

# I DON'T THINK I'M famous!

Lorraine Kelly talks to Woman about celebrity, life away from the cameras, and what makes her happy...

**L**orraine Kelly is one busy lady. In addition to her own daily breakfast show on ITV – for which she launches the High Street Fashion Awards this week – Lorraine, 56, has also been using her weekends to jet to South Africa to film a new Channel 5 series about Cape Town's 'Penguin Hospital'. 'I've been obsessed with penguins since I was a kid,' she tells Woman. 'I love the fact they mate for life. They could teach us a lot!' Perhaps not Lorraine, though, who has been happily married to cameraman Steve Smith for 24 years, and is mum to 21-year-old journalism student Rosie.

'My granny gave me the best advice growing up. She always told me, 'Don't keep anything for best,' and I try to live by that. I did a spring clean recently and found things I hadn't worn, like some underwear from Victoria's Secret, and I thought, 'Why haven't I worn that?' So now I do wear it, even if it's just to take the bins out! What advice would I give my younger self? Don't be too hard on yourself, just enjoy yourself a wee bit more!'

'Because I was the first grandchild in the family, I was a very spoilt young girl. So when my brother Graham, this beautiful little cherub, arrived when I was six years old, I hated him! We used to fight like cat and dog, but we get on so well now. If he wasn't my brother, I'd be friends with him because he's really good fun and a decent bloke.'

'It sounds dumb, but it really is the small things that make you happy. I love nothing more than Rosie picking me up when I go home to Scotland and having a really loud singalong in the car. But I do think that as you age you get more angry. I think you get less tolerant of stupidity. I cannot bear litterbugs. If people have got no respect for their surroundings or other people, it's just terrible. I can't bear bigotry either, or bullying. It drives me mad.'

'During the week I eat really well and I do my exercise classes, but at the weekends my favourite indulgence is sitting in the kitchen with a large glass of red wine, chatting to my husband while he makes the tea. But in terms of a guilty pleasure, I'd have to say watching terrible shows with Rosie like the *Real Housewives* of somewhere in America, or *Say Yes To The Dress*. We love that! But I draw the line at the Kardashians!'

'I'd have loved to have had more children but it just didn't work out like that. I didn't go down the road of IVF as Steve and I were both very much of the mindset that if it happened, it happened. My mum had me at 17, whereas I didn't have Rosie until I was 34, but that worked for me because I was at a good stage in my career and I think it made me a hell of a lot better at my job. I'm so lucky with the child I've got, but it would have been nice to have had another couple of kids. I've always been aware of the fact that she's an only child but she's got lots of pals and we always had kids round our house.'



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'It might sound strange, but I'm really scared of werewolves. I always think that they lurk in underground car parks... But apart from that, my biggest fear is that something will happen to somebody I love. The illness that would most worry me is Alzheimer's. You see amazing people dealing with dreadful physical illnesses but coping with a mental illness is really hard. I wouldn't want people to remember me in that way.'

'If I could choose anyone to play me in a movie, it would be Sandra Bullock. I love her because she's just so down to earth. Last time I interviewed her we were supposed to be talking about the *Minions* movie she was in, but instead she was chatting away about her son Louis and what he likes to eat, how she protects him and how she kept her job away from him for years. He said, 'Mummy, are you Sandra Bullock?' I loved that.'

'I don't think I'm famous. I know I am, but I don't feel that I am. When I'm out and about, people chat to me like they know me, which is delightful. But people aren't interested in reading about my life – I'm a happily married mother of one! I like the level of recognition I've got where I can do my shopping or turn up at my fitness class and no one's bothered. But if I was starting out now, I'd find it hard with social media. I'm a fan of Twitter, but it does have a dark side and people can be nasty.'

'Steve doesn't get jealous of me interviewing all these hot young things because I'm just like their mum! When you find somebody that you're comfortable with, you're just not bothered about anything else. I don't think having 'free passes' with other people is right at all. And anyway, I don't have the energy! God forbid I ever have to 'get back out there' again, asking someone what their favourite colour is... I'd be like, 'Kill me now!''

\* Penguin A&E With Lorraine Kelly is on Channel 5 later this month



With Steve, Rosie and her mum, Anne when she was awarded the OBE in 2012



Lorraine will be hosting a series of documentaries about penguins