieving for hubby Will. Or is she? Dawn's convinced she had something to do with his death, and as the day of his funeral dawns, the police arrive to speak to the merry

widow... Over at Smithy Cottage, Marlon's worried about the missing April, but posting an online appeal attracts unwanted attention. And when Sarah's humiliated by the students' teasing over her drunken New Year antics, Jacob cheers her up by taking her to bed! What a gent.

EASTENDERS



PICKING UP THE PIECES

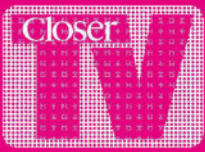
As the residents regroup after a traumatic Christmas and New Year, Elaine enlists Johnny's help in calling a crisis meeting at The Vic - but shocking new revelations cause even more chaos for the Beales and the Knights. In the midst of all this drama, Billy finally twigs that something is very wrong with Phil when he makes an impulsive decision about the Mitchell family businesses, prompting Sharon to try to stage an intervention. Elsewhere, Jack offers Denise a comforting shoulder, but just as it seems their marriage might have a chance, she's forced to confide a tricky dilemma to Kim. And, of course, her sister can't resist sticking her nose in...

CORONATION STREET

A STAB IN THE DARK

How we long for the days when violence on the Street meant a stand-up row between Ena Sharples and Elsie Tanner. These days Weatherfield is a hotbed of brutality, and this week is no exception, as the frankly ludicrous Matty and Logan exact revenge on little brother Mason for shopping them to the police. Soon a knife is pulled and Abi finds the hapless lad bleeding in the precinct... Things are no less traumatic for Carla, who needs another kidney transplant. So Bobby heads to the prison, but will Rob agree to save his sister? And there's even more bloodshed when David discovers that Kit has been messaging Shona.





Saturday 4 January

* CLOSER PICKS

BBC1

6am Breakfast. **10.0** Saturday Kitchen. **11.30** Rick Stein's Cornwall. **12.0** Football Focus. **1.0** BBC News. **1.15** Bargain Hunt. **2.0** Money For Nothing. **3.0** Escape To The Country. **4.0** The Bidding Room. **4.30** Final Score. **5.20** Garden Rescue. **5.50** BBC News.

BBC2

6.40am Hey Duggee. **6.50** Go Jetters. **7.0** Grizzly And The Lemmings. **7.10** Boy Girl Dog Cat Mouse Cheese. **7.20** Monster Loving Maniacs. **7.35** Pokémon Horizons. **7.55** Cooking Buddies. **8.15** BMX All Stars. **8.40** Blue Peter. **9.10** Around The World In 80 Gardens. **10.10** This Wild Life. **10.40** FILM: The Tommy Steele Story (1957) ★★ ★ **12.0** Simply Nigella. **12.30** The A To Z Of TV Cooking. **1.10** FILM: GI Blues (1960) ★★ ★ **2.50** FILM: Blue Hawaii (1961) ★★ ★ ★ **4.30** Flog It! **5.25** Hidden Treasures Of The National Trust.

ITV1

6am Inside Britain's Food Factories. **6.30** Fletchers' Family Farm At Christmas. **7.30** Love Your Weekend With Alan Titchmarsh. **9.25** ITV News. **9.30** James Martin's Saturday Morning. **11.40** Ainsley's Fantastic Flavours. **12.40** James Martin's French Adventure. **1.15** ITV News; Weather. **1.30** ITV Racing: Live From Sandown. **4.0** Tipping Point: Best Ever Finals. **4.30** ITV News; Weather. **4.45** ITV News London. **5.0** The Chase Celebrity Special.

C4

6.10am Cheers. **6.40** The King Of Queens. **7.05** The King Of Queens. **7.30** Frasier. **7.55** Frasier. **8.20** Frasier. **8.50** Frasier. **9.20** Frasier. **9.50** The Simpsons. **10.20** The Simpsons. **10.50** The Simpsons. **11.20** FILM: My Spy (2020) ★★ ★ **1.15** Four In A Bed. **1.50** Four In A Bed. **2.20** Four In A Bed. **2.50** Four In A Bed. **3.20** Four In A Bed. **3.55** The Great New Year Bake Off 2024/25. **5.10** Sarah Beeny's New Life In The Country.

CHANNEL 5

6am Milkshake! **8.55** SpongeBob SquarePants. **9.15** Entertainment News On 5. **9.25** Winter Road Rescue. **9.55** 22 Kids & Counting. **10.50** 22 Kids & Counting. **11.50** 22 Kids & Counting. **12.50** You Are What You Eat. **1.50** You Are What You Eat. **2.50** FILM: Sherlock Holmes (2009) ★★ ★ ★ **3.50** Entertainment News On 5. **3.55** FILM: Sherlock Holmes (2009) ★★ ★ ★ **5.15** FILM: Sherlock Holmes: A Game Of Shadows (2011) ★★ ★ ★

6am

6pm

7pm

8pm

9pm

10pm

11pm

6.0 BBC Regional News; Weather (S) **6.10** FILM: Shrek The Third (2007) ★★ ★ The bad-tempered ogre must persuade a rebellious teenager to face up to his responsibilities as heir to the throne. Animated sequel, with the voices of Mike Myers and Cameron Diaz. (S) **7.35** The Weakest Link: Gladiators Special The cast of Gladiators compete in the quiz, hosted by Romesh Ranganathan. (S) **8.20** Pointless Celebrities Contestants include Clare Balding, Alice Arnold and Blu Hydrangea. (S)

9.10 Casualty Dylan and Jodie deal with the aftermath of a patient they failed to save. (S)

10.0 BBC News (S) **10.20** Match Of The Day Highlights of the latest Premier League matches. (S)

11.40 FILM: The Courier (2020) ★★ ★ ★ **1.30** BBC News.

6.25 FILM: The Guernsey Literary And Potato Peel Pie Society (2018) ★★ ★ ★ An author of detective fiction makes some life-changing friends at a famous literary society. Drama, starring Lily James, Tom Courtenay and Katherine Parkinson. (S)

8.20 Elvis Presley: '68 Comeback Special The singer's classic TV special. (S) (R)

9.35 FILM: Jailhouse Rock (1957, b/w) ★★ ★ ★ ★ A hoodlum imprisoned for manslaughter becomes a rock 'n' roll star. Musical drama, starring Elvis Presley and Dean Jones. (S)

11.10 Tales Of Rock 'n' Roll: Heartbreak Hotel. **11.45** ...Sings Elvis. **12.45** FILM: Let It Snow (2020) ★★ **2.05** This Is BBC Two.

6.0 Wheel Of Fortune New series. Return of the game show, hosted by Graham Norton. (S)

***7.0** The Masked Singer New series. Joel Dommett hosts the return of the singing contest. (S)

***8.30** Ant & Dec's Limitless Win New series. The duo return with the quiz. (S)

9.30 North Shore New series. Australian mystery thriller, starring John Bradley. (S)

10.20 ITV News; Weather (S) **10.35** The Life And Death Of Lily Savage Documentary paying tribute to Paul O'Grady. (S) (R)

11.55 English Football League Highlights. **1.10** Shop On TV. **3.0** North Shore. **3.50** Unwind With ITV. **5.05** Ainsley's Fantastic Flavours.

6.10 News (S) **6.40** 2024: The Year From Space News events, as captured by satellite images, including a cargo ship collision in Baltimore. The destruction was so extensive it could be seen from hundreds of miles above Earth. (S) (R)

8.10 Britain's Extreme Weather 2024 Looking back at the extreme weather events of 2024. (S) (R)

9.10 FILM: Nobody (2021) ★★ ★ ★ A quiet and unassuming family man slowly reveals his true character after his house is burgled by two petty thieves. Crime drama, starring Bob Odenkirk and Connie Nielsen. (S)

11.0 FILM: Scarface (1983) ★★ ★ ★ ★ **2.05** FILM: 120 BPM (2017) ★★ ★ **4.30** 2024: The Year From Space. **5.50** Cheers.

7.35 5 News Weekend (S) **7.40** The Big Snow Of '82 The extreme cold weather that hit Britain more than 40 years ago. (S) (R)

9.10 Prince George: A King For The Future A look at the upbringing of the Prince and Princess of Wales' eldest child. (S) (R)

10.10 Funniest Royal Cock-Ups Mishaps involving members of the royal family. (S) (R)

12.05 Million Pound Motorhomes. **1.0** PlayOJO Live Casino Show. **3.0** World's Strongest Man 2024. **3.50** Britain's Greatest Bridges. **4.40** Great Artists. **5.05** Wildlife SOS. **5.30** Entertainment News On 5. **5.35** Paw Patrol. **5.50** Fireman Sam.



7.35pm The Weakest Link, BBC1



8.30pm Limitless Win, ITV1



7pm The Masked Singer, ITV1



5.10pm New Life In The Country, C4



9.10pm Prince George, Channel 5

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U&W

6.20pm Outnumbered. **7.0** Outnumbered. **7.40** Outnumbered. **8.20** Outnumbered. **9.0** Gavin & Stacey. **9.40** Gavin & Stacey. **10.20** Gavin & Stacey. **11.0** Chewing Gum. **11.30** Chewing Gum. **12midnight** Stacey Dooley Sleeps Over USA. **1.0** MasterChef Canada: Back To Win. **3.0** Teleshopping.

MTV

6pm Catfish: The TV Show. **7.0** Catfish: The TV Show. **8.0** Catfish: The TV Show. **9.0** Geordie Shore: Marnie's Story. **11.0** Geordie Shore: Aaron & Sophie's Story. **12midnight** Geordie Shore: Gary's Story. **1.0** Ink Master. **2.0** Me & My Sugar Daddy. **2.50** Catfish: The TV Show. **3.35** Teen Cribbs. **4.0** Teleshopping.

ITV2

5.10pm FILM: Nanny McPhee And The Big Bang (2010) ★★ ★ ★ **6.10** FILM: Marley & Me (2008) ★★ ★ **8.30** FILM: Godzilla: King Of The Monsters (2019) ★★ ★ ★ **11.05** Family Guy. **12.05am** American Dad! **1.05** Iain Stirling's CelebAbility. **1.50** World's Funniest Videos. **2.20** World's Funniest Videos. **2.45** Unwind With ITV.

TLC

6pm Say Yes To The Dress: Atlanta. **7.0** 1000-lb Best Friends. **8.0** My Big Fat Fabulous Life. **9.0** I Love A Mama's Boy. **10.0** Dr Down Below. **11.0** Sex Sent Me To The ER. **12midnight** My Parasitic Twin: Body Bizarre. **1.0** Extreme Cheapskates. **2.0** Dr Down Below. **3.0** Sex Sent Me To The ER. **4.0** My Big Fat Fabulous Life.

E4

6pm The Big Bang Theory. **7.0** The Big Bang Theory. **7.30** The Big Bang Theory. **8.0** The Big Bang Theory. **8.30** The Big Bang Theory. **9.0** Celebrity Gogglebox. **12.05am** First Dates. **1.10** First Dates. **2.15** Gogglebox. **3.15** Gogglebox. **4.10** Ramsay's Kitchen Nightmares USA. **5.0** The Tiger Who Came To Tea.

SKY SHOWCASE

5pm FILM: Dr Seuss' The Lorax (2012) ★★ ★ ★ **7.0** Sport's Funniest Moments. **8.0** Rob & Romesh Vs Darts. **9.0** Dart Kings. **10.0** FILM: Retribution (2023) ★★ ★ **12midnight** Coldplay: How We Saw The World - Live In Toronto. **2.0** Road Wars. **3.0** Road Wars. **4.0** Nothing To Declare. **5.30** Nothing To Declare.

ITVB E

6pm Celebrity Dinner Date. **7.0** Celebrity Dinner Date. **8.0** Celebrity Dinner Date. **9.0** Botched. **10.0** Botched. **10.55** Kavos Weekender. **12midnight** The Real Housewives Of Miami. **12.55** Buying The View. **1.20** Unwind With ITV. **1.30** Teleshopping. **3.30** Unwind With ITV. **4.0** Teleshopping.

