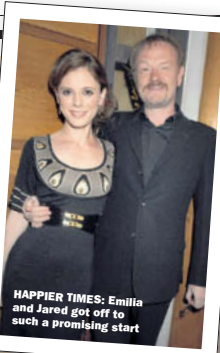


★ When **Jared Harris** comes to London for the premiere of his film *Pompeii*, do not expect his former wife **Emilia Fox** to be among those applauding his patrician performance in this spectacular 3D lava drama.

It is always sad when a couple divorce and have no further contact with each other, as is the case between Emilia and Jared, who are still non-speakers five years after they parted. The union between Emilia (daughter of Edward Fox) and Jared (son of Richard Harris) had begun so well. Jared, who is 13 years her senior, proposed by filing her London home with wild flowers, and when they married in Dorset, a cloud of rare-breed butterflies was released especially for the occasion. But their relationship foundered after Emilia's schedule for her role in *Silent Witness* and Jared's film work in America meant they spent too much time apart.

Jared is now happily married to Allegra Riggio, a lighting designer whom he met while going through what he terms his "horrendous" divorce from Emilia, who is still single but has a three-year-old daughter from a brief union with a peace activist. Jared simply shakes his head when asked if he is still in touch with Miss Fox, mouthing the word "no".



HAPPIER TIMES: Emilia and Jared got off to such a promising start

Adam Helliker

adam.helliker@express.co.uk

Follow me on twitter: @adamhelliker

Read all Adam's stories online at sundayexpress.co.uk/helliker

'No more meddling abroad'

ONE OF the Tory Party's last great statesmen, former Foreign Secretary Lord Carrington, has warned of the danger of Britain becoming involved in conflict abroad. "Why can't we stop interfering? As a country we can't go on pretending we're in the big league."

Still passionate about foreign affairs at 95, Carrington says forcefully: "Almost everything that has happened in the Middle East - in Iraq, Afghanistan, and Egypt - has been made worse by our interventions. "They have been utter disasters, so we shouldn't dream of getting tied up in Syria."

Controversially, he believes that the Russians are right to support President Assad, even though they have been supplying arms to shore up his tyrannical regime. "No matter how awful it is, it's better to have Assad in charge if he was toppled there would be civil war for a decade, after anarchy and chaos. Of course we are in a dilemma about all the cruelties of Assad, but I wouldn't intervene."

me at a party held by Baroness Trumpington for her memoir *Coming Up (Trump)* is regarded as the last minister to resign honourably, taking responsibility for the Argentine invasion of the Falklands in 1982. He then served as secretary general of Nato. His experience is legendary: he was awarded a Military Cross in the Second World War and was in Churchill's Cabinet in 1951.

He says: "The real problem has been the collapse of the Soviet Union. It was actually better during the Cold War when everyone was very careful about putting a foot wrong for fear of a nuclear war. It imposed a discipline that has now disappeared. If the Cold War had still been going on, Yugoslavia would never have broken up. Saddam Hussein would never have invaded Kuwait and Afghanistan would never have happened. "The Americans are already fed up with spending so much money on keeping troops in Afghanistan which is why they are retreating. The great danger is that if they lose interest in policing the world who will take over? Certainly not Britain, we don't really even have a Navy anymore."



HONOURABLE: The Tory peer is speaking sense

spring, time to turn your room around

HALF PRICE
SPRING COLLECTION
final days to save



HALF PRICE
£499
SAVE £499

The Logan 3 seater double recliner sofa after event £998



£10.39 a month for 4 years

0% APR representative
4 years interest free credit on everything
Pay nothing until January 2015 then take 3 years interest free credit
No deposit and no interest - ever!

dfs
making everyday more comfortable

Visit your nearest store, order direct at www.dfs.co.uk or call free on 0800 110 5000 24 hours a day, 7 days a week
Logan 3 seater double recliner sofa. No deposit with 4 years interest free credit. 48 equal monthly payments of £10.39. Or pay nothing until January 2015 then 36 equal monthly payments of £13.98. 0% APR. Total £499. Credit subject to acceptance. Credit is provided by external finance companies as determined by DFS. 4 years interest free credit from date of order. Delivery charges apply. After event price includes all accessories. See details online for details. 10 year guarantee applies to frames and frame springs on all sofas, chairs and footstools. Mobile charges may apply when calling 0800 110 5000. DFS is a division of DFS Trading Ltd. Registered in England and Wales No 0735950. Resealure Interchange, Doncaster, DN6 7NA.



LYCRA: Gary Kemp

★ No wonder **Gary Kemp** feels nervous about bicycles. Having taken up cycling to keep fit, the former Spandau Ballet star needed six stitches above his right eye when he took a tumble the other day.

Laments the musician, 54: "I was going down a hill and I came off. I don't know what I hit but I just turned over and there was nothing I could do."

"I had a helmet on but the lens of my glasses went into my eye. Luckily this wonderful man came out of a house and took me to hospital."

Gary's female fans (yes, they're still there, somewhere) will be happy to learn that the rest of his lovely body remained undamaged because, as he notes, "I was lycraed up at the time."

I think he means he was wearing specialist cycling apparel.

Picture: REX FEATURES



★ With her first wedding anniversary due next month, the chiselled **KEIRA KNIGHTLEY** is feeling broody and wants to concentrate more on motherhood instead of movies.

Just one problem: she needs the input, so to speak, of her rock musician hubby **JAMES RIGHTON** who for the past few months has not been available to rump the marital duvet. Instead of cuddling Keira he's been caressing his keyboard on tour with the *Kixsons*.

During James's absence, Teddington-born Keira (who was known as Thrice Knightley by a former beau who admired her romantic prowess) has overseen the couple's move into a house in North London for which they paid £3.9 million. It has plenty of space for a nursery.

Now that James, a former teacher from Stratford-upon-Avon, has returned from touring he will need his strength to begin the fun part of the process of parenthood.

Luckily Keira, a keen cook, has just the thing to keep up his strength: her energy-giving, gluten-free chocolate brownies. All that James has to do whenever he fancies a nibble, is to let his fingers wander towards Keira's comforting biscuit bar.

Even though the Cambridges' tour has been judged to be a triumph, there's already a grumble from one critic about the duchess not once wearing a tiara.

"This is unlike the 1983 Australian tour of Charles and Diana when the princess wore her family's Spencer tiara at official functions," chucks a royalist reader.

In fact, Kate has worn a tiara on only one occasion since her wedding when royal wives were expected to wear them for the Diplomatic Reception at Buckingham Palace in December.

But her wedding tiara had been loaned to a Cartier exhibition in Paris, so the Queen had to provide her with one previously worn by the late Princess Margaret.

Given the social ambitions of Kate's mother Carole, isn't it time there was a Middleton family tiara?

★ Billionaire **Lord Bamford** and his breezy wife **Carole** have always been generous to those causes close to royal hearts. In return, the Royal Family make themselves available for visits to their JCB factory in Staffordshire. William, Andrew, Anne and Charles have all made encouraging noises as they are shown earth-moving diggers on the production line. On Tuesday - Lady Bamford's 68th birthday - it will be the turn of the Countess of Wessex, who will name a children's centre *Carole House* in recognition of the money she has helped raise for the NSPCC.



★ Choreographing the forthcoming *Monty Python Live* (Almost) show is proving tricky for **Arlene Phillips**, who is discovering that toes belonging to four ageing comedians "don't so much twinkle as plummet".

The Strictly judge tells me: "The 'boys' don't have to dance - there why do the professionals doing that, but they do have to move a bit."

The show's director Terry Jones has been abroad, so Arlene has had to perform some of the routines for him over Skype.

With just two months to go before the first performance, Michael Palin lets slip that his fellow Python's are "off to health farms" as they become suddenly aware their beer bellies and droopy derrières will be on display. Cautions Palin: "We haven't started rehearsing yet and need to re-learn the sketches. We're going to have to rely on the audience to carry us along."



★ My new health regime is a daily juice made of beetroot, celery, carrots and ginger; inspired by that new evangelist of the juicing machine, **Carol Vorderman**. Already certain parts of me are glowing, along with an improvement in solving mathematical problems.

"Juicing gives you energy, is amazing for your heart and skin, and you lose weight by just finding the natural balance," twinkles Carol.

Miss Vorderman is a little keener than me, going as far as staying at the health retreat in Portugal run by juicing expert Jason Vale, a sojourn which left her "bouncing with energy".

So what sparked her juicing craze? She says: "When I got my pilot's licence at 53, I thought, 'How many more years have I got flying?' I'm keen to be healthy for a long time to come. I'll be turning into Gwyneth Paltrow next!" (Hopefully not).

★ **Ben Miller** has almost been as naughty as the villain he plays in the forthcoming series of *Doctor Who*. "I've taken home stuff from the set and snapped loads of photos, which you're not allowed to do," admits the actor. "I've been saving everything such as the scripts and all the schedule sheets, all that stuff. I'm hoarding it. I see it as my pension."



★ Now that the funeral of his daughter **Peaches** is over, the real grieving time has begun for **Bob Geldof**. Thankfully the Irish musician will be able to count on the steady support of **Jeanne Peaches**, the French actress who has been his partner for the past 20 years.

Three years ago I was at the Hay Literary Festival when Geldof opened up about his feelings for his girlfriend, whom he hailed as his saviour after another family tragedy, the death of his ex-wife Paula Yates. "She saved me, without any question," he declared. "She's the love of my life; she's amazing."

Of his grief over Paula's death, he said: "The soul gradually gets stitched back together and something resembling a human being gets reconstructed."

Yet Sir Bob, who lost his mother when he was seven, can be demanding, so Jeanne occasionally escapes to an apartment she retains in Paris. But her calming influence will be needed more than ever by Geldof, who helped carry Peaches's coffin through the chapel at her funeral in Kent last week.

As Geldof himself has observed in the past, only love helps assuage grief. "Luckily for me, love is the thing. It turns out that all those corny songs are true. Love is all you need, love is the answer, it is hugely redemptive and powerful, except it takes me a long time to get there. Life without love is meaningless. It is absolutely ****ing corny, but that's it."

★ **Never one to duck a challenge**, actress **Keira Knightley**, 29, took it on her chiselled chin when the director of her current film, *Begin Again*, told her that she'd have to pluck her own guitar and sing her own songs in her role as a singer/songwriter starting over after being dumped by her boyfriend.

