

SUNDAY **Mirror**

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EXCLUSIVE
Cheryl
hubby
dating
her pal

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**BRUSSELS
DOUBTS**



Shock Brexit
poll result

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EX MAN

McAvoy close to co-star

EXCLUSIVE: SEE PAGES 8&9



EXCLUSIVE
How Lisa
shed a
stone
in one
week

Strictly star's
secret diet and
fitness regime

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SHOWBIZ EXCLUSIVE

LEAVE OUR SHERIDAN ALONE



EXHAUSTED Sheridan at TV Baftas before she pulled out of musical

BY EMMA PRYER TV Editor

TELLY legend Ricky Tomlinson today leaps to the defence of his old co-star Sheridan Smith, telling snipers: "Get off her back."

Ricky, left, slams critics for laying into troubled Sheridan, 34, who has pulled out of West End show *Funny Girl*.

Fired-up Ricky says of his Boyle Family pal: "People need to leave her alone."

FULL STORY: PAGES 4&5

Royle Family legend Ricky blasts critics of troubled actress

Suicide after SOS to wrong house

BY KAREN ROCKETT
A MAN killed himself days after overstretched mental health staff sent to help him went to the wrong house. A care team ended up at an empty property after a computer system with the correct address crashed, an inquest was told. David Ashley, 54 - declared not to be at risk despite two recent attempts at suicide - was found dead in a field in Ashford, Kent. Graham Caney, of South East Kent and Social Care Partnership Trust, told the inquest of the failed visit. He said: "It was pitch black and we were relying on iPhones for torches. No one appeared to be home so



AWARENESS Our campaign there was no contact." Mr Caney said the crisis team handling such cases was often too shortstaffed to answer all incoming calls. The inquest comes as the Sunday Mirror-backed Time to Change campaign highlights mental health issues. Coroner Rachel Redman ruled Mr Ashley intended to take his own life.

INSPIRATION of the week

HARRY GIRL IS A PEARL

ARMY sergeant Elizabeth Marks won the admiration of Prince Harry this week when she won swimming gold at the Invictus Games in Florida. Elizabeth suffered a serious hip injury in Iraq in 2010 and was left with no feeling in her leg. Three operations later she regained enough mobility to walk. On the eve of the last Invictus Games in London two years ago, Elizabeth, 25, collapsed with a lung

condition and was put into an induced coma for 10 days. This time she won all the events she entered. But the Arizona native handed the Prince her 100 metres freestyle medal and asked him to give it to Papworth Hospital - because brilliant staff at the Cambridgeshire facility had saved her life. Elizabeth hopes to repeat this week's success at the Paralympic Games in Rio later this year.



Do you know someone who is a real inspiration? Let us know about them at features@sundaymirror.co.uk

N-bomb victims in £1m DNA win

EXCLUSIVE BY SUSIE BONIFACE
BRITAIN'S nuclear test victims have won £1million to pay for genetic research into their suffering. It is a huge step for survivors, families and a 14-year Sunday Mirror crusade. It means there could finally be proof Britain was responsible for the deaths of thousands of its own men and an abnormal rate of birth defects in the children of 22,000 forces veterans. The cash - to check veterans' DNA and look for mutations linked to radiation - comes from the Agri

Justice for Nuke-Vets Campaign. Veterans Fund. Campaigner Shelly Grigg, 51, from Middlesbrough, said: "It goes some way towards repaying the moral debt the Government owes and is a huge step forward." Shelly is in chronic pain from disease thought to be passed on by dad Roy, poisoned by 1950s H-bomb tests in the South Pacific.



DRAMATIC NEW LOOK

EXCLUSIVE BY GEORGETTE CULLEY

THE secrets of Lisa Riley's dramatic weight loss can today be revealed - by the woman who led the star's punishing "fit-not-fat" boot camp.

Former Emmerdale actress Lisa threw herself into a regime where she was up at 7.15am and in bed by 9pm - after action-packed days of exercise and healthy eating.