SKY ATLANTIC

6.20pm Dune: Prophecy. **7.30** Dune: Prophecy. The acolytes uncover a devastating long-held secret about the Sisterhood. **9.0** Sweetpea. Comedy drama, starring Ella Purnell. **10.0** Sweetpea. **11.0** Sweetpea. **12midnight** Sweetpea. **1.0** Sweetpea. **2.0** Sweetpea. **3.0** Riviera. **4.0** Riviera. **5.0** The Guest Wing.

QUEST RED

6pm Hometown Homicide. **7.0** Hometown Homicide. **8.0** Hometown Homicide. **9.0** Before They Kill Again. **10.0** American Detective: Never Give Up. **12midnight** Nightmare Next Door. **1.0** Nightmare Next Door. **2.0** Murder Comes To Town. **3.0** FBI Files. **4.0** Teleshopping. **4.30** Teleshopping. **5.0** Teleshopping. **5.30** Teleshopping.

BBC3

7pm EastEnders. **8.0** Top Gear. **9.0** FILM: 1917 (2019) ★★ ★ ★ **10.50** Two Pints Of Lager And A Packet Of Crisps. **12.15am** Peacock. **1.15** Top Gear. **2.15** Two Pints Of Lager And A Packet Of Crisps. **2.40** Two Pints Of Lager And A Packet Of Crisps. **3.10** Two Pints Of Lager And A Packet Of Crisps. **3.40** Birdsong. **3.55** Close.

BBC1

6am Breakfast. **7.40** Match Of The Day. **9.0** Sunday With Laura Kuenssberg. **10.0** Pilgrimage: The Road Through North Wales. **11.0** Homes Under The Hammer. **12.0** Bargain Hunt. **1.0** BBC News. **1.15** Songs Of Praise. **1.50** Planet Earth: An Elephant's Tale. **1.55** Blue Planet II. **2.55** Gladiators: Celebrity Special. **3.55** FILM: The Mask (1994) ★★★★★ **5.30** BBC News. **5.50** BBC Regional News; Weather.

BBC2

6.40am Countryfile. **7.40** Breakfast. **9.0** Weatherman Walking. **9.30** Saturday Kitchen Best Bites. **11.0** Nigel And Adam's Farm Kitchen. **12.0** Food & Drink. **12.30** FILM: Kelly's Heroes (1970) ★★★★★ **2.50** FILM: Where Eagles Dare (1968) ★★★★★ **5.20** Flog It!

ITV1

6am The Masked Singer. **7.20** James Martin's Saturday Morning. **9.25** ITV News. **9.30** Love Your Weekend With Alan Titchmarsh. **11.25** Fletchers' Family Farm. **12.30** The Royal Beat. **1.30** ITV News; Weather. **1.40** FILM: The Goonies (1985) ★★★★★ **3.50** FILM: Sing 2 (2021) ★★★★★

C4

6.20am Cheers. **6.45** Cheers. **7.10** Frasier. **7.35** Frasier. **8.0** Frasier. **8.30** Frasier. **9.0** Frasier. **9.30** The Simpsons. **10.0** Sunday Brunch. **1.0** The Simpsons. **1.25** The Simpsons. **1.55** The Simpsons. **2.25** FILM: Puss In Boots (2011) ★★★★★ **4.10** FILM: Sleepless In Seattle (1993) ★★★★★

CHANNEL 5

6am Milkshake! **8.55** SpongeBob SquarePants. **9.05** Entertainment News On 5. **9.10** NFL - End Zone. **9.35** Britain's Greatest Bridges. **9.45** Cruising With Jane McDonald. **10.40** Cruising With Jane McDonald. **11.40** Cruising With Jane McDonald. **12.35** FILM: The Fugitive (1993) ★★★★★ **3.10** FILM: Crocodile Dundee II (1988) ★★★★★ **5.35** The Shocking Truth About Diet & Exercise.

6am

6pm

6.0 Countryfile
Winter wildlife stories from around the UK from the Countryfile archives. (S)

6.15 Ski Sunday New series. Action from the Big Air World Cup in Klagenfurt, Austria. (S)

6.0 ITV News; Weather (S)
6.15 ITV News London (S)
6.30 The Masked Singer
Pufferfish, Bush, Wolf, Pegasus, Toad in the Hole and Bear take to the stage. (S)

6.15 News (S)
6.45 The World's Biggest Cruise Ship The construction and launch of cruise ship Icon of the Seas. (S)(R)

6.55 5 News Weekend (S)
7.0 The Sweets & Treats We Loved & Lost Part one of two. Much-missed treats from years gone by. (S)(R)

7pm

7.0 Antiques Roadshow
Fiona Bruce presents from Firstsite contemporary art gallery in Colchester. (S)

7.0 Cities: Nature's New Wild Footage of animals living in urban environments. (S)(R)

8.0 Ant & Dec's Limitless Win Steve and Jordan finish their game. (S)

***7.45 The Great Pottery Throw Down** New series. Siobhán McSweeney welcomes 12 more potters to take up the challenge. (S)

8.0 22 Kids & A Wedding
New series. Millie Radford prepares for her wedding to Harley. (S)

8pm

***8.0 Call The Midwife**
New series. Demonstrations cause havoc for the Nonnatus team. (S)

8.0 Colombia With Simon Reeve The adventurer explores the country in the aftermath of the civil war. (S)(R)

***9.0 Playing Nice** New series. Psychological thriller, starring James Norton. (S)

***9.0 Celebrity Hunted**
New series. Another group of celebrities turn attempt to evade capture for 14 days. (S)

9.0 Rich House, Poor House
A millionaire swaps with a single mum who has PTSD. (S)

9pm

9.0 SAS Rogue Heroes
An edict by Hitler threatens the fate of one of the captured soldiers. (S)

9.0 7/7: The London Bombings New series. A look at the 2005 attack and the ensuing police investigation. (S)

10.0 ITV News; Weather (S)
10.20 FILM: No Time To Die (2021) ★★★★★ James Bond sets off on the trail of an enigmatic villain armed with lethal new technology. Action thriller, starring Daniel Craig. (S)

10.0 Gogglebox Festival Special The armchair critics review the best Christmas programming of 2024. (S)(R)

10.0 2024: Celebs We Cancelled A look at the downfall of some of Britain's previously untouchable celebrities. (S)(R)

10pm

10.0 BBC News (S)
10.25 BBC Regional News; Weather (S)
10.30 Match Of The Day 2
Including Liverpool v Manchester United. (S)

10.0 FILM: Walk The Line (2005) ★★★★★ Biopic of country musician Johnny Cash, examining his career and turbulent relationship with fellow singer and future wife June Carter. With Joaquin Phoenix and Reese Witherspoon. (S)

1.05 Shop On TV. 3.0 Motorsport UK. 3.50 Unwind With ITV. 5.05 Fletchers' Family Farm.

11.30 FILM: Fury (2014) ★★★★★ **1.50** The Simpsons. **2.15** The Simpsons. **2.35** Ramsay's Kitchen Nightmares USA. **3.25** Frasier. **3.50** Frasier. **4.15** Frasier. **4.40** Frasier. **5.05** Frasier. **5.30** Kirstie's Fill Your House For Free. **5.45** Countdown.

11.15 Most Shocking Celebrity Moments. **1.10** PlayOJO Live Casino Show. **3.10** World's Strongest Man 2024. **3.50** Britain's Greatest Bridges. **4.40** Great Artists. **5.05** Wildlife SOS. **5.30** Entertainment News On 5. **5.35** Paw Patrol.

11pm

11.30 Have I Got Sport For You. **12.0** The Graham Norton New Year's Eve Show. **1.05** BBC News.

12.10 Sign Zone: Maria Callas: The Final Act. **1.10** Sign Zone: Maggie Smith At The BBC. **2.10** This Is BBC Two.



8pm Call The Midwife, BBC1



9pm The London Bombings, BBC2



9pm Playing Nice, ITV1



9pm Celebrity Hunted, C4



7.45pm Pottery Throw Down, C4

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U&W

6.20pm Outnumbered. **7.0** Inside The Operating Theatre. **9.0** Nurses On The Ward. **10.0** Nurses On The Ward. Paediatric nurse Mahbuba deals with a baby who can't breathe. **11.0** The Good Fight. **12midnight** The Good Fight. **1.10** MasterChef Canada: Back To Win. **1.55** MasterChef Canada: Back To Win. **3.0** Teleshopping.

MTV

6pm Catfish: The TV Show. **9.0** Geordie Shore: Chloe's Story. **10.0** Geordie Shore: Aaron & Sophie's Story. **11.0** Geordie Shore: Nathan's Story. **12midnight** Geordie Shore: Charlotte's Story. **1.0** Jersey Shore Family Vacation. **2.0** The Challenge: Battle Of The Eras. **3.10** Catfish: The TV Show. **4.0** Teleshopping.

ITV2

5.05pm FILM: Jumanji (1995) ★★★★★ **7.10** FILM: Johnny English Strikes Again (2018) ★★★ **9.0** Family Guy. **11.05** American Dad! **12.05am** Bob's Burgers. **1.0** The Emily Attack Show. **1.45** World's Funniest Videos. **2.15** World's Funniest Videos. **2.45** Unwind With ITV. **3.0** Teleshopping. **3.30** Unwind With ITV. **4.0** Teleshopping.

TLC

6pm Sister Wives. **7.0** Good Bones. **8.0** The Bad Skin Clinic. **9.0** Dr Pimple Popper. **10.0** Dr Pimple Popper. **11.0** Sex Sent Me To The ER. **12midnight** Body Bizarre. **1.0** Extreme Cheapskates. **1.30** Extreme Cheapskates. **2.0** Dr Pimple Popper. **3.0** Sex Sent Me To The ER. **4.0** Good Bones. **5.0** Curvy Brides Boutique.

E4

6.15pm The Big Bang Theory. **7.10** FILM: The Simpsons Movie (2007) ★★★★★ **9.0** FILM: The Inbetweeners Movie (2011) ★★★★★ **11.0** Open House: The Great Sex Experiment. **12.05am** Gogglebox. **1.05** Naked Attraction. **3.05** Modern Family. **3.55** Hollyoaks Omnibus. **5.0** We're Going On A Bear Hunt.

SKY SHOWCASE

6pm FILM: Blithe Spirit (2020) ★★★★★ **8.0** Airborne. **9.0** Rob & Romesh Vs Darts. **10.0** Dynamo: Beyond Belief. **12midnight** Dynamo: Beyond Belief. **1.0** The Force: Manchester. **2.0** Brit Cops: Frontline Crime UK. **3.0** Road Wars. **4.0** Nothing To Declare. **5.0** Nothing To Declare. **5.30** Nothing To Declare.

ITVB E

6pm Dermot O'Leary's Taste Of Ireland. **7.0** Celebrity Dinner Date. **8.0** Fletchers' Family Farm. **9.0** FILM: The Other Woman (2014) ★★ **11.20** Botched: Most Outrageous Celebrity Patients. **11.50** Botched. **12.15am** Dr. 90210. **1.05** Buying The View. **1.30** Teleshopping. **3.30** Unwind With ITV. **4.0** Teleshopping.

SKY ATLANTIC

6.45pm The Day Of The Jackal. **7.45** The Day Of The Jackal. **9.0** Lockerbie: A Search For Truth. **10.15** The Wire. McNulty and Greggs go behind Daniels' back. **11.15** The Time Traveler's Wife. **12.20am** Big Little Lies. **1.25** Gomorrah. **2.35** Gomorrah. **3.40** The Guest Wing. **4.50** Richard E Grant's Hotel Secrets.

QUEST RED

6pm American Detective With Lt Joe Kenda. **9.0** Doomsday: The Trial Of Lori Vallow Daybell. **11.0** Faking It: Tears Of A Crime. **12midnight** Nightmare Next Door. **1.0** Nightmare Next Door. **2.0** Murder Comes To Town. **3.0** FBI Files. **4.0** Teleshopping. **4.30** Teleshopping. **5.0** Teleshopping. **5.30** Teleshopping.