How difficult could it be? After all, the willowy *Love Actually* star is married to a musician; **James Righton**, the *Klaxons*' singer and keyboard player she wed 15 months ago. He'd be able to teach her the basics. Wouldn't he? Apparently not. The tutorials were far from harmonious.

"My tip is: do not get your spouse to teach you to play a musical instrument," snuffed Keira. "I didn't show any propensity for playing. He didn't show any natural propensity for teaching. It was a disaster. But we rode the storm and are still married so it's fine."



Adam Helliker

Follow me on twitter: @adamhelliker Read all Adam's stories online at sundayexpress.co.uk/helliker

★ With a catalogue of classy roles that includes queens, ladies and most recently *Posh Lady* in Matt Lucas's BBC comedy *Pompidou*, **Jane Asher** isn't the sort of person you expect to bump baskets with in *Poundland*. But the Hilton-topped actress turned cake queen is a proud fan of the cheap and cheerful chain store.

And not just because sales of the bakeware line she has designed for them are rising quicker than one of her *Victoria Sponges*.

"Fulham is my local branch," trills Jane, 68, who broke a million Beatles fans' hearts when she caught Sir Paul McCartney's eye in the 1960s. "I've shopped there for some time. But I'm interested to read that it's now 'acceptable' for so-called posh people to be thrifty and to buy everyday items at bargain prices. I was very happy shopping there when it was rather frowned upon by some."



Play date for George and Kate

IN A TOUCHING tribute to Diana, the late Princess of Wales, the Duchess of Cambridge has introduced Prince George to the playground built in her memory.

Last week she was spotted playing with the spirited toddler on the "beach" in the Diana, Princess of Wales Memorial Playground in Kensington Gardens, a few yards from Kensington Palace where she and William have an apartment.



"It was lovely seeing them play together in the sand. They stayed for about 15 minutes," I am told.

"They had three protection officers with them but Kate seemed oblivious to anyone except her gorgeous baby enjoying himself."

The playground was built to commemorate Diana's love of children. Its theme is based on the story of Peter Pan as it occupies the site of a previous playground funded by the author of the children's classic, JM Barrie.

There are six play areas, a pirate ship which George can clamber over, a wigwam camp with tepees, toys and play sculptures but best of all it is in the north west corner of Kensington Gardens so probably visible from George's nursery window.

The playground, which cost £1.7million, was opened in 2000, three years after Diana's death and is one of several memorials in London dedicated to the Princess. Surprisingly no members of the Royal Family, not even William or Harry, attended the opening; a decision described by a member of the Diana, Princess of Wales Memorial Committee which raised funds for its construction, as "sad".

Kate, however, seems determined that the spirit of Diana is kept alive and that her 13-month-old son enjoys the playground created in his late grandmother's memory.



★ The Ebola crisis in Sierra Leone and Liberia has spelled disaster for General the Lord Dannatt's son **Tom**, whose charity *Street Child* operates in both countries.

"We've had to pull everyone out since British Airways suspended flights," sighs Tom at a reception hosted by his father at the Tower of London last week, to mark the opening of an installation of poppies commemorating the centenary of the First World War.

"We have no idea how long the crisis will last but we have had to put several projects on hold although we will continue fundraising."

Street Child helps educate the poorest children in West Africa and is building schools in both Sierra Leone and Liberia. Tom, whose lawyer wife **Lucinda** is expecting their fourth child next month adds: "We were hoping to launch *Street Child* in Nigeria, Ghana and the Gambia but we don't know if we can now."

FUNDRAISERS: Tom and wife Lucinda

Picture: GETTY



Bride Amal in shower scene

Those ladies still hoping to ensnare gorgeous **GEORGE CLOONEY** will mourn my news of a bridal shower being thrown for his British-Lebanese fiancée **AMAL ALAMUDDIN**, 36, in New York last week.

A lavish party and candle-lit dinner were held for the Oxford-educated lawyer in the New York home of American actress **Ellen Barkin**, who starred in *Oceans 13* with George.

Guests included Amal's mother **Baria**, George's mum **Nina** as well as other family members and friends who heard that the happy couple have been spending most of the summer in Italy finalising their wedding plans.

Contrary to the rumour that they plan to marry at George's £25million villa on Lake Como, I learn that they have chosen a venue in Venice for their nuptials on September 20.

"George thinks Venice is much more romantic," a friend of the couple confided.

"Save the date invitations have been sent out but the location hasn't been revealed so George can keep it a secret for as long as possible."

The couple, who posted their official wedding banns at Chelsea Town Hall last week, were introduced at a charity event in September last year but **Amal**, 36, who represented the **Wikileaks** founder **Julian Assange** in her role as a human rights barrister, initially declined two invitations to dine with the actor before finally relenting.



★ FORMER breakfast TV presenter **Penny Smith** never takes anything more than carry-on luggage when she jets off on her holidays.

In between writing three raunchy novels the yoga-loving 55-year-old has perfected the art of cramming all her knick knacks into the smallest of bags, no matter where she's going.

"I never ever put a case in the hold," she told me when I bumped into her in west London en route for a jaunt to Sardinia.

"Even when I went skiing I managed to squeeze everything into a carry on."

Let's hope she has space for the odd naughty DVD from the collection she keeps in her Notting Hill roost, in case she finds herself missing her partner of 14 years, actor **Vince Leigh**.

★ She's been rocking the joint since the age of 14 and now 50 years later evergreen **Suzi Quatro** is about to shoo-horn herself into her trademark leather jumpsuit for her "final tour of Australia".

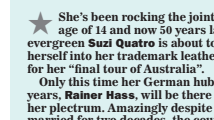
Only this time her German hubby of 20 years, **Rainer Haas**, will be there to hold her plectrum. Amazingly despite being married for two decades, the couple have never lived together.

"He lives in Hamburg," rasps diminutive Detroit-born Suzi, who has two children from a bumpy 16-year former marriage to guitarist **Len Tuckey**.

"I did the 24/7 marriage before and it just didn't work. Then I married Rainer. He had a mother who wasn't well and I had my kids who didn't want to uproot, so we took the decision that we'd go back and forth."

However Rainer now wants to live with Suzi at her moated manor house in Essex. But she's not so sure.

"I like my own space," she says. "Maybe we'll get divorced after this tour. I've told him over and over, when I'm on tour, I'm like a nun. I go to bed early, I sleep, keep my throat healthy. I've got 18 shows all down to me, so no sightseeing. You can divorce me but this show has to be the best."



Edited by JANE SLADE

SIMPLY CLEVER

ŠKODA

A ŠKODA MADE FOR CYCLISTS

Limited edition 'Le Tour' models now available.

Nothing says 'I love cycling' like a ŠKODA. And to celebrate our sponsorship of the Tour de France, we have produced 198 Tour de France Limited Edition Yetis, Octavias and Superbs. With 'Le Tour de France' badging, waterproof seat covers, bike wheel bags, a centenary edition of the Roulier Tour de France book and a chance to win a VIP Tour de France 2015 experience. Available in Red, White or Blue and from a starting price of £23,490 OTR* Best get on your bike to your nearest ŠKODA retailer for a test drive.

Visit skoda.co.uk/cycling
Follow us on twitter @skodaucycling

Model shown in main image is not UK specification. Models shown above are Octavia Tour de France in Race Blue £24,290, Superb Tour de France in Moon White £28,000 and Yeti Tour de France in Candy Red £22,990. *MSRP only available in UK. Official fuel consumption in mpg (litres/100km) for the ŠKODA Tour de France range: Urban 47.9 (5.9) to 40.9 (6.9), Extra Urban 65.7 (4.3) to 54.3 (5.2), Combined 57.6 (4.9) to 48.7 (5.8). CO₂ emissions for the ŠKODA Tour de France range 152 to 124g/km. Standard EU tests for comparative purposes only and may not reflect real driving results.



★ Good news for all those gies (and boys) who love to drool over **Jules Knight**, better known as the dashing Dr Harry Tressler in *Holly City*. I can disclose that he is single again. Jules, 31, who still has legions of fans from when he was in the operatic boy band Blake, has parted from his girlfriend, Jo Renwick.

He met model Jo, 24, (pictured) when he dropped into a pub in Earl's Court a few years ago and spotted her pulling pints. He soon ended up pulling her. She moved into his Putney pad last summer and when I bumped into them at a summer polo match in July I thought they were heading for the altar, as Jo cooed: "Jules's lovely, definitely the one for me."

But I learn that the only one sharing the baritone's bachelor flat now is the golden Labrador he rescued from Battersea Dogs Home.

"Things got a bit strained with Jo, and Jules thought it better they parted while they could still be friends," a chum of the actor told me.

Jules, a close friend of William and Kate's from days when they were all students at St Andrews University, has struggled to find harmony in his love life.

"You make goals for yourself, be they work-related or in relationships, and I don't think I'm living up to those goals," he mused. "I haven't met a girl I would like to marry yet."



Follow me on **twitter: @adamhelliker** Read all Adam's stories online at sundayexpress.co.uk/helliker



Picture: OLIVER RUDKIN/REX

It is bad news that England's rugby skipper Chris Robshaw is out of action through a shoulder injury but at least he can indulge over Christmas and recover in time to be back on the pitch hopefully in early January.

Even so there will be separate turkeys for him and his girlfriend of four years, the classical singer Camilla Kerslake, 26, as they have decided not to spend Christmas together. "We are going to be with our respective families," the Harlequins flanker told me at a dinner at the St James Theatre, which he attended with Camilla, with whom he shares a divot in South London.

Millfield-educated Chris, 28, needs to look after his 17st frame particularly as his relentless tackling style means he is no stranger to injury. "I have broken so many bones," he sighs nursing his sore shoulder. "I've got lots of metal plates and screws."

Edited by JANE SLADE

Adam Helliker

Kate is queen of puddings

FOR WHAT will be their first Christmas in their new 10-bedroom home, Anmer Hall, Kate and William have decided to focus their festive feasts on puddings. Having enlisted Kate's sister Pippa and their baker brother James to be in charge of catering for the Christmas period at their Norfolk roost on the Queen's Sandringham estate, the Middletons' food mixers will be stirring and whirring non-stop.

An impeccable royal source tells me the dishes have already been chosen and will include Kate's favourite dessert Queen of Puddings as well as Figgy Pudding, Cabinet Pudding (made from sponge and dried fruits), Monmouth Pudding (a concoction of raspberries, lemons and white breadcrumbs) and William's favourite Eton mess.