Lisa, 39, has lost 7st and was barely recognisable last week as she showed her new figure.

Gone was the roly-poly star who was a viewers' favourite on Strictly Come Dancing.

Her trademark beaming smile told the world she is thrilled with her new look - even though it led to rumours that Lisa had "cheated" by having gastric band surgery.

Denying it, the TV star said: "If one more person asks me about a gastric band then I swear I will be tempted to cut myself open and show people there's nothing there."

Now we can lift the lid on how Lisa shifted the pounds - starting with a stay at a detox centre where she lived on just 400 calories per day.

Lisa checked into the Slimmeria retreat, run by diet guru Galia Grainger, last August.

She had to exercise four hours a day, could not eat after 6.30pm and was educated on nutrition and portion control.

Incredibly, she lost a stone in weight and five inches from her waist in just one week.

FLYING

It kickstarted a new lifestyle for Lisa who, nine months on, has lost a further six stone and slashed her dress size in half.

Now she proudly shows off her new size 16 body by posting holiday snaps on Twitter, captioned "flying high on life".

Galia said: "Lisa always keeps me up to date with her weight loss. She told me she'd cut booze out for good and was keeping up the long walks and Zumba dance fitness classes.

"I'm so proud of her. Slimmeria isn't about adopting a sustainable diet, it's a kickstart approach to get people back on track while educating them on food so they can make lifestyle changes - exactly what Lisa has done."

Since unveiling her weight loss, Lisa has also been forced to deny taking Raspberry Ketone diet pills.

Galia added: "It annoys me when people say she's cheated. I watched her transform before my very eyes and can tell you she did it through sheer determination and hard work."

"It's not easy at the retreat and detoxing can be tough as your body clears rubbish from your system."

"But, gruelling as it is, we know it gets results, and Lisa is the proof." Lisa loved Slimmeria so much she is planning a return trip with her boyfriend soon.

Galia set up the retreat in Crowhurst, East Sussex, 10 years ago after undergoing a dramatic weight loss of her own.

She said: "You have to believe in what you're telling people and you can only really do that when you

NOW
Beaming Lisa looks fabulous

SEE THE VIDEO
mirror.co.uk/mustsee



DE-LIGHTED Thrilled Lisa during detox stay

"She's not a cheat... I saw her transform before my very eyes"

GALIA GRAINGER HEALTH GURU WHO COACHED LISA

have been through it yourself. We often get celebrities so I wasn't surprised when Lisa came. And just because she's a celebrity does not mean I treat her any differently or go easier on her."

Lisa stayed at Slimmeria for a week - where a seven-day retreat starts at £935 - and was one of 15 guests. Galia explained: "As soon as guests arrive they are weighed and bust, hips and waists are measured.



They are taken to their rooms and given the rules and weekly itineraries." Those rules include no sugar, caffeine, alcohol or food brought in. There is no meat, dairy or gluten and a typical meal is a fresh vegetable dish, lightly cooked. Guests must drink at least 2.5 litres of filtered water a day and have a glass before every meal. Guests are roused each day by a bell at 7.15am. Bedtime is 9pm. Daytime sleeping

FROM DETOX AND EXERCISE

Secrets of Lisa's 7stone weight loss



STEP THIS WEIGH Lisa was one of 15 guests at Slimmeria

POUNGING Guests attend high intensity exercise classes

How Strictly star shed a stone in a week eating 400 calories a day

is banned, phones are discouraged and there are no TVs in bedrooms.

Galia added: "It's important people follow these rules. We're about teaching people routine and to switch off from distractions outside the retreat."

Half an hour after wake-up, guests are served hot water with fresh lemon and a slice of apple. At 8am they set off on a country walk lasting two to three hours.

Back at base they are offered fresh juice or a small portion of porridge. Then the action picks up a pace with high intensity

exercise like boxercise or circuit training. After a brief rest, they spend an hour doing yoga before a vegetarian lunch at 12:30.

Guests have time to themselves before an afternoon snack of herbal tea with a slice of fruit is served.

