Fabulous does...

A SPA DAY WITH HELEN LEDERER

We enjoy some R&R with the 62-year-old actress and comedian while we chat Absolutely Fabulous, Dawn French and Spanx

Where Sanook Spa at Courthouse Hotel, London

Helen, you were rumoured to be going into the I'm A Celeb! jungle - what happened?
I think sometimes they throw these things out there to keep the surprise element! But I’m fat and so unfit. I’d be the worst person at doing the tasks, so everyone would hate me. At first they’d be nice, but after three failed Bush Tucker Trials they would be starving, so it would go downhill from there. Why put yourself in that situation?

Would you ever go on a reality TV show?

There was a rumour I was doing Celebity Big Brother, too. It was hilarious. People were tweeting me about it and in the end I started to believe I might be, even though no one had asked! The day the celebs went in, my other half Chris, 67, came home to find people standing outside our house. We thought they might be photographers, but actually it was a bunch of cyclists looking at their maps!

You reprised your role as Catriona in Absolutely Fabulous: The Movie - was that fun?

It was great fun and lovely to reconnect with everyone. It’s great to laugh about how we’re all still here, even if we’re a bit more wrinkly. It was amazing that it was such a hit.

Are you in touch with any of the other Ab Fab ladies?

I went to watch Jane Horrocks in King Lear at The Old Vic last month. It’s a long play, so I took sandwiches and Schnapps. I’m hoping Joanna Lumley will be a guest on my new podcast series, Helen Overshares. She only lives down the road from me in south London, so she’s got no excuse!

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