When they've finished laughing politely at Prince Phillip's jokes, stuffing themselves with Norfolk turkey at the traditional royal dinner



FAMILY FEAST: Pippa and Kate

(hosted by the Queen on Christmas Eve) and jiggling to Prince Edward's Eighties hits at the disco in the ballroom, Kate and William will be ready to return to Anmer Hall, gifted by HM to William on his 30th birthday.

On Christmas Day they will be joined by Kate's parents Carole and

★ Poinsettias have been arriving on the doorsteps of Sir Paul McCartney's friends this past week. "They are beautiful," a lucky recipient tells me. "And absolutely huge." The Beatle sends the Jingle Bells variety because the flower symbolises the star of Bethlehem.



★ I'm delighted that my favourite singer/songwriter **Ed Sheeran** is planning a cosy Christmas with his girlfriend **Athina Andreos**. Particularly as I was the first to reveal his relationship with the Greek-born beauty after meeting them at a private party held by the American ambassador **Matthew Barran**.

It's been 11 months since Ed started making music with Athina, who works for Jamie Oliver's company.

"I'm a lot better in a relationship, which is rewarding, not just... a 10-second feeling," he mused. "I was a weird little ginger kid with a stutter, big NHS specs, and no eardrum."

"I wasn't exactly normal, and I've come out of it... on top. My view on it is that God looked down one day and was like, "F---g hell - you need some help, mate. Here's a guitar."

Lucky he's got Athina as well, who adds: "I love Ed but I don't want to be one of those groupie girls who follows him everywhere. I have my own career too."

★ Sizzling saucetop **Miranda Kerr** can't stay away from her ex-hubby **Orlando Bloom**. The couple broke up last year but will be spending Christmas together in America with their three-year-old son Flynn.

"This year has been so busy, so I'm really looking forward to some downtime with Flynn, Orlando and my family and friends," cooed the Australian model who ended her marriage to the Canterbury-born film star after just three years together.

"We love cooking so we'll be enjoying great home-cooked meals. A family favourite is my roast lemon, garlic and turmeric organic chicken," she added.

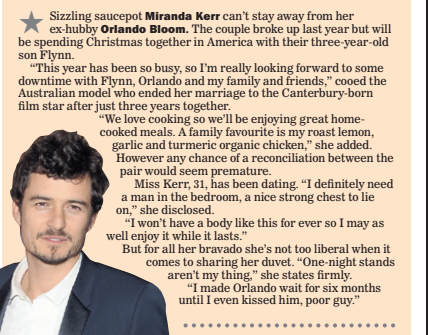
However any chance of a reconciliation between the pair would seem premature.

Miss Kerr, 31, has been dating. "I definitely need a man in the bedroom, a nice strong chest to lie on," she disclosed.

"I won't have a body like this for ever so I may as well enjoy it while it lasts."

But for all her bravado she's not too liberal when it comes to sharing her divot. "One-night stands aren't my thing," she states firmly.

"I made Orlando wait for six months until I even kissed him, poor guy."



★ The secret behind **Lord Dannatt's** success at war games can now be revealed. The former Chief of the General Staff honed his skills playing Risk while a student at Sandhurst.

The much-decorated general is so proud of his mastery of the army board game that he offered the chance for up to four people to challenge him as a prize at a charity auction for Ebola victims.

The "lot" which sold at a dinner gala organised by his son's charity Street Child raised a handsome £5,000 and was bought by a wealthy philanthropist for his 14-year-old son and his friend.

Poor Richard Dannatt will be trembling in his army boots. Before the game was loved he was confiding to chums that part of his winning formula involved plying his "enemies" with whisky.



Fondly remembered as the sultry creature who starred in the Kenco coffee advertisements, **Charie Langhi** is perhaps better known now for revealing her endlessly long legs on *Strictly Come Dancing*. However, rehearsing six hours a day for 10 long weeks did not leave her with a lingering love of being twirled about.

"It was five years ago and I don't dance any more," she told me at a shouby Christmas party.

"And I don't watch *Strictly*. It was an amazing show to be part of but I have never been so terrified in my life. I did keep in touch with my dance partner James for a while but we don't see each other now."

This has been pretty much the story in her romantic life too. It has been six years since her relationship with restaurateur Simon Woodroffe ended, yet the winsome actress, 62, is still single. "I've never felt the need to be defined by a man," she declared. Not that she's closing the door to the possibility of romance in the future, adding: "I'm happily single... for now."

★ One-time "thinking man's crumpet" **Joan Bakewell**, 81, hasn't let the small business of having a hip replacement get in the way of her work trumpeting the cause of the elderly.

The doughty Dame has simply moved her office in her 81million London home.

"She's an incredible trouper," trills a chum of the veteran broadcaster. "She's already walking, chucked away her sticks and moved her office downstairs so she doesn't miss a day."

★ The Duke of York's daughters are such busy, talented gals. In the same week **Prince Andrew** tweeted a photograph of **Princess Beatrice** posing with the cast of *Old Mother Goose* at the York Theatre (taking another day off from her full-time job in the business sector), I learn that **Princess Eugenie** has been designing jewellery. The limited edition bracelets come on a blue cord and cost £50 for silver and £70 for gold. They are being sold in aid of the Royal National Orthopaedic Hospital, which treated the Princess for curvature of the spine when she was 12.


ADAM

AS INDIVIDUAL AS YOU ARE



from ONLY **£119** per month over 23 months with £2,499 advance rental*

Whatever your personality, there's an ADAM for you.



VAUXHALL

www.vauxhall.co.uk/adamslam

Official Government Test Environmental Data. Fuel consumption figures mppg (litres/100km) and CO₂ emissions (g/km). **ADAM SLAM 1.2i: Urban: 39.8 (7.1), Extra-urban: 67.3 (4.2), Combined: 53.3 (5.3). CO₂ emissions: 124g/km.***

Animal not included, accessory model's own. *Personal contract hire offer on ADAM SLAM 1.2i 16v VVT in Red 'n' Roll on orders received between 17 October 2014 and 15 December 2014, subject to availability and status. Age 18+ only. Figures based on a non-maintenance contract hire package with advance rental of £2,499, then 23 monthly rentals of £119. Excess annual miles over 6,000 charged at 17p per mile. Excess charges also apply if you breach manufacturer servicing or maintenance guidelines or if the car exceeds BVRLA Fair Wear & Tear guidelines for its age/mileage when it is returned to Vauxhall Leasing. Package includes Road Fund Licence and Vauxhall Assistance. Guarantees/interim may be required. Prices and details are subject to change without notice. For full specification and T&Cs contact your local Retailer. You will not own the car. A.D. Automotive Ltd. It is sold as Vauxhall Leasing, BS16 3JA. Authorised and regulated by the Financial Conduct Authority. #MPG figures are official test data and may not reflect real driving results.

★ It was evident from the constant looks at his wife across the Ivy restaurant, where **Andrew Sachs** was launching his memoirs, that the love which has lasted through his 52 years of marriage is as strong as ever.

"I still utterly adore him," said Melody Sachs in reply to my question about what makes a happy marriage. "I think you need patience, kindness, consideration, but ultimately you have to really like each other or, preferably, love each other."

Andrew, 83, fondly remembered for his role as Manuel in Fawlty Towers, has certainly needed a strong marriage to weather the fallout which followed the infamous messages left by Jonathan Ross and Russell Brand on his answering machine. Brand boasted of enjoying sex with Andrew's granddaughter, dancer Georgina Baillie.

That lawtry episode, five years ago, resulted in the Sachs family not talking to Georgina after she sold her story of her brief affair with Brand.

"We were so shocked by her behaviour," Melody told me. "She just protracted the agony. All she wanted was to make money out of her dear grandfather. Even our son has forbidden his daughters from having any contact with her."

Picture: EDWARD LLOYD



Adam Helliker

adam.helliker@express.co.uk

Follow me on twitter: @adamhelliker

Read all Adam's stories online at sundayexpress.co.uk/helliker



Brits help Ellie beat her blues

ALTHOUGH she was voted best solo female at the Brits, Ellie Goulding has warned there is a downside to the huge success she has experienced in the past four years.

"You can be vulnerable to getting depressed with the constant jet lag and tiredness," says Miss Goulding, 27, who rose to fame after her cover version of Elton John's Your Song was used for the 2010 John Lewis Christmas advertisement.

She sang at Prince William's wedding and has sold more than four million albums yet, having suffered panic attacks in the past, she continues to wear a heart monitor to help track her stress levels.



BRITS: Ellie receiving her award

It was a delight to meet Ellie at the Brits, which was followed by the sizzling Warner Music party at the Savoy Hotel. The star is, usually, the antithesis of the hellraising rock star, rejecting wildness to embrace "wellness," recently becoming a vegetarian and drinking endless litres of coconut water.

After receiving her Brit award she did, however, feel she could let her hair down a bit and indulge in a few shots of Belvedere vodka, saying she would "probably pay for it the next day."

Apart from that one night, the golden-voiced singer, who grew up in

Herefordshire where her mother worked in a supermarket, usually avoids over-indulgence so she can keep to her exercise regime which, she says, helps keep her from suffering a bout of the blues.

"I run every day, training my body so I have enough energy on stage; just because you have a crazy lifestyle doesn't mean you can't train. Maybe people see me as a bit of a dork, but it's nice for me when they say I have inspired them in some way."



★ **Prince Harry** has been voted a gay icon in a poll on a website catering for those who prefer the company of their own sex. I think we can safely say the Prince is unlikely to have been tempted by any gay encounters, even at Eton.

One blonde cutie of my acquaintance, who had the pleasure of being "romanced" by Harry during one of his breaks from his last girlfriend, Chelsy Davy, dubbed him His Wandering Handiness, such was his enthusiasm for the hurly-burly of the chaise longue.

★ Here's **Emma Thompson** with one of her quirkier memories of growing up in a theatrical family: "I remember running into Kenneth Williams securing a g-string backstage. I was at crotch level. He told me 'Never get drunk on champagne, darling; the hangover isn't worth it!'"

Picture: ANDREW HARRER-POOL/Getty



Silver lining for Brad and Suki

If, as showbiz chatter predicts, Hollywood hunk **BRADLEY COOPER** is about to propose to his English girlfriend **Suki Waterhouse** (above), the union will have the blessing of the model's father, Harley Street cosmetic surgeon **Norman Waterhouse**.

Brad, 39, star of *The Hangover* and *Silver Linings Playbook*, has been with Suki, 22, since he asked her to join him at a nightclub after a London awards ceremony a year ago.

