

PROVING THAT THREE CAN BE COMPANY KATE, ROMAN AND MYLEENE TALK MUSIC, FRESH CHALLENGES AND HITTING THE RESET BUTTON

It's been nearly three months since TV and radio presenter Kate Garraway bade a fond farewell to the jungle in ITV's *I'm a Celebrity... Get Me Out of Here!*, and the experience is having a long-lasting effect.

"It's like a big jolt and a big boost, and you come out and you refocus a little bit – press the reset button," Kate tells HELLO! as she poses in our exclusive photoshoot alongside Capital FM presenter Roman Kemp and her fellow Smooth FM presenter Myleene Klass, with whom she will host 2020's Global Awards this week.

"It pares everything right down and so you appreciate things a lot more. I definitely feel like I want to tackle things more. I am trying to do lots of different things and taking

time for things that are important."

One thing that hasn't changed for the ITV *Good Morning Britain* presenter, though, is her 2am start.

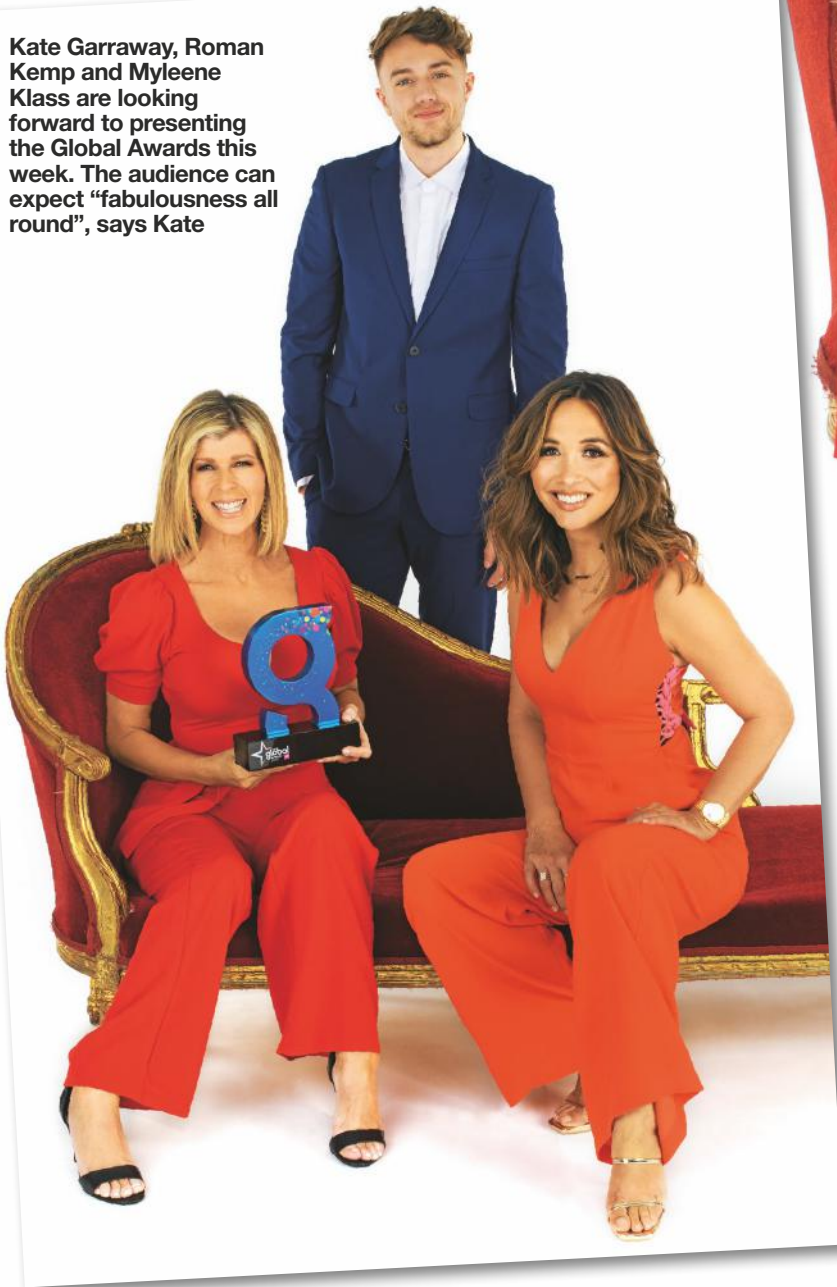
"Sadly, I've not managed to hit a reset button on my alarm for any later in the day," laughs Kate, 52.

Her appetite for new challenges is already bearing fruit, with the announcement last week that she has landed her own Saturday morning chat show on ITV, *Breakfast at Garraway's*, which will start in April.