NAUSEOUS

Their evening meal follows the same vegan theme before an evening therapy or motivational class like Zumba or belly dancing. At 8.30pm all guests must go to their rooms and lights out is 9pm sharp.

Galia said Lisa's positivity spurred the rest of the team on when times were hard.

She added: "She really embraced the programme and supported other guests."

"It's hard detoxing, people can get headaches, feel nauseous and feel tempted to cheat. But she threw herself into everything."

"After she left I believe she continued her weight loss naturally, as her enthusiasm, motivation and determination at the retreat showed she was ready to embrace a new journey. She was thrilled

when she lost a stone and I knew she'd take all our tips back home with her."

Other factors influenced Lisa's decision to tackle her weight. A year ago her 56-year-old father Terry was in hospital, diagnosed with weight-related type 2 diabetes.

Lisa recalled: "As I sat listening to other patients on the ward talking about amputations, it frightened the hell out of me."

"I realised I could end up on this ward. I knew I didn't want to be that person."

After her spell at Slimmeria Lisa videoed a testimonial in which she told of her "sense of achievement".

And speaking last week about her transformation, Lisa said she felt she had "re-booted and re-programmed" her system by eating smaller portions.

And in a retort to snipers jealous of her new look, she added: "I feel like I've given my body a gastric band without having the op."

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WHAT CAN YOU EAT FOR 400 CALORIES?

- Fresh juice or small portion of porridge, plus lightly cooked vegetable dishes and herbal tea, or
- One bacon and egg sandwich, or
- One baked potato with baked beans, plus a smoothie made with frozen raspberries and blueberries, a banana and a low-fat yogurt, or
- One pint of lager and half a 50g packet of peanuts

A DETOX DAY AT SLIMMERIA

7:15am Wake up, have hot lemon water and apple slice; 8:00am two to three-hour country walk; 10:15am fresh juice or small porridge; 10:30am high intensity exercise class such as boxercise or circuit training; 11:30am yoga; 12:30pm vegetarian lunch; 3:30pm herbal tea with piece of fruit; 6:30pm vegetarian dinner; 7:30pm nutrition class or motivation therapy or dance class; 8.30pm retire to room.



GURU Galia inspired Lisa

Missing mum boyfriend in killing probe

THE boyfriend of missing mum Lisa Brown is facing a murder investigation, it was revealed yesterday.

Simon Corner, 33, was remanded in custody by a Spanish judge after being extradited from Denmark.

Lisa, 32, who lived near Gibraltar, vanished in November. Police fear the Scottish mum of one was dumped in the Med.

Corner, who denies involvement in her disappearance, was arrested in Copenhagen last month.

He is said to have thrown mobiles into the harbour before handing himself in.

Sources said the Liverpoolian "is being investigated for homicide" and there was "sufficient evidence" Lisa, of Dunbartonshire, had been killed.

Tiffin time as old sweeties in comeback

MORE iconic sweets are making comebacks after an online campaign by fans.

Cadbury Dairy Milk Tiffin and cola-flavoured Mojos are soon to hit shelves again after a combined absence of almost two decades.

Tiffin, a chocolate bar with biscuit pieces and raisins, was first launched in 1937 and withdrawn in 2003.

It will return as a limited edition next month, with three million bars going on sale after fans appealed for its return on social media.

Mojos are being brought back after five years by Tangerine Confectionery, which has already saved threatened Wham bars and Highland Toffee.

A spokesman said: "The retro chew will bring back memories for many."

Flashing Sir gets life ban from schools

A FORMER assistant head convicted of flashing at his front window has been given a life ban from teaching.

The 42-year-old former teacher at Eston Park Academy, Middlesbrough, was found guilty of three counts of exposure in 2014.

Following the convictions for the offences at his home in Northallerton, North Yorks, Beasley was given an 11-month community order.

The National College for Teaching and Leadership conduct panel ruled he was a good teacher, but added that his offences "could affect public confidence in the teaching profession".

It noted that they did not take place in an "educational setting" but said they were "serious and repeated".