But the newly single Mr Gere (the divorce from his second wife was finalised last year) is currying favour with the locals. He has booked into a small hotel with a female "friend" where he dines from its spicy menu. "Richard is new to India and wanted to go ethnic," adds my source. "The carries he's been trying get hotter each night, a bit of a risk on a tight schedule."

But the newly single Mr Gere (the divorce from his second wife was finalised last year) is currying favour with the locals. He has booked into a small hotel with a female "friend" where he dines from its spicy menu. "Richard is new to India and wanted to go ethnic," adds my source. "The carries he's been trying get hotter each night, a bit of a risk on a tight schedule."

★ The gently-ageing lothario **Richard Gere** (right) is the only actor who likes it hot and spicy both on and off set in Rajasthan, where he's filming a sequel to *The Best Exotic Marigold Hotel*.



Usually it's the Brits who boast of iron constitutions as they tuck into foreign fodder, but in Udaipur the tender tummies of Dames **Judi Dench** and **Maggie Smith** (both 79) are being nourished by shepherd's pie provided by a British chef.

"They don't want to take any chances because if they go down with Delhi belly it could halt shooting for days," explains my man carrying a pristine pile of poppadums.

But the newly single Mr Gere (the divorce from his second wife was finalised last year) is currying favour with the locals. He has booked into a small hotel with a female "friend" where he dines from its spicy menu. "Richard is new to India and wanted to go ethnic," adds my source. "The carries he's been trying get hotter each night, a bit of a risk on a tight schedule."

★ The actor **Robert Lindsay** (above) is proud of his leftie credentials. A joiner's son from Ilkeston in Derbyshire, he relished the role of a Marxist "urban guerilla" in the TV series *Citizen Smith*.

Age has, however, softened Lindsay 67. Why, my dear, the fellow even has views on the decline in formal wear on the French Riviera!

While filming *Grace Of Monaco* with **Nicole Kidman** in Monte Carlo, "Wally" Lindsay decided to take the cast to the casino where he was taken aback by the chavvy appearances of his fellow gamblers.

He sniffs: "I was shocked how people were allowed in with baseball caps and jeans. When I was last there people wore tuxedos and evening dress."

Which reminds me of my favourite tale about Mr Lindsay when the Queen visited the set of the BBC sitcom *My Family* at Pinewood Studios. She displayed a distinct lack of enthusiasm for the actor's next role in which he was to play the prapaple Greek shipping billionaire **Aristotle Onassis** (a man she did not like).

"What are you doing next?" the Queen asked. "I'm playing **Aristotle Onassis**," Lindsay replied. "Do you have to?" Her Majesty sighed, moving swiftly on.



SISTERLY CHAT: Isabella and Victoria

The Bristol girls plot their future

The engagement, announced yesterday, of her beautiful younger sister **Lady Isabella Hervey** to a wealthy Belgian businessman seems to have reminded **Lady Victoria**, the ultimate *It Girl*, that her clock is ticking.

"I'm looking for a successful, good-looking baby daddy. Gotta knock one out asap," she declared via Facebook.

Victoria, 37, is plainly keen to get down to the business of ensuring the colourful lineage of her family continues. Her late father, the 6th Marquis of Bristol, was jailed for jewel theft in his youth, while her half-brother **John Bristol** did time for various drug offences.

So what does **Lady V** do? Well, she has just returned to Los Angeles (where she had hoped to begin a film career) after six months swishing around Europe, living in hotels finishing her autobiography.

"I set myself six months to live in hotels and be inspired," she muses. "Travelling is in my blood, and so is liking luxurious things and spending."

★ Along with **Rebekah Brooks**, her hubby **Charlie** is on trial for serious charges. But the cheeky **chappy** has not lost his sense of humour. The other day the racehorse trainer conducted an auction to raise funds for his local Cotswolds hunt, the *Heythrop*. "Lot one," he announced, holding up a bin bag, "is a laptop and a collection of specialist magazines."

Picture: DOUG PETERS/Emilio



EVERY MONTH WE'RE SAYING

IT'S ON US

TO THOUSANDS OF CUSTOMERS

With 'It's On Us', we're offering you the chance of a lovely surprise. That's because every month, we're paying back thousands of our customers for something they've bought up to the value of £500 on their Lloyds Bank debit or credit card.

It could be your lunch, a new pair of jeans, or even a big purchase like a laptop. It's just our way of saying thank you.

To activate 'It's On Us' and join the thousands of customers we've already paid back, simply,

- LOG ON** to internet banking and register for Everyday Offers
- SELECT** 'It's on Us' in your Everyday Offers hub
- CLICK** to activate

Available to Lloyds Bank personal current account customers, aged 18+, who bank online.

Activate today at lloydsbank.com/everydayoffers



LLOYDS BANK



To enter the It's On Us free draw, you will need to be a UK resident (excluding NI) registered for Everyday Offers for up to a week, and to have activated the It's On Us offer. For full terms and conditions visit lloydsbank.com/everydayoffers Registered Office: 25 Gresham Street, London EC2V 7HN. Registered in England and Wales No.2085. Authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority under registration number 119278.

Visitors to the Duke and Duchess of Cambridge's quarters at Kensington Palace report that most of the rooms have been decorated in a bland mix of Peter Jones fabrics that "resemble a Bucklebury drawing room", as one might expect, given her mother Carole Middleton's input. Except for one room.

On the first floor is what might be termed as Kate's Karma retreat or the Middleton Masala quarters – an area decorated in the sort of flock wallpaper last seen by Kate during her student curry outings at St Andrews.

She completed the astute look only last week, adding an Indian rug she found in Henley.

The Duchess's fondness for an Indian is well-known – she liked the takeaways made by the Shingadia family, owners of the Spar shop in Bucklebury, so much she invited them to her wedding. Now she and William can enjoy private feasts in their very own Indian restaurant. More naan, ma'am?

A guest at a royal reception who found himself making smalltalk with the Queen tells me that the Monarch chatted most knowledgeably on the subject of new technology – apps on handheld gizmos, that sort of thing. And when the visitor had the temerity to express surprise that Her Majesty knew so much (he might just as well have added "for a woman of your age") she explained that she had been expertly tutored by her grandson Prince Harry who, she beamed, was "a whizz on computers".

She may be pleased to hear that another grandchild, Zara Phillips, is to be in a video game after signing a lucrative deal with a French firm, appearing as a computer graphic talking about horses.

What next? the Queen's Speech as an interactive game on Playstation?



Follow me on twitter: @adamhelliker

Adam Helliker

Read all Adam's stories online at sundayexpress.co.uk/helliker



Picture: KARNBAD/Alpha Press

'Silly' talk over happy Hagues

B EING the wife of William Hague has not been entirely easy for Fionn Jenkins. The ridiculous rumours about her husband's sexual orientation, which have cropped up during their 17-year marriage, reached such a level two years ago that the Foreign Secretary made a public statement saying that he had not had an improper relationship with his adviser Chris Myers after it was revealed that the two had often shared hotel rooms while campaigning before the last election. Hague also felt the need to explain why he and Fionn had not had any children, announcing that his wife had suffered multiple miscarriages. He added: "We are aware that the stress of infertility can often strain a marriage, but in our case, it has only brought us closer together."

So it is regrettable that there is renewed chatter in political circles about the Hagues' marriage – with absurd speculation over Fionn's friendship with Paul Sykes, a Yorkshire tycoon who has made a £650million fortune from scrap metal and property.

Sykes lives alone in Ripon, a 30-minute drive from the Hagues' constituency home in Richmond, after separating from his wife Valerie. Although he has previously been a Tory party supporter, he is now a prominent donor to UKip.

Everyone in Westminster seems to be aware of these rumours but they are just silly," says a senior Tory MP who knows the Hagues well. "For a start Paul Sykes is 70 and is a friend of both William and Fionn – he supported the party when William was leader. Paul is a lovely man, despite his bulging opposition to the European Union, but there is no truth in this gossip."

This amusing distraction for Fionn, 45, comes at a time when she is concentrating on writing a book on the close friendship,



CLOSE: Fionn and William



★ Sour grapes from grumpy Ian McShane, who hasn't registered on our radar much since the end of Lovejoy 20 years ago. Asked whether he would like to appear on Downton Abbey, alongside his old Lovejoy co-star Phyllis Logan (Mrs Hughes), he sniffs: "I don't think it's well written. Upstairs, Downstairs was better." As for being tempted on to Strictly Come Dancing, he is contemptuous. "They've asked me, I said, 'Don't be ridiculous! That's for D-list people who want to be recognised again!'"

★ After watching the BBC One romantic drama The 7.39, in which an everyday commute on the train to Waterloo triggers a passionate fling, male fans of Sheridan Smith may still be dreaming of bringing a smile to the actress's face. Well, the good news is that she's still single and would welcome a man in her life... if only to get rid of creepy-crawlies.

"I'm fearless in some respects but not when it comes to spiders," admits Lincolnshire-born Sheridan, 32, whose last proper relationship was three years ago with James Corden (if one doesn't count an ill-judged interlude with Amy Winehouse's former boyfriend Reg Traviss).

At present the job of dealing with Miss Smith's arachnophobia lies with her three pugs, Trish, Enid Blyton and Barry Manlow.

"At home it is just me and my dogs," she sighs. "Sometimes I am scared that I'll end up as a 70-year-old spinster with hundreds of dogs who lives on a hill and smells of wee."

The trouble is that Sheridan is not keen to go out with actors. "When you work all the time, you only meet people in your line of work. But I'm not fussy. I just don't have a type. Who knows who I'll fall in love with?"

Time for a sequel, on another train?

★ That saucy Sixties siren Mandy Patinkin (left) is basking in the renewed interest in the Profumo affair, thanks to Andrew Lloyd-Webber's musical about Stephen Ward (the society osteopath who was the pivotal figure in the sex scandal).

However, the publicity surrounding the musical has done nothing to heal the rift between Mandy and her fellow

goodtime girl, Christine Keeler. In fact it's led to a flurry of legal shenanigans between Mandy and Christine. "For some reason Christine doesn't like me," Mandy told me over drinks at the Jumeirah Carlton Tower in Knightsbridge (the hotel where she and Keeler would often meet Ward).

"When I heard Christine was putting her side of things in her own play, I had to get my lawyer to ask for the script, and to demand some changes. I quit enjoy dictating these legal letters!"

