

MY PERFECT SUNDAY



By Nigel Owens

International rugby union referee

I am normally refereeing on a weekend and usually spend Sunday travelling.

So my perfect Sunday would start at home in Wales, because I am never there, and I'd take the chance to enjoy "me" time.

It's really important to take care of your mental health and wellbeing.

I'd start with breakfast and walk the dogs. It would be a fresh but sunny morning. The fields would be white with frost.

I'd go for Sunday lunch with my dad and spend time with the family.

As I live on my own, I like to eat out and often take my cousins in the week. Ideally my mum would be there. She died ten years ago and I'd love to go for a walk with her again.

Later I'd have a couple of hours to myself on the sofa, enjoying a Nando's and watching the rugby or catching up on Coronation Street with a cup of strong Welsh tea. I haven't missed an episode in 24 years.

■ Nigel is supporting the Farm Safety Foundation's Mind Your Head Campaign. It encourages farming families to put themselves first. yellowwellies.org.

YOUR PERFECT SUNDAY

I'd like to get together with all my friends for a big lunch. Good food, good wine and lots of laughs. Then a quiet evening on the sofa with a film.

Amanda Holt, Preston

■ Tell us about yours at mirror.co.uk/perfectsunday or write to Features, Sunday Mirror, One Canada Square, London E14 5AP



Michelle makes her Mark in Hollywood

Pictures: SNORLAX/MEGA



THEME LARK Pair at Universal



WRIGHT HAND Loved-up couple

RIPPING TIME... Michelle is in torn jeans as she holds Mark's hand

BY SHARON FEINSTEIN

ACTRESS Michelle Keegan is all smiles as she makes a big impression in Hollywood... well, at Universal Studios, at least.

The star of Army drama *Our Girl* held hubby Mark Wright's hand on a theme park trip in California, where he is a correspondent on TV entertainment show *Extra*.

They have been househunting in LA so they have their own place when Michelle visits. A source said: "She won't move out permanently but they want a home they both choose."

Meanwhile, Michelle, 30, is said to be lined up for this year's *Strictly* - which ex-TOWIE star Mark, 31, has appeared on. At Universal they rode the Mummy ride and the Harry Potter rollercoaster too... so there's plenty of magic in the relationship.

Suggs' secret sister



SURPRISE Singer Suggs

EXCLUSIVE BY JANINE YAQOOB
Acting TV Editor

MADNESS singer Suggs found out he had a long-lost sister after she contacted his mum on Facebook.

The star, real name Graham MacPherson, has revealed that mum Edith Bower had a daughter before he was born and put her up for adoption.

But she only told him years later when her daughter sent

Surprise as adopted girl sends mum Facebook friend request

her a friend request, saying: "I think you are my mum."

And after they met it emerged his sister - who he doesn't want to identify - had been in the audience at some of his shows.

Suggs, 57, said: "It was a

marvellous surprise to discover my mum had found her, it was a very miraculous thing for sure."

He is sharing the story of the 2012 revelation on his one-man UK tour, *A Life in the Realm of Madness*. Suggs said it came

when he went to proudly show Edith a letter inviting the band to play at Buckingham Palace.

He said: "She put the letter to one side, opens her laptop and says, 'Look at this'. She had a Facebook friend request from someone she didn't know saying, 'I think you are my mum!'"

Next year will be the 40th anniversary of Madness's debut single *One Step Beyond*.

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