



DEFIANT: Singer Cheryl

## How I beat my weight taunters, by Cheryl

by Kim Carr

CHERYL has revealed she has learned to stop caring about cruel comments from haters who say she looks gaunt.

After 14 years in the spotlight, the former Girls Aloud singer, 32, said she now lets negative comments wash over her.

She said she has lived with taunts since being branded fat as a teenager.

In an exclusive chat with the Sunday Mirror's Notebook magazine, she said: "You get slapped so many times, at some point it stops hurting. I'm too far through the mill for that. I don't give a ...."

Speaking in Cannes, where she represented L'Oréal Paris as an ambassador, Cheryl admitted she had to learn to develop a thick skin.

"I was sensitive to start and didn't understand how somebody who knew nothing about me could write terrible things," she said.

"Never met me, never spoken to me but had such a vicious opinion of me."

Cheryl, dating One Direction's Liam Payne, 22, said she would have told her younger self "to stop caring what people think".

## Man seized for 'slavery'

A MAN of 51 has been charged under modern slavery laws.

Toi Van Le is accused of keeping a person in servitude and arranging the travel of another person.

Le, of Deptford, South London, was arrested in Birmingham this week after an inquiry into alleged cannabis production.

He was remanded in custody by Telford magistrates, Shropshire, yesterday accused of holding a person in slavery or servitude contrary to the Modern Slavery Act.

Le is also charged with arranging or facilitating the travel of another with a view to exploitation and faces eight separate charges of producing cannabis.

**HOOF YOU KIDDING?**  
Prince could be mounting an invisible horse



**DEADLY:**  
Is this the crane kick from The Karate Kid?



**POSER:** This move looks like yoga – but he seems less chilled above

# Put one's right leg in, one's right leg out, in out, in out, shake it all about

by Keith Perry

THE Duke of Cambridge doesn't exactly look hot to trot as he limbers up ahead of a polo match.

Prince William's stretching routine at Coworth Park in Berkshire could have been mistaken for the Hokey Cokey.

But there was no time for horseplay as he and brother Prince Harry took to the field for the charity Audi Polo Challenge.

The royals are joining in a series of polo matches this summer in support of the organisations they support as patrons – something they have done each year since 2007.

To date they have helped raise £9.5million and this summer's matches will help them top £10million.

Charities they back include Sentebale, Tusk, The Royal Marsden, WellChild, England and Wales Mountain Rescue, Walking with the Wounded and the Henry van Straubenzee memorial Trust – set up in memory of their late pal.



**BACKING:** Prince Harry gets helping hand

# HARRY NAILED IT

## Movie exec: He won Dunkirk role over big stars

**EXCLUSIVE**

by Sharon Feinstein

**HEART-THROB** Harry Styles' career is going in One Direction after he landed a role in a blockbuster war film.

The singer, 22, beat hundreds of rivals, including several big-name actors, to get a debut part in Dunkirk, starring Tom Hardy.

He wowed the movie's casting director John Papsidera, who

said: "It's a great achievement for Harry and we're very excited to have him. I hope he goes on to bigger things in Hollywood, he's a lovely guy."

"It is absolutely his own talent, ambition and hard work that got him a part."

Harry has had a shocking short haircut to appear alongside acting icons Sir Kenneth Branagh and Mark Rylance and is currently filming the Second

World War film in France. Harry has ditched showbiz glitz and glamour for mud and sand to recreate the 1940 evacuation of British and allied troops from the beaches of Dunkirk.

Some 338,000 men hemmed in by German forces and strafed from the sky were safely brought back to Britain. Many were ferried to safety by a flotilla of small

private boats that could get nearer the beach. Wartime Prime Minister Winston Churchill hailed their rescue as a "miracle of deliverance" in his stirring "We shall fight on the beaches" speech on June 4, 1940.

Filming takes place around the world until September this year, with the movie expected to hit the big screen next year.

John said it was an amazing opportunity for inexperienced actors such as Harry if they were in scenes with the likes of Branagh and Rylance.

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**ICONIC:** Branagh and Rylance