While Mandy, 69, who lives in Surrey with her third husband, loves Lloyd-Webber's musical, she doesn't feel the same about the 1989 film Scandal, in which she was played by Bridget Fonda.

"It's repeated on TV all the time, but I've never watched it," she says. "I have a feeling I wouldn't like it, so I'm not going to let it affect my psyche."

★ An update from Terry Gilliam on how the rehearsals are going for the Monty Python reunion tour (eight overpriced performances at the O2 in London's Docklands in July).

"We did a read through and it was actually funny again. It's also great to see Michael Palin being so brilliantly funny which he is capable of, rather than travelling around the world in comfort.

"I think we will do all the bits that never worked. That'll teach people to wait that long. "We're still reeling from the fact that people are silly enough to pay all this money to see us again."

the best ever

DFS Winter Sale

NOW ONLY
£397
after event £795

The Bryce
3 seater sofa
SAVE £398

£8.27
a month
for 4 years

0% APR
REPRESENTATIVE

No deposit and
Nothing to pay until 2015 with
4 years interest free credit

dfs
making everyday more comfortable

Visit your nearest store, order direct at www.dfs.co.uk or call free on 0800 110 5000 24 hours a day, 7 days a week

Bryce 3 seater sofa, cushions optional extra. No deposit with 4 years interest free credit. 48 equal monthly payments of £8.27. Or pay nothing until 2015 then 36 equal monthly payments of £11.02. 0% APR. Total £397. Credit subject to acceptance. Credit is provided by external finance companies as determined by DFS. 4 years interest free credit from date of order. Delivery charges apply. After event price applies from 03.02.14 - see notice or online for details. 10 year guarantee applies to frames and frame springs on all sofas, chairs and footstools. Mobile charges may apply when calling 0800 110 5000. DFS is a division of DFS Trading Ltd. Registered in England and Wales No 01739590. Redbubble Interchange, Doncaster, DN6 7NA.

★ Another birthday passes for Sir Anthony Hopkins, who has just turned 76. Yet it's another year with no reconciliation between the Welsh-born star and his daughter Abigail (pictured together above in October 1991).

Hopkins is resigned to there being no happy ending between him and his only child, who was 14 months old when the actor walked out on her mother Peta Barker.

Four years ago Hopkins, who now lives in Los Angeles as an American citizen, said the one wish he wanted to fulfil in his personal life was to "make up for all those mistakes" he had made with his daughter, but his efforts to restore relations with Abigail, now 44, came to nothing.

After Hopkins left her mother to set up home with production assistant Jenni Lynton (who became his second wife), Abigail was brought up in Putney with little contact with her father. She was treated for drug addiction and laid

responsibility for her problems at her father's door, saying: "I came very close to killing myself. The root cause was that my father and I had an intermittent relationship."

When she began working as an actress, she contacted Hopkins, who described their meeting after so many years as "earth moving". He secured her cameos in two of his films, but relations soon became strained, with Abigail finding her father "too difficult" and deciding it was easier to give up on their relationship altogether.

Now, to friends who suggest that as he gets older it may be worth one last effort with Abigail, Hopkins sighs that "there's too much water under the bridge".

Observes one family friend: "Sadly the trouble is that they're both very stubborn. Besides, Tony is settled in the States now, where he loves the sunshine and being lauded like a star, and Abigail has her own life as a singer in Britain."

★ Even Dame Helen Mirren (or Her Majesty, as she's known by some of her theatrical colleagues) occasionally feels nervous about meeting people. But she has graciously relayed these tips for dealing with such rare moments.

"If you're in a place of terror, drop the voice and keep the shoulders low," instructs Dame Helen, who was brought up in Leigh-on-Sea. "I was taught by a policewoman, she told me: Don't fold your arms, keep them relaxed. It's hard to let your arms drop, but it's important to be open. Speak loudly and firmly, using a low tone. Demand to be heard; when the voice is low, it's easier to listen to."



★ Far from attracting sympathy after tweeting that her mother and her sister had been mugged, Myleene Klass has had to endure a barrage of abuse. The perky pianist, who was brought up in Norfolk, announced on the social media site: "To the person who mugged my 67-year-old mum and my sister. I hope you get hit by a bus and die. Slowly." One comment went to Myleene, whose marriage to bodyguard Graham Quinn ended last year, said: "Not a nice thing to happen, but maybe the viciousness of Ms Klass's mouth gives some insight to her failed past relationships... not so sweet then." Another follower wrote: "The comments from this so-called celebrity are typical of what I expect from such a talentless creature. No-one has ever been so badly named - CLASS she is not." Boy, it can be hostile in cyberspace.

Picture: STUART WALTON/Getty

★ At 81, **Joan Collins** has found a fun way to boost her income – by relieving **Julian Clary** of hundreds of pounds at poker.

The pair struck up a friendship after appearing in pantos in Birmingham and now often holiday together at Joan's villa in St Tropez. "I'm not very good at the game because I don't have a good poker face but Joan is excellent," says Julian. "We take it quite seriously. I will probably lose a couple of hundred pounds to her over four days." But the camp comic regards it as a small price to pay for such a good time. "Going on holiday with Joan is amazing and fabulous," he twinkles. "She has a great lust for life."



★ Frankly, **Bill Nighy** looked a bit of a wreck when we met the morning after the first night of his play *Skylight*.

"It was hell, purgatory," he mumbled (saving his voice for the stage, he explained). But his performance as a recently widowed restaurateur had been met with huge acclaim. I said,

"By hell I mean it's just so daunting being on that stage, lonely and marooned in front of an audience," he said dejectedly.

No matter, I countered, waving a newspaper in front of him, the reviews were brilliant.

"Aagh," he recoiled, "Don't show me! I never, ever read them!" The sensitive flower had better avoid our three-star review on page 53 then.

Adam Helliker



Follow me on twitter: @adamhelliker

Read all Adam's stories online at sundayexpress.co.uk/helliker

Picture: ANTHONY HARVEY/Getty Images



Katy and Rob booming

Californian warbler **Katy Perry** and British actor **Robert Pattinson** have been spending more of their twilight hours together.

Indeed my actor chum in Hollywood was witness to a particularly steamy bout of canoodling when he was at the same party as the pair last week. "When Rob saw Katy his eyes lit up; he just kept kissing her the entire night," he reports excitedly. "They couldn't keep their hands off each other. She looked gorgeous in a sexy low-cut dress."

Miss Perry, 29, who was briefly married to that toubadou **Russell Brand**, has plainly reinvigorated **Pattinson**. The barnes-born star of the four *Twilight* movies was left brokenhearted by his cheating girlfriend, **Kristen Stewart**, but now appears quite ready to flex his romantic muscle, so to speak, once again.

Adam Helliker

★ Friends of **Andrew Lloyd Webber** have been concerned at his ongoing health problems, most recently with a trapped nerve in his back. At one stage the composer said he was in such pain that he didn't feel like writing any more. But **Lord LW** seemed in better form when I saw him at *Royal Ascot*, buoyed by his horse *The Fugue*, bred by his wife *Madeleine*, romping home.

Of his back trouble he said: "I've had a couple of operations and I will probably have to have another one. I was getting me down, but I'm back working and feeling better than I was."

Roma lone prince explores his roots

WHILE MANY of his countrymen have mixed feelings about Romania in terms of seeing its people as opportunist immigrants, **Prince Charles** is extending his links with the country and even learning the Roma language.

Just last month he paid a private visit, which was not scheduled on his official list of engagements. It would not have come to my attention had not a group of British tourists done a double take when they saw him coming out of a church in Brasov, not far from the village of Zalanpatak where 10 years ago he bought a rustic 18th-century farmhouse for £12,000. He has since bought several other properties nearby and, following renovation, they are now available to rent by holidaymakers.

"We were standing outside a church and our tour guide told us to wait because Charles was inside," said **Shirley Gibson**, a member of the 'Traditional Touring Club in Essex'. "We didn't believe him, but then, all of a sudden, the doors opened and he came straight over to talk to us and chat about what we were doing there. It was like talking to an old friend, he was so relaxed and casual. We noticed he was also speaking Romanian with some of the locals."

Royal aides say **Charles** has taken lessons in the language so he can chat to villagers on his solo visits (*Camilla* has yet to accompany him). Might his favourite phrases include: *Ati venit de departe?* (Have you come far?) or *Ati incercat unul din biscuitii mei organici?* (Have you tried one of my organic biscuits?)

Nigel Farage's unflattering remarks about Romanians – that he "wouldn't want to live next door to one" – won't impress **Charles**, who likes to boast that he can trace his roots back to **Vlad the Impaler**, the 15th-century Romanian ruler who inspired the legend of the bloodthirsty *Count Dracula*.

● **Prince Charles** will grace *Stoke-on-Trent* with his regal presence on Tuesday. Let's hope the people he meets bear him no grudges for his father's views of the city. At a reception **Prince Philip** once asked *Labour MP Joan Walley*: "Which constituency do you represent?" *Told Stoke*, he replied: "Ghastly place isn't it?"



PRIVATE TRIP: Charles is a sucker for *Dracula* country

★ All those females of my acquaintance who still fancy **Nigel Havers** might have second thoughts when they learn of some of the actor's domestic habits. Just picture the old smoothie in a pinny, tut-tutting at the untidiness of his wife *Georgina*.

"I suffer slightly from OCD so I'm very neat and tidy," admits **Nigel**. "I hear her doing things at the sink and I can see all this water being spilted all over the place and I have to tidy it up immediately."

Adds *Mrs Havers* (laughing, in a rather emasculating manner): "He has his own little duster and he goes around with his own little spray."

Ha! Just think of that, ladies, when you get all gooey the next time there's a re-run of *Chariots Of Fire*.



NO PLANS: Elizabeth and Paxo



LOVE MATCH: Pippa with boyfriend Nico

● All-round action woman **Pippa Middleton** is not letting the trifling matter of cycling 3,000 miles across America get in the way of her plan to treat her pert posterior in her usual place in the *Royal Box* at *Wimbledon*.

Fidgety Pippa is a week into her challenge in aid of the *British Heart Foundation*. When she returns, she might have to ask the stewards in the royal box for an extra cushion, no matter how much emollient she smothers on her botty after each day's hard riding. A lively tennis player herself, the sporty socialite has been buffing up her backhand with former *British No 1* **Tim Henman**, whose parents are old friends of **Michael and Carole Middleton**. Tim often pops over to *Bucklebury Towers* to give Pips the benefit of his scintillating technique.