BBC3

7pm FILM: Shrek The Third (2007) ★★★★★ **8.25** Top Gear. **9.25** The Traitors. **10.30** The Traitors: Uncloaked. **11.0** People Just Do Nothing. **12midnight** Drugs Map Of Britain. **1.0** Brickies. **1.30** Peacock. **1.55** Peacock. **2.25** People Just Do Nothing. **2.55** People Just Do Nothing. **3.25** Brickies. **3.55** Close.

BBC1

6am Breakfast. **9.30** Morning Live. **10.45** Rip Off Britain. **11.30** Homes Under The Hammer. **12.15** Bargain Hunt. **1.0** BBC News At One; Weather. **1.35** BBC Regional News; Weather. **1.45** BBC News At One; Weather. **2.0** Lost And Found In The Lakes. **2.30** Animal Park. **3.0** Escaped To The Country. **3.45** The Bidding Room. **4.30** The Travelling Auctioneers. **5.15** Pointless.

BBC2

6.15am A To Z Of TV Gardening. **7.0** Celebrity Escape To The Country. **8.0** Sign Zone: Clive Myrie's Caribbean Treasures. **9.0** BBC News. **12.15** Politics Live. **1.0** Impossible. **1.45** The Edge. **2.30** The Boss. **3.15** The Great British Year. **4.15** Who Do You Think You Are? **5.15** Flog It!

ITV1

6am Good Morning Britain. **9.0** Lorraine. **10.0** This Morning. **12.30** Loose Women. **1.30** ITV Lunchtime News. **1.55** ITV News London. **2.0** Tipping Point: Best Ever Finals. **2.30** Pictionary. **3.0** Lingo. **4.0** Deal Or No Deal. **5.0** The Chase.

C4

6.25am Cheers. **6.50** Cheers. **7.20** Cheers. **7.45** The King Of Queens. **8.10** The King Of Queens. **8.40** Frasier. **9.10** Frasier. **9.40** Frasier. **10.10** Frasier. **10.40** Ramsay's Kitchen Nightmares USA. **11.35** Channel 4 News Summary. **11.40** Four In A Bed. **12.10** Four In A Bed. **12.40** Four In A Bed. **1.10** Four In A Bed. **1.40** Four In A Bed. **2.10** Countdown. **3.0** A Place In The Sun. **4.0** A New Life In The Sun. **5.0** Junior Bake Off.

CHANNEL 5

6am Milkshake! **6.10** Peppa Pig. **6.15** Milkshake! **9.15** Jeremy Vine. **11.30** Storm Huntley. **12.45** Friends. **1.10** Friends. **1.40** 5 News At Lunchtime. **1.45** Home And Away. **2.15** FILM: The Miss Broukes Murder Mysteries (2023) **★★★** **4.0** Bargain-Loving Brits In The Sun. **5.0** 5 News At 5.

6pm

6.0 BBC News At Six; Weather (S) **6.30** BBC Regional News; Weather (S)

6.0 Richard Osman's House Of Games With Ben Bailey Smith, Robin Ince, Lara Ricote and Helen Skelton. (S) ***6.30** Joanna Page's Wild Life New series. (S)

6.0 ITV News London (S) **6.30** ITV Evening News (S)

6.0 A Place In The Sun A family plan to move to the Andalusian town of Cómpea. (S)

6.0 Winter Road Rescue Documentary. (S)(R) **6.25** Winter Road Rescue The small town of Lochcarron effectively cut off. (S)(R) **6.55** 5 News Update (S) **7.0** Police Interceptors A medical centre receptionist is threatened with a knife. (S) **7.55** 5 News Update (S)

7pm

7.0 The One Show Alex Jones and Lauren Laverne present topical stories and celebrity chat. (S) **7.30** EastEnders The events of New Year's Eve continue to have repercussions. (S)

7.0 Scams & Scandals: Captain Tom - What Went Wrong? (S) **7.30** Celebrity Mastermind With Jon Kay, Beattie Edmondson, Suzanne Shaw and Glenn Moore. (S)

7.30 Emmerdale (S)

7.0 News (S)

8.0 Traffic Cops Officers are on the hunt for a transit van taken without keys from a driveway. (S)

8pm

8.0 Panorama Current affairs report. (S) **8.30** Scam Interceptors A scammer lures a man who believes he is talking to an internet retail giant. (S)(R)

8.0 Only Connect Too Many Cookes take on the Tea Totalers. (S) **8.30** University Challenge The second round of the student quiz continues. (S)

8.0 Coronation Street Mason prepares to leave Weatherfield to escape his brothers. (S)

8.0 Jamie's £1 Wonders & Money-Saving Meals New series. Budget-beating recipes and tips for delicious food at low prices. (S)

9.0 Motorway Cops: Catching America's Speeders New series. Documentary following New Jersey police. (S)

9pm

***9.0** Silent Witness New series. Part one of two. The body of an elderly woman is found in a cave. (S)

9.0 7/7: The London Bombings Scene of crime investigators pick through the wreckage. (S)

9.0 Playing Nice Pete and Maddie begin the fight to keep Theo. (S)

9.0 24 Hours In Police Custody: Breakout An escape attempt from the Yarl's Wood immigration removal centre. (S)

10.0 Police Raid: Minute By Minute An elite task force track down a crime gang suspected of supplying drugs. (S)(R)

10pm

10.0 BBC News At Ten (S) **10.30** BBC Regional News; Weather (S) **10.40** Sir Alex New series. The life and career of Alex Ferguson. (S)

10.0 QI With Neil Delamere, Cariad Lloyd and Chris McCausland. (S) **10.30** Newsnight (S)

10.0 ITV News (S) **10.30** ITV News London (S) **10.45** Britain's Notorious Prisons: Strangeways The truth about life behind the walls of the Manchester prison. (S)(R)

10.0 The Amazon Review Killer Part one of two. A serial killer whose Amazon reviews were linked to his crimes. (S)

11.05 World's Strongest Man 2024. **12.35** 999: Criminals Caught On Camera. **1.0** PlayOJO Live Casino Show. **3.0** Britain's Greatest Bridges. **3.50** Britain's Greatest Bridges. **4.40** Great Artists. **5.05** WildLife SOS. **5.30** Entertainment News On 5. **5.35** Paw Patrol. **5.50** Fireman Sam.

11.40 Mrs Brown's Boys New Year's Special. **12.15** BBC News.

11.05 FILM: Nowhere Special (2020) **★★★★** **12.35** Sign Zone: Countryfile. **1.30** Sign Zone: The Traitors. **2.35** This Is BBC Two.

11.40 Heathrow: Britain's Busiest Airport. **12.05** Shop On TV. **3.0** Vera. Farewell Pet. **3.50** Unwind With ITV. **5.05** Deal Or No Deal.

11.05 The Amazon Review Killer. **12.05** 24 Hours In A&E. **1.0** Ramsay's Kitchen Nightmares USA. **1.50** Undercover Boss USA. **2.40** Grand Designs. **3.35** Hollyoaks Omnibus. **4.40** Kirstie's Fill Your House For Free. **4.55** Frasier. **5.20** Frasier. **5.45** Countdown.



9pm Silent Witness, BBC1



6.30pm Page's Wild Life, BBC2



2.30pm Pictionary, ITV1



5pm Junior Bake Off, Channel 4



9pm Motorway Cops, Channel 5

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U&W

6pm DIY SOS: The Big Build. **7.0** DIY SOS: The Big Build. **8.0** Inside The Ambulance. **9.0** 999 Rescue Squad. **10.0** 999 Rescue Squad. **11.0** Aaron Hernandez Uncovered. **12midnight** Stacey Dooley Sleeps Over USA. **1.0** MasterChef Canada: Back To Win. **1.50** MasterChef Canada: Back To Win. **3.0** Teleshopping.

MTV

6pm Catfish: The TV Show. **7.0** Catfish: The TV Show. **8.0** Teen Mom UK: Their Story. **9.0** Just Tattoo Of Us: The Best So Far. **10.0** Skin A&E. **11.0** Ink Master. **12midnight** Ridiculousness. **12.30** Ridiculousness. **1.0** Ink Master. **2.0** Ink Master. **2.45** Geordie O.G.s. **3.35** Teen Cribbs. **4.0** Teleshopping.

ITV2

5.55pm FILM: Harry Potter And The Philosopher's Stone (2001) **★★★★** **9.0** Social Media Murders. **10.0** Olivia Attwood: The Price Of Perfection. **11.0** Family Guy. **12.05am** American Dad! **1.05** Bob's Burgers. **2.0** Iain Stirling's CelebAbility. **2.45** Unwind With ITV. **3.0** Teleshopping. **3.30** Unwind With ITV. **4.0** Teleshopping.

TLC

6pm Dr Pimple Popper. **7.0** 7 Little Johnstons. **9.0** My Big Fat Fabulous Life. **10.0** The Culp Sisters. **11.0** Sex Sent Me To The ER. **12midnight** World's Tiniest Brothers: Body Bizarre. **1.0** Extreme Cheapskates. **2.0** The Culp Sisters. **3.0** Sex Sent Me To The ER. **4.0** 7 Little Johnstons. **5.0** Extreme Couponing.

E4

6pm The Big Bang Theory. **6.30** The Simpsons. **7.0** Hollyoaks. **7.30** Modern Family. **8.0** The Simpsons. **9.0** Celebrity Gogglebox. **10.05** Gogglebox. **11.05** First Dates. **12.10am** Naked Attraction. **1.15** Celebrity Gogglebox. **2.20** Gogglebox. **3.15** First Dates. **4.10** Teen First Dates. **5.0** Ramsay's Kitchen Nightmares USA.

SKY SHOWCASE

6pm The Office (US). **7.0** The Simpsons. **8.0** Rob & Romesh Vs Hollywood Stunts. **9.0** FILM: The Meg Sent Me To The ER. **11.10** Micky Flanagan: If Ever We Needed It. **12.25am** The Force: Manchester. **1.20** Brit Cops: Frontline Crime UK. **2.15** Road Wars. **3.10** Magnum P.I. **4.05** MacGyver. **5.0** Motorway Patrol.

ITVBE

6pm Buying And Selling. **7.0** Million Dollar Listing: LA. **8.0** Dinner Date. **9.0** Emergency Nurses: A&E Stories. **10.0** Totally Unbelievable: Celebrity Homes. **11.0** The TOWIE Years. **12midnight** The Only Way Is Essex. **1.0** Buying The View. **1.30** Teleshopping. **3.30** Unwind With ITV. **4.0** Teleshopping.

SKY ATLANTIC

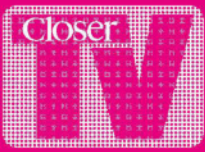
5.45pm Billions. **6.50** Billions. **7.50** Game Of Thrones. **9.0** The Tattooist Of Auschwitz. **10.05** The Tattooist Of Auschwitz. Lali takes a huge risk to see prisoner 4562 again. **11.10** The Gilded Age. **12.20am** Gangs Of London. **1.30** Game Of Thrones. **2.45** Gomorrah. **3.50** Richard E Grant's Hotel Secrets. **4.55** Richard E Grant's Hotel Secrets.

QUEST RED

6pm The Murder Tapes. **7.0** A Killer's Mistake. **8.0** Murder On CCTV. **9.0** Murder On CCTV. **10.0** On The Case With Paula Zahn. **11.0** On The Case With Paula Zahn. **12midnight** Nightmare Next Door. **1.0** Nightmare Next Door. **2.0** Murder Comes To Town. **3.0** FBI Files. **4.0** Teleshopping. **5.0** Teleshopping. **5.30** Teleshopping.

BBC3

7pm Gladiators: Celebrity Special. **8.0** The Simple Life. **9.05** The Traitors. **10.05** The Traitors: Uncloaked. **10.35** Back To Life. **12midnight** Kidnapped: The Chloe Ayling Story. **12.30** Kidnapped: The Chloe Ayling Story. **1.0** Brickies. **1.30** Top Gear. **2.30** Back To Life. **3.0** Back To Life. **3.25** Back To Life. **3.55** Close.



