

'A true friend tells you if you look terrible'

Actress, TV presenter and mum-of-two Angela Griffin, 33, on why family outings drive her mad, wardrobe advice, and the miracle gadget that's changed her life...

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What's the hardest part of being a working mum?

I always have this romantic image of family weekends, but it never happens. I dream we'll go to the coast, walk on the beach and eat fish and chips, but it usually rains, one daughter doesn't want to walk on the beach and the other doesn't want to eat fish and chips!

Who do you turn to when you're in a crisis?

My best mates, actresses Lisa Faulkner and Nicola Stephenson, who are on my show *Angela & Friends*. No matter what the crisis, they'd be there. I remember finding out I was pregnant and phoning Lisa when she was out drunk. She sobered up immediately and was all for coming round there and then.

What would you do if a friend betrayed you?

I don't think a friend's ever sold a story about me. If someone did, I'd ask them how much they got for it and say "well done", then never talk to them again.

Who's best for helping you with wardrobe decisions?

Nicola. I once put on a pair of trainers with an outfit that looked horrendous and she said, "You're not going out like that!" A true friend tells you if you look terrible.

What's been your best home gadget buy?

The best home gadget in the world



Three of a kind: Angela with best mates Lisa Faulkner (left) and Nicola Stephenson



A treasured photo of Angela with her girls Melissa, three (left) and Tallulah, six

is a Quooker boiling hot water tap. There's a tank under the sink and it keeps water at boiling temperature. It's got a safety button so the kids can't use it. It's totally changed our lives!

How do you relax?

When Jay, my husband, is playing football, I'll have a relaxing bath, with a face mask on, loads of candles, Elemis bath oils and a good book. I'd love the luxury of getting ready by myself in the morning, but with two kids that never happens!

What's the worst holiday that you've ever had?

When me and my ex, actor

Will Mellor split up, the press were camping outside my door. I'd done an interview for EasyJet and they said I could have a flight wherever I wanted, so me, Nicola and Lisa ended up in Zurich. But Lisa went down with food poisoning and had to stay in for the whole time. So Nicola and I had to go out and party without her.

Who's the best guest you've had on *Angela & Friends*?

The easiest are the ones I'm a fan of. I could have talked to novelist Martina Cole all day. A dream guest was Joan Collins when she came on with her daughter Tara who's a regular Friend on the show. But I do go blank a lot. What I find difficult is trying to look at my cards with all the questions on, while trying to keep eye contact with who I'm interviewing. It's so hard.

What's the best thing your kids have done recently?

Tallulah put a recipe for brownies up on the fridge. It was all in her best handwriting, bless her!

★ Angela is supporting www.aquafresh.co.uk/amazingmums
★ Catch the last week of *Angela & Friends*, Sky1, 12pm, before its summer break.