● The entente is very cordiale between **Andy Murray** and his new coach **Amelie Mauresmo**. The Frenchwoman is also a hit with **Andy's** girlfriend **Kim Sears** and with **Andy's** mother. **Judy Murray** thinks **Amelie** has got a lot more warmth than her predecessor (**Ivan Lendl**) and is much funnier. "I was told while I watched **Murray** play in the *BNP Paribas Classic* at *Hurlingham* last week.

Amelie is a wine connoisseur with an impressive cellar. When she won her first *Grand Slam* in *Melbourne*, she cracked open a bottle of 1937 *Chateau d'Yquem*.

However, **Andy** is not one for the drink, though he did allow himself one glass of bubbly on the plane home after winning the *US Open* in 2012, which went straight to his head. That night he ended up cleaning his teeth with girlfriend **Kim's** face cream.

● If players breathe a sigh of relief when **Serena Williams** tumbles out of *Wimbledon* early, it won't necessarily be because she was such a fearsome opponent. It could be to her swerves. The five-times singles champion insists on sporting the same pair throughout a tournament, during which time, I hear, she considers it "unlucky" if they see the inside of a washing machine.

SAVE £120 A YEAR ON THE UK'S NO.1 NETWORK

THE NEW SAMSUNG GALAXY S5

+ 1GB data
+ 1000 Mins & unlimited texts

WAS £39.99/MONTH
NOW ONLY £29.99/MONTH

Tick Tock! Offer ends 30th June. Get in store, go to ee.co.uk or call 0800 956 6038

24 month minimum term. Subject to credit check. Consumer plans only. Minutes and texts: UK to UK mobiles and UK landline starting 01, 02 and 03 (excl. Jersey, Guernsey & Isle of Man), 08 (including 0900) or 070 numbers not included. 08 numbers cost up to 40p/min and 070 cost up to 70p/min. Price assumes Direct Debit payment & online billing. Monthly price will increase by RPI in March each year. Other prices may go up during your plan. *You own device & 1 month's front-end usage. Subject to coverage, see ee.co.uk/coverage. Speeds depend on location and number of users. Save £120 a year on your mobile with non-promotional price of advertised plan across 12 months. This plan usually costs £39.99 per month (£49.99 upfront device cost). Other terms apply, see ee.co.uk/terms. Network claims. Mobile only. Compatible device required. No. 1 Network based on RootMetrics® UK RootScore® Report for mobile performance as tested on best available plans and devices on 4 mobile networks across all available network types (Jan-Dec 2013). The RootMetrics award is not an endorsement of EE. Your results may vary. See rootmetrics.co.uk for details. Calls to 0800 number above are free from BT landlines.



★ Age is not treating the **Earl of Snowdon** very well. The Queen's former brother-in-law, who was 84 last Friday, has not been very mobile for a while (a legacy of childhood polio) and now he is having to undergo treatment for damaged kidneys.

"Tony is having dialysis treatment three times a week," reports a friend of the photographer.

These days Lord Snowdon lives quietly in Kensington, in a Victorian house he was given by the Queen as part of his divorce settlement from Princess Margaret. He remains close to his second wife Lucy, and his children David and Sarah, plus Jasper, 15, the son he fathered during an affair with writer Melanie Cable-Alexander.

His physical privations notwithstanding, the once priapic peer still has a twinkle in his eye. As his friend observes: "Just watch his face light up if a pretty girl walks into the room."

Quote from **LILY ALLEN**: "A man shouldn't underestimate the power of opening a door for a woman."



Adam Helliker

Follow me on twitter: @adamhelliker

Helliker

Read all Adam's stories online at sundayexpress.co.uk/helliker



★ Our favourite smoothie, Hugh Bonneville, is a chap of firm discipline, yet even his attentions have been known to wander during those dull periods in between, takes for *Downton Abbey*. Whatever occupies his mind during such languid moments, they surely cannot be as base as another member of the cast, Abby, the dog who plays Lord Grantham's golden Labrador.

When Abby is not required for her scenes - lying at Lord G's feet in the drawing room or accompanying him on his estate rounds - the hound has a bit of a reputation for, er, lewd behaviour.

"He's the worst dog in the world. I don't know how he got hired," says **Allen Leech** (left), who plays the Irish chauffeur Tom Branson. "When he gets bored he wanders into scenes and starts humping the sofas."



Cate to be a bluer jasmine

No sooner has **CATE BLANCHETT** had a chance to pop home to Sydney to unpack all those awards she's been given for the film *Blue Jasmine*, than she will be off on another project.

The Australian actress is due in Cincinnati to play a lesbian in a film called *Carol*, based on a book by Patricia Highsmith, author of *The Talented Mr Ripley*. Her part is that of an older sophisticate who falls in love with a young girl serving in a department store.

Cate is said to be nervous about the role as it's the first time she will have had a female lover on screen, and the director, Todd Haynes, has vowed to make it as "passionate and tempestuous" as possible.

"As a happily married woman with three sons, Cate hasn't had much experience of lesbianism," confides a friend. "So she's been reading a few gay novels to get into the spirit of the thing."

"Her husband [playwright Andrew Upton] was very helpfully bought some 'girl on girl' magazines to help Cate get her head round it."

Holly becomes a full-time Virgin

EVER since he announced he had become a tax exile and would be spending more time on Necker island, Sir Richard Branson has been fretting over who would eventually take over his global empire. His son Sam, who he had once considered his natural successor, has demonstrated no aptitude for commerce, while his daughter Holly showed little enthusiasm for learning about the family business.

Yet now, to the delight of the 63-year-old billionaire, Holly has had a change of heart and has embarked on a series of internships in the key companies that make up the Virgin brand. Her brother Sam, 28, a former model, is content to work on a smaller canvas - his last project was producing a TV documentary championing the legalisation of drugs.

Holly admits that she does not have her father's head for figures, but says she does not envisage having to take over "for many years", which will give plenty of time to overcome her "dislike of numbers".

Officially, Holly is listed as special projects manager at Virgin Management, where she is learning about the 400 companies that share the brand.

She has also become more involved in Branson's charitable causes - he now donates much of his income to Virgin Unite, which supports entrepreneurs around the world. On Friday she helped organise WE Day in London, for the Virgin-supported charity Free The Children.

Initially, Holly, 31, had wanted to be a doctor and spent six years training as a paediatrician. Last year this column carried the story that she wouldn't be returning to medicine following what was meant to be a short sabbatical. But her medical training has not gone entirely to waste as she is advising on Virgin's increasing presence in the healthcare market.

Her father is immensely pleased at her decision to join his empire full-time. "She's got on and done it," he says proudly. "She's already learned a lot more about the world than she would have as a doctor. Now she's going out on her own."

"She won't dress up in funny clothes or do any wing-walking like I did. She'll do it her own way. It helps to have a powerful personality to get the brand out there. If I get run over by a truck tomorrow, Holly will be in a position to do that."

Indeed Holly has already drawn her husband of two years, Freddie Andrews, into the business - he used to be a ship broker but has now joined the Virgin Group. The only slight complication will come when Holly has children, leaving her less time with the business.

Says Sir Richard: "It's a question mark how it will affect things when Holly has kids. In trying to map out succession plans, a lot of wonderful things could get in the way."



PROUD: Sir Richard with daughter Holly



★ There has been much febrile chatter over Society's latest crazy coupling between the Italian firecracker **Nancy Dell'Olio** and the Duchess of Cornwall's silver-haired brother Mark Shand.

Naturally, as chief chronicler of Nancy's complex love life - remember those revelations here about her heavy breathing with Sir Trevor Nunn - I go straight to the horse's mouth and, over a glass of prosecco with Nancy, I gently enquire whether Mr Shand has been frequenting her Belgian boudoir.

"No darling, absolutely not!" She giggles, fluttering those frisky eyelashes at me, the waiter, then the whole bar. "Ee is just a good friend, no romance, just some nice dinners together."

Camilla's brother, who is 62 and divorced from heiress Clio Goldsmith, certainly has an eye for dark-haired sizzlers like Nancy but having spent most of his money saving wildlife in Africa and India he's not quite rich enough for her.

So what do they have in common, apart from both being single, social buccaners? "We both love the elephant," declares Nancy. "Is that some new euphemism?" "No!" she hoots. "Eez definitely no, er, what is your favourite phrase... rumpy!"

★ That's it then. We have seen (or rather most of us haven't seen) the last musical from **Sir Tim Rice**. When the curtain comes down on *From Here To Eternity* (based on the 1953 film) in the West End later this month, the lyricist won't be writing another.

"It is a shame the show is ending because it's very good says his son **Donald Rice**, 37. "The trouble was it was badly promoted and all the cast were unknowns. "Dad won't do another musical but he's not retiring, he wants to write a play and a movie."

★ Television journalist **Rosie Millard** had the benefit of a private education but is adamant that none of her four children will follow her, not because of cost, but because she believes the system is socially divisive. "Private schools are a form of apartheid," declares the BBC's former arts correspondent.

Indeed Rosie and her husband Pip believe such schools should be banned. "It's completely wrong that they should cream off the brightest kids," she says. "And parents often waste their money anyway as not all those schools are good."

What makes her blood boil are Labour politicians who send their offspring to fee-paying schools, citing the "disgusting" example of Diane Abbott (the MP for Hackney, who opted to send her son to the private City of London school).

Mind you she is not alone flouting the system in one respect. She took her children out of school for 14 weeks for a round-the-world "adventure", because her parents, both doctors, did the same when she was a child.



★ After completing an epic journey in search of the origins of Noah's Ark, **Joanna Lumley** is planning her next televised adventure - a long-cherished ambition to explore Iran and some of her family connections there.

"It's a place I've longed to go, because my grandfather was consul there in 1918 and I had an au-pair girl from Tehran," says Miss Lumley, 67. "We're just waiting for our visas to come through to do a series there. It has been so hard with the old president, who was pretty obtuse, but suddenly a new man is in place and there's a sense of opportunity."

Describing herself as "a tough old bird," Joanna doesn't mind giving up her luxuries when she's travelling but of her alter ego, the hard-living Patsy Stone in *Ab Fab*, she laughs: "Patsy wouldn't last a minute in Iran; it's a dry country where you're not even allowed a sip of Bollinger."