Tuesday 7 January

* CLOSER PICKS

BBC1

6am Breakfast. **9.30** Morning Live. **10.45** Rip Off Britain. **11.30** Homes Under The Hammer. **12.15** Bargain Hunt. **1.0** BBC News At One; Weather. **1.35** BBC Regional News; Weather. **1.45** BBC News At One; Weather. **2.0** Lost And Found In The Lakes. **2.30** Animal Park. **3.0** I Escaped To The Country. **3.45** The Bidding Room. **4.30** The Travelling Auctioneers. **5.15** Pointless.

BBC2

6.30am The Bidding Room. **7.15** The Travelling Auctioneers. **8.0** Sign Zone: Celebrity Antiques Road Trip. **9.0** BBC News. **12.15** Politics Live. **1.0** Impossible. **1.45** The Edge. **2.30** The Boss. **3.15** The Great British Year. **4.15** Who Do You Think You Are? **5.15** Flog It!

ITV1

6am Good Morning Britain. **9.0** Lorraine. **10.0** This Morning. **12.30** Loose Women. **1.30** ITV Lunchtime News. **1.55** ITV News London. **2.0** Tipping Point: Best Ever Finals. **2.30** Pictionary. **3.0** Lingo. **4.0** Deal Or No Deal. **5.0** The Chase.

C4

6.25am Cheers. **6.50** Cheers. **7.20** Cheers. **7.45** The King Of Queens. **8.10** The King Of Queens. **8.40** Frasier. **9.10** Frasier. **9.40** Frasier. **10.10** Frasier. **10.40** Ramsay's Kitchen Nightmares USA. **11.35** Channel 4 News Summary. **11.40** Four In A Bed. **12.10** Four In A Bed. **12.40** Four In A Bed. **1.10** Four In A Bed. **1.40** Four In A Bed. **2.10** Countdown. **3.0** A Place In The Sun. **4.0** A New Life In The Sun. **5.0** Junior Bake Off.

CHANNEL 5

6am Milkshake! **9.15** Jeremy Vine. **11.30** Storm Huntley. **12.45** Friends. **1.10** Friends. **1.40** 5 News At Lunchtime. **1.45** Home And Away. **2.15** FILM: Reap What You Sew: An Aurora Teagarden Mystery (2018) ★★★ **4.0** Bargain-Loving Brits In The Sun. **5.0** 5 News At 5.

6pm

6.0 BBC News At Six; Weather (S) **6.30** BBC Regional News; Weather (S)

6.0 Richard Osman's House Of Games With Ben Bailey Smith, Robin Ince, Lara Ricote and Helen Skelton. (S) **6.30** Joanna Page's Wild Life (S)

6.0 ITV News London (S) **6.30** ITV Evening News (S)

6.0 A Place In The Sun Jean Johansson helps John and Maxine find a holiday home in Cyprus. (S)

6.0 Winter Road Rescue A heavy recovery crew frees lorries that have got stuck in snow on the AIM. (S) (R) **6.25** Winter Road Rescue (S) (R) **6.55** 5 News Update (S) **7.0** Lost Dog, Found Dog With Clare Balding New series. Clare Balding celebrates the unbreakable bond between people and their dogs. (S) **7.55** 5 News Update (S) **8.0** Dogs Behaving (Very) Badly New series. Graeme Hall meets a deaf dalmatian that is ruining his owner's love life. (S)

7pm

7.0 The One Show With Alex Jones and Lauren Laverne. (S) **7.30** EastEnders The drama continues as a result of New Year's Eve. (S)

7.0 Villages By The Sea Ben Robinson visits Culross in Fife. (S) (R) **7.30** Nadiya's Fast Flavours Nadiya Hussain rustles up assorted recipes, beginning with comfort foods. (S) (R) **8.0** Digging For Britain New series. Alice Roberts joins archaeologists digging an Anglo-Saxon cemetery. (S)

7.0 Emmerdale Drama from the Dales. (S) **7.30** EFL Cup Live Mark Pougatch presents coverage of the opening semi-final first-leg tie (Kick-off TBA), as the teams continue their bid to reach the Wembley final. (S)

7.0 News (S)

8.0 Eat Smart: Secrets Of The Glucose Goddess Jessie Inchauspe shares her tips and recipes for controlling blood sugar levels. (S)

8pm

8.0 Inside The Factory Paddy McGuinness finds out how Warburtons make their products. (S)

9.0 QI XL With Alan Davies, Rosie Jones, Josh Widdicombe and Susan Calman. (S) **9.45** Live At The Apollo Paul Chowdhry introduces comedians Ania Magliano and Ian Smith. (S)

10.20 ITV News (S) **10.50** ITV News London (S)

9.0 Accused: The Fake Grooming Scandal New series. Investigating the false accusations made by Ellie Williams in May 2020. (S)

9.0 Ben Fogle: New Lives In The Wild New series. Ben meets a family who are renovating a dilapidated farmhouse in a Bulgaria. (S)

9pm

9.0 Silent Witness Nikki makes a discovery that brings them closer to the truth. (S)

10.30 Newsnight (S)

11.05 7/7: The London Bombings. **12.05** Sign Zone: The Traitors. **1.10** Sign Zone: SAS Rogue Heroes. **2.10** Sign Zone: Antiques Roadshow. **3.10** This Is BBC Two.

10.0 Accused: The Fake Grooming Scandal Ellie is arrested as the police investigation casts serious doubts on her claims. (S)

10.0 The Bay: The Murder Of Lynette White The extraordinary story of Lynette White's murder in 1988 and the hunt for her killers. (S) (R)

10pm

10.0 BBC News (S) **10.30** BBC Regional News; Weather (S) **10.40** Sir Alex The life and career of Alex Ferguson. Last in the series. (S)

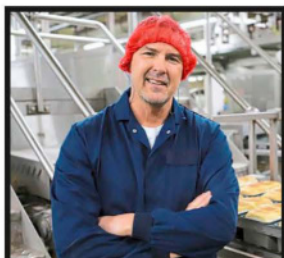
11.05 7/7: The London Bombings. **12.05** Sign Zone: The Traitors. **1.10** Sign Zone: SAS Rogue Heroes. **2.10** Sign Zone: Antiques Roadshow. **3.10** This Is BBC Two.

11.05 Gogglebox Festive Special. **12.35** Outrageous Homes. **1.30** The Great Pottery Throw Down. **2.35** Ramsay's Kitchen Nightmares USA. **3.25** Sunday Brunch Best Bits. **3.40** Frasier. **4.05** Frasier. **4.30** Frasier. **4.55** Frasier. **5.20** Frasier. **5.45** Countdown.

12.0 Police Interceptors. **1.0** PlayOJO Live Casino Show. **3.0** Cruising With Jane McDonald. **3.50** Britain's Greatest Bridges. **4.40** Great Artists. **5.05** Wildlife SOS. **5.30** Entertainment News On 5. **5.35** Paw Patrol. **5.50** Fireman Sam.

11pm

11.40 The Weakest Link: Gladiators Special. **12.30** BBC News.



8pm Inside The Factory, BBC1



8pm Digging For Britain, BBC2



7pm Lost Dog, Channel 5



8pm Glucose Goddess, C4



8pm For Dogs' Sake, U&W

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U&W

6pm DIY SOS: The Big Build. **7.0** DIY SOS: The Big Build. **8.0** Pete Wicks: For Dogs' Sake. **9.0** Katherine Ryan: Parental Guidance. **10.0** 999 Rescue Squad. **11.0** Aaron Hernandez Uncovered. **12midnight** Stacey Dooley Sleeps Over USA. **1.0** MasterChef Junior USA. **1.45** MasterChef Junior USA. **3.0** Teleshopping.

MTV

6pm Catfish: The TV Show. **7.0** Catfish: The TV Show. **8.0** Help! I'm In A Secret Relationship! **9.0** Badass Brides. **11.0** FILM: The Craft (1996) ★★★ Horror, starring Robin Tunney, Fairuza Balk, Neve Campbell, Rachel True and Skeet Ulrich. **1am** Ink Master. **2.0** Ink Master. **2.45** Geordie O'Gs. **3.35** Teen Cribbs. **4.0** Teleshopping.

ITV2

5.50pm FILM: Harry Potter And The Chamber Of Secrets (2002) ★★★★★ **9.0** Social Media Murders. **10.0** Olivia Attwood: The Price Of Perfection. **11.0** Family Guy. **12midnight** American Dad! **1.0** Bob's Burgers. **2.0** World's Funniest Videos. **2.35** Unwind With ITV. **3.0** Teleshopping. **3.30** Unwind With ITV. **4.0** Teleshopping.

TLC

6pm Dr Pimple Popper. **7.0** Say Yes To The Dress. **8.0** My 600lb Life: Where Are They Now? **10.0** My Feet Are Killing Me. **11.0** Sex Sent Me To The ER. **12midnight** Body Bizarre. **1.0** Extreme Cheapskates. **1.30** Extreme Cheapskates. **2.0** My Feet Are Killing Me. **3.0** Sex Sent Me To The ER. **4.0** My 600lb Life: Where Are They Now?

E4

6pm The Big Bang Theory. **6.30** The Simpsons. **7.0** Hollyoaks. **7.30** Modern Family. **8.0** The Simpsons. **9.0** Family Guy. **10.05** Gogglebox. **11.05** First Dates. **12.10am** Naked Attraction. **1.15** Celebrity Gogglebox. **2.20** Gogglebox. **3.15** First Dates. **4.10** Teen First Dates. **5.0** Ramsay's Kitchen Nightmares USA.

SKY SHOWCASE

6pm The Office (US). **7.0** The Simpsons. **8.0** David Attenborough's Dragons And Damselfs. **9.0** Super/Man: The Christopher Reeve Story. **11.0** Brassic. **12midnight** The Force: Manchester. **1.0** Brit Cops: Frontline Crime UK. **2.0** Road Wars. **3.0** Magnum P.I. **4.0** MacGyver. **5.0** Motorway Patrol.

ITVBE

6pm Buying And Selling. **7.0** Million Dollar Listing: LA. **8.0** Dinner Date. **9.0** Totally Unbelievable. **10.0** The Real Housewives Ultimate Girls' Trip. US reality series. **11.05** Botched. **12midnight** The Only Way Is Essex. **1.0** Buying The View. **1.30** Teleshopping. **3.30** Unwind With ITV. **4.0** Teleshopping.

SKY ATLANTIC

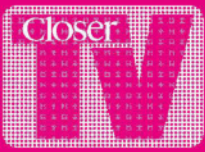
5.45pm Billions. **6.50** Billions. **7.55** Game Of Thrones. **9.0** Lockerbie: A Search For Truth. Fact-based drama, starring Colin Firth. **10.15** The Wire. McNulty and Greggs go behind Daniels' back. **11.20** Riviera. **12.25am** Riviera. **1.30** Game Of Thrones. **2.40** Gomorrah. **3.45** Richard E Grant's Hotel Secrets. **4.55** Fish Town.

QUEST RED

6pm The Murder Tapes. **7.0** A Killer's Mistake. **8.0** Murder On CCTV. **9.0** Murder On CCTV. **10.0** Body Cam. **11.0** The Murder Tapes. **12midnight** Nightmare Next Door. **1.0** Nightmare Next Door. **2.0** Murder Comes To Town. **3.0** FBI Files. **4.0** Teleshopping. **4.30** Teleshopping. **5.0** Teleshopping. **5.30** Teleshopping.

BBC3

7pm Top Gear. **8.0** The Simple Life. **9.05** The Traitors. **10.05** The Traitors: Unlocked. **10.35** High: Confessions Of An Ibiza Drug Mule. **1.45** Top Gear. **2.45** High: Confessions Of An Ibiza Drug Mule. **4.0** Close.



