

husband, Derek, 47, in September 2004. She said: "I had Darcey 18 months after I first met Derek. We met, got married and started a family very quickly.

"At that age, you have worked out what you want and need."

So 10 years on, does she feel it was a rash decision?

"No, we just both knew it was right," she said. "I knew that very quickly. He was clear what he wanted out of life, as well.

"So if both of you are in a place where you know what you want, it makes life easier. Timing is very important in relationships."

The couple's busy lives mean they are always on the go. Derek is now a successful psychotherapist.

Kate added: "He's away in Russia for a few days at the moment. It's weird.

"The first night I always think, 'This is brilliant, I can watch what I want on the telly, I've got time to myself'.

"And then by the second, I'm like, 'Right, I'm missing you now, you can come back'.

"We are both home-loving and are never happier than when we're curled up together watching a box set.

"We both love family and he gets as much pleasure out of the children as I do.

"He loves being a dad, so that's a good thing.

"I think he feels he is ready for it now whereas at other points of his career and life,

he didn't have the time."

Right now, Kate is equally hectic – she has her Smooth Radio show four days a week, she presents the BBC's National Lottery, Good Morning Britain and, of course, is covering for Lorraine Kelly for the next five weeks.

A morning show TV veteran, Kate has worked on BBC Breakfast News, Sky, GMTV, as well as Daybreak (before it became Good Morning Britain in April) alongside Susanna Reid and Ben Shephard.

She said: "It's great to be working with Ben again. I love him – he's such good fun and he's every woman's dream choice.

"I always think if Darcey brought home someone like Ben in 10 years' time, I'd be the happiest woman alive."

She said that she also loves keeping the sofa warm for Lorraine Kelly and the women are good friends away from the cameras.

"It's a fantastic job," said Kate. "It's for the

summer holidays, essentially. It's such a fun show and I love watching it when I'm at home.

"It gives you everything. It's got food, fashion and brilliant celebrity interviews – especially with the big movies coming up over the summer – as well as some good topical human-interest stories.

"I do get nervous, especially if it's something really serious and I don't want to get it wrong and let people down.

"So even now after 17 years, I still over-prepare like a total geek so I feel like I have thought of every possible thing to do with the subject.

"It's my way of really thinking it through. It means I have all the basics. But things still surprise you."

She says that the recent breakfast TV shake-up at ITV is not necessarily a bad thing.

Kate added: "TV is about change, isn't it? It comes along in all areas – in any job, in any company, there will be changes over the course of 17 years. That's life."

So what do her children think of her being on TV?

Kate laughed and said: "When Darcey started school, she said, 'My friends watch you on TV, they don't watch their own mums'.

"She just thought that's what mums did. They do like the perks, though – they liked it when I took them to Pudsey the Movie recently and they met Pudsey.

"I always say, 'That's why I have to go to work – so you get to do fun things like this'.

"Both my in-laws and my parents are fantastic at helping out with the children when we're working.

"As Derek and I are so busy, we sat down and planned a fantastic summer holiday for them.

"My radio show finishes at 1pm so I still have the afternoon and evening with them so hopefully it will be good.

"And we're going away on holiday with friends with kids they love.

"Mums always feel they should be doing more – either at work or at home.

"Everyone is juggling these days – you just do your best."

Kate looks great but is philosophical about ageing.

"I worry more about health than looking older. At 47, you are not going to look like you did at 27 – it's a fact," she said.

"I am more concerned with being fit and healthy. But having said that, I do very little. I do try to eat really healthily. I'm more aware I need to take care of myself.

"I made a solemn resolution in front of all my friends and family this New Year's Day that I was joining a gym and I was going to work out. I joined a gym and I've not been once.

"There is always a reason not to. Now I am doing Lorraine, I'm too busy, so I have let myself off the hook – I'm not going to do anything until September.

"But I am really lucky – I do have great jobs so it's much easier to be busy when you are interviewing Justin Timberlake."

■ **Kate is filling in for Lorraine Kelly on ITV's Lorraine show for six weeks over the summer.**



FAMILY MATTERS
Kate with Darcey and Billy, above, and with husband Derek and Billy as a baby



Q&A

Pierce Brosnan

60 SECONDS WITH
THE FORMER JAMES
BOND STAR

Pierce Brosnan stars as disgraced TV presenter Martin in new British comedy drama *A Long Way Down*, based on the novel by Nick Hornby.

When Martin, lonely single mother Maureen, loser JJ and misunderstood teen Jess find themselves at a desperate crossroads on top a notorious suicide spot, they form an unlikely friendship. **What did you think of Nick Hornby's book?**

This book is greatly loved, as most of Nick's books are. I think this one has a special resonance because it deals with the sadness of life, the tragedy of life, the misfortunes of our existence as human beings – but with a great amount of humour.

Nick writes with great alacrity, pace and nuance of character. But it's important to remember how much humour the story has, it twists and turns in all kinds of unexpected directions. **Were you excited to be working with this cast?**

I've admired Toni Collette for many years. I knew and loved Imogen Poots' work and I checked out what Aaron Paul was doing on *Breaking Bad* and was bedazzled by him.

Did you all get on?

From day one, we were joined at the hip. It's always invigorating to work with talent as good as that. It keeps you on your toes. There's just been a lovely unity to us.

Is it true you went out to a gig with Aaron Paul?

I became instantly hip. Aaron tweeted a photo of the two of us at a Radiohead concert and then he said: "Look man, we've got 800 hits in five minutes." This old dog became hip. I like Radiohead.

Your character, Martin, sleeps with a 15-year-old girl, ending his career and his marriage. Were you happy to play someone so flawed?

Martin's a TV presenter who wasn't very good at his job and who had sex with an underage girl – she looked 25, how was he to know? He's adrift in life – he wakes up every morning and feels humiliated.

I loved playing him.

Did you study any TV hosts to get any tips?

Richard [Madeley], from *Richard & Judy*, came to mind. I know them and they're delightful. I was sitting in La Colombe d'Or of all places, the restaurant near Nice, while I was shooting a film in France and I was thinking of Richard.

The next thing, I look up and there was Judy opposite me. I thought that was quite serendipitous. And, by the way, Martin is nowhere near as good as Richard.

Was it affecting filming the scene on top of the tower when the four of you are contemplating ending it all?

We all stood there that night and took a moment and contemplated what it would be like to throw yourself off. It was palpable, that feeling. That's part of the emotional life of an actor.

■ ***A Long Way Down* is out on DVD July 28.**

