

'I haven't ruled out HAVING A FACELIFT!'

Approaching her 50th birthday, Kate Garraway opens up about surgery, motherhood and marriage

Walking into the room to interview Kate Garraway, it's clear she's exactly the same off screen as on *Good Morning Britain*. Gloriously scatty and clumsy - she apologises for the state of her hair mid-interview, explaining her only choices were greasy and flat, or washed and frizzy - Kate, 49, is also funny and razor-sharp. Better still, she's refreshingly frank, especially when it comes to talking about turning 50 this May, a milestone birthday that has inspired her to write her new book, *The Joy Of Big Knickers*. But after overcoming a series of 'midlife moments', Kate, who's married to Derek Draper and is mum to Darcey, 11, and Billy, seven - isn't going to let a number get her down!

'I decided to write my book because I was having a bit of a 'mid-life moment' - not a crisis, because that makes everybody think that you're running off to have an affair with Harry Styles! A mid-life moment is when you're stretched to the limit, worn out, and worried about how you're going to deal with your children, work and your parents getting older. During this mid-life moment, I thought, 'I'm exhausted all the time. I don't know what's going on. Right, I need to take stock now.' I was the youngest person in the news room for years and then suddenly I thought, 'I'm the oldest one here - how did that happen?!' As you

get older you can think, 'I don't look as young any more and I've got more responsibilities,' and it can be quite worrying. But when you were in your twenties you were worrying about whether anyone would give you a job, or whether anyone would marry you. So you have to keep it all in balance.'

'Last year I started to think, 'Do I need a facelift? I want a facelift!' I was becoming completely obsessed with it and sitting in interviews with people thinking, 'God, their skin is amazing! I wonder if they've had work done?' and pulling my face back to see how it looked. Then friends, like my *GMB* colleague Ranvir Singh and Fiona Phillips, said, 'Don't be ridiculous!' But I don't think that anybody has talked me out of it, because it didn't really stop me from wanting one! I haven't ruled it out.'

'I've found it really hard to accept I won't have any more children. But I definitely feel much more at peace with it now. Having a baby is a very addictive phase and I would happily have gone on forever, so it's probably lucky that I started later otherwise I'd have a whole football team! It also feels like the end of the sexiness that comes with being fertile, so it's a combination of losing a chance to have another baby and feeling you're losing that youthfulness and sexiness. But accepting it has helped me enjoy other stages of life.'

'I'M GOING TO HAVE A MASSIVE PARTY!'

'I went to therapy after my marriage ended. I could bang on for hours about my heartbreak, so my friends were like, 'Let's pay for someone to take the pressure off a little bit!' I did go and see someone to piece things together, because I was devastated. I probably didn't see them for



With Renée Zellweger, 'I have that Bridget Jones calamitous streak!'



Ben and Kate celebrating Leicester City's victory



OFF-SCREEN HUBBY

With husband Derek and children Billy and Darcey

ON-SCREEN HUBBY

'Has Ben Shephard ever overstepped the line? It takes a lot to beat picking me up and showing my flesh coloured, crotchless Spanx on TV! Ben and I are good friends and we see each other out of work. Our kids are now friendly too as they're all similar ages. My daughter Darcey is a real tomboy, so she can go and climb trees with the boys and then fall out of them!'

long enough, but I did a lot of thinking. I wouldn't say that everyone should have therapy, but spending time with someone who is expert at teasing things out of you can be really helpful.'

'My husband Derek and I try not to talk about 'office hours' stuff in bed any more. Things like, 'What's happening about picking up the kids? And what time are you going there?' We have learnt not to or we'd just finish work, get into bed, have a diary meeting and go to sleep! But Derek is good at saying things that he's concerned about, which is really helpful.'

'I used to think the Bridget Jones comparison was just because she was on Sit Up Britain. Now, having interviewed Renée Zellweger several times, I think, 'Oh my God!' I was at Trump's inauguration and had had such an amazing week, but all everyone spoke about was that I had lipstick on my collar and that my false eyelashes were falling off! I just have that Bridget Jones calamitous streak.'

'Susanna Reid and I aren't that different, really. We're both mums and we're really good friends. In the old days at *GMTV* women used to be pitted against each other because there was so much talk of sofa wars. At one point I thought, 'People will only be happy if Penny Smith, Fiona Phillips and I are having a mud wrestle outside the building!' But I don't think it happens now. They're probably all just rowing with Piers Morgan!'

'For my 50th in May I'm going to have a massive party! I feel ready for 50 now. It's exciting - it's all about the next 50 years! I'd like to keep healthy and get more sleep. But I've also started playing my clarinet again, so maybe I'll form a band and win a Grammy by the time I'm 51!'

* *The Joy Of Big Knickers* (Blink Publishing) is out on 9 March

WOMAN EXCLUSIVE!

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