Wednesday 8 January

* CLOSER PICKS

BBC1

6am Breakfast. **9.30** Morning Live. **10.45** Rip Off Britain. **11.30** Homes Under The Hammer. **12.15** Bargain Hunt. **1.0** BBC News At One; Weather. **1.35** BBC Regional News; Weather. **1.45** BBC News At One; Weather. **2.0** Lost And Found In The Lakes. **2.30** Animal Park. **3.0** I Escaped To The Country. **3.45** The Bidding Room. **4.30** The Travelling Auctioneers. **5.15** Pointless.

BBC2

6.30am I Escaped To The Country. **7.15** The Travelling Auctioneers. **8.0** Sign Zone: Celebrity Antiques Road Trip. **9.0** BBC News. **11.15** Politics Live. **1.0** Impossible. **1.45** The Edge. **2.30** The Boss. **3.15** The Great British Year. **4.15** Who Do You Think You Are? **5.15** Flog It!

ITV1

6am Good Morning Britain. **9.0** Lorraine. **10.0** This Morning. **12.30** Loose Women. **1.30** ITV Lunchtime News. **1.55** ITV News London. **2.0** Tipping Point: Best Ever Finals. **2.30** Pictionary. **3.0** Lingo. **4.0** Deal Or No Deal. **5.0** The Chase.

C4

6.25am Cheers. **6.50** Cheers. **7.20** Cheers. **7.45** The King Of Queens. **8.10** The King Of Queens. **8.40** Frasier. **9.10** Frasier. **9.40** Frasier. **10.10** Frasier. **10.40** Ramsay's Kitchen Nightmares USA. **11.35** Channel 4 News Summary. **11.40** Four In A Bed. **12.10** Four In A Bed. **12.40** Four In A Bed. **1.10** Four In A Bed. **1.40** Four In A Bed. **2.10** Countdown. **3.0** A Place In The Sun. **4.0** A New Life In The Sun. **5.0** Junior Bake Off.

CHANNEL 5

6am Milkshake! **9.15** Jeremy Vine. **11.30** Storm Huntley. **12.45** Friends. **1.10** Friends. **1.40** 5 News At Lunchtime. **1.45** Home And Away. **2.15** FILM: Caught In The Act: An Aurora Teagarden Mystery (2018) ★★ **4.0** Bargain-Loving Brits In The Sun. **5.0** 5 News At 5.

6pm

6.0 BBC News At Six; Weather (S) **6.30** BBC Regional News; Weather (S)

6.0 Richard Osman's House Of Games With Ben Bailey Smith, Robin Ince, Lara Ricote and Helen Skelton. (S) **6.30** Joanna Page's Wild Life (S) **7.0** Celebrity Antiques Road Trip With 1990s Gladiators Diane 'Jet' Youdale and James 'Hunter' Crossley. (S)

6.0 ITV News London (S) **6.30** ITV Evening News (S)

6.0 A Place In The Sun Ben Hillman helps Deb and Steve find a permanent home in Almeria, Spain. (S)

6.0 Winter Road Rescue Snowplough drivers fight to keep the Applecross Pass open. (S)(R) **6.25** Winter Road Rescue (S)(R) **6.55** 5 News Update (S) **7.0** GPs: Behind Closed Doors A patient suffering from dizzy spells visits the Peterborough surgery. (S)(R) **7.55** 5 News Update (S)

7pm

7.0 The One Show Presented by Alex Jones. (S) **7.30** EastEnders The Mitchells make a worrying discovery. (S)

8.0 Digging For Britain Featuring the chance discovery of a set of very large footprints in Oxfordshire. (S)

7.30 Emmerdale Drama from the Dales. (S)

7.0 News (S)

8.0 The Air Fryer Diet: Lose Weight Fast New series. Exploring ways that the kitchen gadget can be used to improve a diet. (S)

8pm

8.0 The Repair Shop New series. Experts restore a rocking horse, an ice cream trailer and a pocket dictionary. (S)

9.0 Simon Schama's Story Of Us New series. The historian explores the threads that bind the population of Britain together. (S)

8.0 Coronation Street Mason's stabbing is the talk of Weatherfield. (S)

8.0 Kirstie And Phil's Love It Or List It New series. A couple from Chester need help deciding whether to sell or renovate their home. (S)

9.0 Surgeons: A Matter Of Life Or Death New series. A surgeon hopes that he can help a patient with an aneurysm just above his heart. (S)

9pm

9.0 The Traitors Suspicion mounts amongst the Faithful. (S)

10.0 The Traitors: Uncloaked Ed Gamble and his guests discuss developments in the castle. (S) **10.30** Newsnight (S)

10.0 ITV News (S) **10.30** ITV News London (S) **10.45** FILM: Casino Royale (1967) ★★ Ageing spy James Bond comes out of retirement to tackle a mysterious mastermind who wants to take over the world. Adventure, with David Niven. (S)

10.0 Accused: The Fake Grooming Scandal Ellie Williams stands trial for nine counts of perverting the course of justice. Last in the series. (S)

10.0 999: Emergency Call Out A driver who has crashed into another car passes a breath test. (S)(R)

10pm

10.0 BBC News At Ten (S) **10.30** BBC Regional News; Weather (S) **10.40** FILM: The Shallows (2016) ★★★★★ A surfer strays into the hunting territory of a great white shark and faces a life or death struggle to get back to shore. Thriller, with Blake Lively and Oscar Jaenada. (S) **12.05** BBC News.

11.05 7/7: The London Bombings. **12.05** Sign Zone: The Traitors. **1.05** Sign Zone: SAS Rogue Heroes. **2.05** Sign Zone: Antiques Roadshow At Christmas. **3.05** This Is BBC Two.

12.55 Gallagher Premiership Unleashed. **1.25** Shop On TV. **3.0** Lingo. **3.50** Unwind With ITV. **5.05** Deal Or No Deal.

11.05 24 Hours In Police Custody: Breakout. **12.05** Celebrity Hunted. **1.0** FILM: Rules Don't Apply (2016) ★★★★★ **3.10** The Great New Year Bake Off 2024/25. **4.20** Sunday Brunch Best Bits. **4.30** Frasier. **4.55** Frasier. **5.20** Frasier. **5.45** Countdown.

11.05 Ambulance: Code Red. **12.05** Motorway Cops: Catching America's Speeders. **1.0** PlayOJO Live Casino Show. **3.0** Bargain-Loving Brits In The Sun. **3.50** Britain's Greatest Bridges. **4.40** Great Artists. **5.05** Wildlife SOS. **5.30** Entertainment News On 5. **5.35** Paw Patrol.



8pm The Repair Shop, BBC1



9pm Story Of Us, BBC2



9pm Grantchester, ITV1



9pm Patience, Channel 4



9pm Surgeons, Channel 5

SATELLITE | DIGITAL | CABLE LISTINGS

U&W

6pm DIY SOS: The Big Build. **7.0** DIY SOS: The Big Build. **8.0** Inside The Ambulance. **9.0** Pete Wicks: For Dogs' Sake. **10.0** 999 Rescue Squad. **11.0** Aaron Hernandez Uncovered. **12midnight** Stacey Dooley Sleeps Over USA. **1.0** MasterChef Junior USA. **1.45** MasterChef Junior USA. **3.0** Teleshopping.

MTV

6pm Catfish: The TV Show. **7.0** Catfish: The TV Show. **8.0** Teen Mom UK. **9.0** 16 & Recovering. **10.0** Caught In The Act: Unfaithful. **11.0** The Challenge: Battle Of The Eras. **12.30am** Ridiculousness. **1.0** Ink Master. **2.0** Ink Master. **2.45** Geordie O.Gs. **3.35** Teen Cries. **4.0** Teleshopping.

ITV2

5.50pm In For A Penny. **6.20** FILM: Harry Potter And The Prisoner Of Azkaban (2004) ★★★★★ **9.0** Social Media Murders. **10.0** Olivia Attwood: The Price Of Perfection. **11.0** Family Guy. **12.05am** American Dad! **1.0** Bob's Burgers. **2.05** The Emily Attack Show. **2.45** Unwind With ITV. **3.0** Teleshopping.

TLC

6pm Dr Pimple Popper. **7.0** Sister Wives. **8.0** Sister Wives. **9.0** I Love A Mama's Boy Watch With Mom Special. **10.0** Temptation Island. **11.0** Sex Sent Me To The ER. **12midnight** Body Bizarre. **1.0** Extreme Cheapskates. **2.0** Temptation Island. **3.0** Sex Sent Me To The ER. **4.0** Sister Wives. **5.0** Extreme Couponing. **5.30** Extreme Couponing.

E4

6pm The Big Bang Theory. **6.30** The Simpsons. **7.0** Hollyoaks. **7.30** Modern Family. **8.0** The Simpsons. **9.0** Celebrity Gogglebox. **10.0** Gogglebox. **11.05** First Dates. **12.10am** Naked Attraction. **1.15** Celebrity Gogglebox. **2.15** Gogglebox. **3.10** First Dates. **4.05** Teen First Dates. **5.0** Ramsay's Kitchen Nightmares USA.

SKY SHOWCASE

6pm The Office (US). **7.0** FILM: The Beatles: Eight Days A Week - The Touring Years (2016) ★★★★★ **9.0** FILM: Retribution (2023) ★★ **11.0** Never Mind The Buzzcocks. **12midnight** The Force: Manchester. **1.0** Brit Cops: Frontline Crime UK. **2.0** Road Wars. **3.0** Magnum P.I. **4.0** MacGyver. **5.0** Motorway Patrol.

ITVB

6pm Buying And Selling. **7.0** Million Dollar Listing: LA. **8.0** Dinner Date. **9.0** Botched By Nature. **10.0** Botched. Surgeons treat a woman with a uni-boob. **11.0** Totally Unbelievable: Celebrity Homes. **12midnight** The Only Way Is Essex. **1.0** Buying The View. **1.30** Teleshopping. **3.30** Unwind With ITV. **4.0** Teleshopping.

SKY ATLANTIC

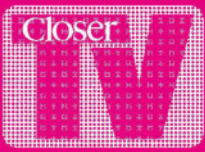
5.40pm Billions. **6.50** Billions. **7.55** Game Of Thrones. **9.0** Gangs Of London. As alliances are redrawn, Lale comes face to face with nemesis Asif. **10.05** Succession. Drama, starring Hiam Abbass. **11.15** Succession. **12.25am** Big Little Lies. **1.30** Game Of Thrones. **2.40** Gomorrah. **3.50** In Treatment. **4.45** Fish Town.

QUEST RED

6pm The Murder Tapes. **7.0** A Killer's Mistake. **8.0** Murder On CCTV. **9.0** Murder On CCTV. **10.0** Deadly Women. **11.0** True Conviction. **12midnight** Nightmare Next Door. **1.0** Nightmare Next Door. **2.0** Murder Comes To Town. **3.0** FBI Files. **4.0** Teleshopping. **4.30** Teleshopping. **5.0** Teleshopping. **5.30** Teleshopping.

BBC3

7pm Zen Motoring. **7.15** Top Gear. **8.20** The Simple Life. **9.0** FILM: Wedding Crashers (2005) ★★ **10.50** Starstruck. **11.35** Kidnapped: The Chloe Ayling Story. **12.05am** Kidnapped: The Chloe Ayling Story. **12.35** Bricksies. **1.35** Top Gear. **2.35** Drugs Map Of Britain. **3.05** Starstruck. **3.50** Press X On The BBC. **4.0** Close.



Thursday 9 January

* CLOSER PICKS

BBC1

6am Breakfast. **9.30** Morning Live. **10.45** Rip Off Britain. **11.30** Homes Under The Hammer. **12.15** Bargain Hunt. **1.0** BBC News At One; Weather. **1.35** BBC Regional News; Weather. **1.45** BBC News At One; Weather. **2.0** Lost And Found In The Lakes. **2.30** Animal Park. **3.0** I Escaped To The Country. **3.45** The Bidding Room. **4.30** The Travelling Auctioneers. **5.15** Pointless.

BBC2

6.30am The Bidding Room. **7.15** The Travelling Auctioneers. **8.0** Sign Zone: Fake Or Fortune? **9.0** BBC News. **12.15** Politics Live. **1.0** Impossible. **1.45** The Edge. **2.30** The Boss. **3.15** The Great British Year. **4.15** Who Do You Think You Are? **5.15** Flog It!

