

Our *perfect* summer

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

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

My parents didn't have much money when I was growing up, but they always made sure my brother and I had a good holiday.

Every summer we'd decamp to the towns of Ayr, Troon or Seamill, or to the Highlands – Oban or Skye; my dad would drive us in his van and it would take hours because the roads were tiny back then. The funny thing is, I always remember it being really sunny. I'm sure I must have subconsciously edited those memories!

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



“One secret I’ll share is that a bit of fake tan goes a long way”

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

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

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

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

and my daughter, Rosie. I'm terrible at unwinding, but the one thing that makes me relax is having a good old natter with her – or singing along to music in the car together! Those are my perfect moments.

I'm planning to visit Rosie in Singapore this month, which I can't wait for. She graduated last year and is now spending a year working for a charity out there. We stay in touch via social media, and of course it's a change, but it's wonderful watching her spread her wings. You have to do that as a parent. I'm incredibly proud of what she's achieved.

You'll find me on the beach in a bikini again this summer (sarrong on standby) because...why not? We can all find one that works for us. The secret to body confidence is coming to terms with your flaws. We've all got them. My arms are by no means perfect, I'd love to have a flatter stomach and it would be nice if my bottom was a bit more peachy, but you have to make the most of what you've got. And remember that actually, we're all lucky to still be here, aren't we?

One secret I'll share is that a little bit of fake tan goes a long way. It's the one thing that always makes me feel good. And if you can find a sun cream with a little bit of tan in it too? Even better!

I'd love to spread a bit more optimism in the world. Social media is a great thing, but the dark side is the way it can damage people. It makes us critical of each other. It's so important for us to tell each other that we're looking or doing great. Even if I don't know someone, I'll go over and give them a compliment – and they always look surprised. I love that.

I won't allow myself to be dictated by fashion – just because someone says yellow is in and fringes are in doesn't mean you've got to go and buy a yellow-fringed dress!

My collection for JD Williams is fuss-free, but chic and elegant too. And I've chosen fabrics that won't crease in your suitcase – you can roll up the dresses and you won't have to iron them at the other end. That's always a good thing, isn't it?

Lorraine's new collection for JD Williams is available now. See jdwilliams.co.uk

“Getting to interview the Wimbledon champions is the highlight of my year”

ANNABEL CROFT, 50, lives in London with her husband, investment baker, Mel Coleman, and their children, Amber, 23, Charlie, 21, and Lily, 18.

I've got two kids at university and one starting work and I'm thinking, “Wow, what were the last 20 years all about?” ***When your kids are young, you're constantly running around after them.*** Then it stops. What's lovely about it though is that Mel and I are finding time for each other again – it's “Oh, no kids, so where shall we go?” And we might pop off to the cinema.

When Mel and I met in our twenties, I was an uptight pro tennis player and he was a laidback pro yachtsman – since then, the roles have reversed. Don't ask me why! There's no ‘secret’ to why our relationship works, but when friends ask for advice, I say the two most important things to look for in a man are kindness and a sense of humour. I've seen so many women get hurt by mean men, so I feel lucky to have married one who's incredibly selfless.

Family holidays have become more important as the kids have got older because it's the one time we all regroup. My parents have a villa in Portugal, which we go to every year – and when everyone's together being silly, I feel a sense of peace. That's also when we'll play ‘fun family tennis’ where we all get on court

and play doubles against each other!

People think that winning Wimbledon must be straightforward for someone like Andy Murray – trust me, it's not! Of course, he's in with a shot this year, but there's lots of navigating to do through a two-week period and you never know who's going to surprise you. Getting to interview the Wimbledon champions for the BBC is the highlight of my year but I also enjoy reconnecting with people I knew when I was competing. I especially love working with Sue Barker [the main presenter]. I've known her since I was 14 and she was a real idol for me.

I don't have any regrets about retiring from tennis when I did. People think, “Gosh, you were only 21”, but I'd been travelling the world since I was 12 and living in an adult world. I can't say it's not a stressful sport – it is when you're out there on your own. So I was ready to start living a ‘normal’ life. It took me a few years before I felt ready to pick up a racket again.

I feel fitter now than I did in my twenties. I'm no saint – I can't resist cake and rosé wine – but I stay away from processed food and work out by playing tennis or doing Pilates. The kids and I discovered power yoga a few years ago – and we still do it when they're all home. Sometimes we drag Mel along too, for fun. >>

