CELEBRITY

Graph of greatness
The good and bad of what we’re talking about this week

SAM AND PETE
They crack us up with their dance routines on Insta and now Sam Thompson and Pete Wicks are killing us with their own Reality News show on All4. The goss!

HOUSE SHOES
It might sound a bit grandma-ish, but Vogue reckons it’s essential to have a pair of stylish flats for trotting around the house. V fashion.

VULVA SCULPTING
Now we are all for female empowerment, but the latest trend of having our privates made into a cast to display at home is giving us the shivers...

OLLY ALEXANDER
It’s just the start of the Years & Years singer’s acting career and yet he’s utterly blown us away as Ritchie in It’s A Sin on C4. Officially obsessed.

Gwen Stefani
Gwen’s back with single Let Me Reintroduce Myself, and we can't believe how incredible the 51 year old looks, decades on from her first album.

Cloud Nine
This brand is being used to glam up all the Dancing On Ice stars. Try the O Pod Heated Roller Set, £169, for to-die-for volume like Billie’s do.

Eye Yoga
Apparently we should all be doing this to fight the effects of all that screen time. Eyes to the right.

Learning curve

TV PRESENTER, 63

I’m grateful that I’ve screwed up so many times in my life. It’s given me opportunities to learn, start again and to try another path. The more pain you’ve been through, the more you appreciate things. You don’t expect the world to be idyllic – you’re grateful if a day goes by without any drama! When you’ve waded through s**t, you appreciate walking through a meadow. But if you’ve only ever spent your life surrounded by flowers, stepping in one little dog poo will destroy your world!

Life’s not TikTok – you can’t live the same moment over and over again. You’ll never progress that way. Since I was 14, my motto has been: “I will drink life to the lees.” It’s a line from a poem by Tennyson, and it means draining every drop of life. We did it at school with my English teacher Mrs Millard, who was a mentor of mine, and I wrote that line in all my school books.

Breast cancer was like putting on a really good pair of glasses. It brought everything into focus [Trisha was diagnosed in 2008]. I’d already had a lot of operations and I remember when my surgeon told me they needed to operate again – I went for a walk, sleet was stinging my face and I’d never felt so alive. That day, I was like: “I can feel!” So now, for me, there’s no such thing as bad weather, because I remember a time when I was so scared of dying, it made me stop to smell the roses and not want to put up with crap. Being in a life-threatening situation made me take stock, and now I see people for what they’re worth.

I listen to the message, not the way it’s delivered. I learned that from my daughters [Billie, 31, and Madi, 26]. I think children deliver messages – we all do – in different tones. On the outside, it might seem like anger or nonchalance, but you have to listen past that to what they’re saying. I’m trained in first aid, and you’re taught that often the one who’s quiet is in more pain, so it’s a mistake to think: “I don’t have to worry about them.” It’s the same with children, and the message might be in the way they play or what’s happening at school – that can be their way of communicating.

My late mother Agnes taught me never to give up. I’ve passed that lesson on to my own children. When Billie was three or four, we were skiing and she fell over behind me. She was like: “Come and get me, Mummy!” I said: “No! Get up!” She kept crying, and I said: “You have to get up because I’m not always going to be there.” She struggled, then she got up and skied down, sniffing. When we got to the bottom, I pointed up the mountain and said: “You see up there? You came all the way down on your own!” If I’d just picked her up and carried her, she wouldn’t have learnt that you can struggle with something and conquer it – that you have to keep trying and never give in.

Follow Trisha on Instagram @therealtrishagoddard.