ITV1

6am Good Morning Britain. **9.0** Lorraine. **10.0** This Morning. **12.30** Loose Women. **1.30** ITV Lunchtime News. **1.55** ITV News London. **2.0** Tipping Point: Best Ever Finals. **2.30** Pictionary. **3.0** Lingo. **4.0** Deal Or No Deal. **5.0** The Chase.

C4

6.25am Cheers. **6.50** Cheers. **7.20** Cheers. **7.45** The King Of Queens. **8.10** The King Of Queens. **8.40** Frasier. **9.10** Frasier. **9.40** Frasier. **10.10** Frasier. **10.40** Ramsay's Kitchen Nightmares USA. **11.35** Channel 4 News Summary. **11.40** Four In A Bed. **12.10** Four In A Bed. **12.40** Four In A Bed. **1.10** Four In A Bed. **1.40** Four In A Bed. **2.10** Countdown. **3.0** A Place In The Sun. **4.0** A New Life In The Sun. **5.0** Junior Bake Off.

CHANNEL 5

6am Milkshake! **9.15** Jeremy Vine. **11.30** Storm Huntley. **12.45** Friends. **1.10** Friends. **1.40** 5 News At Lunchtime. **1.45** Home And Away. **2.15** FILM: An Aurora Teagarden Mystery: An Inheritance To Die For (2019) ★★ **4.0** Bargain-Loving Brits In The Sun. **5.0** 5 News At 5.

6pm

6.0 BBC News At Six; Weather (S) **6.30** BBC Regional News; Weather (S)

6.0 Richard Osman's House Of Games Ben Bailey Smith, Robin Ince, Lara Ricote and Helen Skelton take part. (S) **6.30** Joanna Page's Wild Life (S) **7.0** Celebrity Antiques Road Trip Julie Tatchell and Amanda Middleditch search for antiques in the West Midlands. (S)(R)

6.0 ITV News London (S) **6.30** ITV Evening News (S)

6.0 A Place In The Sun A man seeks a "forever home" in the Coimbra region of central Portugal. (S)

6.0 Winter Road Rescue Documentary. (S)(R) **6.25** Winter Road Rescue Documentary. (S)(R) **6.55** 5 News Update (S)

7pm

7.0 The One Show Topical stories, presented by Alex Jones. (S) **7.30** EastEnders A Walford pair join forces as a problem presents itself. (S)

8.0 Digging For Britain Alice Roberts joins archeologists who are investigating a tomb in Orkney. (S)

7.30 Emmerdale Drama from the Dales. (S)

7.0 News (S)

7.0 Seychelles With Jane McDonald Jane visits the beautiful beaches of Mahe in the Seychelles. (S)(R) **7.55** 5 News Update (S)

8pm

***8.0** Dragons' Den New series. Aspiring entrepreneurs pitch their business idea to multimillionaire investors. (S)

9.0 Miriam Margolyes: Almost Australian The actress drives around the country, discovering what it means to be an Australian. (S)(R)

8.30 Keep, Chuck Or Cash-In? The Big Clear Out - Tonight Dilly Carter reveals the best ways to tackle clutter. (S) **9.0** Coronation Street Bobby visits Rob to persuade him to donate a kidney to Carla. (S)

8.0 Sandi's Great British Woodland Restoration New series. Sandi Toksvig and her wife Debbie restore their own patch of ancient woodland. (S)

8.0 Majorca: Jewel Of The Med Cameras explore Majorca's culture. (S)

9pm

9.0 The Traitors The game of backstabbing and trust continues. (S)

10.0 The Traitors: Uncloaked Ed Gamble and his guests discuss developments in the castle. (S) **10.30** Newsnight (S)

10.0 ITV News (S) **10.30** ITV News London (S) **10.45** Vera, Farewell Pet Documentary examining Brenda Blethyn's detective drama, Vera. (S)(R)

9.0 Patience Part two of two. Patience seeks to lift the suspicion she feels is upon her. (S)

9.0 The Sweets & Treats We Loved & Lost Part two of two. A look at the sweets and snacks that defined the 1980s. (S)

10pm

10.0 BBC News (S) **10.30** BBC Regional News; Weather (S) **10.40** FILM: Moulin Rouge! (2001) ★★★★★ An idealistic writer arrives in Paris to join the bohemian revolution and falls in love with a courtesan. Romantic musical, starring Ewan McGregor, Nicole Kidman and Jim Broadbent. (S)

11.05 Jack The Ripper: Lucy Worsley Investigates. **12.05** Sign Zone: Gavin & Stacey: A Fond Farewell. **1.05** Sign Zone: Lucan. **2.05** This Is BBC Two.

11.35 Sorry, I Didn't Know. **12.0** Shop On TV. **3.0** Lingo. **3.50** Unwind With ITV. **5.05** Deal Or No Deal.

10.0 Merseyside Detectives: The Murders Of Ashley And Olivia The case of two people shot in their own homes in Liverpool. (S)(R)

10.0 Blood Money: The Curse Of The Brink's-Mat Robbery The inside story behind Britain's biggest gold robbery. (S)(R)

12.45 BBC News.



8pm Dragons' Den, BBC1



6pm House Of Games, BBC2



4pm Deal Or No Deal, ITV1



8pm Woodland Restoration, C4



8pm Jewel Of The Med, Channel 5

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6pm DIY SOS: The Big Build. **7.0** Pete Wicks: For Dogs' Sake. **8.0** Inside The Ambulance. **9.0** 999 Rescue Squad. **10.0** 999 Rescue Squad. **11.0** Aaron Hernandez Uncovered. **12midnight** Stacey Dooley Sleeps Over USA. **1.0** MasterChef Junior USA. **1.45** MasterChef Junior USA. **3.0** Teleshopping.

MTV

6pm Catfish: The TV Show. **7.0** Catfish: The TV Show. **8.0** MTV Cribs. **8.30** MTV Cribs. **9.0** Inside Nandos. **10.0** Jersey Shore Family Vacation. **11.0** Me & My Sugar Daddy. **12midnight** Ridiculousness. **12.30** Ridiculousness. **1.0** Ink Master. **2.0** Ink Master. **2.45** Geordie O.G.s. **3.35** Teen Cribs. **4.0** Teleshopping.

ITV2

5.55pm FILM: Harry Potter And The Goblet Of Fire (2005) ★★★★★ **9.0** Family Guy. **10.0** Olivia Attwood: The Price Of Perfection. **11.0** Family Guy. **12.05am** American Dad! **1.05** Bob's Burgers. **2.05** Deep Fake Neighbour Wars. **2.35** Unwind With ITV. **3.0** Teleshopping. **3.30** Unwind With ITV. **4.0** Teleshopping.

TLC

6pm Dr Pimple Popper. **7.0** Say Yes To The Dress. **8.0** I Didn't Know I Was Pregnant. **9.0** My 600Lb Life. **11.0** Sex Sent Me To The ER. **12midnight** Body Bizarre. **1.0** Strange Love. **1.30** Strange Love. **2.0** My 600Lb Life. **4.0** I Didn't Know I Was Pregnant. **4.30** I Didn't Know I Was Pregnant. **5.0** Extreme Couponing. **5.30** Extreme Couponing.

E4

6pm The Big Bang Theory. **6.30** The Simpsons. **7.0** The Big Bang Theory. **7.30** Modern Family. **8.0** The Simpsons. **9.0** Celebrity Gogglebox. **10.0** Gogglebox. **11.05** First Dates. **12.10am** Rick And Morty. **12.40** Mike Tyson Mysteries. **1.15** Naked Attraction. **2.20** Celebrity Gogglebox. **3.10** Gogglebox. **4.05** Teen First Dates.

SKY SHOWCASE

6pm The Office (US). **7.0** The Simpsons. **8.0** Rob & Romesh Vs Darts. **9.0** A League Of Their Own. **10.0** Ted. **10.30** Ted. **11.10** Veep. **11.50** Veep. **12.30am** The Force: Manchester. **1.30** Brit Cops: Frontline Crime UK. **2.30** Road Wars. **3.0** Magnum P.I. **4.0** MacGyver. **5.0** Motorway Patrol. **5.30** Motorway Patrol.

ITVBE

6pm Buying And Selling. **7.0** Million Dollar Listing: LA. **8.0** Dinner Date. **9.0** Botched. **10.0** Botched By Nature. A female war veteran left disfigured after being struck by lightning. **11.0** The Real Housewives Of Miami. **11.55** The Only Way Is Essex. **12.55am** Buying The View. **1.20** Unwind With ITV. **1.30** Teleshopping. **3.30** Unwind With ITV.

SKY ATLANTIC

5.45pm Billions. **6.50** Billions. **7.55** Game Of Thrones. **9.0** Lockerbie: A Search For Truth. **10.15** The Tattooist Of Auschwitz. Drama, starring Jonah Hauer-King and Anna Prochniak. **11.20** The Tattooist Of Auschwitz. **12.25am** The Time Traveler's Wife. **1.30** Game Of Thrones. **2.35** Gomorrah. **3.45** Fish Town. **4.55** Fish Town.

QUEST RED

6pm The Murder Tapes. **7.0** A Killer's Mistake. **8.0** Murder On CCTV. **9.0** Murder On CCTV. **10.0** Evil Lives Here. **11.30** Signs Of A Psychopath. **12midnight** Nightmare Next Door. **1.0** Nightmare Next Door. **2.0** Murder Comes To Town. **3.0** FBI Files. **4.0** Teleshopping. **4.30** Teleshopping. **5.0** Teleshopping. **5.30** Teleshopping.

BBC3

7pm Zen Motoring. **7.15** Top Gear. **8.15** The Catch Up. **8.20** The Simple Life. **9.0** Dubai Hustle. **10.0** Video Nasty. **11.0** Cuckoo. **11.50** Charlie Cooper's Myth Country. **12.20am** Charlie Cooper's Myth Country. **1.25** Top Gear. **2.25** Drugs Map Of Britain. **2.55** Kidnapped: The Chloe Ayling Story. **3.55** Close.

BBC1

6am Breakfast. **9.30** Morning Live. **10.45** Rip Off Britain. **11.30** Homes Under The Hammer. **12.15** Bargain Hunt. **1.0** BBC News At One; Weather. **1.35** BBC Regional News; Weather. **1.45** BBC News At One; Weather. **2.0** Father Brown. **2.45** Escape To The Country. **3.45** The Bidding Room. **4.30** The Travelling Auctioneers. **5.15** Pointless.

BBC2

6.30am I Escaped To The Country. **7.15** The Travelling Auctioneers. **8.0** Sign Zone: Lorraine Pascale: How To Be A Better Cook. **8.30** Sign Zone: Villages By The Sea. **9.0** BBC News. **1.0** Impossible. **1.45** The Edge. **2.30** The Boss. **3.15** World's Weirdest Events. **4.15** Who Do You Think You Are? **5.15** Flog It!

ITV1

6am Good Morning Britain. **9.0** Lorraine. **10.0** This Morning. **12.30** Loose Women. **1.30** ITV Lunchtime News. **1.55** ITV News London. **2.0** Tipping Point: Best Ever Finals. **2.30** Pictionary. **3.0** Lingo. **4.0** Deal Or No Deal. **5.0** The Chase.

C4

6.25am Cheers. **6.50** Cheers. **7.20** Cheers. **7.45** The King Of Queens. **8.10** The King Of Queens. **8.40** Frasier. **9.10** Frasier. **9.40** Frasier. **10.10** Frasier. **10.40** Ramsay's Kitchen Nightmares USA. **11.35** Channel 4 News Summary. **11.40** Four In A Bed. **12.10** Four In A Bed. **12.40** Four In A Bed. **1.10** Four In A Bed. **1.40** Four In A Bed. **2.10** Countdown. **3.0** A Place In The Sun. **4.0** A New Life In The Sun. **5.0** Junior Bake Off.