★ Long gone are her days as the leather-clad, karate-kicking Emma Peel in the Avengers; now **Diana Rigg** (right) prefers getting her hands around the Jerusalem artichokes in her vegetable garden at her holiday home in France.

Dame Diana, 75, restored a farmhouse in a hamlet between Bordeaux and Toulouse 11 years ago, and is now so well accepted by the locals that she is asked to cook for them at village events.

"I escape there as much as I can; it makes such a change from London," she told me at the launch of the book *I Used To Be In Pictures*, The Untold Story Of Hollywood at the Lansdowne Club in Mayfair.

"I love cooking, but the French are very traditional with their food so I like to introduce new things such as lemongrass," says Diana. "And they don't have parsnips, so I smuggle them into France in my hand luggage."

★ That old stalwart of stage and screen **Tim Pigott-Smith** laments that today's generation of actors don't seem to be interested in theatre history. "They don't know anything about Anthony Quayle or Gielgud," he frets. "They'll probably recognise Alec Guinness from *Star Wars*, and they might have heard of Laurence Olivier. But these days they want to be Al Pacino rather than Olivier."

Do something incredible this No Smoking Day.*

Quitting smoking isn't easy but Nicorette QuickMist can help. It's an instant release spray for fast craving relief. So you can finally quit for good.



*No Smoking Day 12th March 2014

Contains nicotine. Stop smoking aid. Requires willpower. Always read the label. UK/N/14.2620

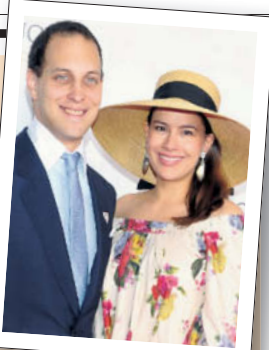
nicorette Do something incredible

superdrug.com Subject to availability. Superdrug

★ The imperious Princess Michael of Kent could be forgiven for reaching for the smelling salts faced with the increasing Americanisation of her son **Lord Freddie Windsor**. It's three years since darling "Fweddie" decamped to California to work as an investment banker with his actress wife, **Sophie Winkleman**. Now there is chatter that the couple are so settled they may never return.

Freddie, 35, who works for JP Morgan, refers to Los Angeles as the couple's "home city" and Sophie (the half-sister of TV presenter Claudia Winkleman) has her agent on standby with acting jobs once she has finished nursing their daughter Maud, who was born in LA eight months ago. The couple have become so enmeshed in Hollywood society that they have been invited to host a tournament at a Los Angeles polo club later this month, to which Tinseltown's finest have been invited.

Of course Princess Michael knows a thing or two about emigration, having departed the Sudetenland as Marie Christine von Kechnitz before ending up in Kensington Palace, where she leads an existence "grand than all of us," as the Queen once observed.



EMPLOYERS CAN GET UP TO
£2,000
CASHBACK
FROM THE GOVERNMENT

Don't miss out, it's easy. To get the cash off your National Insurance bill, claim on your payroll.

Go to gov.uk/employment-allowance today



Adam Helliker



Follow me on twitter: @adamhelliker

Read all Adam's stories online at sundayexpress.co.uk/helliker

Abbey has a new crush

Now I learn of another devotee of my new-found passion for juicing – that paragon of inner-cleanliness, Miss **Abbey Clancy**.

The sassy Scouser, 28, has exchanged the vodka shots of which she was once so fond for combos of vegetable and fruit juice. It is part of a healthier regime to offset the carb-laden cooking required by her lolloping husband, footballer Peter Crouch.

She does, however, go a bit further than just a glass of fresh ingredients every morning – she does a detox four times a month, drinking only juice for three days at a time (when presumably her hungry hubby has to resort to a Chinese takeaway to keep up his energy). She even takes a small juicer with her when she goes away on modelling jobs.

As I noted last week, Carol Vorderman has become evangelical about her daily dates with the juice machine. She also favours Abbey's favourite mixture: broccoli, kale, spinach, celery, pears, apples and ginger (with a sprinkling of milk thistle if one has had a heavy night).



★ We are a discontented lot, believes **Ruby Wax**. Why, oh wise woman? "Because we're never happy with what we've got," she declares. "We want to be Kate Moss, we want to be Bill Gates and we think, 'It's not fair, why can't we?' We think we need to have bathrooms with marble floors and chandeliers and toilets with multiple functions. "This makes it difficult to be happy with ourselves. We need to change our outlook." Underlines his thrice-married sage of our times.

Clarkson's enduring companion

BELEAGUERED Jeremy Clarkson, in trouble after being caught on camera appearing to use the n-word during filming of Top Gear, can at least rely on the comforting support of his loyal travelling companion Phillipa Sage.

Jeremy, 54, remains close to the blonde, despite their on-off affair being said to have ended last year. Last week they were enjoying a drink together outside a pub in the Cotswolds village of Kingtonham, just six miles from the house he shares at weekends with his long-suffering wife Frances and their three children. During the week he lives in a flat in Chelsea.

The TV presenter has previously insisted he is still together with Frances, who has stuck by him despite his affair being exposed in 2011, when he admitted he had taken his mistress on a series of hotel breaks while his wife continued to manage his career.

However he has since been seen several times abroad with Phillipa, who is 43 and unmarried. They were last photographed in a bar in Greece, with a bikini-clad Phillipa leaning in to kiss him and running her fingers through his hair.

Miss Sage, who is employed by Brand Events, the firm behind Top Gear, used to work as a beautician and masseuse. Her soothing fingers will undoubtedly be a blessing to Jeremy in these tricky times.



Picture: MIA GAVAN/Getty Images

★ Cheer up, it's May! Why? Because this is the month that **Prince Charles** says he relishes the most. "Everything is new and fresh," he writes in a new book about the garden at Highgrove. "The apple trees are in blossom, the bees are back and it is a time to give thanks for the miracle of creation in all its glory." Aren't we lucky to have a future sovereign with such a sunny disposition?



SOOTHING COMPANY: Clarkson with Phillipa

★ While boisterous bachelor Prince Harry has been dancing in a Memphis nightclub, **Cressida Bonas** has also had an invitation to lift her spirits abroad.

I hear that Sir Richard Branson's son Sam, who is married to Cressida's half-sister Isabella, has invited her on a holiday at Kasbah Tamadot, the Bransons' exotic hotel in Morocco.

"Sam and Issy think Cressie needs a spot of rejuvenation, with lots of spa treatments, swimming and riding," says a chum. "She can come back to London with a tan and hold her head up high."

This kind gesture is reminiscent of the protective arm put around Kate Middleton when she was going through a break with Prince William. Then Sir Richard's daughter Holly took her for a restorative break on Necker, the Branson island in the Caribbean.



★ Here's the latest attraction being offered by the **Balmoral** estate: the chance to join the Queen's rangers to watch black grouse mating (or lekking, as twitchers call the birds' reproductive ritual). Birdwatchers will be escorted at dawn to observe "the aggressive males full of testosterone strutting around while making a distinctive mating call". Not unlike the newly single Prince Harry at Guy Pelly's wedding.

★ What horticultural expertise **Fern Britton** gathered as the presenter of the TV series **The Big Allotment Challenge**? "I've learnt that carrots are very bossy vegetables," she twinkles. "They can take advantage, so you have to be very strict with them and not feed them."

★ As a doctor practising in London, is **Fawaz Akhras** really proud of his son-in-law, President Assad of Syria, whose forces are dropping barrels containing chlorine gas on "rebels" villages?

Last week one of these noxious bombs landed so close to a hospital that doctors themselves became casualties. Surely

Dr Akhras cares about members of his own profession being injured?

Is he proud of the president finding a loophole in last year's agreement to rid Syria of its chemical arsenal (chlorine was not included on the list)? But then Dr Akhras, who is the father of Assad's British-born wife, Asma, does not publicly share his views about Assad's



LIVING YEARS: Mike, right, with Mason

★ Genesis musician **Mike Rutherford** is feeling sensitive over his mortality following the recent demise of several high-profile figures.

"It's been a terrible time, what with Mick Jagger losing his girlfriend L'Wren and Bob Geldof losing Peaches," lamented Rutherford, 63, who was at the launch of Jigsaw's store near Oxford Street.

"It's really made me think, and it goes to prove that you just have to make the most of every day," added Mike, a naval captain's son who established Genesis with Tony Banks in 1967.

At the party Mike was reunited with another old rocker, Pink Floyd drummer **Nick Mason**, 70. They had to raise their voices to greet each other over the loud background music.

"My hearing is OK," Mike declared. "It is drummers like Nick who go deaf."

★ The success of **Alan Johnson's** memoir *This Boy*, a moving account of the Labour politician's impecunious post-war childhood in London, has inspired him to turn his reminiscences into a trilogy.

The MP has already completed the next book, *Please Mr Postman*, about the 20 years he spent in the Post Office before entering politics.

After giving a talk at the inspiring Chipping Norton Literary Festival, he told me: "I've written about the times when everything was sorted by hand and when one in 10 of the working population worked somewhere in the GPO.

"When I get around to the third book it will be about politics but I want to find a new way of doing it. Politicians simply going through their old diaries can get a bit dull, a bit worthy."

Of his time as a postie, Alan recalls: "I started in Barnes delivering to people such as Lynn Redgrave and Timothy West. Later I moved to Slough and used to deliver to the Home Secretary's country residence, Dorneywood."

Little did he think he would go on to occupy that very post in Blair's government.

Although *This Boy* is particularly poignant, describing the death of Alan's mother when he was 13 and being abandoned by a feckless father, he balks at its description as a sad book.

He chuckles: "I never wanted it to sound like a Monty Python sketch – a sort of 'we were so poor we lived in a shoebox in 'middle of road'. Despite everything, we were happy."



murderous moves to hold on to power. He says he is a medical practitioner, not a politician. In which case he might like to leave his comfortable semi in Acton and return to Damascus, to help treat all those civilians, including hundreds of children, whose lungs are being burnt by the president's chemical bombs.

★ Designer Laurence Llewelyn-Bowen hankers for the 1960s and 1970s, the era he grew up in.

"People were laid-back and wholesome," pronounces the frilly-sleeved flouner.

"They grew up in a nice way. We had to use a lot of imagination to be creative and we had to talk. I worry about my daughters and their generation."

Kensington-born Laurence has two daughters, Cecile, 20, and Hermione, 16. "Their brains are always in neutral," he sighs. "Constantly doing something on social media or watching TV. They're not imagining like we used to. I think people need to be more respectful of boredom."

