

Fabulous does...

A RADIO SHOW WITH KATE GARRAWAY



Kate and Fabulous
Rachel O'Riordan radio.co.uk

TV presenter and DJ Kate, 46, talks early starts, blind dates and getting naked (oo-er!)

Where Smooth Radio Studio, London

You're a presenter on Smooth Radio every day and Daybreak on Fridays. What made you go into radio?

I've been wanting to do it for a while. It's very different, because as a journalist I dealt in facts and news, and it's a whole different mood you're setting with music. It feels like I'm learning a brand-new skill - I was so scared on my first day.

How do you balance the two jobs?

When I'm on *Daybreak* I have to jump on one of those motorbike taxis to get me to the radio studio on time. I must love my new job, because I'm really nervous on motorbikes! I've had to get over that.

Nobody can see you on the radio, but are you conscious of your appearance when you're on TV?

I like to look like I've made an effort, but I don't think there's as much pressure as if I was a model or actress, thank goodness. I haven't been inside a gym for 12 months, so I've resolved to try and do some exercise this year - but I haven't quite got going yet! It's not pretty when I'm naked, to be honest. I could do with a bit of toning up.

Do you get recognised a lot in the street?

People will come up to me and say: "I usually

Btw

On Fridays, Kate's alarm goes off at 2.18am!

She is banned from drinking tea in the Smooth studio in case of spillages.

Kate listened to Fearnie Cotton and Claudia Winkleman to perfect her radio voice.

see you when I'm in my underwear putting my make-up on!"

Hilarious! How did you meet your husband of nine years, Derek, 46, a managing consultant and psychotherapist?

We were fixed up on a blind date by MP Gloria De Piero in 2004 - she was political correspondent at GMTV at the time and thought Derek and I would get on. She arranged drinks, but I completely forgot it was a blind date, so I said: "Lovely to meet you" and then walked off!

You've been pictured at V and Wireless in the past, so we know you like a music festival. Do you still go to them now you're a mum to Darcey, eight, and Billy, four?

I loved festivals, but I'm a bit of a wimp now. At one point, I used to be able to go for five days straight, but now I struggle on day two.

Do you take the kids with you?

They're still quite young, and I haven't been able to fuse "crazy festival Kate" and "mother Kate" yet. I'm not sure I can be saying: "Put that down and eat your broccoli!" while leaping up and down like a lunatic - it doesn't feel right. **F**

● Tune into Kate Garraway, weekdays from 10am-1pm on Smooth Radio 97.108 FM.



With Daybreak co-presenter Matt Barbet

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