

# SKELTON SHOWS US LIFE ON THE FARM

# Helen springs back to action



THE MIKE WARD INTERVIEW



**HELEN SKELTON**  
**ON THE FARM**

**STRANGE** times, these. While she's chatting down the line to me from her home on the outskirts of Leeds, Helen Skelton suddenly admits to something surprising.

Namely, that she's got Spider-Man on her lap. I must say it conjures up quite a disconcerting image. Until I'm reminded that he is Helen's black Labrador.

Apparently, he was given that name Spider-Man by her little lads Ernie and Louis.

Helen and her husband, Leeds Rhinos rugby league star Richie Myler, seem to have had little say in the matter.

"The kids are obsessed," she explains. "So, yes, that's the name they chose."

Having grown up on a Cumbrian dairy farm (enjoying a "Famous Five childhood"), Helen is still at her happiest, it seems, when surrounded by four-legged creatures. Even those of a non-superpowered persuasion.

Which makes her the perfect choice to join Channel 5's Springtime On The Farm, co-hosting its third series with her Countryfile pal Adam Henson.

It also makes her one of the few celebs I can ask random stuff such as: "What's your favourite animal?" without it being assumed that I'm taking the Mick.

"I want to say racehorse," Helen replies to that, "but it's more likely to be a donkey."

"People underestimate them. They're always grafting."

This year's Springtime On The Farm, she promises, will be "a bit of feelgood and escapism, a reminder the world's still turning".

Lockdown has forced it to tweak its usual format, with Helen hosting from her Yorkshire home and Adam from his farm in the Cotswolds.

But Cannon Hall Farm near Barnsley is still central to the proceedings. Its own team is filming this year's lambings.

"Spring is when flowers bloom, babies are born, animals leave the barn," says Helen. "It's a really nice time in agricultural land."

"I hope people will find that a welcome distraction."

"But it's been an unusual show to put together. Making telly is really weird at the moment."

Of course Helen, 36, is still seen by many as the ultimate



**HELEN'S FAVES**

**FILM:** Working Girl  
**BOOK:** The Boy, The Mole, The Fox And The Horse by Charlie Mackesy.  
**TV SHOW:** Friends  
**ACTOR:** Jude Law  
**COMEDIAN:** Chris Ramsey  
**SOAP CHARACTER:** Eva Price, Coronation Street  
**SPORTSPERSON:** Lauren Steadman, Paralympian  
**SPORTS TEAM:** Carlisle United  
**SPORTING EVENT:** Rugby League Challenge Cup Final  
**SONG:** Fascination by Alphabeat  
**BAND:** The Script  
**MEAL:** Chicken dinner  
**DRINK:** White wine  
**CITY:** Leeds  
**HOLIDAY DESTINATION:** Cyprus  
**GADGET:** Bang & Olufsen wireless headphones  
**APP:** Myzone

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