

# HELLO!

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'She is amazing. I am very proud of her' Liam

**EXCLUSIVE**

INSIDE THEIR ROMANTIC NIGHT

## CHERYL AND LIAM

SO MUCH TO CELEBRATE IN THE CITY OF LOVE

ALL THE GLAMOUR FROM CANNES



**EXCLUSIVE**



MELANIE SYKES  
THE JOYS OF  
BEING SINGLE  
AFTER HER  
PAINFUL DIVORCE



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PLUS: THE QUEEN'S BIRTHDAY CELEBRATIONS CONTINUE AT WINDSOR

WITH HER DIVORCE FINALISED, TV PRESENTER  
**MELANIE SYKES**  
ON NEW BEGINNINGS, HAPPINESS  
AND WHY SHE HAS NO REGRETS

**was painful at the time and when you can laugh about something, you're fine. And I really, really am'**

On the surface it may seem like Melanie Sykes has had a tough few years. But looking in better shape than ever the TV presenter has a spring in her step on our exclusive HELLO! photoshoot as she declares: "I don't think I've ever been happier."

There is a very good reason the star is on such good form as just days after we meet, her long drawn out divorce was finalised.

"Life-wise, it's just good. I'm in a really good place, thank God," smiles the mum of two, who, as well as being officially a single lady again, has recently moved into a beautiful new London flat with Roman, 13, and Valentin, 11, her sons from her first marriage, to actor Daniel Caluaguirose.

It has been a tumultuous time for the former *I'm a Celebrity... Get Me out of Here!* star

— who turns 46 later this summer.

It was in 2013 that Melanie split from Jack Cockings, a roofing contractor 16 years her junior, just seven months after marrying, with divorce proceedings beginning in 2014.

The couple shared a passionate and very public whirlwind relationship that was sparked via exchanges on Twitter.

"That feeling when the divorce is finalised — that's going to be amazing," she tells HELLO!. "I can laugh about it now, too. It was painful at the time and you know when you can laugh about something and tease yourself about something, you're fine. And I really, really am."

She's also celebrating a milestone in her professional life: 20 years in the spotlight. "It's like being a veteran, really," laughs the

TOP: SYKES; HAIR: SEVEN; MAKEUP: COVY/INE

Melanie, looking amazing  
y to be closing the door  
-month marriage to Jack  
16's 16 years her junior.  
moved into a new  
with her sons







Former model and fitness lover Melanie goes daily to the gym. "People on Twitter and Instagram get inspired by what I'm doing," she says. "I someone doesn't feel like going to the gym they'll be like, 'Oh, I've got to go because Mel says!'"

## 'It's like a real milestone. This year just feels like a complete new chapter'

former model, who shot to fame in the famous Boddingtons beer adverts in the mid-1990s before going on to forge a successful TV presenting career, beginning with a stint on *The Big Breakfast*. "You have your highs and you have your lows – and I don't mean emotionally, I mean in terms of workload. The difference between me when I started and now in terms of lifestyle is vast. It's like a real milestone. This year just feels like a complete new chapter."

**For someone who's just moved house, you look very relaxed, Melanie...**

"It went really smoothly. I did it with two men and a van and I'm pretty much moved in – I've got pictures and mirrors up already. I'm not the kind of person who wants to sit among boxes. It just felt like the right time. I was ready to go and it feels like a fresh start. It really does, for lots of reasons."

**Will you be decorating?**

"No, it's already done. It's the perfect size for me and the boys – it's not massive, so I'm not cleaning and maintaining something silly. We're loving it. They have their own bedrooms – Tino has an Indiana Jones poster and Roman is all about *Star Wars* and all that. It just feels brilliant."

**Did you have a big clear out?**

"Yes, I started even before I found somewhere to move into because I thought it might take a while. I'm not a hoarder by any stretch of the imagination because I do have a regular clear out, I've stuck a load of stuff on eBay given a load to charity, spread stuff around friends and family... I was downsizing. It was just fun."