CHANNEL 5

6am Milkshake! **9.15** Jeremy Vine. **11.30** Storm Huntley. **12.45** Friends. **1.10** Friends. **1.40** 5 News At Lunchtime. **1.45** Home And Away. **2.15** FILM: The Disappearing Game: A Teagarden Mystery (2018) ★★ **4.0** Bargain-Loving Brits In The Sun. **5.0** 5 News At 5.

6pm

6.0 BBC News At Six; Weather (S) **6.30** BBC Regional News; Weather (S)

7pm

7.0 The One Show Topical stories, presented by Alex Jones. (S) **7.30** The Travelling Auctioneers Two widows sell various possessions to fund the holiday of a lifetime. (S)(R)

8pm

8.0 Would I Lie To You? With panellists Harry Hill, Jill Scott and Stacey Solomon. (S) **8.30** Ghosts A mysterious visitor has a revelation that leaves Alison reeling. (S)(R)

9pm

9.0 The Traitors The game reaches the halfway point. (S)

10pm

10.0 BBC News At Ten (S) **10.30** BBC Regional News; Weather (S) **10.40** The Graham Norton Show With guests Tom Hiddleston, Brie Larson, Billy Porter and Claudia Winkleman. (S)

11.30 FILM: Escape Room (2019) ★★ ★ **1.10** BBC News.

6.0 Richard Osman's House Of Games Ben Bailey Smith, Robin Ince, Lara Ricote and Helen Skelton take part. (S) **6.30** Joanna Page's Wild Life (S) **7.0** Yellowstone: The Wildest Winter Cameras follow the changing seasons at Yellowstone during 2016. (S)(R)

8.0 Monty Don's British Gardens New series. The presenter explores some of the UK's best gardens. (S)

9.0 The Gunpowder Plot: Lucy Worsley Investigates Investigating the Gunpowder Plot and what drove those involved to commit the act. (S)

10.0 The Traitors: Uncloaked Ed Gamble and his guests discuss developments in the castle. (S) **10.30** Newsnight (S)

11.05 FILM: Colette (2018) ★★ ★★ **12.50** Sign Zone: 7/7: The London Bombings. **1.50** Sign Zone: Jack The Ripper: Lucy Worsley Investigates. **2.50** This Is BBC Two.

6.0 ITV News London (S) **6.30** ITV Evening News (S)

7.0 Emmerdale Drama from the Dales. (S) **7.30** FA Cup Live Aston Villa v West Ham United (Kick-off 8.00pm). Mark Pougatch presents all the action from the third-round tie at Villa Park. (S)

10.30 ITV News (S)

11.0 ITV News London. **11.15** Romesh Ranganathan's Parents' Evening. **12.10** Shop On TV. **3.0** Lingo. **3.50** Unwind With ITV. **5.05** Deal Or No Deal.

6.0 A Place In The Sun Advice on buying a second home abroad. (S)

7.0 News (S)

8.0 Food Unwrapped New series. The secret to the bubbles in bubble tea. (S) **8.30** Travel Man: 48 Hours In Málaga Joe Lycett and David O'Doherty explore Málaga. (S) **9.0** 8 Out Of 10 Cats Does Countdown Jon Richardson and Rosie Jones take on Joe Wilkinson and Phil Wang. (S)

10.0 Taskmasterclass Taskmaster highlights, narrated by Greg Davies and Alex Horne. (S)

11.05 FILM: Little Fockers (2010) ★★ ★ **12.55** FILM: Border (2018) ★★ ★ **2.45** Ramsay's Kitchen Nightmares USA. **3.35** Kirstie And Phil's Love It Or List It. **4.30** Sunday Brunch Best Bits. **4.50** Frasier. **5.15** Frasier. **5.40** Frasier.

6.0 Winter Road Rescue Documentary. (S)(R) **6.25** Winter Road Rescue Documentary. (S)(R) **6.55** 5 News Update (S)

7.0 22 Kids & A Wedding Millie Radford prepares for her wedding to Harley. (S)(R) **7.55** 5 News Update (S)

8.0 Susan Calman's Cruise Of A Lifetime The latest stage of Susan's voyage begins in Kolkata. (S)

9.0 The Good Ship Murder New series. Return of the crime drama. Jack and Kate investigate a death in Rome. (S)

10.0 When Cruises Go Horribly Wrong & Other Travel Nightmares Documentary examining travel disasters from recent history. (S)(R)

11.30 Funniest Royal Cock-Ups. **1.25** PlayOJO Live Casino Show. **3.25** Bargain-Loving Brits In The Sun. **4.15** Lost Dog, Found Dog With Clare Balding. **5.05** Wildlife SOS. **5.30** Entertainment News On 5. **5.35** Paw Patrol.



8pm Would I Lie To You?, BBC1



8pm British Gardens, BBC2



5pm The Chase, ITV1



8.30pm 48 Hours In Málaga, C4



9pm Good Ship Murder, Channel 5

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U&W

6pm DIY SOS: The Big Build. **7.0** DIY SOS: Grenfell. **8.0** Inside The Ambulance. **9.0** 999 Rescue Squad. **10.0** 999 Rescue Squad. A teenager is found with multiple stab wounds. **11.0** Gavin & Stacey. **11.40** Gavin & Stacey. **12.20am** Gavin & Stacey. **1.0** MasterChef Junior USA. **3.0** Teleshopping.

MTV

6pm Catfish: The TV Show. **7.0** Catfish: The TV Show. **8.0** Teen Mom UK: Amber's Story. **9.0** Skin A&E. **11.0** Ink Master. **12midnight** MTV Push Presents: Chappell Roan. **12.30** MTV Push Presents: Teddy Swims. **1.0** Ink Master. **2.0** Ink Master. **2.45** Geordie OGs. **3.35** Teen Cries. **4.0** Teleshopping.

ITV2

5.50pm In For A Penny. **6.20** FILM: Harry Potter And The Order Of The Phoenix (2007) ★★ ★★ **9.0** Family Guy. **10.0** Olivia Attwood: The Price Of Perfection. **11.0** Family Guy. **11.35** American Dad! **12.35am** Bob's Burgers. **1.30** Deep Fake Neighbour Wars. **2.0** World's Funniest Videos. **2.30** Unwind With ITV.

TLC

6pm Dr Pimple Popper. **7.0** 1000-lb Sisters. **8.0** My 600lb Life: Where Are They Now? An update on the weight-loss fortunes of Janine. **10.0** My 600lb Life. **12midnight** Body Bizarre. A teenager has a lymphatic malformation in her face. **1.0** Strange Love. **1.30** Strange Love. **2.0** My 600lb Life: Where Are They Now? **4.0** My 600lb Life.

E4

6pm The Big Bang Theory. **6.30** The Simpsons. **7.0** The Big Bang Theory. **7.30** Modern Family. **8.0** The Simpsons. **9.0** Gogglebox. **10.0** FILM: Maze Runner: The Death Cure (2018) ★★ ★ **12.55am** Naked Attraction. **2.0** Naked Attraction. **2.55** Gogglebox. **3.50** Teen First Dates. **4.45** Ramsay's Kitchen Nightmares USA.

SKY SHOWCASE

6pm The Office (US). **7.0** The Simpsons. **9.0** Rob Beckett: Wallop. **10.15** A League Of Their Own. **11.15** Karl Pilkington: The Moaning Of Life. **12.15am** Sex And The City. **1.35** Brit Cops: Frontline Crime UK. **2.35** Road Wars. **3.0** Magnum PI. **4.0** MacGyver. **5.0** Motorway Patrol. **5.30** Motorway Patrol.

ITVB

6pm Buying And Selling. **7.0** Million Dollar Listing: LA. **8.0** Dinner Date. **9.0** Botched. **10.0** Botched. **10.55** Dr. 90210. A baseball-sized cyst on a patient's face. **11.55** The Only Way Is Essex. **12.55am** Buying The View. **1.20** Unwind With ITV. **1.30** Teleshopping. **3.30** Unwind With ITV. **4.0** Teleshopping.

SKY ATLANTIC

5.45pm Billions. **6.50** Billions. **7.55** Game Of Thrones. **9.0** The Gilded Age. Peggy gets welcomed back to 61st Street by almost everyone. **10.0** Lockerbie: A Search For Truth. **11.15** Gangs Of London. **12.25am** The Wire. **1.30** Game Of Thrones. **2.35** Gomorrah. **3.45** Fish Town. **4.55** Fish Town.

QUEST RED

6pm The Murder Tapes. **7.0** A Killer's Mistake. **8.0** Murder On CCTV. **10.0** People Magazine Investigates. **11.0** People Magazine Presents 50th Anniversary. **12midnight** Nightmare Next Door. **2.0** Murder Comes To Town. **3.0** FBI Files. **4.0** Teleshopping. **4.30** Teleshopping. **5.0** Teleshopping. **5.30** Teleshopping.

BBC3

7pm Zen Motoring. **7.15** Top Gear. **8.15** The Catch Up. **8.20** The Simple Life. **8.40** The Simple Life. **9.0** FILM: Moulin Rouge! (2001) ★★ ★★ **11.0** Him & Her. **11.30** Him & Her. **12midnight** Him & Her. **12.30** Dubai Hustle. **1.0** Dubai Hustle. **1.30** Charlie Cooper's Myth Country. **3.0** Cuckoo. **3.25** Cuckoo. **3.55** Close.

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FILM NIGHT



We Live In Time

IN CINEMAS FROM 1 JANUARY

New Year's Day wouldn't be the same without a weepy romcom – and this starry drama could just break hearts across the nation. Florence Pugh and Andrew Garfield are Almut and Tobias, who enter each other's lives after a chance encounter, then take every knock the world has to throw at them. The storyline purposefully jumps around, leaving us guessing about the pair's fate right till the end. *One Day* vibes. Don't forget your tissues.



Nosferatu

IN CINEMAS FROM 1 JANUARY

The oldest vampire film to date gets a 2025 makeover by the man who brought us such horrors as *The Witch* and *The Northman*. More of an experience than a storyline, *Nosferatu* is the (un)holy grail of creepy movies for fans of the genre – and the perfect antidote to any lingering Christmas cheer. Starring Nicholas Hoult, Lily-Rose Depp, Willem Dafoe and Bill Skarsgård – aka that scary clown – this epic reboot is not for the faint of heart. Happy New... FEAR?

Out this week!

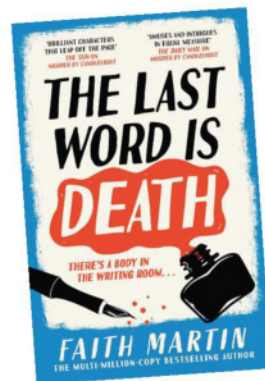
THE BEST FILMS, BOOKS AND PODCASTS TO MAKE THE MOST OF THE NEXT SEVEN DAYS

MUST READ

One Big Happy Family

(SUSAN MALLERY)

Julie Parker loves her children, but she's not heartbroken when they all make plans of their own for Christmas and she gets to spend it with Heath, the (much) younger man she's secretly dating. But her plans go from cosy to chaotic when they do a U-turn and want to get together at the family cabin in memory of their late father. She can't refuse, but how will they react to her new man? A fun read.



The Last Word Is Death

(FAITH MARTIN)

Arbuthnot 'Arbie' Swift arrives at the modern Dashwood House in Galton-next-the-Sea hoping for relaxation, but plans are upended when a guest is found dead in the writing room... The victim, part of an engagement party including Arbie's friend Val, prompts the bride to request their help and as they investigate, Arbie and Val uncover enemies, secrets and deceit among the guests. A perfect, cosy whodunnit!

BEST DAYS OUT

Unrivalled Fun

Gravity MAX offers the ultimate experience in competitive socialising, blending immersive gaming and cutting-edge activities for all ages. From adrenaline-pumping E-Karting to AR Digital Darts and Urban Street Golf, there's something for everyone. Each location brings its own unique mix of activities, ensuring every visit is fresh and exciting. Perfect for mate and date night, families or team-building events, Gravity MAX has venues in Liverpool, Wandsworth, and Westfield Stratford, making it easy to join the fun.



