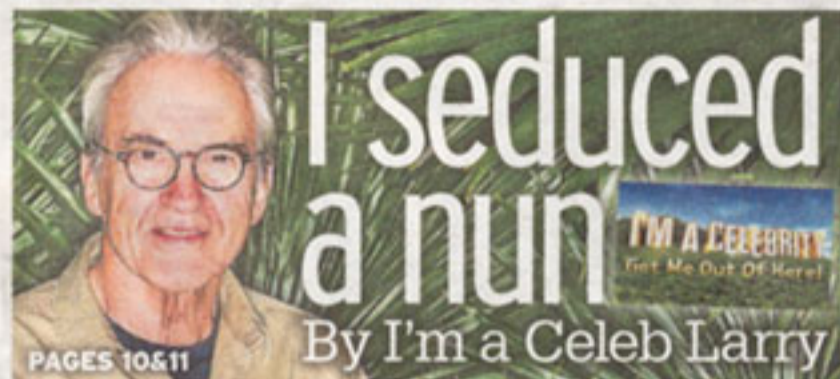


*Slimming*  
WORLD

Notebook  
magazine  
special



## Enjoy Xmas and STILL lose weight



THE GRAND TOUR EXCLUSIVE

### From Top Gear to Top Gun



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## REAL-LIFE ECHO OF SOAP PLOT

# CORRIE BEV'S SECRET GRANDCHILD



REVEALING  
Bev talks on TV  
about being a  
gran but has not  
seen little Harrie

**EXCLUSIVE**  
BY JANINE YAQOUB

**CORRIE'S** Beverley Callard has a secret grandchild she has never seen.

Harrie Cross is one and lives with mum Laura, 34, near the star's home in Manchester. Laura said: "She's missing out." It is a bizarre echo of Bev's role as TV's Liz McDonald.

**FULL STORY: PAGES 6&7**



**BUBBLY** Helen Lederer happily admits her life is as fuelled by champers off screen as it is on. The Ab Fab star today tells how she battled with the ab-flab, and at 61 took herself to a detox retreat so she could keep partying. The 5ft 2in comic, best-known as ditzy Catriona in the BBC comedy, says her own love of "the bolly" played havoc on her waistline. Helen was speaking to Georgette Culley.

They say life imitates art... and for me that's terrifyingly true. My lifestyle off-screen can scarily mirror the characters from Ab Fab on occasion. I need to keep an eye on myself – the trouble is, I seem to have more of a social life now than I did in my 20s.

I may be in my 60s, but I seem to be going against the grain right now.

I can find myself partying up to five times a week. My favourite tipples are vodka and tonic, and champers – and Prosecco goes down rather nicely as a happy alternative.

But the brutal reality is that my Ab Fab lifestyle is making me fat.

There's been times this year I couldn't get up the stairs without reaching for my asthma spray.

I also came off HRT due to press reports that it was dangerous. The trouble is I look at other people like Trinny who are on it and look amazing, and wonder if I've done the right thing.

It wasn't always like this. Growing up, I was able to keep the weight off, even though I was never teeny tiny. I was a 12 or 14 for most of Ab Fab, almost existing on a diet of wine and Japanese crackers.

But in the mid 90s, when I was in my 40s, the weight began to creep on.

**ACTION**

I tried every diet going. Powdered food, slimming pills, protein, even funny slimming biscuits. But the truth is this year I knew I needed to take action.

In one evening I can easily knock back several alcoholic beverages, as well as crisps or Twiglets at the bar.

Just like Eddie and Patsy in the film, I'm now in my 60s and am still driven. I started writing a comedy novel last year called Losing It, about a woman who used to be famous but lost it all – including her marriage and money. So she tries to lose weight to get work again.

It was very cathartic. But it took me 10 months to write and it was a lonely business.

I was always popping to the fridge for a nibble, then hitting the town in the evening to cope with the lack of human contact. The weight continued to pile on.

Desperate to shift my bulge – caused by sugary alcohol and all those free canapes – I checked in to the Slimmeria extreme detox retreat in East Sussex, run by weight loss guru Galia Grainger.

I was supposed to detox a week before going, but I went drinking instead and forgot to say 'No' to the Twiglets. So when I arrived I sulked for half an hour as I realised how much self-control would be needed.

Could I do it? Would I be one of the naughty people sneaking out to Tesco? I decided I just had to get over it.

To lose the weight, I knew I had to change my drunken and somewhat fat habits, be a grown-up for the first time in my middle-aged life and suck it up.