**Do you find it easy to throw things away or are you sentimental?**

"I'm sentimental about some things – like some of the boys' school books. I don't keep all their old maths books but anything they've done creative writing in, I'll keep – because obviously that's their minds on paper, I'm not throwing that in the bin. Photographs come with me wherever I go, and old videos, pictures they've painted."

**It's a fresh start, too, because your divorce is coming through so soon...**

"Very soon. I am so happy. I can't wait for it to happen and then it really is a new chapter for me. It has been three years."

**Do you have any regrets?**

"I don't regret anything, no. I never do, though. I don't really regret decisions I make because the decision is based on my life at the time and who I was at the time. But you move and evolve and change."

**How did you explain the divorce to your boys?**

"I didn't need to explain it. There's nothing difficult to talk to my children about. I'm very open with them and they're very smart boys. There's nothing off the menu. I always say to Roman: 'There's absolutely nothing you can't talk about with me.' I mean, obviously I'm not deluded – I know that when he's 16 he might not tell me everything. And he might not be telling me everything now. But the fact is, if he's worried about something there's nothing that can't be discussed."

**It must have been difficult for you, though... "It has been difficult for all of us. I mean, I've had to protect them from a**



Melanie is celebrating 20 years in the spotlight. She shot to fame after starring in Boddingtons beer ads in the mid-1990s and went on to *Blue's All Stars*. "I can't believe I've been in the industry for 20 years," she says. "I've been planning a novel set around the entertainment industry

## 'I love men - I think they're great. I don't regret anything... it's silly to say I'll never be in a relationship'

lot for the past two or three years. But we're over it now. And if either of them wants to bring it up and discuss it, it's talked about. I'm not the kind of person to go, 'Oh, we don't talk about this any more, shove that under the carpet.' It's just not my style."

**The three of you must be a tight little unit...**

"Yeah, we're pretty cool. And I have an amazing relationship with their father so we're still a unit when it comes to them. I think that helps the kids. There's no animosity between us. So yes, it's pretty cool, really. They're happy lads."

**Is it good to have children to focus on while you're going through a tough time in your personal life?**

"I've been fine for about two and a half years, trust me. But when it all happened, luckily I had them. Because my focus was them. You don't really think about your personal wellbeing during that time, you think about the impact it has on your children."

**Will you have a divorce party?**

"No, I think that's a bit crass. But it's a whole new beginning for me."

**Has your divorce put you off men?**

"No. I love men – I think they're great. It's silly to say I'll never be in a relationship."

**Have you been dating?**

"I'm not discussing my love life for the kids' sake. I've been private since [the split]. For almost three years, I haven't discussed my love life. It's funny because I've had a private life for three years and it's amazing – it's actually doable... I definitely learned from the last scenario. Don't even talk about it. Deal with it yourself."

**What do you have coming up work-wise?**

"I've filmed a show for the BBC – it was a trip to the Copper Canyon in Mexico for a week. We met the people who live in the canyon and we trekked for six days and camped every night. And I've never really camped! Well, I know I've done the jungle [in *I'm a Celebrity*...], but it wasn't the same. We weren't overlooked or protected. It was real."

**What made you sign up?**

"I wanted a challenge. I wanted to test my fitness. I'd never done anything remotely like it."

**You've had an incredible 20 years in the industry. What are your plans for the next 20?**

"Say alive! I'm plotting and planning a book that I'm going to co-write with someone. It's a novel set around the entertainment industry. It has been an aspiration of mine for ages. I love writing and I've done writing courses. I would never write an autobiography because, wow, there would be so many upset people. And I'm so into fitness and cooking, I'd quite like to do something around that."

**You look in incredible shape. Are you religious about doing your workouts?**

"It's not religion – that's a strong word. But it's a habit that I've had and developed over an eight-year period. I do the school run every day then I go straight to the gym, so I'm out of there by ten and I have the rest of the day. I've just got myself a new personal trainer – it turns out he's an ex-Chelsea goalkeeper, Yves Ma-Kalambay. He mixes it up and keeps things interesting. I also do reformer Pilates and barre classes."

**Are you happy?**

"Oh my God, yes."

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