The mighty Gogglebox returns to our screens for an eighth series this week, reviving us all with a shot of warmth, humour and a gawp once again into people's living rooms.

Part of this viewing joy is down to sisters Ellie, 26 (left) and Izzi, 22, two of the show’s newest recruits. They’ve already won a place in the hearts of the tough-to-please fans of the show, as they dish out opinions on the week’s telly. These are the girls who once likened a dog to Leonardo DiCaprio – and from that moment on, we were smitten.

Since it began back in 2013, Gogglebox has consistently been Channel 4’s top performing show in the ratings, because as meta as it is, there’s something really fun about watching folk watching TV.

We went up to Leeds to witness where the magic of Ellie and Izzi’s TV commentary happens – in their mum’s living room. So, with their one-year telly anniversary coming up, what better time to ask the girls about what it’s like being stars of the show they love…

How have your lives changed since you joined the show?

Izzi: Not one bit. Like, I’d say the only thing that’s changed is people recognise you, but it’s not overwhelming. Everything else has just stayed the same.

Ellie: Yeah, life has just carried on as normal. People recognising you is a little bit weird, though.
How often do you get recognised? Can you go to the shops in your PJs?
Both: Yes!
I: But if you do go out with no make-up... those are the times when you get recognised. And I’ve recently joined the gym, I’ll get recognised there, I’m going to die.
E: Where’s the weirdest place you’ve been spotted?
E: The doctors.
I: And the dentist. I had a problem with my wisdom teeth and the dentist nurse was like, ‘Are you from Gogglebox?’
I: You’re fully-fledged Leeds celebs now...
I: I wouldn’t call myself a celeb.
I: I’d never say I’m a celebrity. You are! You’re on Gogglebox, one of TV’s biggest shows...
E: I’d never say I’m a celeb.
I: I’m just on TV. I’m not rich. Or ask to go into VIP areas in clubs – we’re not like that.
I: Both: We’d be interested and we said no.
E: Mine. She was doing casting for a girl who was an old friend of the show?
I: So you don’t really get an opportunity to meet them. Not really – we don’t keep secrets.
I: We were watching Gogglebox?
E: Yeah!
I: Have you met any of the other Gogglebox lot?
I: No.
E: Hmm. It’s probably because people feel like they know you...
I: It’s probably because people feel like they know you...
E: What’s your fave show to give the Gogglebox treatment to?
I: At the minute, it’s obviously Great British Bake Off.
E: It’s like summertime out of a book! We’d just been talking about the fact that it looked like olden-style Fifty Shades.
I: Like, who’d want to watch us?
E: We didn’t think anything of it.
I: We once got offered free Spam.
E: We're not as if they live next door, is it?
I: What are the chances of being recognised?
E: You get recognised there, I’m going to die. How often do you get recognised?
E: I didn’t think anything of it.
I: Famous last words...
E: That’s what it was like!
I: Like, who’d want to watch us?
E: And then we ended up getting picked. We couldn’t believe it.
I: You were nervous about joining the big, established names on the show?
I: I just couldn’t believe it, because before I was on Gogglebox, it was my favourite programme. It’s just surreal. It’s like if somebody was, for example, the No1 EastEnders fan, and they got a cameo role.

‘Ellie can’t keep a secret, she’s a gos on legs’ – Izzi

How did you end up joining the show?
E: Basically, we got approached by a girl who was an old friend of mine. She was doing casting for Gogglebox, and she asked us if we’d be interested and we said no at first. Then she was like, ‘Oh, well, do you know what, why not?’ What are the chances of being picked any way? What have I got to lose?’
I: We didn’t think anything of it.
E: That’s what it was like!
I: I’d never say I’m a celeb.
E: ‘He looks like Leonardo DiCaprio in Calvin!’ (laughs.) You can still have that look about him. Like, obviously, Leonardo DiCaprio doesn’t look like a dog. [laughs.]
I: I’ve got a little boy as well, so we’re not as if they live next door, is it?
E: We’ve never played the Gogglebox card. I just think it’s the wrong age. Do you get mobbed when you go out together?
E: People ask for selfies, but are usually really friendly.
I: We’ve never had anyone be awful, have we? But we do get recognised more together.
E: I think it takes someone with a lot of confidence to come up to you if they recognise you from TV, so I’ve always been nice to them.
I: What’s your fave show to give the Gogglebox treatment to?
E: At the minute, it’s obviously Great British Bake Off.
I: You took the words out of my mouth!
E: It’s moving to Channel 4...
I: Yeah, I couldn’t believe it.

Ellie & Izzi’s mum: They’d be three and six there, I’d say.

“Ellie & Izzi had a swing and we used to go on it all the time.”

Swing sisters

Ellie & Izzi have been practising in front of the camera for years

“Ellie & Izzi’s mum: Ellie just used to whack Izzi”

Worst witches

Butter would melt

I: This was taken at our auntie and uncle’s house – they had a swing and we used to go on it all the time.
E: That’s why Ellie’s cleverer than me. That’s why she got better grades, because she dropped me. Must be.

Ellie and Izzi on the other Goggleboxers

“Aw, Relationship goals.”

Sandra in the house, ya get me.

“Strong independent woman.”

“LOL. Every time.”

“Swoon in side…”

Weird facts

I: This is what we do when we’re at home.
E: That’s what we do when we’re at home.
I: We just like gossiping!

Gogglebox is back on Channel 4, 24-30 September 2016

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