LAURA HAMILTON, 39, presents Channel 4’s A Place In The Sun.

What scares you?
The sea. A shark could come out of nowhere!

What’s your worst habit?
I’m obsessed with cleaning. It’s irritating for people I live with, especially my son Rocco [seven]. He’ll be like: “Where are my toys? Mummy’s tidied them away again!”

Who would you invite to a dinner party?
I love having people over, but it wouldn’t be anyone famous, it would be my friends and family because they accept me warts and all.

What’s your experience of grief?
My granddad passed away last August, aged 89, and I had to watch the funeral online [because of Covid restrictions]. We had a strong bond so it was hard, but I wrote a poem that was read out.

Who makes you laugh the most?
Kids. I was doing the school run the other day and my son’s friend said: “I’m going to be a plunger!” I was like: “What’s a plunger?” He said: “The people that plunge a toilet!”

What makes you angry?
When people are late.

What’s your all-time favourite film?
The Notebook because I’m a romantic, and Gladiator because I love the soundtrack.

What is your earliest memory?
Spraying my hair green and putting on a dance performance in the garden with my next-door neighbour when I was five.

Which public figure do you most admire?
Kate Middleton – because she’s a mum, she works, does photography and has great style.

What’s the worst pain you’ve ever experienced?
When I had my daughter Tahlia [six]. It felt like somebody was stabbing me in the stomach – it turned out my uterus was rupturing.

If you could travel back in time, where would you go?
I’ve always been conscious about my legs, so I’d go back to my 20s and tell myself: “Who cares about cellulite?!” What’s important is that you’re healthy and happy within yourself.”

Who really cares about cellulite?
With Alex and their kids

How will you remember lockdown?
My husband Alex [40, a broker] and I have a coffee shop and restaurant that we turned into a village shop. I said to Rocco and Tahlia: “Let’s help those in need by delivering fruit and veg, like little superheroes.”

What song would you like to be played at your funeral?
Now We Are Free from Gladiator.

How do you relax?
I’m so bad at switching off, my mind’s always whirring, but reading a book or having a massage helps.

Who’s your celebrity crush?
Chris Hemsworth or Jake Gyllenhaal – and Owen Wilson because he looks like he’s a laugh.

What’s top of your bucket list?
To continue seeing the world, because I learn so much from it.

What can you not leave home without?
My phone. It’s your life, right?

Who’s the most famous person in your phone?
Shaggy.

What are your best and worst qualities?
My worst is packing so much into a day. My best is that I’m always smiling and I turn negatives into positives.

What do you think happens when we die?
Our spirit is still around. I like to think my grandad’s watching over me.

Follow Laura on Twitter and Instagram @laurahamiltontv.

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