NOSTALGIA: Laurence and wife Jackie with daughters Cecile and Hermione



Adam Helliker

adam.helliker@express.co.uk

Follow me on twitter: @adamhelliker

Read all Adam's stories online at sundayexpress.co.uk/helliker

Time for a hound for Harry



★ We shouldn't really bother with Dan Stevens since he left Downton viewers in the lurch by quitting the series to pursue greater fame in Hollywood. Except to note that he seems awfully pleased with himself, or rather with his newly-toned physique.

For his steady role in a recent thriller called *The Guest*, Dan had to spend a great deal of time in the gym in readiness to bare his body in a steamy shower scene. He's plainly rather proud of his new rippling torso.

"Somebody told me the other day that there have been rather a lot of people looking up the shower scene online," preens Dan. "I wasn't a gym bunny before. I'm very much from a background of, 'If it hurts, stop!' But this was about pushing myself."

Mmm, I think I know where many fans still getting over the sudden demise of Matthew Crawley, including writer Julian Fellowes, would like to push dear Dan.

★ And talking of Downton, I know it's not nice to think of Carson clad in Lycra and perspiring on a pushbike, but today Jim Carter, who plays the lugubrious butler, will set off from his Hampstead home for Madagascar, where he's taking part in a bike ride for Richard House, a children's hospice in east London.

"It's a nine-day trip and we'll be riding up to 50 miles every day in tropical heat," the 66-year-old actor booms. "I was going to get a tandem and ask Mrs Hughes, who is always game for anything new, to join me but then I thought better of it."



Picture: PASCAL LE SERRINER/GURRY

★ As one of the biggest sex sirens of her time, Raquel Welch was gawped at by legions of men and women. But now she's convinced that today's generation is far too obsessed with the cult of beauty. The actress, 74, warns: "Getting too caught up in what looks back from the mirror is wrong. It's 'my self-esteem', 'my self-things', 'my self-things'. Believe me, I've been there."

"At one point you just get sick of it and think, 'I have to take my mind off myself'."

Four-times married Raquel did just that when she started working with cancer victims in America, donating thousands of wigs from the hairpiece company she runs. "I was impossible before," she confesses. "But in the past 10 years I've made an effort to think about what I have to do for others."



FROM the Queen downwards dogs command great affection among members of the Royal Family. Her Majesty has her corgis, Prince Charles his Jack Russells, Princess Anne her bull terrier, and William and Kate have their cocker spaniel Lupo.

Yet there is one royal chap who doesn't have something cuddly and moist-nosed to curl up with on his bed each night (if you don't count Chelsy and Cressida). Although he loves dogs, Prince Harry has never had his own, even though he has the space to exercise one, with a cottage in the grounds of Kensington Palace and, now, the use of a rural retreat close to Sandringham House.

But recently there has been chatter at court that Prince Charles was going to give Harry a Labrador, specifically a chocolate coloured one, for his 30th birthday. "Not so," barks a Palace spokesman. "Shame, particularly as Harry has taken an interest in

training gun dogs; often visiting the royal kennels at Sandringham, where his grandmother oversees the 20 Labradors and spaniels used on royal shoots. All puppies born there are named by the Queen and registered at the Kennel Club with the prefix Sandringham.

So why doesn't Harry have his own canine companion yet? Says his biographer Penny Junor: "He loves dogs, but I suspect the reason he doesn't have one is because his life is too peripatetic. I don't know why he didn't have one when he was a child, maybe because there were too many in the house already. His father had the Jack Russells and William had a Labrador (which he gave to the Van Cutsemes when he went to university)."

It was only when William was settled in Anglesey that they got their dog, and I would guess Harry will wait until his circumstances make it practical to have one. So there you are, dear reader, the perfect story: animals and royals. Paws for thought on a Sunday.



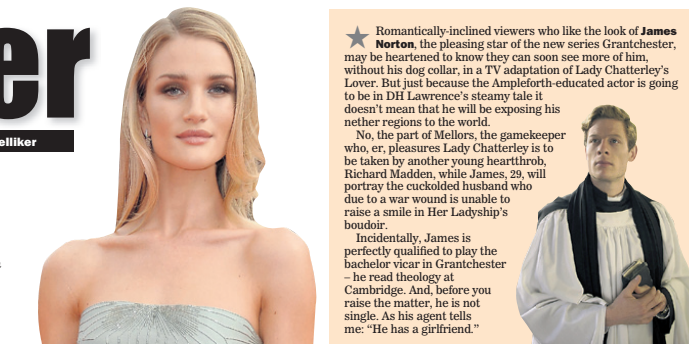
★ Perhaps Alex James had forewarning that he should make the transition from musician to cheesemaker. While performing with Blur in Tokyo, the guitarist was hit by a tinned Camembert thrown on to the stage. "Who even knew that tinned Camembert existed? If it had hit my head, it could well have killed me," muses Alex, who now runs a cheese farm in the Cotswolds, winning awards for his creamy Blue Monday (named after his favourite Nirvana song) and a goat's cheese called Little Wallop.

★ Through gritted teeth, John Cleese is smiling his way through book signings and interviews to promote his memoirs. But fans who want to approach him for a selfie at these events should beware. "It irritates me so much," thunders the tortured beanpole. "I've sometimes responded by saying, 'What, to commemorate the fact that we met four seconds ago?' In the old days, people would ask for a photograph of you, but now it's always WITH you."

"The secret aspect of the whole celebrity merry-go-round is the belief that your life becomes more meaningful because you've touched the hem of Simon Cowell's garment. Nowadays I have a simple rule. You can ask me anything you like, provided I can say 'No!'"

sc/gas

sc*



★ Romantically-inclined viewers who like the look of James Norton, the pleasing star of the new series *Grantchester*, may be heartened to know they can soon see more of him, without his dog collar, in a TV adaptation of Lady Chatterley's Lover. But just because the Ampleforth-educated actor is going to be in DH Lawrence's steamy tale it doesn't mean that he will be exposing his melior regions to the world.

No, the part of Mellors, the gamekeeper who, er, pleases Lady Chatterley is to be taken by another young heartthrob, Richard Madden, while James, 29, will portray the cuckolded husband who due to a war wound is unable to raise a smile in Her Ladyship's boudoir.

Incidentally, James is perfectly qualified to play the bachelor vicar in *Grantchester* — he read theology at Cambridge. And, before you raise the matter, he is not single. As his agent tells me: "He has a girlfriend."



★ When Land Rover wanted someone sleek, sophisticated and sexy to reflect the qualities of its latest model, a bright spark in the company came up with Rosie Huntington-Whiteley, left.

So for a fee of around £50,000, the lassy Rosie, a surfer's daughter from Devon who went from lingerie model to actress after a few gear changes, was hired to parade on a floating catwalk at last week's Paris Motor Show.

(Note to marketing department: this smacks of 1970s motor shows when executives would salivate at the sight of bimbos bouncing on the bonnets of family saloons).

Anyway Rosie, 27, certainly did her bit when it came to stroking the silky side panels and posing next to a giant pair of Union Jack Wellington boots, as she glided along the River Seine.

But those who gathered at the launch agreed that she lost laurel at the moment she opened her mouth and announced: "It gives me great pleasure to launch the Discovery Range Rover."

This pronouncement was followed by silence from the assembled suits. Why? Because the model got the wrong model... the car is called the Discovery Sport.

Since she left England to find fame in Los Angeles, it begs the question why she was chosen to launch this great Great British product in the first place.

Perhaps next time Land Rover should approach a celebrity who actually lives here and can learn her lines. Like Mary Berry.

★ For a long time Tess Daly was blessed with a speedy metabolism which meant, she says: "I could have my cake and eat it." But not any more. The 43-year-old presenter says: "In the last couple of years I've thickened up around the middle. The other day my six-year-old pointed to my stomach and said, 'Mummy, is there another baby in there?' I said, 'No, it's just cake.' Trust me, there's no chance of a celebrity ego. My children are way harder on me than anyone else."

"I've spent my entire life being told I'm too thin, too fat, too whatever. So really, I'm over it now. I can do what I want. OK I've got wrinkles, I might have jowls and I may have a bit more of a stomach than I used to, but that's life."

★ Mr Gordon Sumner has written the music for *The Last Ship*, a play about the lost shipbuilding industry of North-East England, which has just opened on Broadway. Asked whether he was worried about how it would be received by American audiences, the former *Tyneside* theatre replicher: "I'm not nervous about anything at all, ever... because I'm me." A modest chap, Sting, isn't he?

★ Asked if he enjoys seeing his work on screen once it had been completed, Charles Dance replies languidly: "I don't like watching television too much. It tires me out for some reason." Many viewers will empathise.

★ Next time Laurence Fox is on screen, peer closely at his body — not in a prurient way, madam, but just to check whether you can spot any trace of his seven tattoos. Such as the W, a tribute to his son Winston, which is behind his ear and has to be concealed when he's filming. "I like tattoos, but I'm often not sober when I have them done," admits the *Leavis* actor. "I have my wedding date on one arm and I've also got a psalm, a cross and a Pi symbol on my back, and two little foxes on my chest. "I've just had a new one on my right arm. It says 'irrespective'. I don't really know why I had it done, other than that it's one of my favourite words." At 37, isn't it time for Fox to find a more wholesome hobby?

THOUGHT FOR THE DAY: Where do naughty rays of light go? To prism...



OUR BIG AUTUMN BOILER OFFER

HURRY OFFER ENDS 30th October 2014

£400 Boiler scrappage discount + £228 Month of boiler and central heating care + £126 Month of plumbing, drains and home electrical care

With a new boiler from Scottish Gas, you don't just get great savings this autumn:

- What we quote is what you'll pay, even if we find there's extra work to do
- You could spread the cost from three to ten years.*

Call on 0800 009 4401

or visit scottishgas.co.uk/newboiler



*Scrappage discount applies to domestic properties only, will be applied at point of sale and is subject to boiler installation, cannot be used in conjunction with any other Scottish Gas offer. **Offer only available to quotes issued by 31st December 2014, will be applied after boiler installation and is only available for domestic properties. Cannot be used in conjunction with any other Scottish Gas boiler offer. Credits arranged with Barclays partner finance. Availability subject to status affordability, assessment and credit checks. Call rate free from 11 AM. Plan. Mobile and other providers' charges may vary. Your call may be recorded and/or monitored for quality assurance and compliance purposes. Textphone: 18001 0800 316 3732.