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Bauer Media Magazine and Digital Awards Magazine of the Year 2012

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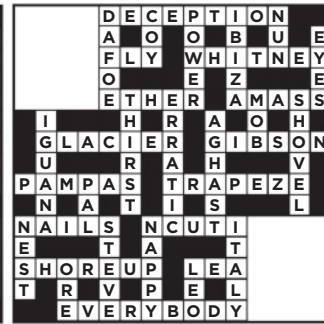
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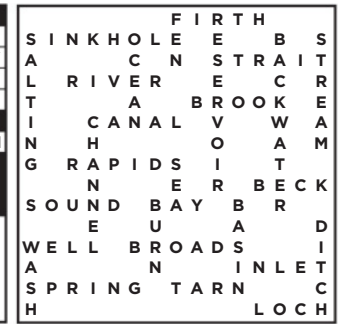
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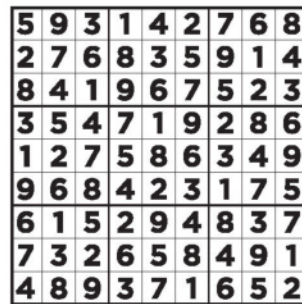
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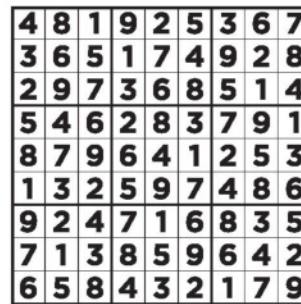
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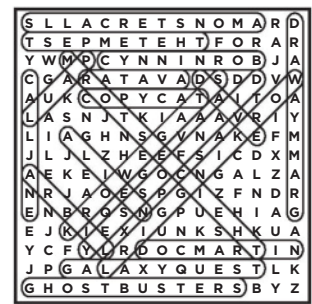
SUDOKU - EASY



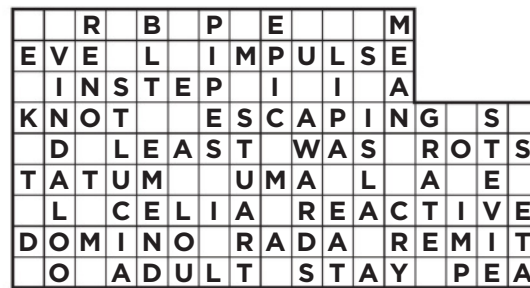
SUDOKU - MEDIUM



WORD SEARCH



CLUES & ARROWS



SPOT THE DIFFERENCE



GUESS THE FILM

- A) LIMITLESS
- B) NOCTURNAL ANIMALS

WORD LINK

- A) FUR
- B) KNOT
- C) MOTION
- D) TEAM
- E) KITCHEN
- F) EXTRA

NAME THE STARS

- 1) BARRY KEOGHAN
- 2) MAURA HIGGINS

GUESS THE CELEB

- A) ROMAN KEMP
- B) SOFIA VERGARA

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- These terms and conditions together with any specific rules displayed or referred to on the relevant page of Closer magazine in respect of a prize draw or competition (a "Prize Draw Notice") and H Bauer Publishing's General Terms and Conditions (available online at <http://www.bauerlegal.co.uk/competition-terms.html>) are the prize draw rules ("the Rules") that apply to each and every prize draw and/or competition of any nature included in Closer magazine (a "Prize Draw") unless otherwise expressly stated in the Prize Draw Notice. By entering a Prize Draw, entrants agree to be bound by these Rules.
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Your stars

WITH YASMIN BOLAND

31 DECEMBER 2024
- 6 JANUARY 2025



BRADLEY COOPER
5 JANUARY 1975

FLORENCE PUGH
3 JANUARY 1996

IF IT'S YOUR BIRTHDAY THIS WEEK

Your most powerful ally is your mind. You can make magic with your thoughts and words. However, your biggest enemy this year is also your mind - lose your cool and all hell can break loose! Try to rework the way the world sees you.

THIS WEEK'S CELEB STAR SIGN

CAPRICORN

22 DEC - 19 JAN

As 2025 begins, take a moment to go inwards. There is a lot of energy in your chart now, which is about reflecting on the past to inform your present. A little bit of meditation or yoga will give you headspace to do the thinking you need to. Just say, 'Ommm...' Visit Yasminboland.com for your daily horoscope.

LEO 23 JUL - 22 AUG

There are second chances for you to do with romance, creativity and kids, so make the most of them. Review, revise and revisit anything and everything that you feel passionate about, or which is just plain, old-fashioned fun! Rekindle an old dream now and it could work out at last. Visit Yasminboland.com for your daily horoscope.

VIRGO 23 AUG - 22 SEP

If you're going home from the holidays, then the Universe most certainly has your back. You could even heal an upset with a family member (or someone who feels like family). Do reconsider what you want for your personal life in 2025, as well. Intentions set now lay interesting foundations. Visit Yasminboland.com for your daily horoscope.

AQUARIUS 20 JAN - 18 FEB

This week is an excellent time to rethink your wishes for the year ahead. How have you changed in the past few months and how does that affect your goals for the year ahead? Really think about it, but be careful what you wish for. Also a very good week to catch up with old friends. Visit Yasminboland.com for your daily horoscope.

PISCES 19 FEB - 20 MAR

If you work, this is the time to review your performance in 2024 and to think about how you want things to play out professionally in 2025. Maybe there are some goals you missed last year that you can achieve this year? Don't work? Rethink your life purpose and personal ambitions. Visit Yasminboland.com for your daily horoscope.

ARIES 21 MAR - 19 APR

It's time to take another look at the big picture of your life. The current New Moon is in your Broad Horizons Zone as Mercury retrogrades in the same part of your horoscope. In other words, look back and see how far you've come. Retrace your steps if you feel the need. Visit Yasminboland.com for your daily horoscope.

TAURUS 20 APR - 20 MAY

Set some New Year intentions around how you want to be financially in 2025, and set out a detailed plan for how to achieve that. This week is a new start for you and cash, and it could be that money from something you started a long time ago finally arrives. Kerching! Visit Yasminboland.com for your daily horoscope.

GEMINI 21 MAY - 20 JUN

The New Moon coming now is in your Love Zone, so expect a mixed bag with your love life and all your relationships in the New Year. Do track down people you loved and lost, but don't go back unless you're certain that it's the right thing. Second chances in love abound now. Visit Yasminboland.com for your daily horoscope.

CANCER 21 JUN - 22 JUL

Once a year, around this time, you get a chance to set your diet regimes to rights. This year, you have Mercury retrograde energy thrown in, so think about what healthy routines worked for you in the past and decide to return to them, starting now. Make 2025 healthier! Visit Yasminboland.com for your daily horoscope.

LIBRA 23 SEP - 22 OCT

Now is the time to think about how well you're communicating. It could be that something you said and wish you hadn't comes back up, giving you a chance to re-say it and get it right! Watch out for misunderstandings now, too. It's very much a week of least said, soonest mended. Visit Yasminboland.com for your daily horoscope.

SCORPIO 23 OCT - 21 NOV

People around you have been behaving bizarrely for quite some time. What you need to rely on now is less other people and more on yourself. Bolster your own self-esteem because the more you believe in yourself, the more likely you are to manifest your dreams. Use the law of attraction. Visit Yasminboland.com for your daily horoscope.

SAGITTARIUS 22 NOV - 21 DEC

The end of 2024 New Moon is in your sign and so is the current Mercury retrograde cycle; so everything old is new again. Do go into 2025 feeling like anything is possible, but don't trash everything from your past before you learn lessons from it. Remember: thoughts become things. Visit Yasminboland.com for your daily horoscope.

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0906 7511 677

*Landline calls cost just 80p a minute, plus your phone company's access charge. Calling from Republic of Ireland? Call 1550 500900 (97c per minute). To report a phone-line problem, call 0800 138 9789.

Snaps & chat!

A FINAL FIX OF THIS WEEK'S PICS & TWEETS



The worst thing about this time of year? Not the weather or post-Xmas blues, but Brooklyn's 'genius' ways of turning leftovers into trendy sarnies.



Memo to Chloe: When your teeth are whiter than the whitest ice cream, it's time to ease off the whitening treatments. Maybe book in again for June/July?



No chance of unwanted toys piling up in the Reynolds household. Clever Ryan has rounded up all the kids' broken/unloved Christmas pressies and popped down to his local incinerator to have them melted down. Problem solved!



Ed Sheeran HQ @edsheeran

Reminder to join our @stationhead party starting NOW! 🎄



Oh, Ed, it's really lovely to be invited to your NYE party, but if you don't mind, we'd rather just stay in this year and watch *Jools' Annual Hootenanny* with a takeaway... (Again!)



Lord Sugar @Lord_Sugar

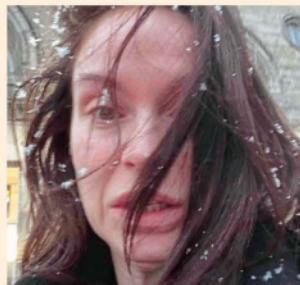
Coming End January 2025



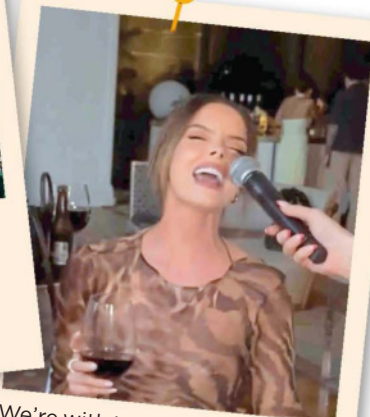
When we asked Lord Sugar for his New Year's resolution, we hadn't quite expected him to be so X-rated about it. Sounds like Lady Sugar has a lot to look forward to in 2025!

GRUMPY GRAM

No wonder Vicky P looks cheesed off. She obviously missed the memo that every celeb in the world is supposed to jet off to the Caribbean at this time of year. DOH!



We're still haunted by Cat's fave Xmas gift - a leotard with her co-presenter Ben's face on it. Thank God he wasn't whistling when that photo was taken...



We're with Maura on this NYE party tip - karaoke should only be performed with an assistant holding the mic. It'll leave your hands free to carry more wine!

WIN
£3.5K
PRIZE

ARE YOU CRIME'S NEW STAR WRITER?

THEN ENTER OUR 2024 COMPETITION

FROM DOMESTIC NOIR AND POLICE PROCEDURALS TO COSY CRIME, THE WORLD OF CRIME FICTION OFFERS WRITERS OPPORTUNITIES TO TELL STORIES THAT ENTERTAIN READERS AND REFLECT THE WORLD WE LIVE IN.

Following the phenomenal success of our 2023 competition – which saw three writers receive agency representation – Orion Fiction, A.M. Heath literary agency and *Crime Monthly* magazine are back with *Criminal Lines 2024*, offering you the chance to have your work read by some of the top names in the industry,

including bestselling authors Nadine Matheson and Trevor Wood.

THE PRIZE

One winner will receive a cash prize of £3,500 and secure agent representation at A.M. Heath. Your agent will work with you to get your novel ready for publication, and it will also be read by the editors at Orion Fiction, who will offer feedback to help you gain that all-important publishing deal. One runner-up will receive a year's worth of mentoring and feedback from the editors at Orion Fiction.

HOW TO ENTER

It doesn't matter if you're writing a whodunnit, locked-room mystery, tartan noir or psychological thriller, all your novel needs to do is have 'criminal intent'. It also doesn't need to be finished yet – we are looking for the opening 5,000 words, plus a synopsis of the whole novel of no more than 1,000 words. For full rules, submission details and to enter, head to the website at www.amheath.com and click on 'Criminal Lines'. Entries are now open and will close on 7 February 2025.

CRIMINAL
LINES

CRIME
MONTHLY



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THE DARKEST CRIMES AND EVIL MINDS

CRIME MONTHLY



SNATCHED AS A BABY



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THE DARKEST CRIMES AND EVIL MINDS



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