First, though, she will be joining Roman and Myleene on stage at Hammersmith's Eventim Apollo for the Global Awards, which



Kate Garraway, Roman Kemp and Myleene Klass are looking forward to presenting the Global Awards this week. The audience can expect "fabulousness all round", says Kate





Kate, Roman and Myleene enjoy a catch-up ahead of this year's Global Awards. This will be Kate's first time presenting but she feels in safe hands with her co-hosts, who have been hosts since the event's inception in 2018



As well as being presenters on Global radio stations, the terrific trio (above) also share the experience of having been on *I'm a Celebrity... Get Me Out of Here!*, with Myleene (left) coming second in 2006, and Roman and Kate (below) coming third and fourth respectively last year



celebrate the biggest stars in music from around the world, in genres including pop, hip-hop and classical, and reflect the output on Global's radio stations, which include Capital, Smooth, Heart and Classic FM.

Among those scheduled to perform are the Stereophonics, Ellie Goulding and classical crossover duo Aled Jones and Russell Watson.

"I am very excited. It's a very cool event and I will be there mainly as [Roman's and Myleene's] mother," jokes Kate, who has a daughter, Darcy, who turns 14 next week, and ten-year-old son, Bill, with her husband Derek Draper.

New to hosting the awards, she feels in safe hands with the "brilliant" Myleene, 41, and 27-year-old Roman, who have presented them since the event's debut in 2018.

"The Global Awards, they are so much fun," says Roman, whose breakfast show on Capital attracts an impressive 3.8 million listeners across the UK. "It's a real honour to be able to stand up there and

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host it and be alongside these two amazing people, and seeing all the talent collect the awards and perform.

"It gets very messy at the end. Last year Mark Ronson closed the show and I know for a fact that the Capital table stole [his] tequila off his table."

At last year's ceremony Myleene was pregnant with her and her partner Simon Motson's son Apollo, whom she introduced to the world through the pages of **HELLO!** shortly after his birth in August. Apollo is little brother to Myleene's daughters Ava, 12, and Hero, who turns nine later this month, from a previous relationship, and Simon's son and daughter from a previous marriage.

A presenter on both Smooth and Classic FM, Myleene is proud of the musical variety showcased at the event.

"I don't think you get an awards ceremony that covers so many genres," she says. "Plus, you get artists who dip into different bits of their personalities. For example, Ellie Goulding – she's hosted on Classic FM and loves classical music. What's nice about the Globals is that we have that inside information and we use it."

BRAVE NEW WORLD

Although a newcomer, Kate feels at home in the presenting partnership as the three are firm friends. Roman was one of her campmates in *I'm a Celebrity*... finishing third to her fourth place, and it was in the jungle that their friendship blossomed.

"We obviously chatted before, but it definitely changed when we were in the jungle," says Kate. "We had to put up with each other. He had to put up with me, anyway."

Myleene, who entered the jungle herself in 2006, finishing in second place behind former Busted bassist and singer Matt Willis, was one of the few people who knew Kate was heading into the jungle, as she was lined up to cover her morning show on Smooth. She told Kate and Roman to enjoy their time Down Under.

"It goes so quickly. It's just like camping with your mates. In fact, you just get to regress. You get to go back to being a kid. You haven't got any phones, you've got no responsibilities."

Roman says his time in the jungle has also been life-changing, not just on a personal level but in how he is perceived by the public, too.

"It was the first time in my life where I was known as Roman, not as Roman Kemp or Martin Kemp's son. I went out the other day and someone handed my dad a phone to take a photo of me and them, and that for me was like: 'Yes!'"

Roman will be spending more time with former Spandau Ballet star Martin when the pair team up to present new ITV Sunday morning chat show *Martin & Roman's Sunday Best!* from April.

Kate and Myleene say that working with Roman makes them "cool" to their children.

"If I tell my daughter: 'I'm going to be with Roman today,' she's like: 'What!'" laughs Myleene.

Kate was a fan of Roman's dad growing up and even had a poster of him.

"I did have Roman's dad on my bedroom wall. I got the article out of my *Jackie* magazine. I put it on my wall, and I was destined to marry Martin. I did tell Roman this in the jungle, which was a tiny bit uncomfortable," she smiles.

Any discomfort has since disappeared, and all three presenters are looking forward to working together at the Global Awards. What can the audience expect on the night?

"Fabulousness all round," laughs Kate. **H**

INTERVIEW: EMILY STEDMAN
PHOTOS: MATT CROSSICK

Styling by very.co.uk, headline partner of *The Global Awards*.



Nearly three months after leaving the Australian jungle, where she was scared of pretty much everything, a reinvigorated Kate is hatching new plans, 65 among them a Saturday morning chat show on ITV. "I can't wait to get going," she says