I was a size 16 and full of tummy. The boozing had mounted up and the results could be seen hanging over my elasticated skirt. Eew. In fact I could barely bend over.

On arrival, I was weighed. I didn't want to know my exact weight, but I fear it was around the 13 stone mark.

The Slimmeria routine was tough. On my first morning a bell rang at 7.15am to



# Too much Bolly went on my belly... now I'm Ab Fab

**“ I can party five times a week, on the vodka and tonic or champers**

**HELEN LEDERER ON WHY SHE HEADED INTO DETOX**

**JUST THE TONIC**  
Slimline Helen

**BY HELEN LEDERER**



**FLABULOUS** She tries sit-up



**BOLLINGER BABES**  
With Harriet Thorpe as Fleur in Ab Fab

wake us. In that moment, I wondered if I'd accidentally been transported to a convent.

I slipped into my waterproof trousers and joined the rest of the "inmates". It was a bit like prison – except prison food might include chips on the odd occasion.

I avoided the mirror as I went down for a hot lemon drink and a mini slice of apple. 'Mmm delicious,' we told ourselves.

Then we started the first morning walk. One hour in and my body is aching but I keep going. Everyone is faster than me but something inside refuses to stop. I don't want to be found weeks later in a ditch.

Back at the retreat my body goes into shock and I sink my mouth around a glass of vegetable juice. This is actually very pleasant. I did it.

After the first baptism, the days unfolded

the same, with no time to dwell on hunger pains or plan an escape. I threw myself into circuit training (yes, me lifting weights with gay abandon) and dancercise – taught by a proper musical actress who showed us how to do the Saturday Night Fever dance routine. Watch out Christmas party...

I even managed a Zumba with a dodgy lower back, aching feet and arthritic toe.

Fortunately we were kept alive with food. The meals were made from secret recipes of Galia's ancestors but it might be fair to say cabbage featured quite highly.

One day we got a little mound of quinoa and rejoiced. We were surviving on 400 calories a day – an extreme kickstart diet – to get us on track and attack our fat.

And it worked. Incredibly, in the space of three days I shed eight pounds and

dropped a dress size. I thought Galia was winding me up when she told me, but she promises she wasn't. I was quite emotional.

I credit Galia's no nonsense attitude and commitment for my weight loss. I might have wavered, but I trusted her – and even enjoyed her jokes. Normally, I'm a bit of a rebel but I didn't cheat and made some good friendships. I've been weaned off my major caffeine habit and reduced my alcohol massively. So how will my cravings for a drink and variations of hard cheese go now? Well, most of us are gluten free and eat carefully, except yesterday I had some wine – but I was working darling. Please don't tell Galia. She's my new friend.

■ Helen's book, *Losing It*, is available now on amazon.co.uk



**SHOT DEAD** Labour MP Jo

## Peace prize awarded to tragic MP Jo

BY DAN WARBURTON

A NEW peace prize is to be awarded to Jo Cox, the Labour MP shot dead during the EU referendum battle.

Mum-of-two Jo, 41, will be honoured with Syria's White Helmets, who help victims of their country's civil war.

She nominated the group for a Nobel peace prize.

Husband Brendan said: "For Jo, they were a symbol of how, even in the depth of inhumanity, humanity can still respond."

Ciarán Norris of the Rising Global Peace Forum, which is making the award, said "Jo Cox worked tirelessly to bring about a better world."

The award will be made in Coventry tomorrow on the 76th anniversary of the Luftwaffe's raid on the city.

Thomas Mair, 53, goes on trial at the Old Bailey this week accused of murdering the Batley and Spennings MP in Birstall, W. Yorks, on June 16.



**STUPIDITY** Donal on show

## TV hardman Donal's No1 regret in life

BY NIGEL PAULEY

**CRIMEBUSTER** Donal MacIntyre has revealed his biggest regret – appearing on Family Fortunes.

The undercover reporter, who got a Chelsea tattoo to blend in with a football hooligan gang, appeared on the game show in 2009.

Donal, 50, said: "That is still my biggest regret. My biggest error of judgment. I had a moment of idiocy in the quick-fire round.

"Vernon Kay asked me – and he still gleefully reminds me about this – to give the name of an animal with only three letters in its word.

"For some bizarre reason, I said 'lion'."

Donal, now a professor of criminology at Birmingham City University, added: "Wherever I go, people just love to remind me of my stupidity. It is my big regret, more than any investigation or my Chelsea tattoo."