

# Kimberley

## 'Cheryl & I Are In The Same Boat'

The Girls Aloud star reveals all on BFF Cheryl, the stresses of motherhood and those reunion rumours...

There's definitely something about Kimberley Walsh. Of course, she's indisputably gorgeous – but that's not it. Before we meet the 35-year-old Girls Aloud star, half of the *Look* office are raving about her incredible skin – and when we arrive at London's swanky Soho Hotel, we can see why. It's flawless.

Aside from unveiling her number one beauty tip for a perfect complexion (hint: it's not what you'd expect), Kimberley spills the beans on her exciting new Disney show *The Lodge*, in which she plays ruthless music producer Rebecca. Fun? Very. Easy? Not when she's away from her boys. 'Finding the balance is tricky,' she admits.

While it doesn't feel like almost 15 years ago that Girls Aloud first formed, a lot's changed. Now mum to two-year-old Bobby and seven-month-old Cole, Kimberley opens up about dealing with the pressures of becoming a parent. 'For mums, it's all about strength in numbers,' she reveals. It's something she feels lucky to have, as pretty much all of her mates have children.

Of course, one friend who Kimberley's been a huge support to is BFF Cheryl, who gave birth to son Bear in March. Kimberley has, in the past, remained pretty tight-lipped about Cheryl's personal life, but today she can't resist breaking her silence to gush about her best friend's new arrival...

**Hi Kimberley! Congrats on the new show. How did it all come about?**  
Disney approached me for the role of Rebecca and I knew

I wanted to be a part of it. I love the show, the music videos are amazing and it's so much fun. **You've done some acting in the past. Is this something you'll be doing more of?**

Yeah, I've done musical theatre over the last few years and I acted before I was in Girls Aloud. It's a good time.

**What's your dream role?**  
I'm trying to sell myself as the new Disney princess, but they're not really having it [laughs]. I love Belle, but I missed my chance there!  
**What are you watching at the moment? Love Island?**  
Yes! It's my guilty pleasure.

**I won't give in to the pressure to lose weight**

**Would you ever have taken part in a show like that?**  
No, not at all. It couldn't be any further from something I'd ever do, which is probably why I find it so watchable.

**How do you balance work with being a parent?**  
It's always hard but every decision

I make, I put the boys first. **Are you and Justin [Scott] good at scheduling date nights?**  
We should probably try harder [laughs]. It's difficult when the kids are really young, but we should allocate more time.  
**In the past you've said a Girls Aloud reunion isn't on the cards. Has that changed?**

You can never rule anything out. We had a long career, so I don't think there's any reason for us to come back soon – but who knows?  
**Do you and the girls ever speak about it?**  
I keep hearing rumours but nobody's said anything to me!  
**What's your favourite memory from those days?**

When we won our Brit Award, but also the early years before we made it, when we were up and down the country having a laugh in the car together.

**Where are we most likely to find you shopping these days?**  
The majority of what I buy is high street. The dress I'm wearing is Topshop, but I don't have one specific favourite.

**What trends are you loving at the moment?**  
I love a cold shoulder, especially when you're getting back to your normal weight after a baby. Gingham, too.

**Your skin is amazing – what's your top beauty tip?**  
I smother my face in moisturiser every evening – always. I wouldn't be able to go to bed without doing that.



**There's a lot of pressure on women to lose weight quickly after a baby. Have you felt that?**

I don't allow myself to feel the pressure. My sister has a little boy who's four weeks younger than Cole, so we're very much in it together. It took around a year to get back to normal after Bobby and it'll probably be the same after Cole. You gradually lose it, then the last half a stone you have to really work for. I'm not ready for that – too tired!  
**Any advice for new mums who aren't feeling so confident?**

We all feel the same! I know some women do snap back – but they've probably got something else they worry about. Most of us mums do struggle and it does take time. I know it's tough at the moment for new mums as it's summer, but I'm not going to let it ruin my holiday with my children. I'll get some sleep and then I'll start to work out again [laughs].  
**You mentioned your sister has a young baby and your friends have kids of similar age, too...**  
Yes, it's amazing. Obviously, Cheryl has Bear. It's great – we're all in the same boat.

**Have you met Bear?**  
I have. I took the boys over to see him the other day – they're both doing great.

**Do you have plans to extend your family any more?**  
I don't feel like I'm done. I absolutely adore my boys – you get so much love from boys because they love their mum... For a while, anyway!

*The Lodge Season 2 airs on Disney Channel and DisneyLife at 5.30pm every Friday*

